

Auroville

NEWS & NOTES

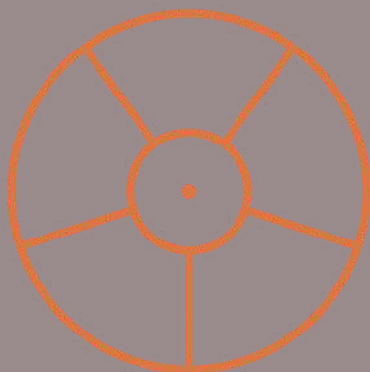
No 1078 - A weekly bulletin for residents of Auroville

19 June 2025

RA EDITION



Kailash Youth Community 2017



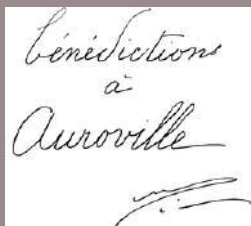
PONDERING

To each one here, power, light and strength are given as much as he can take and even more. It is given for transforming you. But when you take all that and use it for your personal ends and for so-called human love, it is dishonesty, it is robbery and it is crime of the first order.

The Mother, General, Words of the Mother I

<https://motherandsriaurobindo.in/The-Mother/books/words-of-the-mother-I/#general-2>

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

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Organisation

Q: Has the time come to wish for, to set up, to try for a general organisation, or should one wait for the right attitude and men?

An organisation is needed for the work to be done—but the organisation itself must be flexible and progressive.

Q : If to wait is the solution, nevertheless it is necessary to define organisational principles and to avoid uncontrollable disorder ?

All those who wish to live and work at Auroville must have an integral goodwill; a constant aspiration to know the Truth and to submit to it; enough plasticity to confront the exigencies of work and an endless will to progress so as to move forward towards the ultimate Truth.

And, finally, a word of advice: be more concerned with your own faults than with those of others. If each one worked seriously at his own self-perfection, the perfection of the whole would follow automatically.

6.2.1969

*

At Auroville nothing belongs to anyone in particular. All is collective property. To be utilised with my blessings for the welfare of all.

14.5.1970*

*

Q : In Auroville "all is collective property". Does this mean that everything can be used by everyone? Or should things be given only to those who treat them well?

I have also noticed that delicate pieces of equipment become attached to one person and do not work well if they are lent to others.

All this implies a consciousness which is not very widespread on earth.

The city the earth
needs.



Attempt at Vital Goodwill

An attempt is a small thing but it can be a promise for the future. - The Mother

Jacaranda Juss. Spp., Bignoniaceae
Green ebony tree

This does not mean that things should be given to people who do not know how to use them.

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What is needed to administer Auroville is a consciousness free from all conventions and conscious of the supramental Truth. I am still waiting for someone like that. Each one must do his best to achieve that.

15.7.1970

*

To the inhabitants of Auroville

Only those who have resolved to stay in Auroville for good have the right to intervene in its organisation.

22.1.1971

*

All that I have to say for Auroville henceforth shall be put in writing and signed by me.

15.2.1971*

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



WORKING GROUPS NEWS

FROM THE ENTRY SERVICE

ES # 256 DATED: 16-06-2025

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



- **Savithri VIGNESH (Indian)** staying in Humanscapes and working at Thamarai



- **Punithaveny RAJKUMAR (Indian)** staying in Djaima and working at Auroville Consulting

AUROVILIAN CONFIRMED

- **Rajeshwari ARUMUGAM (Indian)**
- **Ramesh BALASUBRAMANIAM (Indian)**
- **Kavithanjali RAMACHANDRAN (Indian)**

DID NOT COMPLETE THEIR PROCESS WITH THE ENTRY BOARD

- **Valeria Andrea LEIVA (Chilean)**
- **Dhayalan RAMACHANDIRAN (Indian)**
- **Logeshwari JAYAMOORTHY (Indian)**
- **Lakshmi KRISHNAKUMAR (Indian)**
- **Kathiravan SELVAM (Indian)**
- **Kalaiselvan ELUMALAI (Indian)**
- **Corrine AKIL SALVIANI (French)**
- **Dmitrii SEMENOV (Russian)**
- **Thanmalar SHANKAR (Indian)**
- **Balaji KARUNAKARAN (Indian)**
- **Anita KAMALI (Iranian)**

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.

