

*Auroville*

# NEWS & NOTES

No 1074 - A weekly bulletin for residents of Auroville

---

22 May 2025

**RA EDITION**



## PONDERING

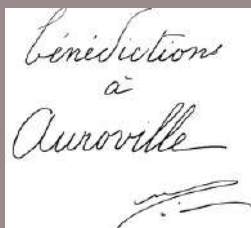
Humility and sincerity are the best safeguards. Without them each step is a danger; with them the victory is certain.

The Mother, Humility and Modesty, Words of the Mother II

<https://motherandsriaurobindo.in/The-Mother/books/words-of-the-mother-II/#humility-and-modesty>



# 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

A TALK IN JUNE 1965

### Page 63

Look! In my plan I forgot one thing. I wanted to build a housing estate for workers, but the housing estate was to be part of the industrial section, perhaps an extension along the edge of the industrial section.

Outside the walls, in my first formation, on one side there was an industrial town, and on the other, fields, farms, etc., to supply the town. But that represented a real country—not a big country, but a country. Now it is much reduced. It is no longer my symbol; there are only four zones and there are no walls. And there will be money. You see, the other formation was truly an ideal endeavour.... But I counted on many years before trying to start. At that time

### Page 64

I thought twenty-four years. But now it is much more modest, it is a transitional attempt, and it is much more realisable. The other plan was... I almost had the land; it was in the time of Sir Akbar, you remember, from Hyderabad. They sent me some photographs of the State of Hyderabad and there, in those photographs, I found my ideal spot: an isolated hill, quite a big hill, and below it, a large, flowing river. I told him, "I want this place", and he arranged the matter. Everything was arranged. They sent me the plans, the papers and everything, saying that they were giving it to the Ashram. But they laid down one condition—it was virgin forest, uncultivated land—the place was given on condition, naturally, that we would cultivate it—but the products must be utilised on the spot; for example, the crops, the wood must be utilised on the spot, not transported; nothing could leave the State of Hyderabad. There was even Norman, who was a navigator, who said that he would obtain a sailing boat from England to go up the river to fetch the products and bring them to us here. Everything was very well planned! Then they set this condition. I asked if it was not possible to have it removed; then Sir Akbar died and that was the end of it, the matter was dropped. Afterwards, I was glad that it was not done because, now that Sri Aurobindo has departed, I cannot leave Pondicherry. I could only leave Pondicherry with him, provided that he accepted to live in his ideal town. At that time, I had spoken of this project to Raymond, the person who built

# The city the earth needs.

Golconde; and he was enthusiastic, he told me, "As soon as you start to build, call me, I shall come." I had shown him my plan; it was based on an enlargement of my symbol; he was most enthusiastic, he thought it was magnificent.

It was dropped. But the other one, which is just a small intermediate attempt, we can try.

I have no illusions that it will keep its original purity, but we shall try something.

## Page 65

*Much depends on the financial organisation of the project ?*

For the time being, Nava is taking care of that, because he receives the money through the Sri Aurobindo Society and he bought the land. A fair amount of land has already been bought. It is going well. Naturally, the difficulty is to find enough money. But, for example, the pavilions—each country will bear the expenses for its own pavilion; the industries—each industry will provide the money for its own business; the residents—each one will give the money necessary for his land. The Government—Madras has already given us the promise—will give between 60 and 80%: one part grant, that is to say, gift; one part loan, free of interest and repayable over ten years, twenty years, forty years—a long-term repayment. Nava knows all about it, he has already had quite a few results. But according to whether the money comes in quickly or comes in little by little, it will go more or less quickly.



### **Progress of the New Creation**

(Progress of Auroville) Each must find the activity favourable to his progress. -  
The Mother

*Hibiscus rosa-sinensis L., Malvaceae.*  
Chinese hibiscus, Hawaiian hibiscus,  
Rose-of-China

# 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](mailto: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

Community Sharing

Residents Speak

Food For Thought

Auroville Conversations

French News & Notes

Inner Journey

### **ANNOUNCEMENTS**

Available

Looking For

Activities at Serendipity

Activities at JOI - Anitya Community

### **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 # 252 DATED: 19-05-2025

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



- **Rajeshwari ARUMUGAM (Indian)** staying in Maitreye II and working at Youthlink



- **Ramesh BALASUBRAMANIAM (Indian)** staying in Maitreye and working at Auroville Language Lab and Serendipity Guesthouse



- **Kavithanjali RAMACHANDRAN (Indian)** staying in Grace and working at Savitri Bhavan

### AUROVILIAN CONFIRMED

- **Nanthini MURUGAN (Indian)**
- **Dhesh M (Indian)**
- **Sagar NANDALAL (Indian)**
- **Caroline GINDRE (French)**

### 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

### HOMELESS AGAIN

Dear Community,

We must inform you that we will no longer be working from Dustudio, effective immediately.

