

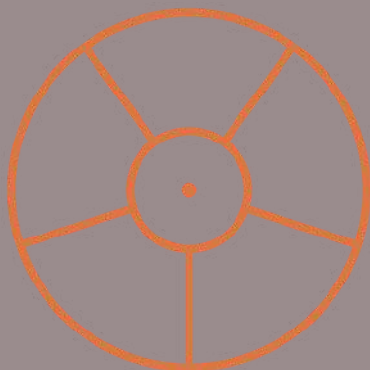
Auroville

NEWS & NOTES

No 1081 - A weekly bulletin for residents of Auroville

10 July 2025

RA EDITION



PONDERING

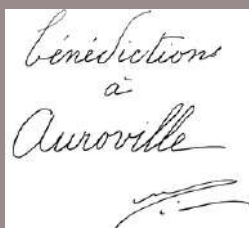
What you are not able to do today, you will achieve tomorrow. Persevere and you shall conquer.

It is by persevering that one conquers difficulties, not by running away from them. One who perseveres is sure to triumph. Victory goes to the most enduring. Always do your best and the Lord will take care of the results.

The Mother, Perseverance, Words of the Mother II

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

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 PEACE AND AUROMODEL

Page 76

Auromodel is being built to make a concrete experiment and to learn how to live in Auroville.

18.8.1969

*

Q : What is the purpose of life in Auroville in general and Auromodel in particular? Is it to serve the community or to be a true servitor of the Divine Consciousness?

The purpose of life in Auromodel is to learn to live in Auroville, to make all the experiments necessary for learning to live in Auroville.

We want to find a way for the community to live for the Divine.

Each individual has his own way but the group community should find a way to suit everyone.

22.5.1970

Page 77

LIFE-ASPECTS

(To find the necessary funds for Auroville one could proceed in the following manner: Find in every country a very wealthy person who would be the centre for collecting funds for Auroville.

Advantages: Such a person would carry weight, would be an example for the others and would never give the impression of begging.)

In principle this way is alright. But in practice, and to avoid all possibility of failure (because failure would have a deplorable effect), we must wait for an indication from circumstances of which I will be immediately informed. And then I will give the signal to go ahead.

Nov , 1965

*The city the earth
needs.*

Begging is not permitted in Auroville. Persons found begging on the road will be distributed as follows: children to school, the old to a home, the sick to the hospital, the healthy to work.

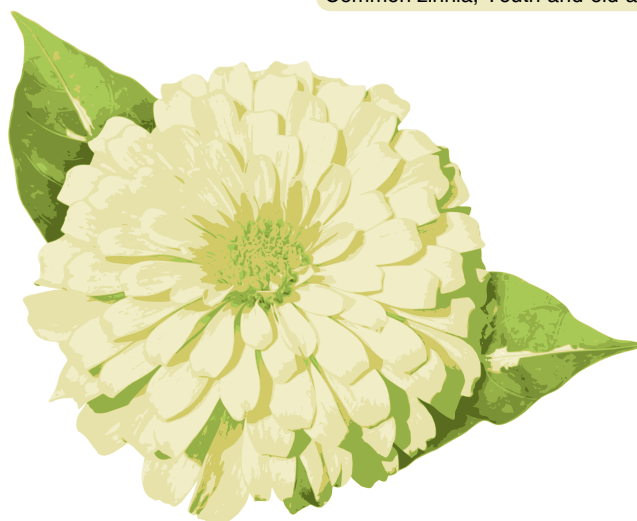
A school, a home, a hospital and special work areas will be arranged for this. They will not be mixed with the others, because some people may come from outside and begin to beg in the street.

There are no police. We have... we haven't found the word... a band of guards, a battalion of guards, something like the firemen in Japan, who are gymnasts and who do everything when there are accidents—anything, earthquakes—they do everything. They climb up into houses. Instead of police, there will be a kind of battalion of guards, who will go out regularly into the various parts of the town to see if they are needed. And if they come across people begging, they will be distributed as I said. There will be a school for the children, a home for the old, a hospital for the sick and disabled, and a place where work will be provided for all those who... there will be every possible kind of work, from sweeping to... anything, and work that is needed, they will do it, according to their abilities.

Spontaneous Endurance

Natural, effortless, smiling. -
The Mother

Zinnia elegans Jacq., Compositae.
Common zinnia, Youth-and-old-age



NEWS & NOTES GUIDELINES

DEADLINE FOR SUBMISSIONS: TUESDAY 5PM

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

RA NEWS & NOTES - A QUICK GUIDE



What We Publish

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

Working Groups & Foundation Office Content

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

What We No Longer Publish

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

Exceptions

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

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

Submission Guidelines

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

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

We thank you for your collaboration and understanding.

