Auroville NEWS & NOTES

No 1083 - A weekly bulletin for residents of Auroville

24 July 2025



PONDERING

Every day things seem to become worse. In truth we feel more and more disgusted with the old rotting world, and are more and more convinced of the necessity of founding, somewhere out of the welltrodden tracks, a new centre of life in which a new and truer light can be manifested, a new world no more based on selfish competitions and egoistic strife but on general and eager endeavours to promote the welfare, knowledge and progress of all—a society based on spiritual aspiration instead of lust for money and material power.

> The Mother, The World Today, Words of the Mother III https://motherandsriaurobindo.in/The-Mother/books/words-of-the-mother-III/#the-world-today



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 80

(Someone asked the Mother about interviewing people of Aspiration to find out their views on things, including sex and drugs.)

It would perhaps be better to ask people who, by a serious practice of yoga, have had at least a glimpse of the Higher Wisdom.

1970

(Mother wrote down the languages to be taught at the School:)

*

- (1)Tamil
- (2)French

(3)Simplified Sanskrit, to replace Hindi as the language of India (4)English, as the international language.

15.12.1970

Q: I have always considered the Ashram and Auroville to be parts of an integral whole. I cannot see them as different entities. How then was a difference made by you, Mother?

The Ashram is the central consciousness, Auroville is one of the outward expressions. In both places equally the work is done for the Divine.

The people who live in the Ashram have their own work and most of them are too busy to give time to Auroville.

Each one must be busy with his own work; this is essential for a proper organisation.

Auroville is not a work of charity. A night spent in Aspiration is equivalent to a day's work.

Feb. 1971

Page 81

(The Mother was asked about the use of chemical fertilizers and pesticides in Auroville. She replied:)

The city the earth news.

NO NO NO

Auroville should not fall back into old errors which belong to a past that is trying to revive.

March. 1971

"Therefore if the spiritual change of which we have been speaking is to be effected, it must unite two conditions which have to be simultaneously satisfied but are most difficult to bring together. There must be the individual and the individuals who are able to see, to develop, to re-create themselves in the image of the Spirit and to communicate both their idea and its power to the mass. And there must be at the same time a mass, a society, a communal mind or at least the constituents of a group-body, the possibility of a group-soul which is capable of receiving and effectively assimilating, ready to follow and effectively arrive, not compelled by its own inherent deficiencies, its defect of preparation to stop on the way or fall back before the decisive change is made. Such a simultaneity has never yet happened, although the appearance of it has sometimes been created by the ardour of a moment. That the combination must happen someday is a certainty ... "

Mental Honesty Does not try to deceive others nor to deceive itself. - The Mother Tristellateia australasiae A. Rich., Malpighiaceae.



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: <u>newsandnotes@auroville.services</u>
- · Content must be community-building focused:
 - Open and accessible to all community membersNot profit-oriented
 - Contributing to collective growth or well-being
 - Promoting Auroville's ideals and values
- _____
- For further information, please <u>click here</u> <u>click</u> to view our complete FAQ document.
- For past issues or to subscribe, visit: <u>auroville.media/newsandnotes</u>

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)

0

О

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 <u>newsandnotes@auroville.services</u>.
 Content sent through *@auroville.org.in* mail ID will

NEWS & NOTES

- only reach us if you use this <u>FORM</u> to submit your content.
- The mail ID to submit content is: <u>newsandnotes@auroville.services</u>
- 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

CONTENTS

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

FROM THE ENTRY SERVICE

ES # 261 DATED: 21-07-2025

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 at <u>auroville.entryservice@gmail.com</u>.

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



Anbu ANBAZHAGAN (Indian) staying in Maitreye II and working at OK Up Cycling Studio



• Dmitrii SEMENOV (Russian) staying in Maitreye I working at Matrimandir and Aurodent [errata from 16 June announcement that he did not complete his Newcomer process]

YOUTH TURNING 18 BECOMING AUROVILIAN ANNOUNCED



Devashri ADHI (Indian) staying in Celebration and working at Matrimandir

DID NOT COMPLETE THEIR PROCESS WITH THE ENTRY BOARD

- Vijaysinh RAMAIYA (Indian)
- Gnanavalli SAMIVEL (Indian)
- Aumurto CHAUDHURY (Indian)

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

OPEN LETTER ABOUT INHUMANE ACTIONS OF GB BCC AND FAMC

Dear Community and friends,

We wish to raise here a deep concern around our collective life in Auroville, the solidarity we have for one another, and how our social fabric has been and continues to be threatened.

We feel it is important to help bring to the forefront of the community's notice the disturbing lack of care by people positioning themselves as decision-making groups, in how they have been treating other residents, and their casual disregard for well-being and livelihood. Impacting decisions have been made that affect everyone, without consultation, although signed with inspiring phrases of progress and ideals.

Maintenances across the board (over 200 to date) have been cut with little to no notice or justification, without following established community processes, and with no respect for principles of natural justice. Our service ecosystem is being dismantled, and those who held it for the community are being cast aside with no recognition of what they have contributed, and very little support once they are dismissed. They are told to find work elsewhere, by people who occupy positions the collective has not asked them to hold.

Some elderly Aurovilians are not supported, and these people who have dedicated their lives to Auroville and its vision are left to fend for themselves or accept random assignments by GB appointed/backed Aurovilians.

This is an undignified and inhumane attack on what we have cocreated, unacceptable anywhere, and particularly in a place with a spiritual foundation with the aim to materialize human unity. Our endeavour, this spiritual and social experiment, calls on what is good in all of us, on doing away with machine-like calculations of cost versus human, and no matter what developments, legal proceedings, or differences in vision there can be, caring for one another should remain central.

