

Auroville

NEWS & NOTES

No 1122 - A weekly bulletin for residents of Auroville

23 April 2026

RA EDITION



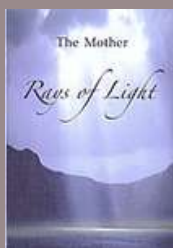
PONDERING

The soul of a plant or an animal is not altogether dormant—only its means of expression are less developed than those of a human being. There is much that is psychic in the plant, much that is psychic in the animal.

Sri Aurobindo, What is Meant by the Psychic Being, The Psychic Being



RAYS OF LIGHT



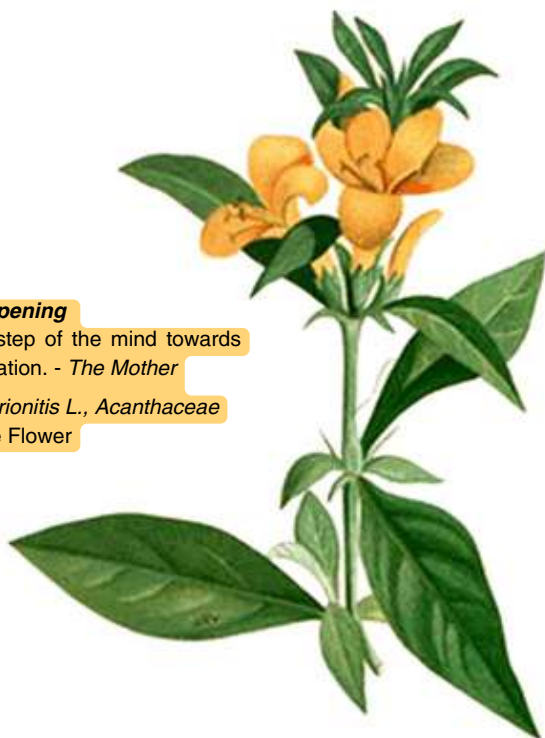
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Mental Opening

The first step of the mind towards transformation. - *The Mother*

Barleria prionitis L., Acanthaceae
Porcupine Flower

THE BASES OF YOGA

OPENNESS

page 54

Opening is a release of the consciousness by which it begins to admit into itself the workings of the Divine Light and Power.

*

Openness is the will to receive and to utilise for progress the force and influence; the constant aspiration to remain in touch with the Consciousness; the faith that the force and consciousness are always with you, around you, inside you and that you have only to let nothing stand in the way of your receiving them.

*

"To open more to love and to the light." This is exactly the answer I sent to your last letter. Rise higher in the consciousness, love more widely, open to the light - and all divergences will disappear. You must be as vast and comprehensive as the world to do the Yoga.

2 August 1962

WIDENESS

Widen yourself to the extreme limit of the universe... and beyond.

Always take upon yourself all the necessities of progress, and resolve them in the ecstasy of Unity. Then you will be divine.

13 November 1957

*

To *widen* and open as vastly as one can is more effective than to bring down and to try to push the force into the narrowness of the small human being.

7 December 1964

RECEPTIVITY

Receptivity is the capacity of admitting and retaining the Divine Workings.

*

It is with the widening of the consciousness and the one-pointedness of the aspiration that the receptivity increases.

22 December 1934

It is your receptivity that is lacking and should be increased; for this you must open yourself, and one opens oneself only if one *gives oneself*. Surely you are trying more or less consciously to draw the forces and the divine love towards you. The method is bad. Give yourself without calculating and without expecting anything in return, and then you will become capable of receiving.

*

To be receptive is to feel the urge to give and the joy of giving to the Divine's Work all one has, all one is, all one does.

PURITY

This is purity, to accept no other influence but only the influence of the Divine.

*

On earth, true purity is to think as the Divine thinks, to will as the Divine wills, to feel as the Divine feels.

24 September 1945

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

Thank you for reading and for your continued support!

In community,
The RA Community Edition News & Notes Team

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WORKING GROUPS NEWS

FROM THE WCOM AND THE AVC

NEW RAS MEMBER: NOTE BY WCOM AND AVC

Dear Community,

Following our announcement in January regarding a new member of the RAS, Ramya's trial period has concluded as of March 7th. The feedback received has been positive, and we confirm her as a member of the RAS.

Best regards,

The Auroville Council

(Divya, Dyuman, Isabelle, Martin, Mouttou, Muni, Ramesh, & Sathiya)

The Working Committee of the RA

(Anita, Elvira, Jayavel, Matthieu, Prashant, Raju, Valli)

FO GROUPS NEWS

(not selected by due Residents' Assembly process)

FROM THE FO N&N 1127

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

COMMUNITY NEWS

OBITUARY

IN MEMORIAM: MARIE-FRANÇOISE CORBEL



On Saturday 18th April 2026, Françoise passed away in Marika Home. She was 77.



Originally from France, she arrived in Auroville in 1981, and knew that this was her home. She quickly became involved in education and worked in this field for 43 years as a teacher, an administrator, and later in the field of teacher training.

Françoise will always be remembered for her kindness and laughter.

Her family would like to express their heartfelt gratitude to her friends, the team at Marika Home, as well as Health Services for their kindness and support of Françoise in the last years of her life.

Emmanuel, Anna and Zoe, Monna, Jyoti and Maximilien, and family

Françoise was cremated on Thursday 23rd April at the Auroville Cremation Grounds.

REMEMBERING MARTINA DUPONT



Auroville friends, it is with heavy hearts that we inform you that our friend Martina Dupont passed away in Spain on 16th April 2026, in Las Palmas de Gran Canaria.



Martina had visited Auroville once or twice a year for over 25 years and she was a fervent devotee of the Mother and Sri Aurobindo.

We remember her as a generous and friendly person, often dressed in white and with youthful elegance, capable of speaking many languages and painting from the depths of her soul.

Many of us had grown very fond of her, and it was she herself, on her deathbed, who requested that all her acquaintances in Auroville be informed of her impending passing away.

We wish for her soul to be at peace, and that her journey continues with infinite discoveries and depths.

Angela, Creativity

COMMUNITY SHARING

ANNIVERSARY OF THE MOTHER'S FINAL ARRIVAL IN PONDICHERRY

FRIDAY 24TH APRIL, SRI AUROBINDO ASHRAM



24 April 2026

*Anniversary of the Mother's
Final Arrival in Pondicherry*

Sri Aurobindo's Room will
remain open for Darshan from
5.30 am to 12.00 noon.

There's no requirement of time
entry tokens for entrance.

