

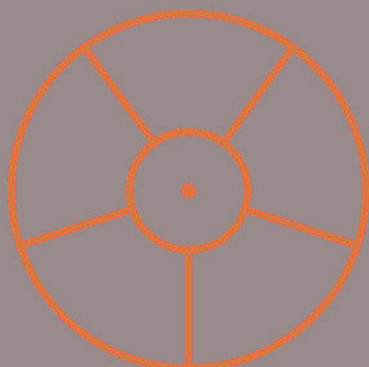
Auroville

NEWS & NOTES

No 1082 - A weekly bulletin for residents of Auroville

17 July 2025

RA EDITION

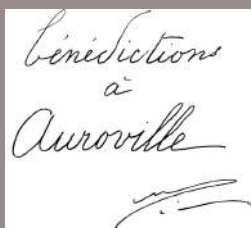


PONDERING

There is certainly a great difference between calling and pulling—you can and must always call for help and the rest—the answer will be proportionate to your capacity of reception and assimilation. Pulling is a selfish movement that may bring down forces quite disproportionate to your capacities and thus are harmful.

The Mother, Aspiration, Calling and Pulling, Words of the Mother II
<https://motherandsriaurobindo.in/The-Mother/books/words-of-the-mother-II/#aspiration-calling-and-pulling>

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

LIFE-ASPECTS

Page 78

This has to be organised.

A special school for the children to teach them to work, to teach them the things that are indispensable for them to be able to work.

No prison, no police.

Sep, 1966

*

(In response to a question on individuals and groups willing to aid Auroville's development, the Mother replied:)

They may not practise themselves, but if they do not know about yoga, how can they understand the purpose of Auroville?

19.6.1967

*

... Of course the whole idea of marriage is amusing because I consider the thing childish.

You know in Auroville there will be no marriages. If a man and woman love each other and want to live together they may do so without any ceremony. If they want to separate they can also do so freely. Why should people be compelled to stay together when they have ceased to love each other?

You know in Auroville there will be no marriages. If a man and woman love each other and want to live together they may do so without any ceremony. If they want to separate they can also do so freely. Why should people be compelled to stay together when they have ceased to love each other?

Children born in Auroville will have no family name. They will have just the first name.

+15.6.1968*

Page 78

(Mother remarked that this statement should be read along with the following letter to X for her marriage.)

The city the earth
needs.

To unite your physical existences and your material interests, to become partners so as to face together the difficulties and successes, the defeats and victories of life: this is the very basis of marriage, but you already know that it is not sufficient.

To be united in feelings, to have the same tastes and the same aesthetic pleasures, to vibrate in a common response to the same things, one by the other and one for the other: it is good, it is necessary, but it is not enough.

To be one in profound sentiments, your affection, your feelings of tenderness for each other unvarying in the midst of all the shocks of existence and withstanding weariness, nervous irritations and disappointments, to be always and in all conditions happy, most happy to be together; to find, under all circumstances, one in the presence of the other, rest, peace and joy: it is good, it is very good, it is indispensable, but it is not enough.

To unite your minds so that your thoughts harmonise and become complementary to each other and your intellectual preoccupations and discoveries are shared between you; in a word, to make your spheres of mental activity identical through a broadening and an enrichment acquired by both at the same time: it is good, it is absolutely necessary, but it is not enough.

Beyond all that, in the depths, at the centre, at the summit of the being, there is a Supreme Truth of the being, an Eternal Light, independent of all circumstances of birth, country, environment, education. That, the origin, cause and master of our spiritual development, gives a definite orientation to our existence; That determines our destiny; in the consciousness of That you should unite. To be one in aspiration and ascension, to advance with the same steps on the spiritual path: this is the secret of a durable union.

March, 1933



Cheerful Vital enthusiasm

Very precious if it persists in spite of difficulties - The Mother

*Petunia Xhybrida hort. Vilm.-
Andr., Solanaceae.
Petunia*

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 would like to support the RA N&N, please send us an e-mail at newsandnotes@auroville.services.
- Content sent through @auroville.org.in mail ID will only reach us if you use this [FORM](#) to submit your content.
- The mail ID to submit content is: newsandnotes@auroville.services
- To request a **PRINTED COPY**, send us your name and community to our email!

Thank you for your continued support!

In community,

The RA Community Edition News & Notes Team



FROM THE ENTRY SERVICE

ES # 260 DATED: 14-07-2025

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 Aurovilian in writing to auroville.entryservice@gmail.com.

We thank you in advance.

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

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

AUROVILIAN ANNOUNCED



- **Ganesh SHANMUGAM (Indian)** staying in Kriya and working at Nirami Design Studio

AUROVILIAN CONFIRMED

- Savithri VIGNESH (Indian)
- Punithaveny RAJKUMAR (Indian)

DID NOT COMPLETE THEIR PROCESS WITH THE ENTRY BOARD

- Lakshmi RAJINIKANTH (Indian)
- Meenatchi aka Sharmila MURTHY (Indian)
- Jeremie FOLLET (French)

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.

