

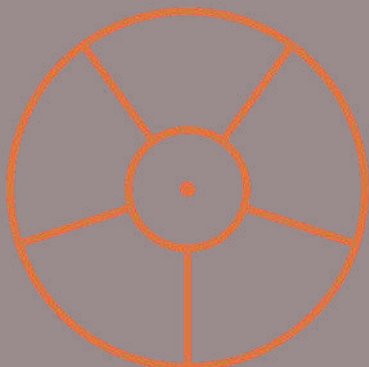
Auroville

NEWS & NOTES

No 1077 - A weekly bulletin for residents of Auroville

12 June 2025

RA EDITION

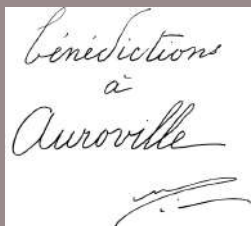


PONDERING

If you want peace upon earth,
first establish peace in your heart.
If you want union in the world,
first unify the different parts of your own being.

The Mother, February 1965, Human Unity, Words of the Mother III
<https://motherandsriaurobindo.in/The-Mother/books/words-of-the-mother-III/#human-unity>

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 69

Opening of Auroville Block-making unit

To do always our best in all sincerity.

To be always our best in all sincerity.

23.6.1969*

*

To a person interested in Auroville

To listen is good, but not sufficient—you must understand.

To understand is better, but still not sufficient—you must act.

24.11.1969*

*

To the Auroville Gazette

We would wish that this Gazette be the messenger of the future
and of the progress to be realised for humanity.

Jan, 1971

*

To the flower-nursery Beauty'

Flowers are the prayers of the vegetal world. The plants offer
their beauty to the Supreme.

5.11.1971

Page 70

Organisation

*Q : Does the construction of Auroville require a working-
method, organisation and co-ordination?*

Discipline is necessary for life. To live, the body itself is subject
in all its functions to a rigorous discipline. Any relaxation of this
discipline causes illness.

*Q : What should be the nature of this organisation, in the
present and in the future?*

Organisation is a discipline of action, but for Auroville, we aspire
to go beyond arbitrary and artificial organisations.

We want an organisation which is the expression of a higher
consciousness working to manifest the truth of the future.

*The city the earth
needs.*

*Q : Until this group consciousness appears, and until we can
work collectively in the true and right way, what should we do?*

A hierarchical organisation grouped around the most
enlightened centre and obeying a collective discipline.

*Q : Must we use organisational methods which have proved
effective but which are based on human logic and the use of
machines?*

This is a makeshift which we should tolerate only very
temporarily.

*Q : Must one allow individual initiative to manifest freely and
inspiration and intuition to be the moving force behind personal
action, and should one reject all ideas not felt as good by the
interested party?*

In order to be workable, this requires all workers of Auroville to
be yogis conscious of the Divine Truth.



Discipline

Sets the example and hopes to
be followed. - The Mother

Ocimum basilicum L., Labiatae.
Common basil

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
- 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

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

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



FROM THE ENTRY SERVICE

ES # 255 DATED: 09-06-2025

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.

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



- **Rajasegar MOORTHY (Indian)** staying in Humanscapes and working at Auroville Online Store



- **Bhuvana PACHAIYAPPAN (Indian)** staying in Shambala and working at Yuvabe

AUROVILIAN CONFIRMED

- **Prabhu RAJENDRAN (Indian)**
- **David EVANS (British)**

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.



CONTENTS

01	The Mother on Auroville
02	Guidelines / Quick Guide / Acronyms
03	Note from the Editors / Table of Contents
03	WORKING GROUPS NEWS
03	From the Entry Service
04	From the Working Committee
04	GB / FO Groups News
04	COMMUNITY NEWS
04	Obituary
04	Community Sharing
05	Residents Speak
06	Food For Thought
06	Auroville Conversations
06	French News & Notes
06	Inner Journey
07	ANNOUNCEMENTS
08	Looking For
09	Available
09	Activities at Serendipity
09	Activities at JOI - Anitya Community
10	Workshops
11	CULTURAL ANNOUNCEMENTS
11	Food
12	Poetry
12	Auroville Radio
12	For The Bookworms
13	Cinema Paradiso
14	COMMUNITY SERVICES
14	Essential Services
14	Health
16	Access to the Park of Unity and Matrimandir
16	AV Public Bus / Emergency Numbers

FROM THE WORKING COMMITTEE

UPDATE ON AVAILABILITY

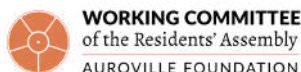
Dear Community,

We are pleased to inform you that we are once again fully functional. You are welcome to contact us by email (workingcom@auroville.services) or on our new dedicated cell number (+91 95142 16250) during regular office hours (9:30 am to 4:30 pm). If you would like to meet us we will arrange a time and place on a case by case basis, which could include online meetings.