Differently abled persons may visit
Sri Aurobindo's Room from 3pm to 5pm.

COMMUNITY POTLUCK GATHERING

FRIDAY 24TH APRIL, ETERNITY



Dear Community

A gentle reminder of the Auroville community potluck gathering at Eternity on Friday 24th April, 4:00–7:30 pm.

Transport : A free 13-seater bus has been arranged to and from Eternity.

Those who would like to avail of this service (elders and those with children have priority), can please get in touch with Ancolie (whatsapp and call): +91 97915 80197

Schedule :

- 4:15 pm – Departure from Solar Kitchen
- 7:30 pm – Return from Eternity

Please bring:

Along with the choice of your potluck item, please bring your own plate, glass, cutlery, and drinking water (if possible).

This will help us keep things simple and minimise waste.

Photos & videos :

There will be documentation during the event.

If you would prefer not to appear in any footage, please let our team know on the spot, we will ensure you are not individually focused on. You may appear in a crowd from a distance.

Volunteering :

If you'd like to help the team on the day, kindly get in touch, your support is most welcome.

For volunteering or any queries, feel free to reach out to Mandakini (whatsapp only): +91 97868 08481

We really look forward to being together.

In moments like these, coming together and showing up for each other brings courage to the heart and clarity to the mind.



FROM FOODLINK: AUROVILLE MILK AVAILABLE



Dear Residents & Units,

We have about 20L of raw cow milk available on Sunday afternoons and we're looking for **regular orders** with a minimum quantity of 500ml.

You can place your order via e-mail (foodlink@auroville.org.in) or WhatsApp (+91 83002 68804) and collect the milk in your own container(s) at our office next to PTDC between 3-4pm.

Thanks,
Aumurto

INFORMATION ON THE SERVICING OF SEPTIC TANKS



Septic tanks function as settlers for biowaste solids in wastewater.

They are sealed at the bottom and on the sides and have an overflow outlet to the next part of a sewage treatment system. The bacterial breakdown of the settled sludge is the first step in sewage treatment.

The settled sludge needs to be removed at regular intervals (to permit continuous settling of solids), that is between a few months and a few years dependent on septic tank size, wastewater volume and number of wastewater generating users. When sludge sediment fills about half the height of the tank, suspended solids get less time to settle and increasingly flow above the sediment into the next treatment modules - where they inhibit subsequent treatment functions.

The operation of sludge removal does not need to empty a septic tank from all wastewater - this would be a waste of work and of costs; it is only meant to remove the sludge sediment. A small mass of sludge left at the bottom of the tank serves as a starter for optimum performance, as it contains the microbiota that decompose the biowaste. -- Please avoid dropping non-biodegradable waste into toilets and drains.

The dry months of the year i.e. the current season till late July is the best time for this service; monsoon times and heavy rains will make it difficult or impossible.

Please call Pour Tous Water Team, who can arrange for the service, at 2622899 or 98436 44308.

In case of questions, please contact ecopro@auroville.org.in.

Lucas, EcoPro (2622469)



RESIDENTS SPEAK

RESEARCHER AT THE CENTRE FOR HUMAN UNITY: 1986-1990

I am the only one still alive from the Centre of Human Unity, instituted by Kireet Joshi to divulge priceless, unique documents. This is a tribute to the bold mission entrusted to us, when Mother's true Auroville was behind the corner and the adjective 'impossible' did not exist.

Kireet Joshi founded the Laboratory of Evolution/Centre for Human Unity in 1984. The LOE, a SAIER unit, was to conduct research on Yoga and Integral Yoga. Conversely the CHU, an Auroville Development Scheme unit, was to collect documentation re the Town, Matrimandir, guidelines for life in Auroville under Mother's direct guidance, to keep the community and well-wishers all over the world informed about the Auroville Mother truly wished.

I had left the Sri Aurobindo Ashram to work on the Matrimandir roof, at the 'stars'. But in 1986 I discovered, in an open cupboard in the Bharat Nivas Hall, a trove of stunning archival documents, most of them anonymous; I submitted photocopies to Bhaga and Helene, conducting research for the LOE/CHU, and was immediately asked to join.

The Auroville Archives did not yet exist but Bhaga had collected a number of key-documents, including Mother's Admission Form. This is how the quest began. The first one to pass me breath-taking reports, policies and drawings was Roger Anger, Mother's architect. The major breakthrough, though, happened with Suresh Hindocha; in 1987 he gave me photocopies of his personal archive, documenting Mother's resolve to build the town in five years via systems engineering. No one had ever seen such trove and we organized a mini-exhibition. Aurovilian Rolf, a German designer, gifted us a poster and we printed 1,000 copies for free distribution.

Mother's town and guidelines were back, inspirational and alive, and Roger returned, after an eight-years self-exile. From all corners people came forward to share precious material in their possession. Oscar (the Swiss editor of the Gazette Aurovillienne) passed to me his complete archive, along with the original photographs, some of a very large size, of the various layouts for Mother's car-free town; this included a full-wall gigantography of the Galaxy. We displayed two exhibitions that galvanised the community.

Following suit, Ajit passed me two giant albums, on Ashram hand-made paper, with his study for the metallic structure and Teflon discs of the original Matrimandir the Mother had blessed. In 1987 Prem Malik, to do photocopies in preparation of the 'final' Matrimandir meeting, let me keep in my hut, for five days, the original Matrimandir fundraising brochure; the Mother had kept it in her hands and signed, with a full-page Blessings.

It was a true bonanza, the Dream was alive and well. The three of us were available morning and afternoon, Monday to Saturday, to discuss our research and exhibitions with residents and visitors. To make even the new people acquainted with the spirit of Mother's years and the simple lifestyle and joyous serving of the founders, with the support of my colleagues I displayed many other crucial documents the Mother had approved and blessed: Auroville Prosperity, Admission Form to be signed by the Mother, Auromodel's organisation etc. At the same time, as members of the Laboratory of Evolution, we carried on research and exhibitions on Yoga and Integral Yoga. Whereas Bhaga jumped into yoga of the cells, Helene and I focused on the Spiritual Transformation (abolition of the ego, Self-realisation) as preliminary to the supramental transformation.

As CHU, Bhaga published the first compilation of Mother's statements, "Auroville in Mother's words", in collaboration with Sraddhavan; the AVI USA paid for the photocopied edition. On my side, the outcome were six compilations on archival documents and Mother's statements on the town, Matrimandir, and her guidelines for Auroville. Funded with grants from the Government of India sponsoring the research, these were distributed free to the community along with the News and Notes. Helene provided the French translations.