FROM THE WORKING COMMITTEE

MAËL'S TERM IN WCOM COMPLETED

Dear community,

We want to let you know that Maël completed his three-year term on 28 June 2025 and, for personal reasons, will not continue until the next selection process in his role as a member of the Working Committee, as would have been usual practice. He will, however, remain available as a resource person.

CONTENTS

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

Maël's name will therefore no longer be included in our signature.

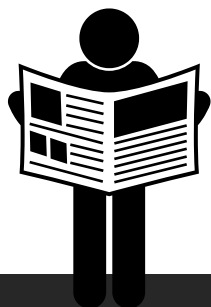
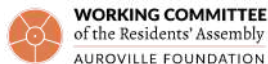
We very much appreciate that he continued to strongly support us even while being in forced exile from Auroville, and we are extremely grateful to him for rendering his service and dedication to the community of Auroville.

If you have any questions, please let us know.

Sincerely,

Your RA Working Committee

Aravinda, Bharathy, Chali, Matthieu (TOS), Prashant, Valli



FO GROUPS NEWS

(not selected by due Residents' Assembly process)

FROM THE FO N&N 1087

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

COMMUNITY NEWS

COMMUNITY SHARING



AUROVILLE DOG SHELTER

DOG STERILISATIONS AND RESCUE OPERATIONS MIGHT BE SUSPENDED SOON!

Auroville's Dog Shelter is facing a breakdown of its services, a crisis directly triggered by a recent decision by the AVF Auditors to ban crowdfunding in Auroville. This ban eliminates nearly half of the shelter's vital income, leaving the shelter with a massive budget shortfall. A petition signed by over 1,000 residents and animal lovers demanding that the monthly budget be increased from **Rs. 50,000 to Rs. 3.5 lakhs** has been ignored since last year.

Unless a solution is found quickly, the shelter will have to suspend its highly successful sterilization project, which aims to sterilize 1,000 dogs per year and has already helped hundreds. To stretch the last remaining funds so that dogs can be fed, some staff, including the rescue team, might have to be laid off at the end of the month. This would leave the shelter unable to respond to emergency calls or rescue dogs in distress.

The lack of funds also has dire public health consequences. The shelter has run out of vaccinations, and while **Pet City** generously donated a limited stock, it is not enough to maintain a vaccination drive to combat the rabies threat in Auroville. There was no response from the AV administration when we informed them about the rabies outbreak. The shelter cannot order other essential medicines and thus cannot keep up the necessary level of care for its dogs and provide treatment to the rescues. Critically, without a proper quarantine facility and the rescue team potentially laid off, the shelter cannot catch and contain dogs that are suspected to be infected with rabies, leaving the community exposed to the risk.



In addition to the immediate crisis, a long-term neglect to act on a new facility as promised by the Governing Board last year has left the shelter in an untenable situation. The flood-prone, old shelter has deteriorated in recent years, lacking essential facilities and thus violating government guidelines. Plans to build the new Auroville Dog Shelter have been stalled for over 2 years for various reasons. With an inspection by the new Joint Director of the Department of Animal Husbandry

approaching, the shelter's dire situation will be under sharp scrutiny.

The shelter team hopes that a solution can be found in this time of crisis with the Auroville Foundation and other well-wishers to save the shelter and green-light the construction of the new Auroville Dog Shelter. Auroville needs its shelter and the vital services it provides to the AV Community. Please support us!

For Donations: FS 251391 or www.aurovilledogshelter.com for bank information

ANNOUNCEMENT FROM SANTÉ

Santé

Santé is happy to welcome Dr. Pavan back and Dr. Joseph as a new member of the Santé team.

- **Dr. Pavan** is an experienced general practitioner with a speciality in internal medicine: Dr Pavan has completed a fellowship at Andrew Weil Center for Integrative Medicine.
- **Dr. Joseph (short Dr Joy)** joins as a volunteer and is an experienced general practitioner with a fellowship for Diabetes and Family Medicine, Dr Joseph is ready to see patients of all ages and has experience in pediatric care.

Thank you,

Warmly

Dasha - Santé Team



RESIDENTS SPEAK

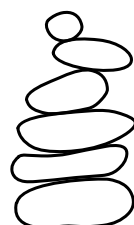
THE GREAT GURU OF AUROZ – PART XIV

(previous episode in the last N&N)

When Dorothy returns to the City of Auroz, the square is silent. The floating head is gone. In its place is an ordinary man, standing up in an oversized chair, pulling wires from a speaker and folding up a holographic screen. He looks up sheepishly.

"No more illusions," he says, adjusting his tie. "I'm just the caretaker here. The Great Guru was... a projection."

Dorothy stares. "So there's no magic?"



"Ah, but there is," he replies, holding up a simple scale with two empty pans. "None of you were ever missing brains or heart or courage. What was missing was Balance." On the table next to him the pans on a scale wobble, then still. "Everyone who seeks something, forgets they already have the seeds of it."

Dorothy nods slowly, the truth settling in. "But... can you get me home?"

He shakes his head. "I am but a steward."

As Dorothy turns to go, a shimmer of light appears beside her. A woman wearing a cotton scarf smiles kindly. "My name is Common Sense, Good Witch of the Ground Floor," she says. "You've had the answer all along."

Dorothy blinks. "I have?"

