

Auroville

NEWS & NOTES

No 1079 - A weekly bulletin for residents of Auroville

26 June 2025



'The Future of Auroville'...

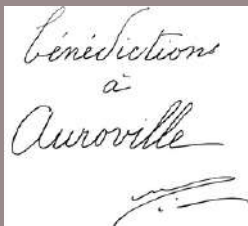
PONDERING

There must be order and harmony in work. Even what is apparently the most insignificant thing must be done with perfect perfection, with a sense of cleanliness, beauty, harmony and order.

The Mother, 23 August 1955, Progress and Perfection in Work, Words of the Mother II
<https://motherandsriaurobindo.in/The-Mother/books/words-of-the-mother-II/#progress-and-perfection-in-work>



THE MOTHER ON AUROVILLE



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Pondicherry, India.
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behalf of
Vak Trust, Pondicherry - 605002
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Pondicherry - 605001

AUROVILLE IN ELABORATION

A TALK IN JUNE 1965

Page 72

Organisation

Q : Three years ago, you said:

"I have been asked what the rules are for life in Auroville.

Thank God, as yet there are none.

As long as there are none, there is hope."

In July, again you were telling the young people of Aspiration,

"I do not want to make rules for Auroville as I did for the Ashram." But recently you wrote "Drugs are prohibited in Auroville." Has there been a change in your vision of Auroville?

Perhaps Aurovilians have not attained the level of consciousness that is expected of them.

4.3.1971

Page 73

Matters concerning Auroville and Aurovilians must *always* be handled in consultation with Shyam Sunder to whom I have entrusted the responsibility for Auroville.

8.2.1973

*

Auroville is not a place for politics; no politics must be done in Auroville and in the offices of Auroville.

15.2.1973*

*

Auroville is still in the state of elaboration, and those who want to remain here have to collaborate in its erection according to the plans made and to be made, approved by me and signed by Shyam Sunder.

4.3.1973*

The city the earth needs.

MATRIMANDIR CONSTRUCTION

Page 74

Q : For the construction of the Matrimandir, will only Aurovilians do the work or will there also be hired workers and other people of good will?

It is preferable that the work be organised without paid labour so that it is sure to continue in all circumstances.

16.2.1971

*

As we are in a period of construction, it is imperative that the Aurovilians who live at the Centre work on the construction of the Matrimandir.

Those who do not want to work on the Matrimandir should not live at the Centre.

10.4.1971

*

The safety and strength of the construction should come before personal questions.

20.10.1971



Attraction for the Light

In its attraction it tries to imitate the stars. -
The Mother

Curculigo orchioides Gaertn., Hypoxidaceae.
Golden eye-grass

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

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WORKING GROUPS NEWS

FROM THE ENTRY SERVICE

ES # 257 DATED: 23-06-2025

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 Aurovillian 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



- **Sasikala SIVAKUMARAN (Indian)** staying in Vikas and working at Transition School

AUROVILIAN CONFIRMED

- **Ponniammal Meena VENKATESAN (Indian)**
- **Chetana DEORAH (USA)**

DID NOT COMPLETE THEIR PROCESS WITH THE ENTRY BOARD

- **Girija PUTHAMPURI MURALIDHARAN (Indian)**
- **Heinz (aka Arthur) BAUER (Austrian)**

NOTE:

- A Newcomer becomes an 'Aurovillian' once his/her name has been confirmed by The Admission Committee (aka the Entry Board) after following due process.
- The date of becoming 'Aurovillian' is the date of confirmation. An Aurovillian confirmed by the Entry Board is eligible to participate in all community decision-making processes.
- The formal administrative step of entering new residents into the Register of Residents (RoR), is done by the Secretary of the Auroville Foundation. For this, a B-Form is filled in and signed by the individual and a meeting with the Secretary is arranged by the Entry Secretariat. However, until such time as the court has made its ruling about Admission and Termination Regulations 2023, the meetings of Confirmed Aurovilians with the Secretary will be pending.