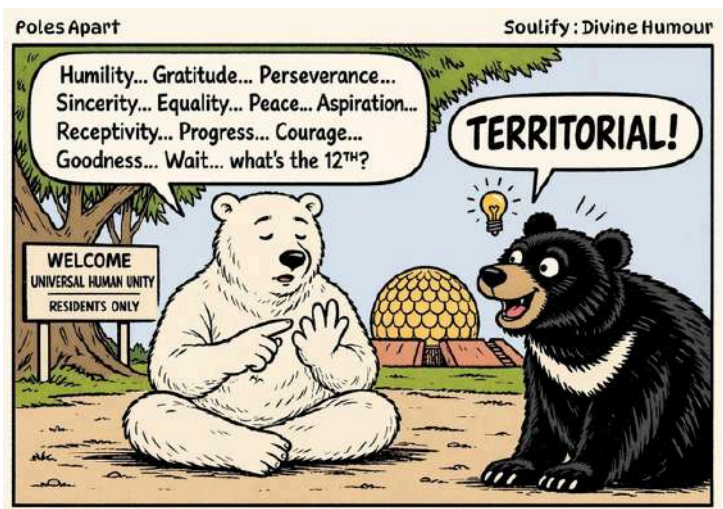
Once Serge and Luisa, in charge of the House of Mother's Agenda, transferred to my personal research their entire budget for the year: Rs. 6,000. We were poor but they offered me all, commenting that what I researched was the top priority.



This was the spirit. I will never forget how Kireet Joshi, holding my hands, looked at me in the eyes the first time we met in Chennai, ferried by a bus loaded with teachers and researchers laughing and singing...

Paulette

“POLARISATION, NARRATIVES, AND THE QUIET DRIFT FROM PURPOSE” IS NOT JUST AN ARTICLE



“POLARISATION, NARRATIVES, AND THE QUIET DRIFT FROM PURPOSE” is not just an article; it is an experiment into an integral inquiry. This is an **open and evolving article**. It is not meant to be complete. It will continue to grow through stories, lived reflections, and simple, real experiences of encountering and responding to polarisation. A QR code accompanying the article will lead to a dynamic space where these reflections will be added over time, allowing the work to remain alive and in movement.

Click on this [link](#) or scan the QR code to contribute to the article. You are invited to engage in your own creative and constructive way, through stories, reflections, questions, or expressions. This is not a personal narrative alone, but a shared space for collective



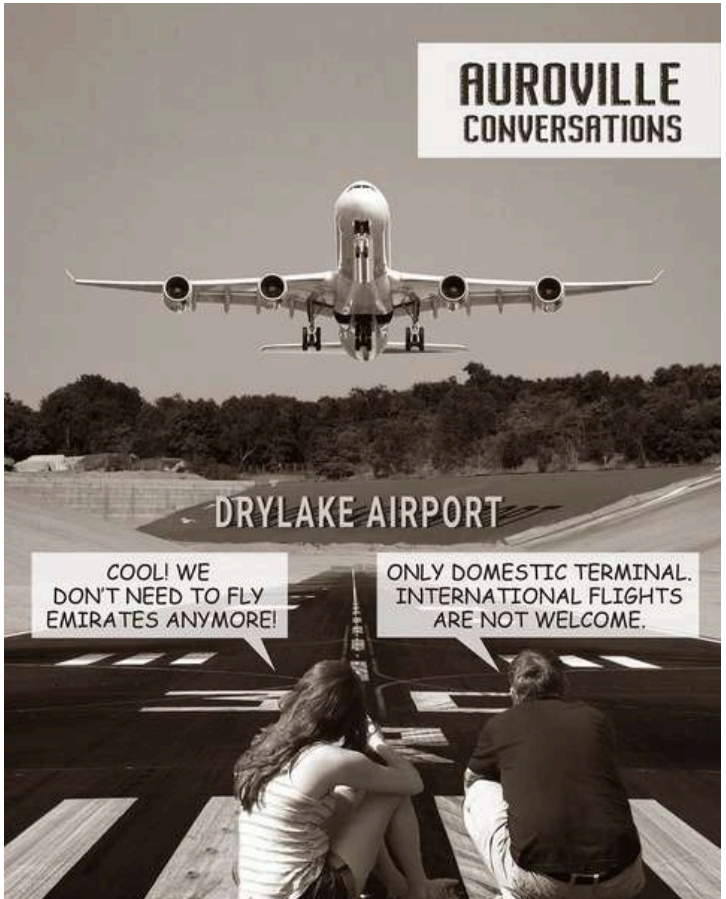
exploration. At its heart, it asks a simple yet essential question: **What does human unity look like in our daily life?**

The purpose is not to define what is right or wrong, nor to take a position, but to pause, observe, question, and reconnect with the deeper aspiration of unity that holds the essence of Auroville.

Smriti Raj Maskeri, an Auroville resident and a catalyst, works at the intersection of education, dialogue, and systems transformation. Her work spans grassroots to policy-level engagement, with a focus on bridging perspectives and nurturing humane possibilities. Through her initiative, *Soulify – Discover the Infinite*, she creates spaces for self-inquiry, collective reflection, and conscious participation among youth, children, and institutions.

This is not an article to be completed and read. It is an Aspiration!

AUROVILLE CONVERSATIONS



Submitted by an Aurovillian

FOOD FOR THOUGHT ...



FRENCH NEWS & NOTES

NOUVELLES D'AUROVILLE



Auro - Traductions

23 Avril 2026

Click on date 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 28th April, 9 am - 12 noon

Focus: The Great Stair of Existence

Led by Ashesh Joshi

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

All are Welcome



AMPHITHEATRE - MATRIMANDIR

MEDITATIONS AT SUNSET WITH SAVITRI

Every THURSDAY
from 5:30 to 6:00

**Savitri reading -
Summer time is ON**

Savitri, Sri Aurobindo's epic poem, read by Mother to Sunil's music 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.
- **Guests:** *From this month onwards, up to next September, SAVITRI READING timings are now from 6:00 to 6:30pm.* Please book at <https://www.auroville.org> in advance or the very day before. *Reporting, no later than 5:45pm.* Please bring your Aurocards.
- **Access by:** *Leaving, no later than 6:45pm.* The Amphitheatre only from 5:15pm. Last entry for guests to the Amphitheatre.
- **Last exit for guests** at 6:15pm.