Dustudio and our previous work space both received threatening letters from the 'GB FAMC' (Chandresh, Geeta, Margarita, Sathyanarayan, Torkil, and possibly other unknown members) so we have been asked to vacate those spaces.

Therefore, until further notice, we will not be available in a physical location so there will be no open house or office hours. If anyone needs to contact us please write to [workingcom@auroville.services](mailto:workingcom@auroville.services).

May we all find the strength and courage, individually and collectively, to stand with integrity for our dedication to manifest Auroville.

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



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



## FO GROUPS NEWS

(not selected by due Residents' Assembly process)

### FROM THE FO N&N 1079

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

## COMMUNITY NEWS



### OBITUARY

#### DOMINIQUE PASSES AWAY

To the Auroville Community,

We are deeply saddened to share that Dominique has passed away. His daughter, Lisa, informed us that he passed away a few days ago in France, where he had gone to undergo medical treatment.

Dominique was a part of Auroville for nearly 40 years, living in communities like Simplicity,

Revelation, and Horizon. He was actively involved in Development, AV Radio, and various Auroville groups. He was known for his generosity, having purchased land in Simplicity to provide support and space for Tamil families.





Dominique was a devoted follower of Sri Aurobindo, often reflecting on The Life Divine. He was a restless seeker, constantly searching for peace and understanding. Though his words and expressions were sometimes difficult to grasp, his longing for calmness was evident.

We, his friends, are deeply sorry that we could not do more to help him in his time of need. Now, in his passing, we pray that he finds the peace he was searching for. May the Mother guide him to rest in eternal stillness and light.

Our thoughts are with his daughter, Lisa. We hold her close in our hearts during this time of loss.

With love and remembrance,  
*Louis and Ramu*



## COMMUNITY SHARING

### **ERAD PETITION ON LEGITIMACY OF ATSC, ATR, HRS AND RC**



Dear friends,

We wish to call for a petition for an Emergency Residents' Assembly Decision (ERAD) to address serious concerns about the legitimacy of the GB-appointed groups and criteria that are deciding who can stay in Auroville and who cannot, namely the Admission and Termination Scrutinizing Committee (ATSC), the Admission and Termination Registry (ATR), Human Resource Service (HRS) and Residence Criteria (RC) duplicate the roles of existing RA-recognised groups like the Residents' Service, Entry Board/Service, and Exit Review Group.

An Emergency Residents' Assembly Decision can be started by 300 residents signing a petition. This is what we are calling for here.

#### **What is this petition about?**

It is the Residents' Assembly's (RA) duty as per the Auroville Foundation Act to decide on who joins or has to leave Auroville, yet this is being taken over by the Governing Board (GB) and its committees.

This ERAD aims to reaffirm the RA's legal role in admission and termination of residents. Indeed, the GB's committees do NOT have the right to take these functions over.

#### **What next?**

[Sign the petition.](#)

Show your support, and uphold the integrity of Auroville's collective processes.

Please encourage your family, friends and neighbours to participate, as this concerns all of us (those who need visas as much as those who don't), in all aspects of our livelihood (residence, work, life...).

Sincerely,  
*Concerned Residents of Auroville*

# PETITION ON AUROVILLE NET NEUTRALITY



Dear friends,

On 19.05.2025, a letter was signed by 16 Aurovilians of Indian nationality and sent as a hardcopy to the Secretary, Auroville Foundation, as well as by email to:

- Secretary, Auroville Foundation
- Governing Board, Auroville Foundation
- International Advisory Council, Auroville Foundation
- Working Committee, Auroville Foundation (both RA + GB)
- Aurinoco, unit under the Auroville Foundation
- BSNL, Pondicherry
- Telephone Service, service unit under the Auroville Foundation

Signed letter: <https://drive.google.com/file/d/1TwcpPpNo7P4PjO-noC-BEj8oa0JwxJiQ/view>

Annexures:

[https://drive.google.com/file/d/15SVIQR4vb6Usf8vPXx5cu6\\_VEkp\\_BusV](https://drive.google.com/file/d/15SVIQR4vb6Usf8vPXx5cu6_VEkp_BusV)

**We now invite the rest of the community and well-wishers to sign the petition to show your support for Net Neutrality and individual freedom of choice, regardless of whether you are on Aurinoco or not.**

**Petition:** <https://forms.gle/FfYWv5gXL53jdgj9A>

All personal details will remain confidential.