DISCLAIMER:

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

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

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

The News & Notes Team
newsandnotes@auroville.services

LIST OF ACRONYMS:

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

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

Working groups selected by the Residents' Assembly:

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

GB groups:

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

NOTE FROM THE EDITORS

Dear Community,

Here is some important information:

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

Thank you for your continued support!

In community,

The RA Community Edition News & Notes Team



WORKING GROUPS NEWS

FROM THE ENTRY SERVICE

ES # 259 DATED: 07-07-2025

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



- **Nithya VELU (Indian)** staying in Inspiration and working at Coffee Ideas



- **Priyanka (Indian)** staying in Grace and working at Aurokiya

AUROVILIAN CONFIRMED

- **Rajasegar MOORTHY (Indian)**
- **Bhuvana PACHAIYAPPAN (Indian)**

DID NOT COMPLETE THEIR PROCESS WITH THE ENTRY BOARD

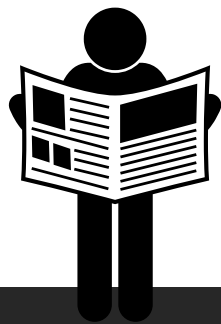
- **Nilima BARDE (Indian)**
- **Sujata MOHANTY (Indian)**

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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.



FO GROUPS NEWS

(not selected by due Residents' Assembly process)

FROM THE FO N&N 1086

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

COMMUNITY NEWS

OBITUARY



LAKSHMI PASSES AWAY

Dear Community,

With deep sorrow, we share the passing of our beloved Lakshmi, wife of Ulaganathan, who left her body peacefully at her home in Kulapalayam at 6:00 am on Wednesday 9th July after a period of illness.

Many of you will remember Lakshmi's kind presence and warm smile at the PTPS billing counter, where she dedicated over 28 years of service. Her grace, gentleness, and quiet strength touched countless lives.

The funeral took place at 4:30pm on Wednesday 9th July at the Kulapalayam graveyard.

Though Lakshmi's physical presence is no longer with us, the space she leaves behind is filled with love, memories, and the enduring warmth she brought into our lives. She will forever live on in our hearts.

May she rest in peace, cradled in the hands of The Mother.

With love and remembrance,

Ulaganathan & Family

Lakshmi's Siblings (Rama, Hari, Rathinam, Arumugam, and Usha)

JUUL PASSES AWAY

Juul, partner of Magda, passed away at home in Arati 1, early in the morning of Wednesday 9th July.

Farewell warmly invites vigil keepers which are needed from 6am to 6pm till the funeral.

Details on the funeral will follow as and when available.



COMMUNITY SHARING

CALL FOR GRANT PROPOSALS

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

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

Questions and early submissions are welcome,

Devi, Pala, Sauro, Tineke, Vani

For the Project Coordination Group

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)*



RESIDENTS SPEAK

THE GREAT GURU OF AUROZ - PART XIII

(previous episode in the last N&N)

A sudden gust tears through the trees, then the world spins sideways. Dorothy tumbles headlong into dust and fumes, coughing as she lands on cracked asphalt. As a matter of fact, each and every RCC paver, block, and slab is broken. Dorothy mutters to herself, "I guess these bulldozers have really been everywhere huh..."

Neon lights buzz above her. The trees are gone. She's in the City of Auroz now: grey, humming, full of static. The streets are sharp and mirrored, and the air tastes like burned wires and perfume samples. Disoriented, she rises and squints at a flickering road sign: "→ This Way to the Great Guru."



She follows, weaving past glass buildings and blinking billboards. At last, in the centre of a vast, empty square, she finds him. The Great Guru floats silently above a black pedestal: a giant, disembodied head. It bears no neck, no shoulders, just swirling markings: numbers, spirals, and unfamiliar scripts blinking across his surface like code. His eyes do not blink, but they see, they watch.

Dorothy steps forward, her voice small but steady. "I need help. My friends are still lost. And I'd like to go home."

The Guru's voice hums in a low monotonous sound: "In this country, everyone must pay for everything he gets. To earn your way, you must defeat the Wicked Witch."



No explanation. No map. No plan. Just that.

Dorothy blinks once and finds herself back at the Haunted Hill, the wind harsher now. She runs toward the office fortress, the Monkeys swarming in retreat. Lo and behold, just next to the blue Plastic Pond,

the Witch struggles with her heels stuck in mud. A hurried earthmover seems to have forgotten that mound, or perhaps it has a purpose there? Without thinking, Dorothy charges. With one good push, the Wicked Witch screeches and tumbles in. A hiss, a shriek, and she's gone. The blue pond ripples, calm once more.

The clouds begin to clear. Somewhere in the forest, the lost begin to stir, their strings cut. Dorothy stands alone by the pond, wet slippers gleaming. The road home may still be long, but now, it's open.

