

Auroville

NEWS & NOTES

No 1085 - A weekly bulletin for residents of Auroville

7 August 2025



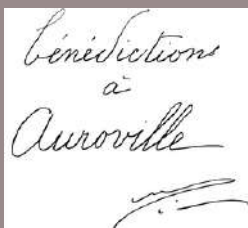
PONDERING

Everybody and everything can always progress and I am always working in view of a possible improvement, knowing that the greatest difficulty brings always the greatest victory and I trust that you are with me for that.

The Mother, Progress, Words of the Mother III
<https://motherandsriaurobindo.in/The-Mother/books/words-of-the-mother-III/#progress>



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 - ADMINISTRATIVE NOTES

Page 83

According to my experience it was unwise from the beginning to distribute application-forms for employment, for only less capable people use them. Men who are capable and have experience have no need at all to ask for work, they always have more than they can handle.

Page 84

It would be more interesting to have an information office where those who are interested in the idea of Auroville could come to find out what work is to be done and what personnel is needed.

March. 1968

*

To be at the head of the Liaison Office, one must feel absolutely equal towards each and every nation. A *complete sincerity* is required in this attitude!

April. 1968

*

Q : To raise funds for Auromodel, what shall we do?

The more you chase funds the less you get. What you should do is to inform people about Auroville. That is important.

*Nov, 1969**

*

The Mother does not agree to any new committees for Auroville
She says:

"No more committees,
No more useless talk."

17.2.1971

*

Admission to Auroville is subject to approval by The Mother. There will be a trial period of one year. This period can be made longer or shorter.

People living in Auroville should not provide hospitality there to others who have not been accepted to live there.

Those who have been accepted should lead an Aurovilian life

The city the earth needs.

Page 85

the main principles of which have been clearly indicated by The Mother.

Everyone should work at least five hours every day including Sundays. Working for oneself is not working for the community. Each member of the community should have an activity that corresponds to the needs of Auroville.

Drugs are forbidden in Auroville.

When Auroville is a city there will be several kitchens providing different types of food. But even now individuals should not cook for themselves. It is better to organise kitchens for groups.

Those who live in Auroville should aspire for the new life.

The Mother will decide whether a member of the community can become an Aurovilian—which implies having the Auroville consciousness. Until then he is not an Aurovilian.

20.2.1971

Never Tell a Lie

Absolute condition for safety on the path. - *The Mother*

Pereskia Mill. sp., Cactaceae

Leaf cactus, Blade apple



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

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

GB / FO Groups News

COMMUNITY NEWS

Obituary

Community Sharing

Residents Speak

Food for Thought

Auroville Conversations

French News & Notes

Inner Journey

ANNOUNCEMENTS

Support Needed

Lost

Looking For

Activities at Serendipity

Activities at JOI - Anitya Community

Workshops

CULTURAL ANNOUNCEMENTS

At Cripa

Poetry

Food

Auroville Radio

For The Bookworms

Cinema Paradiso

COMMUNITY SERVICES

Essential Services

Health

Access to the Park of Unity and Matrimandir

AV Public Bus / Emergency Numbers

WORKING GROUPS NEWS

FROM THE ENTRY SERVICE

ES # 263 DATED: 04-08-2025

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 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



- **Logeshwary JAYAMOORTHY (Indian)** staying in Humanscapes and working at Housing Service [errata from 16 June announcement that she did not complete her Newcomer process]



- **Reka MAHESHKUMAR (Indian)** staying in Maitreye II and working at Auroville Dental Centre

AUROVILIAN CONFIRMED

- **Nithya VELU (Indian)**
- **Priyanka (Indian)**

LEFT ON THEIR OWN

- **Catherine Renée FOUCHE (South African)**

NEWCOMER STATUS RESCINDED

- **Kanagaraju ANNASAMY (Indian)**

DID NOT COMPLETE THEIR PROCESS WITH THE ENTRY BOARD

- **Poonam MOHANTHY (Indian)**
- **Victoria BONNEAU (French)**
- **Malaika JOSHI (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

LEGAL UPDATE RE CASES IN THE MADRAS HIGH COURT

Dear Community,

The case concerning the Admission and Termination Regulations (published by the Secretary in the Gazette of India in January 2024) was heard in the Madras High Court yesterday, 31st July, in front of a Divisional (Appeal) Bench. It was the final hearing. The discussion was very long and the grounds and arguments upholding the role of the Residents' Assembly (RA) were expressed in a clear manner by our lawyers. At the end of the debate both parties were requested to make written submissions by the 8th of August. A final verdict will be issued after some time.

The case concerning the Working Committee regulations made by the Governing Board (GB) (also published in the Gazette of India in January 2024) was not discussed and will be taken up at a later stage. These regulations were stayed *ad interim* by the Chief Justice of the Madras High Court in February 2024, with in order that was in our favor, and the stay is still in place.

Two other very important cases concerning the Working Committee are still pending in the Madras High Court. These may have an important impact on the function of the RA.

We would like to express our deep gratitude to all those - professionals, Aurovilians and well-wishers - that have supported us along the way and continue to do so. The legal efforts to protect the Spirit of Auroville and the right interpretation of the Auroville Foundation Act is still going on and needs the collaboration of the community and all true friends of Auroville. Legal initiatives are only a part of the actions that are needed to keep alive the flame that brought us here to Auroville. It is the coming together of the community and its inner strength that will enable all of us to bring forward the Mother's Dream.

With hope, faith and perseverance,

Aravinda, Bharathy, Chali, Matthieu, Prashant, Valli

The Working Committee selected by the Residents' Assembly



WORKING COMMITTEE
of the Residents' Assembly
AUROVILLE FOUNDATION



FO GROUPS NEWS

(not selected by due Residents' Assembly process)

FROM THE FO N&N 1090

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



OBITUARY

RICARDO MARTINEZ DELGADO PASSES AWAY



This is to inform the community that our dear friend Ricardo Martinez Delgado (New Creation) peacefully left his body in the early hours of Saturday 26th of July in Paris. He was 71. Many will remember him as a fine healer in kinesiology joyfully serving the Spirit of Auroville.

Ricardo came to Auroville for the first time in 1984 and wanted to settle here, but life had other plans and he could only come here for

good in 2019. Some of his long-time friends were Gilles and Gérard from the Svedam community.

He had been trying all he could to cure the cancer for 9 months, supported and accompanied by his partner Caroline and attempted several alternative treatments, the latest one recently in Spain, his native country.

When he came back to Paris at the end of June before returning to Auroville, his state had not improved enough to travel right away, but he was still very determined to heal and serve Auroville.

The deterioration of his physical condition was surprisingly accompanied by a progress in the contact with his inner being; it was uplifting to meet him and feel this immobile Presence.

He was not one to complain, but, as when helping other Aurovilians in his sessions of kinesiology, one could feel the generous stream of light and faithful encouragement flowing onto oneself.

He passed away in the early hours of Saturday 26 of July surrounded by the loving care of his dear partner Caroline.

He expressed his gratitude to all who supported him throughout his trying journey: his son Emmanuel who took care of him in Spain and in France, Véronique Jobard who went to Spain to take over when Emmanuel had to leave, and many other friends who showed their care and love in Auroville and in Paris. He also wanted to thank Olivier, an oncologist from Avignon who accepted to help him remotely without knowing him.

Caroline also is very grateful to all who helped her go through this challenging time, in particular her son Noé and Marie from Revelation who showered her with love in the last moments.

His body was incinerated on Wednesday 6th of August in Paris at the Père Lachaise cemetery.

Sending him Light and love on his last Journey to the Mother's bosom 🙏



RICARDO: THE APOSTLE OF PEACE AND JUSTICE, PURE PSYCHIC BEING



Unassuming, generous, just, gentleness itself, Ricardo radiated all the qualities of a mature psychic being. His simple, steadfast presence healed.

When he was my neighbour in Vikas he got severely sick with Covid Delta; three of us followed (one died, I too nearly died). Maybe this is how the assault commenced; Covid keeps working underground.