Our sincere gratitude goes out to the many residents and well-wishers who reached out to express their concern and to offer ideas, spaces and support.

We look forward to continuing to serve the Residents' Assembly, helping it to continue to carry out its functions as per the Foundation Act and upholding the spirit and values of Auroville and its Charter.

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



FO GROUPS NEWS

(not selected by due Residents' Assembly process)

FROM THE FO N&N 1082

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

No news this week!

COMMUNITY NEWS

OBITUARY

HALYNA (GALYNA) KUBARCHUK PASSES AWAY



This is to inform that Halyna (Galyna) Kubarchuk, Prayatna, had passed away at home on the afternoon of Saturday 7th June.

Her remains were brought to the Farewell building and was cremated on Wednesday 11th June at the Auroville Cremation Ground.



COMMUNITY SHARING

AUROVILLE GLOBAL FELLOWSHIP WEBSITE AND NEWSLETTER



Dear Auroville residents, friends and well-wishers of Auroville,

We're happy to announce that a website has been created for the Auroville Global Fellowship. Here is the link: <https://aurovilleglobalfellowship.org>

The website describes the history, purpose, and projects of the Fellowship. It also has a page dedicated to the January 2025 report "Auroville in Crisis & the Way Forward." There is also a page for a new project of the Fellowship - a newsletter that is being launched in June.

The newsletter is titled 'Auroville Witness'. Its goal is to publish first-person stories from those living in Auroville, past residents, or who have had a long-term relationship with Auroville. We are looking to present individual voices and experiences, the lived reality in Auroville at this moment. You can read more and subscribe on the website: <https://aurovilleglobalfellowship.org/witness/>

If you are interested in contributing, below is a brief introduction:

What does it feel like living with the changes of recent years? How has the atmosphere changed? What is it like living under the new administration? Talk to us about Auroville as you are experiencing it. Talk to us of your life in Auroville.

Personal, heartfelt reflections speak to people everywhere. They are especially important in conveying the real-life impact of the situation on life in Auroville and are powerful in a way that no other form of communication can match.

To submit a story, please send an email to AurovilleWitness@gmail.com with "Submission" in the subject line. Please explain whether you are a resident of Auroville, an ex-resident, or your relation to the community. Any other background information is also appreciated.

If you feel hesitant about sharing your experience, what can we do so that you are confident and motivated to share in Auroville Witness?

Please write in your primary language if you are not comfortable writing in English. You can also send an audio recording, or we can arrange an interview. We will do our best to ensure your privacy if you wish to be anonymous.

Many thanks. We look forward to reading and sharing your narratives. Each voice and lived experience matters.

Sincerely,

David Hutchinson, for the Auroville Global Fellowship and the Auroville Witness editorial team

Fellowship-Coordination@auroville.community

AUROVILLE DOG SHELTER

WATER STEWARDS PROJECT:

A WORLD OF DIFFERENCE FOR AUROVILLE'S ANIMALS

As the intense heat settles across Auroville, our animal friends, like us, feel the struggle to find clean drinking water. Last week, a beautifully handcrafted earthen water bowl, generously provided by our partners at Voice for Voiceless (an exemplary animal care organization from Pondicherry), and painted by our team found its new home in front of the Auroville Foundation building at the Town Hall. This water isn't just for dogs; it's a lifeline for cats, birds, cows, squirrels, and all our wild and stray companions, offering a vital



oasis of refreshment during these hot days. We are deeply thankful to two dedicated staff members of the Foundation Office who have stepped up as our first "Water Stewards," ensuring this bowl is kept clean and continually refilled with fresh water.



Voice4Voiceless has offered to supply more of these wonderful handmade bowls, ready to be placed at various points across Auroville, promising to vastly improve the health and well-being of countless animals. But for this beautiful vision to come to life, we need compassionate hearts to join us. A water bowl, however well-placed, is only as effective as the human hand that keeps it clean and filled.

Can we, as human being and residents of Auroville, come together to make this simple yet profound difference by setting up water points all over our city to provide relief and help for other sentient beings, our animal friends?

We are seeking "Water Stewards for Auroville" – individuals or AV Communities willing to take on the small but significant responsibility of maintaining a drinking point. If you want to become part of this Project, we are happy to sponsor and deliver an earthen water bowl to your Community.

Let's stand together and show that Aurovilians truly care for all sentient beings, making our township a more compassionate home for everyone, not only humans!

If you are interested in becoming a "Water Steward," please reach out to Arthur via WhatsApp Message at 81222 25266 or email the Auroville Dog Shelter at aurovilledogshelter@auroville.org.in.

MATRIMANDIR CHAMBER : CLOSED FOR ONE MORE WEEK



Dear all,

Due to unforeseen reasons, the maintenance inside Matrimandir is taking longer than expected.

As a result, the Matrimandir chamber will remain closed for one more week.