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- 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.



FO GROUPS NEWS

(not selected by due Residents' Assembly process)

FROM THE FO N&N 1083

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

COMMUNITY NEWS

OBITUARY



BASILE VIGNES PASSES AWAY



Our dear friend Basile Vignes passed away peacefully on Thursday 12 June in his house in France, surrounded by his partner Claudine, his son Simon, his stepdaughter Djénane and close friends.

Basile lived in Dana, Auroville, for nearly 20 years, between 2001 and 2019.

We will remember him for his gentleness, his warm sense of humour

and his fraternal spirit—always ready to help!—and for his beautiful movies.

Basile was a multimedia artist, and in 2016 published his 52-minute documentary, "Auroville: Towards a Sustainable Future" which can be seen here: <https://www.youtube.com/watch?v=mCCFPooVfV0>

May our thoughts accompany him on his final journey into the light. May he rest in peace and bliss.

Have a beautiful journey, Basile. We will always remember you with a smile and a joyful heart.

With love and gratitude.



Immersed in voiceless internatal trance

The beings that once wore forms on earth sat there

In shining chambers of spiritual sleep.

Passed were the pillar-posts of birth and death,

Passed was their little scene of symbol deeds,

Passed were the heavens, and hells of their long road;

They had returned into the world's deep soul.

Along a road of pure interior light,

Alone between tremendous Presences,

Under the watching eyes of nameless Gods,

His soul passed on, a single conscious power,

Towards the end which ever begins again,

Approaching through a stillness dumb and calm

To the source of all things human and divine.

Sri Aurobindo, Savitri



COMMUNITY SHARING

CALL FOR GRANT PROPOSALS

With regard to grant proposals for possible funding by the Foundation for World Education (FWE) and Stichting de Zaaier (SDZ) in the second half of 2025, a two part-grant application and budget request form is available on request from pcg@auroville.org.in

Please submit your filled in forms and any other documents related to this purpose as attachments to a covering email addressed to: pcg@auroville.org.in latest by **Monday 14th July 2025**.

Questions and early submissions are welcome,

Devi, Pala, Sauro, Tineke, Vani

For the Project Coordination Group

EMERGENCY RESIDENTS' ASSEMBLY DECISION- MAKING PROCESS REGARDING THE ROLE OF THE RESIDENTS' ASSEMBLY IN THE ADMISSION AND TERMINATION OF RESIDENTS AND THE LEGITIMACY OF THE ATSC, ATR, HRS AND THE RESIDENCE CRITERIA (RC)

19TH JUNE – 29TH JUNE 2025

Dear Residents,

Please consider the resolution below and take part in this Emergency Residents' Assembly decision-making process:

RESOLUTION

The Residents' Assembly (RA) holds the exclusive responsibility to allow the admission or cause the termination of residents as per [Section 19 of the Auroville Foundation Act](#)

Therefore, the Admissions and Terminations Scrutinizing Committee (ATSC), the Admissions and Terminations Registry (ATR), the Human Resources Service (HRS), and the Residence Criteria (RC) are not valid because they were created without consultation or approval of the RA. They do not represent the decisions of, and have not been selected by, the RA.

Additionally, they duplicate the roles of existing RA-recognised groups like the Residents' Service, Entry Board/Service, and Exit Review Group.

Please find [translations in other languages here](#).

PARTICIPATE ONLINE

Use your personalized voting link sent by the Residents' Assembly Service (RAS). If you didn't receive the link, check spam or promotions folders. If still not there, please contact the RAS.

PARTICIPATE IN PERSON

Please come on the following dates:

- **SATURDAY (June 21st) @ PTPS Aspiration: 11 am - 1 pm**
- **SUNDAY (June 22nd) @ Solar Kitchen: 11 am - 1 pm**
- **SATURDAY (June 28th) @ PTPS Aspiration: 11 am - 1 pm**
- **SUNDAY (June 29th) @ Solar Kitchen: 11 am - 1 pm**

If you are unable to come on any of these dates, please contact RAS at raservice@auroville.services or WhatsApp/SMS 95000 15727.