(next episode in a week!)

THIS WORLD OF MATTER

"Ours is the most material world, but it is not necessarily 'low down', at least, not for that reason; if it is low down, it is because it is obscure and ignorant, not because it is material. It is a mistake to make 'matter' a synonym for obscurity and ignorance. And the material world too is not the only world in which we live: it is rather one of many in which we exist simultaneously, and in one way the most important of them all. For..."



...this world of matter is the point of concentration of all the worlds; it is the field of concretisation of all the worlds; it is the place where all the worlds will have to manifest.

The Mother

At present it is disharmonious and obscure; but that is only an accident, a false start. One day it will become beautiful, rhythmic, full of light; for that is the consummation for which it was made."

<https://incarnateword.in/cwm/04/7-april-1951>

Note: for readers of the printed version, please scan the QR Code to access the full post and links, or go to this blogsite to access the post of the same title: <https://zechjoia.blogspot.com/>



Zech

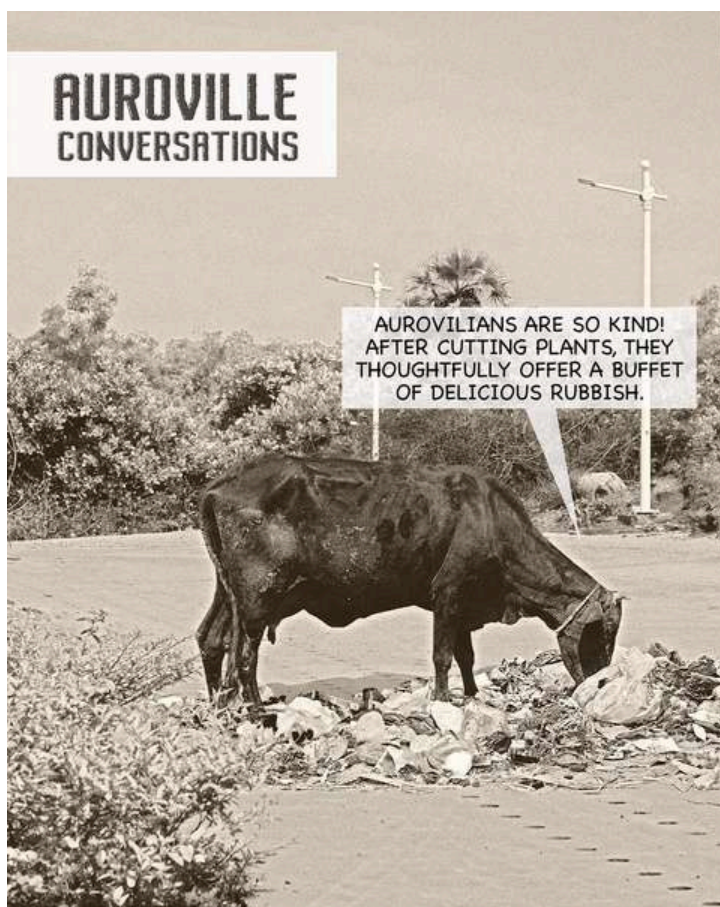
5

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.



N&N 1081 - 10 July 2025

INNER JOURNEY

INTRODUCTION TO THE INTEGRAL YOGA OF SRI AUROBINDO AND THE MOTHER

Tuesday 15th July, 9 am - 12 noon
Focus: Practice - the Sunlit Path

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 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 13th 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

ONLINE COURSE ON संस्कृत सम्भाषणम् | SANSKRIT CONVERSATION

21ST JULY - 10TH OCTOBER

ॐ

All are welcome to join an online course on

संस्कृत सम्भाषणम्
SANSKRIT CONVERSATION

This online course on Sanskrit Conversation will be offered through the NPTEL website and the SWAYAM platform.



About the Facilitator:
Dr. Anuradha Choudry teaches Sanskrit, Indian Psychology, French and Language Sciences at IIT Kharagpur. She is an alumna of Sri Aurobindo International Centre of Education, Puducherry.

COURSE DATES: 21st July to 10th October, 2025
To know more and register, visit:
onlinecourses.nptel.ac.in/noc25_hs209/preview

To join a local practice group in Auroville, please write to: vidyamandir@auroville.org.in
Warmly,
Vidyamandir Team, Auroville

To know more and register, visit:
onlinecourses.nptel.ac.in/noc25_hs209/preview
(The course is **free** to enroll and learn from).