FROM L'AVENIR D'AUROVILLE

NOTE FROM THE RA-TDC:

ENVIRONMENTAL IMPLICATIONS OF PROPOSED URBAN INTERVENTION IN AUROVILLE

Following the judgement of the Honourable Supreme Court, this [report](#) outlines the projected ecological damage from ongoing development in Auroville, including extensive tree felling and understorey clearance. Vegetation across Auroville varies in maturity, but the proposed interventions threaten the loss of approximately 21,500 to 49,000 trees and over 630,000 understorey plants—primarily resilient evergreen species vital to urban ecological balance. These contribute significantly to biodiversity, microclimate regulation, and long-term environmental stability.

Simultaneously, rapid urbanisation and widespread paving endanger Auroville's fragile groundwater system by reducing infiltration, increasing surface runoff, and elevating the risk of erosion and flooding. Declining water table data and corroborative [studies](#) from Tamil Nadu highlight the severity of these impacts. The current development approach disregards Auroville's ecological planning principles and risks contravening national environmental laws. Immediate policy action is therefore essential to protect groundwater recharge zones, enforce permeable infrastructure, and integrate ecological assets into planning for the sustainable future of Auroville.

- Additional documents [here](#).
- All RA-TDC reports and letters [here](#).

In Service,

L'avenir d'Auroville

(Anan, Divya L, Dorle, Island, Lata I, Natasha S, Tom G)

L'avenir d'Auroville
of and for the Residents' Assembly

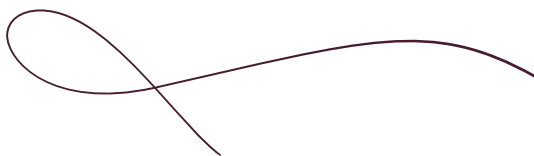


FO GROUPS NEWS

(not selected by due Residents' Assembly process)

FROM THE FO N&N 1084

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



COMMUNITY NEWS

COMMUNITY SHARING

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,

The Emergency Residents' Assembly Decision-making process (ERAD) **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)** is underway - we appreciate everyone who has already participated. If you haven't yet, there's still time until midnight on Sunday to do so:

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 Committee*.

** - Corrigendum: The reference to the "Exit Review Group" has been corrected to "Exit Review Committee." This adjustment does not affect the content or intent of the resolution.*

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 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](#)

~ Warmly,

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

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

MORNING STAR RISING

Dear Community,

I am happy to tell you that the Morning Star Birth and Women's Wellness Center is being built behind Santé. The architect is Mona and the contractor is Mohan at Auroyali.



We carefully identified trees on the site and have preserved or relocated as many as possible.

While awaiting the completion of our birth center, we have an office at Arka.

Warm regards,
Paula for Morning Star

"Out of the paths of the **morning star** they came, into the little room of mortal life..."

Sri Aurobindo, **Savitri**

AUROVILLE LIBRARY WEBSITE UPDATE

Dear all,

We are happy to announce that the Auroville Library website: <http://library.auroville.org.in/> is fully operational again, and up-to-date.

Please feel free to check the site to search our extensive catalogue of around 60,000 books in ten languages - Dutch, English, French, German, Hebrew, Italian, Korean, Russian, Spanish, and Tamil, including new arrivals.

Happy reading!

The Library team
*(Kathrin, Ayesha, Laura, Vani,
Kalaivani, Devna, Amy)*





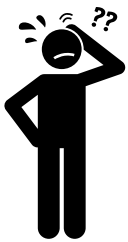
RESIDENTS SPEAK

THE GREAT GURU OF AUROZ – PART XI

(previous episode in the last N&N)

As Dorothy walks the Red Brick Road, her mind drifts back to the Grey Slab Road. She's no mathematician, but she recalls its arc—constant, steady, unnervingly precise.

The forest begins to thicken. Rains have shifted the ground; earth creeps over the bricks, swallowing them bit by bit. Behind her, the road vanishes. Mother Nature—one of the four witches—is at work: smoothing paths, folding trails, covering traces. “Didn’t I already walk past this tree?” she mutters. The air feels folded in on itself.

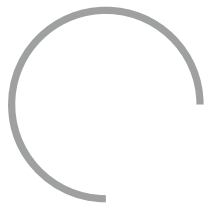


Then—pavement. The Grey Slab Road again. She blinks in the sun. “How strange. All roads here seem to bring you back. Are they all circular or what?” She was not yet ready for the forest path. There’s another mission to complete. “Coming back to where you started is not the same as never leaving.”

