

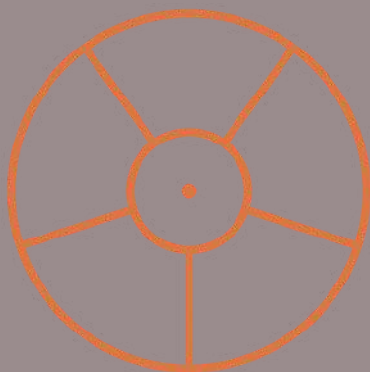
*Auroville*

# NEWS & NOTES

No 1080 - A weekly bulletin for residents of Auroville

3 July 2025

**RA EDITION**

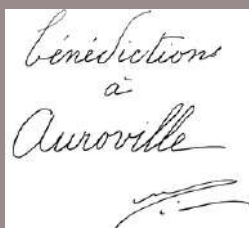


## PONDERING

There is nothing small in God's eyes; let there be nothing small in thine. He bestows as much labour of divine energy on the formation of a shell as on the building of an empire. For thyself it is greater to be a good shoemaker than a luxurious and incompetent king.

*Sri Aurobindo, The Preparation, Work - an offering. A Compilation.*  
<https://motherandsriaurobindo.in/Sri-Aurobindo/books/compilations/work-an-offering/#the-preparation>

# 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 MATRIMANDIR CONSTRUCTION

Page 74

*Q : Can you give some general ideas on the manner in which you want the Matrimandir to be built, so that, our doubts resolved, we may build with light and confident hearts?*

Strength, safety, durability, harmonious balance.

The foundations are especially important and should be done by experts.

There is room for everyone of good will, and for those who want in all sincerity and simplicity to offer their work, there is enough to keep them usefully occupied.

3.11.1971

Page 75

Each one has good reasons to support his own opinion, and I am no expert to judge between them.

But from the spiritual point of view I know that with true good will all opinions can be harmonised in a more comprehensive and truer solution. This is what I expect from the workers of Auroville. Not that some give way to others, but that on the contrary all should combine their efforts to achieve a more comprehensive and perfect result.

The ideal of Auroville demands this progress—don't you want to make it?

14.11.1971

\*

Harmony  
Good will  
Discipline  
Truth

I can work with you only if you do not say a lie and are at the service of Truth.

31.10.1972\*

*The city the earth  
needs.*

## PEACE AND AUROMODEL

Page 76

I should like this whole place to be called "PEACE", and that peace, actual peace should reign there, not only between the occupants but with the whole of Auroville, present and future.

Dec, 1969

\*

"Peace". The foremost thing must be Peace. Whatever you do must be by peaceful means.

The second thing necessary is Harmony, not only general harmony but also between the individuals living there. You must begin to look for the harmony in each individual and not dwell on the disharmony. The disharmony exists everywhere but you must reject that and allow only the harmony to enter.

There must be a sense of Order.

Each individual must have a sense of self-discipline, and actually practise it.

## PEACE, HARMONY, ORDER, SELF-DISCIPLINE

9.1.1969

### **Promise of Realisation in Matter**

The best encouragement for doing what is necessary. - The Mother

*Tropaeolum majus* L., *Tropaeolaceae*.  
Nasturtium, Indian cress





# NEWS & NOTES GUIDELINES

## DEADLINE FOR SUBMISSIONS: TUESDAY 5PM

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

## RA NEWS & NOTES - A QUICK GUIDE



### What We Publish

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

### Working Groups & Foundation Office Content

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

### What We No Longer Publish

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

### Exceptions

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

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

### Submission Guidelines

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

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

*We thank you for your collaboration and understanding.*

## DISCLAIMER:

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

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

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

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

## LIST OF ACRONYMS:

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

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

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

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

### GB groups:

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

## NOTE FROM THE EDITORS

Dear Community,

### Here is some important information:

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

**Thank you for your continued support!**

In community,

*The RA Community Edition News & Notes Team*



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## WORKING GROUPS NEWS

### FROM THE ENTRY SERVICE

#### ES # 258 DATED: 30-06-2025

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](mailto:auroville.entryservice@gmail.com).

*We thank you in advance.*

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

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

#### AUROVILIAN ANNOUNCED



- **Prashast GAUTAM (Indian)** staying in Realization and working at Youth Link



- **Girijashanker Jayshanker DAVE (Indian)** staying in Maitreye II and working at Land for Auroville United (LFAU)

#### AUROVILIAN CONFIRMED

- **Mikhail (aka Mike) SOKOLIN (Russian)**
- **Shaheen (Indian)**
- **Michael STEVENS (Belgium)**

#### YOUTH TURNED 18 AUROVILIAN CONFIRMED

- **Zohar AZULAY (French)**

#### LEFT ON THEIR OWN

- **Marie Doris FELIX (Mauritian)**

#### NOTE:

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



## FO GROUPS NEWS

(not selected by due Residents' Assembly process)

### FROM THE FO N&N 1085

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

## COMMUNITY NEWS

### COMMUNITY SHARING

#### OUTCOME OF THE EMERGENCY RA 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)

19<sup>TH</sup> JUNE - 29<sup>TH</sup> JUNE 2025



Here are the results of the Emergency Residents' Assembly Decision-making process (ERAD), initiated through a petition signed by more than 300 members of the Residents' Assembly (RA) (3.3 [RAD\\_policy](#)) to support or reject the following 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\*.