Thank you for your support.

If you would like to contact us for feedback or questions, please write to [auroville.net.neutrality@gmail.com](mailto:auroville.net.neutrality@gmail.com)

*Concerned Individuals of Auroville and investors of individual funds in Aurinoco*

## 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).

**AUROVILLE LIBRARY**  
NEW LANDLINE NUMBER

Dear Community,

This is inform all of our our new landline number:

**0413 350 9191**

Thank you.

*Auroville Library Team*

# **ANNOUNCEMENT BY EDUCATIONAL SUPPORT FUND (ESF), UNIT OF SAIER**

Dear Aurovilians, in particular students of Auroville & parents, the ESF has been instructed in mails from SAIER quoting their auditor, in mails from FAMC and DCG, and in mass mails regarding money transfers, to implement several changes in operation and finance management, on which we require clarifications but have not yet received them in spite of our mails. This lack of clarity paralyzes our function, and we are sorry to have to inform all applicants for support of the situation.

## **(1) Background:**

ESF – formerly Scholarship & Education Fund (SEF) – has been providing financial support to Aurovilian students, for study expenses within Auroville, in India and abroad, by way of long-term interest-free loans. Repayment of loans depended on financial capacity of students and their families; repayment had become an essential source of income for ESF. Another source of income were donations from Aurovilian individuals and Auroville units (from their respective FS accounts to FS acct. 252200 Educational Support Fund). Other sources of income in the past were annual budgets from BCC, donations from abroad through AV Unity Fund, and Corporate Social Responsibility funds from Indian corporates.

## **(2) Finance management from FY 2025-26 on:**

Our understanding of the ESF's mode of functioning from 1.4.2025 on is as follows:

### **As regards payments for study expenses:**

- ESF is not permitted to provide loans; ESF can only give grants.
- ESF may provide grants to Indian nationals for studies within India and for studies abroad.
- ESF **must not** provide any grants to foreign-passport holders (even though residing in Auroville with a stay visa) for studies in India or abroad.
- Question: Are foreign-passport holders residing in Auroville and with stay visa allowed to receive grants from ESF for studies within Auroville Foundation, e.g. at NESS, for EdExcel exams organised through Future School?

### **As regards donations contributing to the income of ESF:**

- Auroville units and individuals with Indian passports may give donations (from their respective FS accounts, or through other channels such as bank transfers, cheques, or cash) to ESF by credit to the account no. 240001 AV Unity Fund Main.
- Foreign-passport holders – including holders of stay visa for Auroville – cannot give donations from their Maintenance Fund FS accounts to ESF through account no. 240001 AV Unity Fund Main. Donations from foreign-passport holders – from FS accounts or from personal bank accounts in India or abroad – must be made through the SBI New Delhi FCRA Account, either in ₹ or foreign currency, as per current regulations. (RBI Inward Remittance Code P1303 to be used.)

## **(3) Communication on revised mode of functioning**

As soon as the ESF receives clarity on the above points, we shall change the ESF application form (for financial support in studies) to reflect the handling of grants.

ESF will also be obliged to inform donors and donor agencies of the revised purpose of the ESF, which in the past had included greater equity in support for Auroville members of all nationalities.

In view of the expectation that from now on we allot grants (and do not allot loans), we shall have to scrutinize the applicants' statements in reference to their personal finance and their need for support much more rigorously. Without repayments from previous beneficiaries, the ESF's income is likely to be diminished.

On May 4th we have submitted the above-said summary of our understanding to SAIER, Chartered Accountants, FAMC and DCG, requesting for confirmation or correction. We have asked for clarification by May 18 th but have not received it.

19.5.2025, for the ESF team:

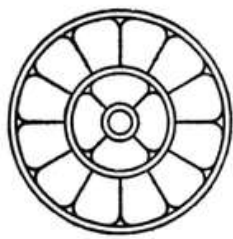
*Lucas (Executive)*

## **MATRIMANDIR**

### MAY NEWSLETTER



## **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 VI

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

Right there on the Grey Slab Road, Dorothy sees a group of long-legged birds: herons, egrets, flamingos. Skinny and spindly, dressed in hole-riddled clothes, they are planting dead thorn sticks in the dry earth and watering them. Among them is a woeful Wingless Bird. Around and around he goes—from the tap to the pipe to the bucket to the wheelbarrow. He looks like a lion in a cage, but is tall and lanky like a flamingo. A flashy neon arrow saying “Mallets here” points toward this fatigued and faded flamboyance.