To join a local practice group in Auroville, please write to:
vidyamandir@auroville.org.in

Warmly,
Vidyamandir Team, Auroville

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



AVAILABLE

FOR FREE:

1. Assortment of cut tiles,
2. Cane bed frames, from which one good one could be made.

Pictures can be found here:
<https://photos.app.goo.gl/AyzLa1LBfVv8Jn49>

Contact: Island 75981 03616



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

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 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





WORK OPPORTUNITY

ECO FEMME IS LOOKING FOR A COMMUNICATIONS LEAD

Eco Femme is seeking a dynamic and passionate Full-Time Communications Lead to drive our growth and brand awareness. We are looking for an experienced candidate in marketing strategy, leadership, and project management to guide our team to meet organizational and programme goals.

Proven experience required:

- Minimum 1 year of experience leading a team, including cross-functional coordination
- Marketing strategy development and implementation
- Basic understanding of performance marketing and analytics
- Platform-specific expertise in Instagram, Facebook, LinkedIn, YouTube, Google Business, website and email marketing
- Project management / campaigns.

We are based in Auroshilpam. Starting date: Immediate. This position requires the candidate to be present at our office on a daily basis.

For more detailed information and applications, please write to maha@ecofemme.org with your updated CV. Looking forward to hearing from you!

eco femme

"Revaluing menstruation: because Life depends on it"



ACTIVITIES AT SERENDIPITY

SERENDIPITY ACTIVITIES & THERAPIES

(Ex. Joy Community in front of Center GH)

Center Field, Auroville - 605101, TN, India

Landline: +91 (0)413 350 9950

Mobile/Whatsapp: +91 93856 23342

Email: serendipityauroville@gmail.com

<https://serendipityauroville.org>

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



REGULAR CLASSES:

Qi Gong - with Lhamo

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

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

Traditional Sanskrit Mantras with Sonia

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

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

Private Classes on request (for groups or individuals)

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

THERAPIES:

Cheek Acupuncture with Lhamo

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

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

Gua Sha (Chinese Detox Scrub) with Lhamo

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

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

Facial Gua Sha (beauty treatment) with Lhamo

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

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

Modern Trance Healing - Hypnotherapy with Lhamo

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

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

ACTIVITIES AT JOI - ANITYA COMMUNITY

Journey to Inner Peace :