The woman nods at her feet. "Your slippers. Not ruby, not gold, mud red. Magical all the same. They carried you through everything."

Dorothy looks down. Her heels are scuffed but strong. She closes her eyes and clicks her heels "There's no place like home..." Her heels click again. "There's no place like home..." With the third click, the city vanishes.

She wakes up at home, in the Youth Centre. Familiar posters line the wall. Dorothy yawns and stretches. "What a bad dream. I think I'll get up now and start my day." Far away, a dog barks. Somewhere closer, a monkey yips in the ductwork. But Dorothy only smiles. She has slippers. And she is balanced.

The End... Ish.

(next episode in a week!)

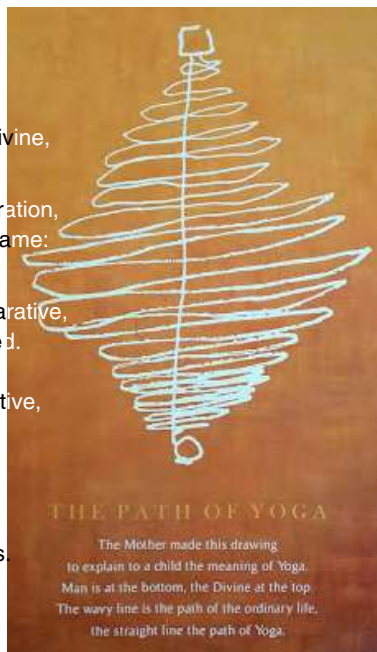
CONSTANT

As there is in essence only One
Then the Divine Will of a human,
As with any will undivine or anti-divine,
Is also only the One's option.

Taking You are That into consideration,
We return to this Great Cosmic Game:

The ego-mind cannot truly love;
Its karmic perception is false-separative,
Its character selfishness and greed.
Aspire for the Supramental,
A Truth Consciousness-Force unitive,
Its character Eternal and Infinite.
And the easiest Path to That
Is the most joyful Sunlit,
The Avatar's tip most effective
To manifest Divine Love and Bliss

2025.07.13. Auroville



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

Zech

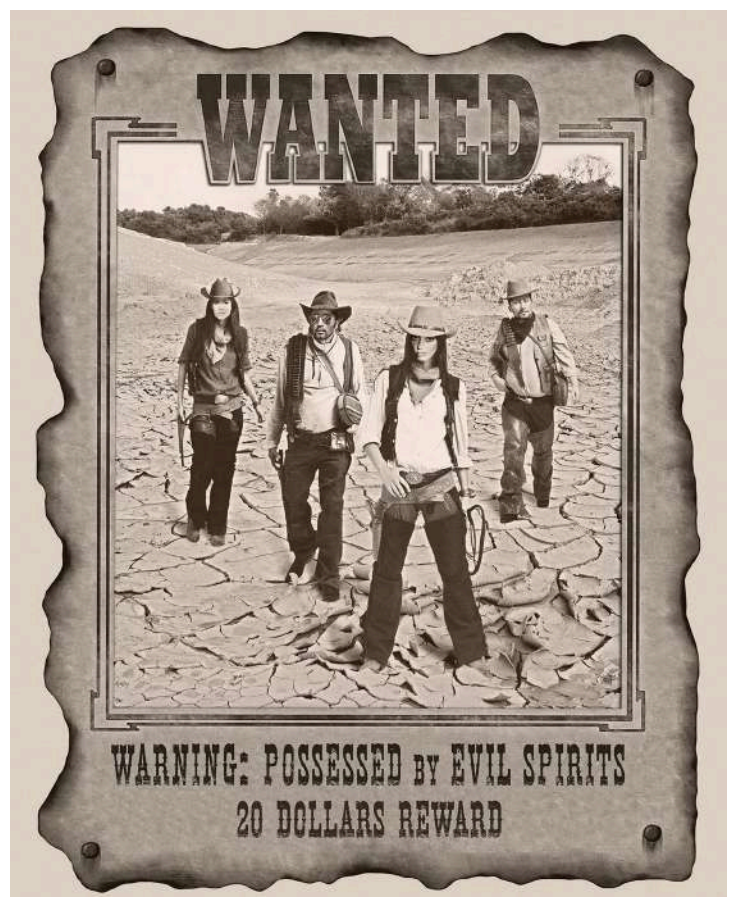


FOOD FOR THOUGHT



Submitted by a concerned servitor of the divine

AUROVILLE CONVERSATIONS



Submitted by an Aurovillian

FRENCH NEWS & NOTES

NOUVELLES D'AUROVILLE



Auro - Traductions

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



INNER JOURNEY

INTRODUCTION TO THE INTEGRAL YOGA OF SRI AUROBINDO AND THE MOTHER

Tuesday 22nd July, 9 am - 12 noon
Focus: The Inner Being

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 20th July
- **Time:** 9am – 12pm
- **Venue:** Udavi School, near tank, Edayanchavadi, Auroville, 605101. First building to the left near the parking.

📍 **Location:** <https://maps.app.goo.gl/4fu6Besiyw9vzsVy7>

📝 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.