Dorothy turns—and freezes. A woman with wispy white hair crouches near the curve in the road, tracing something with a compass. Her robe is covered in spirals. She hums to herself, eyes fixed on the pavement. “You’re walking against ze grain,” she says. “Zis road curves perfectly. But peepeul —zey walk crooked, oui?”

Dorothy studies the arc beneath them—broad, deliberate, but leading nowhere. “Who are you?”

“Professeur O,” she replies, adjusting her lens. “Once Architect of L’avenir. Maintenant? Juste trying to close ze loop, non?” She draws a perfect circle in the air, and taps the unfinished edge of the Grey Slab with the compass point and sighs. “Eet eez steell open,” she mutters, almost to herself. “Steell... un-resol-ved, oui.”



Dorothy shrugs and looks around. The Grey Slab Road awaits, radiating heat up at her—unfinished, just as before. “*If it is unresolved, perhaps my resolution is to be found elsewhere?*” she thinks and takes leave from Professeur O.

(next episode in a week!)

VIOLATING THE MOTHER’S GUIDE-LINES

Naïve indeed are those who believe that the changes introduced recently in the Financial Service are for the good of everyone. The demented people in charge of FAMC woke up one day with a bright idea: “Mother did not want any *cash* in Auroville, let’s forbid the Financial service to deal with *cash*”.

Absurd!

Some of the most important things that the Mother said about *money* are that:

1. Auroville is for people who “want to know the joy and liberation of no longer having any *personal possessions*”.
2. *Money* “would be no more the sovereign lord”.
3. In Auroville everything was “collective *property*. To be utilized with my blessings for the welfare of all.” Collective property then would mean something like the property of a joined family.
4. Auroville will have *money* relations only with the outside world.
5. “There will be *no taxes* as such but each will contribute to the collective welfare in work, kind or *money*.”

I have italicized the important words, because when you read all this, first you realize that it had *never* anything to do with *cash* (which, after all, is only *one* form that money can take), and secondly that our enlightened kings and queens of Famc have never ever read those conversations, so I underline the words at their intention. Let them find out how much they are in the wrong.

By the way, the Mother speaks of “clear heads” and “intermediaries of high integrity” for dealing with money. In a way, we can say that till recently one person was recognized in Auroville for having these qualities necessary for handling money. But now the people who take financial decisions are the most stubborn, muddled, brutal, nasty, biased people that you can imagine.

No, they have not read anything the Mother wrote about Auroville and money. If they had, they would not block money to some units under the pretext that the executive did not pay his/her “contribution” [read “tax”].

If they had, they would not refuse silver fund maintenance to people who deserve it.

If they had, they would not inundate us daily with complicated rules and procedures.

If they had, they would be preoccupied with people whose maintenance has been cut.

If they had, they would not ask the farmers to fend for themselves, when the Mother specifically mentioned : “*Those who produce food will give what they produce to the town and the town is responsible for feeding everyone.*”

If they had, they would know that *cash*, whether taken from Financial service or from a bank, or from a ATM, is just exactly the same thing, i.e., *money*. Actually children studying in class 6 know it, but our experts don’t.

If they had, they would not force elderly people not familiar with the functioning of banks, to open a bank account.

If they had, they would know that the real spirit that should be at the root of the economy of Auroville is the spirit of *gift*. The whole economy ideally should be a gift economy. No one says that we succeeded in that, but still there were quite a number of instances where this gift economy functioned in a certain measure. Now what is the first thing that the insane members of FAMC decided? To create a so-called “donation channel group”, which is nothing but “a donation blocking group”.

To summarize it, you arrogant self-appointed people of FAMC are just ignorant and disrespectful of Mother’s guide-lines.

And let all the “newcomers” accepted by the so-called Scrutinizing committee know this! Let them not swallow blindly the lies of the present administration. Let them read the Agendas, let them be familiar with what the Mother said about Auroville. They will see that it has nothing to do with the new regulations imposed on the community.

And to come back to my first point and the intention behind that stupid decision, the people heading the Famc did not stop the Financial service from dealing with *cash* with a idealistic aim (which anyway was never mentioned by the Mother). They did it to destabilize the community, to harass Aurovilians, and to make their life as difficult as it can be. And why? Because they enjoy doing

that, they enjoy hurting Aurovilians. Let's call a spade a spade.