Holistic Healing Services at Anitya Community

Located in the peaceful environment of Auroville's

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

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



Thai Yoga Bodywork with Andres

- **Contact:** +91 97516 07501

Combining elements of 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

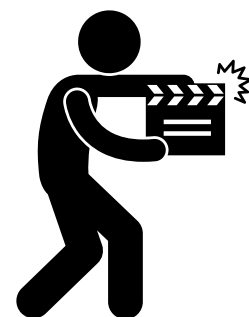
AUROVILLE FILM FESTIVAL 2026

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

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

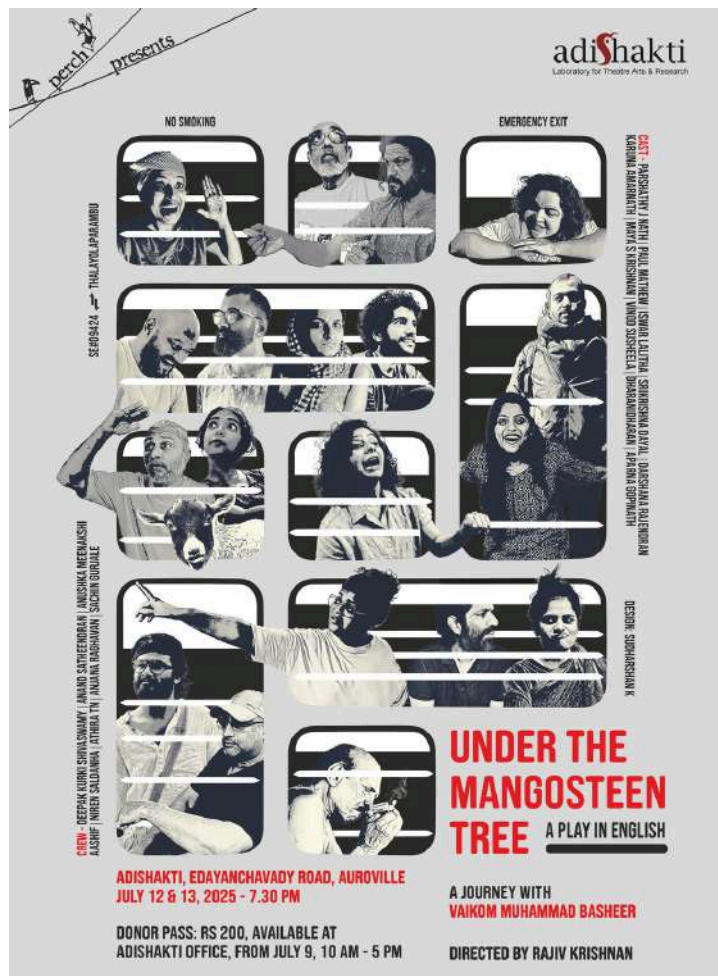
WhatsApp: +33.620284999



PERCH PRESENTS

UNDER THE MANGOSTEEN TREE - A PLAY IN ENGLISH

SAT 12TH & SUN 13TH JULY, ADISHAKTI



- **PLAY DURATION: 1 HR 45 MIN (with a 10 minute interval)**
- **At Adishakti, Edayanchavadi Road, Auroville**
- **On Saturday 12th & 13th 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 Sathendran;
- **Costume:** Niren Saldanha; **Music:** Anushka Meenakshi and Sachin Gurjale;

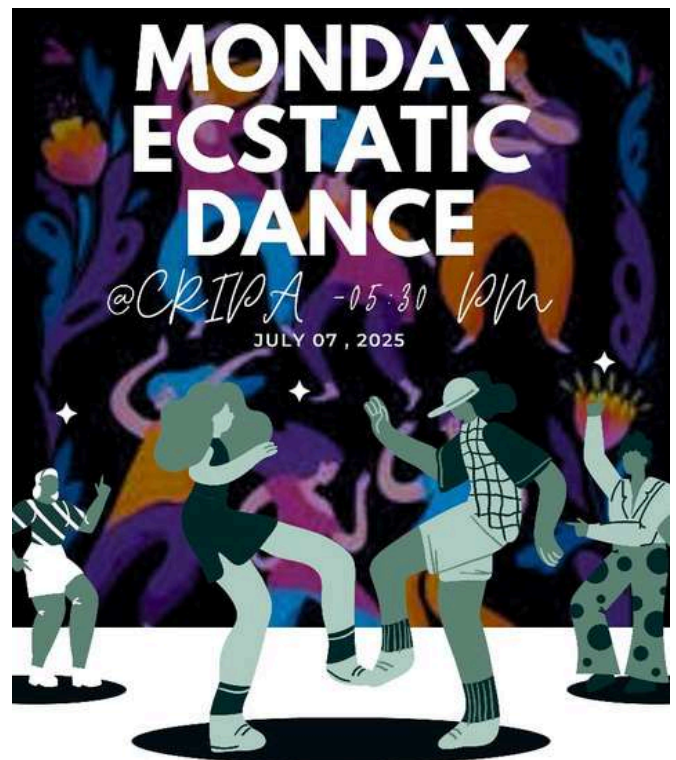
- **Stage Managers:** Aashif and Anjana Raghavan; **Publicity Design:** Sudharshan K;
- **Script assistance:** Aathira TN; **Direction:** Rajiv Krishnan

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.

AT CRIPA

MONDAY ECSTATIC DANCE @ CRIPA



Get rid of your Monday blues
And get into your Monday grooves.
Enjoy the community spirit of dancing together and celebrate your own ecstatic inner journey.
Live.Breathe.Dance

Free entry - donations encouraged

Mondays from 30th June - 1st September
5:30 - 7:30pm
Cripa, Auroville

GARBA IMMERSIVE WORKSHOP WITH MEGHA TUESDAYS

Over the next three months, you'll immerse yourself in the tradition of Indian folk dance.

Free entry - donations encouraged

Tuesdays from 1st July - 30th September
4:45 - 6pm
Cripa, Auroville
(+91) 88707 30567



GARBA IMMERSIVE

Over the next 3 months, we'll immerse ourselves in a tradition that's rich, joyful, and deeply rooted.

It may seem like just a festivity, but it holds many layers beneath. We'll slowly unfold them together, one step at a time.

<https://lightwithin.my.canva.site/garba>
Megha: 8870730567

July to September
Tuesdays, 4.45-6.00pm.
CRIPA, Auroville
Donation based

**AMARES TEATRO (URUGUAY) AND CROAKING CREVASSE THEATRE (CANADA-URUGUAY) PRESENT
SPRING AGAIN, SUNDAY 13TH JULY**



A G A I N

7:30 pm CRIPA Auroville 13 July

Created and Performed by Andres Fagiolino

Free Entry, Donations Encouraged



Synopsis:

A man walks, carries, waits, remembers, embraces.

Life exists, transforms, travel in cycles...

A plant endures winter, trusting that spring will come...again.

