

*Auroville*

# NEWS & NOTES

No 1092 - A weekly bulletin for residents of Auroville

25 September 2025

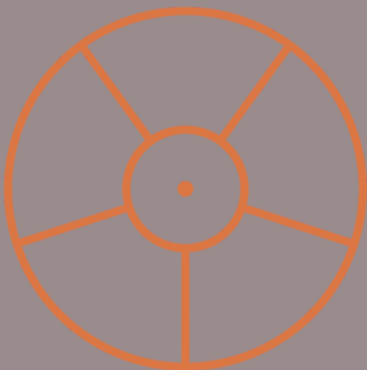


## PONDERING

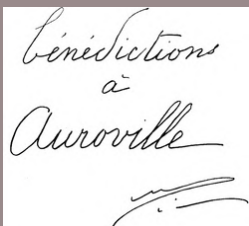
We will send you help, so that you may get rid of the obstruction.

Never allow this idea "I am not able" or "I am not doing enough" to come and vex you; it is a tamasic suggestion and brings depression and depression opens the way to the attacks of the wrong forces. Your position should be, "Let me do what I can; the Mother's Force is there, the Divine is there to see that in due time all will be done."

*Sri Aurobindo, 4 November 1935, Difficulties and the Mother's Force, The Mother with Letters on the Mother*  
<https://motherandsriaurobindo.in/Sri-Aurobindo/books/the-mother-with-letters/#difficulties-and-the-mothers-force>



# THE MOTHER ON AUROVILLE



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behalf of  
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## AUROVILLE IN ELABORATION

### THE ASPIRATION TALKS

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*Sweet Mother, why is it so difficult to carry on a physical activity, sports or any other kind, in Auroville in general and particularly in Aspiration ?*

Difficult? Why is it difficult?

*It is difficult, Sweet Mother, to be steady, to go on with an activity, sports or anything else, which we have started. So I am asking you why ?*



*The city the earth  
needs.*

Don't you have any students?

*We have started Judo classes. There were eight of us two months ago, but now we are two or three. And for lots of activities it is like that.*

What reason do they give? Is it laziness, indolence or because they feel superior?

*I don't know, Sweet Mother.*

If it is laziness, you must begin with a little and go on increasing as the body becomes used to it. If it is because of a sense of superiority, that is a *serious* disease! (*Laughing*) It must be cured!

We have been given a body not to reject it but to make it into something higher. And that is precisely one of the goals of Auroville. The human body must be improved, perfected and it must become a superhuman body capable of expressing a being higher than man, and this certainly cannot happen if we neglect it: this can be by an enlightened physical education and by using physical activities—the activities of the body—not for little personal needs and satisfactions, but to make the body more capable of expressing a higher beauty and consciousness. And for that, physical education has an important

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place, which should be given to it.

And this physical education must be done with an enlightened sense, not to do eccentric or marvellous things, but to give the body the possibility of being strong and supple enough to express a higher consciousness.

2.6.1970

#### **Power of Physical Expression**

One of the benefits of conversion.-

*The Mother*

*Antirrhinum majus* L.,

*Scrophulariaceae.*

*Snapdragon*



# NEWS & NOTES GUIDELINES

## DEADLINE FOR SUBMISSIONS:

**TUESDAY 5PM**

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

## RA NEWS & NOTES - A QUICK GUIDE



### What We Publish

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

### Working Groups & Foundation Office Content

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

### What We No Longer Publish

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

### Exceptions

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

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

### Submission Guidelines

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

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

*We thank you for your collaboration and understanding.*

## DISCLAIMER:

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

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

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

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

## LIST OF ACRONYMS:

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

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

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

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

### GB groups:

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

## NOTE FROM THE EDITORS

Dear Community,

### Here is some important information:

- If you would like to support the RA N&N, please send us an e-mail at [newsandnotes@auroville.services](mailto:newsandnotes@auroville.services).
- Content sent through [@auroville.org.in](mailto:@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](mailto:newsandnotes@auroville.services)
- To request a **PRINTED COPY**, send us your name and community to our email!

**Thank you for your continued support!**

In community,  
The RA Community Edition News & Notes Team



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## FROM THE ENTRY SERVICE

### ES # 270 DATED: 22-09-2025

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

We thank you in advance.

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

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

### AUROVILIAN CONFIRMED

- Samuel BROYE (British)

### DIDN'T COMPLETE THE PROCESS WITH THE ENTRY BOARD

- Karunanithi SENGENI aka Balaji (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.



## FO GROUPS NEWS

(not selected by due Residents' Assembly process)

## FROM THE FO N&N 1097

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

## COMMUNITY SHARING

### ⚡ [UPDATE] OPEN LETTER FROM RESIDENTS REGARDING SHOW CAUSE NOTICES FROM "ATR" AND "ATSC" ⚡

Dear Auroville Residents,

In the past 5 days, we have received over 390 signatures for the Open Letter.

Since we received some feedback regarding the Open Letter, we would like to clarify that we are in no way legitimising these 'ATR' and 'ATSC' groups.

In this letter, however, we chose to focus on their lack of respect and the tone they used in attacking fellow Auroville residents. In particular, they targeted many senior Aurovillians who have dedicated decades of their lives since the very beginning of Auroville. Some among them even received direct guidance from the Mother.

Please sign the letter through the link below. If you have already signed, kindly spread the word, since this issue represents a clear violation of the Act and, most importantly, the spirit of Auroville.

<https://forms.gle/jMpmbyuvbywCGpZc6>

Below is the Tamil translation, which can be shared with Tamil-speaking residents of Auroville.

In solidarity,

Concerned Residents of Auroville

“ATR” மற்றும் “ATSC” வழங்கிய விளக்கம் கேட்கும் நோட்டீஸ்கள் குறித்து ஆரோவில் குடியிருப்பாளர்களிடமிருந்து ஒரு திறந்த வெளிப்படையான கடிதம்

நாங்கள், ஆரோவில்லின் அக்கறையுள்ள குடியிருப்பாளர்கள், சமீபத்தில் பல வருடங்களாக வாழ்ந்து வரும் ஆரோவில்லியன் அனுப்பப்பட்ட “ATR” & “ATSC” விளக்கம் கேட்கும் நோட்டீஸ்களைப் பற்றிய திறந்த கடிதத்தில் கையொப்பமிடுமாறு உங்களை அழைக்கிறோம்.

தயவுசெய்து கடிதத்தைப் படித்து, கீழுள்ள இணைப்பின் மூலம் உங்கள் கையொப்பத்தைச் சேர்க்கவும் [திறந்த கடிதத்தின் தமிழாக்கம் ]:

<https://forms.gle/jMpmbyuvbywCGpZc6>

உங்கள் பெயர் ரகசியமாகவே வைக்கப்படும்; கடிதத்தில் வெளிப்படுத்தப்படாது.

ஒற்றுமையுடன்,

ஆரோவில்லின் அக்கறையுள்ள குடியிருப்பாளர்கள்.



## CALL FOR GRANT PROPOSALS

A two part-grant application and budget request form is available on request from [abundance.pcg@auroville.org.in](mailto:abundance.pcg@auroville.org.in) to apply for possible funding from the Foundation for World Education (FWE) in 2026 and Stichting de Zaaier (SDZ) year end funding for 2025.

Please submit your filled in forms and any other documents related to this purpose as attachments to a covering email addressed to: [abundance.pcg@auroville.org.in](mailto:abundance.pcg@auroville.org.in) latest by Monday, 20 October 2025.

Questions and early submissions are very welcome,

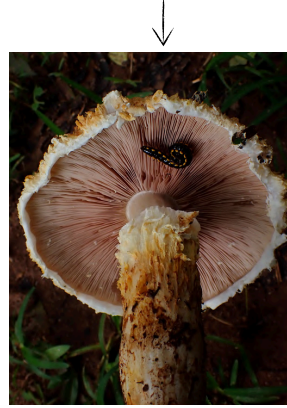
Devi, Pala, Sauro, Tineke, Vani

For Abundance (PCG)



## MUSHROOM OF AUROVILLE: THE HIDDEN WORLD OF FUNGI

Over the last two years we've been surveying the mushrooms of Auroville, and the diversity we found has been amazing- nearly 300 species! Most are decomposers, cycling nutrients on the forest floor, but we also found entomopathogens (insect parasites) and mycorrhizal fungi (which form partnerships with trees). We even found one undescribed mushroom which we are suggesting to name *Agaricus aurovillensis*!



Want to know more? Check out the [full report](#), follow on [instagram](#)



or come wander with us on the next Mushroom Walk.

Get in touch: [milladenhollander@gmail.com](mailto:milladenhollander@gmail.com)/ 0031644668946



## UNDER THREAT - ANNAPURNA FARM

<https://annapurnafarm-auroville.org.in/>

ANNAPURNA FARM IS UNDER THREAT FOR A 'SUSTAINABILITY CAMPUS' OF IIT MADRAS



Annapurna Farm, on land purchased specifically for Auroville food supply, has been part of Auroville's food system since the mid-1980s.

