

*Auroville*

# NEWS & NOTES

No 1072 - A weekly bulletin for residents of Auroville

---

8 May 2025



*Vikas Radial - the next to fall?*

## PONDERING

Stagnation means decomposition.

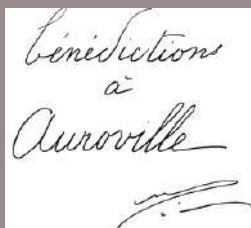
No enterprise can flourish unless it is progressive.

Go always forward towards a growing perfection.

The Mother, 21 February 1957, Progress and Perfection, Words of the Mother III  
<https://incarnateword.in/cwm/15/progress#p29>



# THE MOTHER ON AUROVILLE



First Edition 1977, Reprinted 1993, 1999  
© Sri Aurobindo Ashram Trust,  
Pondicherry, India.  
Published by Madanlal Himatsingka on  
behalf of  
Vak Trust, Pondicherry - 605002  
Filmset and printed at All India Press,  
Pondicherry - 605001

## AUROVILLE IN ELABORATION

Page 60

Each pavilion has its own garden with, as far as possible, a representation of the plants and products of the country which it represents. If they have enough money and enough space, they can also have a sort of small museum or permanent exhibition of the country's achievements. The buildings should be constructed according to the architecture of each country—it should be like a document of information. Then, depending on the money they wish to spend, they could also have accommodation for students, conference-rooms, etc., a cuisine of the country, a restaurant of the country—they could have all kinds of developments.

Then the industrial section. Already many people, including the Government of Madras—the Madras Government is loaning money—want to start industries, which will be on a special basis. This industrial section is to the East and it is very big, there is plenty of space; it will go down towards the sea. In fact, to the North of Pondicherry, there is quite a large area which is totally uninhabited and uncultivated; it is by the sea, going up the coast towards the North. So this industrial section would go down towards the sea, and if possible there would be a kind of wharf—not exactly a port but a place where boats could come alongside; and all these industries, with the inland transportation they need, would have a possibility to export directly. And there, there would be a big hotel—Roger has already made a plan for it; we wanted to build the hotel here, on the site of the "Messageries Maritimes", but after having said yes, the owner said no; it is very good, it will be better over there—a big hotel to receive visitors from outside. Already quite a number of industries have registered for this section, I do not know if there will be enough room, but we shall manage.

Then, to the North—that is where there is the most space, of course—towards Madras, the cultural section. There, an auditorium - the auditorium which I have dreamt of building for a long time;

Page 60

plans had already been made—an auditorium with a concert-hall and a grand organ, the best of its kind today. It seems they are making wonderful things. I want a grand organ. There will

# The city the earth needs.

also be a stage with wings—a rotating stage, etc., the best of its kind. So, a magnificent auditorium, there. There will be a library, there will be a museum with all sorts of exhibitions—not inside the auditorium: in addition to it there will be a film-studio, a film-school; there will be a gliding club. Already we almost have authorisation from the Government, and the promise, so it is already well on the way. Then towards Madras, where there is plenty of space, a stadium. We want this stadium to be the most modern and the most perfect possible, with the idea—it is an idea I have had for a long time—that twelve years—the Olympic Games take place every four years—twelve years from 1968—in '68 the Olympiads are taking place in Mexico—twelve years later we would hold the Olympic Games in India, there. So we need space.

Between these sections, there are intermediate zones, four intermediate zones: one for public services, post office, etc.; one zone for transport, railway station and possibly an aerodrome, one zone for food—that one would be near the lake and would include dairies, hen-houses, orchards, cultivated lands, etc.; it would spread and include the Lake Estate: what they wanted to do separately would be done within the framework of Auroville. Then a fourth zone. I have said: public services, transport, food, and the fourth zone: shops. We do not need many shops, but a few are necessary in order to obtain what we do not produce. They are like districts, you see.



## **Skill in Vital Work**

The seat of all capacities and all skills, which have only to be disciplined in order to be realised. - The Mother

*Phlox drummondii* Hook., *Polemoniaceae*.  
Annual phlox, Drummond phlox

# NEWS & NOTES GUIDELINES

## DEADLINE FOR SUBMISSIONS:

**TUESDAY 5PM**

The content of News & Notes is a reflection of the growth process of this community towards its ideals of Harmony, Goodwill, and Truth. Editing of submissions, mainly for reasons of space and clarity, is done according to an established policy.

## RA NEWS & NOTES - A QUICK GUIDE



### What We Publish

- Working group announcements and reports
- Residents' voices and personal sharings
- Free cultural events open to all residents
- Information from essential services
- Content that strengthens community-building in Auroville

### Working Groups & Foundation Office Content

- All RA Working Group announcements will be included
- Links to Foundation Office content will be provided without duplication
- Direct submissions from Foundation Office groups will be included as regular content

### What We No Longer Publish

- Commercial activities and paid workshops
- Non-community-focused events
- Content from "Activities & Events," "Food, Goods & Services," and "Classes, Workshops and Healing Arts" sections

### Exceptions

We may consider including content that falls outside these guidelines if:

- It is submitted exclusively to RA News & Notes
- It has significant community benefit
- It aligns with our service-oriented focus

### Submission Guidelines

- Deadline: **Tuesdays at 5pm**
- Email: [newsandnotes@auroville.services](mailto:newsandnotes@auroville.services)
- Content must be community-building focused:
  - Open and accessible to all community members
  - Not profit-oriented
  - Contributing to collective growth or well-being
  - Promoting Auroville's ideals and values

- 
- For further information, please [click here](#) 😊 to view our complete FAQ document.
  - For past issues or to subscribe, visit: [auroville.media/newsandnotes](http://auroville.media/newsandnotes)

***We thank you for your collaboration and understanding.***

## DISCLAIMER:

Please note that the opinions and views expressed on these pages are solely those of the respective authors or work groups and do not necessarily reflect the position of the editors or the larger Auroville community. The News & Notes aims to provide a platform for the publication of diverse perspectives and voices from multiple sources within Auroville.

While our editors strive to ensure the accuracy of the information presented, we cannot guarantee that all information is free from error or omission. Additionally, we cannot be held liable for any alleged misinformation provided or offence caused by the content published.

In the event of any dispute, we encourage readers to consult with the Auroville Council, and we reserve the right to suspend the publication of disputed material. Our commitment to providing an open and inclusive platform for dialogue and exchange of ideas remains steadfast.

*The News & Notes Team*  
[newsandnotes@auroville.services](mailto:newsandnotes@auroville.services)

## LIST OF ACRONYMS:

- **AVF** (Auroville Foundation),
- **AVFO/FO** (Auroville Foundation Office),
- **GB** (Governing Board),
- **RA** (Residents' Assembly)

The following groups are divided in two categories: The groups selected by the Residents' Assembly through Community decision making Processes and the groups put together by the GB and the FO (*not recognised by the Residents' Assembly*).

### Working groups selected by the Residents' Assembly:

- Working Committee (RA WCom)
- Funds and Assets Management Committee (RA FAMC)
- Budget Coordination Committee (RA BCC)
- Town Development Council / L'avenir d'Auroville (RA TDC)
- Auroville Council (AVC)
- Entry Service (ES)

### GB groups:

- Working Committee (GB WC)
- Funds and Assets Management Committee (GB FAMC)
- Budget Coordination Committee (GB BCC / GB BCS)
- Auroville Town Development Council (GB ATDC)
- Housing Service (GB HS)
- Land Board (GB LB)



## NOTE FROM THE EDITORS



Dear Community,

### Here is some important information:

- If you wish to support the N&N community Edition, you can donate at this account no: **FS #252150.**
- Content sent through **@auroville.org.in** mail ID will only reach us if you use this **FORM** to submit your content.
- The mail ID to submit content is: **newsandnotes@auroville.services**
- To request a **PRINTED COPY**, send us your name and community to our email!

**Thank you for your continued support!**

In community,

*The RA Community Edition News & Notes Team*

## CONTENTS

The Mother on Auroville

Guidelines / Quick Guide / Acronyms

Note from the Editors / Table of Contents

### **WORKING GROUPS NEWS**

From the Entry Service

From the Working Committee

GB / FO Groups News

### **COMMUNITY NEWS**

Obituary

A Summary of Events Happening in Auroville Today

Community Sharing

Residents Speak

Food For Thought

Auroville Conversations

French News & Notes

Inner Journey

### **ANNOUNCEMENTS**

Available

Looking For

Support Needed

Activities at Serendipity

Activities at JOI - Anitya Community

Workshops

### **CULTURAL ANNOUNCEMENTS**

Food

Poetry

Auroville Radio

For The Bookworms

Cinema Paradiso

### **COMMUNITY SERVICES**

Essential Services

Health

Access to the Park of Unity and Matrimandir

AV Public Bus / Emergency Numbers

# WORKING GROUPS NEWS

## FROM THE ENTRY SERVICE

### ES # 250 DATED: 05-05-2025

The following people have been recommended by the Entry Board to join our community. Please share your feedback within 2 weeks for potential Newcomers, Associates and Friends of Auroville and within 4 weeks for Potential Aurovilians, Returning Aurovilians, Youth and Spouse/Partner of an Aurovilian in writing to [auroville.entryservice@gmail.com](mailto:auroville.entryservice@gmail.com).

*We thank you in advance.*

**The Admission Committee** aka **the Entry Board of the Residents Assembly**, under section 19 of the Auroville Foundation Act

(Amy B., Don, Fabienne, Grace, Mirco, Sara, Sonja, Vadivel)

### AUROVILIAN ANNOUNCED



- **Murugan MUNUSAMY (Indian)** staying in Matrimandir caretaker house and working at Matrimandir

- **Mahima RAMESH (Indian)** staying in Maitreye and working at Inside India



- **Sarvadhini TAMIZHARASAN (Indian)** staying in Udavi staff quarters and working at Udavi School



- **Madhuri KADAM (Indian)** staying in Annapurna Farm and working at Annapurna Farm

### AUROVILIAN CONFIRMED

- **Tatiana NIKOLAEVA (Russian)**
- **Chitra GANAPATHY (Indian)**
- **Vijayabaskar THIRUMAL (Indian)**
- **Sonia MALIK SHARMA (Indian)**
- **Ayse Seza ASLAMBAS (Turkish)**



### YOUTH TURNED 18 ANNOUNCED

- **Akshey RAJ (Indian)** staying in New Creation and studying at Saradha Gangadharan College

### NOTE:

- A Newcomer becomes an 'Aurovilian' once his/her name has been confirmed by The Admission Committee (aka the Entry Board) after following due process.
- The date of becoming 'Aurovilian' is the date of confirmation. An Aurovilian confirmed by the Entry Board is eligible to participate in all community decision-making processes.



- The formal administrative step of entering new residents into the Register of Residents (RoR), is done by the Secretary of the Auroville Foundation. For this, a B-Form is filled in and signed by the individual and a meeting with the Secretary is arranged by the Entry Secretariat. However, until such time as the court has made its ruling about Admission and Termination Regulations 2023, the meetings of Confirmed Aurovilians with the Secretary will be pending.

## FROM THE WORKING COMMITTEE

### WRITTEN ORDER OF THE MADRAS HIGH COURT RE ADMISSION AND TERMINATION REGULATIONS OF 2023

Dear Community Members,

The written order of the Madras High Court, which was given after the hearing of 29th April 2025 regarding the new admission and termination regulations (entry and exit), 2023, has been published and is available at this [link](#).

As already anticipated in our previous massbulletin, this written order has vacated the interim stay that the Madras High Court gave in February 2024. However, while the 2023 Entry and Exit regulations are no longer stayed, it is important to note that **the case itself has not been dismissed and remains pending. The Court has posted the matter for final hearing in approximately four weeks.** The order acknowledges the power of the Governing Board to make regulations and has decided that our claim that these regulations are taking away the function of the Residents' Assembly is not correct. We assume that this is the reason the interim stay was removed.

The order does, however, recognize the prerogatives of the Residents' Assembly as indicated in Section 19 of the Act and **states that if any of the regulations contravene the function of the Residents' Assembly under Section 19 of the Act, then the Act would prevail.**

Even if the clarity of the interim stay order is not there anymore, the role and the functions of the RA have been confirmed once again. Therefore, the community must show its resilience, self-empowerment, solidarity among its members, and support to its groups, services and committees, especially, as in this case, the Entry Board created under Section 19 of the Auroville Foundation Act.

We continue to hope for a positive outcome at the final hearing and will keep you informed of further developments. We remain committed to a collaborative approach that respects the Act's intended structure of mutuality between all three authorities of the Foundation.

In service,

Aravinda, Bharathy, Chali, Maël (TOS), Matthieu, Prashant, Valli  
The Working Committee of the Residents' Assembly



**WORKING COMMITTEE**  
of the Residents' Assembly  
AUROVILLE FOUNDATION



## FO GROUPS NEWS

(not selected by due Residents' Assembly process)

### FROM THE FO N&N 1077

Please click [HERE](#) to read the FO groups' news





## OBITUARY

### DEAR BORIS

Dear Boris, oh Boris!

Sending you a short note of remembrance: wherever you walk around with your long sticks, either you are up there or down under or in between.

Hope your new abode will be more secure than the one I recall in Aspiration.

You had no money. One hut near the canyon edge had slid down over the edge due to rain and was

precariously balancing over the canyon.

Instead of demolishing it, you asked the community whether you could live there free of charges. Your smile made them to agree.

Our walks together in the Nature camp are vividly in my mind.

We usually left together, you late because you had to devour all the breakfast left-over as you were perpetually hungry. You walked along the forest path, but then you spotted something, a bird, a plant or an inviting sunlight and off you went!

You annoyed Wladimir.

You both came from different sections of Russian community, Wladimir a disciplined soldier, he had served as a glacier-rescue climber, while you were some sort of dissident activist, saving the otters in Lake Baikal.

Russia would have been an alternative site for Auroville, had India not allowed it. It presents itself again as a second choice.

Russia is the country of the big heart.

You are a wonderful representative of Mother Russia.

May you rest in her arms

Love you

*Frederick*



## A SUMMARY OF EVENTS HAPPENING IN AUROVILLE TODAY

### AVFO 'FAMC' PUBLISH NEW 'HOUSING GUIDELINES'

The AVFO 'FAMC' has recently published new "[Procedures and Guidelines for the use and allocation of an Auroville residential asset](#)," aimed at transforming how housing is managed within Auroville. When observed alongside the new Auroville Foundation (Residence Criteria) [Standing Order 2024](#), these changes represent a significant shift in how Aurovilians' relationship to their homes is defined by the AVFO and their 'working groups'.

The new housing guidelines state that "All residents/occupants of Auroville assets are Permissive Occupants." This language marks a departure from the long-established concept of 'stewardship' central to Auroville's approach to housing. Historically, while acknowledging the Auroville Foundation's legal ownership of assets, Aurovilians were considered stewards of their homes, with certain recognized rights and responsibilities. While it was recognised that a steward could not bequeath their house to anyone after their death, the asset was theirs to live in for as long as they

were alive and wished to live there, as long as they were still residing in Auroville. A 5 year grace period was given to those who had good reason to be outside of Auroville for an extended time. There was also a pool of relocation funding, available for those who had invested in a housing asset and wished to leave Auroville for good. These assurances encouraged many Aurovilians in the past to invest their time, labor and resources into creating assets for Auroville that did not legally belong to them.