Spring Again is a physical theatre solo performance by Andres Fagiolino

Credits

- Director: Andres Fagiolino (Uruguay)
- Assistant Directors: Paavit Chhabra (India), Mallika Musafir (India), Marcel Duarte Mercader (Spain)

- Performer: Andres Fagiolino
- Research: Andres Fagiolino, Alaya Turcotte (Canada)
- Dramaturgy: Andres Fagiolino, Alaya Turcotte, Paavit Chhabra, Mallika Musafir, Daniel Hernandez (Venezuela)
- Costume: Andres Fagiolino
- Set Design: Andres Fagiolino
- Mask Design: I.B.Oka (Bali)
- Mask making: I.B.Oka, Andres Fagiolino
- Design: Paavit Chhabra
- Production: Amares Teatro, Croaking Crevasse Theatre
- Acknowledgements: Ariel Baptista, Shai Cabili, Iki Base Artist in Residency (Japan), Center Point Koh Phangan (Thailand), CRIPA (Auroville)

Free entry - donations encouraged

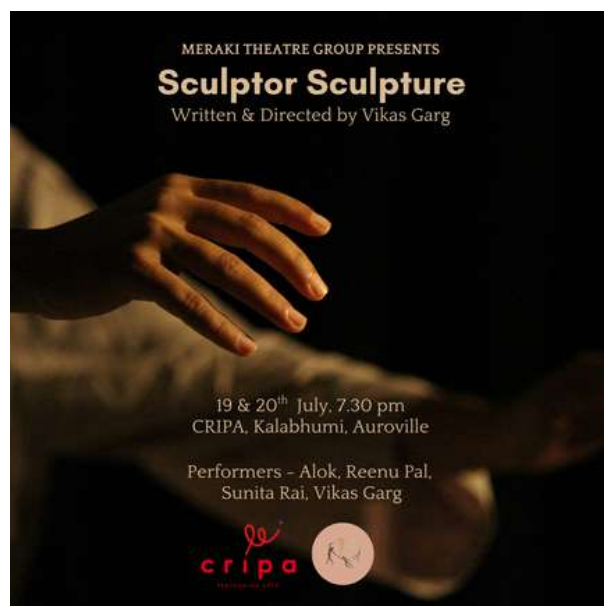
Sunday 13th July 2025

7:30pm

CRIPA, Auroville

SCULPTOR SCULPTURE - A PLAY

SATURDAY 19TH & SUNDAY 20TH JULY



MERAKI THEATRE GROUP PRESENTS

Sculptor Sculpture

Written & Directed by Vikas Garg

19 & 20th July, 7.30 pm
CRIPA, Kalabhumi, Auroville

Performers - Alok, Reenu Pal,
Sunita Rai, Vikas Garg



As the sculptor leaves the space, the sculptures are bestowed with the birth of breath. They begin to wonder and explore their surroundings, questioning their own origins and existence, as well as each other's.

Upon the sculptor's return, he is filled with skepticism to find his creations distorted and altered from their original forms. Somehow, the sculptures are still and concealing their living form from him. Eventually, the sculptures start moving in and around the sculptor, dominating him. The lines between dreams, reality, and hallucination blur to their utmost limit.

- Performers - Alok, Reenu Pal, Sunita Rai, Vikas Garg
- Duration - 40 minutes
- Language - Non Verbal

Free entry - donations encouraged

Saturday 19th & Sunday 20th July 2025

7:30pm

CRIPA, Auroville

(+91) 90854 83056 & (+91) 99100 23888

FOOD

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

Ignorant We Live of God's Design Oct. 2, 2005

Mother we call you from our wounded souls
That stand upon the crossroads of a world.
We who hoped that deeper faith and trust
Might draw the darkness out, annul the night
As flowers point the way towards the light.

But all is mixed and sorrow's potion strong
And bitter is the draught of infamy
That crushes bones of innocents and builds
It empty structures on the graves of men
By greed to conquer and through power reign.

Where now the music that the heart once knew,
The rhythms and the melodies of stars?
The earth is in upheaval and the good
Seems trampled by the feet of the unclean
And hope the feathered one is rarely seen.

Yet this I know for all the soot-black streets,
Pollutants steaming in a toxic atmosphere,
The ugliness of cities crammed with mire,
Disasters, Nature's vehement reply,
That earth will realize its destiny

Accept not long to bear iniquities
Imposed by man with his distorted will.
Already you have saved the world, though blind
We cannot see the birth of things divine
And ignorant we live of God's design.

Narad

Rust eats into
Iron bars.

Caged within
My mind thinks
Out of the box.