Reopening is scheduled for Monday 16th June, 6:00am.

We are sorry for the inconvenience.

Matrimandir Executives.



RESIDENTS SPEAK

THE GREAT GURU OF AUROZ – PART IX

(previous episode in the last N&N)

A little farther still along the Grey Slab Road, Dorothy encounters chaos. The once-lively side paths that had splintered out like veins from the main artery now lie fractured, truncated, or buried altogether. Little footbridges dangle uselessly into ditches, hand-painted detour signs collapse under the weight of contradictory arrows, and clusters of displaced residents mill about in stunned disarray, clutching tupperware, toolkits, or teapots.

At the centre of this storm stands a woman—petite, dark-eyed, and vibrating with purpose. Her heels click like commands across the concrete. In one hand, she clutches a laminated photo of a serene guru whose eyes emit soft rays of Photoshop-enhanced compassion. In the other, she waves a clipboard stacked with blueprints, cease-and-desist orders, and promotional leaflets bearing her own face above the slogan "Progress Demands Sacrifice".

"CLEAR THE RIGHT-OF-WAY!" she screeches, though there's no one particularly in her way. Her voice seems amplified by unseen speakers, echoing off the slabs and silencing birds. "This is not a block party! This is strategic corridoring!"

Someone timidly gestures toward a crushed garden gate, its archway still bearing the hand-painted words 'Commonplace Joy.'

"It was our shortcut to the market..."

The woman spins, eyes blazing. "Shortcut?

Shortcuts breed complacency! We are building resilience through inconvenience!"

She bulldozes forward, simultaneously Planner, Lawyer, and Public Relations Oracle—each persona vying for dominance, none particularly stable. A child with a broken scooter starts to cry, and she thrusts the guru image toward him like a protective talisman. "He taught me to detach from outcomes," she says, before shoving a confused grandfather off what used to be his porch.

Dorothy watches this unfolding with a slow dread. A pop-up stall promising "Community Input – Tell Us How You Feel!" has been flattened into the cement, its feedback box crushed and leaking small, sad slips of paper. A worker puts the box back up, tinkers it back into place, chucks out the papers, and fills it with cement. A notice saying "Feedback is Futile" is slapped onto it.



On one wall, someone has scrawled in charcoal: THE ROAD GOES IN CIRCLES BUT WE CANNOT.

Dorothy tries to ask where the road leads now, but the woman is already barking into a megaphone made from

recycled mission statements. "The people want unity! Unity means centralisation! Centralisation means—step aside, ma'am, that's not a recognised egress point."

And with a final thrust of the guru's beatific gaze, she turns on her heel, marching deeper into the ribbon-cut wasteland she's named "Phase One Completion." Behind her, the crowd gathers again—fragmented, blinking, bewildered.

Dorothy, feeling somehow both invisible and too real, steps back onto what remains of the Grey Slab Road.

(next episode in a week!)



ANOTHER SIGNIFICANT CONTRIBUTION TO INDIA'S ARCHITECTURAL LANDSCAPE BY SATPREM

Dear Aurovilian friends,

I feel truly grateful to have been given the chance to serve Mother India once more by designing and building the world's largest dome built with Compressed Stabilized Earth Blocks (CSEB) for the Shree Krishnaganga Meditation Hall in Gujarat. This 33-meter diameter dome, weighing approximately 2,200 tons, was successfully completed on 2nd June after 17.5 weeks of dedicated and hard work from a committed team.

Over 115 days, around 297,560 blocks of 18 different sizes were carefully laid by an average of 22 masons, supported by 125 workers and guided by 4 supervisors. It was inspiring to witness the collective effort and perseverance that brought this project to life, showcasing the immense potential of sustainable building techniques developed by the Auroville Earth Institute.



Please have a look to the [time lapse video](#) and a [few more photos](#).

While the structure is not dedicated to any specific religious figure, it stands as a beacon of peace and unity – values that resonate deeply in today's world. This project serves as a demonstration of collaboration and shared vision, reinforcing the ideals of harmony and innovation that Auroville strives to embody.