### 135 acres land use by acre

- Field crops - 23.25
- Various fruits - 6.75
- Fodder/biomass - 30.5
- Forest/live fences - 46
- Rainwater harvest ponds - 6
- Infra buildings, drying space, roads - 8.5
- Uncultivated, for grazing - 14

### IMO Control (IMO IN) organic certification since 2005

- Processes over 90% of grains from all AV farms
- Supplies 30% of AV farms production
- Serves as central granary for 3,000+ residents





Annapurna's location with its soil and water systems, including extensive rain water harvesting ponds, are unique for paddy and field crops.

The planned IIT campus will include an EV truck testing track, destroying productive farmland to test heavy vehicles.



## UPCOMING HOLIDAYS - THE AUROVILLE LIBRARY



The Auroville Library will be **closed** on:

- **Wednesday 1<sup>st</sup> October** for Saraswati Puja
- **Thursday 2<sup>nd</sup> October** for Gandhi Jayanthi.

## RESIDENTS SPEAK



### THE HOLY FOOLS OF SHINING VALLEY

A CHILDREN'S STORY FOR GROWN-UPS : PART 2

#### The Grand Projects Begin

The first thing the Holy Fools decided to do was build the most perfectly straight road the world had ever seen. It would cut right through the middle of the valley, they announced, and it would be exactly the same width everywhere, with no curves or bends.

"But that will mean cutting down the Old Oak Grove," said the valley people. "Those trees have been growing for a hundred years. The children love to play there, and the birds build their nests in the branches."

"Trees can be replaced!" declared the Holy Fools. "But a perfectly straight road is forever!"

So they brought in enormous machines and began cutting down the ancient trees. The Holy Fools stood around in their robes, pointing at papers and nodding wisely, looking very pleased with themselves



But there was a problem. The Holy Fools had never actually built a road before. They had read about roads in books, and they had drawn pictures of roads on paper, but they had never gotten their hands dirty actually making one.

Within a week, their perfectly straight road had become a muddy

mess. The big machines got stuck because the Holy Fools had forgotten that the valley got very rainy in the monsoon season. The workers they had hired quit because the Holy Fools kept changing their minds about which direction the road should go. And worst of all, all that mud flowed down into the village wells, making the water taste terrible.

"Don't worry!" said the Holy Fools, adjusting their important hats. "This is all part of our grand plan! The road will be even MORE perfect now!"

To be continued in the next issue...

(The full story can be read [here!](#))

Clam Aduelaie

*Author's note: Any resemblance to current events or persons, living or mythological, is purely coincidental and exists only in the reader's imagination.*



## THE TRUE STORY OF THE AUROVILLE DOG SHELTER

In April 2023, a new team took over the former IACC dog shelter (Integrated Animal Care Center), an unregistered activity under BCC run by K. and P. CS., because IACC functioned minimally with inadequate nutrition, housing and medical care.



The *Animal Welfare Board of India* inspected IACC and reported that even the minimum SOP (Standard Operating Procedure), which every shelter has to adhere to, was not achieved, and some dogs were suffering, even prematurely dying, from neglect and poor quality care. Soon afterwards, an investigation into substantial donation theft by IACC management was started by Auroville Foundation, which is still ongoing but presently on hold because the internal AVF auditor left the Foundation in April 2025.

A new team, which was entrusted with the care of the animals and shelter, registered a unit under Service Trust "Auroville Dog Shelter" and worked hard to improve the lives of the neglected dogs and bring the shelter up to new levels, amidst constant attacks by the former IACC manager and their Aurovilian support group who defamed the new team on many occasions. Some of the IACC support-group members were members of the Entry Group, thus blocking Arthur's Newcomer process with fabricated 'negative feedback', made up by their friends.

Despite these ongoing challenges, and through hard work and their love for animals, the dog shelter team managed to garner the support of donors and government agencies and secured funding to improve the living conditions of all animals in the shelter and in Auroville. Especially thanks to Arthur Birago, an integral dog training specialist, and his outstanding social media and fundraising skills, the shelter was able to procure medicines, employ more qualified staff and experienced veterinarians, and improve the infrastructure of the entire shelter. Soon partnerships were entered, the first one with *RAJIV GANDHI INSTITUTE OF VETERINARY EDUCATION AND RESEARCH (RIVER)*, *Mettupalayam Vet hospital*, who sent their veterinary students to the shelter for hands-on practical internships and experience. Maneka Gandhi of "People for Animals" and Dr. Shiranee Pereira gave their support to the shelter amongst countless animal lovers, famous persons and well-wishers. The Auroville Dog Shelter changed from being just a holding facility for dogs into an essential municipal service and a research and education facility with a great reputation.



An example of one extraordinary transformation was the Serenity building, comprised of a few dim concrete kennels at the back of the property, surrounded by flooded land and overgrowth. After moving tons of earth and elevating the grounds, the kennels were refurbished and each indoor kennel supplied with its own outdoor garden that includes dog houses and natural shaded areas. The new Serenity House provides a special area for teens, shy dogs, paralyzed dogs and dogs with severe skin issues and was supported with the funding of the Dept. of Animal Husbandry. The new facility combines the use of the beautiful natural environment of the current shelter along with the individualized care and attention that residents need and exemplifies the visionary approach to animal care.

Soon afterward, the Honorable President of India announced her visit to Auroville, and the Secretary of the Auroville Foundation wanted to quickly build a new VIP road for the presidential visit right through the shelter.

The shelter team was given site permission in June 2024 by ATDC to rebuild the shelter adjacent to Red Earth Riding School, 500 meters up the road from its present location. In its 66th meeting on 13.2.2024, the Governing Board pledged its support for the relocation, naming 15 new buildings to be built, plus 2 crores in GOI funding for the moving in order that the VIP road can be constructed.

See also <https://aurovillefoundation.org.in/wp-content/uploads/2024/02/66th-GB-minutes.pdf>

### 66th Governing Board minutes on 13.02.2024

#### Item No. 66.27 Approval for the construction of a Dog Shelter

“It was apprised to the Governing Board that the existing Auroville Dog Shelter, which is a Unit of the Auroville Foundation, needed to be shifted due to the construction of the VIP Road, which passes through its current location. Accordingly, there is a need to construct a new Dog Shelter. The Governing Board has considered the proposal prepared by the Auroville Town Development Council for the construction of a new Dog Shelter with the following facilities — (....)

Because of the opposition of some individuals, ATDC decided to cancel the site permission, and the GB decided to keep the shelter at its present place. In compliance with staying at the same place, and in compliance with the planned VIP road, the dog shelter team managed to get a land exchange agreed with the neighbour, which would enable the VIP road and the new shelter to exist in the same location without disturbing each other. On the far eastern side of the private neighbor's land to be exchanged, a partial road towards the Visitors Center already exists, and it would perfectly serve the construction of the new road. It seemed that this was the long-awaited solution to build the new shelter.

The dog shelter team was promised a meeting by the OSD of the AV Foundation with all stakeholders involved to look at the maps and discuss the location and alignment of the new road. Unfortunately, there was no communication with the ATDC Planning team with the Foundation, and this meeting never happened.

AVI USA funded a free rabies camp in 2024, which was held in Auroville and all surrounding villages, since the Auroville area had been declared a rabies outbreak region. Almost monthly, a new rabies case was caught inside Auroville and documented with the Department of Animal Husbandry. A specialized team from RIVER Mettupalayam Vet hospital confirmed the positive rabies cases with the most rigorous test, a brain biopsy.

Despite an Open Letter to the AV Foundation asking for support to ensure the safety of Auroville residents and thousands of visitors against the rabies threat, the shelter team never received an answer.

As the reputation of the shelter as a place of healing and excellent veterinary care grew, many residents and villagers brought their dogs and cats for treatment to the shelter or alerted us to injured, sick, or incapacitated dogs on the streets, which were then picked up, treated, and released back to the area where they came from when they were fully healed. The street dogs were also vaccinated, dewormed, and sterilised whenever possible before their release, often free of charge or against a minimum donation.