People have responded to Mother's call to 'all men of goodwill' and given their all to co-create and help manifest the vision of Auroville. We cannot consider people as disposable, treating each other simply as 'assets'. What are we building if there is no care for one another?

The callous brushing aside of people's life and work for a supposed 'greater good', by people claiming to have understood the whole vision better than anyone and in the name of efficiency, goes against all principles of natural justice, fairness, and one of the core aims around which Auroville was created: human unity.

The idea of a contribution, which started as a voluntary gift from individuals in support of the community, has been transformed into a poorly disguised tax, then further used as an extortion for visas. This perversion of a once beautiful gesture of giving is sad but not surprising, considering the range of actions taken by a few who saw the arrival of the current administration as a means to impose their personal vision on others.

The trust we have in each other, built from a shared life, vision, and work, is now being eroded. Many residents hesitate to speak out and be seen, from fear of repercussions, or hesitate to reach out to someone being unjustly treated or in need of help. The injustice of this manoeuvring by a few which creates such an environment, and their blindness to or sheer lack of concern for the hurt and damage they cause, is a sad state of affairs.

Through this letter we wish to explicitly call out all these actions and call for everyone, each one of us, to remember we are all in this together. We cannot go wrong when reaching out to one another in kindness. We encourage everyone to check in with your friend, neighbor, work colleague, etc. and see how we can be creative in offering each other support. Even "small" gestures such as , help with shopping, with cleaning, or other things, would nurture greater solidarity.

With hope, care and perseverance,

Aravinda, Bharathy, Chali, Matthieu, Prashant, Valli The Working Committee selected by the RA



WORKING COMMITTEE of the Residents' Assembly AUROVILLE FOUNDATION



FOR IMMEDIATE ATTENTION BY UNIT EXECUTIVES RE SIGNING BALANCE SHEETS, AUDIT CORRECTIONS, GST FILINGS & UPDATED TRIAL BALANCES

Dear Community,

In response to a recent call from the GB FAMC urging units to sign audited balance sheets, we share below, with permission, an assessment from Abacus Accounting Service, who manage accounts for a large number of Auroville units.

This message, sent by Abacus to Trustees, GB FAMC, and the Foundation Office, outlines serious risks related to errors in audited accounts, GST filings, and missing trial balances. It is shared so that unit executives can fully understand the implications before taking any action.

We would like to point out that there are still a couple of months to finalise balance sheets in the portal and that the most important statutory compliance is to give correct accounts. Therefore, Aurovilians need to insist that accounts reflect the proper figures.

The details below explain clearly why blind approvals could have lasting consequences. Please read carefully.

We bring to your attention a few important concerns that require immediate action and collective attention from the Trustees, GB FAMC and relevant executive authorities. Please find below the details for your consideration:

- 1. Audited Balance Sheet Request for Immediate Review and Rework. Abacus Accounting has been managing the accounts of three major trust units under the Auroville Foundation. Upon reviewing the recently shared audited balance sheets for the financial year 2024–25, we have identified several inaccuracies. While the auditor has referred to these discrepancies as "minor," our examination indicates that some of these are material and may carry long-term implications.
- These are not just clerical oversights—they compromise the integrity and reliability of the financial statements. Once signed and submitted, these documents become part of the official record and may be reviewed by external bodies such as the Comptroller and Auditor General (CAG) or other government agencies. Any inaccuracy left uncorrected now may raise serious questions in the future.

- In this context, we respectfully urge the Trustees, FAMC and all concerned authorities to instruct the auditor to revisit and thoroughly rework the balance sheets. If the corrections are not incorporated, we strongly recommend withholding approval and signatures until the statements are fully accurate and compliant. This proactive step is essential to safeguard the credibility of our financial reporting.
- 2. GST Monthly Filings Concerns on Input Credit and Filing Methodology. It has also come to our notice that the GST filings being submitted by the new accounting team are inconsistent and in several cases, not compliant with proper standards. Specifically, Input Tax Credit (ITC) is not being correctly recorded, tracked or utilized, which could lead to the loss of eligible credits or mismatches in GST returns.
- Furthermore, the overall filing methodology lacks consistency and transparency, creating potential exposure to penalties and compliance risks in the future.
- We request the executives and unit holders to urgently follow up with the new accounting team and obtain a detailed summary of GST sales, purchases and ITC for the past three months. This is essential for each unit to cross-verify and reconcile their records before these errors become systemic.
- Taking corrective steps now will reduce future liabilities and help re-establish confidence in our GST compliance processes.
- 3. Trial Balance Urgent Need for Updated Accounts Beyond GST. While GST filings have been prioritized by the new accounting team, other fundamental aspects like general ledger maintenance and the preparation of up-to-date trial balances are being overlooked. This creates concern, especially as trial balances form the basis for audits, internal reviews, and annual account finalizations.
- Though the FAMC may not have formally requested the threemonth trial balances at this time, it is crucial that unit holders independently request and obtain the updated trial balance from the new team. If delayed, it may result in unresolved entries and could hinder the timely closure of accounts.

Please be aware that any discrepancies or delays may lead to accountability concerns for the unit executives and coordinators. It is in our collective interest to ensure that each unit maintains financial clarity and completeness in its reporting.

Your attention to these matters is greatly appreciated. Let us take timely action to avoid complications and uphold financial integrity.

Sincerely,

The Working Committee of the RA Aravinda, Bharathy, Chali, Matthieu, Prashant, Valli



CALL FOR SUPPORT

Dear Community,

As you are aware, we continue to work and to stand for the spirit of Auroville and the voice of our community in its growth and development. With the support of so many of you as well as many Auroville friends and wellwishers, we have continued to meet and address a constant barrage of challenges.

However, more can be done and more must be done! Will you help?