Perplexed, Dorothy steps closer and asks them where they’re from and what they’re doing here. In a non-local language, these fine folk from afar—migrants in search of food and sustenance—recount how they were lured by the shimmer of water. Water is scarce in these lands and not to be toyed with. Once grounded, they were caught by a pride of lions and jackals, and their feather tips were clipped. Experts in water-splashing, they were taken captive and assigned to the VIP (Very Important Project): watering dead thorns beneath the sweltering sun.

“Who planted those dead thorns—and why? Are they invasive or local? Can they survive such mistreatment? Will they rise from the dead and destroy all other forms of life?” The questions pelt Dorothy in a dizzying storm. She pauses, breathes, and focuses. Then, turning to the Wingless Bird, she asks: “Why are you growing your own cage around you?”



The answer only deepens her unease: “The hedgehogs keep getting chased by the wild pigs at night, and the higher-ups can’t do without their game of croquet.” Dorothy finds out, upon further questioning, that they are using cement to keep these pests at bay.

Behind the Wingless Bird, Dorothy spots an array of alien Acacias, their bark stripped bare. He promptly explains: “These unfortunate trees tried the latest ‘bark corset’—turns out, extreme waist-cinching isn’t great for circulation!”

Slightly horrified by all that is done in the name of society, fashion, and development, Dorothy continues her journey—leaving behind these charmless chicks and boring birds, her thoughts tangled like the thorny sticks left behind.

*(next episode in a week!)*



## AUROVILLE & SOFT REBELLION

Aurovilians and friends,

Four years into this crisis, I find myself searching for clarity on how we move forward. Yesterday, I came across a series of writings by Shannon Willis called "**Soft Rebellion**" that articulated what many of us have been intuitively practicing all along.

Willis describes soft rebellion as "the mycelial strategy of weaving beneath the surface, unsettling rigid structures with slow, persistent entanglement." Reading this, I immediately thought of our community's response these past years.

When the AVFO seized our communications platforms, we created alternative channels. When they bulldozed the Youth Centre, we didn't respond with equivalent force—we found new spaces to gather. When they dismantled our Working Committee, we continued recognizing our duly selected representatives.

This is exactly what Willis means when she writes: "Soft rebellion does not meet violence with a mirrored fist but with the supple intelligence of the willow, bending just enough to redirect the force and send it spiraling elsewhere."

The most powerful part of Willis's framework is what she calls "**sanctuary networks**." She explains that "authoritarianism thrives on isolation, on making people feel like they stand alone." Our response has been precisely what she describes: "building underground networks of care—mutual aid, resource sharing, protection."

We've created these networks—but let's be honest, they remain fragile and incomplete. Some of us still fall through the cracks. When about 200



Aurovilians suddenly lost their maintenances, our community support systems were stretched thin. When residents are being targeted with vindictive actions, many of us prefer to pretend all is fine, because fear is creeping in. Many are exhausted from what Willis calls "**engagement fatigue**" as the assault becomes constant.

I've seen this fatigue in myself and others. There are days when, after another announcement of land exchanges, budget cuts and other abuses of power, hope feels distant. Willis acknowledges this reality when she writes: "And so I am writing this for everyone who, like me, has tried to outrun the fire only to become the kindling. Who knows the high of going all in, only to crash, emptied out."

Yet she reminds us that "endurance is its own kind of rebellion." This is what we need to cultivate now—not just flashes of resistance but sustainable networks that can withstand prolonged pressure.

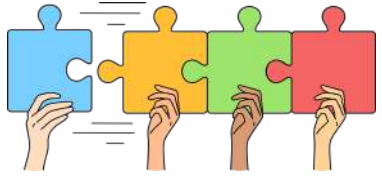
Willis also speaks about "**slowing the machine**" by choosing to "work just enough to survive, then redirecting energy into resistance, into community, into slowness." We've seen this in how we've maintained our focus on what matters—our ecological work, our educational initiatives, our community bonds—rather than being consumed by reaction.

What practical guidance can we take from Willis's concept?