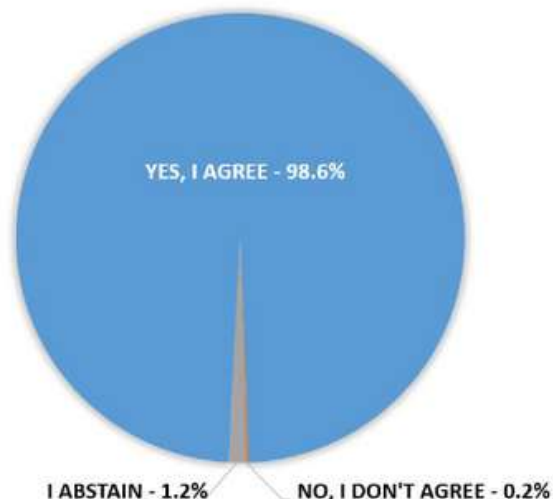
\* - Corrigendum: The reference to the "Exit Review Group" has been corrected to "Exit Review Committee" as communicated in the RAS mass email dt. 21/06/2025 and in News&Notes Community Edition issue #1079 dt. 26/06/2025.

#### REPORT

A total of 510 valid votes have been submitted online and in-person.

The number of participants exceeded the 10 per cent (244 votes) quorum required to validate the decision.\*\*

#### OUTCOME



 - YES, I AGREE - 98.6% (503)

 - NO, DON'T AGREE - 0.2% (1)

 - I ABSTAIN - 1.2% (6)

**THEREFORE, THE RESIDENTS' ASSEMBLY HAS APPROVED THE ABOVE RESOLUTION (Ref. RAD/03/2025/RAS)**

We would like to remind you that, according to the [RAD Policy](#) - "8. Responsibility for implementing decisions made through this RAD process lies with the concerned working group/s or resident/s".

**The Residents' Assembly Service sincerely thanks everyone who took part in this Emergency RAD - whether by casting their vote, encouraging others to participate, or simply being engaged in our shared process of community decision-making. Your involvement matters.**

\*\* - According to the Master List data, the total adult population of our community eligible to participate in RADs (age - above 18, confirmed Aurovilians) is 2436 (as of the month of June 2025).

Kindly note that as per the RAD policy "Only confirmed Aurovilians can participate in decision-making. Those who have been announced as confirmed Aurovilians by the Entry Board are eligible to participate in all community decision-making processes along with those who have been entered into the Register of Residents maintained by the Secretary's Office. It does not include under 18-year-olds, newcomers and any other Auroville statuses".

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

# AUROVILLE DOG SHELTER

## MONTHLY TRANSPARENCY REPORT JUNE 2025



### Overview

- New admissions: 10 (486 since April 2023)
- Rabies confirmed case: 1
- Adoptions and Releases: 5
- Vaccinations administered: 60
- ABC shelter dog sterilizations: 58
- Deworming: approx. 24

### Crowd-Funding Donations Banned in Auroville - Shelter Survival is in Danger!

The Auroville Dog Shelter is facing an emergency that threatens the lives of all dogs and the crucial rabies prevention services it provides to the AV Community. A recent decision by the FAMC and auditors to ban all crowdfunding platforms, including Milaap and Donatekart, has eliminated a vital source of donations for the shelter. This, coupled with the FAMC's refusal to increase the severely inadequate monthly budget of Rs. 50,000, which falls far short of the minimum running costs of Rs. 3.5 lakhs have pushed the already collapsing old shelter to the brink of collapse.

Within the next month, the shelter will run out of funds, leaving us unable to provide essential food, veterinary care, vaccinations, and dog medication. Our vital sterilization project, which prevents the birth of over 1000 unwanted puppies annually and is critical in a rabies hotspot like Auroville, might have to be terminated as we cannot pay wages for our surgeon and staff.

While the FAMC insists on relying on CSR (Corporate Social Responsibility) donations as an alternative to crowdfunding platforms, our experience shows this is an unreliable and lengthy process, with funds unlikely to materialize before the end of the next financial year in March. Despite repeated attempts to communicate with the Auroville Foundation and the FAMC, our pleas have been ignored.

An inspection team from the Department of Animal Husbandry and the Tamil Nadu Animal Welfare Board is expected soon, and we will inform them of the dire situation and the severe rabies risk Auroville with its hundred thousand of visitors, faces if the shelter cannot provide vaccinations or is forced to shut down.

We urgently appeal to the Auroville Foundation and the FAMC to find a solution that allows the Auroville Dog Shelter to continue its life-saving work. It has now been 2.5 years since the construction of the new self-sufficient shelter was delayed, while the present shelter has deteriorated to a point that makes it unsafe and unusable. The time for action is now. Auroville needs its dog shelter!

### Donations received

In June, we received donations through AVI USA for USD 867.28 (Rs. 74,593). Donations by kind Aurovilians to our FS account Rs. 19,400, donations for sterilisations to our ICICI account Rs. 79,100, from BCC Rs. 50,000 - a total of Rs. 223,093 and thus again far below our monthly running costs of approx. Rs. 3.5 lakhs.