If the answer is 'yes', please write to us at workingcom@auroville.services. All you have to do is say 'yes' - no form to fill out, no specific profile to meet, no expectations, just say 'yes'!

We look forward to hearing from many of you, even if you have offered before, even if you are already involved, even if you don't know how you could help.

With hope, faith and perseverance,

Your Working Committee Aravinda, Bharathy, Chali, Matthieu, Prashant, Valli



WORKING COMMITTEE of the Residents' Assembly AUROVILLE FOUNDATION

FROM THE AUROVILLE COUNCIL

AVINASH CONFIRMED AS RAS MEMBER

Dear Community,

Following our announcement in March inviting feedback regarding the proposed addition of Avinash as a new member of the Residents' Assembly Service (RAS), and in line with the trial period that was to follow until the end of June, we would like to share an update.

As of the March 27th deadline, we did not receive any objections or concerns from the community. Over the past three months, Avinash has actively participated in the work of the RAS team and has shown commitment and willingness to serve in the RAS.

As there has been no negative feedback, we are happy to confirm Avinash as RAS member.

We thank the community for your attention and continued support.

Warm regards,

The Auroville Council Lucas (TOS), Martin, Ramesh, Rju, Sathiya

CALL FOR RAS MEMBERSHIP

Dear Community members,

The Residents' Assembly Service (RAS) needs more members and resource persons.

We are looking for service-oriented individuals with skills in communication, organization, and coordination. Candidates should preferably be individuals who have been involved in RA working groups, have some understanding of the RAS's functioning and residents of Auroville for at least 5 years.

The RAS mainly bridges residents with Auroville's administration, organising decision-making and selection processes.

You can read the current mandate here:

FAS Mandate

If you're interested in contributing to Auroville's internal processes, this is a wonderful opportunity to get actively involved, please contact us via:

Email: avcouncil@auroville.services

Warm regards, The Auroville Council

FO GROUPS NEWS

(not selected by due Residents' Assembly process)

FROM THE FO N&N 1088

Please click <u>HERE</u> to read the FO groups' news

COMMUNITY NEWS

COMMUNITY SHARING

SUPPORT THE FREEDOM TO BE ! REQUEST FOR THE RECOGNITION & REGISTRATION OF UNITS FOR ACTING, MODELING, DJING AND OTHER ARTISTIC DISCIPLINES, AS VALID FORMS OF ARTISTIC EXPRESSION



In Auroville, artistic expression is more than a profession. It is a path to self-discovery, a vital part of our collective growth, and a reflection of the freedom each soul deserves.

Today, some residents who engage in acting, modeling, DJing, and similar creative fields face arbitrary restrictions — despite these being previously recognized in Auroville, and worldwide as legitimate artistic disciplines.

We are calling for the recognition and registration of these activities in alignment with the Mother's vision of a place where every individual can grow and express themselves freely.

Sign the petition to support fairness, inclusion, and the right to be fully oneself through creative expression.

https://forms.gle/B9kvxKStY2sR6xkLA

And here is the full text:

We, the undersigned, request that units for acting, modeling, DJing, and other artistic disciplines are recognised and registered.

Acting, modeling, DJing, and similar forms foster creativity, selfexpression, and personal growth. Acting explores human emotions and narratives essential for collective understanding; modeling conveys artistic meaning through posture, style, and presence; DJing transforms music into an immersive art form that uplifts and unites people. These activities are not merely commercial ventures — they are recognized worldwide as true artistic disciplines.

As Sri Aurobindo himself demonstrated by writing plays, and as the Mother emphasized, art is a way to discover the beauty and depth of the human soul. These forms of expression are extensions of this profound creative process, nurturing inner development and connecting individuals to the divine and to others.

The Mother also envisioned the development of a film institute in

Auroville — a space that would provide opportunities for directors, artists, screenplay writers, videographers, and other creative professionals to collaborate and thrive. This vision underscores the importance of cultivating environments where artistic vocations can be supported and honored as part of Auroville's evolving cultural landscape. Such an initiative would not only empower local talent but also serve as a vibrant hub of creativity for the entire community.

Artistic freedom is a fundamental right. As the Mother said, "Freedom is the soul's need; to express oneself freely is to be truly alive." Restricting participation in these forms of art undermines the very spirit of freedom, creativity, and evolution that Auroville seeks to embody.

Moreover, acting, modeling, DJing, and other creative professions provide legitimate means for financial self-sustainment, fulfilling the Mother's vision that sustenance and artistic expression can coexist, enriching both the individual and the community.

It is also important to note that only a small number of individuals are currently being restricted by this arbitrary decision, while Indian citizens and OCI continue to engage in such activities freely. This selective limitation not only raises questions of fairness but also inhibits the full realization of Auroville's inclusive and creative potential. Allowing all residents the freedom to contribute through their artistic skills would enhance the collective richness and benefit the community as a whole.

Importantly, there is no provision in the minutes of the 67th and 68th Governing Board Meetings that prohibits such activities. Therefore, prohibiting these activities appears arbitrary and exceeds the authority of the FAMC. Decisions impacting community life must be rooted in law, fairness, and transparency.

By embracing the diversity of artistic expression, Auroville can further fulfill its ideal of being a living laboratory for human unity, creativity, and evolution.

We trust in your support and vision to uphold these fundamental values.

AUROVILLE FARM GROUP - QUARTERLY REPORT THE QUALITY OF AUROVILLE GROWN FOOD

HOW CAN WE CREATE AND MAINTAIN A SYSTEM OF AUROVILLE FOOD STANDARDS IN ALIGNMENT WITH OUR HIGHEST ASPIRATIONS?