📞 **Contact:** Atchudan 75300 87588 or Laure 88074 34864



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

VISIT OF THE TIBETAN DOCTOR

17TH, 18TH AND 19TH JULY

Dear Auroville

This is for your attention that the Tibetan Doctor and the team based in Chennai are visiting us on:



- **Thursday 17th from 2 to 5:30 pm**
- **Friday 18th from 8:30 am to 1pm, 2 to 5:30 pm**
- **Saturday 19th from 8:30 am to 1 pm**

To get your appointment call us on 0413 2622401 or WhatsApp us 84890 67332.

The consultation is held at Pavilion Of Tibetan Culture International zone.

Submitted by Kalsang

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



WASTELESS - COMMUNITY PRESENTATION: SEA CHANGE PROGRAMME TRANSFORMING MARINE ENVIRONMENTAL EDUCATION

SATURDAY 26TH JULY, MMC AUDITORIUM HALL, TOWN HALL

We invite you to join the WasteLess team, for an inspiring presentation about our **Sea Change Programme**.



Come discover how our educational initiative has reached over 13,499 Tamil Nadu

government school students, transforming their understanding of marine plastic pollution and nurturing the next generation of environmental advocates.

Join us to learn about:

- Our evidence-based approach to curriculum development addressing the ocean plastic crisis
- The comprehensive social impact study on student knowledge and behaviour change
- How we built strategic partnerships with government education departments
- Our vision for scaling environmental education across India

When: Saturday 26th July, 4:00 - 5:00 PM

Where: MMC Auditorium Hall, Town Hall

This presentation will showcase how our locally-developed educational programme was supported by the National Geographic Society to address one of today's most urgent environmental challenges. The Sea Change Programme exemplifies Auroville's commitment to creating meaningful solutions that serve both our local communities and contribute to global needs.

We look forward to sharing this journey with you and exploring together how education can be a powerful catalyst for environmental transformation.

Open to all!

Warm wishes from the WasteLess team!



AUROVILLE FUTSAL/FOOTBALL CLUB DEHASHAKTI

Futsal is played on a much smaller court, it is more fun and intense, with more opportunity for goal scoring.

We play futsal in Dehashakti.

If you like football/Futsal and you want to learn, play and have fun, come and enjoy with us.



	<ul style="list-style-type: none">• Girls are playing Mondays and Wednesday at 5pm.• All age – level• Please contact Balaji 89402 24950
	<ul style="list-style-type: none">• Boys (16yo+) are playing every Tuesday and Fridays at 5pm.• Please contact Beber 63856 35943

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



LOOKING FOR

MISSING DOG :(

MISSING DOG!

WE'RE LOOKING FOR DOBBY!

HE'S THE BROWN DOG IN THE PICTURE

COLLAR
 Green camouflage belt
(The collar was changed, so it's not as in the picture)

LAST SEEN
 Art Forest Area
 July 9, 2025, at 10:00 AM

AGE
 3 years old

GENDER
 Male

REWARD
₹ 1,000/-

CONTACT
 Pet Parent JAYA +91 7598570329

A LOVING HOME!

HELP!

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

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

Please adopt me!

WA: +91 9159 835 835 (No calls)

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://serendipity.auroville.org>

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



REGULAR CLASSES:

Qi Gong - with Lhamo

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

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

Traditional Sanskrit Mantras with Sonia

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

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

Private Classes on request (for groups or individuals)

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



THERAPIES:

Cheek Acupuncture with Lhamo

- On appointment only (+91 84380 53127)

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

Gua Sha (Chinese Detox Scrub) with Lhamo

- On appointment only (+91 84380 53127)

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

Facial Gua Sha (beauty treatment) with Lhamo

- On appointment only (+91 84380 53127)

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

Modern Trance Healing - Hypnotherapy with Lhamo

- On appointment only (+91 84380 53127)

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

ACTIVITIES AT JOI - ANITYA COMMUNITY

JOURNEY TO INNER PEACE :

HOLISTIC HEALING SERVICES AT ANITYA COMMUNITY

Located in the peaceful environment of Auroville's

Center Field, the Joy of Impermanence—Anitya

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

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

Thai Yoga Bodywork with Andres

- Contact: +91 97516 07501

Combining elements of Thai massage, deep tissue massage, 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 43718

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.

Submit NOW to the Auroville Film Festival on

<https://aurovillefilmfestival.in/2026-submission/>

aurovillefilmfestival@auroville.org.in

PAVILION OF TIBETAN CULTURE PRESENTS AN EXHIBITION ON "THE DALAI LAMA AND AUROVILLE - THREE MEMORABLE VISITS (1973, 1993 & 2009)"

OPEN EVERY DAY EXCEPT SUNDAY, TIBETAN PAVILION



*On the occasion of His Holiness
the Dalai Lama's 90th Birthday*

The Pavilion of Tibetan Culture

invites you to an exhibition

The Dalai Lama and Auroville Three Memorable Visits (1973, 1993, 2009)



**At the Pavilion of Tibetan Culture
International Zone**

*Opening: every day (except Sunday)
From 9 am to 12:30 and 2 pm to 5 pm*

On the Occasion of the 90th Birthday of His Holiness the Dalai Lama, the Pavilion of Tibetan Culture presents an exhibition on "The Dalai Lama and Auroville – Three Memorable Visits (1973, 1993 & 2009)".