I met Ricardo with Caroline for the last time two months ago, waiting for Dr. Uma at the Health Centre. He was surprisingly thin but I joked and was petrified, when he confessed that he was terminal. Serene, absolutely detached, as talking of someone else, the wise-man was taking leave. We too have our great ones.

Suddenly last week, transfixed by photographs of infants dying in Gaza because even the formulas are withheld, I felt his presence, peremptorily, I saw his face, for three days. Psychic being, the one and only answer to the apocalyptic narrative the world's news report daily. Even on the verge of death, still Ricardo succoured shaky others. Me.

With his partner Caroline, Ricardo attended the 'peace marches' till the end, when hardly no one else was left to join. This is how I will always remember him, the apostle of peace and justice, pure psychic being.

What we desperately need in Auroville and in the world at large.

Paulette

COMMUNITY SHARING

DISCUSSION AND INFO SHARING

SATURDAY 9TH AUGUST, KALABHUMI

Auroville

MEETING INVITATION

to all Indian Aurovilians & People from Bio Region.

VENUE : Kalabhumi

DATE: Saturday, 09 August 2025 at 5 pm

Protecting the Lands of Auroville is of prime importance.
Recently, certain facts have come to light that threaten the very moral fabric of Auroville. We would like to share these details with you, besides being available for a Q&A and discussion.

Concerned Indians of Auroville

Dear Indians of Auroville,

Auroville is going through a phase of rapid change. Much information remains unclear in the cacophony of daily life. In the highest tradition of goodwill that Indians represent, it is our moral responsibility to be aware of the unfolding developments and explore how we can contribute to the future of Auroville.

In this context, protecting the Lands of Auroville is of prime importance, in addition to voicing support for Auroville at large. Recently, certain facts have come to light that threaten the very moral fabric of Auroville. We would like to share these details with you, besides being available for a Q&A and discussion.

If we are united and with a common purpose, we can effectively address issues. We would like to address the issue of upcoming land exchanges on a priority, considering it's urgency.

To discuss this, we propose a meeting at 5 pm on Saturday, 9th August 2025 at Kalabhumi.

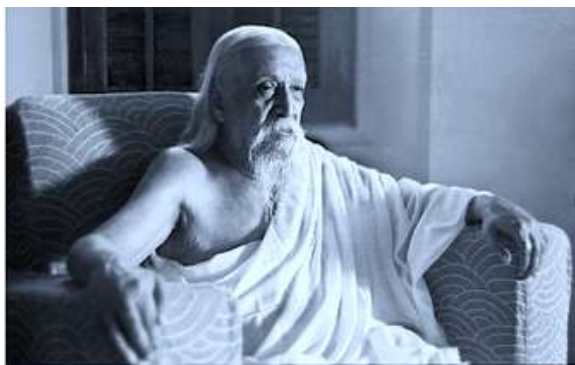
- **ATTENDEES :- Indian Aurovilians and People from Bio Region.**
- **VENUE :- Kalabhumi**
- **DATE :- Saturday 9th August 2025 ; at 5 pm**

Yours Sincerely

Concerned Indians of Auroville

SRI AUROBINDO'S ROOM DARSHAN

FRIDAY 15TH AUGUST 2025



Dear friends,

To celebrate Sri Aurobindo's Birthday, the Sri Aurobindo Ashram will open Sri Aurobindo's Room for **Darshan on 15th August 2024**. **Darshan is open to all.**

There are three options to visit Sri Aurobindo's Room on that day:

1. **Early Morning (from 4am onwards):** You may join the general Darshan queue. No tokens are needed until the meditation at the Samadhi begins.
2. **After the Meditation (from 6:40am onwards):** Entry will be by token only. Tokens can be collected at the booth near the Ashram Post Office. Please note: you may need to wait or return later, at the time indicated on your token.
3. **Afternoon (12pm – 3:30pm):** Auroville residents may pre-book tokens for this time slot at Pitanga. Details for registration are below.

Token Registration for Auroville Residents (including Newcomers):

- Dates: **Wednesday 6th August & Thursday 7th August**
- Timings: **9am – 12pm and 3pm – 5pm**
- Venue: **Pitanga, Samasti**

Please come in person to register and identify yourself if you are not known to the organisers. If you are unable to come in person, you may send someone with a written note stating:

- the name(s) of the person(s) for whom tokens are requested
- the number of tokens needed.

We will do our best to meet your request. Kindly note that email or telephone requests cannot be accepted. Thank you for your understanding.

Volunteers and guests of Auroville are welcome to collect their tokens directly at the Ashram on Darshan day.

Transportation:

As Darshan falls on a **Friday**, please see Paulette's announcement elsewhere in the News/below for transport details.

We are grateful to the Sri Aurobindo Ashram for its continued cooperation with Auroville on Darshan days.

With love,
from Pitanga's team.



PONDY TRIPS ON DARSHAN DAY:

FRIDAY 15TH AUGUST 2025

August 15th is Sri Aurobindo's birthday, and also India's Independence Day.

The Auroville SAIER bus will leave at 3 pm via the ordinary route and will return from Pondy at 6 pm, to allow those willing to use AV's collective transport the visit of Sri Aurobindo's room.

Tokens are required.

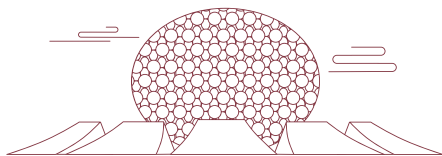
This is not a commercial bus and the offer is only for Aurovilians and newcomers having darshan.

Paulette

COLLECTIVE MEDITATION

FOR SRI AUROBINDO'S BIRTHDAY WITH DAWN-FIRE

FRIDAY 15TH AUGUST, MATRIMANDIR AMPHITHEATRE



This is he that expresses the powers of the gods, the untameable who speeds on its way this our sacrifice, this is the seer who comes with the wine of sweetness in his hands.

Translation by Sri Aurobindo, Hymn to Agni

Collective Meditation - 4:45 am to 6 am

- Entrance from the **Second Banyan Gate** (Viewing Point Gate) **ONLY**
- (Parking as per instruction below)
- Open from **4 am**
- All are requested to be seated by **4:45 am**
- The gate will remain closed from **5:00 to 6:00 am**.

Important Information

- The Dawn-fire meditation at the Amphitheatre of the Matrimandir is an opportunity for individuals to experience inner silence in a unique collective setting. To maintain the special atmosphere, everyone is requested to **maintain complete silence**.

- **Please note that during the meditation, from 5 to 6 am, the gates will remain closed.** Latecomers may join in after 6 am. Access is limited to the Amphitheatre and up to 7 am only.
- **Cell phones, Cameras, Tablets and other recording devices are strictly not allowed in the Park of Unity, the Matrimandir Gardens and the Amphitheatre.** You may leave your belongings at home, in your vehicle or deposit them at the 'Custody Facility' near the designated parking area outside the Park of Unity. Matrimandir Management will try to take utmost care of your items, but will not be responsible for theft or damage of items deposited at the "Custody Facility".
- **Please do not bring your pets to the Matrimandir.**

Through your participation, you can help make the collective meditation a precious moment of inner experience.



Traffic and Parking Instruction

- All are requested to **avoid coming by car.**
- Parking for **two wheelers only** will be at the **Second Banyan** (a short walk from the road to the West Gate), **parking cars at the Second Banyan is not permitted**, cars will have to park on the old Matrimandir road.
- People coming from Town Hall side will have to use the diversion road to reach the second Banyan.

Thanking all in advance for your understanding and cooperation.



Evening Program

6 pm at the Amphitheatre, Savitri Music

- Entrance from the Office Gate from **5:30 to 5:45 pm only.**
- Last entry for guests at **5:50 pm.**
- Guests need to bring along their Aurocard.

Bonne Fête and see you there

AUROVILLE RELATED BOOK GIVEAWAY

14TH - 28TH AUGUST, AUROVILLE LIBRARY

From Thursday 14th - Thursday 28th August, we will be offering surplus **Mother, Sri Aurobindo, Disciples and Auroville related books for free.**

Pass by during our opening hours to see what's available!