The new guidelines eliminate the concept of stewardship entirely, replacing it with "permissive occupancy," which carries significantly fewer rights. The guidelines emphasize that Aurovilians may be required to relocate based on the AVFO's assessment of their needs, stating that "Inhabitants may be asked to move to a different asset when their needs change, or if the city development requires this change of accommodation."

A number of the guidelines are explicitly linked to the 'Residence Criteria' Standing Order. For example, in cases where a resident leaves "without approval of the [AVFO] HRS", it is stated that the Housing Service will reallocate their residence after a three-month notice period and for residents who are "asked to leave Auroville", the notice period is reduced to just one month. A further departure from previous policy is that a housing asset stewarded by an Aurovillian that passes away "will not be allocated to, and cannot be used by persons who may have lived with the deceased Auroville resident and whose names are not included in the RoR [Register of Residents]." This would leave spouses and children of Aurovilians that pass away vulnerable to being removed from their homes.

## **SUPREME COURT JUDGMENTS ON AUROVILLE**

On 17th March 2025, the Supreme Court of India delivered two key judgments on appeals filed by the Auroville Foundation regarding the governance and development of Auroville. The two rulings concern the appeal against the National Green Tribunal (NGT) verdict of 2022 and the appeal against a Madras High Court order concerning the Auroville Town Development Council.

In the case of [The Auroville Foundation vs. Navroz Kersasp Mody & Ors](#), the Supreme Court set aside the NGT's directions that had theoretically halted the construction of the Crown Road and other infrastructure projects. The reality on the ground has been very different, as [numerous violations](#) of the NGT's directions were recorded whilst the verdict was in place, and since the stay on the verdict came into effect in December 2023 there has been large scale clearing and construction in Auroville.

The NGT had ruled in April 2022 that the AVFO should obtain proper environmental clearances before proceeding with development plans, particularly in relation to the Crown Road. The Supreme Court has now ruled that the NGT's directions were "without jurisdiction and legally untenable," stating that the Auroville Master Plan, which was approved in 2001 and notified in 2010, has statutory force and does not require fresh Environmental Clearance.

The Court stated that "no substantial question relating to environment had arisen" and that the Tribunal had committed a "gross error in assuming jurisdiction and giving directions untenable in law."

In the second case, [The Auroville Foundation vs. Natasha Storey](#), the Supreme Court set aside the judgment of the Madras High Court that had invalidated Standing Order No. 01/2022 issued by the AVFO for reconstituting the Auroville Town Development Council (ATDC).

The Supreme Court ruling has affirmed that the Governing Board (GB) of the Auroville Foundation has full authority under the Auroville Foundation Act, 1988 to constitute and reconstitute committees, including the ATDC. The Court stated that "the

Governing Board is vested with all the powers and is empowered to discharge all the functions as may be exercised or discharged by the Foundation."

The Court also stated that the RA's role is "confined only to advise the Governing Board in respect of the activities relating to the residents of Auroville and to make recommendations as specified in Section 19 of the Act, and not any further."

The Court imposed a cost of ₹50,000 on the petitioner, Natasha Storey, to be deposited with the Supreme Court Legal Service Committee. Both cases have been widely reported in the media (please see in the below section 'Media & Other Links').

RA WCom issued a [statement](#) on 20th March acknowledging the Supreme Court decisions. They clarified that "the statutory rights and responsibilities of the Residents' Assembly as outlined in the Auroville Foundation Act and its rules remain intact." They also emphasized that what was at stake was "the principle of cooperation and mutuality between the Governing Board and the Residents' Assembly that was established by the Madras High Court order of 15th March 2024."

The RA WCom statement affirmed that while this principle has "unfortunately been set aside for now, it cannot be permanently disregarded, as Auroville was always envisioned as a collaborative effort."

## ERAD ON RA COMMITTEES & RESULTS

Following the Supreme Court ruling, the RA WCom [launched](#) an Emergency Residents' Assembly Decision-making (ERAD) process to formally acknowledge specific existing RA working groups as Section 19 committees under the Auroville Foundation Act. The Supreme Court had confirmed that the Residents' Assembly has the right to have committees formed under Section 19 of the Act that will "advise the Governing Board in respect of all activities relating to the residents of Auroville."

The RA WCom also held a General Meeting on Friday, 28th March to present this ERAD and explain the reasons for it. They said that the aim of this response was to affirm the statutory role of RA-selected working groups. The ERAD concluded on April 6th 2025, you can find the results published [here](#). A total of 598 valid votes were submitted online and in-person, and the results concluded that the RA formally acknowledged 11 entities as Section 19 Committees of the Residents' Assembly. Additionally the Residents' Assembly resolved that the 11 groups should be supported by the community's collective funds.

## FIR FILED FOR MOVING SOIL FROM MATRIMANDIR

On 14th March 2025, Auroville residents intercepted a tractor carrying soil from the Matrimandir excavation site to the hill site at Fertile Field. When discovered, there was reportedly an attempt to dump the soil and flee the scene. Residents alerted the Villupuram Tahsildar, who arrived on site along with press representatives.

According to reports, several individuals arrived at the scene to confront the residents, including Selvam (Matrimandir Team), Sundar (Matrimandir executive), Sindhuja (AVFO 'ATDC' amongst other job roles), Antim (AVFO 'ATSC'), Joel (AVFO 'ATSC') and also Mr. Balasubramaniam (Chief Security Coordinator, AVFO). Despite reported pressure from these parties, the residents maintained their position that proper permissions were required for soil transport.

As a result of the residents' actions, the vehicle was seized and taken to the police station, and an FIR (First Information Report) was filed by the Tahsildar. The incident was covered by [local media outlets](#).

Under Indian law, unlicensed movement of soil from one plot number to another is classified as theft, requiring proper permissions from authorities. The soil in question was being moved onto private land that is owned by Aditi Diamonds, a company that [Michael Bonke](#) is a director of.



This incident follows a [letter](#) that was sent to the Auroville Secretary in December 2024, by Arun (Revelation Management Team). The letter documented unauthorized transport of soil across state lines from Matrimandir excavation sites. Arun observed two lorries carrying soil from Auroville and followed one vehicle to confirm the soil was being transported from Tamil Nadu to Sanjeevi Nagar in Pondicherry. In addition to the unauthorized transport, Arun's report raised concerns about the disappearance of soil piles from Matrimandir excavations "at a rapid pace" with "JCB bucket marks" indicating organized removal. The Secretary did not respond to the letter.

As per standard procedure at Matrimandir, one of the executives must sign the gate pass for any material being taken out. Furthermore, an [email exchange](#) from January 2019 reveals that the Matrimandir executives are fully aware of legal requirements to obtain proper permissions for soil transport, especially across jurisdictional boundaries. In an email exchange from that period, a Matrimandir representative acknowledged that the "Tasseldar is not recognizing the Auroville Foundation permit letter to transport the red earth" and that one lorry from Matrimandir had been stopped. The email further stated that "Road Service has to get the permission letter cleared up with the Tassledar before we can supply."

After the FIR was filed, the RA TDC sent a [letter on March 19th](#) to the MM team, the AVFO, and the AVFO 'ATDC', stating their concerns about legal compliance issues around earth mining and moving.

They noted that "Despite previous communication on the same, the MM team, the GB-ATDC, and the AVFO have yet to address these concerns." They emphasized that "Sustainable development, environmental accountability, and responsible urban planning must balance growth with ecological preservation through lawful and transparent practices."

There has been no statement from the AVFO or their 'working groups' addressing these incidents or clarifying the procedures for soil transport from Matrimandir excavation sites. However, [minutes from a July 2024 meeting](#) between the MM team and the AVFO 'ATDC' clearly state that their plan for creating the hill at Fertile Field involved the movement of soil from Auroville land to private land.

## RED SANDALWOODS CUT ILLEGALLY BY AVFO

Two protected Red Sandalwood trees that were located on the radial next to Transition School have been illegally cut by the AVFO 'Land Service'. [Under Tamil Nadu state law](#), there are mandatory guidelines which have to be followed in order to fell these trees, as the wood is particularly valuable and sought after.

On 3rd April 2025, a resident became aware that the trees were being cut and confronted the 'Land Service' workers. Although they were unable to prevent the trees from being felled, the resident put out an SOS call to the community and a few other people came to the scene and managed to prevent the workers from taking the wood away. The state Forest Department was alerted to the action and the residents guarded the wood until they arrived. After they arrived and assessed the situation, the Forest Department officials confiscated the wood and gave verbal assurances that an FIR would be filed against the AVFO.



## IIT MADRAS ANNOUNCES NEW CAMPUS IN AUROVILLE

The Indian Institute of Technology (IIT) Madras has announced plans to establish a campus in Auroville. This significant initiative was first mentioned in the [65th GB meeting minutes](#) from December 2023, however most residents only became aware of the project after it was reported in [The Hindu](#) in December 2024 and more recently in the [Times of India](#) in March 2025. The minutes of the GB meeting were only shared after an RTI request was filed.

According to the Times of India article, IIT Madras plans to set up a campus on Auroville land. The campus will reportedly feature a Research Park, an Innovation Hub and a "test track for electric trucks". IIT Madras director V. Kamakoti stated that the campus will foster collaboration with Auroville in areas such as alternative energy, sustainability, and eco-friendly technologies.

The Hindu's earlier report from December 2024 mentioned that the Research Park would "cater to start-ups interested in rural and sustainability solutions" and would have "access to infrastructure support and networks to grow their technical ideas into business opportunities." The article quoted the IIT Madras director as saying that the institute had "already created a corpus to establish the park."

The 65th Governing Board meeting minutes, dated December 12th 2023, reveal that the Board "noted the MoU signed between IIT, Madras and the Auroville Foundation and approved the allocation of 105 acres of land for the said proposal." Despite the significant impact such a development would have on Auroville and the substantial allocation of 105 acres of land, there has as usual been no consultation with the Residents' Assembly (RA) regarding this initiative.

### Several questions remain unanswered:

- Where exactly within Auroville will the 105 acres be located?
- What will be the relationship between IIT Madras activities and the existing Auroville community?
- What governance structures will be in place?
- Have any environmental impact assessments been conducted?
- What timeline is envisaged for the development?

As has been recently confirmed by the Supreme Court, The Auroville Foundation Act stipulates that the Residents' Assembly has the role to "advise the Governing Board in respect of all activities relating to the residents of Auroville," but as with the



majority of the activities carried out by this GB since it was formulated in 2021, the RA has been sidelined in making this major and far reaching decision.

## **PTPS NO LONGER A COMMUNITY SERVICE**

Pour Tous Purchasing Service (PTPS) is no longer a community-only service, as it now accepts UPI payments (GPay, PayTM and so on) regardless of Auroville status. Previously, only Aurovilians, Volunteers or official AV guests could use the service. Under the former management, which was removed by the AVFO 'FAMC' in 2024 without following the correct processes, changes were in process that would have introduced a tiered system of payment, so that those who contribute to Auroville would have paid a discounted price on goods, subsidized by visitors and other non-Aurovilians. This proposal was abandoned and now the UPI system of payments means that anyone can use the outlet the same as any other shop.

## **NEWS MINUTE ARTICLE**

A recent article titled "RSS and BJP's quiet takeover of Auroville" (paywalled article [here](#), article text [here](#)). published by The News Minute on 31st March 2025, examined the ongoing changes in Auroville since the appointment of Dr. Jayanti Ravi as Secretary of the Auroville Foundation in 2021. In particular the long-form piece focuses on how cultural spaces in Auroville - particularly Bharat Nivas - have undergone significant transformations that often have religious connotations. New programming is focused on classical art forms, Sanskrit workshops, and exhibitions related to Hindu mythology and the Ram Mandir. The authors note that “ until recently, a variety of miniature statues of the Ram Mandir were on sale. There are plans to reintroduce them.”

The article also discusses the cancellation of the play 'Jane Bonda'. The satirical play was prevented from being performed at Bharat Nivas after being labeled 'political'. According to theatre artists who were interviewed, when they attempted to stage the production at another venue, the caretakers of the venue were allegedly warned about possible job losses, funding cuts and visa complications if they allowed the play to go ahead.

## **MISCELLANEOUS NEWS**

- Response to Idealistic Perspectives: An Aurovilian shared a [response](#) to two idealistic perspectives that have been recently circulated, about the ongoing takeover of Auroville by the AVFO. You can find the original articles [here](#), one is in English only and one in English and French. The article concludes “Real understanding of Auroville's situation requires engagement with documented facts, listening to diverse voices from the community itself, and grappling with complex realities rather than simplistic spiritual narratives”.
- Auroville Online Store takeover: Auroville Online Store was forcibly taken over via an [Office Order](#) issued by the AVFO in December 2024. As with all of the unit takeovers implemented by the AVFO and their 'working groups', none of the processes outlined in the agreed Code of Conduct were carried out when changing the executive.
- WCom response to GB FAMC: The RA WCom sent a [response](#) to the AVFO 'FAMC' [notice](#) on executive and management changes. They point out that the AVFO 'FAMC' notice is vague, lacks context, makes false claims and repeatedly mentions 'managers' despite there not being any such role mentioned in the Code of Conduct.

- The AVFO recently shared a new video on YouTube titled [“Auroville calls YOU! Let’s build a better future together”](#). The video invites people to volunteer, take internships and other collaborations and pushes the AVFO narrative that Auroville is a ‘sustainable city’.
- VoA Issue 8: The Latest issue of the Voice of Auroville has been released. You can find issue 8 [here](#), and all the previous issues [here](#).

## MEDIA & OTHER LINKS

- March 30th 2025, **by Gmail:** [RA Forest Caretakers Newsletter No.7](#)
- March 22nd 2025, **via Substack:** [Chronicles of Dawn chapter 9 \(final chapter\)](#)
- March 15th 2025, **Youtube, Thanthi TV:** [Shocking incident in Auroville Area \(in Tamil\)](#)
- April 7th 2025, **via Substack:** [Exploring the causes of Auroville’s crisis](#) by Rod Hemsell
- April 4th 2025, **Youtube, Mère Divine:** [Auroville en Danger \(in French\)](#)
- April 11th 2025, **Youtube, Mère Divine:** [Lecture et Commentaire sur les Critères de Résidence d'Auroville voulu par la Fondation \(in French\)](#)
- February 18th 2025, **community circular:** [To the trees that are no more](#)
- March 17th 2025, **Indiatoday.in:** [Supreme Court fines resident Rs 1 lakh for case against road in Auroville](#)
- March 17th 2025, **Livelaw.in:** [Auroville Residents Have No Right To Be Part Of Council/Committee Formed By Foundation's Governing Body](#)
- March 17th 2025, **ndtv.com:** ["Right To Development Equally Important": Supreme Court Order On Auroville](#)
- March 17th 2025, **Lawtrend.in:** [Supreme Court Sets Aside NGT Order on Auroville Township Project](#)





## COMMUNITY SHARING

### [CURRENT PETITION RESULTS ⚡ URGENT APPEAL ⚡] REGARDING FREDERICK: DENIAL OF VISA EXTENSION AND REQUEST TO LEAVE INDIA

Dear Auroville family, near and far,

Thank you for your heartfelt participation in the appeal petition concerning Frederick's visa situation.