Starting right from the inauguration day in 1968, when soil of Tibet was put into the urn by a young Tibetan girl, continuing in 1971, when the Mother took 12 Tibetan children into the Auroville school and in 1973 when the Dalai Lama spent two days in Auroville and Pondicherry (on January 17, he met the Mother in the Ashram), the exchanges between the community of Auroville and Tibetans have been frequent and regular.

In December 1991, the Pavilion of Tibetan Culture became a unit of Auroville Foundation through a resolution of the Governing Board under Dr Karan Singh and Dr Kapila Vatsyayan, the famous Art and Tibetan scholar. In January 1993, His Holiness agreed to be the Patron of the Pavilion. Later in the year, he came to Auroville to lay the Foundation Stone of the Pavilion and in January 2009, he returned to inaugurate the building.

CULTURAL ANNOUNCEMENTS

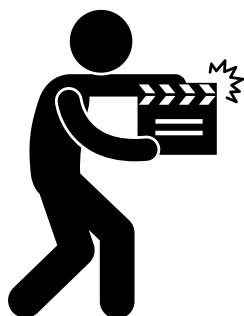
AUROVILLE FILM FESTIVAL 2026

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?



*I appreciate the development occurring constantly
I pray this place will be of immense benefit to others.*

— His Holiness the Dalai Lama in the Matrimandir's Guest Book,
January 20, 2009

CENTRE D'ART 25/26 SEASON

Centre d'Art is thrilled to announce the program of the new season that will open on 1st August with the exhibition of John Mandeem, Aurovilian photographer recently passed away.

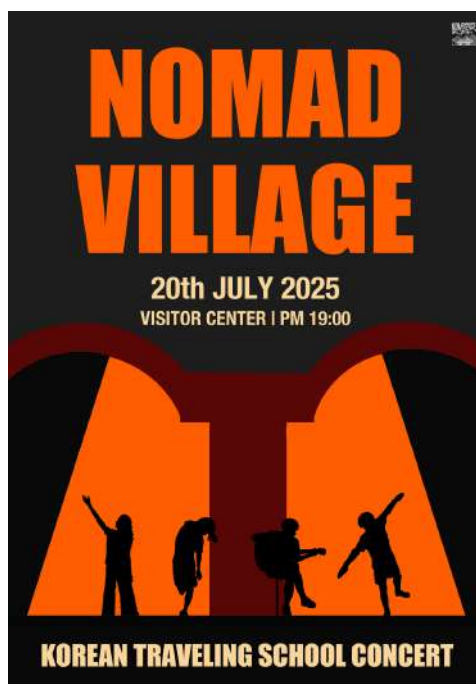
On 15th August, a special project dedicated to young photographers from Auroville - the Dominique Darr Grant - will be inaugurated.



Throughout the year, we will have 10 exhibitions, conferences, workshops and screenings about art and photography. We will also host 2 artists in residence, a photographer from Kolkata and an illustrator/storyteller from London.

Impossible to get bored!

**KOREAN
TRAVELLING
SCHOOL
CONCERT**
SUNDAY 20TH
JULY, VISITOR
CENTER



LE PAVILION DE FRANCE PRESENT GAME NIGHTS
EVERY WEDNESDAY, FRENCH PAVILION

**LE PAVILLON DE FRANCE
AUROVILLE PRESENTE**



OPEN TO ALL LEVELS
EVERY WEDNESDAY, 4:00 TO 5:30 PM
AT FRENCH PAVILION - INTERNATIONAL ZONE

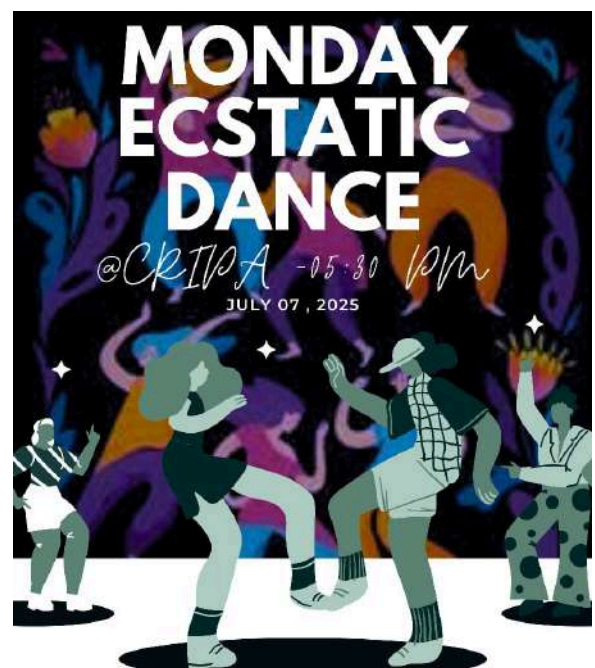
Join us weekly for a board game session!

Come have fun, meet new friends, and unleash your creativity. Open to all ages, all languages, and all levels. Whether you enjoy memory games, speed challenges, or strategy games, there's something for everyone.

Feel free to bring your favorite games along!