The Auroville Library Team



AUROVILLE LIBRARY - CLOSED FOR SRI AUROBINDO'S BIRTHDAY FRIDAY 15TH AUGUST

Dear Community,

The Auroville Library will be **closed** on Friday 15th August for Sri Aurobindo's birthday/Independence Day.

We wish all a peaceful holiday!

The Auroville Library Team

Kathrin, Amy, Ayesha, Kalaivani, Vani, Monica, Devna



NEW ORTHOPAEDICS SPECIAL CONSULTATION AT SANTÉ

Hello AV Community,



We are excited to inform you that Dr. Sanjay K Pal (Orthopaedic Surgeon - Bone, Joint, Spine Specialist) with over 45 years experience, graciously offered to provide his services & Consultation at Sante & will be available every Saturday from 3-4:30pm starting from Saturday 9th August 2025.

Anyone with Bone issues, Bone Fractures, Minor Accidents, Joint Pain/Arthritis/Injuries of Knee, Hip, Shoulder, Ankle, Wrist, Back Pain, Neck Pain, Weak Bones/Osteoporosis, Postmenopausal bone problems etc can consult him at Sante. Please bring your discharge papers and images if any.

You can get an appointment by calling Sante reception at 2622803 or write to sante@auroville.org.in

Warmly, *Santé Team*

INVITATION TO SUBMIT YOUR AUROVILLE STORY (TO AUROVILLE WITNESS)



Dear Residents,

The editorial group of *Auroville Witness* recently released its fourth biweekly issue, and we are now looking to gather more narratives for future editions. The journal publishes thoughtful perspectives on the ongoing work of building the City of Dawn for those who care deeply about Auroville's past, present, and future. **What have you seen, known, or experienced that you wish to give voice to?** We would like to read – and publish – your stories.

We are looking for submissions between 500 and 1,000 words.

You can use this short form: <https://aurovilleglobalfellowship.org/witness/submit/>. If that is difficult simply send it to us at AurovilleWitness@gmail.com

For more information about the newsletter and to read pieces from previous issues, please visit our page and FAQ: <https://aurovilleglobalfellowship.org/witness/>

We want to thank residents who have sent their stories and look forward to hearing from more of you! Subscribers continue to grow and readers are starting to comment on the web site.

With gratitude –

David Hutchinson, Christine Rhone, and Amāliya
AurovilleWitness@gmail.com

(Auroville Global Fellowship – Witness Editorial Team)





RESIDENTS SPEAK

PLEASE INCLINE THE LAST BITS OF THE CROWN

Before repeating our 2023 request we want to repeat our profound gratitude to Auroville and its citizens.

Our grandfather's generation helped build the Matrimandir. While we are aware of its beauty, to be honest, it holds very little attraction to us. We are also aware of your efforts that raised water table levels and have reforested your area, which helped bring in rains for both of us, and may have helped cool our neighbourhood. But we are not really interested in water, climate, plastic, waste, and other ecological issues. We do use your forests for our intimate parties.

Our fathers are grateful to Auroville for livelihoods and development.

The first big thing our generation is grateful to Auroville is for the cricket ground. We revere Jürgen-anna and many of us benefit from it.

But now, all of us are overjoyed that you have built the Crown Road and cannot express our excitement enough.

A Request for an Incline

We have one particular request though. We know many have requested the road to be smoother, but what we want really is a greater incline.

There has been a request for a greater incline to collect stormwater. We do not really understand the technical details, but under that request, if you could incline the remaining patches of the road 12 to 15 degrees, it would make for a wonderful race track.

You see, we plan to make the Crown into a race circuit. Maybe not world-class, but at least India-class.

We have organized ourselves into many racing groups and each group has been taken responsibility for an evening. Each evening Auroville will become The City That Roars.

The Roar Of A Two-Stroke Engine

Don't we all love speed?

We wish to thank the folks who introduced the ring in the galaxy, a completely anomalous astronomical feature—a first in the universe. A galaxy does not invite speed. But a ringed one, with a wide ring, invites the fast and furious. Breaking the 3 minute barrier for one round of the Crown should be easy. Will we ever break the 2 minute barrier? Come and watch!

We are so happy you removed the Solar Circle. Those annoying circles just slow things down. And frankly, that type of modern junk art does not belong in India.

We are also happy that you are putting in so many lights. That is a welcome departure from old Aurovillians who preferred darkness. We have enough videos of owls and night creatures to look at on our phone, good closeups. Now it is our time. Zooming on a brightly lit race track is a dream our fathers never had.

We noticed you are clearing the road area, removing trees and making the width extra wide for possible economic activity. We look forward to pizza shops and snack bars. We are sure in the future there will be lots of hoardings and billboards. The live screen ones (will not they be more environmentally friendly than your pvc banners?). You can make money on advertising, and everyone can enjoy the entertainment. This will help bring in crowds to watch and

cheer. Today we do not dare say the word “b@rs”, but still it will be one big party.

Reaching Critical Mass

If a cricket stadium can seat 30,000, the Crown can easily stand 50,000. Even much more. We can invite all the youth of the entire district. Yes, we will have a big party until whatever divine event you think will happen happens. You must have realized that this divine event cannot happen because of the Matrimandir only, which cannot hold that number. You needed to be crown-sized and we will help you fill it up.

We assume that the thought of a Crown Mall is being discussed in your rooms. Pretty stores, not work areas. Motorcycle maintenance can happen in the back. In the front should be fashion and glamour (they stand for beauty today, no?). Then a few car and motorcycle showrooms, and air-conditioner stores.

In the heat of the day we will not use the Crown road (just like you do not use your amphitheatre) and leave it for your VIPs convoys of air-conditioned cars. But in the evenings, after it cools down somewhat, it will belong to us.

Oh, the full-throttle roar of a 1000cc engine between your legs! It is an amazing dream.

A Few Amenities

We realize that some Aurovillians want a village-like place. While we always thought it was a city—a very foreign one, not Indian at all, with lots of auditoriums, museums, yoga studios, and walking space. A pedestrian city has appeal in the west, but not in India. Walking may be in our future, but definitely not in the present. Since you appear unhappy with your city, we suggest its now time for an Indian city (we thank the city lovers in you). Cities that do not sleep, and cities that have a buzz. And Auroville will buzz.

We also request to create more public toilets and put many garbage bins. Honestly, we seem to like living in trash, despite all the waste education you have given us. Our mothers and aunties who do your cleaning and segregation are happy to work on our trash, so just plain single bins will do.

We are also grateful for Auroville city services such as the ambulance (our villages do not have any). Nobody wants accidents to happen, but there are risks, and we accept them.

At least the super-hot roads with no shade will keep cows away, one danger averted. Very smart, whoever thought of that.

You Are Invited

We have invited our brothers, the police force, to form a team and join us, as police presence always is good support, even if its our land only. They have indicated their interest in speed and learning how to catch us makes for good training.

For those who are aware of the environment or have big budgets, we will also have one quieter evening for electric motorcycles races.

We invite Aurovillians who want to ride fast to join us. You will need to unite and come together as one team or, of course, you can enter as many teams. Will you call yourselves The Integral Yogis? And in the spirit of Auroville, we have kept Sunday mornings for a women’s league – we have some ladies who have expressed a desire to ride fast but do not want to race with men – we will approach Alisha Abdullah (one of our heroes who seems to be both loved in Delhi and TN). We know many Aurovillian women also like speed and power. Will they call themselves The Mothers Gang?

So, as you complete the final sections, the land deals for which have helped procure fancy motorcycles for some of us, we again request you to slope the road a bit more. As it is now, we believe we will achieve speeds nearing 120 kmph. Can you hear the roar?

With a greater incline, we hope to reach 150 clicks—can you imagine the roar?!

Thank you for widening your radials. We look forward to onramping at 90kmph.