Please find below the current petition results, as of May 1, 2025:

**Collection Period: 24.04.2025 - 01.05 (8 days)**

**Total Valid Submissions to support the appeal for Frederick:  
3,043 signatures**

Details:

- Auroville residents: 1,004 / Well-wishers: 2,039
- Online submission: 2,550 / Signing sheet: 493

On the 3rd of May, these results were submitted to relevant authorities along with the [formal appeal letter](#) and support documents.

The petition results have been entrusted to the Working Committee selected by the Residents' Assembly of the Auroville Foundation (Aravinda, Bharathy, Chali, Maël, Matthieu, Prashant, Valli).

**The petition site remains open, and we  
continue to accept submissions from the  
link below:**

**<https://forms.gle/Cvq8TrgRSggveZbL9>**

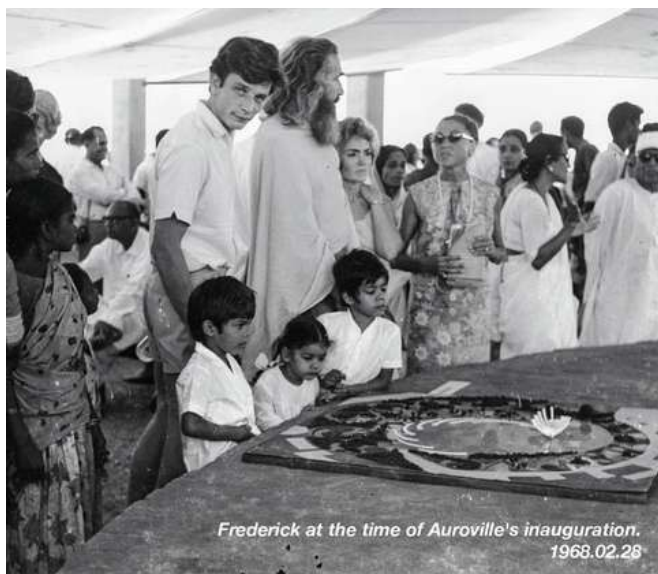
We will keep you updated regarding Frederick's visa situation.

Please keep Frederick in your thoughts and continue to share the appeal.

Sincerely,

*Concerned members of the Residents' Assembly of the Auroville Foundation*

**[Read the Tamil translation  
of the Appeal here](#)**



*Frederick at the time of Auroville's inauguration.  
1968.02.28*



## JOIN OUR WEB SERIES ON THE MATRIMANDIR

AURORA'S EYE FILMS



For the past four years, the Aurora's Eye Films team has been creating a web series that releases a new video each month, featuring Aurovilians sharing their personal connection to the Matrimandir.

We are now inviting more Aurovilians to be part of this journey! The only requirement is that you must be an Aurovillian — beyond that, everyone is welcome.

If you are interested in participating, please contact Serena at 84897 60966 for more information.

You can also visit our website: [www.matrimandirandi.com](http://www.matrimandirandi.com).

## VOICE OF AUROVILLE PUBLICATION: TELL US WHAT YOU THINK - A QUICK SURVEY



VOICE OF AUROVILLE

Dear Aurovilians and Friends,

Since April 2023, the *Voice of Auroville* journal has been striving to provide factual updates and insightful articles about developments in our community. As we complete our second year of publication, we would like to hear directly from you—our readers—about what you think of our journal and how we might improve it.

(You can see all our previous editions [here](#).)

Please share your opinion in this 2 minute survey. Your feedback will help us to improve the format and content to better meet your needs and interests.

[\[Voice of Auroville Readership survey\]](#)

Whether you read every issue or have only occasionally glanced at our publication, your input helps strengthen our community's communication channels during these challenging times.

Thank you for your continued support and engagement.

In community spirit,  
The Voice of Auroville Team

## BE PART OF AUROVILLE RADIO TV'S CREATIVE JOURNEY

Dear Friends,

We are passionate about bringing fresh, engaging podcasts to you through Auroville Radio TV, our radio website and Youtube channel. Now, we invite you to be part of this creative journey!

Do you have an idea that could inspire, inform, or uplift our community? Share it with us!

If it aligns with our vision, we'll support you in shaping it into inspiring podcast.

Let's co-create something meaningful and extraordinary together! Send your ideas to [radio@auroville.org.in](mailto:radio@auroville.org.in).

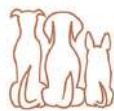
Explore more on:  
[www.aurovillerradiotv.org](http://www.aurovillerradiotv.org)



Regards,  
Auroville RadioTV Team

## AUROVILLE DOG SHELTER

A MAN WHO IS CRUEL WITH BEASTS IS  
WORSE THAN A BEAST



On April 2nd, 1934, Mother was informed that a boy had caused harm to a dog. Her directive was clear: *"This boy has been dismissed by my orders and will not be given work in the Ashram. A man who is cruel with beasts is worse than a beast."*

As recorded in the Agenda on April 12th, 1961, one disciple really had the guts to ask Mother for permission to poison some cats, who had been disturbing his sleep every night! Again, Mother responds swiftly in very clear words: *"I once had a cat with almost a child's consciousness, and someone poisoned it. And when he came back, poisoned, dying, I cursed all people who poison cats. And that's serious, so you mustn't do it. It was a real curse—I was with Sri Aurobindo, so it was serious—so don't do it."*

Week after week, the Auroville Dog Shelter receives heartbreaking reports of unspeakable acts of cruelty and neglect towards animals in our "spiritual" Community, which should be based on the principles of Love and Compassion as taught by our dear Mother. Dogs and cats are getting dumped and discarded like trash in front of Solar Kitchen. "Let them be someone else's problem!" Most people walk by, some blaming villagers coming to Auroville to dump puppies, while others just ignore them on their way to have some lunch or coffee. Only a few compassionate ones with a soul try to help.

Then just last week, an old Labrador who had lost its way or was abandoned was getting chased away by staff of a well-known AV Community for days... "bad for business". He was just sad, tired, thirsty, and hungry. He was old.

Twice a month, we hear shocking reports from visitors staying at posh Aurovilian guesthouses that puppies and kittens are taken away "for the protection of the guests" - this is not only immoral, wrong, but highly illegal, but who cares? It's just a puppy, just a kitten. Mother: *"I cursed all the people..."*

Then, whenever I confront Aurovilians about animal rights, they immediately misquote Mother! They say: But Mother said 'No pets in Auroville', is their standard dogmatic answer, but so far, not one was able to show me the source of this imaginative excuse, which they use so conveniently to justify the suffering of animals by looking the other way. Communities with big signs at the entrance: "No dogs allowed!"

What has become of us? Have we become the Beasts?

Another shocking case is the case of a dog called Emma. Emma is barely alive, just skin and bones. Just look at her pictures!



Can you imagine what she must have suffered in the last few months?

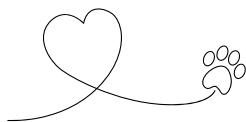
Some of you might remember Tia, who had left her body last year. Her biggest worry was, what would happen to her beloved dog after her passing? Tia had arranged everything and put a lot of money into renovating her apartment so that an Aurovilian named S. could move in and provide Emma with tenderness, love, and care. This week, the Dog Shelter received a rescue call that Emma had been severely neglected and was close to death. Our vet and team were shocked to find her looking like a skeleton, while S. claims that Emma is perfectly fine. Emma is not fine. She suffered terribly! This is cruelty and animal abuse. We had no other option but to take Emma to our overcrowded shelter, hoping that she would survive. Beasts are walking among us!

An individual case, which caused shockwaves in Auroville? Unfortunately not! It's just another example of how the sacredness of all life and the importance of love and compassion towards all beings, which Mother has taught us, seems to have evaporated from Auroville. But, "Mother said, No pets!" - No, Mother ordered that anyone who is cruel to animals has to be dismissed and has no place in a spiritual community! But let's ignore Mother again and look again the other way, isn't it more convenient?

It's time to rethink who we are as a spiritual Community, as Auroville, claiming to be the future of mankind. If we fail to uphold and protect the rights of those who don't have a voice, if we allow that money and greed overrule empathy and compassion, if we look the other way when we see an animal suffer, how can we call ourselves to be true Aurovilians? We are not different than anyone else. We are worse, we are the Beasts.

It's time for a change! It's time to come together as a Community to rethink where we are going and what we are doing. It's time to stop and stand up against any form of animal abuse. It's time to rethink our values. We have to change—if we are to be true to the ideals of this special place, our home, our Auroville.

We have not come to this sacred place to live as beasts; we are humble servants of the Divine.



## MONTHLY TRANSPARENCY REPORT APRIL 2025

### Overview

- New admissions: 11 (462 since April 2023)
- Rabies confirmed case: 1
- Adoptions and Releases: 4
- Vaccinations administered: 200
- ABC shelter dog sterilizations: 66
- Deworming: approx. 250

### No Update on Third-Party Donation Policy

Despite having inquired several times during the last months with FAMC, no policy update regarding Third-Party Donations has been made so far, leaving Auroville units and projects unable to fundraise through crowdfunding platforms. Since December, we have been unable to receive 50% of our urgently needed donations, which had been raised through Donatekart, due to the missing policy. In April, we received donations through AVI USA for USD 576. Donations by kind Aurovilians to our FS account Rs. 44.600, BCC Rs. 50.000, Rs. 48.100 onto our ICICI account as donations for sterilisations - a total of. Rs. 191.332 and thus far below our monthly running costs of approx. Rs. 3 lakhs.

### Expenditures

- *Animal Food:* In April, we fed our dogs 1.9 tons of rice, 1.6 tons of chicken, and 700 eggs, supplemented with donated food items like vegetables and daal, which cost us approx. 1 lakh.

- *Staff Costs:* Total staff costs for this month for our workers, paid animal care staff, 1 veterinarian, 1 surgery vet, 2 vet assistants, and volunteers were approximately. 1.6 lakh
- *Medical Costs:* As yearly shelter vaccination boosters were due, we had to purchase vaccinations, deworming medicine, and Bravecto for all shelter dogs, which amounted to almost Rs. 2 lakhs.
- *Infrastructure Improvements:* ATDC granted approval for the modification of a shipping container into a daytime office and nighttime caretaker facility as demanded by government guidelines. Cost approximately. Rs. 1.25 lakhs.

### **Project “Sterilising 1000 Dogs in 1 Year”**

Thanks to our dedicated team under the guidance of Dr. Sabari Stallz we were able to sterilise in April 66 dogs with the goal to reach 80 per month. We are asking all dog owners to sterilise their dogs to counter the mass of dumped puppies everywhere and increase health benefits. As we don't have any budget or grant money to provide free sterilisations, we are asking for a minimum donation of Rs. 1500 for the operation and post-op treatment, which is below our cost price. We encourage all Aurovilians to please use this opportunity to do the right thing and eliminate suffering by helping to control the canine population. Contact Shirley under our new WhatsApp Sterilisation Hotline 8903176612 for booking an appointment.

### **A Policy Is Needed for Animals Left Behind by Aurovilians who have passed on**

Every week, the Auroville Dog Shelter responds to distressing reports of animal neglect and abuse, many involving Aurovilians or Auroville Units. This ongoing cruelty challenges the very principles of our spiritual community.

A critical issue is the fate of animals left behind when Aurovilians pass away. In one severe case, a dog was grievously starved after a new tenant, who had promised to care for it, failed to do so. We had to intervene to save its life. Such neglect violates both our conscience and Indian animal protection laws.

We urge Housing to implement a policy ensuring animals left behind remain at their homes and that only responsible tenants who agree to care for them are assigned to these properties.

### **An Open Letter to Madame Secretary after yet another Rabies Case**

Despite vaccinating over 1,500 dogs and cats in the past year, the threat of rabies remains serious. A recent incident involving an infected Dachshund that escaped and bit multiple street dogs has raised alarm in key public areas like Bharat Niwas, the Visitor Centre, Solar Kitchen, and caused panic in Kottakarai.

In response, we published an Open Letter to the Secretary of the Auroville Foundation, highlighting the urgent public health risk and requesting an increase in our monthly budget from a mere ₹50,000 to the necessary ₹3 lakhs. This would allow us to meet our essential running costs, secure life-saving vaccines, and build up a mobile vet team to provide 100% vaccination coverage and free sterilisation services that help keep the community safe and animal numbers controlled. So far, the Auroville Foundation has not responded.

We urge immediate attention to this matter before a preventable crisis escalates, risking the lives of residents, guests, children, and animals.

In light of the many recent cases of animal abuse and neglect, we ask everyone to take a moment to reflect on how, as a community, we can come together to extend our love and compassion to those who cannot speak for themselves.

Auroville Dog Shelter Team

*Tine, Arthur*



## AUROVILLE LIBRARY - SUMMER TIMINGS

MAY - JUNE 2025

Dear Community,

Please see below our adjusted opening hours for the months of May and June (Summer).

### MORNINGS

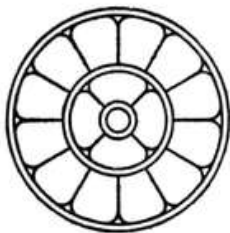
- MONDAY - SATURDAY
- 09:00am - 12:30pm

### AFTERNOONS

- TUESDAY, THURSDAY and SATURDAY
- 04:00pm - 06:30pm



## THE MOTHER'S SYMBOL IN MULTIPLE LANGUAGES



Available for reading and download:

<https://auroville.org/page/the-mother-s-symbol>

Over the years, the Mother's symbol and Her Powers has been translated into 46 languages, including the four languages of Auroville, i.e. Tamil, French, Sanskrit and English, as well as indigenous languages

and those used across the world, including Afrikaans, Amharic, Arabic, Assamese, Bahasa Indonesia, Bulgarian, Chinese, Croatian, Czech, Danish, Dutch, Esperanto, German, Gujarati, Hebrew, Hindi, Hungarian, Italian, Japanese, Kannada, Korean, Lithuanian, Macedonian, Malayalam, Marathi, Nepali, Niugini Pisin, Norwegian, Odia, Persian, Polish, Portuguese, Punjabi, Romanian, Russian, Spanish, Swahili, Swedish, Telugu, Tibetan, Ukrainian, Urdu.

The longer file with quotes for each of Her Powers are currently available in seven languages: Chinese, English, French, Italian, Nepali, Spanish, Tamil.

### Have it in your language?

If your language is not on the lists above, would you like to have it translated into your mother tongue and/or other language(s) of proficiency by volunteering yourself or recommending someone else?

Please write to Anandi Zhang at [symbol-in-translation@auroville.org.in](mailto:symbol-in-translation@auroville.org.in)

Thank you.





## RESIDENTS SPEAK

### THE GREAT GURU OF AUROZ – PART IV

*(previous episode in the last N&N)*

A few steps farther along the Grey Slab Road, Dorothy stumbles upon an unusual sight—an (art?) installation, if one could call it that. A curious mix of bamboo and tyres, a thick engraved wall, and a cloth-thin roof create a structure that seems both deliberate and haphazard at once. It sits precariously close to the road, where the hum of passing cars feels intrusive, yet there is no parking space nearby—just overgrown edges and the incessant hum of mosquitoes in the corners.

The seating is uncomfortably rigid, the shapes strangely curvy, as if someone had sculpted it from a dream but forgotten to consider human use. The place feels at once pristine and decrepit—untouched yet already decaying. A homeless man sleeps on a bench; even forgotten places find their people.