KINDLY NOTE: NAMES AND CHOICES WILL REMAIN FULLY CONFIDENTIAL!

BACKGROUND INFORMATION & FAQs

- [Introduction](#)
- This Emergency Residents' Assembly Decision-making process has been initiated through a petition signed by more than 300 members of the Residents' Assembly (RA) (3.3 [RAD policy, 2023](#))
- Section 19(2)(a) of the Auroville Foundation Act, 1988 states that the Residents' Assembly is responsible for "the admission or termination of persons in the community and the conditions of their residence. *"Auroville Foundation Act, Section 19: Functions of Residents' Assembly - "...* [Read more](#)

~ Sincerely,

For the Residents' Assembly Service
Avinash, Peter (TOS), Tatiana

AUROVILLE DOG SHELTER

CONFIRMED RABIES CASE IN KUILAPALAYAM AND URGENT PUBLIC HEALTH ADVISORY

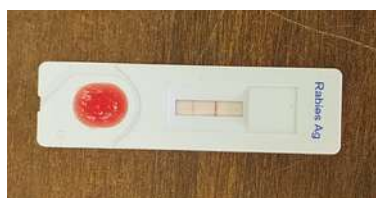
Please be aware of yet another confirmed rabies case.

Yesterday, a young male dog with a blue collar was rescued in Kuilapalayam, exhibiting aggressive behavior, sadly passed away last night at the Auroville Dog Shelter.

A quick test by veterinarian specialists from Mettupallayam College on a brain sample has returned positive for rabies, and will be sent for a lab reconfirmation. The Department of Animal Husbandry has been notified.

The blue collar suggests this dog may have an owner. We urge the public to help identify this individual.

If you have had any close contact with the saliva of this dog or have been bitten, please seek immediate post-exposure treatment at a hospital. Rabies is fatal if left untreated.



It is critical to vaccinate your pets against rabies and parvovirus. Recently, there has been an increase in parvo infections in the entire area. Due to severe budget limitations, the Auroville Dog Shelter has a very limited supply of rabies and multi-vaccinations and cannot currently offer a mass vaccination drive or mobile vaccination services. Please contact your private veterinarian to ensure your animals are protected.

WATER STEWARDS: So far, only 10 people from Auroville have signed up to receive a free earthen water bowl and volunteer to become water stewards for their Community. Please use this chance to improve the lives of so many animals in Auroville, simply by providing fresh drinking water. Bees, birds, dogs, cats, butterflies, and many other animals will be grateful knowing they live surrounded by humans who do care for other beings. Let's provide this essential lifeline for animals all over Auroville. It takes a few minutes of your time and a bit of fresh water. Let's make a difference! Let's show that we do care!

For Auroville Dog Shelter
Arthur



RESIDENTS SPEAK

THE GREAT GURU OF AUROZ – PART X

(previous episode in the last N&N)

Oh no! The Grey Slab Road ends abruptly in a sharp dip, followed by a stretch of rubble—JCB-machinery wreckage that looks far too dangerous to traverse. Dorothy halts at the crossing, contemplating the mess. Maybe this path is not meant to be.

She turns around, and to her right, a new road appears—a Red Brick Road, winding into the distance and leading toward the shadowy forest. Could this be a shortcut? A detour to something new? With a curious smile, Dorothy skips towards it, her steps light, hopeful.

But before she can venture too far, Dorothy collides head-on with a figure. Post-it notes explode into the air like an administrative dandelion, fluttering in every direction. Dorothy's eyes widen as she watches them drift—messages of plans, lists, revisions. "Sorry," Dorothy says, as the woman collects them with a trembling hand.



"I'm Mama Draft," she explains softly. "Once the Planner of Futures, but approvals were always pending. So, I stay in the planning stage. This Red Brick Road is my project. It's a work in progress, see? I'm trying to beautify this path. Make it... more practical. More... planned."

Dorothy raises an eyebrow. "But why? Forest roads are perfect just as they are. There's no need for this. They're natural. They work."

Mama Draft's eyes shift for a moment, almost wistful, as if she once understood but now isn't sure anymore. She rubs her hands together, a nervous tic. "The world needs order, my dear. Everything needs to have a shape, a design. Without it... it's chaos."