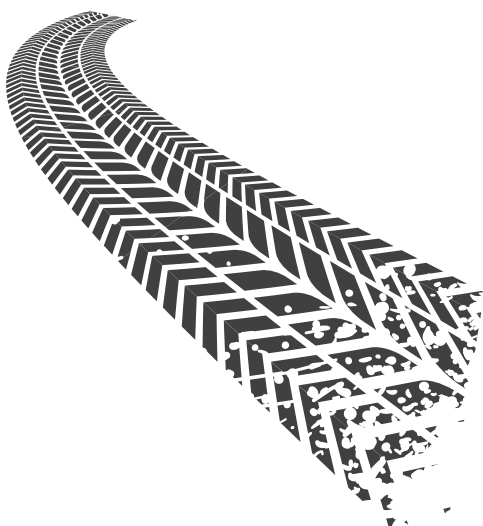
And when the Ring Road comes, Auroville will be the first spiral galaxy in the universe with a double ring. We will be inspired to produce more world class racers. Tamilians have recently produced so many chess masters. Together we can aspire to have more speeders like Narain Karthikeyan, Rajini Krishnan, and Sarath Kumar.

Looking forward to Crowning the City that Roars. And integrally speeding together to higher consciousness into the supramental (we know how much you love those terms).

Our eternal thanks to Auroville, **now** the city of **our** dreams.

The Kuyila Kites, Edya Wheelers, Coot Hooters, Bomya Bombers, Alan Copters, Kota Kats, and Morata Masters

By Aurosature



CITY OF DAWN OF THE DIVINE EVENT

“It was the hour before the Gods awoke.

Across the path of the divine Event...”

<https://incarnateword.in/cwsa/33/the-symbol-dawn>

Many lifetimes later, Circa 2025:

We have reached the City of Dawn

On its 57th year since inception

Wherein the awakened Gods

Have been busy churning the humans

In preparation for the Divine Manifestation.

What will happen next?



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

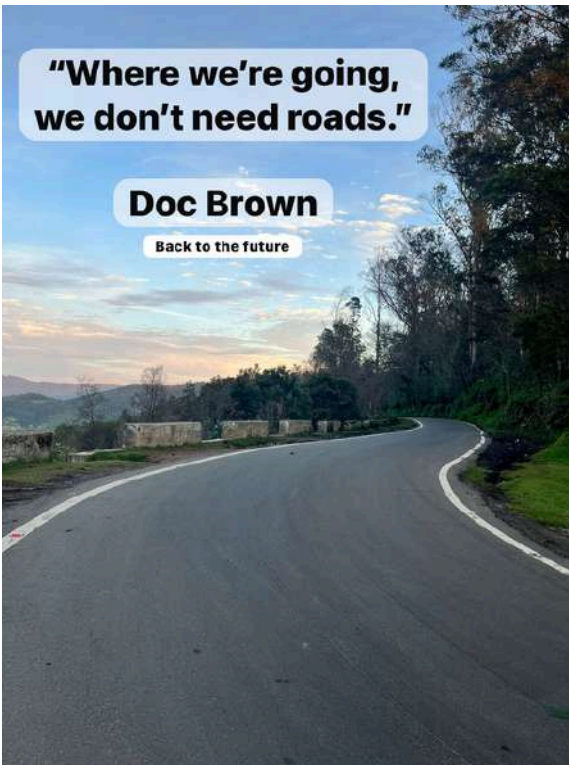
Zech

FOOD FOR THOUGHT

**"Where we're going,
we don't need roads."**

Doc Brown

Back to the future

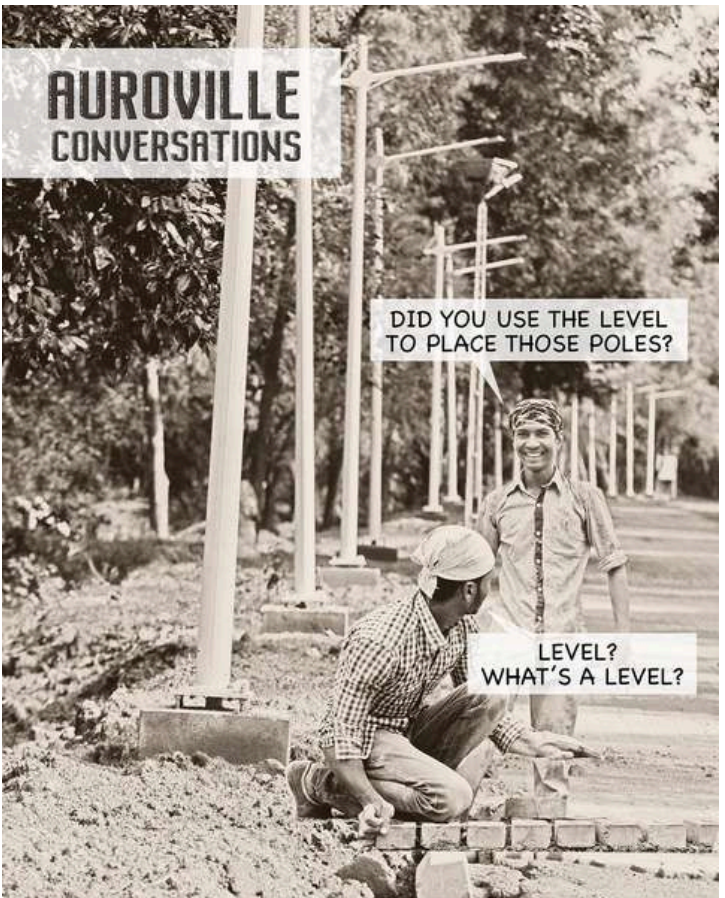


AUROVILLE CONVERSATIONS

**AUROVILLE
CONVERSATIONS**

DID YOU USE THE LEVEL
TO PLACE THOSE POLES?

LEVEL?
WHAT'S A LEVEL?



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 12th August, 9 am - 12 noon
Focus: The Synthesis of Yoga

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](#)) 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 10th August
- **Time:** 9 am - 1 pm
- **Venue:** Udavi school, near tank, Edayanchavadi, Auroville, 605101
- **Location:** <https://maps.app.goo.gl/4fu6Besiyw9vzsVy7>

👉 First building to the left near the parking.

No registration is required.

You can come for the whole course or just drop in for some time whenever you want.

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

Contact: Sanjay Tumati, +91 87909 82210 (available on WhatsApp), sanjay@aurauro.com

Metta

ANNOUNCEMENTS

AVI USA ZOOM EVENT -

**NARAD: REFLECTIONS ON THE MATRIMANDIR
GARDENS DOCUMENTARY CLIP SCREENING &
CONVERSATION WITH MATTHEW ANDREWS**

SATURDAY 9TH AUGUST, ONLINE



AVI USA is hosting an online Zoom event on Saturday 9th August 9pm India time.

Join **Narad**, **Richard Eggenberger** and **Matthew Andrews** for a documentary clip screening, a conversation with reflections on Narad's lifetime of service to the Matrimandir Gardens and Auroville.

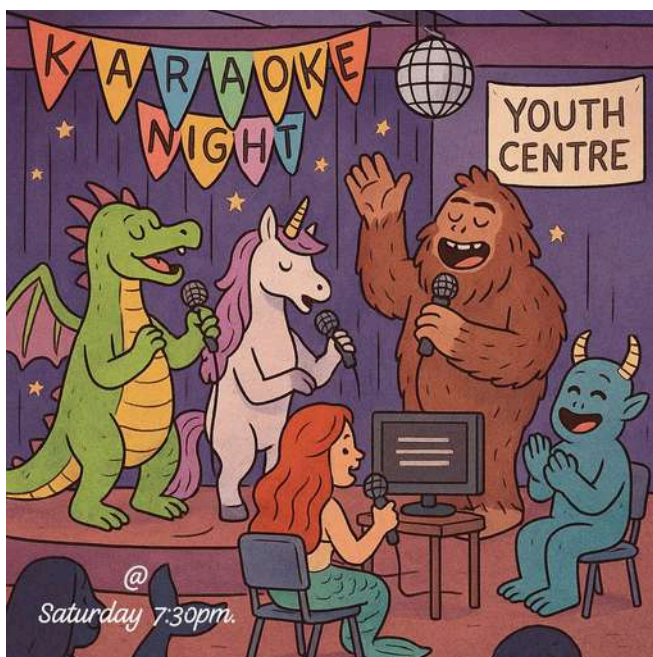
We will watch a short documentary clip as an overview of Narad's life work for the Matrimandir Gardens, his music with The OM Choir and his deep devotion to Mother and Sri Aurobindo. The clip is filmed and directed by Piotr Redlinski. The screening will be followed by discussion and Q&A.