1. Strengthen and expand our mutual aid networks—identify who still needs support and how to support them
2. Create more resilient communication channels as censorship increases
3. Practice what she calls "disobedient joy"—gathering, singing, creating art that reminds us "another world is possible"
4. Continue our "rituals of rewilding" by maintaining our environmental work despite obstacles
5. Rest when needed—as Willis writes, "The machine thrives on exhaustion... choose to rest when the system demands exhaustion"

As Willis writes, "A revolution with no head cannot be beheaded." Our strength isn't in hierarchical power but in our interconnectedness.

I find hope in Willis's observation that "beneath even the most rigid structure, roots are moving." The 20,000 trees they've cut cannot erase the forest we've grown for 55 years, nor can administrative takeovers erase the spirit of what we've built together.



Even in moments when hope dims, remember that Willis wrote about soft rebellion specifically for times like these: "for everyone who has tried to outrun the fire only to become the kindling" we need a different strategy—"one that doesn't just burn, but smolders, spreads, takes root."

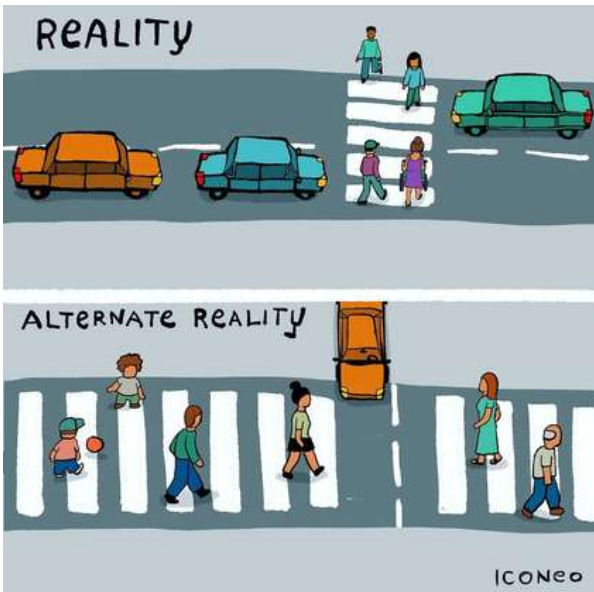
The full collection of Willis's writings (at [thehoneyedoracle.substack.com](http://thehoneyedoracle.substack.com)) offers more wisdom on navigating through these challenging times without becoming brittle ourselves. I encourage you to read it.

Through all of this, I remind myself: they may control the offices, but they cannot control the roots of Auroville that run deeper than any foundation.

In community and persistent hope,  
*An Aurovilian*



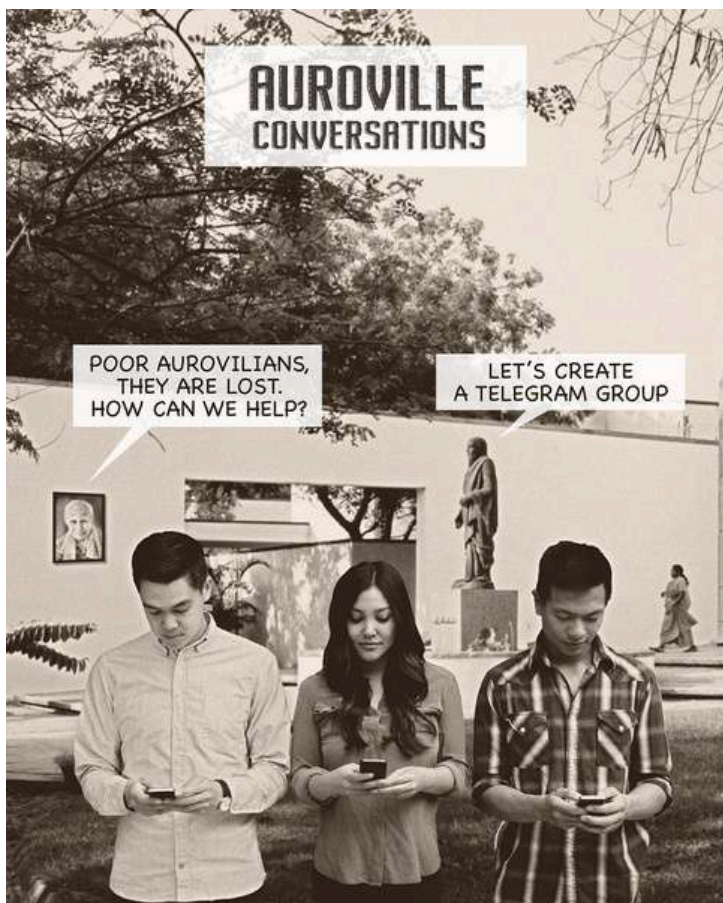
## FOOD FOR THOUGHT



<https://www.boredpanda.com/artist-creates-thought-provoking-illustrations-about-society-steffen-kraft-part-3/>