Anandi Z

AUROVILLE RADIO



Dear Aurovilians,

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

Last published podcasts:

- [Marlenka's weekly Offering – Ep.143](#) (Literature)
- [Savitri - Ep.15 : Introductory Comments in Tamil | சாவித்ரி காவியம் ஓர் அறிமுக விளக்கம் by Dhanalakshmi](#) (Spirituality)
- [Soul Tracks Se.6, Ep.15 Live from Glastonbury, 2025.](#) (Music)
- [Une série hebdomadaire de lectures par Gangalakshmi – Ep.499](#) (Integral Yoga)

Latest Youtube video:

- [Menstrual Wellbeing - Ep.2 | மாதவிடாய் நன்னலம் : Conversation with Kalvikarasi from Eco Femme](#)
- [Savitri Ep.4 : Introductory Comments in Tamil | சாவித்ரி காவியம் ஓர் அறிமுக விளக்கம் by Dhanalakshmi](#)

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

For more information write to radio@auroville.org.in

Peace and love

*Regards,
Sai Priya for Auroville RadioTV*

FOR THE BOOKWORMS

AUROVILLE LIBRARY

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!*



French Film Week: Cinema Paradiso, in collaboration with Alliance Française of Pondicherry, is delighted to present a weeklong celebration of French cinema from 14 to 20 July. The series opens on Bastille Day—France's national holiday commemorating the 1789 storming of the Bastille fort, a powerful symbol of liberty and revolution.

In celebration, join us for a curated selection of contemporary French films—poetic, provocative, and rich in cultural insight. These works showcase the depth and diversity of French storytelling, from intimate character studies to bold social commentaries.

Formal Launch – 15th July. There will be a short pre-screening gathering behind the auditorium from 7:00pm to 7:45pm.

FRENCH-HISTORIC – MONDAY 14 JULY, 8:00 PM:

• UNE AFFAIRE D'HONNEUR (THE EDGE OF THE BLADE)

France, 2023, writer-Dir. Vincent Perez w/ Roschdy Zem, Doria Tillier, Guillaume Gallienne, and others, Drama, 101mins, French w/ English subtitles, Rated: NR (PG-13)

Paris, 1887. Fencing master Clément Lacaze is drawn into a world of forbidden duels and wounded pride when his nephew challenges a seasoned colonel. But it's the fearless feminist Marie-Rose Astié de Valsayre who disrupts the rules of honor—demanding that women, too, have the right to fight for dignity and justice.

FRENCH POTPOURRI – TUESDAY 15 JULY, 8:00 PM:

• TABATABA: VERSION RESTAURÉE (TABATABA)

France-Madagascar, 1988, Writer-Dir. Raymond Rajaonarivelo w/ Philippe Nahoun, François Botozandry, Lucien Dadakisy, and others, Drama, 76mins, French-Malagasy w/ English subtitles, Rated: NR (PG-13)

In 1947 Madagascar, young Solo dreams of heroism as his brother joins the uprising against French colonial rule. But as violence engulfs their village, and his grandmother Bakanga braces for tragedy, Solo's innocence is shattered. A powerful coming-of-age story set against a forgotten revolution, told through the eyes of a child.

FRENCH SELECTION – WEDNESDAY 16 JULY, 8:00 PM:

• UN PETIT FRÈRE (MOTHER AND SON)

France, 2022, Writer-Dir. Léonor Serraille w/ Annabelle Lengronne, Stéphane Bak, Kenzo Sambin, and others, Drama, 116mins, French w/ English subtitles, Rated: NR (PG-13)

In this acclaimed film set in late 1980s, Rose arrives in France from the Ivory Coast with her two young sons, Jean and Ernest. Over two decades, their lives unfold in a tender, complex portrait of migration, motherhood, and identity—where love binds, time strains, and the meaning of home is constantly redefined.

FRENCH DOCUMENTARY SPECIAL – THURSDAY 17 JULY, 8:00 PM:

• LA PANTHÈRE DES NEIGES (THE VELVET QUEEN)

France, 2021, Writer-Dir. Marie Amiguet & Vincent Munier w/ Vincent Munier, Sylvain Tesson, and others, Nature-Documentary, 92mins, French w/ English subtitles, Rated: NR (PG)

High in the untouched valleys of Tibet, two men wait in silence—seeking a glimpse of the elusive snow leopard. What unfolds is more than a wildlife quest; it's a meditative journey into stillness, wonder, and the fragile beauty of the wild. A breathtaking ode to patience, presence, and the unseen. *Do you want to miss this?*

FRENCH - INTERNATIONAL – SATURDAY 19 JULY, 8:00 PM:

• SIX PIEDS SUR TERRE (SIX FEET UNDER)

France, 2023, Writer-Dir. Karim Bensalah w/ Hamza Meziani, Kader Affak, Souad Arsane, and others, Drama, 99mins, French-Arabic w/ English subtitles, Rated: NR (PG-13)

Sofiane, the son of a former Algerian diplomat, finds himself adrift in Lyon—facing expulsion and struggling with identity. To survive, he takes a job with Muslim undertakers, where daily encounters with death slowly awaken a sense of purpose. As he navigates grief, exile, and belonging, a quiet transformation begins. This deeply human story of resilience and redemption received critical acclaim at the Cannes Festival in 2024, for its poetic realism and emotional depth, praised as a powerful reflection on dignity, displacement, and the search for home.