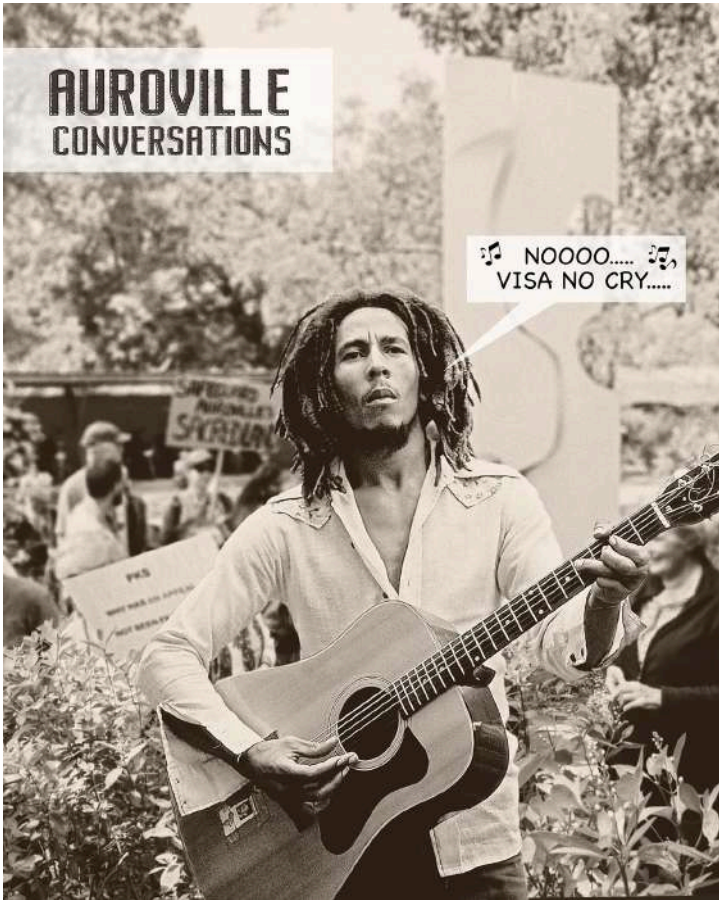
The outer diameter of this dome is quite identical to the one of Matrimandir (~36 m).

Warmly,
Satprem, Director of the Auroville Earth Institute

FOOD FOR THOUGHT



AUROVILLE CONVERSATIONS




Submitted by an Aurovilian




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 17th June, 9 am - 12 noon
Focus: The Divine Mother

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



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
 - **Timings:** 9am – 1pm.
 - **Venue:** Udavi school, near tank, Edayanchavadi, Auroville, 605101
 - **Location:** <https://maps.app.goo.gl/4fu6Besiyw9vzsVy7>
- ➡ First building to the left near the parking.

No registration is required.

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. Those who wish to stay back for lunch must RSVP by Saturday, 12 noon at the latest.
- **Contact:** Sanjay Tumati, +91 87909 82210 (available on WhatsApp), sanjay@auraauro.com

Metta

ANNOUNCEMENTS

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



25 YEARS OF KAILASH YOUTH COMMUNITY
SATURDAY 14TH JUNE, KAILASH

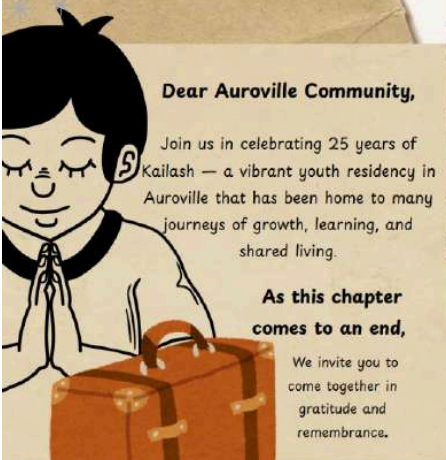
you're invited


Dear Auroville Community,

Join us in celebrating 25 years of Kailash — a vibrant youth residency in Auroville that has been home to many journeys of growth, learning, and shared living.

As this chapter comes to an end,

We invite you to come together in gratitude and remembrance.






KAILASH Youth Community

TIME : 4 PM to 7 PM
DAY : Saturday
DATE : 14th June 2025

Sharing the journey of life in Kailash through texts, photos, videos.
Snacks, food, games, art, activities for all ages.

In-house snacks and food
Fun games and activities for all ages
Karaoke , Art Installations





AUROVILLE STORIES: 1960 - 2068
A DIGITAL STORYTELLING PROJECT

Auroville Stories: 1968-2068
Sharing why we came and where we might go ... together

A Digital Storytelling Project
2 hrs /wk for 6 weeks in June/July
Exact Times/Location TBD

To express interest:
Email: daniel@ic.org
WhatsApp: +1 978-394-1711



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

LOST DOG



LILY

LOST NEAR BASE CAMP TLC,
AUROVILLE
ACTIVE, NO COLLAR
4 YR OLD

CONTACT: 7592805013

LOVING HOMES!!

HELP!
I need a loving home,
please help me find one!

Rescued from being attacked by other cats at the Solar Kitchen where it was dumped, this very young male kitty is in good health, very cuddly, purrrrrs, plays and is just loads of fun! We already have five so we cannot keep him.

Please adopt me!



WA: +91 9159 835 835 (No calls)

AVAILABLE

AURELEC SPACES AVAILABLE

35.12 sqm. closed space available inside Aurelec Premises. This space is ideal for workshop or office or storage with generator back-up, 24 hours security, parking, provision to put air-conditioners high speed fibre internet access (BSNL and Aurinoco), canteen and sports facilities.