### Expenditures

- **Animal Food:** In June, we fed our dogs 1.5 tons of rice, 1.6 tons of chicken, and 600 eggs, supplemented with donated food items like vegetables and daal, which cost us approx. 1 lakh.
- **Staff Costs:** Total staff costs for this month for our workers, paid animal care staff, 1 veterinarian, 1 surgery vet, 2 vet assistants, and volunteers were approximately. 1.95 lakh.
- **Medical Costs:** We need to purchase urgently needed medicines for Rs. 1.3 lakhs, but are unable to do so due to a lack of funds.



- **Infrastructure Improvements:** We are renovating a small area in front of ABC enclosures where the roof has collapsed, and have erected a new fence to create additional space for 10 dogs.

### Project "Sterilising 1000 Dogs in 1 Year"

This month, we managed to sterilise 58 dogs until we ran out of medicine. We are asking all dog owners to sterilise their dogs to counter the mass of dumped puppies everywhere and increase health benefits. As we don't have any budget or grant money to provide free sterilisations, we are asking, if possible, for a minimum donation of Rs. 1500 for the shelter. We encourage all Aurovilians and dog lovers to please use this opportunity to do the right thing and eliminate suffering by helping to control the canine population. Contact Shirley under our new WhatsApp Sterilisation Hotline 89031 76612 for booking an appointment.

### New Auroville Dog Shelter

The project and site application to construct the new Auroville Dog Shelter have been sent to ATDC, and we are hoping that after 2.5 years of delays, we will be able to start construction of the new dog shelter soon. It is a matter of utmost urgency; the old shelter has collapsed, and the next monsoon season is only a few weeks away.

In Her Service

Auroville Dog Shelter Team  
Tine, Arthur



### 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](mailto: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](mailto:pcg@auroville.org.in) latest by **Monday 14<sup>th</sup> July 2025**.

Questions and early submissions are welcome,

Devi, Pala, Sauro, Tineke, Vani  
For the Project Coordination Group

### 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, Vani,  
Kalaivani, Devna, Amy)





## 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*



## RESIDENTS SPEAK

### THE GREAT GURU OF AUROZ – PART XII

(previous episode in the last N&N)

Back at the crossroads with the Grey Slab Road, Dorothy hesitates for a breath, then takes the left path, leaving the sterile arc of pavement behind at last.

The road narrows, darkens, and winds past a looming Haunted Hill and a murky man-made Plastic Pond. The sky seems lower here, and the air tastes faintly of warm paper, toner ink, and dusty desperation.

Without warning, she hears a cackle. From a swirl of wind and paperwork descends the Wicked Witch of ADMIN: an overlady in stilettos and a power suit, her silhouette sharp against the dim sky. "Those slippers," she sneers, "don't belong to you."

Flanking her, a miniscule army of Flying Monkeys snaps to attention. These twitchy creatures are split across five main departments: Admission and termination, Department of redundancy, Mismanagement and milking, Illusion and misinformation, and Negligence and oversight: ADMIN, for short.



Though inherently malicious, the Monkeys are limited to bureaucratic tricks. They dart between roles like caffeinated clerks, buzzing from one absurd task to the next. Legend whispers that their power flows from the Golden Globe lodged in the centre of the abandoned neighbourhood golf course. From her ivory tower, the Witch had clear-cut every tree obstructing her view of it.

As Dorothy walks past, the air sharpens, the Monkeys swarm. Yipping and yapping, they unleash a storm: pointy Permission Paperclips, razor-sharp Resident-criteria Rubber-bands, cutting Closing-notice Calculators, harsh Housing Highlighters, void Visa Vouchers, sudden Suspension Staplers, piercing Policy Punchers, merciless Maintenance Memos, and ruthless Rent Receipts.

A stale cookie smacks Dorothy on the forehead. She stumbles, shielding her eyes. Her heels click; once, twice, three times. With a burst of smoke, she vanishes.

The Flying Monkeys freeze mid-air, stunned. Confused and directionless, they begin to bicker. Deprived of a target, they turn on each other, chaos folding inward as Dorothy slips further down the path fate has written.

(next episode in a week!)

## ANOTHER INCIDENT OF ANIMAL CRUELTY

To the Community of Auroville,

Following the recent report on animal cruelty in Surya Nivas, I wish to inform you of a second, deeply distressing incident.

Emma, the beloved dog of Tia—who passed away in May 2024—was entrusted to Mr. Selveeraj, along with financial support and a vehicle, under the promise of good care. Sadly, Emma was later found in a severely emaciated state. The AV Shelter had to intervene and rescue her by ambulance, as she was unable to stand.

Just weeks later, my own dog, Whisky—Emma's lifelong companion and neighbor—was poisoned. We rushed him to a local clinic, then to the Rajiv Gandhi Veterinary College. There, surrounded by students and doctors, I overheard the words: acid poisoning. Whisky lost his tongue and suffered fatal internal injuries. Despite all efforts, he could not be saved.



I am sharing this not to accuse, but to raise awareness and urge vigilance in our community. No animal should suffer like this. Let us stand together for compassion, responsibility, and justice.