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.

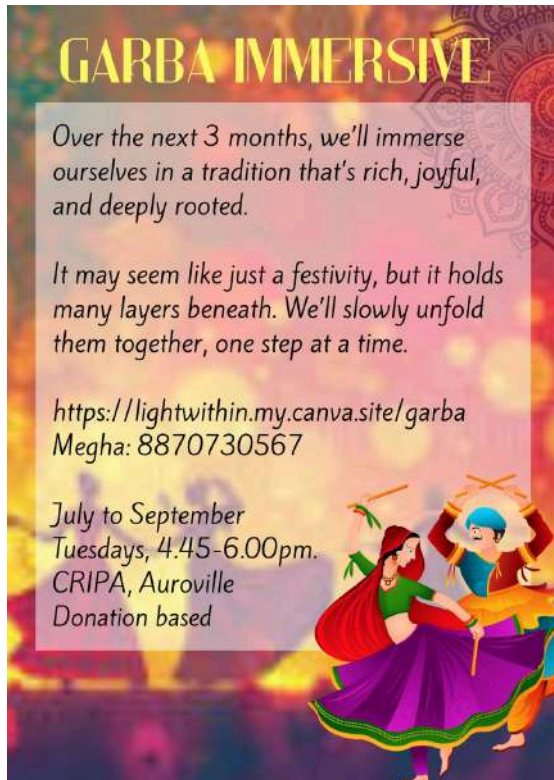
Free entry - donations encouraged

 **Tuesdays from 1st July - 30th September**

 **4:45 - 6pm**

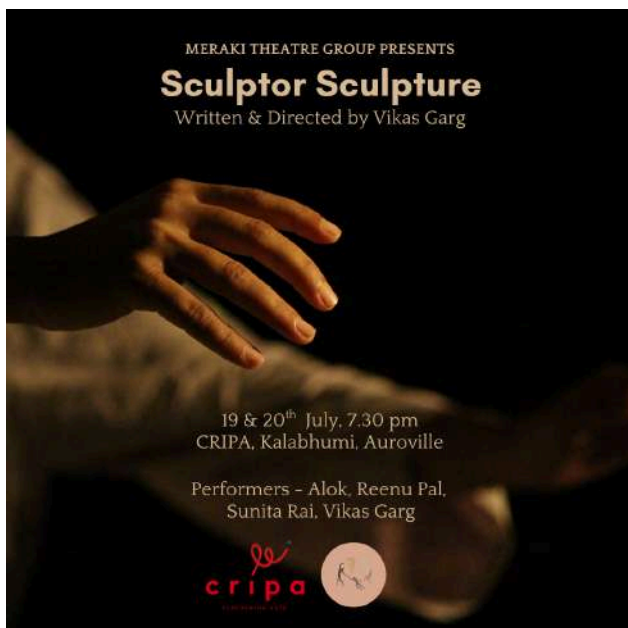
 **Cripa, Auroville**

 **(+91) 88707 30567**



SCULPTOR SCULPTURE - A PLAY

SATURDAY 19TH & SUNDAY 20TH JULY



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**

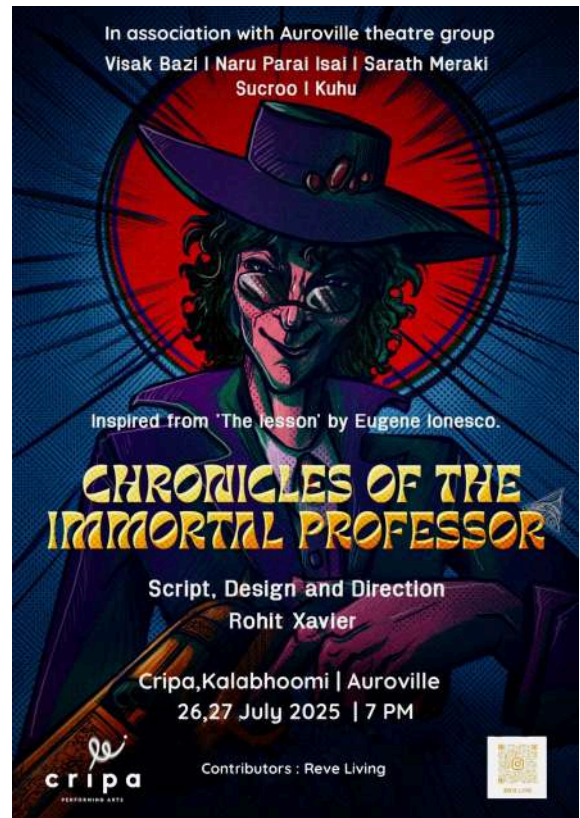
 **Cripa, Auroville**

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

CHRONICLES OF THE IMMORTAL PROFESSOR

(INSPIRED BY 'THE LESSON' BY EUGENE IONESCO)

SATURDAY 26TH & SUNDAY 27TH JULY



"They keep coming back.

Maybe to remember.

Maybe to forget.

But the lesson...it's never the same."


The Chronicles of the Immortal Professor returns - twisted, evolved and louder than before.

In association with Auroville Theatre Group & Reve Living - Visak Bazi, Naru Parai Isai, Sarath Meraki, Sucroo & Kuhu.