AND
Conveniently located closed office room (around 18.30 sqm.) on the first floor inside Aurelec premises with superb infrastructure, including generator back-up, UPS System, provision to put air-conditioner, 24 hours security, parking, high speed fibre internet access (BSNL and Aurinoco), canteen and sports facilities.

Interested people may contact Mr. Siva at Aurelec in person, or by phone to 2622293/2622294 or e-mail adps@auroville.org.in

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

<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 body, focusing on the head, back, stomach, and feet.

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

JOIN US FOR "SEA CHANGE":

PROTECTING OUR OCEANS WORKSHOP

SATURDAY 14TH JUNE, DEEPANAM SCHOOL



Dear Friends,

Discover how microplastics from everyday products end up in the food we eat! Join us for an engaging one-hour workshop featuring our Sea Change environmental education programme.

We will:

- Play a fun ocean tag game
- Watch a creative short movie
- Learn about practical solutions you can implement immediately.

Did you know we might be eating the equivalent of three ballpoint pens worth of plastic every month? Learn this shocking fact and more through hands-on activities that make complex science accessible and fun.

This workshop showcases the Sea Change programme that has empowered thousands of young students to become passionate environmental advocates, creating positive changes in their communities.

This event is part of our Sea Change Fundraiser Campaign to bring this environmental education programme to 500 more children in Auroville and the bioregion.

Free entry - donations welcome

For more information contact: info@wastelessindia.org

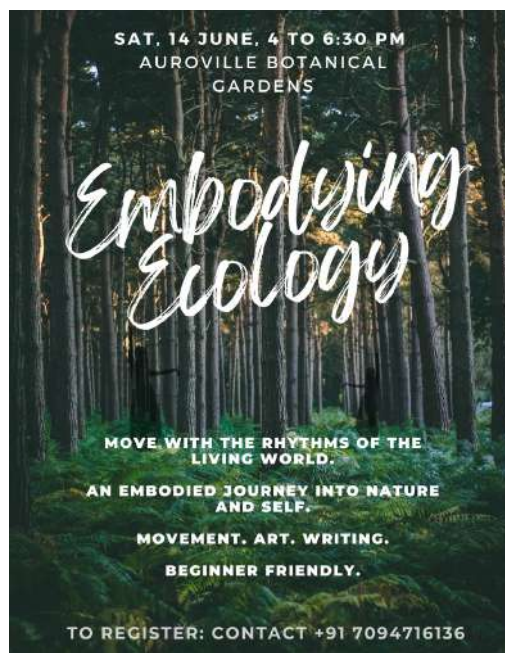
- **When:** Saturday 14th June at 4:30 to 5:30 pm
- **Where:** Deepanam School
- **Who:** Everyone Welcome!



EMBODYING ECOLOGY:

MOVING WITH THE MORE-THAN-HUMAN WORLD

SATURDAY 14TH JUNE, BOTANICAL GARDENS



A gentle workshop in creative movement, somatic connection, and nature-based expression.

To be alive is to move — and to move is to belong.

In this 2.5-hour workshop, we'll explore how our bodies are not separate from nature, but part of its living, moving web. Through guided somatic movement, creative reflection, and nature-inspired art, we'll attune to the rhythms of our inner and outer landscapes.

This workshop is for anyone — no experience in dance, art, or writing is needed. You'll be gently guided to move with your senses, create from your body's wisdom, and find connection with place, self, and community. Together, we'll co-create a simple group movement ritual that honours our shared aliveness and the wildness we carry within.

Come as you are — tender, curious, tired, or vibrant — and leave with a deeper sense of connection, creativity, and embodiment.

✧ Saturday 14th June, Botanical Gardens, 4 to 6:30 pm

To register: contact Nikki at +91 70947 16136 (whatsapp) or email nikethana2001@gmail.com

CULTURAL ANNOUNCEMENTS

AUROVILLE FILM FESTIVAL 2026 - SUBMISSIONS NOW OPEN

Have you made a film for the upcoming film festival?

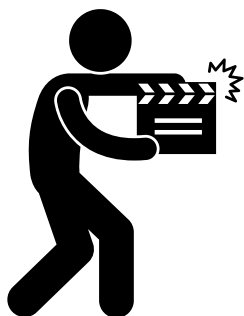
There is a special category for films made by residents of Pondy, Auroville and the Bioregion. And another special category for school students!

So get out your phones and cameras and start making your stories now...