Dorothy shrugs, but her curiosity keeps her moving forward, following the red bricks, though she's still unsure of Mama Draft's reasoning. The road dips into the Emerald Forest, and Dorothy steps lightly, but after a while, the ground becomes cracked and uneven. It's not the soft, welcoming earth she had hoped for in a barefoot walk.

"I guess Mama Draft was missing the first word in the adage 'proper planning prevents poor performance'." With a sigh, Dorothy pulls her slippers back on and continues down the Red Brick Road.

(next episode in a week!)

KAILASH NO MORE

In the afternoon of Saturday 14th June, I passed by Kailash, where —after 25 years of vibrant life—we bade farewell to yet another well-run experiment within the greater Experiment that Auroville once set out to be. Many gathered to mark the occasion, trooping through the compound's various floors, perusing blow-ups of group photos & written testimonials from past and present residents, a video clip, sweets and drinks, little games here and there, —a truly Auroville happening, set in the strong, well-kept building located in lush greenery.

I want to express my deep admiration and respect for Kripa and Jean-François, who some thirty years ago conceived the idea of an experimental youth residency, worked through the community's initial reservations, raised the necessary funds, and guided Kailash with dedication for 25 years without any upheaval or scandal, - to have it now —very abruptly— stopped, dismissed and closed. Basta.

Yet there was no mourning, no whining, just a celebration of a project that quietly functioned for so long. Kudos to Kripa and Jean-François for all their inspiration and work, and for the real Aurovilian grace and dignity with which they brought this chapter to a close.

-mauna



THE FUTURE OF THE EARTH

"You know that scores of people have come for Auroville.... Instead of working, they spend their time talking and chatting! And they send me letters. Their whole mental ego is bubbling with excitement, all of them. Have you seen them?"

No. I am afraid they may "summon" me!

They've already begun discussing what the city's political situation will be—even before the first stone has been laid! And one of them, the one with a Communist creed (he is the one who has the greatest energy and power of realization), is scandalized: he wrote to me yesterday, saying he couldn't take part in something that wasn't "purely democratic"!... So I answered him this (*Mother hands Satprem her note*):

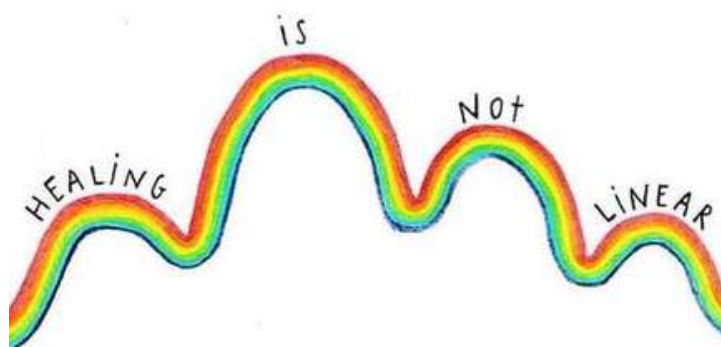
"Auroville must be at the service of the Truth, beyond all social, political and religious convictions."

To continue reading, please scan the QR Code or click [this link](https://zechjoya.blogspot.com/) or go to this blogsite to access the post of the same title: <https://zechjoya.blogspot.com/>