## UNTIL THE DAY OF VICTORY

And with all this intense churning and crashing circumstances that is the Grand Mirror Play compelling enough of the few to sincerely aspire to Be a True Aurovillian:

It's just a matter of  
WHEN

the old human world and vessel gets too boring for the awakening psychic and

CHOOSSES

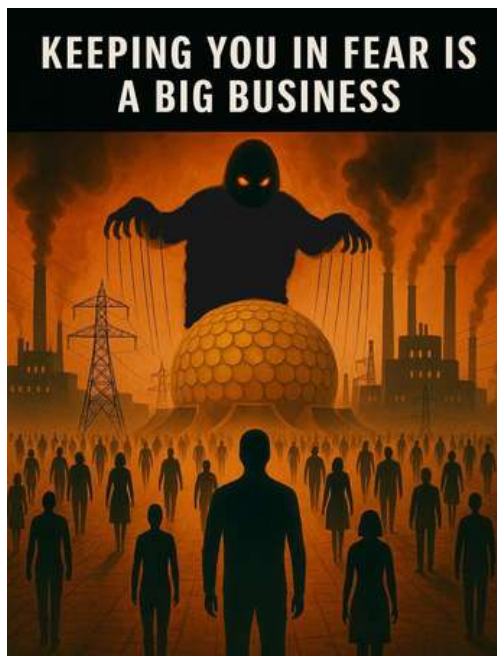
Something Else.

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/>



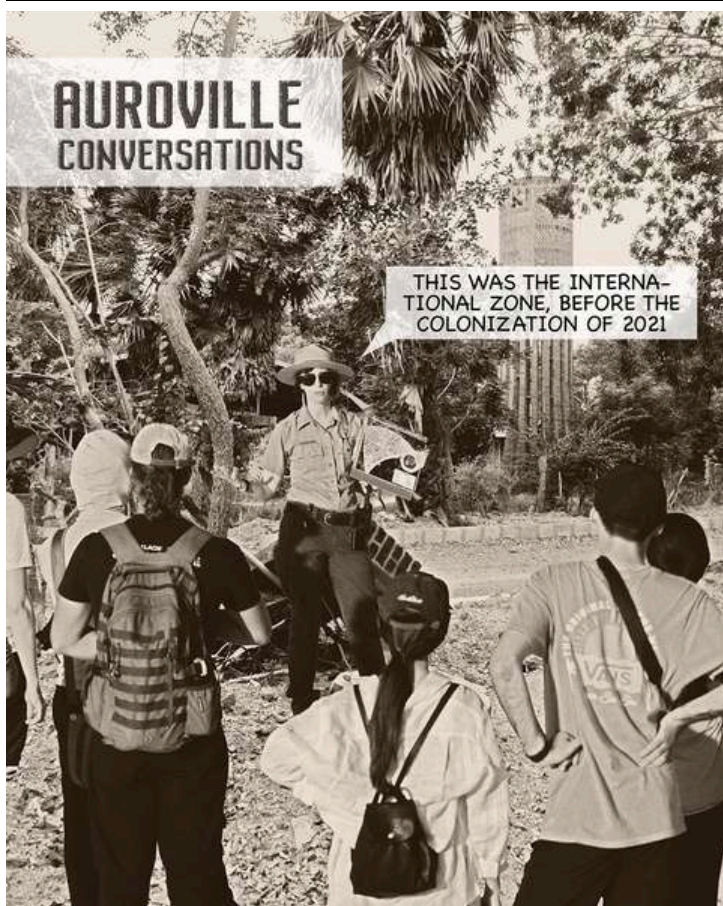
Zech

## 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](https://bit.ly/savitri-reading) 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 8<sup>th</sup> July, 9 am - 12 noon**  
**Focus: The Vision and the Way**

Led by Ashesh Joshi

Place: Mirabelle Education Centre, Auromodelle  
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 1<sup>st</sup> 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](#)) 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 6<sup>th</sup> July
- **Time:** 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: Those who wish to stay back for lunch must RSVP by Saturday, noon at the latest.

📞 **Contact:** Atchudan +91 75300 87588



## 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](mailto:taichi@auroville.org.in)



## COWORKING SPACE AT MARC'S


# COWORK, KINDLY.





**MON-FRI  
9 AM-5 PM**

GOOD TUNES. NO BAD VIBES  
FREE WIFI  
SELF SERVICE  
TOILET DOWNSTAIRS  
SMOKING ALLOWED

**RESPECT THE SPACE, THE PEOPLE, AND NATURE**



SCAN FOR MENU



SCAN FOR WIFI

## 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](mailto:adps@auroville.org.in)

## LOOKING FOR

### VOICEOVER ARTIST WANTED

For socially relevant film:

- Female
- Adolescent (sounding) voice,
- Experience preferred yet not condition.
- English and/or Tamil.

Happily receiving your (vocal) reply on 97515 13906. Ulrike Urvasi





## 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 🌱



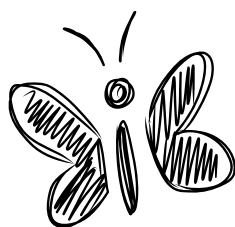
## A HOUSE SITTER FOR AUGUST, SEPTEMBER

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



## ACTIVITIES AT SERENDIPITY

### SERENDIPITY ACTIVITIES & THERAPIES

(Ex. Joy Community in front of Center GH)