- [Register here](#)
- [Learn more](#)

Ioana

KARAOKE NIGHT

SATURDAY 9TH AUGUST, YOUTH CENTRE



VEDIC ASTROLOGY - NEW YEARLONG PROGRAM BEGINS

FROM SUNDAY 31ST AUGUST

We're beginning the next year of our Vedic Astrology program on Sunday 31st August at 9:00 AM IST.

This is a one-year program designed for both new students and continuing students. We'll meet online weekly, as well as in-person for 5 retreats.

We'll cover the Signs of the zodiac, and the planets of Vedic Astrology along with the Houses. We will also look at states and strengths of planets, as well as timing important events in life.

There will also be five optional in-person retreats over the year, dedicated to the Navagrahas, with guided practices and visits to ancient temples in Tamil Nadu.

The intention of the program is to help you understand your own birth chart, and the birth charts of others, possibly leading to a second source of income.

If you're interested:

www.allthingsvedic.in/vedic-astrology-for-beginners



Feel free to reach out if you have questions or would like to speak before signing up.

Vikram Devatha, 98439 48288,
All Things Vedic

THE SCHOOL OF THE INNER WAY PRESENTS THE ART OF CHI - STEVANOVITCH'S METHOD

18TH AUGUST - 6TH SEPTEMBER, TAI CHI HALL SHARNGA



TAI CHI CHUAN BEGINNERS' INTENSIVE

- Monday 18th August to Saturday 6th September
- Monday to Saturday, 7:30 - 10:30 am

Beginners: Chi and Tai Chi basics

Three weeks, three steps through the discovery of the Chi work and the 24 posture form.

Led by Krishna, the work is essentially directed towards:

- Concentration techniques to stay focused;
- Mastery of the body through breathing and muscular relaxation;
- Improvement of movement through balance and coordination;
- Learning to mobilize Chi. First perceiving it, then guiding it in one's body with the use of three factors: will, imagination and muscular activity.

This is a recreational activity.

For information and booking, contact Krishna at 0413 - 2623187
taichi@auroville.org.in or taichi.auroville@gmail.com
www.artduchi.in

AUROVILLE BICYCLE CHAMPIONSHIPS 2025

SUNDAY 17TH AUGUST, FROM TOWN HALL

A vibrant photograph of a mountain biker in mid-action during a race. The rider is wearing a red and white jersey, yellow shorts, and a helmet, leaning forward on a dirt trail. The background is a lush green forest.

AUROVILLE BICYCLE CHAMPIONSHIP

**MTB XCO
RACE**

17.08.2025
Auroville, Pondicherry
Distance: 18 kms

Registration Open now

Registration :
<https://forms.gle/LbC2tjhsG7IATPwV6>

Event Location:
Townhall, Auroville -
605101

Race Starts at: 06.45am

Dear Friends,

We are happy to announce our next event for the MTB bicycle riders in August 2025. Join us on **17th of August at 06:00am at the Townhall parking area** for the exciting race inside Auroville for all ages above 12 years old. The distance of the race is 18 kms. This time we have a men & women category.

[Register now](#) to participate in the race.

On race day the spot registration is not available.
The registration closes on Monday 11th August.

Regards,

RAJU

+91 94430 74825 (Whatapp only)
Greenride Bicycles

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

SUPPORT NEEDED

SUPPORT BHAVYO'S ARTISTIC JOURNEY -
90-DAY ARTIST-IN-RESIDENCE PROGRAM AT
TAOXICHUAN ART CENTER, JINGDEZHEN, CHINA



Dear **community** members,

I'm Bhavyo. Some of you may know me as an art teacher at Last School and a young artist exploring painting, photography, and now ceramics. I've been invited to a 90-day Artist-in-Residence program at Taoxichuan Art Center, Jingdezhen, China! An amazing opportunity to grow and offer the best of my art.

The residency is partially funded, but I need help covering the cost

of shipping my large ceramic works back to Auroville. Any contribution, big or small, will make a difference.

FS account: 106629

For more information about this opportunity **or to donate** please visit my GoFundMe page:

<https://www.gofundme.com/f/support-bhavyos-artistic-journey>

For any further questions reach out to me on WhatsApp:

+91-96260 82638

Thank you for supporting my art!



LOST

LOST PHONE

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



LOOKING FOR

LONG TERM HOUSESITTING FROM SEPTEMBER



Hi Auroville family, my name is Dave, I'm Aurovillian and I'm looking for somewhere to call home for at least next 6 months.

Please get in touch if you know of anything.

Warm Regards,

Dave

M: +44(0)7564 119 728

E: djsevens87@gmail.com

SMALL JOBS AND WORK ASSIGNMENTS

My name is Ajeeth Rajaram. I have been working in Auroville in different places. Presently I finish my studies in medicine, cardiology. Besides the courses and days/nights in the hospital on duty, I am looking for work to support myself and pay for transport. I have a driving license and experience with driving; I have helped in management of a taxi unit in the past. I can repair and fix things. I could do errands or take up watchman duties in off hours. If you need a handyman please call me.

My phone number: +91 70940 95766, SMS, Whatsapp, or call.

Thank you!

Ajeeth

A MEDICAL OR HOSPITAL BED

We are looking for a medical or hospital bed for an old man, Aurovilian Giuseppe.



The bed should have side rails that can either be opened (lowered) or raised so that the old man does not fall out of the bed at night when turning and moving the body. Best would be a bed without wheels.

We are looking for a medical or hospital We are happy to receive an old bed that is still intact, or can get repaired with minimal costs. Please contact Enrica (98400 31935) or Shivaya (94896 01312) by phone/ SMS/ Whatsapp.

Thank you!

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)

ACTIVITIES AT SERENDIPITY

SERENDIPITY CLASSES

(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:

Hatha Yoga with Ramesh - first class restarts on Monday 4th August (see poster below)

- **Monday and Thursday from 5:30 - 6:30pm**

Ramesh offers hatha yoga classes with some vinyasa flow and include pranayama, traditional sanskrit mantra chanting, and meditation. The style is gentle, adaptive and progressive where passive, gravity-assisted poses are mingled with dynamic vinyasa-style flow as needed. He places a lot of focus on breathing and body-mindfulness during the practice. It is ideal for beginners to intermediate-level practitioners. You will be exposed to authentic Sanskrit terms and their correct pronunciation. The practice will be rejuvenative and restorative. These specific classes will be on donation basis even for guests.

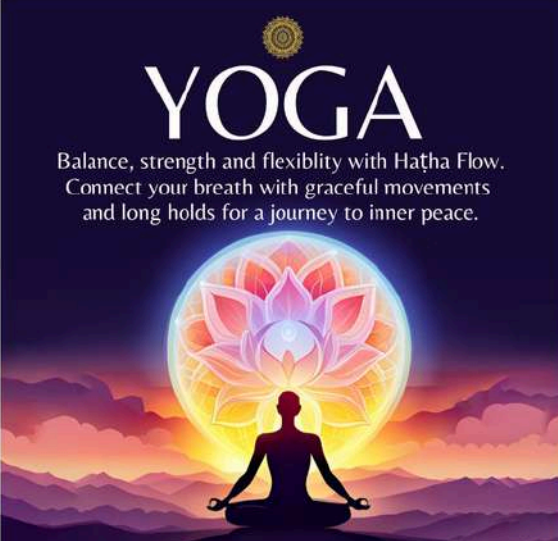
Traditional Sanskrit Mantras with Sonia

- **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



YOGA

Balance, strength and flexibility with Hatha Flow.
Connect your breath with graceful movements
and long holds for a journey to inner peace.

॥ अथ योगानुशासनम् ॥

Every Monday and Thursday - 5:30 to 6:30 PM
DROP-IN | BY CONTRIBUTION
At Joy Hall, Serendipity, Auroville

Ideal for levels between Beginner to Intermediate
WhatsApp: Ramesh +91 9845168490 | serendipityauroville@gmail.com

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 oil massage that melts away tension and revitalises pranayama, focusing on the head, back, stomach, and feet.