 **Saturday 26th & Sunday 27th July 2025**

 **7pm**

 **Cripa, Auroville**

 **Age limit: 10+**

Free entry but donations encouraged



POETRY



Mind you!

"Be mindful."
"My mind is already full."

Anandi Z

The Truth-Light

4.12.2024

I awakened in a half-light,
Illumination not yet here
Et it is hidden, out of sight
Waiting in silence to prepare
The world of man on fertile ground
When the evil is washed away
And a growing humanity
Will bring the truth-light into play.

Narad

AUROVILLE RADIO



Dear Aurovilians,

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

Last published podcasts:

- [Marlenka's weekly Offering – Ep.144](#) (Literature)
- [Soul Tracks S.6, Ep. 16: What is and What Should Never Be.](#) (Music)
- [Une série hebdomadaire de lectures par Gangalakshmi – Ep.500](#) (Integral Yoga)

Latest Youtube video:

- [‘Kalālāpa’ - A Kolam Art Exhibition by Jyothirmayee Bommana | Tibetan Pavilion, Auroville](#)
- [Smrithi Adinarayanan talks about “The Context” in Integral Education in Tamil | IEPG 5 - Day 2](#)
- [Smrithi Adinarayanan talks about “The Context” in Integral Education | IEPG 5 - Day 2 | SAIER](#)

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

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

Peace and love

Regards,
Sai Priya for Auroville RadioTV

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

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!

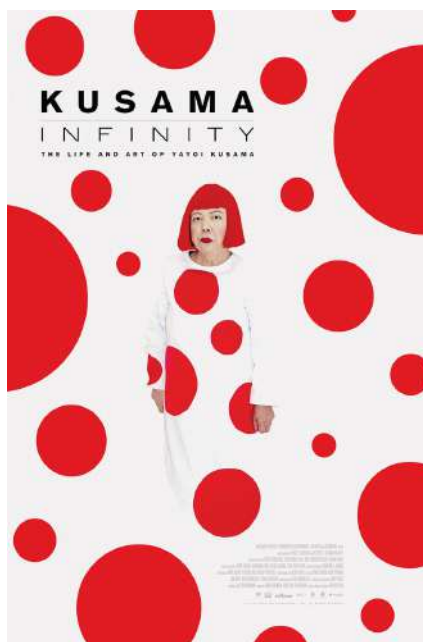
*Come by to check out our
selection!*



CINEMA

NEW MOON MOVIE

THURSDAY 24TH JULY, MULTIMEDIA ROOM, CENTRE D'ART



Every New Moon day, Art
movie screening at
Centre d'Art, Citadines.

This month it will happen
on **Thursday 24th July**
at 5pm, in the Multimedia
room.

Kusama: Infinity

by Heather Lenz, 2018 –
76 min - Original version
with english subtitles.

Kusama: Infinity is a 2018
American biographical
documentary film that
chronicles the life and art
of Japanese
contemporary artist [Yayoi
Kusama](#), now one of the
best-selling artists in the
world, who overcame
sexism, racism, and a

stigma of mental illness to achieve international recognition
relatively late in her career.

Everybody is welcome

Cinema Paradiso

Multimedia Center (MMC) Auditorium

Film program: 21st - 27th July 2025



Cinema Paradiso-Multimedia Center is operating at 100% seating capacity. Seating starts about 15mins 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 21 JULY, 8:00 PM:

- **EK BETUKE AADMI KI AFRAH RAATEIN (THE JOYOUS NIGHTS OF A RIDICULOUS MAN)**

India, 2023, Dir. Sharad Raj w/ Adil Hussain, Mia Maelzer, Archana Gupta, and others, Drama, 97mins, Hindi-Bengali w/ English subtitles, Rated: A (R)

Inspired by stories from Dostoevsky and Premchand, this film follows Gulmohor's bleak small-town life—defined by routine, TV, porn, and a fragile relationship with Anita, a Bangladeshi immigrant and sex worker. When a riot breaks out, his refusal to act costs her life. In Lucknow, he tries to make amends: reuniting lovers and raising Anita's orphaned son. A haunting yet redemptive journey through caste, desire, and consequence. *The film was scheduled on 26 April 2021; the day India entered its second COVID-19 lockdown. We thank the director for reconnecting and offering the film.*

POTPOURRI – TUESDAY 22 JULY, 8:00 PM:

- **MYSTIC PIZZA**

USA, 1988, Dir. Donald Petrie w/ Annabeth Gish, Julia Roberts, Lili Taylor, and others, Comedy-Romance, 104mins, English w/ English subtitles, Rated: R

In a quaint coastal town, Kat, Daisy, and Jojo navigate love, class divides, and personal dreams while working at a local pizza parlor. As relationships unravel and deepen, each woman confronts what she truly wants from life. A warm, witty coming-of-age tale that launched several major careers and became a cult classic for its heartfelt portrayal of friendship.