Since the shelter infrastructure was crumbling and urgent repairs and maintenance needed to be carried out, Arthur and Tine wrote a new project to build a new shelter in the current location, which was submitted and endorsed by FAMC. The project included a detailed business plan whereby the shelter would be financially independent from FAMC/BCC funding (Rs. 50,000 monthly + 2 maintenances) within 2 years of start up. Due to the many services we offered to the AV Community, our running expenses had risen to 3.5 to 4 lakhs monthly, which is very challenging to fundraise with individual donors only, despite some governmental grants and, at that time, crowdfunding, which unfortunately was disallowed soon after. Thus, our business plan, to enable us to earn our own money through visitors and guests and become self-sufficient, was the perfect solution and in alignment with AV values and vision



But when the new shelter project was submitted to ATDC after endorsement by FAMC, it became silent. Instead of inviting the dog shelter team to a meeting to sort things out in an amicable, harmonious way, which could have been a win-win situation for all involved, ATDC-Planning started to survey the old VIP alignment in the west of the shelter, which would destroy 70% of all essential shelter buildings and infrastructure, and, de facto, destroy the shelter. We learned from neighbors that it is envisaged that the entire area around the VIP road should be developed into a business- and tourist hub à la Kulipalayam, with Aurovilians and their friends involved in land deals around the VIP road and the shelter, which seems to be the crux of the matter. The argument was that a dog shelter in the neighborhood brings down the real estate value, and that's why the shelter has to go by all means !

Tine tried to contact the Secretary, but unfortunately, the Secretary remained silent, and there was no response.

When the Secretary visited Auroville around the 15<sup>th</sup> of August, she signed all pending visa applications except a few. She did not sign Arthur's visa recommendation, forcing him to leave Auroville and India by the end of September 2025. There were no reasons given to Arthur as to why his visa recommendation was refused.

In the beginning of 2025 the dog shelter team had started its program to sterilize 1000 dogs per year and had sterilized hundreds of dogs already, thanks to the hard work of 2

veterinarians and the entire staff. Under the supervision and guidance of the AWBI and the Department of Animal Husbandry, who were amazed by the level of professionalism and efficiency, Aurovilians and village dog and cat owners brought their furry friends to the shelter for sterilisations, vaccinations, and treatment, which was done on a donation basis and often also for free. Since the old facilities and infrastructure of the shelter were insufficient, with far too few enclosures available for rescue dogs and post-operative care, and building permission still refused by ATDC, Arthur purchased several scrapped ship containers from Chennai port and rebuilt them into after-care enclosures where the dogs were recovering from surgery and other treatments, and a puppy house. Rescue operations were carried out daily, and even with the additional container enclosures, the available treatment spaces were always filled to capacity. The 1000-dog-year sterilisation program was a full success!

The dog shelter team worked tirelessly 7 days a week to provide the best service for Auroville and the villages, and did everything possible to improve the lives of street dogs. Arthur published a monthly transparency report in AV News and Notes where he reported diligently how many donations had been received and how the funds were spent – on dog food, medicines, staff salaries, upgrades, and repairs. This open communication and personal contact earned the shelter a lot of trust from donors and well-wishers who supported the shelter generously in kind and with funds.



In July 2025, strange events occurred, with the aim of undermining the shelter from within. We had to terminate 2 ammas (cleaning and cooking ladies) for non-performance of their duties at the end of June. They went straight to the ATSC (ATR) office to sign their names on an empty piece of paper.

A third amma, who was not fired but forced to leave by the two other ammas, came back later to work and gave testimony to the Working Committee of the incident. She confirmed that on the signed empty piece of paper was later written a complaint against the shelter management, against Arthur and Tine, but especially against Arthur, in perfect Tamil, and submitted to AV Foundation. The 3rd amma was later violently threatened by an organised mob on her way to work, demanding her to stop work in the shelter. While we were trying to safeguard her on her way to work, both of the previously terminated ammas were present, and one was constantly on the phone with A. of ATSC, who seemed to have been behind the violent attack.

Another incident happened on the 5<sup>th</sup> of August 2025, when we expected the visit of the Joint Director of Animal Husbandry of Villupuram to conduct an inspection of the shelter to determine the grant money for next year and inspect the planned road, which would also destroy buildings financed by the AWBI. One of our workers was announced as a Newcomer in May 2025 & told us in June that he had been told by ATSC that he would become Aurovilian in just 6 months, and also receives money from A. for his newcomer housing. Later, this staff member demanded to be given the salary details of the other staff, which was refused.

We found out only later that this worker and a second one had been announced as Newcomers despite having criminal records for violent and drug-related offenses at the Auroville Police station. On the morning of the 5<sup>th</sup> of August, these 2 workers-newcomers refused to do any work and walked out of the shelter, inciting and threatening the entire staff to leave with them, knowing that the JD was on the way for an inspection. They went straight to the ATSC office and met with A., after which another letter of complaint was written and submitted to the Foundation Office. Many of the staff returned to work the next day, informing us that they had to wait outside the office and just signed their names on a piece of paper,

not knowing that it was another fabricated complaint against Arthur and Tine. Two of them gave testimony in person and in writing in front of the Working Committee.

On 29.8.2025, suddenly and without any warning, an Office Order was received, signed by AV Foundation Accounts Officer replacing the existing executive (Tine) with 3 new executives:

1. Dr. Kumar
2. Sugarr (Chankarapani Sakthivel)
3. Vijayan Kuppan
4. AV Police liaison Mr. Balasubramanian, Resource Person.

See also on Auronet:

<https://auroville.org.in/article/101065>

We learned from reliable sources within Auroville Foundation that A. and S. suggested the above names to the Secretary.

We believe that the development plans around the VIP road are the cause for the Office Order since we have worked out and given a viable alternative for the alignment of the VIP road. Our proposal followed the guidance of OSD whereby the new road and the new shelter can be constructed side by side without disturbing each other.

The dog shelter sits in the Green Belt and does not violate the mandate of the Green Belt, unlike the new road which violates both the Masterplan and intention of the Green Belt by commercialising it. Any commercial development in the Green Belt is in violation of its intention to provide high quality local food, recreation, education, and wildlife spaces to a growing, modern, vital and self-sustaining city. It becomes even more important to honor the concept and integrity of the Green Belt as massive development of the city of 50,000 Aurovilians progresses. If its sacred intention is not honored now, there is no guard against the future of the Green Belt and its sustainable function is Auroville will be compromised at best or completely lost at worst.

The new Auroville Dog Shelter executives will probably soon receive a notice from ATDC-Planning that the shelter has to be downsized and relocated to make space for the road and the subsequent touristic development of the area. The allocated site will most probably be outside the Masterplan, far away from Auroville, where the objectives of the dog shelter – to provide essential services to Auroville – cannot be fulfilled any longer. Although ATDC has stated that developments outside the Master Plan will not be allowed for outside lands are earmarked for exchange with city lands, it seems that, for the dog shelter, an exception may be made. Thus, the main objective of the shelter, to become self-sufficient, will be impossible to achieve when it is tucked away somewhere on a small piece of land, without resources or options to earn its own money. No thought is given to the well-being of the animals or the safety of Auroville. We are extremely worried about the future of the Auroville Dog Shelter.

*Tine and Arthur*





## DARE TO KNOW

An Aurovilian started a collective thread titled '*Dare to Know*' with the theme '*Having the Courage to use your own Intelligence*'. An invite for each unique to add one's chip.



Ok then, here I go.

Dare to know.

A push to let go  
Of limiting appearances.

A prompt to be courageous  
To discover the unknown  
Beyond the limitations of reason  
Beyond even the rays of intuition  
Towards the vast infinite ocean  
Of limitless possibilities.

One modality of existence  
Is the Supramental being  
A new condition becoming  
Kickstarted by the Dual Avatar  
Sri Aurobindo and the Mother  
That will take many more generations  
Of hero warrior sun-eyed children.

Thus a playing field of concentration  
Was created, this City of Dawn  
To hasten the terrestrial evolution  
Towards the Life Divine.

...



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

Zech

## FOOD FOR THOUGHT



Natural AC ❄️ 🌸 Salon 😊

## AUROVILLE CONVERSATIONS



Submitted by an Aurovilian



## INNER JOURNEY

**INTRODUCTION TO THE INTEGRAL YOGA OF  
SRI AUROBINDO AND THE MOTHER**

**Tuesday 30<sup>th</sup> September, 9 am - 12 noon**  
**Focus: The Inner being**

Led by Ashesh Joshi

Place: Mirabelle Education Centre, Auromodele  
Ph/Whatsapp: 94891 47202 (Please register)

All are Welcome





## SAVITRI SATSANG WITH NARAD

EVERY TUESDAY, 04:30 - 05:15PM

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

**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**

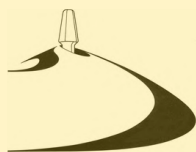


## AMPHITHEATRE - MATRIMANDIR

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)

## TATTVA BODH (WISDOM OF THE DIVINE)

BOOK READING CIRCLE & MEDITATION MARATHON

Weekly Event. Different Days, Different Authors

At **Harmony Hall** (Bharat Niwas) and Online

It gives me immense joy to finally conceive and put to action, book reading circles with embodiment practices. More sessions per week, more wisdom literature, more meditation tools. Includes *interactive book reading, live sound bath, pranayama, yoga, meditation, wisdom audibles, OM chanting, Perception building through Art, journaling and many more activities*. A high **intense spiritual state** is what we need, without any day off. Otherwise, we are bound to get lost in lower worldly consciousness, and inevitably invite pain in our lives. The daily program was the missing plug, and now it's been found. (More books will be added in future).