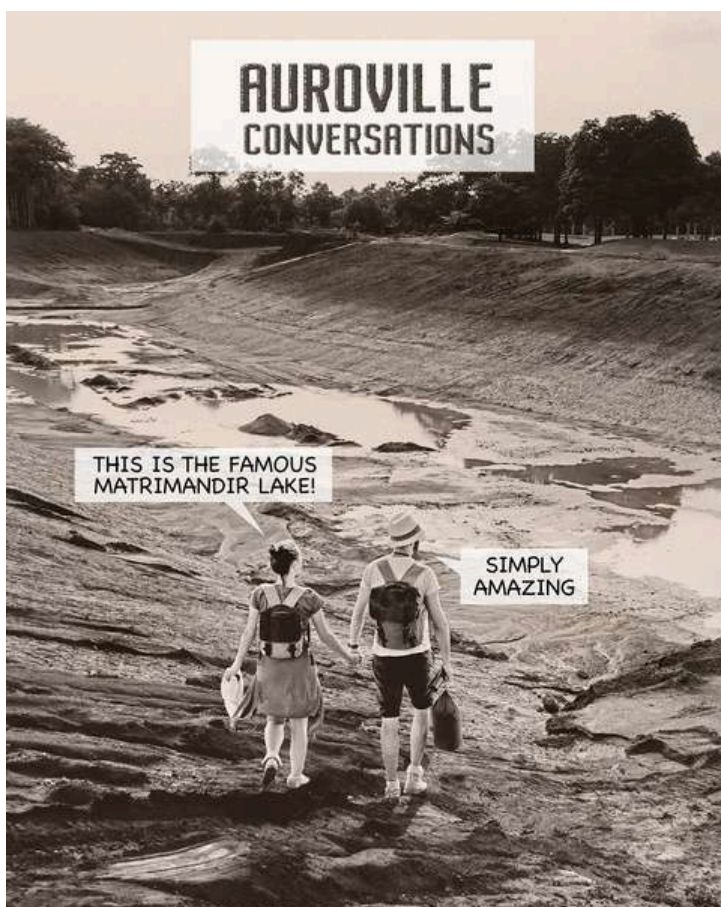


Zech

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 24th June, 9 am - 12 noon

Focus: The Supermind

Led by Ashesh Joshi

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

All are Welcome



SAVITRI SATSANG WITH NARAD

SUMMER BREAK

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

In this deep exploration of Savitri we will study:

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

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

All are welcome to join.

Narad

OM CHOIR WITH NARAD

EVERY TUESDAY 05.30 - 07.00 PM

Please join for the aspiration, in

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/4fu6Besiyw9vzsVyZ>
- ➡ 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@aurville.org.in



THE POTENTIAL OF KINDNESS - RANDOM ACTS OF KINDNESS WEEK (1-7 JULY 2025)

LAUNCH EVENT - MONDAY 30TH JUNE, CREATIVITY
HALL OF LIGHT

As part of our research exploring the Potential of Kindness we're launching a 1 week Random Acts of Kindness Challenge. We're curious to see what - if anything - shifts within when we consciously undertake acts of kindness.

Research suggests that kindness can be most transformative when we go beyond our usual circles of compassion - so the challenge will be to offer acts of kindness to a range of people. This will include someone you do not know so well, someone you have a little difficulty with & yourself as well as those you care deeply about.

The week will run from 1-7 July and we ask participants to undertake 6 acts of kindness over 6 of those days.

Everyone aged over 16 is welcome to participate in the challenge. All we ask is that you read the guidance, undertake the challenges and complete three surveys to help us discover if and how undertaking acts of kindness creates positive shifts in how we feel. *Those under 16 are of course most welcome to undertake acts of kindness over the week - they just do not need to register or complete the surveys.*

We will be launching the event with full details on **Monday 30th June at 4.30pm at Creativity Hall of Light**, so if you intend to participate we encourage you to attend this event. However if you are unable to attend you can register here <https://forms.gle/Xj2MmoPMECuAiVGd7> and we will send you the details needed to participate.

If you have any questions WA Helen on 70947 53054 or Nikki on 70947 16136.

Helen & Nikethana

AUROVILLE STORIES: 1960 - 2068

A DIGITAL STORYTELLING PROJECT



LOOKING FOR

LOVING HOME!



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



EXPERIENCED AMMA

Amma, experienced, very good worker, available as her employer of years has left AV.

Punctual, diligent, fair amount of English.

Contact her directly:
Revathi 97919 61789



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://serendipityauroville.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, deep 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 43710

A relaxing full-body massage that melts away tension and revitalises the body, gently 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.



CULTURAL ANNOUNCEMENTS

AUROVILLE FILM FESTIVAL 2026 - SUBMISSIONS NOW OPEN

Have you made a film for the upcoming film festival?

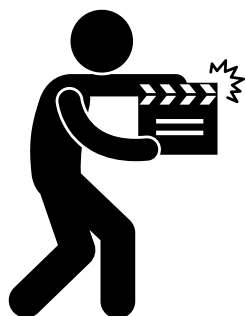
There is a special category for films made by residents of Pondy, Auroville and the Bioregion. And another special category for school students!