“But... what is that?” Dorothy mutters, tilting her head.

It is then that she notices someone standing perfectly still beside the structure—a figure with a metallic sheen, rusted at the edges, his arms stiff by his sides. She approaches cautiously and asks the obvious: “Why are you just standing there?”

The Tin Man lets out a weary sigh, his voice creaking like unoiled hinges. “I had no heart, so I lost all my love.”

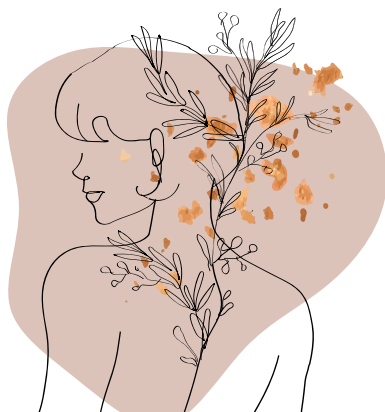
Dorothy frowns. That seemed a little dramatic. She isn’t quite sure what to say, but she sees that his eyes are brimming with rusted-over tears. Thinking quickly, she blurts out: “How nice of you to organise the grass into perfectly-shaped checkers to make neat little mouthfuls for the cows!”



The Tin Man blinks. His stiff shoulders relax just a little. The swirling storm of emotion in his metallic eyes seems to settle into something quieter. By the time his tears have dried, Dorothy is already at work, oiling his joints with careful precision. His arms loosen, his stance becomes less rigid, and at last, he flexes his fingers with a relieved sigh.

Without another word, Dorothy pats him on the shoulder and continues on her way, leaving the Tin Man behind—no longer weeping, no longer frozen, and perhaps just a little less heartless than before.

*(next episode in a week!)*





# **“BUILDING A CITY” – FOR DUMMIES**

Plan and prepare properly.

- DOS: Make updated and detailed development plans
- DON'TS: Use outdated perspective guidelines as a final and precise plan (e.g. Auroville Master Plan: Perspective 2025)

Reduce repercussions.

- DOS: Acknowledge the hundreds of assets that were built up actually respecting aforementioned perspective plan
- DON'TS: Shift the plan unnecessarily, creating maximum destruction (e.g. realigning all the existing radials by a few metres)

Build up, not down #1.

- DOS: Consult with local experts to safeguard precious pockets and support a sustainable stand
- DON'TS: Smash through decades of reforestation and water management work with a JCB (e.g. Bliss, Darkali, Centrefield, Silence, Revelation, etc.)

Build up, not down #2.

- DOS: Use existing infrastructure to build further
- DON'TS: Unnecessarily pull apart used facilities (e.g. all the road segments along the Crown and the radials, previously built by the Road Service)

Build up, not down #3.

- DOS: Use actual (detailed) development plans like International Zone and Residential Zone to reach your tourism and residential targets
- DON'TS: Break and destroy standing buildings (e.g. Youth Centre, Sharanga, Svedame, Centrefield, etc.)



Follow national and local laws.

- DOS: Make sure to have all proper permissions and paperwork in order
- DON'TS: Conduct unlawful activities (e.g. environmental clearance; permission to transplant or cut down protected species like Palmyra, Peepal, Red Randers; permit to dig and transport substantial amounts of earth like for a potential “lake”, etc.)

Follow civic agreements and communal rules.

- DOS: Respect existing community decisions as detailed in guiding documents
- DON'TS: Prevent the participation and involvement of users like locals and residents (e.g. Auroville Charter, Auroville Foundation Act, Auroville Master Plan, etc.)

Value long-term resilience.

- DOS: Integrate climate adaptability, ecological resilience, and future-proof design like decentralised water systems, shaded pedestrian paths, green energy
- DON'TS: Rely on short-term fixes or copy-paste models from incompatible geographies and contexts (e.g. extensive cement use, forcefully centralised water, pathways and roads in full sun with no green cover)



Engage transparently.

- DOS: Create participatory platforms and transparent decision-making processes like design workshops, town hall meetings
- DON'TS: Push through top-down directives without dialogue or clarity on process and intent (e.g. unilateral decisions, sabotage of the Dreamcatcher and Dreamweaving projects, etc.)

Protect heritage and cultural memory.

- DOS: Identify and preserve meaningful places, names, and histories like experimental architecture, community-built spaces, and so on
- DON'TS: Bulldoze the past under the guise of progress or erase the contributions of earlier generations (e.g. all the destruction of Auroville assets, damage to a historical archaeological site)

Support experimentation and innovation.

- DOS: Encourage prototypes, modular systems, and adaptive planning aligned with the city's evolving vision
- DON'TS: Impose rigid plans that stifle creativity, flexibility, or organic community growth (e.g. what has been happening here for 3+ years now)

Otherwise, you're just burning down the bridge towards the future, and strengthening the one towards the past. Or building "yet another city the Earth already has", instead of the one it actually needs.

## DEAR COMMUNITY

Dear community, dear Auroville family, dear friends,

After almost 7 years in Auroville and a life experience that most people walking this earth can only dream of, I have to face an ending I would probably not have chosen freely. Soon I'll be leaving Auroville in order to find a new place to call home, a new life following and nurturing my aspirations and hopefully filling me with wonder and awe like Auroville did. A new chapter is about to begin.

I came to Auroville with very little explicit knowledge of the dream and yet I had a similar vision for a place I wanted to belong to. After a couple of months in this colourful and inspiring experiment and a decision to postpone my backpacking plans for India indefinitely, I settled in Auroville. I found my true home in this place of countless blessings, messy beauty and undeniable sincerity. Over time I heard many stories of how others came here. All of them were being called to join in unique ways, each one felt like they belonged, much the same like I did. I received a calling to stay and help Her city develop while sitting at the Samadhi. At first I wondered what it was that I could contribute only to receive multiple answers to this question soon after. I met dear friends and future colleagues, found a place to live, my inner work intensified and I was asked to be part of an essential service (Koodam for those who remember). I became a newcomer and challenging 18 months later I was announced Aurovilian. I never second guessed my decision to shift my life to India and to fully commit myself to Her dream. Never before had I felt such a sense of purpose, allowing me to dedicate all my love and energy to something that was beyond mere human existence. I experienced a deep sense of belonging to a community of dedicated and inspired people who

embraced me and made me feel like being part of a family. The depth and spaciousness of everyday encounters full of love and connection was and is beyond words. Despite aspects of our collective life and internal organisation being far from flawless and improvements taking a lot of time, I was deeply inspired by the unquestionable belief that we have been collectively moving in the direction of the very purpose of Auroville.

I felt safe and supported until a couple of years ago when things suddenly changed. At that time I was in the pool of facilitators and asked to facilitate a community meeting as part of a decision making process. It was the first time for the community to come together after the upheaval of December 2021 and we were aware that this was going to be a difficult meeting. I'm not going to dwell on the events that occurred at or after the meeting but since then my sense of security was shaken. Despite more than three years of not giving up and trying to regain stability with regards to the basic requirements for living here, I wasn't able to return to feeling safely at home in Auroville. I learned a lot in these many months since then...I understood on a much deeper level how to less depend on outward realities for my wellbeing and psychological balance. I began processing what we have gone through collectively and grieving what has been lost. I learned how to firmly nurture the light despite darkness trying move in. I realised how much I need to feel free, be able to stand tall and to express myself without being threatened in any way. And finally I let my inner knowing guide me toward a future that is truly calling me. With great sadness I realised that I need to find this future I aspire for elsewhere.

I tried what I could while staying true to my own integrity and yet I have reached a point where the only thriving and breathing Auroville I can see myself contributing to, will be grown from the seeds that are deeply buried in my own heart. I, like so many of us will take the spirit of Auroville into the world and spread its message and continue to be living its reality. Since a while I carry an image in my heart. It is that of a brightly shining dandelion - its seeds are ready to be taken by the wind of life in order to land on fertile grounds.

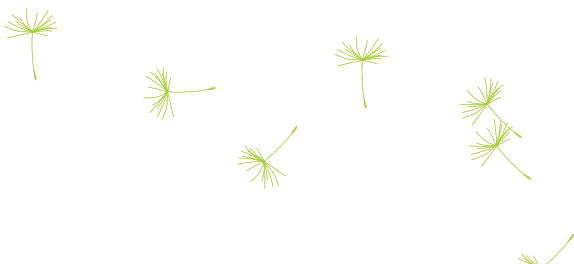
Each and every Aurovilian who leaves takes the very essence of the dream and the experiences of this beautiful experiment to countless places around the world. We are collectively growing the spirit of Auroville, building a net, inviting the global community to be part of it. Auroville can not be destroyed because Auroville already is.

Auroville forced me to grow and allowed me to heal in ways I never thought were possible.

And it continues to do so.

With immense gratitude and love,

*Julia*



# TRIKALADRISHTI, THE SUNLIT PATH AND THE TRIPLE TRANSFORMATION

Here are sequential questions to ask <https://incarnateword.in/AskAi#!> or any other InfoComm helpers:

- **Q1:** What is the Truth of Trikaladrishti?
- **Q2:** How does that relate to the Eternal Now containing the past-present-future?
- **Q3:** How does the knowledge of Trikaladrishti relate to the conscious work to hasten the advent of the new apex species the Supramental being?
- **Q4:** How can the Sunlit Path of Surrender and Bhakti to the Supreme Divine Mother Mahashakti support the Triple Transformation of Psychicisation, Spiritualisation and Supramentalisation?

Here are the answers from Gemini:

<https://g.co/gemini/share/91149c59da80>

And from ChatGPT:

<https://chatgpt.com/share/6818d7f6-5d18-8013-b3a03bccd70fba0a>

Thus the Vision-Goal of the...

To read the full post, please click the link below:

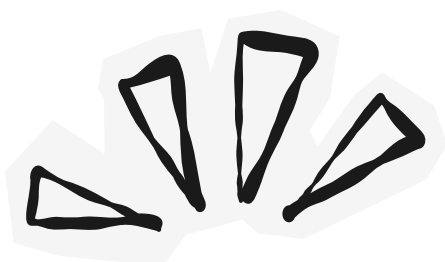
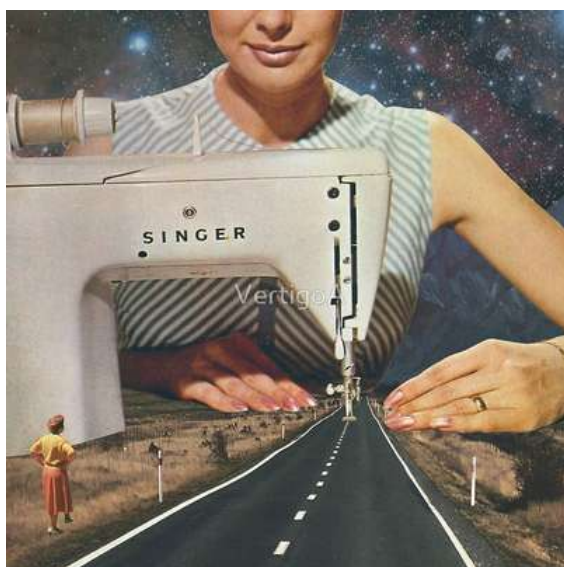
<https://zechjoya.blogspot.com/2025/05/trikaladrishti-sunlit-path-and-triple.html>

For readers of the printed version, please scan the QR Code to access the link or go to this blogsite to access the post of the same title: <https://zechjoya.blogspot.com/>



ॐ Zech

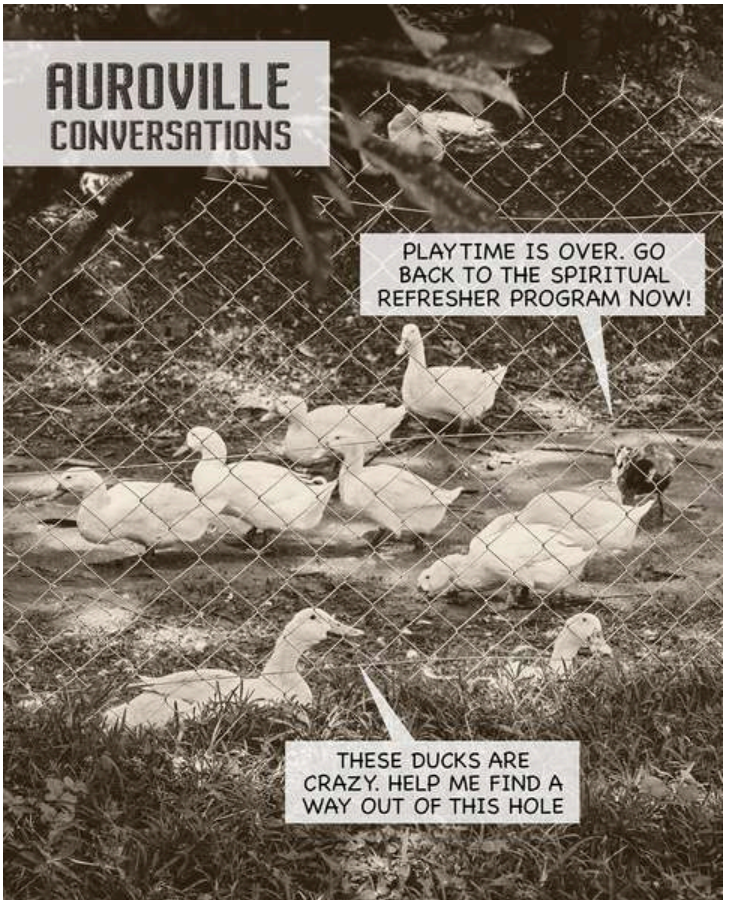
## FOOD FOR THOUGHT





<http://indiasendangered.com/see-an-artists-thought-provoking-illustrations-on-climate-change-pollution-and-more/>

## AUROVILLE CONVERSATIONS



*Submitted by an Aurovillian*

● ● ●

## FRENCH NEWS & NOTES

NOUVELLES D'AUROVILLE

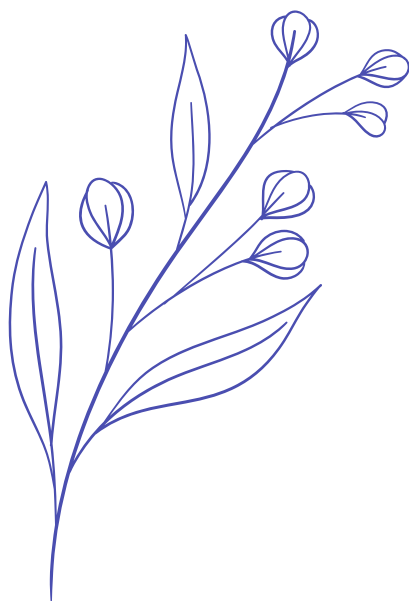


Auro – Traductions

Click [here](#) or scan the QR code to read the **French News&Notes**.