Velmurugan for the Access Team

SAVITRI SATSANG WITH NARAD

EVERY TUESDAY, 04:30 - 05:15PM

OM CHOIR WITH NARAD

EVERY TUESDAY

Please join

in the form

No prior singing experience is required.

At Savitri Bhavan - Square Hall

**On summer break.
To resume in July.**



VIBRATIONAL SOUND BATH

SOUL NURTURING MEDITATIVE EXPERIENCE WITH THE ORIGINAL RUSSIAN SINGING BELLS

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

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

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

At Mirabelle Education Center, Auromodele,
Kuyilapalayam

Led by Vera (Instagram - [Vera.Auroville](https://www.instagram.com/Vera.Auroville)) and Ashesh Joshi

Please register in advance

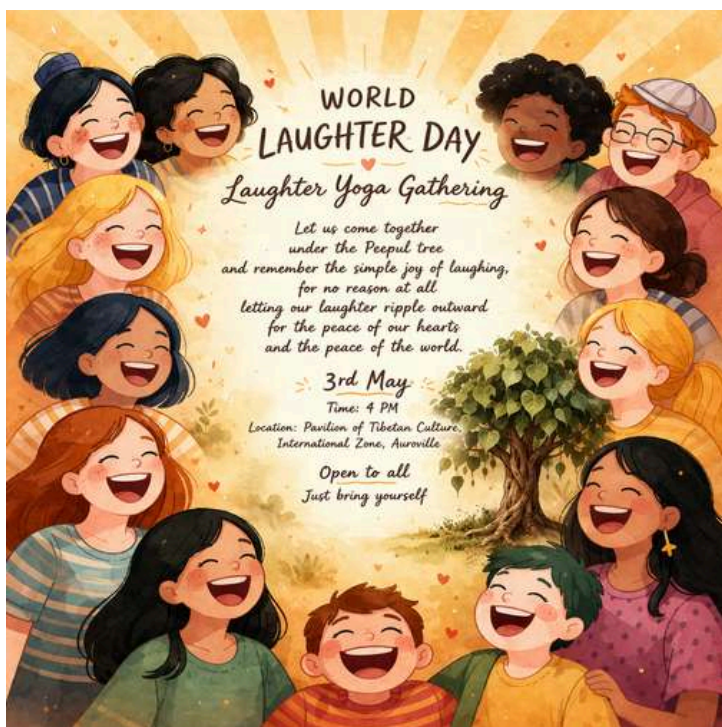
Ph/WhatsApp: +91 94891 47202, +91 94862 47202

(Private sessions on request at other timings)

ANNOUNCEMENTS

WORLD LAUGHTER DAY GATHERING

SUNDAY 3RD MAY, TIBETAN PAVILION



POETRY & STORY READING & RELAY, BOOKMARK MAKING

Dear community,

I'm staying here in Auroville for the summer, and I would like to offer poetry & story reading & relay, and bookmark-making events at schools, cafes, art & communal spaces, and at your / our homes in and around Auroville.

Open to co-creative ideas and energies, and open to barter, exchange, voluntary and suggested contributions, to make it sustainable.



Anandi Zhang

Email: ourhome@auroville.org.in

Whatsapp: +91 93856 23511

ORACLE CARD READING WITH CHLOÉ

Oracle card *reading*

Intuitive guidance on your present and future.

Kindly book a session by
whatsapp with Chloé :
+91 8111 094 202



thank you

An activity under Abhaya, a unit of Artisana Trust, Aurville

What to expect?

The One-on-one Clarity Session, is a precious time for yourself, where cards are put on the tables, and we both make space for your divine guidance to come. This session helps you feel supported, and reconnected to what is serving you best at the moment !

Please contact Chloé by WhatsApp +91 811109 4202 to book a session and for more information

Thank you

ASHTANGA YOGA CLASSES WITH MONICA

MONDAY TO SATURDAY, PITANGA

Classes will now pause for 2 months. Welcome again from July

Ashtanga Yoga

with Monica Marinoni

KPJAYI Authorised
Level 1 & 2 teacher

Monday - Friday

7:30 / 9:30 AM (self paced)

Saturday

7:30 AM

NO classes on:

Sundays,
New & Full Moon days,
Public holidays



ON SUMMER BREAK

Ashtanga Yoga, practiced in its correct sequential order, gradually leads the practitioner to rediscovering his or her fullest potential on all levels of human consciousness: physical, psychological, and spiritual. Through the practice of correct breathing (Ujjayi Pranayama), postures (Asanas), and gazing point (Dristi), one gains control of the senses and a deep awareness of oneself. By maintaining this discipline with regularity and devotion, one acquires steadiness of body and mind.

Classes with prior registration only. No drop-ins.

Booking with the teacher only:
marinonimonica@gmail.com – QR code



More information:

www.moncamarinoniashtangayoga.com
or WhatsApp +39 3917254083



Pitanga Cultural Centre, Samastl, Auroville 605 101 | info@pitanga.in | 0413 - 2622403, 9443902403
A service unit of the Auroville Foundation, Health and Healing Trust branch. | GSTIN: 35AAATA00178Y3W

TAI CHI HALL SCHEDULE

16th April - 31st May: **Tuesdays and Thursdays from 7:30 - 8:30am**

Contact: taichi.auroville@gmail.com



JIVA AUROVILLE



A platform of Aurovilles therapists for therapy, workshops, classes, webinars and professional training.

Regular offers

- Natural Horsemanship & Horse Assisted Therapy : Daily 8 - 10 am, 4 - 6pm
- Sunday JIVA Breathwork: Sundays with Sigrid: 3:30 - 7pm
- Integral Regression Therapy Sessions with Sigrid.

Join our WhatsApp group for all updates ! / WA 96260 06961

contact@auroville-jiva.com

www.auroville-jiva.com Your journey in healing and transformation.

AUROVILLE STORIES: 2068 : HOW TO STAY INVOLVED



We've just completed our **second annual Auroville Stories event**, where 15 storytellers and many children shared stories and images of hopeful futures. More than 150 people joined the two screenings, and the exploration is just beginning. If this project inspires you, here are **three ways to stay involved**:

1. **Watch and share the stories** (www.youtube.com/@AurovilleStories/playlists)
 - Please "like", share, and leave comments on stories that resonate with you.
2. **Join the conversation** (bit.ly/avstories)
 - Connect with others through our **WhatsApp community** (announcements + discussion groups)
3. **Create your own "Future Memories"** (bit.ly/future-memories)
 - Imagine a moment in a hopeful future that really matters to you and we'll help visualize it.