Center Field, Auroville - 605101, TN, India

Landline: +91 (0)413 350 9950

Mobile/Whatsapp: +91 93856 23342

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

<https://serendipity.auroville.org>

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



## REGULAR CLASSES:

### Qi Gong - with Lhamo

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

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

### Traditional Sanskrit Mantras with Sonia

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

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

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

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

## THERAPIES:

### Cheek Acupuncture with Lhamo

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

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

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

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

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

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

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

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

### Modern Trance Healing - Hypnotherapy with Lhamo

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

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



## ACTIVITIES AT JOI - ANITYA COMMUNITY

### Journey to Inner Peace :

#### Holistic Healing Services at Anitya Community

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

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



#### Thai Yoga Bodywork with Andres

- **Contact:** +91 97516 07501

Combining elements of acupressure, 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

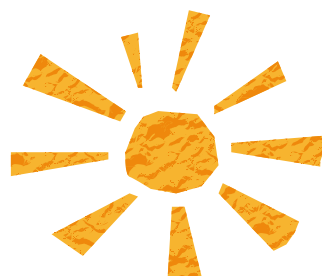
- **Contact (whatsapp only) :** +33 750604028

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

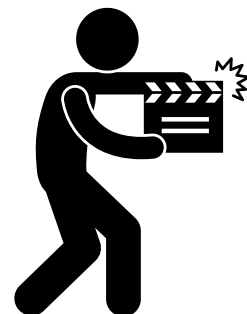
### AUROVILLE FILM FESTIVAL 2026

Have you been making films - either professionally or as a hobby?

Do you live in Pondy or around Auroville?

Have you made a film about Pondy or Auroville/bioregion?

Did you make a short film in a course at Yatra Film Academy or at Film Institute Auroville?



Submit NOW to the Auroville Film Festival on <https://aurovillefilmfestival.in/2026-submission/>

[aurovillefilmfestival@auroville.org.in](mailto: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](mailto:antoine.colombani.33@gmail.com)

WhatsApp: +33.620284999





## PERCH PRESENTS

### UNDER THE MANGOSTEEN TREE - A PLAY IN ENGLISH

SAT 12<sup>TH</sup> & SUN 13<sup>TH</sup> JULY, ADISHAKTI



- **PLAY DURATION: 1 HR 45 MIN (with a 10 minute interval)**
- **At Adishakti, Edayanchavadi Road, Auroville**
- **On Saturday 12<sup>th</sup> & 13<sup>th</sup> July at 7:30 pm**
- **Donor Passes @ Rs 200 – Please contact Revanth at 89516 38571 (Whatsapp); Also available at Adishakti office from July 9 (10 am-1 pm and 2 pm-5 pm)**

## PLAY

Under the Mangosteen Tree (UTMT) is an adventurous mix of ten stories by the great Malayalam writer Vaikom Muhammad Basheer, all very different, but with a common vein of love, humour and pathos running through them. A connecting link in this heady concoction is the character of Basheer himself, who plays narrator, participant and witness in turn.

We are reviving UTMT again after nearly 9 years. Since premiering in 2008 at Perch's festival to celebrate Basheer's Centenary year, it has completed more than 60 shows in Chennai, Bangalore, Kozhikode, The first Remembering Veenapani Festival in Adishakti, Pondicherry, at National Theatre Festival's in New Delhi and Thiruvananthapuram, Ninasam in Heggodu, Rangayana in Mysore, Prithvi Theatre in Mumbai and many other places, and has been widely appreciated.

## CAST

Paul Mathew, Iswar Lalitha, Aparna Gopinath, Karuna Amarnath, Srikrishna Dayal, Darshana Rajendran, Dharanidharan, Maya S Krishnan, Parshathy Nath, Vinod Susheela.

## CREW

- **Movement:** Deepak Kurki Shivaswamy; **Lighting:** Anand Satheendran;
- **Costume:** Niren Saldanha; **Music:** Anushka Meenakshi and Sachin Gurjale;

- **Stage Managers:** Aashif and Anjana Raghavan; **Publicity Design:** Sudharshan K;
- **Script assistance:** Aathira TN; **Direction:** Rajiv Krishnan


## PERCH

Perch is a theatre group that was formed in 2008 and is based out of Chennai, Bangalore and Pondicherry. Some of our plays include, Under the Mangosteen Tree, Moonshine and Skytoffee, Miss Meena, Kira Kozhambu, Jujubee, How to Skin a Giraffe, Mondays are best for flying out of Windows', and Kindhan Charithiram, most of which have been staged widely both at festivals and other venues across the country. Our work is visual, musical, collaborative, and aims to engage the mind, imagination and heart in equal measure.

## FOOD

### FOUNDATIONS OF SPECIALTY COFFEE - 5 DAY COURSE

MONDAY 7<sup>TH</sup> - FRIDAY 11<sup>TH</sup> JULY, MARC'S



**Free for AVians  
(10+ people)**


## FOUNDATIONS OF SPECIALTY COFFEE

EVER WONDERED WHAT MAKES COFFEE "SPECIALTY"?


THIS BEGINNER-FRIENDLY, 5-DAY COURSE  
TAKES YOU ON A HANDS-ON JOURNEY FROM BEAN TO CUP.