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



THE WOMEN'S CHOIR 'AUROVILLE HARMONIES' IS RECRUITING



You are a woman
You love to sing
or you want to sing.

Join Auroville Harmonies and discover the songs of the world.
Beginners are welcome .

Rehearsals resume in mid-July

If you are interested, contact Antoine:

antoine.colombani.33@gmail.com

WhatsApp: +33.620284999



FOOD

RIGHT PATH CAFE - SUMMER NEWS, VISITORS CENTRE

**RIGHT PATH CAFE
SUMMER NEWS!**

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

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

EVERY THURSDAY
50% DISCOUNT FOR AUROVILIANS ON
KOREAN DISHES

EVERY FRIDAY
50% DISCOUNT ON NON VEG DISHES

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

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

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

The stone stairs
Roughly smooth
Support the feet
That step on them
To ascend or descend

Anandi Z

His Attempt

7.9.2024

Blacker than the thoughts of men
He comes, not once but again and again
Testing all to find the way
To halt the progress and delay
The spirit's march towards the goal.
This is his aim, this is the toll
He enacts on those who seek the light,
His cover lies in darkest night.

But there are those who live aware
Of subterfuge and heart's despair
Who call upon a force Divine,
The Mother, who can redefine
Those who come to Her for change
Of inner nature far beyond his range.

Narad

AUROVILLE RADIO



Dear Aurovilians,

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

Last published podcasts:

- [Marlenka's weekly Offering – Ep.140](#) (Literature)
- [Savitri - Ep.12 : Introductory Comments in Tamil | சாவித்ரி காவியம் ஓர் அறிமுக விளக்கம் by Dhanalakshmi](#) (Spirituality)
- [Une série hebdomadaire de lectures par Gangalakshmi – Ep.496](#) (Integral Yoga)

Latest Youtube Video:

- [Menstrual Wellbeing - Ep.1 | மாதவிடாய் நன்னலம் : Conversation with Kalvikarasi from Eco Femme](#)
- [Savitri Ep.3 : Introductory Comments in Tamil | சாவித்ரி காவியம் ஓர் அறிமுக விளக்கம் by Dhanalakshmi](#)

....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

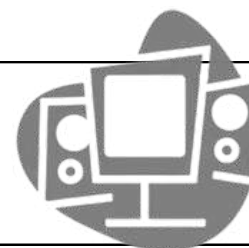
**Come by to check out our
selection!**



Cinema Paradiso

Multimedia Center (MMC) Auditorium

Film program: 23rd - 29th 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 23 JUNE, 8:00 PM:

• BARAH BY BARAH

India, 2024, Writer-Dir. Gaurav Madan w/ Aashit Chatterjee, Bhumi Dube, Harish Khanna, and others, Drama, 118mins, Hindi w/ English subtitles, Rated: NR (PG-13)

At Varanasi's Manikarnika Ghat, Tathagata captures the final portraits of the departed, documenting life's fleeting nature. As he navigates the cycle of death and renewal, his own mortality looms—his son will one day photograph him. A profound, visually stunning meditation on existence, tradition, and the quiet inevitability of fate. *A film to watch!*

POTPOURRI – TUESDAY 24 JUNE, 8:00 PM:

• TÔKYÔ MONOGATARI (TOKYO STORY)

Japan, 1953, B&W, Writer-Dir. Yasujiro Ozu w/ Chishû Ryû, Chieko Higashiyama, Sô Yamamura, and others, Psychological Drama, 137mins, Japanese-English w/ English subtitles, Rated: NR (PG-13)

Shukishi and Tomi, an elderly couple, travel to Tokyo to visit their grown children, only to find themselves treated as an afterthought. As they navigate indifference and neglect, their widowed daughter-in-law, Noriko, offers unexpected kindness. A deeply moving exploration of family, duty, and generational change, that is universal. This masterpiece is a poignant reflection on life's fleeting connections.