## 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 27th May, 9 am - 12 noon  
Focus: Intimacy with the Divine

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 5PM

Please join in the aspiration,

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](#)) and Ashesh Joshi

**Please register in advance**

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

(Private sessions on request at other timings)

## VIPASSANA MEDITATION

All **old students** of Vipassana meditation having completed at least one 10-day course as taught by S.N. Goenka ([www.dhamma.org](http://www.dhamma.org)) and who is not meditating within any other tradition are welcome to attend a half-day Vipassana course at Udavi School in Auroville.



- **Date:** Every Sunday
- **Timings:** 8:30am – 12:30pm but you can also drop in and join as long as you wish.

**No registration is required.**

- **Venue:** Udavi School (2nd building on the left when you are at the front entrance), near Tank in Edayanchavadi (Auroville). Location [here](#).
- **Contact:** Sanjay Tumati, +91 87909 82210 (available on WhatsApp), [sanjay@auraauo.com](mailto:sanjay@auraauo.com)



## 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



## **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)



## 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

**EcoPro**

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



## 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.



### AVAILABLE

#### GOOD HOUSE AMMA

Good House Ama available from **1st of June** 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



### MISSING DOG



### 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 LOVING HOME

**BEAN**  
is looking for  
a loving home

I was dumped  
and I was found.  
Now all I need is  
a loving home!

Dewormed and vaccinated, I am playful, fun and just crazy adorable! You will have lot's of fun with me!

WA: +91 9159 835 835  
(No calls)



## 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 has lost 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!

## A HOST IN ANNECY, FRANCE

Dear Friends,

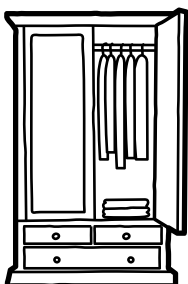
I live with my family in Auroville.

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

## OLD MATTRESS, PILLOW OR BED SHEET

Dear all,

I am reaching out to ask if anyone has an old mattress, pillow or bed sheet in decent condition that they would be willing to part with. As some of you may know, my mother, Galina, has been suffering from dementia for many years. There is a need for constant rotation of clean mattresses, pillows and sheets. Every few months old ones have to be disposed and exchanged for new ones. If anyone would be willing to help please contact me.

Thank you!

With gratitude and love, Vera

[lovera.ra128@gmail.com](mailto:lovera.ra128@gmail.com)



## 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.

### **Ayurvedic Massage with Elene**

- **Contact:** +91 79041 43719

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

**Paused for Summer**

**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**

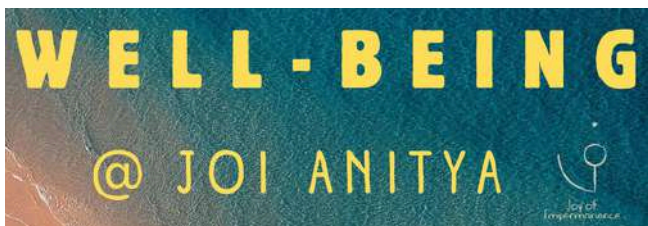
- **Contact (whatsapp only) :** +33 750604028

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.



Info and Bookings through **WhatsApp**



Anitya Community Centerfield



joyofimpermanence@auroville.org.in

Joi Anitya is a Registered Project under Hospitality Trust, Auroville Foundation



# 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)



## DOMINIQUE DARR GRANT GOING ON

The Dominique Darr Grant was launched in November 2024, aiming to encourage the artistic expression of Auroville youth and showcase its talent. Photography and video were the main mediums proposed, in tribute to Dominique Darr's profession and passion. The grant is dedicated to Aurovilians from 14 to 30 years old.

Young photographers and videomakers were called to write a project on the theme "The Sun, the Moon and the Truth, three things cannot be long hidden" and attach a few images to show how the theme would be developed.

Early March, after 3 hours of deliberation, the 2025 Dominique Darr Grant jury, composed of five Aurovilians experts in the fields of art, photography and communication, announced the laureates:



The Dominique Darr Grant was launched in November 2024, aiming to encourage the artistic expression of Auroville youth and showcase its talent. Photography and video were the main mediums proposed, in tribute to Dominique Darr's profession and passion. The grant is dedicated to Aurovilians from 14 to 30 years old.