XYZ

ENDING ANIMAL CRUELTY IN AUROVILLE

The recent, deeply distressing case of Emma, a dog belonging to a late Aurovilian who was allegedly starved almost to death under the care of Selveraj from the Surya Nivas community, has spurred a dedicated group of animal lovers to action. This incident, sadly not isolated, highlights an urgent need for the Auroville Community to address animal welfare more effectively and find a way to end animal cruelty.



The newly formed group is meeting weekly, and is diligently working on several fronts:

- Collecting evidence of numerous other instances of animal abuse throughout the bioregion.
- Reviewing and consolidating all legal frameworks that protect animals and hold abusers accountable.
- Reflecting deeply on the community's responsibility when violations of animal rights occur regularly—often weekly or even daily.
- Developing both immediate and long-term strategies to bring about meaningful and lasting change.

Rebuilding our relationship with animals is undoubtedly one of the many world challenges the Mother envisioned Auroville would address. The time has come for our community to embody this vision through concrete action and ensure the well-being and respectful treatment of all creatures within our bioregion. If you want to join this initiative please contact aurovilledogshelter@auroville.org.in



Submitted by Mukhande

THE SUPRAMENTAL CHILD

For the unaware and a bit fearful of the regional crashing circumstances happening globally, fear not! [29th February 1956](#) has already happened, thanks to the Kalki Avatar Sri Aurobindo and the Mother.

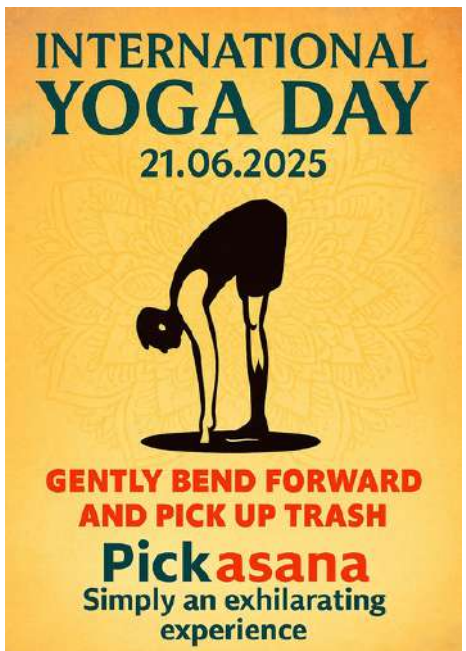
They even created this City of Dawn within Mother India for us to confidently continue on until the Day of Victory.