SELECTION – WEDNESDAY 23 JULY, 8:00 PM:

- **THE WIND THAT SHAKES THE BARLEY**

Ireland-UK-Germany-Italy-Spain-France-Switzerland, 2007, Dir. Ken Loach w/ Cillian Murphy, Pádraic Delaney, Liam Cunningham, and others, Drama-War, 127mins, English-Irish Gaelic-Latin w/ English subtitles, Rated: NR (R)

In 1920s Ireland, young doctor Damien abandons a medical career to join his brother Teddy in the guerrilla resistance against British rule. As independence leads to civil war, the brothers are torn apart—Damien by idealism, Teddy by loyalty to the new state. Their bond unravels in an atmosphere of betrayal, conviction, and sacrifice. The film won the Palme d'Or at Cannes for its unflinching portrayal of revolution and brotherhood.

INTERESTING – THURSDAY 24 JULY, 8:00 PM:

- **GUNDA**

Norway-USA-UK-Belgium, 2020, Writer-Dir. Victor Kossakovsky w/ Gunda, B&W, Documentary, 93mins, No language, Rated: G
Shot in black and white with no dialogue, this meditative documentary follows Gunda, a mother pig, as she nurtures her newborn piglets. Alongside her, two cows and a one-legged chicken live out quiet, expressive lives. With no narration or music, the film invites deep reflection on animal consciousness. *It received universal acclaim and was shortlisted for the Academy Award for Best Documentary Feature.*

INTERNATIONAL – SATURDAY 26 JULY, 8:00 PM:

- **PHOENICIAN SCHEME**

USA-Germany 2025, Writer-Dir. Wes Anderson w/ Benicio Del Toro, Mia Threapleton, Michael Cera, and others, Comedy-Crime, 101mins, English-French w/ English subtitles, Rated: PG-13

In 1950s Europe, ruthless tycoon Zsa-Zsa Korda survives an assassination attempt and names his estranged daughter Liesl—a Catholic nun—as heir to his empire. As they navigate sabotage, espionage, and buried family secrets, Liesl and Korda confront morality, legacy, and love. *A surreal, darkly comic tale of redemption and betrayal, it premiered at Cannes and earned much acclaim for its visual artistry.*

CHILDREN'S MATINEE – SUNDAY 27 JULY, 4:00 PM:

- **MIDDLE SCHOOL: THE WORST YEARS OF MY LIFE**

USA, 2016, Dir. Steve Carr w/ Griffin Gluck, Lauren Graham, Alexa Nisenson, and others, Comedy-Family, English-Central Khmer-Spanish w/ English subtitles, Rated: PG (For ages 10 and up; PG for younger kids)

Rafe Khatchadorian, a rebellious middle schooler with a wild imagination, launches "Operation R.A.F.E."—a mission to break every absurd school rule after his sketchbook is destroyed by the principal. With help from his imaginary friend Leo and Jeanne, Rafe turns chaos into creativity. *A clever mix of pranks, heart, and humor, the film blends live action with animation.*

CLASSIC WORLD CINEMA @ CINÉ-CLUB

CINÉ-CLUB SUNDAY 27 JULY, 8:00 PM:

- **TŌKYŌ MONOGATRI (TOKYO STORY)**

Japan, 1953, Dir. Yasujiro Ozu, w/ Chishū Riyū, Chieko Higashiyama and Others, Drama, 137mins, Japanese w/ English subtitles, Rated: PG.

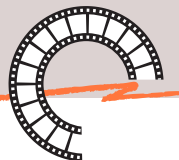
An elderly couple head to Tokyo to spend a few days with their children and grandchildren. Initially welcomed with warmth, their visit soon becomes inconvenient for the busy children, who begin to see them as more of a hindrance than guests. The couple's quiet patience contrasts with the children's detachment—until a sudden event reveals the emotional divide between generations.

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 JULY 2025

sante

Working Hours:

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

Tests and Sample collection:

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

No sample collection on Saturday

For emergencies, contact:

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

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

Appointment

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

Doctor Consultation with Dr. Joseph, 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 (11th Aug onwards)
Physiotherapy & Massage with Galina: Monday to Friday	Homeopathy with Michael: TOS
Midwifery & GYN Care with Paula: Monday & Wednesday	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

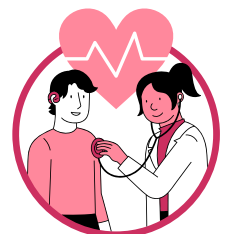
Contact: (0413) 3509942 / 3509943

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: 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).

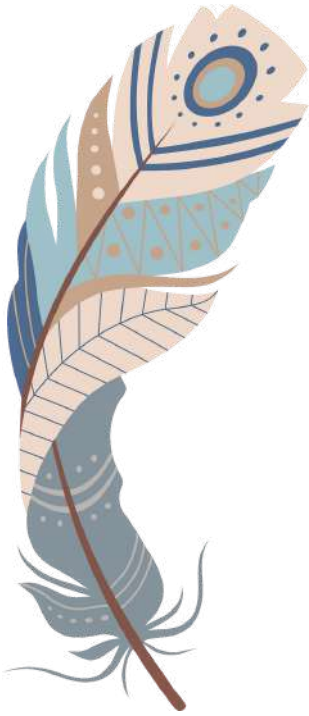
In the activities, help Pitta and Vata to be centred and grounded:

- 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:

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