Submit your films on <https://aurovillefilmfestival.in/2026-submission/>

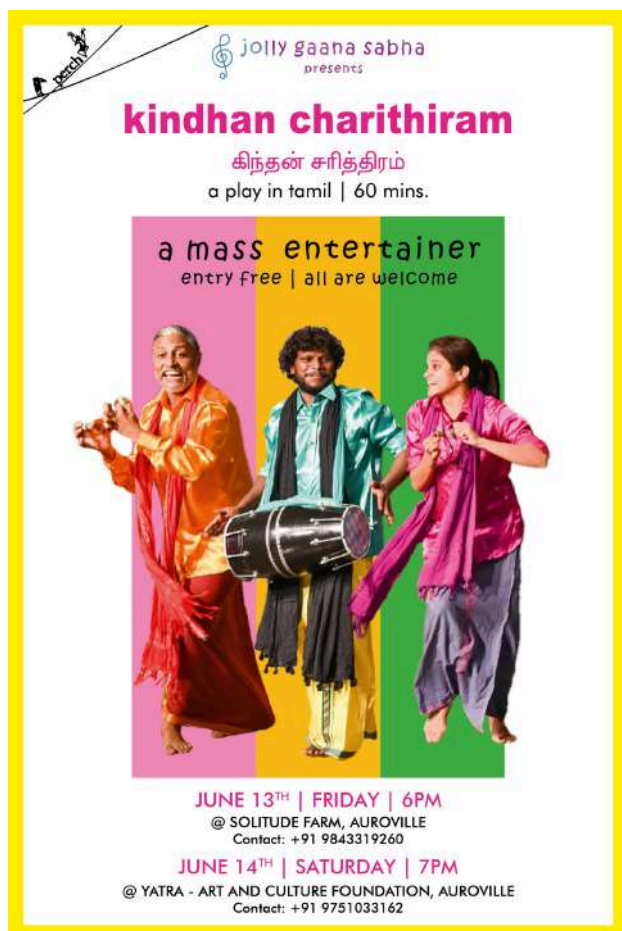
(Helpful tip: Yatra Film Academy is offering a filmmaking course in June...)

aurovillefilmfestival@auroville.org.in



KINDHAN CHARITHIRAM - A PLAY IN TAMIL

FRIDAY 13TH - SATURDAY 14TH JUNE



- Duration 60 min
- Performed by **Maya, Dharani and Felix**
- Directed by **Rajiv Krishnan**
- A Perch production.

SHOWS

- Friday 13th June, 6pm, Solitude Farm, Auroville
- Saturday 14th June, 7pm, Yatra Art and Culture Foundation, Auroville.

PLAY

Who is Kindhan? What do a Banyan Tree, a Tea-master, a blind-singer, a criminal godmother and an unexpected lady-love have to do with his life? And how does MGR (iconic film star) figure in all his critical moments?

We have staged 57 shows of this play in Chennai, Bangalore, Pondicherry and Kerala and entertained several thousands of people. Our latest show was at the Under the Sal Tree Festival in Assam, where, despite not knowing the language, the play resonated beautifully with audiences.

Whether you know Tamil or not, whether you've watched theatre or not, we believe that there's something for everyone in this play - maybe just being in a shared live performance space, laughing and enjoying a moment together as a community.

Come, join us.

Perch is a theatre collective based out of Chennai, Pondicherry and Bangalore.

Some of its well known plays are Moonshine and Skytoffee, Kira Kozhambu, Under the Mangosteen Tree, How to Skin a Giraffe, Ms. Meena, Jujubee and Mondays are best for Flying out of Windows. Since its inception in 2008, it has done over 700 shows in cities, venues and festivals all over the country. Its work is visual, musical, collaborative, and tries to engage the mind, imagination and heart in equal measure.

FOOD

RIGHT PATH CAFE - SUMMER NEWS, VISITORS CENTRE



FOOD FOREST TOUR & SUNDAY BRUNCH
EVERY SUNDAY, LA FERME COMMUNITY



FOOD FOREST TOUR & SUNDAY BRUNCH

Living Foods & Vegan Ice Cream Making

Every Sunday, 9-11 AM

La Ferme Community
(5 min from AV Bakery)

WhatsApp Sarah: 904742044



www.myfoodforest.in

POETRY

I fall into a spiral
whirlpool
Of your dimples.

There I dive
From shallow ripples
Into deep recesses.

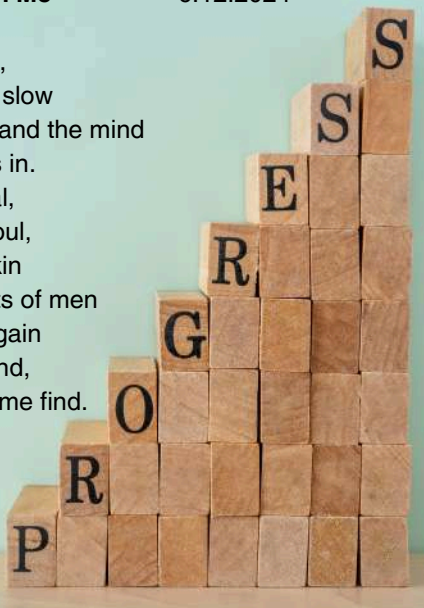
Anandi Z

The Lord and Mother In Me

6.12.2024

Guide me as I call again,
Do not let my ignorance slow
The body's progression and the mind
That allows such visitors in.
Let the future be my goal,
The purification of the soul,
A love of all my earthly kin
That above all arguments of men
I may live consciously again
In worship of a higher kind,
The Lord and Mother in me find.