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



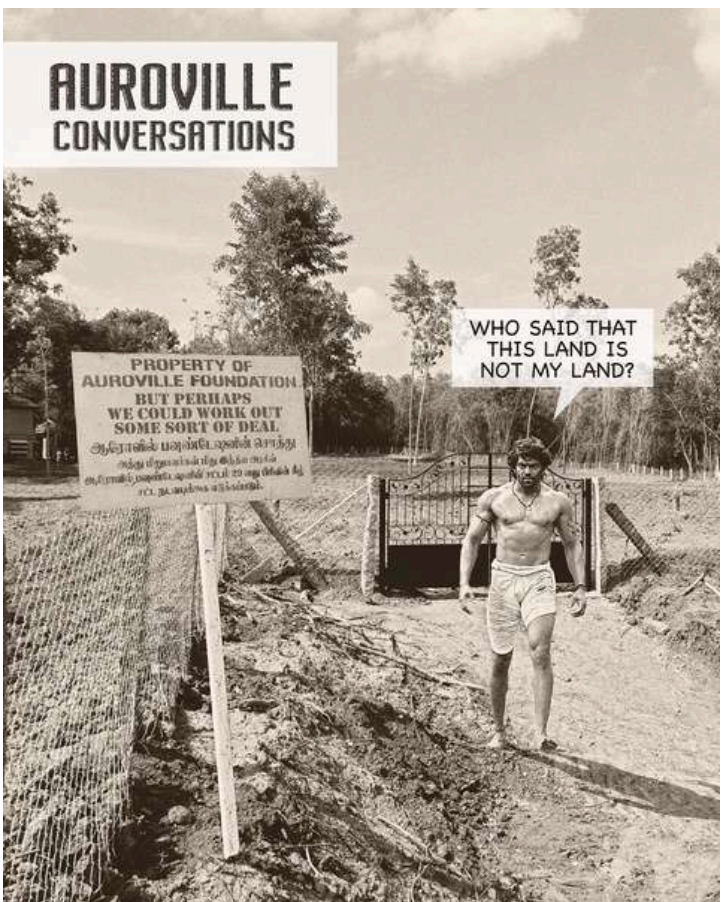
Zech

FOOD FOR THOUGHT



Submitted by a concerned servitor of the divine

AUROVILLE CONVERSATIONS



Submitted by an Aurovillian

FRENCH NEWS & NOTES

NOUVELLES D'AUROVILLE



Auro - Traductions

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



INNER JOURNEY

INTRODUCTION TO THE INTEGRAL YOGA OF SRI AUROBINDO AND THE MOTHER

Tuesday 1st July, 9 am - 12 noon

Focus: The Self-mastery

Led by Ashesh Joshi

Place: Mirabelle Education Centre, Auromodele

Ph/Whatsapp: 94891 47202 (Please register)

All are Welcome



SAVITRI SATSANG WITH NARAD

EVERY TUESDAY, 04:30 - 05:15PM

SAVITRI at Savitri Bhavan returns from 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 **Tuesday 1st July**, with Canto 4, 'The Secret Knowledge'.

At Savitri Bhavan - Square Hall.

All are welcome to join.

Narad

OM CHOIR WITH NARAD

EVERY TUESDAY, 05:30 - 06:15PM

Please join us in this collective aspiration, in the form of united prayer.

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 join a 3 hour Vipassana meditation sitting.

For "old students" ONLY (meaning for those who have completed at least one 10-day course as taught by SN Goenka).



- **Date:** Sunday 29th June
- **Time:** 9am – 12 noon
- **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 sitting 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.

📞 **Contact:** WA Laure 0033695651135 or phone 88074 34864

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



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/Xj2MmoPMECuAiVGdZ> 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

JOIN US FOR SEA CHANGE AT MARC'S CAFE STORE

SATURDAY 28TH JUNE, MARC'S CAFE

Sea Change at Marc's Café



Saturday 28th June
at 10.30 am
at Marc's Café 1st Floor

FREE ATTENDANCE
ALL ARE WELCOME

Discover the hidden microplastic cycle and become a conscious ocean protector and superhero for our planet!
Join us for an interactive one-hour workshop about everything plastic, its impact on our marine life and our health and what you can do about it today!

What we will do:

- Live Microbead Experiment – Discover the shocking truth in your hygiene products.
- Short-Film Screening – Watch our award-winning stop-motion movie.
- Practical Solutions – Discover simple changes you can make today.

We look forward to meeting you soon!



Our oceans cover 71% of the planet and produce over half the oxygen we breathe, yet they face an invisible crisis that most of us unknowingly contribute to every day. Microplastics—tiny particles smaller than 5mm—are everywhere in our marine environment, and they're finding their way back to our dinner plates through the seafood we eat.

WasteLess invites you to learn about this critical issue, just like our 13,800 Sea Change students have. During this engaging one-hour session, you will discover how plastic waste from our daily lives travels through waterways to the ocean, where it breaks down into microscopic particles that marine animals mistake for food. Through live demonstrations and visual learning boards, you will witness the journey of plastic pollution and understand how it bioaccumulates through the food chain.

Together, we will explore practical solutions for reducing plastic waste in your daily routine, learn about alternatives to single-use plastics, and discover how simple switches can break the microplastics cycle. The event will demonstrate how supporting ocean education creates lasting impact—just 1,500 Rupees provides one student with comprehensive environmental education that they carry into their homes and communities.

Join our mission to educate 500 more students about ocean protection and become part of a growing movement of ocean champions.