Each story.... Each image.... Each idea.... Is a piece of our puzzle. Let's see what happens. It's a beautiful mystery!

Contact daniel@ic.org (+1 978-394-1711) with questions. Thanks!!!

Daniel Greenberg, Ph.D. | He/Him
Director of Partnerships & Networking
Foundation for Intentional Community



HIVE COWORKING SPACE

OPEN HOUSE EVERY FRIDAY, AUROMODE



NEED A PLACE TO WORK?

OPEN HOUSE | **Hive**
CO WORKING SPACE

FREE ON EVERY FRIDAY

More Info : +91 90 42 75 95 40 | www.auromode.in

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 for more details on our plans and facilities.
- For inquiries: auromodehive@auroville.org.in / +91 90427 59540 (WA) / +91 70921 97375 (WA) or drop by.

All are Welcome!!!

FROM COFFEE IDEAS (FORMER MARC'S CAFE)



- Every Wednesday we are open from 8:00 AM to 8:00 PM.
- Fermentation classes are held every Saturday from 10:00 AM to 12:00 PM, and are also available on demand.
- For coffee learning at CLC, please check the website for specific classes and schedules.
 - <https://coffeeideas.in/product-category/master-classes/>

Thank you!

Coffee Ideas (former Marcs Cafe) Team

SUPPORT NEEDED

**CINEMA PARADISO :
LAPTOP NEEDED - LEND OR DONATE!**



How to Donate towards MMC-Cinema Paradiso Now!

Laptop Needed – Lend or Donate

Multimedia Center Auditorium – Cinema Paradiso (MMC-CP)

MMC-CP – April 2026

Our laptop died on 13 April during special screening. 8+ years old, heavily used for films, Zoom, presentations. Needs expert check followed by a few days of refurbishment or urgent replacement.

- ❖ Can you help? As a stopgap we need a basic laptop: MS Office, media players, Zoom. Can you donate/lend so that we can avoid heavy rental chages? Email: mmcauditorium@auroville.org.in
- ❖ Ultimately, we will have to get a new one.
- ❖ **How to donate?** Specified contribution (AV Units/Activities), via Unity Fund (anyone), Aurocard (guests). You could also donate online via donate.auroville.org using any currency. Remember to select MMC-CP from drop down menu.

Running Budge Fundraise Update: We are just ₹2,750 short. Please set recurring contributions, any amount you can, to build steady support.

Together: From problem to power!!

Grateful,
MMC-CP Team

LOOKING FOR

LOOKING FOR A PART TIME JOB

Parthipan, who works at PTDC, is looking for a part-time job.

He is a reliable and responsible person, willing to do various kinds of work such as errands, deliveries, and assisting elderly people (he helped care for Giuseppe, who recently passed away).

You can contact him at 80987 40882.

Marco

VOLUNTEERS

A laughter yogini is looking for volunteers to join a laughter parade in Auroville for World Laughter Day on May 3rd!

Please contact: auroancolie@gmail.com
or Ancolie Dove @+91 97915 80197



ACTIVITIES AT SERENDIPITY

SERENDIPITY CLASSES

(Ex. Joy Community in front of Center GH)

Center Field, Auroville - 605101, Tamil Nadu, 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 FOR APRIL :

Hatha Yoga with Ramesh

- Monday and Thursday from 5:30 - 6:45pm and Saturday 7:30 - 8:45am - drop in class

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.



CULTURAL ANNOUNCEMENTS

MANNIN MANDHIRAM (MAGIC OF THE EARTH) BY KRIPA
FRIDAY 3RD - SATURDAY 25TH APRIL, PITANGA

MANNIN MANDHIRAM
(Magic of the earth)

A photo documentary about the making of terracotta votive forms in Auroville,
by Kripa

Opening
Friday 3rd April 2026 from 4-5:30 pm
Exhibition from Fri 3rd to Sat 25th April 2026

Exhibition timings: Daily, except Sundays & holidays 8.30 - 12.00pm & 2.30 - 5.00pm
Pitanga Cultural Centre, Samasti, Auroville 605 101 | info@pitanga.in | 0413-2622403, 9443902403
A service unit of the Auroville Foundation, Health and Healing Trust branch | GSTIN: 33AAAT400378Y3U



ROADKOLAMS BY KATHRIN H

FROM MONDAY 2ND MARCH, AUROVILLE LIBRARY

The Auroville Library invites everyone to see an exhibition of roadkolams by Kathrin.



Inspired by Andy Goldsworthy and Marc Pouyet, I have enjoyed making these from what I find in nature by the road, and am happy to share them with you.

Timings:

Mornings:

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

Afternoons:

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

OPEN CALL FOR ACTIVITIES - CENTRE D'ART



Centre d'Art would like to open its gallery to new Activities for the 2026/27 Season. It could be a participatory project, a workshop, a lecture, a performance, ...

We are looking for events that share the joy of creation, spark curiosity, ignite creativity, and connect people, for adults and children alike.

If you are interested please send your submission before **30/04/26** to centredart@auroville.org.in and write "Activity submission" as the subject of the email.

The email should contain:

- Contact details
- A short biography of the artist / facilitator
- The title of Participatory / Workshop project and its explanatory text
- Images of some work in jpg or pdf (max 20 images) in low definition.

Looking forward to seeing your proposals

Centre d'Art Team



FOR THE BOOKWORMS

WEEKLY READINGS OF THE LIFE DIVINE
EVERY FRIDAY, AUROVILLE LIBRARY



Weekly Readings of The Life Divine
with Balvinder, at AUROVILLE LIBRARY

Fridays, 4:30 - 5:30pm
(from 23 January 2026)

All are welcome.

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

Australia

Come by to check out our selection!



FOOD



FROM SOLITUDE FARM

1. Farm Basket from Solitude Farm

We grow a beautiful diversity of local food at Solitude Farm — pumpkins, lemons, cucumbers, bananas, sweet potatoes, many kinds of spinach and salads, herbs, and spices. Each week we harvest what the land gives and prepare a fresh farm basket for our community.

Our basket service brings this richness directly to you. The contents change with the seasons and reflect the living diversity of the farm.

Signing up is simple. You can receive a basket once a week or more often. Longer subscriptions receive a lower rate, and many families choose to sign up for a full year.

This service works best for people who value local food and enjoy taking the time to cook with fresh seasonal ingredients.

For us, this basket service is an act of love for Mother Nature. Its value is not only in profit, but in nutrition, medicine, ecology, community, and culture.