### Program schedule

MONDAYS 6 PM - 7:30 PM	TUESDAYS 5 PM - 7 PM	THURSDAYS 5 PM - 7 PM	SATURDAYS 5 PM - 6:30 PM	SUNDAYS 5 PM - 6:30 PM
Online Ask for the link	Bharat Niwas Harmony Hall	Bharat Niwas Harmony Hall	Online Ask for the link	Online Ask for the link
SYNTHESIS OF YOGA Sri Aurobindo	BE AS YOU ARE Ramana Maharshi	BASES OF YOGA Mother's Talks	THE POWER OF NOW Eckhart Tolle	A NEW EARTH Eckhart Tolle
FOLLOWED BY				
 Méditation Breathwork	 Live Sound Bath	 Meditation Visualization	 Present Moment Meditation	 Book Meditation

Please note -

- Embodiment practice will happen in last 30 minutes of 2-hour session.
- Please wear loose comfortable outfits.
- Get notebook/pen to take notes/learnings/journaling.

Minimum contribution -

- Per session - INR 200
- One week Enrollment (4 sessions) - INR 600
- One Month Enrollment (16 sessions) - INR 2500

(This is minimum contribution to meet the Program expenses, more is welcome).

(Aurovilians/ Newcomers excluded, but can donate as per their discretion).

Please contact **Debashish (+91) 76782 08825** for queries. Direct walk-in permitted.

Prior registration needed for online sessions.

Warmly, Debashish

## 1008 NAMAS (SACRED NAMES) OF THE "DIVINE MOTHER"

WEEKLY FROM 2<sup>ND</sup> OCTOBER, CERTITUDE

Dear Devotees of The Mother,

Here is an opportunity to learn the 1008 namas (sacred names) of the "Divine Mother", "Sri Lalitha Sahasranamam" **weekly once on Thursday evenings from 6pm to 6:30pm at Buvana's house in Certitude Community**. The 1<sup>st</sup> class will start on "Vijayadasami Day" 2<sup>nd</sup> October 2025. Please contact Buvana 94437 03287

Thanking you,  
Regards, Grace



# ANNOUNCEMENTS

## GUIDED GARDEN TOUR

19<sup>TH</sup> AUG - 14<sup>TH</sup> OCT, AUROVILLE BOTANICAL GARDENS

From the 19<sup>th</sup>  
of August  
to the 14<sup>th</sup> of  
October 2025

*Come walk with us!*  
Guided Garden Tour

Auroville Botanical Gardens

- **Wednesdays and Fridays - 9:30 am** (about 1.5 hour walk).
- Be on time - Bring your water bottle and a hat - Meeting point at BG Kitchen .
- Please send us an email to: [avbg tours@gmail.com](mailto:avbg tours@gmail.com) to book your walk.

## TALK AND WALK - STORY OF THE LAND

SATURDAY 27<sup>TH</sup> SEPTEMBER, PEBBLE GARDEN



## INDIVIDUAL SOUND BATH PITCHANDIKULAM FOREST



🏠 There is a little house in the heart of one of Auroville's oldest and best-preserved forests, where you can enjoy a very special sound bath.

The sound of birdsong and insects, the rustling of leaves will be the only background.

A certified sound facilitator will perform a personalized session, just suitable for you, according with your needs and desires.

And in the end a meditative walk in the forest will be, if you like, the perfect ending to the experience 🌿

Book your session now by texting to Whatsapp +39 3208370141

Silvia

## A NEW ORGANISATION AT THE BUDOKAN OF AUROVILLE

Since July, there's Aikido everyday at Dehashakti budokan !

### Adult class

- From Monday to Friday from 6 to 7:30am
- Advanced class / Saturday from 6 to 8am
- Weapon class 8 to 9am.

### Children Class

- From Monday to Friday, 3:50 to 4:50pm



We also started a new activity :

**AÏKITAISO**, a zen Body practice to ground the body and the mind.

- From Monday to Friday 8 to 9am
- also Friday evening from 5 to 6pm
- And Saturday 9 to 10am.

Best Regards

Michaël, Philippe & Murugan, Budokan Teachers



**THE 2<sup>ND</sup> EDITION GREEN RIDE - CYCLOTHON 2025**  
SUNDAY 12<sup>TH</sup> OCTOBER, CERTITUDE SPORTS GROUND



**Event Details:**

- **Event Date:** 12.10.2025 / Sunday
- **Starting Point:** Certitude Sports Ground, Auroville
- **Ending Point:** Punjabi Dhaba, Auroville Junction, Moratandi Toll Gate
- **Distance:** 65km for **Elite & Master-Men**, 47km for **Master - Women, Amateur (Men & Women) & Juniors (Boys & Girls)**, 20km for fun ride inside auroville (All ages above 8 years old)
- **Bicycle Type :** Only manually driven pedal bicycles are allowed.

**Registration Fees include:**

T-Shirt, Timing Certificates, Finisher medal, technical support, Hydration support, Medical aid, Ambulance Services and breakfast.

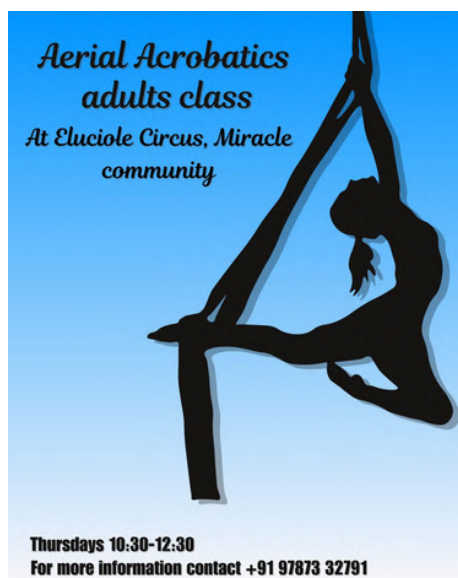
**Certificates / Medal / Cash Prize:**

1. T-Shirt, Medals & Certificates provided to all participants.
2. Lucky draw winners: **Two Special Prize** to overall Men & Women category at the prize distribution time. Names will be picked up in front of all participants.
3. Attractive **cash prizes for the top 3 positions** in each category.

REGISTER AT : [www.aurovillesports.in](http://www.aurovillesports.in)

**AERIAL ACROBATICS CLASS FOR ADULTS**

EVERY THURS, ELUCIOLE CIRCUS, MIRACLE COMMUNITY



**CREATIVE VOICE SOUND HEALING**  
EVERY MONDAY, HALL OF LIGHT, CREATIVITY

**HALL OF LIGHT  
CREATIVITY COMMUNITY  
AUROVILLE**

**CREATIVE VOICE  
SOUND HEALING**

EVERY MONDAY  
FROM 5 TO 6,30 PM

Experience vocal techniques, breathing, toning, singing, dancing, etc  
To promote relaxation, self discovery, emotional release, free expression and happiness. We discover our heart voice through singing. Exploring our different voices and small instruments.

NO EXPERIENCE NEEDED  
NO REGISTRATION  
AUROVILIANS AND NEWCOMER FREE CONTRIBUTION  
300 Rs FOR GUEST

CONTACT: lola 9443069335.

**HIVE COWORKING SPACE**

OPEN HOUSE EVERY FRIDAY, AUROMODE



Are you looking to work, study, create or simply connect with like-minded professionals in a serene place? Step into Hive and experience the Cosy workspace with super-fast Internet, Coffee - **All for FREE** on our Open House.

- Venue: Hive, Auromode
- Time: 9 am - 7 pm
- Visit us at [www.auromode.in/hive-coworking](http://www.auromode.in/hive-coworking) for more details on our plans and facilities.
- For inquiries: [auromodehive@auroville.org.in](mailto:auromodehive@auroville.org.in) / +91 90427 59540 (WA) / +91 70921 97375 (WA) or drop by.

**All are Welcome!!!**

## FREE AI MASTERCLASS FOR ALL

EVERY SATURDAY, HIVE, AUROMODE



Are you looking to transform your future and career with AI? Come Join our **Free AI Masterclass** at Hive Coworking Space facilitated by S M Pandi Subramanian, founder of Enthiram.AI, with over 20 years of pioneering work in AI innovation and solutions.

Open for all, no prior experience needed.

Contact: +91 98867 40850 / [auromodehive@auroville.org.in](mailto:auromodehive@auroville.org.in)

## LOOKING FOR

### REQUEST FOR DONATION IN KIND

Dear Friends,  
Warm greetings from the Mirra Women's Group.