- **Event Details:** Saturday, 28th June, 10:30 AM at Marc's Cafe | Free Admission
- **Contact:** info@wastelessindia.org | www.wastelessindia.org

PRESENTATION ON THE CONSTRUCTION OF THE LARGEST DOME OF THE WORLD WITH CSEB

SATURDAY 28TH JUNE, MMC PARADISO, TOWN HALL

Dear friends,

You are most welcome to see how this 33 m diameter dome, weighing ~2,200 tons, could have been built with Compressed Stabilised Earth Blocks (CSEB) in 17.5 weeks (115 days).



Saturday 28th June from 4:45 pm to 6 pm.

Venue: MMC Paradiso, Town Hall.

Warmly,

Satprem, Director of the Auroville Earth Institute

AVAILABLE

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



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



LOOKING FOR

A SINGLE KERALA ROOF TILE

Dear community,



I'm looking for a **single Kerala roof tile**—specifically a corner piece—for a small repair at home.

If you happen to have one lying around, or know where I might find one, I'd be very grateful!

Feel free to contact me:

Matilde – 94875 67593

Thank you so much 🌿

A HOUSE SITTER FOR AUGUST, SEPTEMBER



I am looking for a responsible person, preferably a woman, Aurovilian, Newcomer or long term Volunteer, with some experience in Auroville.

Best would be if the person has already lived in the greenbelt. The house is solar powered. There are some daily tasks like watering and looking after animals.

If this interests you, write me a message, by SMS or whatsapp.

+91 94896 01312

LOVING HOME!

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)

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, 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.

Paused for Summer

Ayurvedic Massage with Elene

- **Contact:** +91 79041 43719

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

Paused for Summer

Integral Unfoldment Coaching with Dave

- **Contact:** +44 75641 19728

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

Shah-Lu-Ha-Ka Bodywork with Nikki

- **Contact:** +91 70947 16136

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

Mindfulness Meditation with Helen

- **Contact:** +91 70947 53054

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

Women Circles with Louise Rose

- **Contact:** +91 73053 73562

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

Womb Blossoming with Louise Rose

- **Contact:** +91 73053 73562

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

Whispering of the Flowers with Louise Rose

- **Contact:** +91 73053 73562

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

AMA Massage with Angela

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

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

Swedish Oil Massage with Angela

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

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



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!

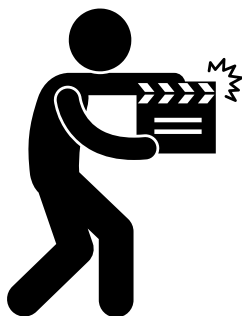
So get out your phones and cameras and start making your stories now...

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



POETRY IN MOVEMENT

FRI 27TH JUNE, YATRA ART & CULTURE FOUNDATION

YATRA
Yatra Art and Culture
Foundation
Auroville

Workshop
A workshop for young learners of
Bharatanatyam.
21st June 2025
For further details and enquiries
about takeaways, fees and
timings contact:
Yatra Srinivassan: +919751033162

Performance
Poetry in Movement: An evening
with the language of
Bharatanatyam
27th June
6.30 PM onwards
Yatra Art and Culture
Foundation,
Auroville, Pondicherry
For passes contact:
Yatra Srinivassan: +919751033162

**ARTIST IN
RESIDENCE**
Shruti Ranade
Bharatanatyam Dancer, Mumbai

Auro Artworld has the pleasure of facilitating a beautiful collaboration between Yatra Art and Culture Foundation and bharatanatyam dancer Shruti Ranade.

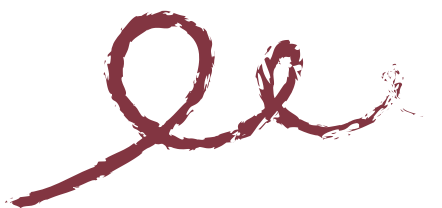
This has taken the form of a dance residency, a bharatanatyam workshop, and a bharatnatyam performance.

The performance is on **Friday 27th June at 6:30pm at Yatra Art and Culture Foundation, near the New Creation Sports Facility.**

Poetry in movement is an evening of bharatnatyam by Shruti Ranade, a disciple of Shri Vaibhav Arekar.

The evening will feature poetry by saints around love, faith, bhakti, form and mythological stories.

All are welcome.