Paused for Summer

Integral Unfoldment Coaching with Dave

- **Contact:** +44 75641 19728

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

Shah-Lu-Ha-Ka Bodywork with Nikki

- **Contact:** +91 70947 16136

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

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

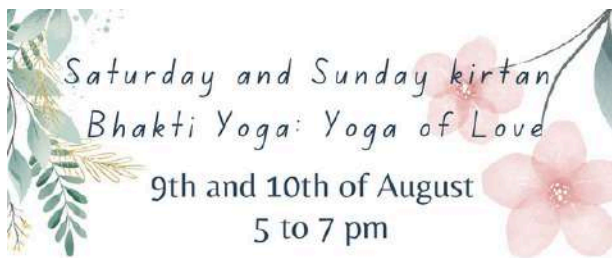
- **Contact:** +91 73053 73562

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

KIRTAN - BHAKTI YOGA : YOGA OF LOVE

SATURDAY 9TH - SUNDAY 10TH AUGUST, SERENDIPITY



At Serendipity Guest House - Joy Hall

In this 2 hour workshop we sing together the name of God: Shiv, Kali and other deities.

Repetition of the lord's name (JAPA) with MANTRAS and a sense of surrender is a sure path to inner discoveries according to Vedas.

Letting go of your burdens and worries to the Divine Shoulder. Trusting a higher wisdom & letting go control & being receptive to new ideas is the power of this practice

Come & join the magic of co-creating in the SANGA (group) and loving kirtan this Saturday and Sunday -no need to prebook - minimum contribution required rs 200



for more info contact Nikhil Thapar
at +91 93552 63364

EMBODIED MEMORIES OF AUROVILLE



Hello,

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

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

WEIGHT WAIT WHAT

4-DAY 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!

📍 Cripa Hall, Auroville

📅 28–30 August (4 PM – 8 PM)

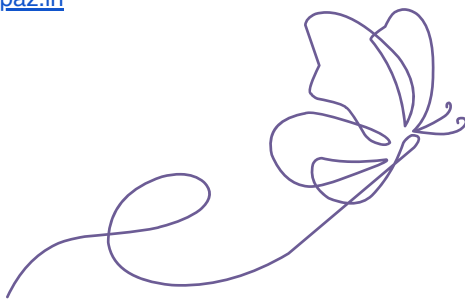
📅 31 August (9 AM – 1 PM)

🐦 Early Bird till 25 August

☎ For info/registration: 📱

aurovilleartworld@gmail.com

🔗 www.copaz.in

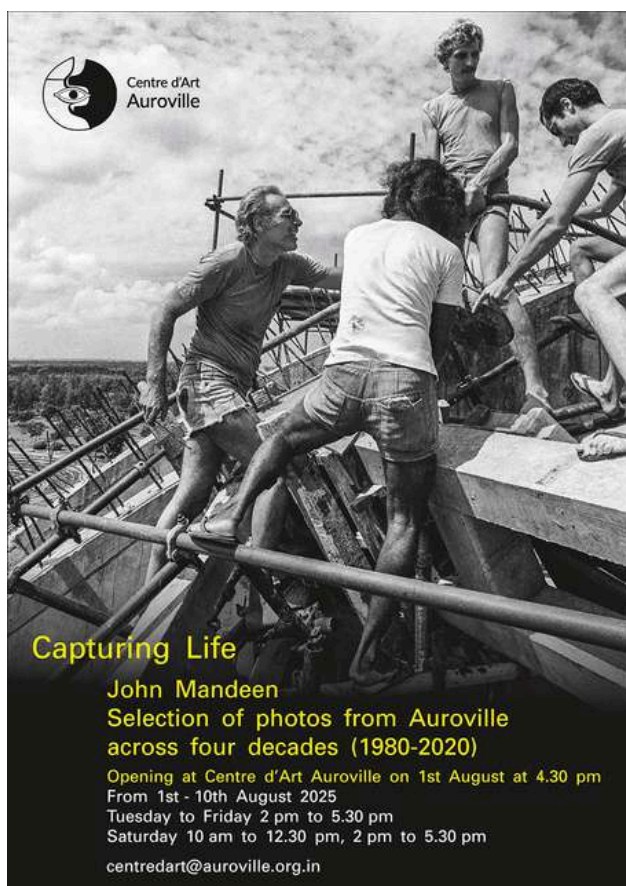


CULTURAL ANNOUNCEMENTS

CAPTURING LIFE BY JOHN MANDEEN

SELECTION OF PHOTOS FROM AUROVILLE ACROSS FOUR DECADES (1980-2020)

1ST - 10TH AUGUST, CENTRE D'ART



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 pm
- Sat : 10 am - 12:30 pm, 2 - 5:30 pm
- Morning by appointment.

RETROSPECTIVE

WEDNESDAY 6TH & FRIDAY 8TH AUGUST, CENTRE D'ART



In parallel with John Mandeem's exhibition, retracing Auroville's first 40 years, Centre d'Art would like to dedicate two afternoons to the screening of pictures by Dominique Darr, taken between 1971 and 1974. The images portray Aurovilians of the time, some of which are easily recognizable, while others seem complete strangers to us.

The Dominique Darr Archive would be grateful to receive your help in identifying people from that era, and thus enrich each photo with valuable information.

A first series of images will be screened and commented in Centre d'Art's Multimedia Room on Wednesday, August 6th from 4:00 to 5:30pm, and a second series on Friday, August 8th at the same time.

It will be a great opportunity to remember the old days and the people who contributed to the birth of Auroville. We look forward to seeing you there.

~~Wednesday 6th and Friday 8th August from 4 to 5:30 pm.~~

AUROVILLE FILM FESTIVAL 2026

Submit by **Friday 15th August** for the Auroville categories.



Do you live in or around Auroville? Do you live in Pondy? Have you made a film?



Submit into the 'made by Aurovilian' category.

School students can submit to the 'made by students' category.

Films made about Auroville, the local villages, or about Pondy can be submitted into the 'made about Auroville' category.

Link to submit:

<https://tiny.cc/avfilmfestival2026>

filmfestival.auroville@gmail.com

aurovillefilmfestival.in



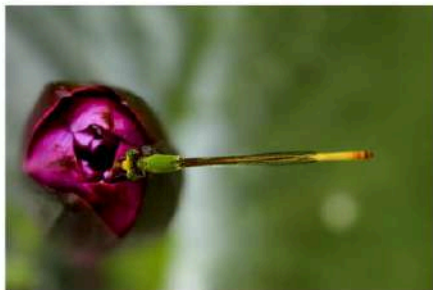
PHOTO EXHIBITION BY SATTVA

FRI 8TH - SAT 30TH AUGUST, PITANGA

Photo
Exhibition
by
SATTVA

August 8 – 30, 2025
at Pitanga

"Little Creatures"



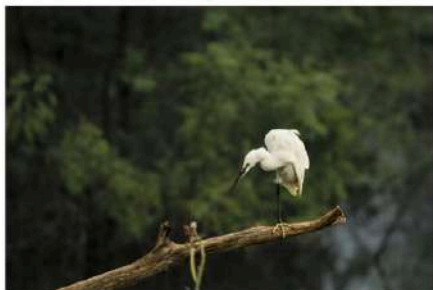
SATTVA



Two photo series that present an intimate look at the natural world around us. Familiar yet alien; beautiful, dramatic & delicate.

&

"Birds in our Backyard"



Exhibition timings: Daily, except Sundays

8.30 - 12.30pm & 2.30 - 5.30pm

Pitanga Cultural Centre, Samasti, Auroville 605 101 | info@pitanga.in | 0413 - 262403, 9443902403

A service unit of the Auroville Foundation, Health and Healing Trust branch | GSTIN: 33AAATA0037BY3N

DD GRANT EXHIBITION

15TH - 23RD AUGUST 2025, CENTRE D'ART

DOMINIQUE DARR GRANT
FIRST EDITION

Opening Friday 15 August 2025 at 4.30
Centre d'Art, Auroville



15 - 23 AUGUST 2025

TUE - FRI 2-5.30 SAT 10-12.30 2-5.30 morning by appointment
centredart@auroville.org.in

Opening on Friday 15th August at 4:30 pm

Centre d'Art created the Dominique Darr Grant to enable young artists to hold an exhibition at Centre d'Art. Photography and video are the main medium used, in tribute to the profession and passion of Dominique Darr.