Established in 2002 as part of AV Arts Services, Mirra Women's Group brings together women of Auroville, the surrounding bioregion, and newcomers through music, art, dance, sports, and educational activities. Our goal is to foster unity, healing, and empowerment across all walks of life.

In response to the emotional and physical challenges brought about by the pandemic, we have redoubled our efforts to create safe spaces for healing and well-being. Currently, we are conducting yoga classes and readings based on *The Mother* and *The Ideal of Auroville* at **Wellpaper** and **Kottakarai School**.

To continue and expand these sessions, we are in need of the following items:

- 4 grass mats
- 15 bowls
- 15 small plates
- 15 glasses

(Used items in good condition are also very welcome.)

We also gratefully welcome donations in the form of **juice or edible items** to share during our gatherings.

If you are able to support us with any of the above, please feel free to reach out. Your contribution will go a long way in nurturing a space of connection and care for women in our community.

With heartfelt thanks,  
*Grace, Madhi, Suryagandhi*  
For Mirra Women's Group  
Email: [grace@auroville.org.in](mailto:grace@auroville.org.in)

### REFRIGERATOR

I just returned from studying yoga abroad, and my refrigerator is broken. The repair is very expensive. If you have a refrigerator that you're not using and would be willing to donate, please let me know.

I NEED TO KEEP FISH FOR MY CAT.

WhatsApp +91 89036 41845  
[Ivana.frousova@gmail.com](mailto:Ivana.frousova@gmail.com)

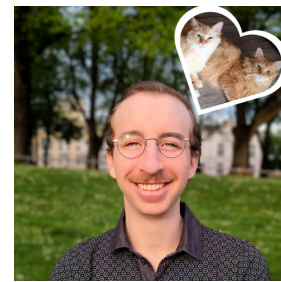


### HEADLAMP/ CYCLE LIGHT

Looking for a headlamp/cycle light which can be charged using a usb (and not batteries). Thank you.

Regards,  
Deepa, [stigmatad@gmail.com](mailto:stigmatad@gmail.com)  
98115 74667 (no wa)

### 1 - MEDIUM/LONG TERM HOUSING SUPPORT



Dear Friends of Auroville,

We're Alex, Lion and Lynx a small family from the US, transplanted to Germany and now beautiful Auroville. Alex is a long-term volunteer at CSR working in GIS and Data Analysis. We're a tight-knit family looking for suitable accomodation so that we may

stay together for the coming months, beginning latest from 10 November. If you have any ideas or leads, please feel free to reach out via the methods below.

Warmest Regards,  
*Alex, Lion and Lynx*

+91 84381 40591, [alex.nadolny@proton.me](mailto:alex.nadolny@proton.me)

### 2 - LOOKING FOR HOUSE SITTING

Dear Community,

I am Enzo, Aurovilian, originally from Italy and I am looking for a house sitting, if possible a long-term one. Starting from now or from October on.

I am a single, neat, clean, quiet, reliable and respectful person.

Please reach out on +91 86676 48515 or [solespazio@gmail.com](mailto:solespazio@gmail.com)

With love,  
*Enzo*

### 3 - HOUSESITTING OR GUESTHOUSE

We are a couple (39 + 41) working as volunteers in Auroville for a year. We are looking for a house-sitting or another place to stay, starting October 12<sup>th</sup>, preferably on longer term. We would be grateful for any suggestions or offers.

Best, *Simon & Valérie*.  
Contact: +918438 923946





#### 4 - 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: [djsevans87@gmail.com](mailto:djsevans87@gmail.com)

#### A NEW HOME FOR GUJJU THE KITTEN!



OPEN FOR  
**Adoption**

**Hi, I'm Gujju!**

6-month old male

**Favorites**  
Napping, running  
around with  
other cats, and  
eating.)

**Health**  
Fully vaccinated,  
dewormed and  
neutered.

INTERESTED TO MEET HIM?

**8870246901**

#### LARGE CLEAN TETRAPACKS



HELP ME  
**UP-CYCLE**



**Just Donate!**

And I'll do the rest



Looking for large rectangular tetra-  
packs for an upcycling project, any  
amount is fine, just rinse them and I'll  
pass by

Call me at +91 90474 49360  
Whatsapp works too

#### MISSING DOG - DOBBY

# 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



**AVAILABLE**

#### FOR TAKING:

- One corner sink.
- One Western toilet (damaged during removal but still functions. Broken part could be cemented over. See pictures).
- Photos: <https://photos.app.goo.gl/eZJT0pSQdbk99FPM8>

Contact Island 75981 03616

#### COCONUT MATTRESS TO GIVE AWAY



- 195 x 125 cm, with a nice new cover, fully clean and functional, but quite heavy.
- Please call Birgitta 94423 00574



## 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](mailto:serendipityauroville@gmail.com)

<https://serendipity.auroville.org>

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



### REGULAR CLASSES:

#### Hatha Yoga with Ramesh

- 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.

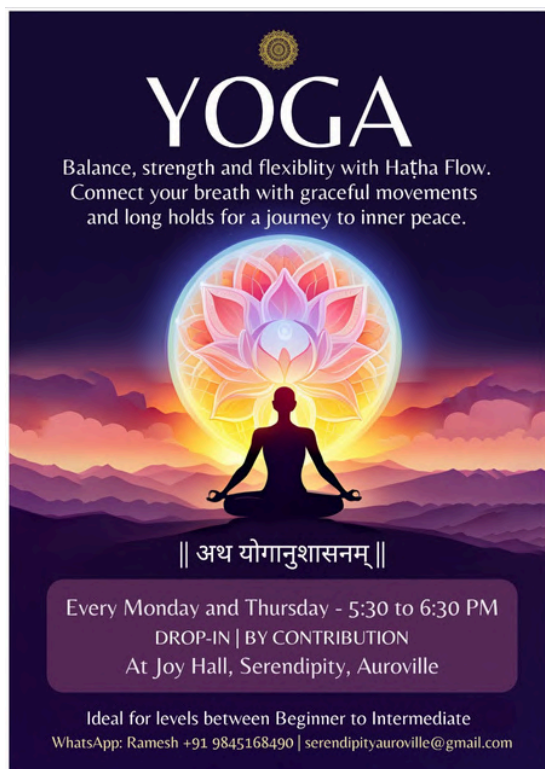
#### Traditional Sanskrit Mantras with Sonia

- 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



## ACTIVITIES AT JOI - ANITYA COMMUNITY

### JOURNEY TO INNER PEACE :

### HOLISTIC HEALING SERVICES JOI ANITYA



Located in the peaceful environment of Auroville's Centerfield, 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, Centerfield, Auroville (500m after Center GH). Road work is ongoing so follow the sign after Nandanam School.
- Bookings:** For more information or to schedule a session, please contact the practitioners directly (preferably via WhatsApp messages).

#### Thai Yoga Bodywork with Andres

- Contact:** +91 97516 07501

Combining elements of yoga, acupressure, and assisted stretching, Thai Yoga Bodywork is designed to release tension, improve circulation, and enhance flexibility. This therapeutic practice helps restore balance to your body and mind through gentle, rhythmic movements.

Andres is also a **Hatha Yoga** teacher with over 15 years of teaching experience. Trained in Ashtanga, Dharma Yoga, Breath-Based Yoga, and Bhakti Yoga, he now focuses on Vinyasa Flow, connecting movement with breath in a smooth, energizing way. He can design a class just for you, whether you seek strength, flexibility, inner calm, or spiritual connection. Session can also include pranayama (breathing practices) and mantras for a deeper experience. Contact him for more info.

#### 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.

Dave is also offering **Sacred Song Circles: Singing from the heart** and **Authentic Relating: Relational Group Games**. Contact him for more info.

#### Relationships as a Spiritual Practice with Prem Shakti

- Contact:** +91 94892 44823

Prem Shakti guides individuals and couples to explore connection not just as an emotional exchange, but as a sacred journey. Drawing upon tools like Nonviolent Communication (NVC), Authentic Relating, circling, and embodiment practices, she supports participants in cultivating deep listening, emotional intelligence, presence, and compassionate connection.

Prem Shakti also focus on **Spiritual Weddings & Ceremonies**, creating spiritually rich, non-religious ceremonies such as conscious weddings, vow renewals, engagement rituals, and bridal blessings. She is also a **Dances of Universal Peace** leader. Contact her for more info.

#### Re-turn to your (Flower) Essence with Louise Rose

- Contact:** +91 73053 73562

Flower medicine ceremonies (for individuals or groups). Blending Naturopathy, Dance & Somatic therapy, and Sonic Healing. Through a holistic Naturopathic approach; you will be guided to work with plant oversouls as allies, to explore your subtle, emotional and physical landscape. These sessions support reconnection to Inner and outer Nature.