## INNER JOURNEY

### INTRODUCTION TO THE INTEGRAL YOGA OF SRI AUROBINDO AND THE MOTHER

**Tuesday 13th May, 9 am - 12 noon**

**Focus: Self-realisation**

Led by Ashesh Joshi

Place: Mirabelle Education Centre, Auromodele  
Ph/Whatsapp: 94891 47202 (Please register)

All are Welcome



### SAVITRI SATSANG WITH NARAD

#### SUMMER BREAK

SAVITRI at Savitri Bhavan will break for the heat of the summer months of **May and June** and will begin again the **first day of July 2025** with Savitri Satsang and the OM Choir at 4:30pm and 5:30pm respectively.

In this deep exploration of Savitri we will study:

1. The mantric basis of Savitri
2. The importance of iambic pentameter in epic poetry
3. The wealth of definitions in Savitri from Sri Aurobindo and Mother
4. Music and alliteration in Savitri
5. Words defined from the 'Lexicon of the Infinite Mind'
6. The Mother's Words on Savitri

We will begin at the beginning, again on 1st July, with Canto 4, 'The Secret Knowledge'.

All are welcome to join.

*Narad*

### OM CHOIR WITH NARAD

EVERY TUESDAY, 05.30 - 07.15PM

Please join in the aspiration,  
in

No prior singing experience is required.

**At Savitri Bhavan - Square Hall**



**ON SUMMER BREAK  
MAY + JUNE**

## AMPHITHEATRE - MATRIMANDIR

Meditations at sunset with SAVITRI,

**Every THURSDAY  
from 6:00 to 6:30pm**

*(weather permitting)*



**Savitri, Sri Aurobindo's long mantric poem, read by Mother to Sunil's music are on weekly for everyone to concentrate, in this beautiful open space in the very center of Auroville.**

Reminder to all: The Park of Unity is a place for silence, meditation and inner work and is to be used only as such. We request everyone: please do not use cameras, tablets, cell phones, etc. No photos.

**Guests with Aurocard** wishing to attend must book at <https://bit.ly/savitri-reading> one or two days in advance or the very day before 11am. Please bring your Aurocard with you.

Access by Office Gate for the Amphitheater only from 5:15pm. Thank you.

Guests are requested to bring along their Aurocards.

Last entry for guests at 6:00pm.

Access limited for guests to the Amphitheatre

Last exit for guests at 6:45pm.

*Velmurugan and the Access Team*

## VIBRATIONAL SOUND BATH

SOUL NURTURING MEDITATIVE EXPERIENCE WITH THE ORIGINAL RUSSIAN SINGING BELLS

*These are sounds of the Beginning  
These are sounds that cradled the worlds*

Harmonious play of rich powerful tones and strongly resonating overtones invokes a profound state of inner peace, tranquility and self-healing, bringing deep physical and psychological relaxation.

**Open Group - Everyday 3:00 - 4:30pm**

At Mirabelle Education Center, Auromodele,  
Kuyilapalayam

Led by Vera (Instagram - [Vera.Auroville](https://www.instagram.com/Vera.Auroville)) and Ashesh Joshi

**Please register in advance**

Ph/WhatsApp: +91 94891 47202, +91 94862 47202

(Private sessions on request at other timings)

## VIPASSANA MEDITATION

Dear Meditators,

You are all very welcome to the weekly half-day Vipassana meditation course for "old students" only (meaning for those who have completed at least one 10-day course as taught by SN Goenka).

- **Date:** Sunday 11<sup>th</sup> May
- **Time:** 09:00am to 01:00pm
- **Venue:** Udavi school, near tank, edayanchavadi, Auroville, 605101
- **Location:** <https://maps.app.goo.gl/4fu6Besiyw9vzsVy7> First building to the left near the parking.



You can come for the whole course or just drop in for some time whenever you want.

☎ Please keep your cell phones off or in airplane mode for the duration of the course.

Lunch will be provided at the end of Vipassana at 1pm. But we need a head count. So those who wish to stay back and have lunch must RSVP by Saturday 12 noon at the latest. Please respond on this group itself so I can keep track

Metta

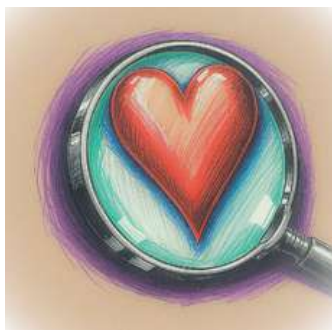


# ANNOUNCEMENTS

## RESEARCH PROJECT, "THE POTENTIAL OF KINDNESS"

Dear Auroville Community,

How might small acts of kindness transform our lives? We invite you to help us discover the answer by participating in our research project, "The Potential of Kindness."



Over the coming months we're organising events designed to explore how kindness activities affect participants' wellbeing, social connections, and self-compassion. We hope to learn about what kindness means, how kindness varies across different cultures, and what obstacles might prevent us from giving and receiving kindness.

These events provide opportunities to contribute to meaningful research as well as the possibility of experiencing new perspectives on kindness.

- **Kindness Circles** - Safe, welcoming spaces to share personal stories of giving and receiving kindness (available in both English and Tamil).
- **Kindness Film Screening** - watch a film together on the theme of compassion.
- **Random Acts of Kindness Week** - Participate in daily challenges to spread kindness.
- **Loving-Kindness Meditation** - Join this meditation on compassion for yourself and others.

All events are open to Aurovilians and Newcomers. If you would like to participate in any of the above events (or perhaps host your own kindness event as part of our research) email [helen@auroville.org.in](mailto:helen@auroville.org.in) or message on WA 70947 53054.

Let's explore the potential of kindness together.

*Helen & Nikethana*

## AV MEN'S ULTIMATE FRISBEE

### "NEXT GEN" FOR 12-18 YEAR OLDS

MONDAY 5 MAY ONWARDS, GAIA FIELD

Hey Auroville,



The AV Men's Ultimate Frisbee team is starting: \*NexGen\*, an Opens (boys 12-18) ultimate frisbee team right here in town.

If you're into sports, love being active, or just want to try something different — come check it out, no experience needed.

- Date: **Monday May 5th Onwards**
- Location: **Gaia Field**
- Time: **5:00pm to 6:15pm**

Just bring water, a pair of football/running shoes, (barefoot is fine if you don't have anything to start with) wear some clothes you can run in, and come ready to have fun and learn the game.

If you have any questions or confusion, feel free to call or WhatsApp me (Harsh Nisar) at +91 95439 90007.

If you want to join, send me a message so I can add you to the \*Next Gen\* group for more updates and info. :)

Come join us and be part of something exciting!

Yours sincerely,  
AV Ultimate



## ECO FEMME - OPEN HOUSE

EVERY THURSDAY, AUROSHILPAM



**Come learn about:**

- Sustainable products like cloth pads, menstrual cups, period panties and cloth nappies
- Menstrual cycle awareness
- Ethical business in a women-led social enterprise
- Our not-for-profit menstrual health education

**EVERYONE IS WELCOME.**

Every Thursday, 10:30am - 12:00pm

P.S. You can pick up all our eco-friendly products at a discount!



Eco Femme Office  
Auroshilpam, Auroville

ecofemme.org | WA: +91 94871 79556

## ECOPRO: DISPOSABLE MENSTRUAL PADS BIODEGRADABLE & COMPOSTABLE



Dear Auroville Community,  
in particular women in the menstruating age,

As many of us are aware, the widely used disposable menstrual pads on the market contain some plastics which makes it difficult to dispose of used pads in an easy and ecologically sound way. Now a new product has become available, that is menstrual pads made exclusively of biological materials and hence biodegradable or compostable after use. So, as regards disposal, no need to incinerate with dubious emissions from burning plastics, and avoiding pollution from microplastics (when disposed of with other waste in landfills or discarded anywhere in open drains – which is not meant to be the case).

One of the brands is “Bliss”. – We have asked a few women to test the pads in regard to reliability (of function) and comfort, and received only positive feedback. The pads are free from sanitizers or artificial fragrances and pose no risk to health.

### Availability

Bliss Pads are available now at EcoPro, Aurosarjan complex. Please contact us at [ecopro.sales@auroville.org.in](mailto:ecopro.sales@auroville.org.in), 0413-2622469 or 63855 14605.

### Concerns regarding composting

In all community and household gardens where some structured and supervised composting of kitchen and garden waste is in operation, used pads can be integrated into it. Concerns about attracting dogs and rodents need to be dealt with in the same way as it applies to fresh kitchen or food waste. (Wild pigs are a separate issue – they plough through our gardens independent of composting activities.) Feel free to ask for guidance at EcoPro.

Regards,  
Sharmila / on behalf of EcoPro

## THE INNER WAY SCHOOL AUROVILLE - TAI CHI DAILY CLASSES

Daily classes of Tai Chi Chuan and Chi (Stevanovitch Method) are offered at 7.30am.

Drop ins are welcome.

More Info: [taichi@auroville.org.in](mailto:taichi@auroville.org.in)



## ZERO WASTE HOME TOUR

EVERY SATURDAY IN MAY



Laure invites you for a Zero Waste Home Tour at her home every **Saturday in May at 11am.**

Discover how embracing a nearly zero-waste, plastic-free, and minimalist lifestyle is possible.

Get inspired, ask questions, and see in real life how small changes can make a big impact!

**\*Registration is compulsory\***

Sign up via WhatsApp: +33 695651135.

### MARC'S CAFE STORE NEWS!

We are happy to announce that Marc's Café is welcoming anyone who would like to work or study in a co-working space atmosphere to visit our 3rd floor rooftop with free Wifi.



- We will be open from 8am to 8pm, six (6) days a week.
- We are closed on Wednesdays.



Also as a reminder

**We have Aurovilian discount for AV, NC and registered SAVI volunteers and a 10% for Aurocard holders**

Tuesday 50% discount for breakfast (only coffee, croissant and dosa)



*Marc's Cafe team*



## AVAILABLE

### AMMA

Good House Ama available from Half May onward for Tuesdays and Thursdays : 2 full days for work in the Center area .

Please contact 94420 32047 via WhatsApp



### ANTIQUE TEAKWOOD CANE CHAIR

Antique teakwood cane chair in good condition available against contribution.

Contact [isha@auroville.org.in](mailto:isha@auroville.org.in)



## LOOKING FOR

### MISSING CAT

Hello Auroville Family!  
We really need your help.

Our cat, Zuko, is lost and he is one of the most important beings in our lives. He is sterilized. He is grey on the back and white on his chest and paws. He has rings on his tail, which is bent at the end.

We live in Centrefield. People think they have seen him near Samasti and Surrender, and even near Town Hall. That was a few days ago, so he could be anywhere now.

Please try to keep an eye out for him. He means the world to us and it would be really brilliant if someone sees him. Please call us if you do.

*Manas*

98438 01014 / 98101 01602



### WORDPRESS LMS

Hi,

I am in the process of putting the courses that I was teaching in the Botanical Gardens, on different aspects of arboriculture, online and I am looking at purchasing a Wordpress LMS for this, as they would be self led courses. Is anyone else doing this or interested in co-purchasing an LMS? Currently looking at Tutor LMS. Buying several lifetime licences at once is considerably cheaper than buying a single one.

Let me know if you are interested or perhaps you have some ideas?

Thanks,

*Island*

Phone/whatsapp: +91 75981 03616

Email: [island@treescapes.in](mailto:island@treescapes.in)

## A HOST IN ANNECY, FRANCE

Dear Friends,

I live with my family in Auroville.

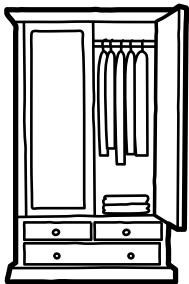
I'm visiting Annecy, France this year for the animation festival in the month of June from 7th to 14th.

I will be traveling to Annecy via Geneva.

I'm looking to connect with someone in Annecy who can extend their kindness and host me on those dates.

Gratefully ,

*Siddharth Maskeri* - Mob/Whatsapp - +91 98192 89123



## SECOND HAND ALMIRAH

Dear friends,

I need a second hand almirah in good condition for free or at a reasonable price.

Contact me at [AVsanto60@gmail.com](mailto:AVsanto60@gmail.com) or 97519 07083

Thank you in advance,  
Santo

## LOOKING FOR HOMES FOR TWO KITTENS



A beautiful ginger cat that was roaming around and kept on sitting in front of my door meowing, gave birth to 2 kittens, a male (ginger with a little white) and a female (3-colored brown, black, white) The two sweet kittens are ready to be given away soon to animal loving children or adults. If someone misses a female ginger cat, please also contact me, via

SMS or WhatsApp, 94896 01312 or email [shivaya@auroville.org.in](mailto:shivaya@auroville.org.in)  
Thank You!

## AN ART STUDIO

I am Dom, looking for a studio to rent for my artistic practice.

The one I am renting now in Bharat Nivas is less and less usable because of the flood of tourists all around, and the relative noise.

The space I'm looking for doesn't need to be in particularly good condition.

I am very silent and also I would like to have silence around.

I need water and electricity inside, and the minimum size should be 40 square meters.

If you hear of anything like that, please let me know.

Thank you. [ade.jacques65@gmail.com](mailto:ade.jacques65@gmail.com)



## ECO FEMME IS LOOKING FOR OFFICE SPACE & STORAGE ROOM

Eco Femme is seeking new office space with the following specifications:

- Office area: 150 sq. m
- Storage room: 80 sq. m

Please feel free to contact us at 94871 79556 for more information. Thank you!







## SUPPORT NEEDED

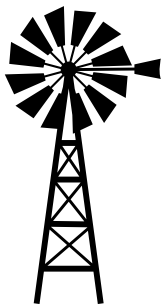
### NEED OF ANUSUYA FOREST COMMUNITY

Anusuya Forest is one of the few remaining communities that uses a windmill to pump water. We have 5 households and, since our water requirements have remained minimal, we still pump from the first aquifer.

During the cyclone in December, our windmill suffered major damage and we owe a large amount (87,834/-) to Aureka.

We would be very grateful for contributions towards this.

If you can help, please contact [anusuyaforest@gmail.com](mailto:anusuyaforest@gmail.com).



### HELP WITH GOOGLE LOCKER STUDIO

I need someone who can fix some formulas in google locker studio. Is there someone who can help me with this?

Krishna, 98841 20010

## ACTIVITIES AT SERENDIPITY

### SERENDIPITY ACTIVITIES & THERAPIES

(Ex. Joy Community in front of Center GH)

Center Field, Auroville - 605101, TN, India

Landline: +91 (0)413 350 9950

Mobile/Whatsapp: +91 93856 23342

Email: [serendipityauroville@gmail.com](mailto:serendipityauroville@gmail.com)

<https://serendipity.auroville.org>

<https://www.facebook.com/serendipityauroville>



## **REGULAR CLASSES:**

### **Qi Gong - with Lhamo**

- **Monday-Wednesday and Friday 7 - 8:30am, drop-in class**

Qigong can be described as a mind-body-spirit practice that improves one's mental and physical health by integrating posture, movement, breathing technique, self-massage, sound, and focused intent. Specifically, this form of gentle exercise is composed of movements that are repeated a number of times, often stretching the body, and building awareness of how the body moves through space. There are likely thousands of qi gong styles, schools, traditions, forms, and lineages, each with practical applications and different theories about Qi ("subtle breath" or "vital energy") and Gong ("skill cultivated through steady practice"). As Lhamo has a very extensive knowledge of many of them, she will explore different styles according to the students.