Narad



AUROVILLE RADIO



Dear Aurovilians,

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

Last published podcasts:

- [Savitri - Ep.11: Introductory Comments in Tamil | சாவித்ரி காவியம் ஓர் அறிமுக விளக்கம் by Dhanalakshmi](#) (Spirituality)
- [Cosmic Inner Weather Report - Ep. 8](#) (Conversations)
- [Menstrual Well-Being-Ep.1 \(Part 3\) | மாதவிடாய் நன்னலம் - "Sai Priya in Conversation with Kalvikarasi from Eco Femme"](#) (Health & Wellness)
- [Une série hebdomadaire de lectures par Gangalakshmi - Ep.495](#) (Integral Yoga)
- [Marlenka's weekly Offering - Ep.139](#) (Literature)

....and more! on www.aurovillerradiotv.org.

For more information write to 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

DANCE

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



Cinema Paradiso

Multimedia Center (MMC) Auditorium

Film program: 16th - 22nd 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 16 JUNE, 8:00 PM:

• BAIPAN BHARI DEVA (WOMANHOOD IS TOUGH)

India, 2023, Dir. Kedar Sinde w/ Nutan Aasagaonkar, Suruchi Adarkar, Suchitra Bandekar, and others, Comedy-Drama, 137mins, Marathi w/ English subtitles, Rated: NR (PG)

Six estranged sisters—Shashi, Jaya, Sadhana, Ketaki, Charu, and Pallavi—are unexpectedly reunited for a traditional competition. As they navigate old wounds, personal struggles, and deep-seated conflicts, they rediscover the strength of sisterhood. Through laughter, tears, and resilience, they confront their past and embrace the bonds that once held them together.

POTPOURRI – TUESDAY 17 JUNE, 8:00 PM:

• FRIED GREEN TOMATOES

USA, 1991, Dir. Jon Avnet w/ Kathy Bates, Jessica Tandy, Mary Stuart Masterson, and others, Period Drama, 130mins, English w/ English subtitles, Rated: PG-13

Evelyn Couch, a discontented housewife, finds inspiration in Ninny Threadgoode's stories of Idgie and Ruth in 1920s Alabama. Their deep friendship, resilience, and defiance against societal norms unfold through gripping flashbacks. This classic, much-acclaimed film beautifully explores love, loss, and the enduring strength of human connection. *Worth a watch!*

SELECTION – WEDNESDAY 18 JUNE, 8:00 PM:

• MÙA HÈ CHIEU THANG DUNG (THE VERTICAL RAY OF THE SUN)

Vietnam-France-Germany, 2000, Writer-Dir. Anh Hung Tran w/ Nu Yên-Khê Tran, Quynh Nhu, Khanh Le, and others, Drama, 112mins, Vietnamese w/ English subtitles, Rated: PG-13

Set against the vibrant Vietnamese summer, three sisters, Suong, Khanh, and Lien, navigate love, secrets, and heartbreak. Suong tolerates her husband Quoc's hidden life, Khanh faces temptation while expecting a child, and Lien longs for her brother Hai. A slow-paced, intimate family saga filled with quiet beauty and emotion.

INTERESTING – THURSDAY 19 JUNE, 8:00 PM:

• CHASING CHILDHOOD

USA, 2020, Dir. Margaret Munzer Loeb & Eden Wurmfeld w/ Peter Gray, Julie Lythcott-Haims, Lenore Skenazy, and others, Documentary, 78mins, English w/ English subtitles, Rated: NR (PG)

In a world of rigid schedules and constant oversight, childhood free play is disappearing, fueling anxiety and depression. This film explores diverse communities, urging a shift away from harmful parenting patterns to empower kids. Experts and advocates fight to restore unstructured play, offering solutions for a healthier, balanced childhood. *Generously shared by ROCO Films!*

INTERNATIONAL – SATURDAY 21 JUNE, 8:00 PM:

• UMAMI

Turkey, 2025, Dir. Emre Sahin w/ Burak Deniz, Öykü Karayel, Osman Sonant, and others, Drama, 120mins, Turkish w/ English subtitles, Rated: NR (PG)

Sina Bora, a celebrated chef, faces the most turbulent night of his

career as his luxurious restaurant teeters on the edge. With tensions flaring between his team—Melis, Renzo, and Çekdar—orders pile up, tempers explode, and secrets unravel. As chaos engulfs the kitchen, Sina must confront his past, his ambitions, and the price of perfection in this gripping drama, delivering an unforgettable cinematic flavor.