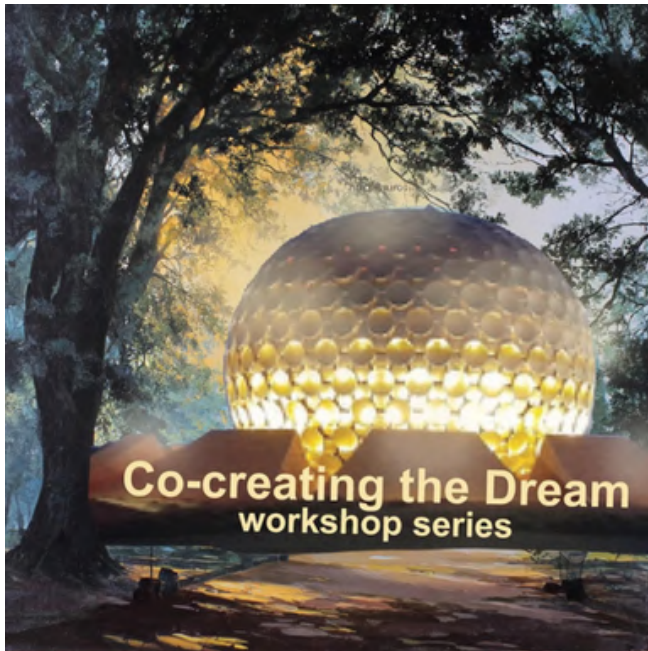
\*Tailor-made tinctures, herbal teas and aromatherapy blends provided for both group circles and 1 on 1 sessions.

## WORKSHOPS

### CO-CREATING THE DREAM

WITH KAIA, MUNAY AND RADHIKA

BEGINS ON SATURDAY 4<sup>TH</sup> OCTOBER, VÉRITÉ



Recently, along with other Aurovilians we joined online ProSocial courses where we learned about Nobel Laureate Elinor Ostrom, who studied communities around the world and identified 8 core principles that help them work successfully. These include clarifying shared purpose and values, fair decision-making, transparency, and constructive conflict resolution.

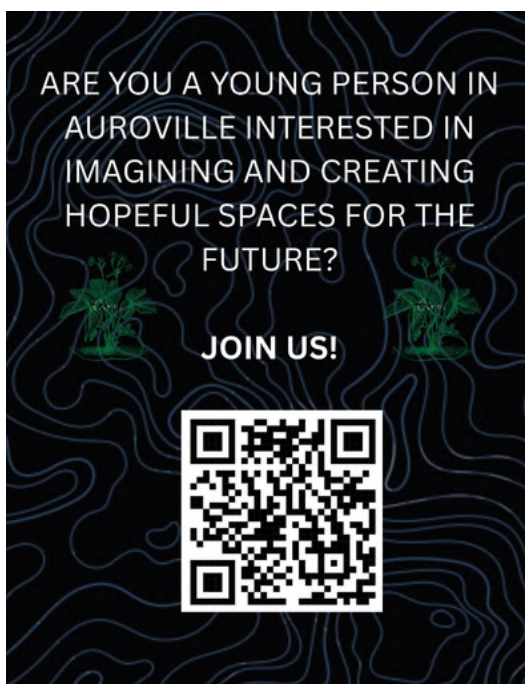
Seeing the relevance of these discoveries for Auroville, we are offering a series of flowing, engaging, and explorative workshops to bring awareness to these principles and practice useful skills for all areas of life.

The series begins on **Saturday 4<sup>th</sup> October in Vérité with the first workshop, "The Art of Deep Listening."**

Contact Vérité for further information.

### SPACES OF HOPE

SUN 19<sup>TH</sup> OCT - SUN 14<sup>TH</sup> DEC, YOUTH CENTRE



Spaces of Hope are grassroots design and planning schools dedicated to the benefit of all beings. From **Sunday 19<sup>th</sup> October - Sunday 14<sup>th</sup> December**, we will host workshops at Auroville Youth Center.

#### Workshop Description

Across the world and especially in places and projects rooted in hope for new kinds of future, ordinary people are experiencing powerlessness and grief due to the suspension of rights and freedom. The freedom to imagine and create a vision for our world is not a luxury, but the food that fuels our existence and gives us the courage and hope to build a different future that can ensure the well being of all. Young people play the most important role in building new imaginations for the future and inspire every other generation with their energy, bravery and creativity.

Spaces of Hope invites this incredible youth energy to shape the future of the places around us for the benefit of all beings through the power of art, design and planning - practices that need to be used to build a democratic society for all and that can be used powerfully to develop and share your collaborative vision for the future.

Spaces of Hope is a grassroots planning, design and art school in a long tradition of street schools and community led popular education. We will develop art work, policy recommendations and a youth vision platform to share with the wider community as an exhibition and discussion series. We will organize film screenings, guest discussions from experts in the field that will be open to public and art build activities to bring the youth of AV together to envision a new and hopeful future through creative tools. We will also learn about similar projects and movements around the world.

**10 participants invited** - applications open with full scholarships. A serious commitment to attending all sessions is necessary. Youth between 15-25 may apply, no prior experience needed. We welcome involvement from all generations and the youth that never ages. Girls - do not hesitate to apply!

- **Start and End Date** - 7 weeks / Oct 19 - Dec 14 on Sundays, 2:30 pm - 6:30 pm

Forums co-led and curriculum designed by Masoom Moitra, an urban planner, designer, artist and architect with 15 years of experience with participatory design, policy and planning and how citizens of all generations and backgrounds can use these skills to make our cities liveable for everyone. She has taught for over a decade at leading design schools in New York City (Parsons and Pratt), Mumbai (KRVIA) and worked with community groups, non profit organizations, people's movements and governments across the world.

Workshops will be co-led and organized by Dingbawi, coordinator at Youth Center and longtime youth resident of Auroville.

You can join these workshops if you are interested in being a civic leader, or want to explore a future career in community based design or planning that is in service of people and committed to making our world a better place, or even if you are simply a concerned neighbor or community member of any age who wants to work with us to make our towns, villages and cities better places to live in for all. We will focus not on developing building skills but on critical thinking, strategizing and visioning. Sessions will be conducted in English and Tamil translation will be available on request. Guest lectures will be free and open to the public.

If you have any further questions or inquiries, please reach out to us at [spacesofhopedesign@gmail.com](mailto:spacesofhopedesign@gmail.com) before **10<sup>th</sup> October 2025**.

You can find the very simple application form [here](#) and via the QR code.



# CULTURAL ANNOUNCEMENTS

## THE THINKING HAND BY NANDITA SHARMA

OPENING ON 3<sup>RD</sup> OCTOBER

3<sup>RD</sup> - 11<sup>TH</sup> OCTOBER 2025, CENTRE D'ART



We are delighted to welcome Nandita as our current artist-in-residence. An anthropoet by practice, her work fluidly traverses painting, illustration, haibun, academic writing, lexical landscapes, ethnography, and abstraction—constantly blurring the boundaries between disciplines, mediums, and modes of thought.

Having previously lived and volunteered in Auroville, she returns through this residency with a project that attempts to create an “encyclopaedia of lenses”, a layered, poetic network of connections to experience Auroville not as a place, but to explore it through borrowed lenses. In her studio, at Citadines, where she's been staying for the last two months, we can see her creating a lasagna of layers with words and images. One can clearly see how easily her writings become companion pieces to her drawings, inviting us into a space where images and words converse.

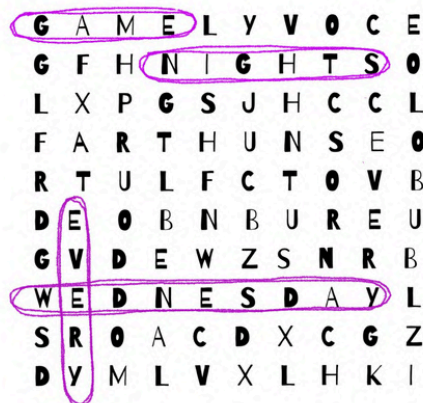
- Sat : 10 - 12:30 / 2 - 5:30
- Mon to Fri : 2 - 5:30



## 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

## FOR THE BOOKWORMS



NOW AVAILABLE :

## MÉMOIRE D'UN AUTRE MONDE - TOME II - RENAISSANCE



The **second volume of Memoire d'un autre monde** has now been printed.

It is available at the Book Store at the Visitor Center, the Library on the Crown Road and at LOE. And of course can be purchased [here](#).

Thank you,  
Cristo

## 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

**SPORTS!**

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



## TIBETAN PAVILION LIBRARY

Dear all,

This is to your information that we are going to open the library to the readers we have vast collection of books on **Tibetan history**,





**Buddhism, medicine, environment and etc, and also a section of books on India, China, Bhutan and spiritual books on Sri Aurobindo and the Mother.**

Our opening hours are:

- Monday, Tuesday Wednesday mornings
- Open from 10:30am to 2:00pm.

All reader's are invited.