Young photographers and videomakers were called to write a project on the theme "The Sun, the Moon and the Truth, three things cannot be long hidden" and attach a few images to show how the theme would be developed.

Early March, after 3 hours of deliberation, the 2025 Dominique Darr Grant jury, composed of five Aurovilians experts in the fields of art, photography and communication, announced the laureates:

- ANANTINI, with the project BROTHER
- SIMRAN, with the project IMPERMANENCE
- AADI and BALAJI, with the project HIDDEN PERSPECTIVES of IDENTITY CRISIS
- ARATI, with a project about the difficulty of knowing the truth hidden behind appearances
- BHAVYO, with a project about the hidden meanings of ancient India.

A Centre d'Art Special Mention was also given to GIRISH, for his video project REAL OR RENDERED, which will be screened during the exhibition.

In April, and again in May, Centre d'Art team met with the winners to discuss the next steps that will lead to the realization of the individual projects and the final exhibition, which will be inaugurated on August 15, 2025.

In the proposed projects, the artists interpreted the theme in very different ways, but all of them captured the essence of the inscrutability of truth and will present their distinct visions of the perception of reality.

There is good hope that the collection of works will create a truly brilliant journey within the gallery for this first edition of the Dominique Darr Grant.

Looking forward to seeing the final works.

*Centre d'Art Team*



## FOOD

### FOOD FOREST TOUR - EVERY SUNDAY



**EVERY SUNDAY from 8:30 to 10:30**  
(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,  
to create different flavours of delicious, healthy and nourishing sugar free  
**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  
[myfoodforestgarden@gmail.com](mailto:myfoodforestgarden@gmail.com)

# **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**



Pointing fingers  
Is not the way  
To figure out  
Who's got the point.

*Anandi Z*

**Music of the Prayerful Heart**

May 15, 2005

A thousand lyrics wait upon the song  
That lies unsung upon the lips of man,  
Melodies of soul for which we long  
And poetry unheard since time began.

An impress of divinity we feel  
And sometimes glimpse in rare refracted light;  
A splendour on our smallness seems to steal  
And lift the opaque curtain of the night,

The ignorance that holds our hearts in thrall,  
The greed that grows beyond all self-control  
The frantic pace that blinds us to the call  
And sorrow that exerts its painful toll,

All joy of life subservient to need,  
A monotony in which all higher thought  
Accedes to base necessities of greed  
Where pleasure a commodity is bought

And sold to fill the vital nature's lust.  
A radiance from once known aeons gleams,  
To that we must consign our hope and trust  
Our aspiration and our deepest dreams.

*Narad*

# AUROVILLE RADIO



Dear Aurovilians,

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

Last published podcasts:

- [Marlenka's weekly Offering – Ep.138 \(Literature\)](#)
- [Savitri - Ep.10 : Introductory Comments in Tamil | சாவித்ரி காவியம் ஓர் அறிமுக விளக்கம் by Dhanalakshmi \(Spirituality\)](#)
- [Une série hebdomadaire de lectures par Gangalakshmi – Ep.493 \(Integral Yoga\)](#)

...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

### 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!***





# Cinema Paradiso

Multimedia Center (MMC) Auditorium

Film program : 26th May - 1st June 2025

Cinema Paradiso-Multimedia Center is operating at 100% seating capacity. Seating starts about 15 mins 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 26 MAY, 8:00 PM:**

### **• STRIR PATRA (LETTER FROM THE WIFE)**

India, 1972, B&W, Dir. Purnendu Patri w/ Madhabi Mukherjee, Ashim Chakrabarti, and others, Drama, 85mins, Bengali w/ English subtitles, Rated: NR (for all)

This bold depiction of women's emancipation was written by Tagore around 1915! Mrinal, a spirited woman from a solvent family, is married into an aristocratic family as the wife of the second son or mejo-bou. The story revolves round three women, one submits under the weight of patriarchy, one resists but meets tragedy, and Mrinal, deeply shaken, chooses her own path. Her letter to her husband becomes a powerful declaration of defiance and liberation. A rare gem, the film showcases masterful storytelling by the director who have made very few films. It evokes the finesse of Satyajit Ray yet stands apart in its own distinct style. *We bring this film to the recent celebration of Tagore's birthday and to commemorate his visit to Pondicherry on May 29, 1928. You can't miss this film!*

## **POTPOURRI – TUESDAY 27 MAY, 8:00 PM:**

### **• IDI I SMOTRI (COME AND SEE)**

Soviet Union, 1985, Dir. Elem Klimov w/ Aleksey Kravchenko, Olga Mironova, Liubomiras Laucevicius, and others, War-Drama, 142mins, Belarusian-Russian-German w/ English subtitles, Rated: NR (R)

In war-torn Belarus, a young boy eagerly joins the resistance, believing in heroism, only to face the grim realities of conflict. As he navigates devastation and loss, his innocence transforms to resilience in this story of survival and strength. A visually stunning, deeply moving portrayal of war's impact on the human spirit.