CHILDREN'S MATINEE – SUNDAY 22 JUNE, 4:00 PM:

• AMAZING MAURICE

UK-Germany-Canada, 2022, Dir. Toby Genkel & Florian Westermann w/ Hugh Laurie, Emilia Clarke, David Thewlis, and others, Computer Animation-Adventure, 93mins, English w/ English subtitles, Rated: PG

Maurice, a street-smart cat, leads a band of talking rats and a young piper, Keith, in a clever con—staging fake rat infestations and charging towns to remove them. But when they arrive in Bad Blintz, they uncover a sinister force threatening the town. With Malicia's help, they must outwit a dark, mysterious enemy.

A Request to Parents and Guardians: The chairs' springs are old, and frequent bouncing and swinging damages them. With zero budget for repairs, we ask parents to ensure seats are used gently.

Your support helps preserve our venue for everyone's enjoyment—thank you!

CLASSIC WORLD CINEMA @ CINÉ-CLUB

Classic world cinema features acclaimed films from diverse countries, known for their lasting artistic merit, cultural influence, and timeless storytelling that continues to inspire audiences and filmmakers worldwide.

CINÉ-CLUB SUNDAY 22 JUNE, 8:00 PM:

• CITIZEN KANE

USA, 1941, Dir. Orson Welles w/ Joseph Cotton, Dorothy Comingore, and Others, Drama-Mystery, 119mins, English – Italian w/ English subtitles, Rated: PG

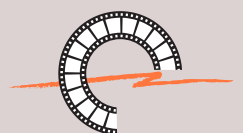
Reporters seek to uncover the meaning behind Charles Foster Kane's final word, "Rosebud." The film begins with a newsreel summarizing his life, then unfolds through flashbacks, revealing his meteoric rise, personal struggles, and ultimate downfall. As the reporters dig deeper, viewers witness the story of a fascinating man's rise to fame, and how he ultimately fell from the top of the world.

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.

We are facing challenges in maintaining and replacing equipment, as well as providing essential support for visiting filmmakers who share their work in person. We kindly request you to set up a recurring contribution for "MMC-CP" or "Filmmaker-guest Expense" via Unity Fund or make a one-time donation there. Your support is crucial in sustaining this effort, thank you for being part of it!

Thanking You,
MMC/CP Group Account #105106,
mmcauditorium@auroville.org.in



ESSENTIAL SERVICES

AUROVILLE'S FINANCIAL SERVICES (AVFS)

- **Timings:** Monday to Saturday, 9am - 12:30pm, and 3pm - 4:30pm
- **Phone:** 0413 2622171
- **Email:** 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 for clarifications reg. electricity bills, job and repair works bills
- **Email:** aves@auroville.org.in

GAS BOTTLE SERVICE

- **Timings:** Monday to Saturday, 9am - 1pm and 2pm - 4pm
- **Phone:** 0413 2622452
- **Email:** 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

ECO SERVICE (WASTE COLLECTION/MANAGEMENT)

- **Timings:** Monday to Saturday, 8:30am - 12:30pm, and 1:30pm - 4:30pm
- **Phone:** 63796 69034
- **Email:** ecoservice@auroville.org.in

POUR TOUS DISTRIBUTION CENTRE (PTDC)

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

POUR TOUS PURCHASING SERVICE (PTPS)

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

AUROVILLE LIBRARY

Our Summer (May - June) 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.

- **Phone :** 0413 350 9191
- **Email:** avlib@auroville.org.in



“If you light a lamp for someone else it will also brighten your path.”

Buddha

HEALTH

SANTÉ SERVICES IN JUNE 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.

Doctor Consultation with Dr. Pavan & Dr. Sana: Monday to Saturday	Nurse Care - Thilagam, Ezhil, Archana & Sandhya: Daily: no appointment needed
Ayurveda with Dr. Berengere: Tuesday / Wednesday / Friday	Integrative Psychotherapy with Juan Andres: Monday to Friday (TOS 13th onwards)
Physiotherapy & Massage with Galina: Monday – Friday (Available 16th onwards)	Homeopathy with Michael: Monday / Wednesday / Saturday
Midwifery & GYN Care with Paula: TOS	Soundbed Session with Sandhya / Thilagam: Monday to Saturday
Bio-Well Assessment (Evaluation of your well-being) with Helena – inquiry email adminsante@auroville.org.in	

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

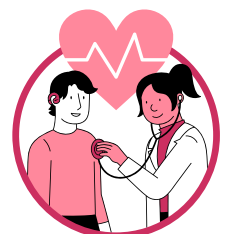
Contact: (0413) 3509942 / 3509943

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

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 experience 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 for the 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 the below mentioned email or contact number.

Contact: 95972 22826 (Madhi) call/WhatsApp

E-mail Id: 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 children 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:

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:

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