**LEARN ABOUT:**

- COFFEE ORIGINS & POST-HARVESTING PROCESS
- ROASTING FUNDAMENTALS
- SENSORY SCIENCE & CUPPING
- ESPRESSO & MANUAL BREWING TECHNIQUES



**NEXT COHORT:  
JULY 7-11**





## 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](http://www.myfoodforest.in)

## POETRY

### Revere the Mystery

I beg you don't rehearse the event of tomorrow.  
It can't ever be as bad or as good as you think.  
It could be better.  
It's true it could be worse if you go on like this.  
Your tears are a curse.  
Just leave it alone. Give it breathing space.  
You can't be sure it'll end in sorrow.  
You can't know that your project will sink  
And that you'll end in disgrace.  
So what use are these words turning and turning inside you?  
You call it using your mind?  
Tomorrow all may be changed  
And the world have turned incredibly kind.  
There may be, if you keep quiet and listen, a cascade of Grace.  
Or you may be blissfully dead,  
And all these vain words churning need never be said.  
All this turmoil because you're afraid of losing face?  
O mind, don't you know there's no way you can know,  
And that is the terrible mystery of Grace  
That prods your self-offering,  
The mystery that allows the miracle.  
Respect the mystery, love it, adore it  
Without anxiously scanning the horizon.  
There's nothing for it...  
Bow your head, bend the knee!  
And see what tomorrow comes out of your mouth,  
What you tongue utters  
Never the words you chewed up in your head  
And that your mind mutters,  
But a shower of jewels, flowers! singing birds instead  
Or that things more rare and more precious:  
Wisdom words or even...its sacred silence.

In you there is an angel waiting in the wings  
To make the hour sublime  
If you only let him bide his time.  
So please, please don't rehearse.  
That's not looking ahead.  
It's going into reverse instead.  
Let it go, let it be.  
Let the angel open his pinioned wings.  
Look after this minute.  
See how the world sings.  
Looking at tomorrow invites sorrow.  
The only thing that makes sense is the mystery  
And the revelation of the ever unfolding, ever-present tense.

*Maggi Lidchi-Grassi, from her book "Seeds"*

The Power supply is on.  
It feeds and fuels  
Hungry eyes  
Glued to the screen  
Where dramas play out  
To dominate the scene.

Anandi Z

## AUROVILLE RADIO



Dear Aurovilians,

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

### Last published podcasts:

- [Marlenka's weekly Offering – Ep.142](#) (Literature)
- [Savitri - Ep.14 : Introductory Comments in Tamil | சாவித்ரி காவியம் ஓர் அறிமுக விளக்கம் by Dhanalakshmi](#) (Spirituality)
- [Soul Tracks S.6, Ep.14 - Meditations on Mortality.](#) (Music)
- [Cosmic Inner Weather Report - Ep.10 "On Grief- Part 1:Blessed Are Those Who Mourn" \(Conversations\)](#)
- [Une série hebdomadaire de lectures par Gangalakshmi – Ep.498](#) (Integral Yoga)

### Latest Youtube video:

- [Deepti Tewari talks about The Quest in Integral Education | IEPG 5 On Research - Day 1 | SAIER](#)

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

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

Peace and love

Regards,

Sai Priya for Auroville RadioTV

## FOR THE BOOKWORMS

### AUROVILLE LIBRARY

#### 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  
**BACK to SCHOOL!**

*Come by to check out our  
selection!*





# Cinema Paradiso

Multimedia Center (MMC) Auditorium

Film program: 7<sup>th</sup> - 13<sup>th</sup> 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 7 JULY, 8:00 PM:

- **SONA DHWANDI BHED TE SUCHHA PAHAD (THE GOLD-LADEN SHEEP AND THE SACRED MOUNTAIN)**

India, 2018, Writer-Dir. Ridha Janve w/ Lekendra Gurung, Arjun Pant, and others, Mystery, 97mins, Nepali-Hindi w/ English subtitles, Rated: NR (PG)

In the upper Himalayas, Arjun, an aging Gaddi shepherd, hears of a fighter jet crash on a sacred mountain. Tempted by the promise of reward, he quietly leaves his flock in the care of his young helper, Bahadur, and sets off alone. But while the mountain is sacred, his intentions are not. As he ventures deeper into the mist, the line between myth and reality begins to blur. What unfolds is a quiet, visually arresting journey into the heart of belief, temptation, and the silence of the mountains. *Trivia: Shot in 21 days in the high Himalayas using solar-charged battery-powered equipment.*

## POTPOURRI – TUESDAY 8 JULY, 8:00 PM:

- **LA FOLIE DES GRANDEURS (DELUSIONS OF GRANDEUR)**

France-Spain-Italy-West Germany, 1971, Writer-Dir. Gérard Oury w/ Louis de Funès, Yves Montand, Alice Sapritch, and others, Parody-History, 85mins, French-German-Spanish w/ English subtitles, Rated: PG

In 17th-century Spain, Don Salluste, a disgraced royal minister, plots revenge on Queen Marie-Anne by using his sharp-witted former valet, Blaze, as bait. But Blaze harbors a secret: he's in love with the queen. A timeless French classic—witty, theatrical, and delightfully subversive. *A must-see for lovers of satire.*

## SELECTION – WEDNESDAY 9 JULY, 8:00 PM:

- **BROKEBACK MOUNTAIN**

Canada-USA, 2005, Dir. Ang Lee w/ Jake Gyllenhaal, Heath Ledger, Michelle Williams, and others, Drama-Romance, 134mins, English-Spanish w/ English subtitles, Rated: R

In 1960s Wyoming, two young men take a summer job herding sheep on a remote mountain. What begins as companionship turns into a secret, lifelong bond—tender, conflicted, and impossible to forget. Through marriages, distance, and time, their love endures in silence, shaped by longing, fear, and the weight of a world that won't understand. *A much-acclaimed film!*