The collective exhibition will show the work of the 5 artists selected, who worked on the theme of the first edition: "The Sun, the Moon and the Truth, three things cannot be long hidden"

- AADI and BALAJI – Identity Crisis
- ANANTINI - Brother
- ARATI – Remenior
- BHAVYO – Where the Indian Roots Lie
- SIMRAN - Impermanence

In the proposed projects, the artists interpreted the theme in very different ways, but all of them captured the essence of the inscrutability of truth and will present their distinct visions of the perception of reality.

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



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***

*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



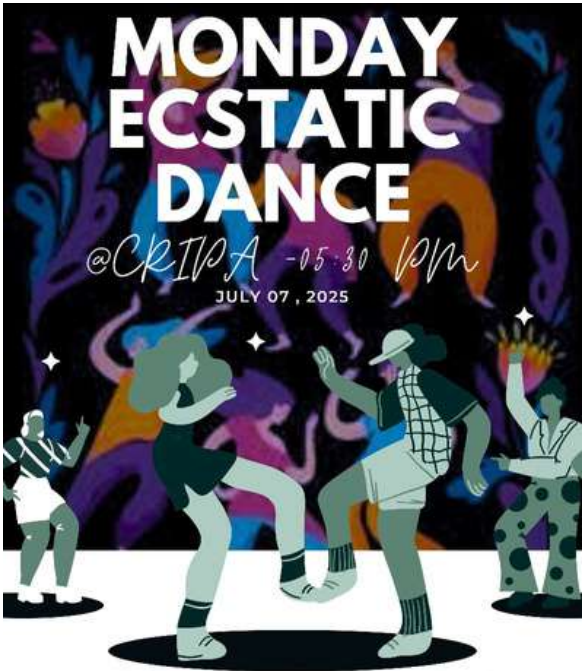
OPEN TO ALL LEVELS
EVERY WEDNESDAY, 4:00 TO 5:30 PM
AT FRENCH PAVILION - INTERNATIONAL ZONE




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



GARBA IMMERSIVE

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

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

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

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



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**

ARPANAA PRESENTS ANUBHUTI - VIOLIN RECITAL

SATURDAY 9TH AUGUST, CRIPA

Arpanaa cordially invites you to **ANUBHUTI**, a music concert to commence the upcoming celebrations marking Sri Aurobindo's Birthday.

We bring to the community a talented young musician **Smt. Chaitali Sheolikar** presenting a hindustani music violin recital on Saturday 9th August 2025.

Chaitali Sheolikar represents the 4th generation of a family of reputed musicians. She started her rigorous training at the young age of 10, under the tutelage of her grandfather Pt. V.R. Sheolikar. And is currently receiving training from her father Pt. Praveen Sheolikar in the nuances of the "gayaki ang".

Chaitali has represented India at the Ethno India Exchange program, presenting concerts in Germany and Belgium. She is an

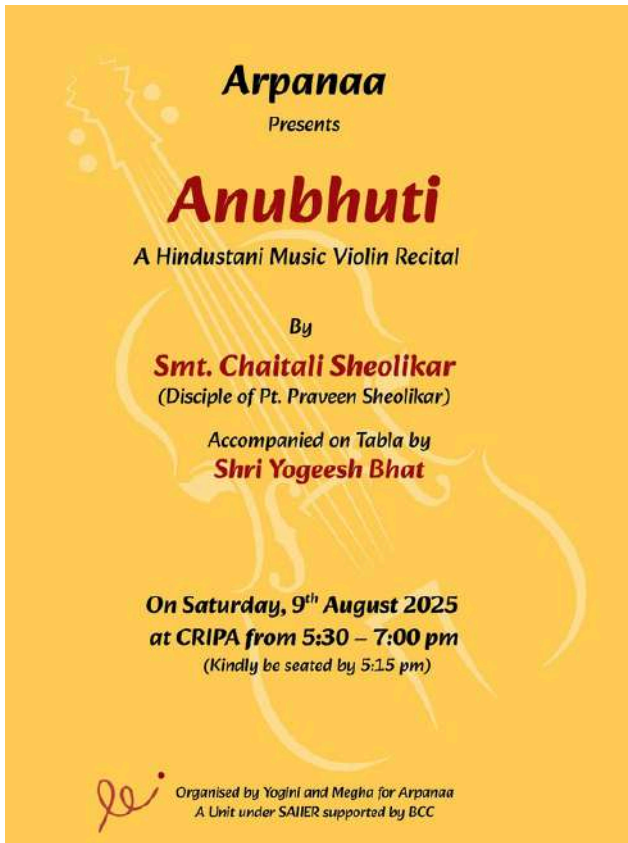
A grade artist of All India Radio and Recipient of Scholarship to Young Artists by Govt of India (CCERT) and NCPA Mumbai.

She will be accompanied on the tabla by **Shri Yogeesh Bhat** a disciple of Pt. Ravindra Yavagal, known for his sensitive and thoughtful accompaniment.

- **On Saturday 9th August 2025**
- **At CRIPA**
- **5:30 to 7pm**
- **Kindly be seated by 5:15pm**

Look forward to seeing you at the concert :)

Warm Regards,
Yogini (Kalpana) Megha (Sanjana)
for Arpanaa






BEFORE THE DAWN BY YUMIKO YOSHOKA


SUNDAY 17TH AUGUST, CRIPA

A dance of metamorphosis, where darkness melts into brightness. Through her own transformation, Yumiko illuminates secrets in our bodies. Creatures hidden in our forgotten memories joyfully start to revive.

Yumiko Yoshoka is an internationally renowned Japanese Butoh dancer, choreographer and teacher based in Berlin.

-  **Sunday 17th August**
-  **7:30pm**
-  **Cripa, Auroville**

Free entry, donations encouraged



17th August 2025, 7:30 PM
Cripa Hall, Auroville
Open for all

"Before the Dawn"

By Yumiko Yoshioka

*A dance of metamorphosis, where darkness
melts into brightness.*

*Through her own transformation,
Yumiko Yoshioka illuminates secrets in
our bodies.*

*Creatures hidden in our forgotten memories
joyfully start to revive.*

*Something grotesque yet strangely beautiful
grabs our attention.*

*We can't help but be captivated by this
strange force, a source of darkness and light.*

Hosted by

cripa
Cultural Resource Institute for Peace and Art



Auroville Consulting

Yumiko Yoshioka is an internationally
renowned Japanese Butoh dancer,
choreographer, and teacher based in
Berlin.



POETRY

slow go whirling
of maya
always different
always the same

living from
the depth
of my being
with vastness
as my center
matter as my
frame

Mauna

An apron tied
behind the back —
a home chef readied
before the stove.

But cooking started
long before,
by the One
who brought us
ingredients
together.

A human soup —
adjust it
to your taste.

Anandi Z

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: 9047421044



www.myfoodforest.in

AUROVILLE RADIO



Dear Aurovilians,

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

Last published podcasts:

- [Marlenka's weekly Offering – Ep.147](#) (Literature)
- [Savitri - Ep.17 : Introductory Comments in Tamil | சாவித்ரி காவியம் ஓர் அறிமுக விளக்கம் by Dhanalakshmi](#) (Spirituality)
- [Teens Connect Ep.16 with Udayan](#) (Education)
- [Sadana Sadassivam interviews her father Sadassivam, a marine engineer.](#) (Education)
- [Life in Auroville: Through Balaji's Eyes.](#)
- [Une série hebdomadaire de lectures par Gangalakshmi – Ep.503](#) (Integral Yoga)

Latest Youtube video:

- [Bye Bye Blackbird - Cover by Shraddha - Auroville Singing Festival 2025](#)
- [Porque Te Vas - Cover by Mila, Helana & Susana - Auroville Singing Festival 2025](#)

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

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

Peace and love

*Regards,
Sai Priya for Auroville RadioTV*



FOR THE BOOKWORMS

AUROVILLE LIBRARY

THEME OF THE MONTH

Every month, we choose a topic and set up a display of books from our collection.