We will be closed on the national holidays.

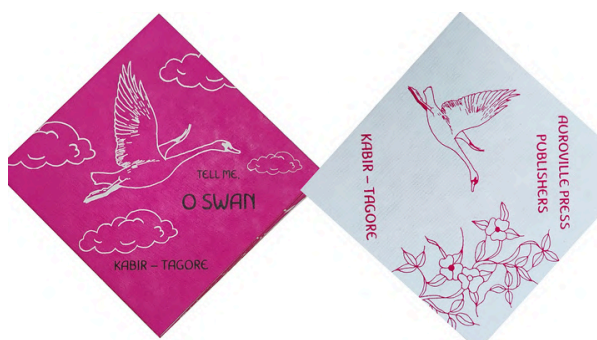
We look forward of seeing you in Tibetan pavilion,

*Submitted by Kalsang*

On behalf of Pavilion Of Tibetan Culture International zone

## ABOUT AUROVILLE PRESS AND A NEW BOOK

Like many other units or activities, Auroville Press has been struggling in order to remain afloat and alive. In spite of the difficulties, we have tried to remain active and creative, according to the famous principle involved in cycling : if you remain immobile, you fall....



Recently, we have published a new little book/object made with handmade paper, entitled "Tell me O Swan!" This is a poem by Kabir, translated by Tagore. As in the Vedas, the *Hamsa* (swan or wild goose) is the symbol of the soul. In this poem Kabir reflects on the tribulations of the soul and its ultimate goal.

If you have a few minutes, go to the Visitors center bookshop and look at the book. You don't need to buy it, we know that the financial situation of many is more than difficult. Just look at it and tell us if you like it. Or don't tell us, just think of us....

With love, *Christine and Jayalakshmi*

## AT CRIPA

### MONDAY ECSTATIC DANCE



Get rid of your Monday blues

And get into your Monday grooves.

Enjoy the community spirit of dancing together and celebrate your own ecstatic inner journey.

Live.Breathe.Dance

Free entry - donations encouraged

**Mondays from 30th June - 1st September**

**5:30 - 7:30pm**

**Cripa, Auroville**

## GARBA IMMERSIVE WORKSHOP WITH MEGHA

TUESDAYS



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

Free entry - donations encouraged

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

**4:45 - 6pm**

**Cripa, Auroville**

**(+91) 88707 30567**

## DANCE PERFORMANCE EVENING

**SUNDAY 28<sup>TH</sup> SEPTEMBER**



An evening of works-in-progress: come support artists and witness creation in motion.

1. Hans

A contemporary dance and theatre duet exploring love in a world of borders and unequal freedoms.

2. The Shift Within

An improvised group piece tracing the journey from old patterns and conditioned life towards self-discovery.

Be with us for a night of creativity and performance ☆••

**Sunday 28<sup>th</sup> September**

**7pm**

**Cripa, Auroville**



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

### RIGHT PATH CAFE, VISITORS CENTRE

#### RIGHT PATH CAFE ORGANIC RESTAURANT

FOR AUROVILIANS & NEWCOMERS

Everyday - 50% off on Breakfast Dishes till 9AM

Thursday - 50% off on Korean Veg. Dishes (Lunch & Dinner)

Friday - 50% off on all Non Veg. dishes ( Seafood, Fish and Organic Chicken )

We support Auroville farms and organically Auroville grown food and organic products.

### NATURALLY FIZZY, PROBIOTIC-RICH, AND ALIVE WITH CULTURE – LEARN TO BREW YOUR OWN WILD DRINKS AT HOME

EVERY SATURDAY, MARC'S CAFE STORE



This beginner-friendly workshop is all about reconnecting with ancestral microbes and learning to make naturally carbonated, healthful beverages using traditional methods. No commercial yeast, no fancy equipment—just real ingredients, wild starters, and intuitive brewing.

#### What you'll learn to make:

- **Kombucha** – from brewing basics to bottling and flavoring
- **Tepache** – a traditional, naturally fermented pineapple drink
- **Ginger Ale & Wild Sodas** – crafted with fruit, herbs, and wild starters
- **Wildcrafted Fruit Vinegar** – zero-waste, nutrient-rich, and easy to brew

**WHEN** : Every Saturday 10 am - 12 pm at CLC

**WHERE** : on top of Marcs Cafe Store

[contact@marcscoffees.com](mailto:contact@marcscoffees.com) for more info

## POETRY

temporary discomfort  
body in friction  
phenomenon of pain  
biting in  
high density of matter  
atoms colliding  
screechingly asserting  
their moment of woe  
wider vistas  
obliterated -  
silence  
and peace  
evaporated  
awareness remains  
awareness awaits  
awareness  
is all  
that there is  
a tingle of fire  
unworldly light  
shoots a hymn of  
aliveness  
thru  
body and spine  
saved....

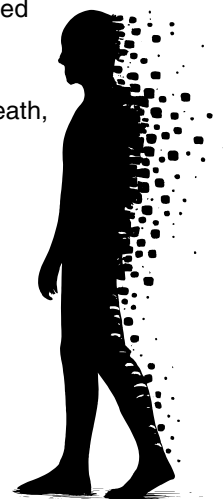
Mauna

### Live to Conquer Death

Sept. 20, 2005

When the black curtains of the night are drawn  
And the golden charioteer is seen no more  
I sail across the straits of sleep to find  
That other world of light whose silver door  
Inscribed with invitation to the soul  
Welcomes me as traveller and friend,  
To leave the little realm of life behind  
And gaze on diamond galaxies that wend  
Their way unerringly through vasts of space,  
To look upon this glory without end  
As a million suns vanish without trace,  
To know that all our stars have been ordained  
And then to see once more this blue-green earth  
Whirling through the darkest depths unstained  
And realize how small our death and birth,  
For we are of diviner substance made,  
And must become the God who gave us breath,  
Our task, no more by ego-self betrayed,  
To conquer fear and live to conquer death.

Narad



# Cinema Paradiso

## Multimedia Center (MMC) Auditorium

Film program: 29<sup>th</sup> September - 5<sup>th</sup> October 2025



Cinema Paradiso-Multimedia Center is operating at 100% seating capacity. Seating starts about 15 mins before screening and stops as the film starts. Kindly arrive in time.

A reminder not to use cell phone for any reason while the program is on, and no food/beverage to be taken inside the hall.

### INDIAN – MONDAY 29 SEPTEMBER, 8:00 PM:

#### • MASTANEY (ZEALOUS ONES)

India, 2023, Writer-Dir. Sharan Art w/ Tarsem Jassar, Simi Chahal, Gurpreet Ghuggi, and others, Action-History, 150mins, Punjabi w/ English subtitles, Rated: U/A (PG-13)

Five imposters. One truth. A rebellion that changed them forever. This acclaimed film is set in 1739, as Nader Shah's army invades Delhi. Five ordinary men, Zahoor, Qalandar, Basheer, Zulfi, and Feena, are hired to impersonate Sikh rebels. What begins as a performance turns into a profound transformation as they confront courage, and the spirit of resistance. Their journey redefines what it means to stand for something greater than oneself.

### POTPOURRI – TUESDAY 30 SEPTEMBER, 8:00 PM:

#### • THE GENERAL

USA, 1926, Writer-Dir. Clyde Bruckman & Buster Keaton w/ Buster Keaton, Marion Mack, Glen Cavender, and others, Slapstick-War, B&W, 78mins, Silent w/ English captions, Rated: G

When Union spies steal his beloved locomotive, Johnnie Gray—a devoted Southern train engineer—embarks on a daring solo mission to reclaim it. Racing across enemy lines, he faces sabotage, mistaken identity, and relentless pursuit, all while trying to rescue his love, Annabelle Lee. A thrilling blend of action, romance, and deadpan heroism unfolds on the rails. This film is celebrated for its groundbreaking stunts, meticulous historical detail, and innovative use of physical comedy. Its train chase sequences remain iconic.

### SELECTION – WEDNESDAY 1 OCTOBER, 8:00 PM:

#### • LITTLE RED WAGON

USA, 2012, Dir. David Anspaugh w/ Chandler Canterbury, Anna Gunn, Frances O'Connor, and others, Drama, 104mins, English w/ English subtitles, Rated: PG

After witnessing the devastation of Hurricane Charley, young Zach Bonner sets out with his red wagon to help homeless children—one bottle of water at a time. As his mission grows, so does the challenge of balancing compassion, family, and the weight of responsibility. A heartfelt journey of purpose, resilience, and the power of one.