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

Partner

Not to satisfy
Passing passion

But to sustain
Patient practice

Anandi Z

AUROVILLE RADIO



Dear Aurovilians,

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

Last published podcasts:

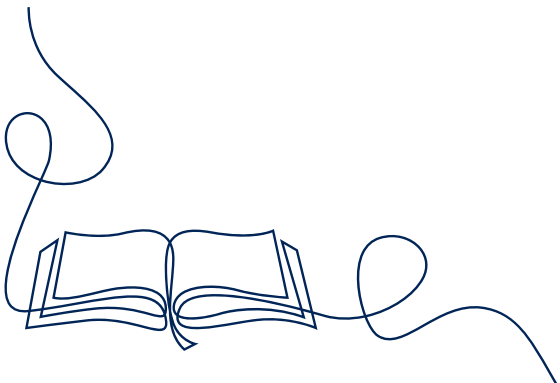
- [Marlenka's Weekly Offering – Ep.141](#) (Literature)
- [Savitri - Ep.13 : Introductory Comments in Tamil | சாவித்ரி காவியம் ஓர் அறிமுக விளக்கம் by Dhanalakshmi](#) (Spirituality)
- [Soul Tracks S.6, Ep.13 Brian Wilson \(1942-2025\)](#) (Music)
- [Cosmic Inner Weather Report - Ep. 9: "Potency, Protection and Permission"](#) (Conversations)
- [Menstrual Well-Being-Ep.2 |மாதவிடாய் நன்னலம் - "Before it Begins" with Kalvikarasi](#) (Health & Wellness)
- [Une série hebdomadaire de lectures par Gangalakshmi – Ep.497](#) (Integral Yoga)

....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 : 30th June - 6th July 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 30 JUNE, 8:00 PM:

• THIRU.MANICKAM (MR. MANICKAM)

India, 2024, Writer-Dir Nanda Periyasamy w/ Jaseena, Ananya, Bharathiraja, and others, Thriller, 122mins, Tamil w/ English subtitles, Rated: NR (PG-13)

In a quiet village nestled in rural Tamil Nadu, Thiru Manickam lives a modest life as a respected schoolteacher—gentle, thoughtful, and firm in his ideals. But when he stands up against a powerful local system steeped in caste injustice and corruption, the stillness of his world begins to crack. What begins as a simple act of conscience spirals into a larger reckoning—pitting Manickam’s unwavering values against deeply entrenched prejudice. With growing tension and quiet resilience, his journey becomes one of resistance, solitude, and a profound sense of duty—to truth, and to the community he refuses to abandon. *Critically acclaimed for its grounded storytelling and powerful social message, the film resonates deeply with contemporary realities.*

POTPOURRI – TUESDAY 1 JULY, 8:00 PM:

• MÙI DU DU XANH (THE SCENT OF GREEN PAPAYA)

France-Vietnam, 1994, Writer-Dir Anh Hung Tran w/ Nu Yên-Kê Tran, Man San Lu, Thi Loc Truong, and others, Music-Romance, 104mins, Vietnamese w/ English subtitles, Rated: NR (PG-13)

In 1950s Saigon, young servant Mui quietly observes the rhythms of two very different households—first a crumbling aristocratic family, then a gentle pianist’s home. Through her eyes, we witness a world of subtle beauty, longing, and transformation, where silence speaks volumes and the scent of green papaya lingers like memory.

SELECTION – WEDNESDAY 2 JULY, 8:00 PM:

• MÆND & HØNS (MEN & CHICKEN)

Denmark-Germany, 2015, Writer-Dir. Anders Thomas Jensen w/ David Dencik, Mads Mikkelsen, Nikolaj Lie Kaas, and others, Satire-SciFi, 104mins, Danish w/ English subtitles, Rated: NR

Gabriel and Elias—two eccentric, socially awkward brothers—set off on a bizarre journey to uncover their true parentage after learning they were adopted. What they find on a remote island is a crumbling mansion, three even stranger half-brothers, and a darkly comic family secret that rewrites everything they thought they knew.