---

### **Traditional Sanskrit Mantras with Sonia**

- **Friday from 5 - 6pm (Regular students only).**

In the recitation of Sanskrit Mantras the sound is very important, and the specific pitches and strict rules of intonation and syllabic length should be learned according with the tradition of the great masters of the past, who figured out how to use the voice to calm the mind and attune the practitioner to the more subtle levels of the "sadhana" or spiritual path. Through the harmonic rhythm, repetition and participation in the singing, the mind reaches more clarity, concentration and tranquility.

---

### **Private Classes on request (for groups or individuals)**

- Hatha Yoga with Ramesh - for more details contact Ramesh at: +91 98451 68490
- Traditional Sanskrit Mantras with Sonia - for more details contact Sonia at: +91 89402 88090

## **THERAPIES:**

### **Cheek Acupuncture with Lhamo**

- **On appointment only (+91 84380 53127)**

Cheek acupuncture works on the principle that in the face there is a holographic miniaturisation system covering the whole human body. Very small needles are used solely on the face of the patient, which is a mirror of the whole being. It uses a very interesting and immediate way to assess the changes in the body.

---

### **Gua Sha (Chinese Detox Scrub) with Lhamo**

- **On appointment only (+91 84380 53127)**

This is one of China's oldest treatments. The practitioner uses a tool like a flat piece of jade to scrub the skin to help release blocks, stagnant blood, energy and restore a natural flow. When the toxins in the deep layers of the body reach the surface through scraping, they get more easily released from the body. This treatment is also suitable for healthy people to detoxify, to purify and improve the metabolism of the whole body.

---

### **Facial Gua Sha (beauty treatment) with Lhamo**

- **On appointment only (+91 84380 53127)**

Facial Gua Sha reduces puffiness, lymphatic drainage, facial tension, helps tighten firm and lift skin, cooling, durable skin care. This treatment helps to detoxify, to purify and improve the metabolism as well.

---

### **Modern Trance Healing - Hypnotherapy with Lhamo**

- **On appointment only (+91 84380 53127)**

In modern hypnosis, the emphasis is put on our own relationship to our own creative unconscious. There are many different aspects and parts in our outer and inner life. And there are parts that don't have a positive appearance. In Modern Trance Healing, we can turn them into positive possibilities and let them teach us how to discover their positive meaning.



# ACTIVITIES AT JOI - ANITYA COMMUNITY

## Journey to Inner Peace :

### Holistic Healing Services at Anitya Community

Located in the peaceful environment of Auroville's

Center Field, the Joy of Impermanence—Anitya Community Project offers a variety of holistic services to support your body, mind, and spirit. Our experienced practitioners provide a range of practices to help you relax, heal, and grow, guiding you toward balance and well-being.

- **Location:** Anitya Community, Center Field, Auroville (500m after Center Guest House)
- **Bookings:** For more information or to schedule a session, please contact the practitioners directly (preferably via WhatsApp messages)



### Thai Yoga Bodywork with Andres

- **Contact:** +91 97516 07501

Combining elements of Thai massage, pressure, and assisted stretching, Thai Yoga Bodywork is designed to release tension, improve circulation, and enhance flexibility. This therapeutic practice helps restore balance to your body and mind through gentle, rhythmic movements.

Paused for Summer

### Ayurvedic Massage with Elene

- **Contact:** +91 79041 43719

A relaxing full-body massage that melts away tension and revitalises your senses, focusing on the head, back, stomach, and feet.

Paused for Summer

### Integral Unfoldment Coaching with Dave

- **Contact:** +44 75641 19728

A transformative life coaching approach blending Internal Family Systems (IFS), Focusing, and the Diamond Approach to explore your inner world, integrate all parts of yourself, and unfolding your unique potential for personal transformation.

### Shah-Lu-Ha-Ka Bodywork with Nikki

- **Contact:** +91 70947 16136

This unique bodywork technique blends different massage styles, energy healing, and intuitive touch to release physical and emotional blockages. Shah-Lu-Ha-Ka Bodywork is a deeply restorative experience that invites your body to heal from within.

### Mindfulness Meditation with Helen

- **Contact:** +91 70947 53054

Join Helen for guided mindfulness meditation sessions designed to cultivate awareness, reduce stress, and enhance emotional resilience. Whether you're a beginner or an experienced meditator, these sessions provide a peaceful space to connect with your inner self. Regular drop-in session for all on Tuesdays at 7:15am (Maloka Hall).

### Women Circles with Louise Rose

- **Contact:** +91 73053 73562

Women Circles offer a sacred space for women to gather, share, and support each other in their journeys. Led by Louise, these circles provide a nurturing environment where women can explore their personal growth, creativity, and shared experiences. Every new moon and full moon.

### Womb Blossoming with Louise Rose

- **Contact:** +91 73053 73562

A deep healing journey connecting the womb, heart, and throat through vocal activation and flower bodywork. This practice integrates sonic energy healing, affirmations, herbalism, and aromatherapy to awaken the body's innate wisdom and express your soul's story.

### Whispering of the Flowers with Louise Rose

- **Contact:** +91 73053 73562

Flower medicine ceremonies and bodywork integrating naturopathy, somatic therapy, and sonic healing. Using flower essences, herbalism, and aromatherapy, these sessions support deep reconnection and balance.

### AMA Massage with Angela

- **Contact (whatsapp only) :** +33 750604028

A seated acupressure massage combining rhythmic thumb pressure, stretching, and percussions on specific energy points (tsubos). Promotes relaxation and revitalization. Duration: 20-30 min (clothed, on an AMA chair).

### Swedish Oil Massage with Angela

- **Contact (whatsapp only) :** +33 750604028

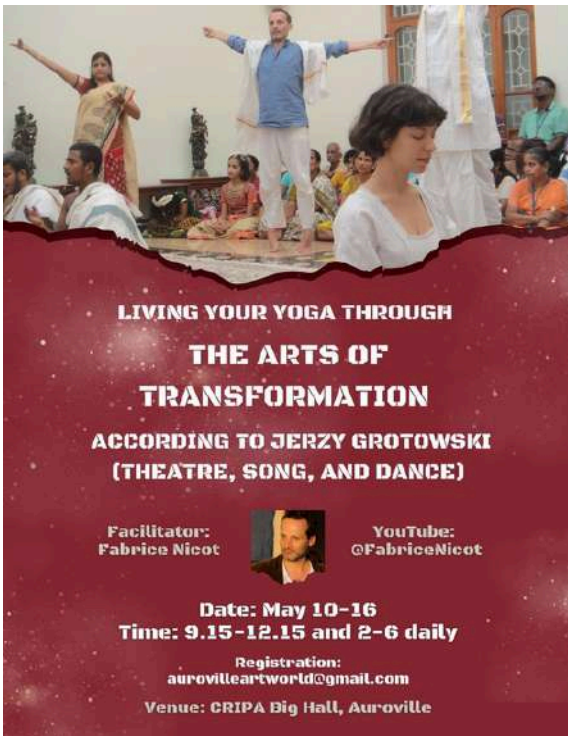
A deeply relaxing full-body massage that relieves pain, improves sleep, reduces stress and muscle tension, and boosts the immune system. Duration: 60 or 90 min.



## WORKSHOPS

### LIVING YOUR YOGA THROUGH THE ARTS OF TRANSFORMATION ACCORDING TO JERZY GROTOWSKI (THEATRE, SONG, AND DANCE)

10-16 MAY, CRIPA



(Body and vocal explorations based on songs, dances, and spiritual texts from around the world)

#### About the workshop:

The first part of the workshop will be devoted to exploring the musical and rhythmic foundations of texts from various spiritualities (Song of Songs, Gita-Govinda, Bhagavad Gita, etc.) as well as learning vibrational songs and dances from around the world (Latin Gregorian chants, Ukrainian and Georgian polyphonies, African and Afro-Caribbean songs, etc.).

Biographical narratives from the participants may be used, particularly for emotional exploration.

The second part will consist of physical and vocal training to release tension while strengthening the participant. They will explore their simple presence in space, holding themselves in an energetic physical body, listening and watching. They will achieve a balance between a position anchored within themselves and one entirely open to the outside world. In total availability, the trainee will then be able to offer their attention, their body, and their presence to the space, to the partners, and to the artistic materials that will "pass through" them. In the words of Jerzy Grotowski (Polish theatre director and teacher, 1933-1999), the text will "read" the trainee, the song will "sing" them, and the dance will "dance" them.

A collective "organic" action will be developed, composed of texts, vibrant songs, and movements.

#### The facilitator:

Fabrice Nicot is a director and teacher associated with the Grotowski Institute (Wroclaw, Poland). Holder of the French State Diploma of Theater Professor (D.E.), he teaches theater practice at the Cours Florent in Paris (professional cycle), at the University of Paris 8, at the Faculty of Arts of Strasbourg (France), and in conservatories. He is also teaching anthropology at the State University of Haiti.

A graduate as an actor of the E.N.S.A.T.T. (French State National School of Theater Arts and Techniques) and in theater studies from the University of Paris 3 Sorbonne - Nouvelle, actor, director, and Professor, Fabrice Nicot teaches and produces his performances in France and abroad.

As producer of international artistic events, he has co-founded and co-directed, among other things, the Iranian Springs for the municipality of Paris and the Iranian Center for Dramatic Arts, then the Andrei Tarkovsky Academy and Festival of Sacred Arts in cooperation with the Andrei Tarkovsky International Institute and Andrei Andreievitch Tarkovsky.

He has organized international educational exchanges for the CNSAD (The National State Drama School), the Cours Florent, and various universities. He has conducted fieldwork over several years as an anthropologist of the arts among artistic communities around the world (India, Africa, the Caribbean, Eastern Europe, etc.), publishing articles (in the journals Arts Sacrés, Le Monde des religions, Europe, Danse conservatoire, etc.) and organizing seminars.

- **Dates:** 10-16 May
- **Venue:** CRIPA Big Hall, Auroville
- **Time:** 9.15am-12.15pm and 2pm-6pm
- **Registration:** [aurovilleartworld@gmail.com](mailto:aurovilleartworld@gmail.com)



# CULTURAL ANNOUNCEMENTS

## AUROVILLE FILM FESTIVAL 2026 - SUBMISSIONS NOW OPEN

The 9th edition of the Auroville Film Festival opens submissions for the following categories:

- Films made by Aurovilians and residents of the bioregion (including Pondy)
- Films made about Auroville and the bioregion (including Pondy)
- Films made by school students (below 17yrs) in Auroville and the bioregion (including Pondy).

The last date to submit is **August 15th 2025**. Films made since May 2023 will be considered.

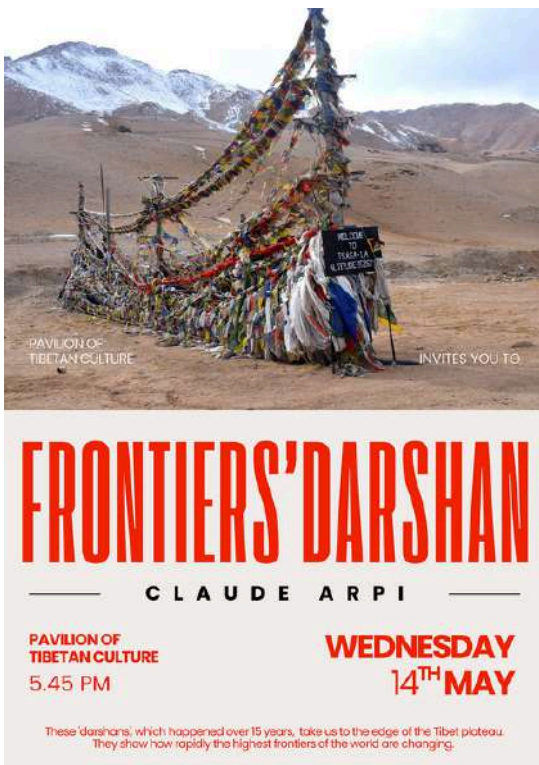
Link to submit: <http://tiny.cc/avfilmfestival2026>

Submissions to the international category of films that develop the theme of human unity may be made only through Film Freeway (<https://filmfreeway.com/AurovilleFilmFestival>). The last date to submit to this category is **July 31st 2025**.

For more details please contact [filmfestival.auroville@gmail.com](mailto:filmfestival.auroville@gmail.com)

## THE PAVILION OF TIBETAN CULTURE PRESENTS FRONTIERS' DARSHAN BY CLAUDE ARPI

WEDNESDAY 14 MAY, PAVILION OF TIBETAN CULTURE



This 'darshan' introduces an aspect of the recent history of the sub-continent which is not well-known, the relations between the Indian Himalaya and Tibet, the Land of Snows. Though both still share more than 3,000 kilometres of border from Ladakh to the Eastern-most part of Arunachal Pradesh, today the gates are closed and one can't circulate over this boundary.

These frontiers, peaceful for centuries, have become among the most militarized regions of the world; the Indian Army and the People's Liberation Army have often clashed over some ridges or heights on these desolate landscapes.

It began in 1950, when Mao Zedong decided to conquer the Tibetan Plateau and occupy the country of the Dalai Lama, who since 1959, lives as a refugee in Northern India.

Claude's (and often Abha's) journeys over 15 years take us to the edge of the Tibet plateau; these 16 'darshans' provide glimpses of some of the highest frontiers in the world (including to the Bhutanese border).

Slide after slide, one can see how different each frontier area is, from the 'low-land' in the Lohit Valley of Arunachal, hardly more than 1,000 meters above sea level, to Gurudongmar on the high plateau of Sikkim at more than 5,500 meters.

At the same time, these 'contact points' with Tibet all have something in common: on the 'other side', the Tibetans live under the yoke of the invaders, with no possibility of communication between the two sides. This comes across strongly at each stage of the 'darshan'.

For the speaker, this journey started with a week-long memorable visit to Tibet in 1993.

Bon Voyage!

- **Wednesday 14<sup>th</sup> May 2025**
- **17:45h At Pavilion of Tibetan Culture**



**LATEST EDITION OF VAASAL MAGAZINE**



Dear Friends,  
Vanakkam 🙏

We're excited to share with you the latest edition of Vaasal Magazine. In this issue, we delve into the heart of Tamil Nadu, exploring the rich cultural tapestry and history of the ancient city of Tirunelveli.

Discover the city's iconic temples, vibrant food scene, and its significant role in India's independence movement. Plus, we have spiritual insights, Tamil

language lessons, and much more!

To fully experience the essence of Tirunelveli and all the fascinating content Vaasal has to offer, please click on the link below to view the magazine:

<https://heyzine.com/flip-book/f704d0561a.html>

Enjoy the reading! Thank you.

*Ilaignarkal Education Centre Team*





## FOOD

### FOOD FOREST TOUR - EVERY SUNDAY

# FOOD FOREST TOUR

WITH VEGAN ICE CREAMS GREEN SMOOTHIES and more...



**EVERY SUNDAY from 9:30 to 11:30**  
(for groups of min 4 people any other weekday is possible)

Come for a morning experience in my permaculture garden, learn about organic farming and get inspired to grow your own food.

We are going to explore the wide diversity of edible plants that grow around us and harvest fruits, greens, herbs and flowers.

After the tour we are going to create delicious and nourishing

#### VEGAN ICE CREAMS

with lots of flavourful toppings from the garden and our homemade produce.