**This month's theme is
OUR EARTH!**

***Come by to check out our
selection!***





Cinema Paradiso

Multimedia Center (MMC) Auditorium

Film program : 11th - 17th August 2025

Special Week

On 15th August this year, we honor two profound milestones: the 79th anniversary of India's independence and the 153rd birth anniversary of Sri Aurobindo. To mark these meaningful occasions, we've curated a special line-up of programs this week around that day. We warmly welcome you to join us, watch, participate, and celebrate the week together. As we reflect on the spirit of freedom, we embrace its universal call to courage, creativity, and collective hope.

SPECIAL SCREENING – MONDAY 11 AUGUST, 8:00 PM:

• RAAG DESH

India, 2017, Writer-Dir. Tigmangshu Dhulia w/ Kunal Kapoor, Amit Sadh, Mohit Marwah, and others, History-Drama, 135mins, Hindi w/ English subtitles, Rated: NR (R)

Set during World War II, the Indian National Army—formed under Netaji—launched a bold campaign for India's liberation on the shores of the Irrawaddy in Burma. Branded as Japanese agents by the British, the three INA officers—Major General Shah Nawaz Khan, Colonel Prem Kumar Sahgal, and Colonel Gurbaksh Singh Dhillon—stood trial at Delhi's Red Fort in 1945. Their courtroom saga sparked a national awakening and reshaped India's journey to freedom. The title subtly evokes Indian classical music, while also signifying a profound connection to the homeland. *The screening of this acclaimed film, made possible by the director and his team, brings those meteoric times more vividly to life.*

SPECIAL SCREENING – TUESDAY 12 AUGUST, 8:00 PM:

• BAGHA JATIN

India, 2023, Writer-Dir. Arun Roy w/ Dev, Samiul Alam, Mir Afsar Ali, and others, Biography-Drama, 138mins, Bengali w/ English subtitles, Rated: NR (R)

Countless Indians—unsung, unknown, nearly forgotten, laid down their lives for freedom beyond non-violent protest. Among them was Jatindranath Mukherjee, famously Bagha Jatin, whose extraordinary journey blazes with grit, fire, and conviction. Rising through Jugantar, a secret revolutionary movement shaped by Sri Aurobindo Ghosh, who called him his “right-hand man”, Jatin led daring missions, forged global alliances, and made a heroic final stand at Balasore, Odisha. This film resurrects his legacy, revealing a charged and electrifying chapter of India's freedom struggle.

SPECIAL SCREENING – WEDNESDAY 13 AUGUST, 8:00 PM:

• GOUR HARI DASTAAN: THE FREEDOM FILE

India, 2015, Dir. Ananth Mahadevan w/ Vinay Pathak, Konkona Sen Sharma, Ranvir Shorey, and others, Biography-Drama, 104mins, Hindi w/ English subtitles, Rated: NR (PG)

Gour Hari Das, proud of his freedom-fighting past, lives a quiet contended life with his small family. When his son is denied college admission for lack of a Freedom Fighter's Certificate, Gour Hari set to reclaim his identity. What begins as a quest for a simple certificate spiral into a decades-long battle against a system blind to truth and dignity. With his wife Lakshmi's quiet strength and journalist Rajiv's curiosity, his moving quest exposes how a nation forgets its own heroes. *We thank the filmmaker for this screening.*

SPECIAL SCREENING – THURSDAY 14 AUGUST, 8:00 PM:

• B.R. AMBEDKAR NOW AND THEN

India, 2023, Writer-Dir. Jyoti Nisha, Documentary, 111mins, Hindi w/ English subtitles, Rated U/A (PG-13)

This award-winning debut documentary by a Bahujan feminist filmmaker boldly explores liberty, equality, fraternity, and social justice. It interrogates caste, religion, and representation in Indian cinema, offering a powerful

SPECIAL SCREENING – SATURDAY 16 AUGUST, 8:00 PM:

- **KESARI CHAPTER 2: THE UNTOLD STORY OF JALLIANWALA BAGH**

India, 2025, Dir. Karan Singh Tyagi w/ Akshay Kumar, Madhavan, Ananya Panday, and others, History-Drama, 133mins, Hindi-English w/ English subtitles, Rated: NR (R)

Inspired by true events, the film follows Justice Sankaran Nair's bold rebellion against British rule after the 1919 Jallianwala Bagh massacre. He resigns from the Viceroy's Council in protest (Trivia: Rabindranath Tagore renounced his knighthood as a form of protest), then sues Michael O'Dwyer in England, joined by spirited law student Dilreet and rebel Pargat Singh. *Widely acclaimed for its stirring portrayal of India's fight for justice.*

CHILDREN'S MATINEE – SUNDAY 17 AUGUST, 4:30 PM:

- **VALLEY OF THE LANTERNS**

Canada, 2018, Writer-Dir. Caleb Hystad w/ Samantha Ferris, Thomas Haddaway-Graham, Ian Hanlin, and others, Animation-Family, 97mins, English w/ English subtitles, Rated: NR (PG)

In a mystical mountain village, elderly Olistene clings to a magical tradition that lets her relive the past. This is until her grandson Keelan challenges her to embrace change. As lanterns illuminate forgotten truths, their bond is tested in a heartwarming tale of time, memory, and the courage to let go for love's sake, where the lanterns are symbols of hope.

SPECIAL SCREENING – SUNDAY 17 AUGUST, 8:00 PM:

- **PHULE**

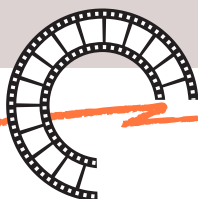
India, 2025, Dir. Ananth Mahadevan w/ Patralekhaa Paul, Pratik Gandhi, Darsheel Safary, and others, Biography, 129mins, Hindi w/ English subtitles, Rated: NR (PG)

In British-ruled India, Jyotiba and Savitribai Phule confront caste oppression and gender inequality with radical courage. From opening schools for girls to challenging Brahminical orthodoxy, their journey is a stirring testament to resistance and reform. Their fearless pursuit of justice reminds us that freedom from casteism is yet another freedom we must achieve. *This acclaimed film is currently running in theatres across India and screening internationally, with its digital release yet to come. We're sincerely grateful to the director and producer for making this screening possible.*

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.

For scheduling programs at MMC/CP venue: please email us at mmcauditorium@auroville.org.in. **We appreciate your continued support. Please donate to "Cinema Paradiso" (account #105106) or set up for a monthly contribution. We need it now more than ever.**

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/>



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

Jimmy Carter

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: madhiazhagan014@gmail.com

AYURVEDA TIPS FOR RAINY SUMMER



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

We can help ourselves with the following recommendations:

With the food

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

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

Some immunity enhancers:

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

Special treat for joint pain and inflammation:

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

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

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

Let's be all well, happy and healthy.

Be at Santé Clinic





ACCESS TO THE PARK OF UNITY AND MATRIMANDIR

The Park of Unity

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

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

The Inner Chamber of the Matrimandir

The Matrimandir is a place for silent individual concentration.

- The Inner Chamber is open to Aurovilians and Newcomers:

Monday – Saturday	6.00 AM to 8.00 AM 4.30 PM to 7.30 PM
Sunday	6.00 AM to 12.00 PM 4.30 PM to 7.30 PM
- The Inner Chamber is open to SAVI registered Volunteers:

Wednesday – Monday	8.00 AM to 8.40 AM.
--------------------	---------------------

 Arrival at 7.45 AM at the Office Gate
- The Inner Chamber is open to Aurovilians wishing to accompany a maximum of 5 close family and friends, no more than once in two weeks, with booking 3 to 5 days in advance at mmconcentration@auroville.org.in:

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

 Arrival at 7.45 AM at the Office Gate
- The Inner Chamber, the Petals and the Gardens are open to the Children of Auroville and the Outreach Schools:

Tuesday	9.00 AM to 11.00 AM
---------	---------------------
- Auroville units can bring their staff to the Inner Chamber with a prior booking at mmconcentration@auroville.org.in:

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