### INTERESTING – THURSDAY 2 OCTOBER, 8:00 PM:

#### • LEFT BEHIND

USA, 2025, Dir. Anna Wild Toomey w/ Karen Sim and others, Documentary, 74mins, English w/ English subtitles, Rated: NR (PG)

Determined to change the system, five mothers—Tiffany, Maria, Lakshmi, Beth, and Carla—fight to open New York City's first public school for children with dyslexia. Their journey is one of grit, heartbreak, and hope as they challenge bureaucracy and stigma to secure the education their children deserve. *This film has been generously shared by ROCO Films for special screenings worldwide in October, recognized as Dyslexia Awareness Month. We are celebrating it on Mahatma Gandhi's birth anniversary, a day that meaningfully aligns with inclusion and awareness.*

### INTERNATIONAL – SATURDAY 4 OCTOBER, 8:00 PM:

#### • THE THURSDAY MURDER CLUB

USA, 2025, Dir. Chris Columbus w/ Helen Mirren, Pierce Brosnan, Ben Kingsley, and others, Mystery-Comedy, 118mins, English-Polish w/ English subtitles, Rated: PG-13

At Coopers Chase retirement village, Elizabeth, Ron, Ibrahim, and Joyce meet weekly to solve cold cases—until a real murder lands on their doorstep. With sharp wit and unlikely charm, they team up with rookie officer Donna to unravel secrets, dodge danger, and outsmart a killer. Retirement has never been this thrilling.

### CHILDREN'S MATINEE – SUNDAY 5 OCTOBER, 4:00 PM:

#### • THE SECRET OF KELLS

Ireland-Belgium-Franc-Luxembourg, 2009, Dir. Tomm Moore & Nora Twomey w/ Evan McGuire, Brendan Gleeson, Mick Lally, and others, Hand-Drawn Animation-Adventure, Irish Gaelic-Norwegian-Latin-English w/ English subtitles, Rated: PG

In a medieval abbey, young Brendan defies his uncle Cellach to help Brother Aidan finish a mystical book. Guided by forest spirit Aisling, he ventures beyond the walls into enchanted woods, confronting danger and wonder. A story of courage, creativity, and illumination unfolds in a world shadowed by darkness. *Unlock the light within—where magic, myth, and ink collide.*

### CLASSIC WORLD CINEMA @ CINÉ-CLUB

#### CINÉ-CLUB SUNDAY 5 OCTOBER, 8:00 PM:

#### • BIRDMAN OF ALCATRAZ

USA, 1962, Dir. John Frankenheimer w/ Burt Lancaster, Thelma Ritter, Karl Malden, Biography-Crime, 147mins, English w/ English subtitles, Rated: NR.

Robert Stroud is sentenced to life in solitary confinement. One day, after curing a sickly sparrow that lands in his cell, Stroud finds new purpose in his lonely life. He begins studying and eventually becomes an expert on birds. Through the strength of his will and the power of his intellect, Stroud is able to create a new life, and a fascinating world, in his tiny prison cell.

**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 Auditorium, kindly email us at [mmcauditorium@auroville.org.in](mailto:mmcauditorium@auroville.org.in).**

**Support MMC-CP: Every Contribution Counts:** Like cultural spaces worldwide, MMC-CP relies on local financial support to thrive. If you value the films and programming we offer, consider a one-time or recurring donation via the Unity Fund to Account #105106, or contribute directly at the venue.

*If you have an innovative fundraising idea and are willing to take it forward, we'd love to hear from you. Write to share your proposal and let us know how you'd like to be involved at [mmcauditorium@auroville.org.in](mailto:mmcauditorium@auroville.org.in).*

Thanking You,  
MMC/CP Group Account #105106,  
[mmcauditorium@auroville.org.in](mailto:mmcauditorium@auroville.org.in)



# COMMUNITY SERVICES

## ESSENTIAL SERVICES

### AUROVILLE'S FINANCIAL SERVICES (AVFS)

- **Timings:** Monday to Saturday, 9am - 12:30pm, and 3pm - 4:30pm
- **Phone:** 0413 2622171
- **Email:** [financialservice@auroville.org.in](mailto:financialservice@auroville.org.in)

### ELECTRICAL SERVICE (AVES)

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

### GAS BOTTLE SERVICE

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

### WATER SERVICE

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

### ECO SERVICE (WASTE COLLECTION/MANAGEMENT)

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

### POUR TOUS DISTRIBUTION CENTRE (PTDC)

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

### POUR TOUS PURCHASING SERVICE (PTPS)

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

### AUROVILLE LIBRARY

#### Timings:

#### Mornings:

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

#### Afternoons:

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

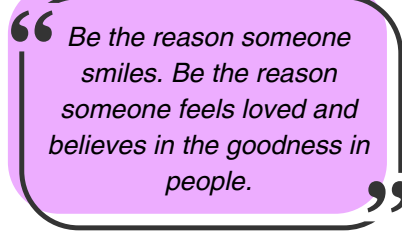
#### Children's Storytime! All ages welcome!

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

- **Phone :** 0413 350 9191

- **Email:** [avlib@auroville.org.in](mailto:avlib@auroville.org.in)

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



Roy T. Bennett

## HEALTH

### SANTÉ SERVICES IN SEPTEMBER 2025

*sante*

#### Working Hours:

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

#### Tests and Sample collection:

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

No sample collection on Saturday

#### For emergencies, contact:

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

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

#### Appointment

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

<b>Doctor Consultation</b> with <b>Dr. Joseph, Dr. Pavan &amp; Dr. Sana:</b> Monday to Saturday	<b>Nurse Care - Thilagam, Ezhil, Archana &amp; Sandhya:</b> Daily: no appointment needed
<b>Ayurveda with Dr. Berengere:</b> Tuesday / Wednesday / Friday (TOS 9 <sup>th</sup> onwards)	<b>Integrative Psychotherapy</b> with <b>Juan Andres:</b> Monday to Friday
<b>Physiotherapy &amp; Massage</b> with <b>Galina:</b> Monday to Friday	<b>Homeopathy with Michael:</b> Monday / Wednesday / Saturday
<b>Midwifery &amp; GYN Care</b> with <b>Paula:</b> Monday & Wednesday	<b>Soundbed Session with Sandhya / Thilagam:</b> Monday to Saturday
<b>Bio-Well Assessment (Evaluation of your well-being) with Helena</b> – inquiry email <a href="mailto:adminsante@auroville.org.in">adminsante@auroville.org.in</a>	

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

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

### HEALTH CENTER - KUILAPALAYAM

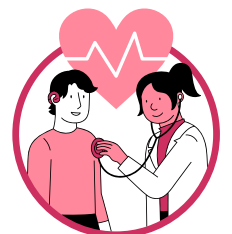
**Contact:** (0413) 3509942 / 3509943

#### Pharmacy:

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

#### Doctor Consultation:

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



## DENTAL CLINIC - KUILAPALAYAM

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

## NURSE SERVICES

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

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

### Services:

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



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

Contact: 95972 22826 (Madhi) call/WhatsApp

E-mail Id: [madhiashagan014@gmail.com](mailto:madhiashagan014@gmail.com)

## AYURVEDA TIPS FOR RAINY SUMMER



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

We can help ourselves with the following recommendations:

### With the food

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

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

### Some immunity enhancers:

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

### Special treat for joint pain and inflammation:

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

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

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

Let's be all well, happy and healthy.

Be at Santé Clinic







## ACCESS TO THE PARK OF UNITY AND MATRIMANDIR

### The Park of Unity

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

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

### The Inner Chamber of the Matrimandir

The Matrimandir is a place for silent individual concentration.

- The Inner Chamber is open to Aurovilians and Newcomers:

Monday – Saturday 6.00 AM to 8.00 AM

4.30 PM to 7.30 PM

Sunday 6.00 AM to 12.00 PM

4.30 PM to 7.30 PM

- The Inner Chamber is open to SAVI registered Volunteers:

Wednesday – Monday 8.00 AM to 8.40 AM.

Arrival at 7.45 AM at the Office Gate

- The Inner Chamber is open to Aurovilians wishing to accompany a maximum of 5 close family and friends, no more than once in two weeks, with booking 3 to 5 days in advance at [mmconcentration@auroville.org.in](mailto:mmconcentration@auroville.org.in):

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

Arrival at 7.45 AM at the Office Gate

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

Tuesday 9.00 AM to 11.00 AM

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

Tuesday 8.00 AM to 8.30 AM

### Auroville TO PONDICHERRY

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

### Pondicherry TO AUROVILLE

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

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

Auroville Vehicle Service  
Town Hall, Auroville, 0413 2623302



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

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

## EMERGENCY NUMBERS

### Ambulance (24/7):

Auroville 94422 24680	PIMS 0413 2656271	
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### Security (24/7):

Auroville Police Station 0413 2677318	Kottakuppam Police Station 0413 2236148	Vanur Fire Station 0413 2677368
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### Health:

Health Center 0413 3509942 & 3509943	Santé 0413 2622803	Farewell 89038 36246
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### Mental Health 24/7 Support:

Vandrevala Foundation +91 99996 66555

### India Emergency Response Service (24/7): 108