La Ferme Community (5min from AV Bakery)  
Sign up and info [www.myfoodforest.in](http://www.myfoodforest.in)  
whats app text Sarah 9047421044

### RIGHT PATH CAFE - SUMMER NEWS, VISITORS CENTRE

## RIGHT PATH CAFE SUMMER NEWS!

**SUMMER IS COMING. LET'S CELEBRATE  
WITH SPECIAL OFFERS AT CAFETERIA  
VISITORS CENTRE.**

**EVERY DAY BETWEEN 7.30 AND 9am**  
**50% DISCOUNT FOR AUROVILIANS ON OUR  
ORGANIC BREAKFAST ITEMS!**

**EVERY THURSDAY**  
**50% DISCOUNT FOR AUROVILIANS ON  
KOREAN DISHES**

**EVERY FRIDAY**  
**50% DISCOUNT ON NON VEG DISHES**

**REMINDER! CAFETERIA USES CHIEFLY ORGANIC PRODUCTS  
AND AUROVILLE GROWN FOOD.**



**MONTHLY AND HALF MONTHLY ORGANIC  
LUNCH SCHEME OPTIONS**  
**30% DISCOUNT TO AUROVILIANS AND 10%  
DISCOUNT TO VOLUNTEER AUROCARD  
HOLDERS ON ALL OUR MENUS**





# POETRY

## A Tear Slowly Drop

6.12.2024

How lovingly he treated me  
As if long friends who had not seen  
Each other in this life's history,  
With gentleness He spoke of Thee,  
Mother who created all  
The universe and galaxies.  
Remembering Her I felt a tear  
Drop slowly from adoring eyes.



When the song rises,  
When I sing to the sea —  
My only audience —  
My loudest voice  
And sweet tunes  
Barely audible  
Amid roaring tides,  
The fullest expression  
Settles in the cells —  
Serene and satisfied.

One single moment like this —  
Aeons seem to have passed by!

**Anandi Z**

## Let Me Have a Word with You

I don't wanna read another dead letter,  
an offended nation.  
I'm not afraid  
to step past national boundaries  
and ask why Indian.  
A host country  
cannot honor a human unity project?  
Why would nationalism take over?  
Can we get out of this vice?  
What child can say no to the adult's hand?  
What human unity can be achieved by force?  
And the spiritualization of mankind,  
that's a government enterprise?  
That's a rulebook?  
We'll be seeing India soon  
the bureaucrats who do that?  
Just think.

**Donny Duke**



Dear Aurovilians,

Your favourite radio is always working for you. Stay tuned!

## Last published podcasts:

- [Menstrual Well-Being-Ep.1 |மாதவிடாய் நன்னலம் - "Sai Priya in Conversation with Kalvikarasi"](#) (Health & Wellness)
- [Marlenka's weekly Offering – Ep.136](#) (Literature)
- [Savitri - Ep.8 : Introductory Comments in Tamil | சாவித்ரி காவியம் ஓர் அறிமுக விளக்கம் by Dhanalakshmi](#) (Spirituality)
- [Teens Connect Ep. 15: Luce and Oliver are in conversation with Aryamani](#) (Education)
- [Une série hebdomadaire de lectures par Gangalakshmi – Ep.491](#) (Integral Yoga)

## Latest Youtube Videos:

- [Singing the World - Auroville Harmonies Women's Choir | Full Live Performance at Cripa, Auroville](#)

....and more! on [www.aurovillerradiotv.org](http://www.aurovillerradiotv.org).

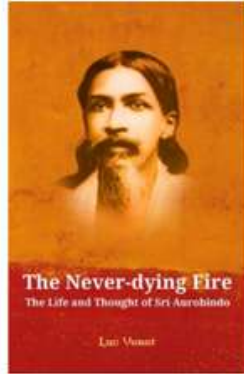
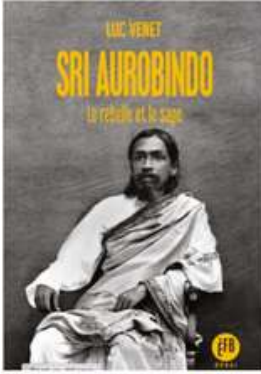
For more information write to [radio@auroville.org.in](mailto:radio@auroville.org.in)

Peace and love

Regards,  
Sai Priya for Auroville RadioTV

## FOR THE BOOKWORMS

### THE NEVER-DYING FIRE, THE LIFE AND THOUGHT OF SRI AUROBINDO



This new biography of Sri Aurobindo by Luc Venet — “Sri Aurobindo Le Rebel et le Sage” was made available in Auroville, in September 2022, in its original French version.

Since few months an English version is available under the title: “The Never-Dying Fire, The Life and Thought of Sri Aurobindo”.

One can find it at the The white Seagull Visitors' Centre book shop (for 550 Rs).

Some Aurovilians have read it, they share their reviews:

- *Bridget*: “It was a great pleasure to read Luc Venet's book "The Never Dying Fire ". I found it to be a beautifully captivating exploration into Sri Aurobindo's life that attempts to understand and chart his spiritual development. It is set in the backdrop of a very interesting period of Indian history that helped me to consider the external elements that played at the time. It is a book that I did not want to put down and was inside me throughout the day as I read.”
- *Jasmin*: “I love to read The Never-Dying Fire (I read the English version mainly but both version are such a gift). What a beautiful energy, what a joy to read page after page this beautiful work!! Each page is filled with such a beautiful consciousness, energy, vibration and excellence!!”

- *Kripa*: "This biography of Sri Aurobindo is a factual, very well documented and informative read, that allowed me to understand the spark that ignited the spirit of a free India. This book comes as an answer to those who want to know the history and what really happened in India that led to independence. I enjoyed the simplicity of the narration; it took me beyond the myth."
- *Rakhal*: "About his biography, Sri Aurobindo wrote: "I see that you have persisted in giving a biography — is it really necessary or useful? The attempt is bound to be a failure, because neither you nor anyone else knows anything at all about my life: it has not been on the surface for man to see." Obviously Luc wanted to see under the surface and it looks like Sri Aurobindo helped him a bit; the reader is benefiting it: the marvelous presence of Sri Aurobindo break through."

## AUROVILLE LIBRARY

### READING CIRCLES

MONDAYS AND TUESDAYS

**Current book reading circles at the Auroville Library :**

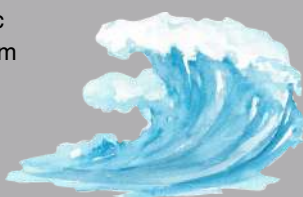
- Mondays 6 - 7pm, main building - **The Prophet by Kahlil Gibran**, hosted by Malcolm (+91 90801 59721)
- Tuesdays 6:30 - 7:30pm, main building - **A New Earth by Eckhart Tolle**, hosted by Debashish (+91 76782 08825)

### THEME OF THE MONTH

Every month, we choose a topic and set up a display of books from our collection.

**This month's theme is  
THE SEA**

***Come by to check out our  
selection!***



## JOIN OUR BOOK READING CIRCLE: "NONVIOLENT COMMUNICATION"

EVERY MONDAY, YOUTH SPACE

We invite you to a book reading circle every Monday at the Youth Space, in Center Field, Auroville (find us on Google Maps). We'll be reading and discussing the book "Nonviolent Communication"

by Marshall Rosenberg, and we're excited to share this journey with you! This book has the potential to really shift the way we communicate.

### About the Book:

"Nonviolent Communication" offers a fresh perspective on how to express yourself honestly and respectfully. This book is all about creating a more empathetic and compassionate way of interacting with others, and it's packed with practical tips and real-life examples to help you get started. Whether you want to improve your personal or professional relationships, this book can shift your perspective as you learn to communicate more effectively with others and yourself.

### Details:

- **When:** Every Monday
- **Where:** Youth Space (check Google Maps for location)
- **Time:** 4:30pm - 6:30pm
- **Who:** Open to all interested in improving their communication skills
- **Contact:** Monica on WhatsApp at +91 93634 55711, or email [monicayouthlink@gmail.com](mailto:monicayouthlink@gmail.com) for questions



# Cinema Paradiso

Multimedia Center (MMC) Auditorium

Film program : 12th - 18th May 2025

Cinema Paradiso-Multimedia Center is operating at 100% seating capacity. Seating starts about 15mins before screening and stops as the film starts. Kindly arrive in time.

A reminder not to use cell phone for any reason while the program is on, and no food/beverage to be taken inside the hall.

## INDIAN – MONDAY 12 MAY, 8:00 PM:

### • THE STORYTELLER

India, 2023, Dir. Ananth Mahadevan w/ Paresh Rawal, Adil Hussain, Revathi, Drama, 116mins, Hindi w/ English subtitles, Rated:NR (PG)  
Adapted from Satyajit Ray's short story *Golpo Boliye Tarini Khuro*, this film follows Tarini Bandyopadhyay, a retired storyteller whose captivating tales draw the attention of businessman-turned-writer Ratan Garodia. As insomnia pushes Ratan to seek inspiration, the boundaries between authorship and ownership blur, raising deep questions about creativity and plagiarism. Honoring the legacy of storytelling, this acclaimed film celebrates the enduring power of narratives. *We bring this to you as a tribute to Ray whose birth anniversary was on the 2nd of May. A film to watch!*

## POTPOURRI – TUESDAY 13 MAY, 8:00 PM:

### • THE KING OF COMEDY

USA, 1982, Dir. Martin Scorsesse w/ Robert De Niro, Jerry Lewis, Diahnne Abbott, and others, Comedy-Thriller, 109mins, English w/ English subtitles, Rated: PG

Rupert Pupkin is a desperate aspiring comedian who will stop at nothing to achieve fame. When talk show host Jerry Langford dismisses him, Rupert's obsession takes a dark turn. Teaming up with his equally unstable friend Masha, he kidnaps Langford, demanding a shot at stardom. As reality and delusion collide, his outrageous scheme unfolds into a twisted satire on fame, ambition, and the dangerous lengths some will go to for the spotlight.

## SELECTION – WEDNESDAY 14 MAY, 8 PM:

### • MILLION DOLLAR BABY

USA, 2004, Dir. Clint Eastwood w/ Hillary Swank, Clint Eastwood, Morgan Freeman, and others, Drama-Sports, 132mins, English-Irish Gaelic-German w/ English subtitles, Rated: PG-13

Aspiring boxer Maggie Fitzgerald seeks training from the seasoned but guarded Frankie Dunn, who initially refuses to coach a woman. Over time, her relentless determination earns his respect, forging a deep bond between them. As Maggie's career soars, an unexpected tragedy forces Frankie to make a heartbreaking decision—one that will change both of their lives forever.

## SELECTION – THURSDAY 15 MAY, 8 PM:

### • MOZART'S SISTER

Australia, 2024, Writer-Dir. Madeleine Hetherington-Miau w/ Chloe Brown, Montague Cisterne, Daniel Ciuarte, and others, Documentary, 98mins, English w/ English subtitles, Rated: NR (G)

Maria Anna Mozart, a gifted musician, was once celebrated alongside her brother Wolfgang. But as she grew older, societal norms forced her into the shadows, denying her the recognition she deserved. This documentary uncovers her lost legacy, revealing the brilliance of a woman whose talent rivaled that of her famous sibling. Through historical records, letters, and expert analysis, her story emerges—a tale of ambition, sacrifice, and the quiet resilience of a genius nearly erased by history. *Don't Miss!*

## **INTERNATIONAL – SATURDAY 17 MAY, 8 PM:**

### **• UNE LANGUE UNIVERSELLE (UNIVERSAL LANGUAGE)**

Canada, 2024, Writer-Dir. Matthew Rankin w/ Matthew Rankin. Pirouz Nemati, Amir Amiri, and others, Satire-Drama, 89mins, Persian-English w/English subtitles, Rated: NR (PG)

Between Tehran and Winnipeg, lives intertwine in unexpected ways. Negin and Nazgol stumble upon a frozen stash of money, desperate to retrieve it from the ice. Meanwhile, Massoud leads a bewildered group of tourists through Winnipeg's historic sites, their confusion mirroring his own. Elsewhere, Matthew abandons his government job, embarking on a cryptic journey to reconnect with his mother. As time and identity blur, their stories collide in a surreal, darkly comedic exploration of fate, displacement, and discovery.

## **CHILDREN'S MATINEE – SUNDAY 18 MAY, 4 PM:**

### **• NIMONA**

USA-UK-France, 2024, Dir. Nick Bruno & Troy Quane w/ Chloë Grace Moretz, Riz Ahmed, Eugene Lee Yang, others, Action-Animation, 101mins, English w/ English subtitles, Rated: PG

Framed for a crime he didn't commit, knight Ballister Boldheart teams up with Nimona, a shape-shifting teen he was trained to destroy. As the kingdom hunts them, Ballister fights to clear his name while Nimona thrives in chaos. Their bond challenges everything they know about justice, loyalty, and what it means to be a monster.

## **CINÉ-CLUB SUNDAY 18 MAY, 8 PM:**

### **• LA MALA EDUCACIÓN (THE BAD EDUCATION)**

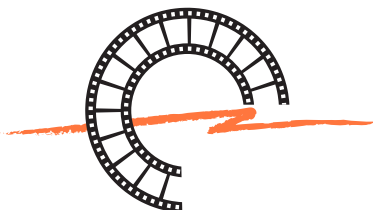
Spain, 2004, Dir. Pedro Almodovar, w/ Gael García Bernal, Javier Cámara and Others, Drama- Crime, 96 mins, Spanish w/ English subtitles, Rated: R.

In the early 60s, two boys - Ignacio and Enrique - discover love, movies and fear in a Christian school. Father Manolo, the school principal and Literature teacher, both witnesses and takes part in these discoveries. The three characters come against one another twice again, in the late 70s and in 1980. These meetings are set to change the life and death of some of them.

**Rating codes** we often use are from Motion Picture Association of America (MPAA): G= General Audiences, PG= Parental guidance suggested, PG-13= Parents strongly cautioned, R= Restricted (equivalent to Indian rating: A i.e., for Adults), NR= Film Not Rated, Rating awaited.