## **SELECTION – WEDNESDAY 28 MAY, 8:00 PM:**

### **• UN AMOUR À TAIRE (A LOVE TO HIDE)**

France, 2005, Dir. Christian Faure w/ Jérémie Renier, Louise Monot, Bruno Todeschini, and others, War-Romance, 103mins, French w/ English subtitles, Rated: NR (PG)

Haunted by the brutal murder of her family, young Sara flees Nazi-occupied Europe, seeking refuge with childhood friend Jean and his devoted partner Philippe. As the Gestapo closes in, Jean devises a risky plan to protect her, but betrayal and desperation lead to devastating consequences. A gripping story of survival, sacrifice, and the relentless pursuit of hope in the darkest times.

## **INTERESTING – THURSDAY 29 MAY, 8:00 PM:**

### **• A VERY OLD MAN WITH ENORMOUS WINGS**

India, 2017, Dir. Prateek Vats, Documentary, 72 mins, Bengali-Hindi-English w/ English subtitles, Rated: U (G)

No, it is not a Gabriel García Márquez novella. This film is about Monohar Aich, the legendary Indian bodybuilder and former Mr. Universe, whose life defies expectations in its own way. On the eve of his 101st birthday, he refuses to look back, shaping the film into an intimate portrait of a man whose obsession with strength defined his existence. Shot over two years, it is a story that transcends time to reveal the oddities that make human stories worth telling. *We thank the director (of the famous Eeb Allay Ooo!) for sharing this special film with us.*



## **INTERNATIONAL – SATURDAY 31 MAY, 8:00 PM:**

### **• A COMPLETE UNKNOWN**

USA, 2024, Writer-Dir. James Mangold w/ Timothée Chalamet, Edward Norton, Elle Fanning, and others, DocuDrama-Music, 141mins, English w/ English subtitles, Rated: R

In 1961, Leonard Bernstein arrives in New York City, determined to reshape classical music. As he navigates fame, love, and ambition, his genius propels him to legendary status, but personal struggles and sacrifices haunt him. A riveting portrait of a visionary who changed music forever. *A Great Watch!*

## **CHILDREN'S MATINEE – SUNDAY 1 JUNE, 4:00 PM:**

### **• FOXTER & MAX**

Ukraine, 2019, Writer-Dir. Anatoliy Mateshko w/ Amadey, Dmitriy Gavrilov, Bohdan Kozii, and others, Adventure-SciFi, 90mins, Ukranian w/ English subtitles, Rated: NR (PG)

A boy's graffiti transforms into a living nanobot dog, sparking an adventure where they must evade a ruthless criminal seeking the advanced technology. A thrilling chase unfolds in a battle of ingenuity and survival.

## **CINÉ-CLUB SUNDAY 1 JUNE, 8:00 PM:**

### **• LOS ABRAZOS ROTOS (BROKEN EMBRACES)**

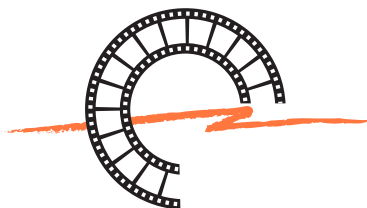
Spain – UK, 2009, Dir, Pedro Almodovar, w/ Penélope Cruz, Luis Homar and Others, Drama-Romance, 127mins, Spanish w/ English subtitles, Rated: R.

A man writes, lives, and loves in darkness. Fourteen years ago, a brutal car crash in Lanzarote stole his sight—and Lena, the love of his life. In grief, Mateo Blanco abandons his identity, becoming Harry Caine. If he can't direct films, he survives by believing Mateo died that night with Lena.

**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 – 5:00 pm
- **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

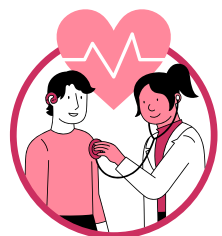
**Contact:** (0413) 3509942 / 3509943

#### 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 + 1 tsp 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**