Many people who began with a one-year subscription have continued receiving baskets for years.

And if you receive something unfamiliar — for example banana stem — we are always happy to show you how to prepare and enjoy it.

Contact:

- Phone / WhatsApp: 98433 19260
- Email: Solitudepermaculture@gmail.com

Solitude farm & café | Auroville

2. Lunch at Solitude Farm

At Solitude Farm we have been working with local food, farming and culture for more than 30 years. One of the simplest ways to experience this work is by coming for lunch at the farm.



Our meals are prepared with ingredients grown right here in the food forest — seasonal vegetables, greens, herbs and fruits that reflect the richness of local food traditions. It is fresh food, food whose origins you can recognise, and food that reconnects us with the cultural knowledge of this region. Many of these traditions also resonate with the principles of Ayurveda. In many ways, the meal tells the story of a journey from farm to plate.

For Auroville residents, there is the option to join the Lunch Scheme at exactly the same price as Solar Kitchen. Please contact Nico at Financial Service and he will help you arrange it.

If you have not yet had lunch at Solitude Farm, it is really something you should try at least once. What is happening here is quite unique — bringing together farming, culture, nutrition and ecology through everyday food.

Lunch is served **Monday to Saturday**. Breakfast begins at 9:00 AM, and lunch continues through the afternoon until 3:30 PM.

Every Saturday at 11:30 AM we also host a farm tour. Usually Krishna McKenzie will take people around the farm and share the story of what has been unfolding here over the last three decades — the emergence of a food forest, the reclamation of cultural nutritional heritage, and the many forms of value that local food carries: ecological resilience, climate awareness, nutrition, medicine and culture. When we recognise these shared values — that this land is our Mother Nature and these foods are part of our collective heritage — something deeper emerges. Ultimately, the most beautiful profit of local food is empathy, because it brings people together around a shared understanding of life.

There is also a small shop at the farm where we offer products made here, including herbal powders, dried flowers, and seasonal fruits and vegetables. The nursery also has plants, fruit trees and some vegetables available.

We look forward to welcoming you at Solitude Farm.

With love,
The Solitude Farm Team

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

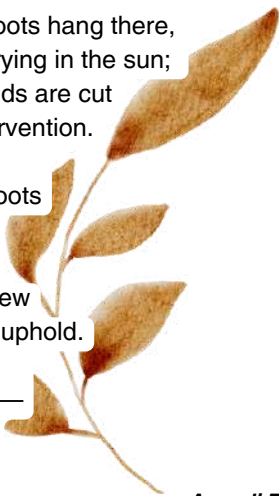
POETRY

Fine banyan roots hang there,
like noodles drying in the sun;
their tender ends are cut
by human intervention.

Not all aerial roots
get grounded.

Only a select few
represent and uphold.

Nature altered—
to suit whom?



Anandi Z

The poetry of earth is lost,
Compromised the hope of man;
A painful ending, laughter forced
The overriding lesson-plan

Of a species in its dying throes.
All our treasured lofty aims
Lie fallen in dust to decompose.
Forgotten are the saviour names,

The labour and sacrifice of soul
Of martyrs and enlightened seers,
And earth seems mindlessly to roll
Abandoned mid the whirling spheres.

Religions now a sterile breed
Emptied of their inner force
And we who fatten on our greed
Have lost the compass and the course.

Shall man then die, his corpse hurled
Among the ruins he has wrought,
Is there still time to save the world
Or are there battles still unfought

And brothers needing to be slain
To fill insatiable desire?
Will global warming be our end
Or will we self-destruct in fire?

We know not the future lacking sight
Nor in ourselves what blackness grows
For even those who live for light
The aspiration wanes or goes

Meekly towards the jaws of night
And we are stranded and forlorn.
Where now the sweetness and delight
When from the heart all hope is torn

And at our throats death's jackals bay.
All joy of life a dullness seems
And faith is hobbled on legs of clay.
A decadence of darkness gleams,

The Shade is porter at our door
Servant of our untimely fall.
Was there not a voice before
A vague and faint remembered call

In silent moments of the soul,
A melody or lyric cry
That beckoned onward to the goal
Saying we were not meant to die

But find within the fount of love
Eternal in our mortality
And faith by which our spirits move
Towards the godhead's destiny.

Self-finding only through self-loss
Awakening alone by grace,
We cannot afford to slow or pause
For in the steps of God we pace,

We the valiant, we the strong
March towards those stainless feet
To feel the touch for which we long
And find our lives in Him complete.

We belong not to a dying past,
The future is born in us each day,
Each moment is our first and last,
We are the actors in His play

Not supernumeraries here.
Although the throes of birth bring pain
We must cast out all doubt and fear
And know eternity again.



Dear Aurovilians,

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

Last published Podcasts

- [Marlenka's weekly Offering – Ep.169](#) (Literature)
- [Teens Connect Ep. 19 - Fleur Soumer](#) (Education)
- [Jumpa's Joyous Journey with Fif - Ep.11 "The Petals that wouldn't fall"](#) (Stories)
- ["Mother's Chronicles : Mirra" by Sujata Nahar, Read by Fif - B 1 C 6- "Taste & Distaste"](#) (The Mother)
- ["Humanity 2.0" by Aviram Rozin with Jazz - A Book Read by Shalev - P 2, C 8 : "Starting Your Own Community"](#) (Society & Conscious Living)
- [Une série hebdomadaire de lectures par Gangalakshmi – Ep.534](#) (Integral Yoga)

Latest Youtube Videos

- [Tamil New Year Cultural Program Mohanam | Auroville](#)

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

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

Peace and love

Regards,

Sai Priya for Auroville RadioTV



CINEMA

CINEMA PARADISO PRESENTS - LAHARI (WAVE)

MONDAY 27TH APRIL, MMC AUDITORIUM, TOWN HALL



Cinema Paradiso Presents

On Monday, 27 April 2026 @ 8pm @ MMC Auditorium, Auroville

Amartya Bhattacharya's



LAHARI
ଲହରୀ

Directed by – Amartya Bhattacharya
Produced by – Jalka Bhattacharya

Lahari (Wave)

India, 2025, Amartya Bhattacharya w/Choudhury Jayaprakash Das, Choudhury Bikas Das, Dipanwit Dashmohapatra, and others, Drama, 121mins, Odia w/ English subtitles, Rated: U/A (PG-13)

In a quiet Odisha village, two friends — Dinu, an aging fisherman, and Bhuta, a boatman turned eco-entrepreneur, chase fragile dreams. Bhuta builds a resort inspired by new possibilities, while Dinu struggles with fatherhood and his son Naba's longing for a doll that recalls his absent mother. When Dinu's drunken despair collides with Naba's innocence, the boy flees, carrying away the mannequin that symbolized both comfort and loss. As envy stirs among villagers and authorities move against Bhuta's venture, Dinu waits helplessly, torn between hope and regret. The film weaves friendship, ambition, and heartbreak into a poignant reflection on resilience, social change, and the fragile bonds that hold families and communities together.