INTERESTING – THURSDAY 3 JULY, 8:00 PM:

• CORNUCOPIA

UK-Iceland-USA, Dir. Lucrecia Martellsold & Uggadottir w/ Björk, Bergur Thorisson, Manu Delago, and others, Music-Documentary, 98mins, English w/ English subtitles, Rated: TV-MA (R)

Björk’s visionary concert merges live performance with surreal visuals, digital theater, and immersive soundscapes. Joined by musicians and a stirring message from Greta Thunberg, the experience becomes a sensory journey through nature, technology, and urgent environmental themes—bold, otherworldly, and unforgettable.

INTERNATIONAL – SATURDAY 5 JULY, 8:00 PM:

• ON BECOMING A GUINEA FOWL

UK-Zambia-Ireland-USA, 2024, Writer-Dir. Rungano Nyoni w/ Susan Chardy, Elizabeth Chisela, Roy Chisha, and others, DarkComedy-Drama, 99mins, English-Bemba w/ English subtitles, Rated: PG-13

On a lonely road in Zambia, Shula discovers her uncle's lifeless body—an event that unravels long-buried secrets during the days of mourning that follow. As family tensions simmer, a dark truth emerges beneath layers of tradition, silence, and survival. *Acclaimed for its bold storytelling and nuanced critique of patriarchy and memory.*

CHILDREN'S MATINEE – SUNDAY 6 JULY, 4:00 PM:

• CAPTAIN UNDERPANTS: THE FIRST EPIC MOVIE

USA-Canada-France, 2017, Dir. David Soren w/ Kevin Hart, Thomas Middleditch, Ed Helms, and others, Slapstick-Adventure, 89mins, English-German w/ English subtitles, Rated: PG

George and Harold, two wildly imaginative fourth-graders, spend their days pulling pranks and creating comic books—until they accidentally hypnotize their grumpy principal, Mr. Krupp, into believing he's a goofy, underpants-clad superhero. Chaos, laughter, and toilet-based villains ensue in this fast-paced, irreverent adventure about friendship, creativity, and the power of laughter.

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 will help continued matinee screening and will help preserve our venue for everyone's enjoyment—thank you!*

CLASSIC WORLD CINEMA @ CINÉ-CLUB

CINÉ-CLUB SUNDAY 6 JULY, 8:00 PM:

• NORA INU (STRAY DOG)

Japan, 1949, Dir. Akira Kurosawa, w/ Toshirō Mifune, Keiko Awaji, and Others, Drama – Noir, 122mins, Japanese – French w/ English subtitles, Rated: NR.

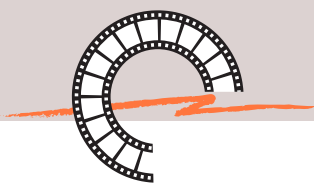
Murukami, a young homicide detective, has his pocket picked up on a bus and loses his pistol. Frantic and ashamed, he dashes about trying to recover the weapon without success until he is taken under the wing of an older and wiser detective, Sato. Together they track the culprit.

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



COMMUNITY SERVICES

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 experienced as a Staff Nurse in hospital (one year in psychiatric ward, six months in ICU and six months in emergency) and giving care for elderly people in AV past 2 years.

Services:

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



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

Contact: 95972 22826 (Madhi) call/WhatsApp

E-mail Id: madhiazhagan014@gmail.com

TIME TO SUMMERNATE

AYURVEDA HEALTHY TIPS



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

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

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

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

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

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

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



Avoid:

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

Routine to favour:

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

Cooling plants for the summer:

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

Wishing you a beautiful summer

Be @ Santé Clinic

ACCESS TO THE PARK OF UNITY AND MATRIMANDIR

The Park of Unity

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

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

The Inner Chamber of the Matrimandir

The Matrimandir is a place for silent individual concentration.

- The Inner Chamber is open to Aurovilians and Newcomers:
Monday – Saturday 6.00 AM to 8.00 AM
4.30 PM to 7.30 PM
Sunday 6.00 AM to 12.00 PM
4.30 PM to 7.30 PM
- The Inner Chamber is open to SAVI registered Volunteers:
Wednesday – Monday 8.00 AM to 8.40 AM.
Arrival at 7.45 AM at the Office Gate
- The Inner Chamber is open to Aurovilians wishing to accompany a maximum of 5 close family and friends, no more than once in two weeks, with booking 3 to 5 days in advance at mmconcentration@auroville.org.in:
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