CHILDREN'S FRENCH MATINEE – SUNDAY 20 JULY, 4:00 PM:

• SIROCCO ET LE ROYAUME DES COURANTS D'AIR (SIROCCO AND THE KINGDOM OF THE WINDS)

France-Belgium, 2023, Writer-Dir. Benoît Chieux w/ Loïse Charpentier, Maryne Bertieaux, Aurélie Konaté, and others, Adventure-Animation, French w/ English subtitles, Rated: NR (G)

When curious sisters Juliette and Carmen stumble upon a secret passage hidden in their favorite storybook, they're transported into a fantastical world of wind and wonder. Transformed into whimsical creatures, they must journey through enchanted lands and face unexpected challenges to find the elusive Sirocco—the only one who can send them home. *A much acclaimed visually stunning experience!*

FRENCH-CLASSIC – SUNDAY 20 JULY, 8:00 PM:

• LES QUATRE CENTS COUPS (THE 400 BLOWS)

France, 1959, Writer-Dir. François Truffaut w/ Jean-Pierre Léaud, Albert Rémy, Claire Maurier, and others, B&W, Crime-Drama, 99mins, French-English w/ English subtitles, Rated: NR (PG)

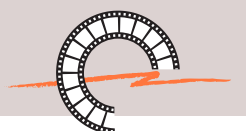
Antoine is a 14-year-old boy adrift in a world that doesn't seem to want him. Neglected at home and misunderstood at school, he escapes into small rebellion—skipping class, stealing, lying—each step pushing him further from the childhood he's desperate to preserve. When he's finally caught, his parents surrender him to the system. But even in confinement, Antoine dreams of freedom. *This deeply moving portrait of adolescence launched the French New Wave, winning Best Director at Cannes and earning an Oscar nomination for its raw, poetic realism.*

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 need your support to maintain and bring quality films to you. Set up a recurring or one time donation at Unity Fund for our Account # 105106, or you can contribute at the venue.

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

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
- **Website:** <http://library.auroville.org.in/>



“

Some of our finest work comes through service to others.

”

Gordon Hinckley

HEALTH

SANTÉ SERVICES IN JUNE 2025

Santé

Working Hours:

Monday - Saturday: 9:00 - 12:30pm & 2:00 - 4:30pm

Tests and Sample collection:

Monday - Friday: 8:30am - 12:00pm.

No sample collection on Saturday.

For emergencies, contact:

Auroville Ambulance (24/7) - Phone: **+91 94422 24680**

Government Ambulance (24/7) - Phone: **108**

Appointment

Please call Santé (0413) 262 2803 during working hours for an appointment.

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

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

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

HEALTH CENTER - KUILAPALAYAM

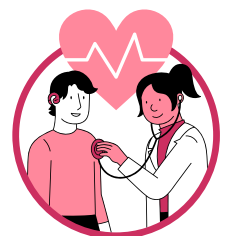
Contact: (0413) 3509942 / 3509943

Pharmacy:

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

Doctor Consultation:

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



DENTAL CLINIC - KUILAPALAYAM

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

NURSE SERVICES

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

I have done my bachelor degree in B.SC (Nursing) and I have more than three years experience as a Staff Nurse in hospital (one year in psychiatric ward, six months in ICU and six months in emergency) and giving care for elderly people in AV for the past 2 years.

Services:

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



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

Contact: 95972 22826 (Madhi) call/WhatsApp

E-mail Id: madhiazhagan014@gmail.com

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:

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

Arrival at 7.45 AM at the Office Gate

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

Tuesday 9.00 AM to 11.00 AM

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

Tuesday 8.00 AM to 8.30 AM

Auroville TO PONDICHERRY

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

Pondicherry TO AUROVILLE

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

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

Auroville Vehicle Service
Town Hall, Auroville, 0413 2623302



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

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

EMERGENCY NUMBERS

Ambulance (24/7):

| | | |
|--------------------------|----------------------|--|
| Auroville 94422 24680 | PIMS 0413 2656271 | |
|--------------------------|----------------------|--|

Security (24/7):

| | | |
|---|---|---------------------------------------|
| Auroville Police Station 0413 2677318 | Kottakuppam Police Station 0413 2236148 | Vanur Fire Station 0413 2677368 |
|---|---|---------------------------------------|

Health:

| | | |
|--|-----------------------|-------------------------|
| Health Center 0413 3509942 & 3509943 | Santé 0413 2622803 | Farewell 89038 36246 |
|--|-----------------------|-------------------------|

Mental Health 24/7 Support:

Vandrevala Foundation +91 99996 66555

India Emergency Response Service (24/7): 108