## INTERESTING – THURSDAY 10 JULY, 8:00 PM:

- **THE ZEBRA & THE BEAR**

USA, 2024, Writer-Dir. Patrick O'Connor w/ Amber Olson and others, Documentary, 84mins, English w/ English subtitles, Rated: NR (PG) Filmed over seven years, this film follows a mother's fierce determination to save her daughter from a devastating ultra-rare disease. Her journey leads her to raise millions of dollars and help drive the development of a groundbreaking gene therapy—reshaping not only her child's future, but the future of medicine itself. *We're delighted to present this powerful and inspiring documentary, brought to you, courtesy of ROCO Films.*

## INTERNATIONAL – SATURDAY 12 JULY, 8:00 PM:

- **I BYEOL-E PIL-YOHAN (LOST IN STARLIGHT)**

S Korea, 2025, Writer-Dir. Han Ji-won w/ Cristina Valenzuela, Maitreyi Ramakrishnan, Justin H. Min, and others, SciFi-Animation, 96mins, Korean w/ English subtitles, Rated: PG

Nan-young, a brilliant young astronaut, has long dreamed of reaching Mars—where her mother vanished decades ago on a doomed mission. When she's finally selected for a new expedition, she crosses paths with Jay, a musician who repairs vintage audio gear. As their bond deepens, so does the pull between love and destiny. Set in 2051, this hand-drawn animated film blends romance, memory, and cosmic longing with stunning visual artistry.

## CHILDREN'S MATINEE – SUNDAY 13 JULY, 4:00 PM:

- **DOG MAN**

USA, 2025, Writer-Dir. Peter Hastings w/ Pete Davidson, Poppu Liu, Lil Rel Howery, and others, Action-Animation, 89mins, English w/ English subtitles, Rated: PG

When a cop and his loyal police dog are fused in a freak accident, they become a new kind of hero—half man, half mutt. As they battle a villainous cat and his army of clones, chaos and comedy collide in this wildly inventive animated adventure for kids and grown-ups alike.

**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 13 JULY, 8:00 PM:

- **THIRD MAN**

UK, 1949, Dir. Carol Reed w/ Orson Welles, Alida Valli, Joseph Cotton and Others, Thriller – Film-Noir, 104 mins, English – German w/ English subtitles: Rated: PG.

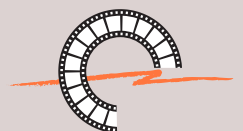
Pulp novelist Holly Martins arrives in post-war Vienna, lured by an old friend, Harry Lime—only to find Lime has just died in a suspicious traffic accident. As Martins questions Lime's associates, he uncovers conflicting accounts and is drawn into a murky world of secrets, suspicion, and the city's thriving black market.

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

**To organize a seminar/program at MMC kindly email us at [mmcauditorium@auroville.org.in](mailto:mmcauditorium@auroville.org.in).**

**We 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](mailto: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](mailto:financialservice@auroville.org.in)

### ELECTRICAL SERVICE (AVES)

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

### GAS BOTTLE SERVICE

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

### WATER SERVICE

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

### ECO SERVICE (WASTE COLLECTION/MANAGEMENT)

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

### POUR TOUS DISTRIBUTION CENTRE (PTDC)

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

### POUR TOUS PURCHASING SERVICE (PTPS)

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

### AUROVILLE LIBRARY

#### Timings:

#### Mornings:

- Monday to Saturday : 9am - 12:30pm

#### Afternoons:

- Mon, Wed, Thurs, Fri & Sat: 2pm - 4:30pm
- Tuesday : 4pm - 6:30pm

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

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

- **Phone :** 0413 350 9191
- **Email:** [avlib@auroville.org.in](mailto:avlib@auroville.org.in)
- **Website:** <http://library.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.

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

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

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

### HEALTH CENTER - KUILAPALAYAM

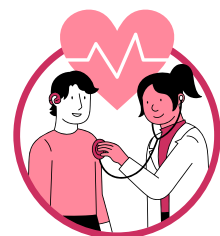
**Contact:** (0413) 3509942 / 3509943

#### Pharmacy:

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

#### Doctor Consultation:

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



## DENTAL CLINIC - KUILAPALAYAM

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

## NURSE SERVICES

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

I have done my bachelor degree in B.SC (Nursing) and I have more than three years 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: [madhiashagan014@gmail.com](mailto:madhiashagan014@gmail.com)

## AYURVEDA TIPS FOR RAINY SUMMER



Late summer, with its amount of rains, brings lots of humidity and dampness in the air that affect the body and its Dosha in many different ways: Pitta ferments and shows signs of acidity, bloating, inflammation or strong body odour, lots of stagnation and retention felt in the digestive tract. Emotionally unhealthy Pitta becomes bitter, impatient and frustrated in the mind or the heart. Vata gets cold and makes the joints more painful with an irregular digestion and bowel movements and mind might be imbibed with anxious thoughts, worries or lack of concentration.