We Auroville farmers want to ensure that the food produced on Auroville farms is of the highest standard. For us this means that it is grown in ways that do not harm either individual health or our environment. That animals are well cared for and human beings are physically and spiritually nourished. Most of us try to do this, but we also recognise the physical, social and economic constraints that often make certain choices difficult and sometimes impossible given our current systems. In the past few months, we have received a lot of feedback from community members regarding the quality of Auroville grown produce; the high prices and stark difference physically compared to the same things in Puducherry market, the lack of certain produce grown in Auroville - and so on.

Addressing these concerns requires both the farms and the community to interact and come to a common ground on the standards of food required by the community. We also need to understand and decide on what we are willing to invest individually and collectively to maintain these standards.

These questions are not new, and farmers have been debating them for many decades. We think it is high time now to address this issue openly in the community. Because food, which is a basic need for everyone, has become a market commodity in Auroville. While progressive governments and food movements internationally are emphasising de-capitalisation and decommodification of food, we seem to be moving in a completely different direction. Today, healthy food is available only to those who can afford it rather than everyone who needs it. Which has huge repercussions for Auroville farming as a service to the community.

We need community support in taking this conversation forward. We need people who are interested and passionate about this subject. People willing to put energy into exploring possibilities, to improve transparency and shape our Auroville food system.

Would you like to work with us to create food standards for Auroville grown food and a system that maintains them? Which is in alignment with the overall aspirations of the Auroville experiment, and grounded in current social-economic realities of our community?

For more information about the issues involved and possible ways of helping please contact <u>aurovillefarmgroup@gmail.com</u>

MEANWHILE WE GO ON GROWING... HERE IS WHAT AUROVILLE FARMERS PRODUCED IN THE LAST THREE MONTHS APRIL TO JUNE 2025



With gratitude to the people, animals and the land of Auroville that co created this food that we might eat

The centre of our cornucopia, (horn of plenty), in this season is of course fruit. We are enjoying a huge variety this time of year which includes, jackfruit, chikku, sapota, soursop, lemons and limes and even some passion fruit. This along with our usual papaya and bananas. Although the mango season has not produced record amounts of mangoes this year (because of earlier rain) there has been a record amount of diversity with all sorts of different varieties to try. They are still coming, so when you see a type of mango you haven't eaten before why not buy one and see what it tastes like? If you want more details about the different mangoes contact Auroorchard. We have not included any millet in these figures because (as we explained in our last report) few Auroville farmers continue to grow them. Some local farmers do, however, and this is processed by Annapurna. It includes 843kg of Varagu rice/flour 63.8 kg of Tennai with small amounts of other varieties.

As always our chickens and cows continue to produce milk and eggs and our farmers grow greens and vegetables. Greens include a variety of herbs as well as various sorts of spinach, microgreens and sprouts. Production of brinjal and ladies finger continue with quantities of bean, lauki, snake gourd, cucumber and pumpkin available. There has even been a few yams and sweet potatoes grown. Rice and millet have been supplied from our store in Annapurna and our grain farmers have so far produced 122kg of peanuts.

If you have any questions or feedback we love hearing from you. Just email <u>aurovillefarmgroup@gmail.com</u>



RESIDENTS SPEAK

THE GREAT GURU OF AUROZ – PART XV

(previous episode in the last N&N)

As she goes about her day, Dorothy finds herself lost in thought. She wanders into a quaint shop, her curiosity piqued by a snow globe that catches her eye. Inside, a golden golf ball rests on a pristine sea of white. Engraved on the base is a cryptic message:



"When Auroz is finally forged and done, snow will fall on the globe of sun."

Dorothy tilts her head, trying to make sense of it. There's something about this snow globe, something oddly familiar. She picks it up, shaking it gently. As the globe swirls, white flakes scatter, revealing a golden globe surrounded by concentric rings of blue and grey that spin round and round. Within the

flurry, she notices little figurines: a clock, a red rose, a cow, an orchid, a flamingo, a red brick, a compass, a flying monkey, a pair of ruby slippers...

Ah, yes. Each figure seems to personify a lesson learned in Auroz:

- Mindfulness and the importance of slowing down to appreciate life's beauty
- · The clash between authenticity and artificiality
- Sustainable solutions versus superficial fixes
- The transformative power of kindness and empathy
- Courage to take risks and explore the unknown
- Embracing individuality and critical thinking
- Adaptability versus stagnation
- Embracing imperfection
- The pursuit of resolution
- Resilience in the face of overwhelming challenges
- The power of action
- Inner balance

The snowflakes settle. Dorothy, with a thoughtful nod, places the globe back on the shelf and heads towards the exit. The bell above the door rings softly, marking the end of her visit, as Dorothy steps out into the world, her journey complete. For now.

In the shop, a single fleck of dust dances in the sunlight, floating gracefully to the shelf below. The plastic AC nestles comfortably in the snowflakes, and the hum of the "real" AC fills the air of the shop.

The End... of this cycle.





On the 21st July 2012, I received a Stay Visa for three years from 2023 to 2026, which will give me a relief for one year.

The first movement within was a sense of Gratitude. Gratitude to Sri Aurobindo and The Mother, Gratitude to India, Gratitude to the Higher Authorities of the Government of India who have approved my visa, and Gratitude to all the people who expressed their support. I was told over a lakh and a half. They spoke from India and abroad, from organizations like AVI, from the Media, Politicians, Bureaucrats, Lawyers and Environmentalist and Human Rights groups.

Too Many to name, but a few friends need to be mentioned by name; My Brother-in-Arms Franois Gautier, the members of the RA Working Committee, Residents Service, Legal Body, Fin.Service..

Gratitude is good for my health, which took a beating. A sweet, warm rises from the Soul and widens all the constrictions in the body, in the vital, in the mind and in the spirit.