This film comes to us as a generous sharing from the director, who will join for a brief and engaging online Q&A. Join us!

Your generous support will help sustain and grow this community space.
EVERY CONTRIBUTION COUNTS!

Cinema Paradiso

Multimedia Center (MMC) Auditorium

Film program : 27th April - 3rd May 2026



At the Multimedia Center Auditorium for Cinema Paradiso screenings, doors open 15 minutes before showtime and close once the film begins. Please arrive on time, avoid crossing in front of the screen or using mobile phones, and note that food and drinks are not permitted.

We are grateful to our community for holding and nurturing MMC–Cinema Paradiso as a shared space for films, presentations, and exchange. As one of us steps away, we hope this spirit of openness, care, and quality programming continues, remains accessible, or renews itself in the years ahead. Thank you for your trust and presence over these years together. Salute.

INDIAN - MONDAY 27 APRIL, 8:00 PM:

- **LAHARI**

India, 2025, Amartya Bhattacharya w/ Choudhury Jayaprakash Das, Choudhury Bikas Das, Dipanwit Dashmohapatra, and others, Drama, 121mins, Odia w/ English subtitles, Rated: U/A (PG-13)

In a remote Odisha village, friendship, ambition, and innocence collide. Bhuta dreams of eco-tourism, Dinu wrestles with fatherhood, and young Naba longs for a doll that recalls his absent mother. As envy brews and loyalties fracture, the film explores resilience, loss, and fragile hope. Generously shared by the director, who will join us for a brief, engaging online Q&A — don't miss it!

POTPOURRI - TUESDAY 28 APRIL, 8:00 PM:

- **SUNA NO ONNA (WOMAN IN THE DUNES)**

Japan, 1964, Dir.Hiroshi Teshigahara w/ Eiji Okada, Kyôko Kishida, Kôji Mitsui, and others, Thriller-Drama, 147mins, Japanese w/ English subtitles, Rated: NR (PG-13)

This award-winning Japanese classic tells the unsettling story of Niki Jumpei, a curious entomologist who gets lost in a coastal village and is lured into a remote sandpit with a widow. Escape proves impossible, forcing him into a surreal existence of endless labor and desire, haunting allegory of confinement, freedom, and survival.

SELECTION - WEDNESDAY 29 APRIL, 8:00 PM:

- **ONE DAY IN THE LIFE OF NOAH PIUGATTUK**

Canada, 2019, Writer-Dir.Zacharias Kunuk w/ Apayata Kotierk, Kim Bodnia, Benjamin Kunuk, 113mins, Inuktitut-English w/ English subtitles, Rated: G

Noah Piugattuk, an Inuk hunter, lives with his band in the Arctic wilderness, following ancestral traditions. When a government agent arrives, urging assimilation into settlement life, Noah faces a profound choice. This award-winning film dramatizes cultural confrontation, survival, and identity, compelling audiences to witness a rare moment of history and resilience.

INTERESTING - THURSDAY 30 APRIL, 8:00 PM:

- **DAUGHTERS**

USA-UK-Canada, 2024, Dir. Angela Patton & Natalie Rae w/ Chad Morris, Angela Patton, Aubrey Smith, and others, Documentary, 108mins, English w/ English subtitles, Rated: PG-13

This award-winning documentary follows four young girls—Aubrey, Santana, Raziah, and Ja'Ana—as they prepare for a Daddy/Daughter Dance with their incarcerated fathers in Washington, D.C. jail. Through candid reflections on love, absence, and hope, it captures the emotional weight of incarceration while celebrating resilience, forgiveness, and the enduring strength of family bonds.

INTERNATIONAL FILM - SATURDAY 2 MAY, 8:00 PM:

• ONE BATTLE AFTER ANOTHER

USA-Spain, 2025, Writer-Dir. Paul Thomas Anderson w/ Leonardo DiCaprio, Sean Penn, Benicio Del Toro, and others, Crime-Thriller, 161mins, English-Spanish w/ English subtitles, Rated: R

Bob, a former radical, lives in paranoid isolation with his spirited daughter Willa. When his old enemy reappears and Willa disappears, he races against time to find her. This award-winning film fuses action, comedy, and psychological tension, compelling viewers to confront the lingering fallout of rebellion, family bonds, and survival.

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

• LA PETITE BANDE (THE LITTLE GANG)

France, 2022, Writer-Dir. Pierre Salvadori w/ Paul Belhoste, Mathys Clodion-Gines, Aymé Medeville, and others, Comedy, 106mins, French w/ English subtitles, Rated:NR (PG)

This film is being brought to you in collaboration with Alliance Française. Cat, Fouad, Antoine, Sami, and Aimé, five spirited schoolmates in Corsica, set out to stop a factory polluting their river. Their daring plan spirals into comic chaos, but their determination highlights friendship, courage, and youthful rebellion. It's a playful tale with a strong environmental theme, showing how young voices rise against pollution. *Rescheduled from an earlier date when we could not screen to do laptop failure.*

CLASSIC WORLD CINEMA @ CINÉ-CLUB

CINÉ-CLUB SUNDAY 3 MAY, 8:00 PM:

• AGUIRRE, DER ZORN GOTTES (AGUIRRE, THE WRATH OF GOD)

Germany-Mexico-Peru, 1972, Dir. Werner Herzog, w/ Klaus Kinski, Ruy Guerra, Helena Rojo and others, Adventure-Drama, 95mins, German w/ English subtitles, Rated: R.

A few decades after the destruction of the Inca empire, a Spanish expedition leaves the mountains of Peru and goes down the Amazon river in search of gold and wealth. Soon, they come across great difficulties and don Lope de Aguirre, a ruthless man who cares only about riches, becomes their leader. who is quite oppressive and does not appear to be entirely sane.

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.

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.

If you have an innovative fundraising idea and are willing to take it forward, we'd love to hear from you. Email and share your proposal and let us know how you'd like to be involved.

Thanking You,
MMC-CP Group

Account #105106 | Email: mmcauditorium@auroville.org.in





Collaboration has no hierarchy. The Sun collaborates with soil to bring flowers on the earth.