SELECTION – WEDNESDAY 25 JUNE, 8:00 PM:

• FLAMMEN & CITRONEN (FLAME & CITRON)

Denmark-Germany-Norway-France-Sweden-Finland-Czech Republic, 2008, Dir. Ole Christian Madsen w/ Thure Lindhardt, Mads Mikkelsen, Stine Stengade, and others, History-Thriller, 130mins, Danish-German w/ English subtitles, Rated: NR (R)

Flammen and Citron, two fearless Danish resistance fighters, carry out high-risk assassinations against Nazi collaborators. As their mission shifts to targeting Germans, doubt creeps in—are they fighting for justice or being used for personal vendettas? With betrayal closing in and a deadly target ahead, they must navigate deception, survival, and the true cost of heroism. Based on true events, this gripping war thriller unravels the moral dilemmas of resistance, loyalty, and sacrifice. *A good watch!*

INTERESTING – THURSDAY 26 JUNE, 8:00 PM:

• THE LUNATIC FARMER

USA, 2025, Dir. Alec Engerbretson w/ Joel Salatin, Documentary, 76mins, English w/ English subtitles, Rated: NR (PG)

Joel Salatin, a bold advocate for regenerative farming, defies industrial norms and regulatory pressures to protect his land and principles. At Polyface Farm, his innovative, nature-driven methods restore ecosystems and produce healthier animals, embodying a vision of sustainable agriculture rooted in stewardship, resilience, and faith.

INTERNATIONAL – SATURDAY 28 JUNE, 8:00 PM:

• GOUZHEN (BLACK DOG)

China, 2024, Writer-Dir. Guan Hu w/ Eddie Peng, Liya Tong, Jia Zhang-ke, and others, Coming Of Age-Drama, 116mins, Mandarin w/ English subtitles, Rated: NR (PG-13)

Recently released from prison, Lang returns to his hometown in Northwest China, struggling to rebuild his life amid prejudice and isolation. Assigned to a dog patrol clearing strays before the 2008 Olympics, he forms an unexpected bond with a black stray. A powerful, visually stunning tale of redemption, resilience, and the healing connection between man and animal.

CHILDREN'S MATINEE – SUNDAY 29 JUNE, 4:00 PM:

• DIARY OF A WIMPY KID: DOG DAYS

USA-Canada, 2012, Dir. David Bowers w/ Zachary Gordon, Robert Capron, Devon Bostick, and others, TeenComedy-Family, English w/ English subtitles, Rated: PG

School's out, and Greg Heffley is determined to have the best summer ever filled with video games and relaxation. But his dad has other plans, pushing him toward outdoor activities and responsibility. With Rowley, Rodrick, and a mischievous new pet in the mix, Greg's summer turns into a hilarious adventure of mishaps, lessons, and unexpected fun.

CLASSIC WORLD CINEMA @ CINÉ-CLUB

CINÉ-CLUB SUNDAY 29 JUNE, 8:00 PM:

• LAURA

USA, 1944, Dir. Otto Preminger, w/ Gene Tierney, Dana Andrews, and Others, Drama – Film-Noir, 88mins, English w/ English subtitles, Rated: PG.

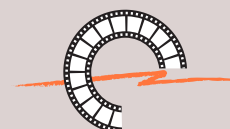
When famous advertising executive Laura Hunt is found dead in her apartment, Detective Lieutenant Mark McPherson is in charge of the investigation. Three days into the investigation, someone walks through Laura's apartment door that changes the focus of the investigation and answers some nagging questions on McPherson's part, but also adds one more person to the long list of suspects.

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



“

I cannot do all the good that the world needs. But the world needs all the good that I can do.

”

Jana Stanfield

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

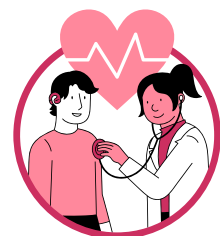
Contact: (0413) 3509942 / 3509943

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	
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Security (24/7):

Auroville Police Station 0413 2677318	Kottakuppam Police Station 0413 2236148	Vanur Fire Station 0413 2677368
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Health:

Health Center 0413 3509942 & 3509943	Santé 0413 2622803	Farewell 89038 36246
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Mental Health 24/7 Support:

Vandrevala Foundation +91 99996 66555

India Emergency Response Service (24/7): 108