One month in Delhi with my family Swaminathan, thank you, then days as a guest in the Ashram, thank you, and now in Auroville, my Kurukshetra.

We will walk hand in hand towards the Vaster Auroville, the Brihat Goval Embrace.

Sri Aurobindo Saranam namah.

Frederick

THANK YOU AUROVILLE

I thank Auroville and all its protagonists for everything they have helped to bring to light in me and everything they are helping to activate in the current planetary field. I thank the subtle presence that has guided every experience of growth, healing and transformation I've had here with my son in recent months. Thank you for the pressure, the inspiration and the revelation.

I thank the space of stability and cultivation of body awareness, the Dojo and its teachers. I thank the music teachers who sow the seeds of listening, responsibility and vibratory creativity in the children. I thank the families, the parents, who act in the search for a daily environment of love and truth, to nourish a red thread of free progress in the new generation. I thank the Tamils and their bewitching language, and the colorful, laughing, humble and attentive women who take care of the houses.

I thank the Dog Nation, for their loyalty, their magic, their intelligence at work in the city, and their sacrifice in this adverse environment. And the Animal Lovers, the guardians of their wellbeing, who passionately direct our gaze and ntore sensitivity to their condition.

I thank those who planted the forests and those who protect them, those who sow and cultivate, those who garden in peace, thanks to all the stewards of light nourishment, who bring back and nurture the foundations of life. Thank you for the birds, peacocks, insects, wild pigs and turtles, thank you for the giant trees and psychic flowers, once again at home on the red earth, gorged with water, shade and a mild climate, at the very heart of the auroral urban encampment. Thank you to all the natural elements, human and non-human, native and imported, for showing us the possible path of mutual support, of effective collaboration in the process of regeneration and territorial reconciliation.

I thank the healers, the meditators, those who pray and those who sing to the gods, those who read Sri Aurobindo and those who seek the meaning of the teaching, and those who courageously pass on the fruits of their long study, all those who smooth the atsmophere of grace and magnetize pure radiance, who bring liberation beyond the games of power, superficial sensoriality and gravedigging money.

I thank the institutions that allow the great dance of consciousness to continue, the creeping and residual shadows to be uncovered, the confrontations from the distant memories and underlying archetypes of our humanity, to resurface - on the guarded stage of Mother of a Thousand Mirrors, in the wombs of her experimental jewel, blessed, destined and offered to supramental consciousness.

I thank Sri Aurobindo and all his high spiritual relations, for having delivered a codex, a path, without form, and yet full of all forms.

As one of the resident sages put it, one certainly has to spend time here to understand and experience what's at work.



Thank you, Friends! What а blessing to have been able to live among you. If it is here, in the eternal, borderless diamond of the Aurovilian project that vibrates in the hearts of its sincere followers and servants, that the possibility of avoiding a third world war is at stake, as Mother suggested, then certainly continue ...! we must Continue to honor, nurture and mutualize the existence of this adventure, which in itself IS already

the vessel of the matrix Unity of all our dimensions.

With Love & Respect, By *Mukhande*, 12.07.2025

THE GODS ARE AWAKENING

"It was the hour before the Gods awake. Across the path of the divine Event The huge foreboding mind of Night, alone In her unlit temple of eternity, Lay stretched immobile upon Silence' marge.

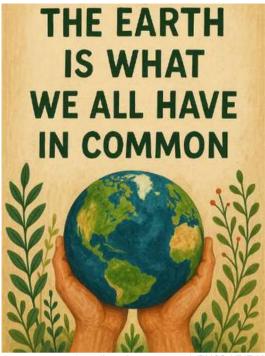
Almost one felt, opaque, impenetrable, In the sombre symbol of her eyeless muse The abysm of the unbodied Infinite; A fathomless zero occupied the world."

Sri Aurobindo . Savitri - A Legend and a Symbol https://incarnateword.in/cwsa/33/the-symbol-dawn



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

FOOD FOR THOUGHT



https://www.instagram.com/p/DMCSzhZJF5Y/

AUROVILLE CONVERSATIONS



Submitted by an Aurovilian

FRENCH NEWS & NOTES

Auro - Traductions

Click <u>here</u> 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 29th July, 9 am - 12 noon Focus: The Psychic 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.

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.

<u>Reminder to all</u>: 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 <u>https://bit.ly/savitri-reading</u> 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.







Narad

VIBRATIONAL SOUND BATH

SOUL NURTURING MEDITATIVE EXPERIENCE WITH THE ORIGINAL RUSSIAN SINGING BELLS

> These are sounds of the Beginning These are sounds that cradled the worlds

Harmonious play of rich powerful tones and strongly resonating overtones invokes a profound state of inner peace, tranquility and self-healing, bringing deep physical and psychological relaxation.

Open Group - Everyday 3:00 - 4:30pm

At Mirabelle Education Center, Auromodele, 🔣 🐚 Kuyilapalayam

Led by Vera (Instagram - Vera. Auroville) and Ashesh Joshi

Please register in advance Ph/WhatsApp: +91 94891 47202, +91 94862 47202 (Private sessions on request at other timings)

VIPASSANA MEDITATION

Dear Meditators,

You are all very welcome to the monthly 1 day Vipassana meditation course for "old students" only (those who have completed at-least one 10-day course as taught by SN Goenka).



- Date: Sunday 27th July
- Time: 8:30am to 3pm. Lunch will be served.
- Venue: 1 Vibrance, Vikas Radial Rd, Auroville, 605101. Please park on Vikas Radial road, next to the Vibrance garage

Location:

• https://maps.app.goo.gl/oKpMZgyty344x11R9?g_st=ic.

Vibrance garage is opposite the Realization gate. But due to road construction please enter through the walking gate 5 m before the garage. Park on the new road under construction. The apartment is directly behind the garage on the ground floor.