***To organize a seminar/program at MMC kindly email us at [mmcauditorium@auroville.org.in](mailto:mmcauditorium@auroville.org.in). We have a new projector and are undergoing major maintenance. To support this, please consider contributing to "Cinema Paradiso" (Account #105106) through one-time or recurring donations. Recurring contributions can be channeled through Unity Fund from your Unit/Activity. Individual Aurovilians, guests, or one-time contributions can be made directly to MMC-CP Account #5106; we'll pay the GST on them and treat it as a donation. Your support is greatly appreciated!***

Thanking You,  
MMC/CP Group Account #105106,  
[mmcauditorium@auroville.org.in](mailto:mmcauditorium@auroville.org.in)



# COMMUNITY SERVICES

## ESSENTIAL SERVICES

### AUROVILLE'S FINANCIAL SERVICES (FS)

- **Timings:** Monday to Saturday, 9am - 12:30pm, and 3pm - 4:30pm
- **Phone:** 0413 2622171
- **Email:** [financialservice@auroville.org.in](mailto:financialservice@auroville.org.in)

### ELECTRICAL SERVICE (AVES)

- **Timings:** Monday to Saturday, 8am - 4:30pm
- **Phone:** 0413 2622132/ 94888 68747 for fault works, repair works and job works  
0413 2622264 clarifications reg. electricity bills, job & repair works bills
- **Email:** [aves@auroville.org.in](mailto:aves@auroville.org.in)

### GAS BOTTLE SERVICE

- **Timings:** Monday to Saturday, 9am - 1pm and 2pm - 4pm
- **Phone:** 0413 2622452
- **Email:** [avgasservice@auroville.org.in](mailto:avgasservice@auroville.org.in)

### WATER SERVICE

- Monitors water lines and supply within AV, undertakes water-related jobs.
- **Timings:** Monday to Saturday, 8am - 12pm and 2pm - 4:30pm
- **Phone:** 0413 2622877, 89035 53246
- **Email:** [avwaterservice@auroville.org.in](mailto:avwaterservice@auroville.org.in)

### ECO SERVICE (WASTE COLLECTION/MANAGEMENT)

- **Timings:** Monday to Saturday, 8:30am - 12:30pm, and 1:30pm - 4:30pm
- **Phone:** 94435 35172
- **Email:** [ecoservice@auroville.org.in](mailto:ecoservice@auroville.org.in)

### POUR TOUS DISTRIBUTION CENTRE (PTDC)

- **Timings:** Monday to Saturday, 9am - 5pm
- **Phone:** 0413 2622746/ 2622796
- **Email:** [ptdc@auroville.org.in](mailto:ptdc@auroville.org.in)

### POUR TOUS PURCHASING SERVICE (PTPS)

- **Timings:** Monday to Saturday, 8:30 am – 5:00pm
- **Phone:** (0413) 2622152

### AUROVILLE LIBRARY TIMINGS

#### Our timings are:

#### **Mornings:**

- Monday to Saturday : 9am - 12.30pm

#### **Afternoons:**

- Tue, Thurs, & Sat: 4pm - 6.30pm

#### **Children's Storytime! All ages welcome!**

- Every **Saturday** between 10am - 11am.







*Love in action is service  
to the world.*

Lynne Namka

## HEALTH

### SANTÉ SERVICES IN MAY 2025

*sante*

#### Working Hours:

Monday - Saturday: 9:00 - 12:30pm & 2:00 - 4:30pm

#### Tests and Sample collection:

Monday - Friday: 8:30am - 12:00pm.

No sample collection on Saturday.

#### For emergencies, contact:

Auroville Ambulance (24/7) - Phone: **+91 94422 24680**

Government Ambulance (24/7) - Phone: **108**

#### Appointment

Please call Santé (0413) 262 2803 during working hours for an appointment.

<b>Doctor Consultation with Dr. Gunashree &amp; Dr. Sana:</b> Monday to Saturday	<b>Nurse Care - Thilagam, Ezhil, Archana &amp; Sandhya:</b> Daily: no appointment needed
<b>Ayurveda with Dr. Berengere:</b> Mon (classes*) / Tue / Wed / Fri	<b>Integrative Psychotherapy with Juan Andres:</b> Monday to Friday
<b>Physiotherapy &amp; Massage with Galina:</b> Monday to Friday	<b>Homeopathy with Michael:</b> Monday / Wednesday / Saturday
<b>Midwifery &amp; GYN Care with Paula:</b> Monday & Wednesday	<b>Soundbed Session with Sandhya / Thilagam:</b> Monday to Saturday
<b>Bio-Well Assessment (Evaluation of your well-being) with Helena – inquiry email <a href="mailto:adminsante@auroville.org.in">adminsante@auroville.org.in</a></b>	

#### \*Ayurveda Classes:

2:00pm – basic principles of Ayurveda

3:30pm – reading of Ashtanga Hrudaya (one of the 3 main literature on Ayurveda)

In Santé, we value our patient's confidentiality and make every effort to ensure their privacy.

**In case of cancellation or to reschedule, it is necessary to inform us in advance.**

### HEALTH CENTER - KUILAPALAYAM

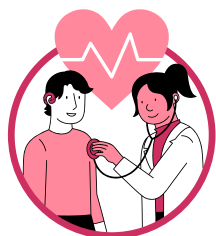
**Contact:** (0413) 3509942 / 3509943

#### Pharmacy:

- 8:00am - 5:30pm Monday to Saturday

#### Doctor Consultation:

- 8:30am - 5:00pm Monday to Friday  
(1 - 2pm Lunch Break)
- 8:30am - 1pm (Saturday)



## DENTAL CLINIC - KUILAPALAYAM

- **Timings:** Monday to Saturday, 9am - 5pm daily
- **Phone:** 0413 2622007/ 2622265
- **Email:** [aurodentalcentre@auroville.org.in](mailto:aurodentalcentre@auroville.org.in)

## NURSE SERVICES

My name is Madhi and I'm 27 years old. I was born and brought up in AV.

I have done my bachelor degree in B.SC (Nursing) and I have more than three years experienced as a Staff Nurse in hospital (one year in psychiatric ward, six months in ICU and six months in emergency) and giving care for elderly people in AV past 2 years.

### Services:

- Patient assessment and care plan.
- Medication administration.
- Vital signs monitoring.
- Wound care.
- To provide blood and lab test .
- Personal care assistance.
- Patient education.
- Fall prevention strategies.
- Providing assistance with bathing, dressing, grooming, and toileting needs.
- Communication and collaboration with physicians.
- Documentation of medical reports.
- End-of-life care.



If you need any assistance please do contact below-mentioned email or contact number.

Contact: 95972 22826 (Madhi) call/WhatsApp

E-mail Id: [madhiazhagan014@gmail.com](mailto:madhiazhagan014@gmail.com)

## TIME TO SUMMERNATE

### AYURVEDA HEALTHY TIPS



According to Ayurveda, the qualities of summer are hot, sharp, and penetrating. That's why our *pitta dosha* - the subtle fire that controls metabolism and transformation - can cause us to overheat. The sun saps the energy from the body, from the plants and the earth, increasing heat and dryness.

Pitta needs to be looked after to maintain a good energy, mental clarity, joyfulness, good digestion and blood circulation, a beautiful glow of the skin and a sound sleep.

When Pitta is out of balance it will give skin problems, hot flashes, exhaustion, indigestion or loose stool. Emotionally, excess Pitta manifests through irritation, short-temper, impatience, judgement/criticism, perfectionism...

Before Pitta reaches uncontrollable heights, remain cool, calm and pamper the liver:

**With the food:** As Agni (digestive fire) weakens, it is better to eat light, unctuous (slightly oily), cooling food such as salads and juices.

- Favorable taste: Bitter taste, Sweet taste (to take moderately in case of diabetes and high triglycerides). Salty taste should be taken reasonably.
- Drink water stored in earthen pot.
- Raw food/salads are taken at lunch mainly.
- Proteins: mungdal, chickpeas, beans, sprouts, nuts and seeds, non-veg: white meat, fish, seashell, dairies for breakfast or lunch, eggs.

- Cereals for energy: jasmine rice, barley, red rice, millet (fermented ragi).
- Vegetables: pumpkin, bittergourd, bottlegourd, snakegourd, ashgourd, cucumber (taken separately), salads, green leafy vegetables, broccoli, cabbage, celery, carrots, drumstick (moringa), zucchini, plantain.
- Fruits: amla, pomegranate, banana, ramphala, chiku, papaya, apple, grape, date, watermelon and melon (to be taken separately), coconut.
- Beverages: buttermilk, sweet lassi, coconut water, mint, lemongrass, cardamom, chamomile, nannari (sarsaparilla), amla juice, watermelon juice, vegetable juice, cucumber milk (blend ½ cup of peeled cucumber in 1 cup of milk - cow or other veg milk - with a pinch of sugar), electrolyte (1 lemon juice + 1tsp of sugar + 1 pinch salt in a glass of water).
- Lipids: ghee, olive or sunflower or coconut oil.
- Spices: cumin, coriander, black pepper, turmeric, fennel seeds, fresh aromatic herbs (dill, coriander, fennel, mint, parsley, saffron).



### **Avoid:**

- Pungent and sour tastes (especially for people who are Pitta dominant).
- Pitta increasing items: chillies, fermented food (apart from idli and dosai), deep-fried, sour buttermilk or curd, red meat, alcohol (strong liquor, red wine), coffee ...
- Drinking beverages coming from the fridge or freezer during meals.
- Ice-cream at the end of a meal (best to be taken when the digestion is finished, around 4pm).

### **Routine to favour:**

- Avoid direct sun contact specially between 11am and 4pm, and protect from the heat by keeping a humid towel/cap on the head.
- A nap of half an hour after lunch is allowed.
- Body massage with coconut oil – if there's no time every day to apply oil on the body, then massage ears, hands and feet + pour 4-5 drops of coconut oil on the fontanelle.
- Bath with cool water and apply a paste of sandalwood on the face, heart and lower abdomen (these are the 3 main parts that should remain fresh to maintain the coolness in the whole body); foot bath in the evening with vetiver roots, rose water or hibiscus flowers.
- Swimming, aquagym, any water activities. Qi-Gong, Tai Chi, light running: max 30 minutes early morning or late evening; walks in green environment, forest.
- Soft yoga, pranayama (Sheetali, Sheetakari, ida nadi inhalation-left nostril inhalation), meditation with Gayatri mantra.
- Walk under the moonlight, full moon bath.
- Wear loose and comfortable cotton or linen clothes (white, blue, green, gray colours).
- Cooling jewellery: sandalwood beads, jade, pearl, amethyst crystals, moonstone, silver, aquamarine.
- To refresh the ambiance use lemon or orange peel, jasmine flowers, lavender, wet cloth hanging at the open window, vetiver curtains.

## Cooling plants for the summer:

- **Amalaki – Amla:** refrigerant and full of Vitamin C, rejuvenative fruit.
- **Aloe vera:** rejuvenates blood and tissues.
- **Aegle Marmelos – Bael fruit:** make juice from the pulp and decoction with leaves, it calms body and mind. It is slightly laxative, do not take during pregnancy.
- **Coriander:** seeds soaked in water for urinary infections, kidney weakness.
- **Red Hibiscus:** leaves and flowers for shampoo and conditioner; flowers for herbal tea.
- **Manduka parni – Centella asiatica leaves:** rejuvenative and tonic for brain and nerves.
- **Pudina – Mint leaves:** herbal tea or dishes.
- **Radha consciousness – Clitoria Terneata flowers:** herbal tea or juice.
- **Sarsaparilla – Nannari syrup:** soothing and cooling.
- **Shataavari – Asparagus racemosus:** cooling, calming Pitta, very good for Vata women to harmonize hormones.
- **Vetiver roots:** for bathing.
- **Yashtimadhu – Licorice:** to refresh the body and to calm irritation, inflammation or ulcer in the digestive tract.

Wishing you a beautiful summer

Be @ Santé Clinic

## ACCESS TO THE PARK OF UNITY AND MATRIMANDIR

### The Park of Unity

*The Matrimandir, the Petals, the Lotus Pond, Banyan Tree are areas of SILENCE*

- The Park of Unity is open to Aurovilians and Newcomers  
Daily: 6.00 AM to 7.30 PM
- Aurovilians may bring close family and friends to the Gardens  
Daily: 9.00 AM to 7.30 PM
- Volunteers and Pass holders require a pass to enter the Park of Unity. Timings will be indicated on the pass.
- Published events in the Park of Unity are open to Aurovilians, Newcomers, Volunteers, Pass holders and Guests. Guests should bring their Aurocards.

### The Inner Chamber of the Matrimandir

The Matrimandir is a place for silent individual concentration.

- The Inner Chamber is open to Aurovilians and Newcomers:  
Monday – Saturday 6.00 AM to 8.00 AM  
4.30 PM to 7.30 PM  
Sunday 6.00 AM to 12.00 PM  
4.30 PM to 7.30 PM
- The Inner Chamber is open to SAVI registered Volunteers:  
Wednesday – Monday 8.00 AM to 8.40 AM.  
Arrival at 7.45 AM at the Office Gate
- The Inner Chamber is open to Aurovilians wishing to accompany a maximum of 5 close family and friends, no more than once in two weeks, with booking 3 to 5 days in advance at [mmconcentration@auroville.org.in](mailto:mmconcentration@auroville.org.in):  
Any day except Tuesday & Sunday: 8.00 AM to 8.35 AM  
Arrival at 7.45 AM at the Office Gate
- The Inner Chamber, the Petals and the Gardens are open to the Children of Auroville and the Outreach Schools:  
Tuesday 9.00 AM to 11.00 AM
- Auroville units can bring their staff to the Inner Chamber with a prior booking at [mmconcentration@auroville.org.in](mailto:mmconcentration@auroville.org.in):  
Tuesday 8.00 AM to 8.30 AM

**Auroville TO PONDICHERRY**

	Trip 1	Trip 2	Trip 3
Svaram Musical Center	7:00	8:50	14:50
Vérité Guest House - Junction	7:02	8:52	14:52
Town Hall - Main Parking	7:06	8:56	14:56
Solar Kitchen (Ex Round About)	7:10	9:00	15:00
Certitude Entrance	7:12	9:02	15:02
New Creation Road	7:17	9:07	15:07
SBI Bank—Kuilapalayam	7:19	9:09	15:09
ECR Junction—Aroma Guest House	7:23	9:14	15:14
Quiet Healing Center—Junction	7:26	9:17	15:17
Lotus Hotel—S.V Patel Salai	7:36	9:30	15:30
Ashram Road Junction	7:38	9:33	15:33
Ashram Dining Hall	7:40	9:35	15:35

**Pondicherry TO AUROVILLE**

	Trip 1	Trip 2	Trip 3
Ashram Dining Hall	8:00	12:15	18:10
Ashram Road Junction	8:02	12:17	18:12
Lotus Hotel—S.V Patel Salai	8:07	12:22	18:17
Quiet Healing Center—Junction	8:17	12:32	18:27
ECR Junction—Aroma Guest House	8:20	12:35	18:30
SBI Bank—Kuilapalayam	8:25	12:40	18:35
New Creation Road	8:27	12:42	18:37
Certitude	8:32	12:47	18:42
Solar Kitchen (Ex Round About)	8:34	12:50	18:44
Town Hall - Main Parking	8:38	12:54	18:48
Vérité Guest House - Junction	8:42	12:58	18:52
Svaram Musical Center	8:45	13:00	18:55

- Single Trip = ₹100 per person
- Monthly Scheme (Students + AV Workers) = ₹1200
- Monthly Scheme (Students + AV Workers) = (One Way) ₹850

Auroville Vehicle Service  
Town Hall, Auroville, 0413 2623302



Join our WhatsApp group of Auroville Bus to get regular updates:

<https://chat.whatsapp.com/Lt43wBCBno1E6CTwoaUt2x>

**EMERGENCY NUMBERS**



**Ambulance (24/7):**

Auroville 94422 24680	PIMS 0413 2656271	
--------------------------	----------------------	--

**Security (24/7):**

Auroville Police Station 0413 2677318	Kottakuppam Police Station 0413 2236148	Vanur Fire Station 0413 2677368
---	---	---------------------------------------

**Health:**

Health Center 0413 3509942 & 3509943	Santé 0413 2622803	Farewell 89038 36246
--	-----------------------	-------------------------

**Mental Health 24/7 Support:**

Vandrevala Foundation +91 99996 66555

**India Emergency Response Service (24/7): 108**