We can help ourselves with the following recommendations:

### With the food

- Eat only when hungry and eat the appropriate amount (both hands joined together is the size of the stomach)
- Take a warm, cooked meal with any spices to improve the digestion (eg: ginger, turmeric, black pepper, cumin, coriander, cinnamon, ajwain, basil, garlic etc)
- Eat green leafy vegetables, take light dishes made of mung dal, vegetable soups... all pulses and dal are good when cooked with spices (all spices are good apart from red powder-chilli powder)
- For non-vegetarian, eat white meat or small fishes
- Drink warm water all day long (especially when there's a sore throat)
- Dinner should be light and taken 2 hours before going to bed

- Give energy to the body with cereals and grains such as: amaranth, barley, cooked oats, granola, rice
- Honey is the best sweetener
- Ghee used for cooking and Sesame and Olive oils for dressings
- Chew some neem or Tulsi leaves.

### Some immunity enhancers:

- **Giloy/Guduchi** (Tinospora cordifolia): a very good immune regulator; 1tsp of powder morning and evening in warm water
- **Amalaki (amla)**: full of vitamin C; consumed fresh if available or in powder
- **Turmeric**: Anti-inflammatory, can be used for gargling with warm water and a pinch of salt
- **Tulsi** (Ocimum tenuiflorum/sacrum): for the lungs, fresh leaves in warm water
- **Ashwagandha** (Whitania somnifera): immune regulator and calming the nervous system; 1tsp morning and evening in milk or warm water
- **Ginger – Turmeric – Black pepper powders (Be No1)**: improves digestion and energy, ½ tsp with warm water or lemon juice + honey once or twice a day
- **Tulsi – Cinnamon – Amla – Ginger – Turmeric – Black pepper powders (Be No3)**: as prevention or in case of cold, cough, flu, feverish state, body ache, ½ tsp with a sip of warm water or lemon juice + honey once a day if it's preventive, 3 times a day before food if there are symptoms
- Saffron, aloe vera, licorice herbal infusions
- **Chyavanprash Avaleha**: 1 tsp in the morning with breakfast.

### Special treat for joint pain and inflammation:

- **Shallaki Cream or Oil mixed with Castor Oil (Eranda Tailam)**: massage twice a day the painful joint, it's a painkiller and anti-inflammatory
- **Rosemary Essential Oil**: 1 or 2 drops with the massaging oil and apply locally. It's anti-inflammatory
- **Shallaki Tablets**: for arthritis, muscular pain, joint inflammation
- **Triphala Guggulu Tabs**: to reduce bloating, swelling, inflammatory conditions, 1 or 2 tabs per day before meals (use for short period).

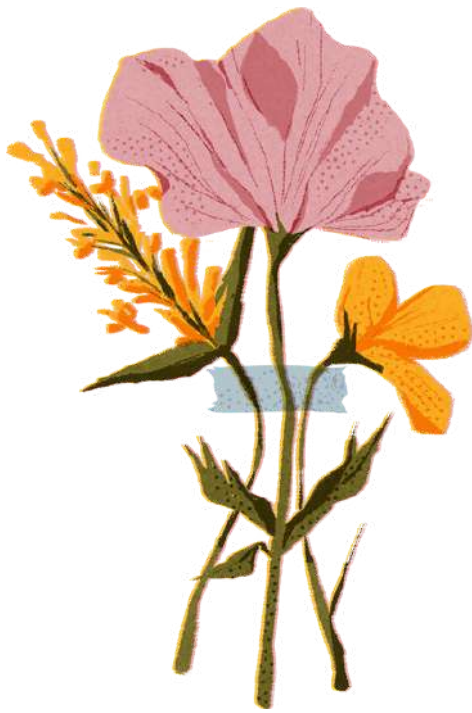
### In the activities, help Pitta and Vata to be centred and grounded:

- Be grounded in the heart or abdomen with Yoga, Pranayama, Meditation, observing the breathing movements in the abdomen, Yoga Nidra, Body Awareness, Qi-Gong, Tai Chi...
- Regular exercise, 30 minutes daily
- Gardening, cultivating, weeding, cooking
- Keep warm, take warm showers, cover your neck from chilled breeze
- Gargling with salty water if sore throat
- Oil pulling with 1 Tbsp of sesame or coconut oil, keep in the mouth for some time, spit it out and rinse the mouth with warm water (can be done early morning or at bedtime after brushing the teeth)
- Nasya: pour 2 drops of sesame oil or Anu Tailam in each nostril once a day
- 4-5 drops of Castor Oil in the belly button followed by slight massage around the umbilicus at bed time
- Fragrances: sandalwood, rose, jasmine.

Let's be all well, happy and healthy.

Be at 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](mailto:mmconcentration@auroville.org.in):

Any day except Tuesday & Sunday: 8.00 AM to 8.35 AM

Arrival at 7.45 AM at the Office Gate

- The Inner Chamber, the Petals and the Gardens are open to the Children of Auroville and the Outreach Schools:

Tuesday 9.00 AM to 11.00 AM

- Auroville units can bring their staff to the Inner Chamber with a prior booking at [mmconcentration@auroville.org.in](mailto:mmconcentration@auroville.org.in):

Tuesday 8.00 AM to 8.30 AM

### Auroville TO PONDICHERRY

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

### Pondicherry TO AUROVILLE

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

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

Auroville Vehicle Service  
Town Hall, Auroville, 0413 2623302



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

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

### EMERGENCY NUMBERS

#### Ambulance (24/7):

Auroville 94422 24680	PIMS 0413 2656271	
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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