You can drop in for part time only at 8:30am.

Contact: Please DM vallari@gmail.com/ WA 97403 22447 by 9pm Friday, so that we have a head count for lunch

Please keep your cell phone off for the duration of the course.

Metta

ANNOUNCEMENTS

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.

- A	 Girls are playing Mondays and Wednesday at 5pm. All age – level Please contact Balaji 89402 24950 			
	 Boys (16yo+) are playing every Tuesday and Fridays at 5pm. Please contact Beber 63856 35943 			

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



LOST

LOST PHONE

If you find this phone, please contact Petra in WhatsApp 80989 58679.



LOOKING FOR

MISSING DOG :(



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

A LOVING HOME!



VOICEOVER ARTIST WANTED

For socially relevant film:

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

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

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/AyzLa1LBfVyv8Jn49

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



4



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 crossfunctional 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 <u>maha@ecofemme.org</u> with your updated CV. Looking forward to hearing from you!

ecosfemme

"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: <u>serendipityauroville@gmail.com</u> <u>https://serendipity.auroville.org</u> <u>https://www.facebook.com/serendipityauroville</u>



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 There are many different to our own creative unconscious. 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)

Ayurvedic Massage with Elene

 Contact: +91 79041 43719
 A relaxing full-body aided for Summer revitalises prana Paused for successing on the here. at melts away tension and ocusing 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.

Paused

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.

WORKSHOPS

WEIGHT WAIT WHAT 4-DAY MOVEMENT

MOVEMENT & CONTACT IMPROVISATION

WORKSHOP

THURSDAY 28TH - SUNDAY 31ST AUGUST, CRIPA



Weight Wait What is a space to: Pause and feel. Sense and connect. Drop into the floor. Fall, roll, rise, and move with others with Jeevak & Navya

We warmly invite you into four days of shared movement exploration, presence, and physical dialogue through the practices of somatics, contact improvisation, and floorwork.

This is a space to investigate how the body listens, responds, supports, and relates—both with the ground and with others. Each session blends technical movement tools with open improvisational spaces, guiding you from solo inquiry to duet and group engagement.

What we'll explore:

- · Contact principles & shared weight
- · Somatics & body listening
- · Lifts, momentum & redirection
- Touch, consent & emotional awareness
- · Spontaneous compositions

No experience needed — all bodies and stories welcome. Come move, roll, listen, support, and improvise!

Pripa Hall, Auroville
28–30 July (4 PM – 8 PM)
31 July (9 AM − 1 PM)
Early Bird till 25 July

Solution: ● So

EMBODIED MEMORIES OF AUROVILLE



Hello,

I am Fabrice Nicot, a French theater director and teacher associated with the Grotowski Wroclaw Institute in Poland (<u>https://scenes-monde.univ-paris8.fr/fabrice-nicot</u>).

I proposed a workshop in Auroville last May and I was very happy with the work. This gave me the idea to propose a new project on the "Embodied Memories of Auroville": a work on the founding texts of Auroville and the personal stories of Aurovilians using a method of voice, the organic body, and their memories inspired by Jerzy Grotowski (Polish director and teacher 1933-1999).

I will be in Auroville from August 11th to 31st.

We will continue the work with some previous participants, but if other Aurovilians would like to join us, that would be great. The ideal would be a daily 2/3-hours group session (times would depend on the group's availability) to acquire a minimum of technique, and individual meetings with each of you (private lessons) according to your availability to work on your personal materials (texts, stories, etc.).

To make the best of the time spent together, you need to learn a text that deeply resonates with you by heart.

Feel free to spread the word.

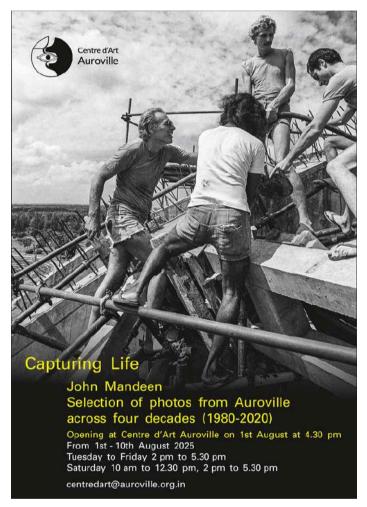
For enquiries, contact aurovilleartworld@gmail.com

Warmly *Fabrice*

CULTURAL ANNOUNCEMENTS

CAPTURING LIFE BY JOHN MANDEEN SELECTION OF PHOTOS FROM AUROVILLE ACROSS FOUR DECADES (1980-2020)

1ST - 10TH AUGUST, CENTRE D'ART



Opening on Friday 1st August at 4:30pm.

John Mandeen came to Pondicherry, South India, from California, in October 1968 as a young man of 24 and was accepted by the Mother as an Ashramite of the Sri Aurobindo Ashram.

He helped set up the first screen printing workshop in the Ashram Press. All birthday cards with the Mother's symbol in those days were screen printed there besides book covers.

He took up photography in the late 1970s and got seriously into it by the 80's, documenting Auroville in all its aspects very extensively, including the Matrimandir.

Since 1980 he was part of the Prisma Team with Franz and Tim and they did all the publicity work for Aurelec. In 1994 he took photos for the first Auroville Exhibition at the visitor's centre which was updated several times over the years. He was the photographer for the Auroville Today team till writers with snap and shoot cameras took over the job. He taught photography at the school in Aspiration school to many Auroville kids, all adults now, some of who ended up becoming photographers themselves.

Most of Prisma's initial publications, like the architecture books,

carry his photos. Later he was involved in doing pre-press work for other Prisma projects as well as projects of the Sri Aurobindo Ashram Archives. Recently he was working with the Sri Aurobindo Ashram Archives on a new book they are bringing out.

He left for his onward journey on July 7th 2024.

- Tue Fri : 2-5:30
- Sat : 10-12:30, 2-5:30
- · Morning by appointment.

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

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 exhibiton

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



At the Pavilion of Tibetan Cuture 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.

> 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

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

> LE PAVILLON DE FRANCE AUROVILLE PRÉSENTE



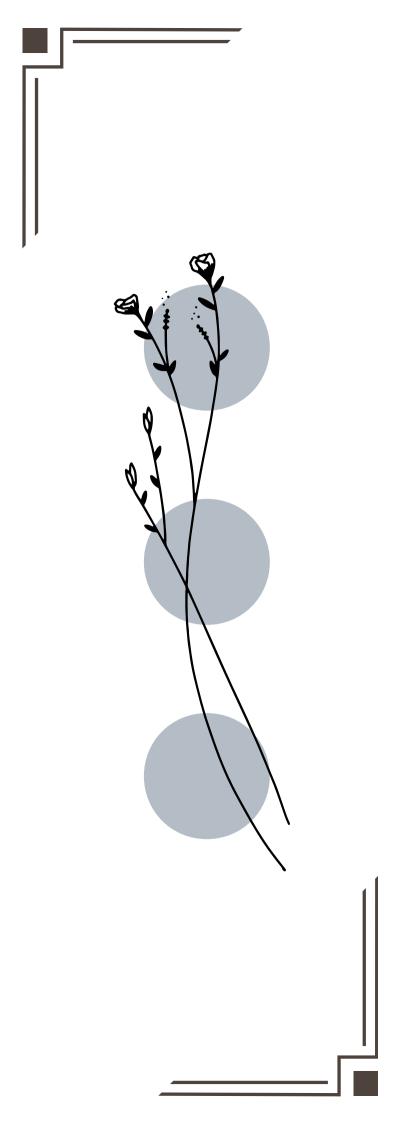
OPEN TO ALL LEVELS EVERY WEDNESDAY, 4:00 TO 5:30 PM AT FRENCH PAVILION - INTERNATIONAL ZONE

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

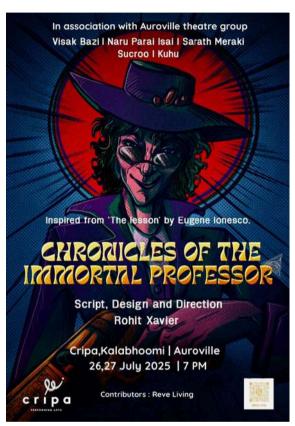
<section-header><text><text><text><text><text>

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

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+

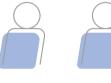
Free entry but donations encouraged



POETRY

a ruptured chance a dream undone strange windfalls sweeping the mind attempting to gauge this glaring conundrum in awesome all-sense of time questing dimensions billow around me gods and prayers floating by settling back in inner spaces I laugh in the wind and cry

Mauna



Distance

You sit afar But your eyes and heart Have come near and dear

Anandi Z

AUROVILLE RADIO

Dear Aurovilians,

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

Last published podcasts:

- <u>Marlenka's weekly Offering Ep.145</u> (Literature)
- Soul Tracks Se.6, Ep.17: The Many Faces of Psychedelia. (Music)
- Mom Talk, Physio Talk: One Person's Two Worlds (Education)
- Une série hebdomadaire de lectures par Gangalakshmi -Ep.501 (Integral Yoga)

Latest Youtube video:

- Turn Your Lights Down Low Cover by John Auroville Singing Festival 2025
- Joy of Working in the Rising Sun Cover by Anandi -Auroville Singing Festival 2025
- Jean Yves talks about "The Context" in Integral Education | IEPG 5 - Day 2 | SAIIER
- Matriprasad talks about The Quest in Integral Education IEPG 5 On Research - Day 1 | SAIIER

....and more! on www.aurovilleradiotv.org. For more information write to radio@auroville.org.in

Peace and love





FOOD

FOOD FOREST TOUR & SUNDAY BRUNCH EVERY SUNDAY, LA FERME COMMUNITY



CINEMA

NEW MOON MOVIE

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



stigma of mental illness to relatively late in her career.

Every New Moon day, Art screening movie 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 film documentary 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

achieve international recognition

Everybody is welcome

Cinema Paradiso

Multimedia Center (MMC) Auditorium

Film program : 28th July - 3rd August 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 28 JULY, 8:00 PM: • BARAH BY BARAH

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

Sooraj, a death photographer at Varanasi's Manikarnika Ghat, watches his profession fade as smartphones replace ritual. His wife Meena urges him to seek life beyond death, while his sister Mansi returns, stirring old tensions. As the city transforms, Sooraj must choose between legacy and renewal in a world slipping away. *This debut feature shot on 16mm, is acclaimed for its direction and cinematography.*

POTPOURRI - TUESDAY 29 JULY, 8:00 PM:

• THE MISFITS

USA, 1961, Dir. John Huston w/ Marilyn Monroe, Clarke Gable and others, Romance-Western, 124mins, English w/ English subtitles, Rated: NR (R).

While filing for a divorce, Roslyn Taber ends up meeting aging cowboy-turned-gambler Gay Langland and former World War II aviator Guido Racanelli. The two men instantly become infatuated with Roslyn and, on a whim, the three decide to move into Guido's halffinished desert home together. When grizzled ex-rodeo rider Perce Howland arrives, the unlikely foursome strikes up a business capturing wild horses.

SELECTION - WEDNESDAY 30 JULY, 8:00 PM: • THE AFFAIR OF THE NECKLACE

USA, 2001, Dir. Charles Shyer w/ Hilary Swank, Simon Baker, Jonathan Pryce and others, History-Drama, 118mins, English w/ English subtitles, Rated: R

In pre-revolutionary France, Jeanne de Valois-Saint-Rémy, an orphaned noblewoman, plots to reclaim her family's honor by deceiving Cardinal de Rohan into buying a lavish diamond necklace, believing it's for Queen Marie Antoinette. With help from her husband Nicolas and the seductive Rétaux de Villette, Jeanne's scheme spirals into scandal, shaking the monarchy and igniting public fury.

INTERESTING - THURSDAY 31 JULY, 8:00 PM: • LAYARI NOTES

India-Pakistan, 2015, Dir. Maheen Zia & Miriam Chandy Menacherry, Documentary, 70mins, Urdu-English w/ English subtitles, Rated: U (G) In Karachi's most volatile district Lyari, rock icon Hamza Jafri— known since the 1990s for fearless lyrics—travels in an armed vehicle. He opens a music school in the heart of the city as artistic spaces shrink. Over three years, four girls from Lyari find their voice, defying curfews and cycles of violence to embrace music and friendship in a fierce quest for self-expression. Their journey reveals how creativity becomes a form of quiet resistance to shattering the silence imposed by fear. This film is shared with us by the director Miriam Chandy Menacherry, who will be present in person for a brief Q&A. Do not miss this amazing opportunity!

INTERNATIONAL – SATURDAY 2 AUGUST, 8:00 PM: • BOB TREVINO LIKES IT

USA, 2024, Writer-Dir. Tracie Laymon w/ Barbie Ferreira, John Leguizamo, French Stewart, and others, Comdedy-Drama, 101mins, English w/ English subtitles, Rated: PG-13

Lily Trevino, a young woman estranged from her father, accidentally befriends a stranger named Bob Trevino online sharing her dad's name. As their unlikely friendship deepens, Bob's quiet kindness helps Lily heal from a painful past. Inspired by a true story, this poignant tale explores chosen family, emotional resilience, and the unexpected ways connection can transform a life. Sometimes, it takes a stranger to show you what love should feel like. *A good watch!*

CHILDREN'S MATINEE - SUNDAY 3 AUGUST, 4:00 PM:

• ELI0

USA, 2025, Dir. Adrian Molina-Domee Shi-Madeline Sharafian w/ Yonas Kibreab, Zoe Saldaña, Remy Edgerly, and others, Animation-Adventure, 98mins, English w/ English subtitles, Rated: PG

Elio Solis is just an ordinary 11-year-old—until aliens mistake him for Earth's ambassador and whisk him away to the Communiverse, an intergalactic council of wildly diverse civilizations. Guided by his eccentric aunt Olga and befriended by the warm-hearted alien Glordon, Elio faces cosmic diplomacy, unexpected threats, and the challenge of finding where he truly belongs. Curious how one kid handles the universe? Come explore his unforgettable journey.

CLASSIC WORLD CINEMA @ CINÉ-CLUB CINÉ-CLUB SUNDAY 3 AUGUST, 8:00 PM: • UWASA NO ONNA (THE WOMAN OF RUMOUR)

Japan, 1954, Dir. Kenji Mizoguchi, w/ Kinuyo Tanaka, Tomoemon Otani, and Others, Drama, 83mins, Japanes w/ English subtitles, Rated: PG.

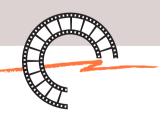
Yukiko's mother runs a lodging house for courtesans in Kyoto. When her fiance learns this, he ends their engagement. Yukiko despises what her mother does until one of her mother's clients shows interest in her and starts to woo her.

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 <u>mmcauditorium@auroville.org.in</u>.

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





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: <u>aves@auroville.org.in</u>

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: <u>avwaterservice@auroville.org.in</u>

ECO SERVICE (WASTE COLLECTION/MANAGEMENT)

- Timings: Monday to Saturday, 8:30am 12:30pm, and 1:30pm 4:30pm
- Phone: 63796 69034
- Email: <u>ecoservice@auroville.org.in</u>

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

<u>Timings:</u>

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: <u>http://library.auroville.org.in/</u>



The bond of our common humanity is stronger than the divisiveness of our fears and prejudices.

Jimmy Carter

HEALTH

SANTÉ SERVICES IN JULY 2025

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 <u>adminsante@auroville.org.in</u>

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/sactum): 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 are areas of SILENCE

- The Park of Unity is open to Aurovili TED ewcomers Daily: 6.00 AM to 7.30 PM
 Aurovilians may bring at TED Aurovilians
- Aurovilians may bring of UPD and friends to the Gardens Daily: 9.00 AM to BE
- Volunteers a 199 be 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 Sunday 6.00 AM to 8.00 AM 4.30 PM to 7.30 PM 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 <u>mmconcentration@auroville.org.in</u>:

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 <u>mmconcentration@auroville.org.in</u>:

ACCESSIBLE AUROVILLE PUBLIC BUS

essible

avbus@auroville.org.in / +91 94430 74825

avbus@auroville.org.in/+91 94430 74825							
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 Monthy 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: 							
	atsapp.com/Lt43wBCI			103.			
EMERGENCY NUMB							
Ambulance (24/7):							
Auroville PIMS 94422 24680 0413 26562		71					
Security (24/7):							
Auroville Police	Kottakuppam F	Police		r Fire			
Station Station 0413 2677318 0413 22361		48		tion 677368			
Health:		10	5410 Z	017000			
Health Center							
0413 3509942 &	Santé		Farewell				

 0413 3509942 & 3509943
 0413 2622803
 89038 36246

 Mental Health 24/7 Support:
 Vandrevala Foundation +91 99996 66555

India Emergency Response Service (24/7): 108