Amit Ray

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

HOUSING SERVICE

- **Public Timing:** Access without appointment only. Wednesday 3 - 4:30 pm
- **Phone:** (0413) 2622658
- **General Email:** housing@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 - 7pm
- **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 2622 894

- Email: avlib@auroville.org.in

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



HEALTH

SANTÉ SERVICES IN 2026



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: Mon / Tues / Wed / Fri	Homeopathy with Michael: Monday / Wednesday / Saturday
Physiotherapy & Massage with Galina: Monday to Friday	Physiotherapy with Arun: Monday to Friday
Midwifery & GYN Care with Paula: Monday & Wednesday	Integrative Psychotherapy with Juan Andres: Monday to Friday
Holistic Therapy with Louis Patric: Monday to Friday	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

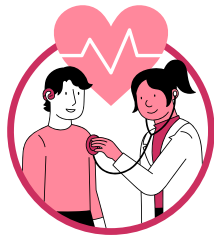
Contact: 0413 291 0005

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

TIME TO SUMMERNATE AYURVEDA HEALTHY TIPS



According to Ayurveda, the qualities of summer are hot, sharp, and penetrating. That's why our *pitta dosha* - the subtle fire that controls metabolism and transformation - can cause us to overheat. The sun saps the energy from the body, from the plants and the earth, increasing heat and dryness.

Pitta needs to be looked after to maintain a good energy, mental clarity, joyfulness, good digestion and blood circulation, a beautiful glow on the skin and a sound sleep.

When Pitta is out of balance it will give skin problems, hot flashes, exhaustion, indigestion or loose stool. Emotionally, excess Pitta manifests through irritation, short-temper, impatience, judgement/criticism, perfectionism...

Before Pitta reaches uncontrollable heights, remain cool, calm and pamper the liver:

With the food: As Agni (digestive fire) weakens, it is better to eat light, unctuous (slightly oily), cooling food such as salads and juices.

- Favorable taste: Bitter taste, Sweet taste (to take moderately in case of diabetes and high triglycerides). Salty taste should be taken reasonably
- Drink water stored in earthen pot
- Raw food/salads are taken at lunch mainly
- Proteins: mungdal, chickpeas, beans, sprouts, nuts and seeds, non-veg: white meat, fish, seashell, dairies for breakfast or lunch, eggs
- Cereals for energy: jasmine rice, barley, red rice, millet (fermented ragi)
- Vegetables: pumpkin, bittergourd, bottlegourd, snakegourd, ashgourd, cucumber (taken separately), salads, green leafy vegetables, broccoli, cabbage, celery, carrots, drumstick (moringa), zucchini, plantain
- Fruits: amla, pomegranate, banana, ramphala, chiku, papaya, apple, grape, date, watermelon and melon (to be taken separately), coconut
- Beverages: buttermilk, sweet lassi, coconut water, mint, lemongrass, cardamom, chamomile, nannari (sarsaparilla), amla juice, watermelon juice, vegetable juice, cucumber milk (blend ½ cup of peeled cucumber in 1 cup of milk - cow or other veg milk - with a pinch of sugar), electrolyte (1 lemon juice + 1tsp of sugar + 1 pinch salt in a glass of water),
- Lipids: ghee, olive or sunflower or coconut oil
- Spices: cumin, coriander, black pepper, turmeric, fennel seeds, fresh aromatic herbs (dill, coriander, fennel, mint, parsley, saffron).

Avoid:

- Pungent and sour tastes (especially for people who are Pitta dominant)
- Pitta increasing items: chillies, fermented food (apart from idli and dosai), deep-fried, sour buttermilk or curd, red meat, alcohol (strong liquor, red wine), coffee ...
- Drinking beverages coming from the fridge or freezer during meals
- Ice-cream at the end of a meal (best to be taken when the digestion is finished, around 4pm).

Routine to favour:

- Avoid direct sun contact specially between 11am and 4pm, and protect from the heat by keeping a humid towel/cap on the head
- A nap of half an hour after lunch is allowed
- Body massage with coconut oil – if there's no time every day to apply oil on the body, then massage ears, hands and feet + pour 4-5 drops of coconut oil on the fontanelle
- Bath with cool water and apply a paste of sandalwood on the face, heart and lower abdomen (these are the 3 main parts that should remain fresh to maintain the coolness in the whole body); foot bath in the evening with vetiver roots, rose water or hibiscus flowers
- Swimming, aquagym, any water activities. Qi-Gong, Tai Chi, light running: max 30 minutes early morning or late evening; walks in green environment, forest
- Soft yoga, pranayama (Sheetali, Sheetakari, ida nadi inhalation-left nostril inhalation), meditation with Gayatri mantra
- Walk under the moonlight, full moon bath
- Wear loose and comfortable cotton or linen clothes (white, blue, green, gray colours)
- Cooling jewellery: sandalwood beads, jade, pearl, amethyst crystals, moonstone, silver, aquamarine
- To refresh the ambiance use lemon or orange peel, jasmine flowers, lavender, wet cloth hanging at the open window, vetiver curtains.

Cooling plants for the summer:

- **Amalaki – Amla:** refrigerant and full of Vitamin C, rejuvenating fruit
- **Aloe vera:** rejuvenates blood and tissues
- **Aegle Marmelos – Bael fruit:** make juice from the pulp and decoction with leaves, it calms body and mind. It is slightly laxative, do not take during pregnancy
- **Coriander:** seeds soaked in water for urinary infections, kidney weakness
- **Red Hibiscus:** leaves and flowers for shampoo and conditioner; flowers for herbal tea
- **Manduka parni – Centella asiatica** leaves: rejuvenating and tonic for brain and nerves
- **Pudina – Mint** leaves: herbal tea or dishes
- **Radha consciousness – Clitoria Terneata** flowers: herbal tea or juice
- **Sarsaparilla – Nannari** syrup: soothing and cooling
- **Shataavari – Asparagus racemosus:** cooling, calming Pitta, very good for Vata women to harmonize hormones
- **Vetiver** roots: for bathing
- **Yashtimadhu – Licorice:** to refresh the body and to calm irritation, inflammation or ulcer in the digestive tract.

Wishing you a beautiful summer

Be @ Santé Clinic

PS: all these recommendations are more elaborated in my book "Take care of yourself with Ayurveda", available at Maroma in Aspiration, the bookshop of Visitor Centre and Auroville Press Publishers in Aspiration



MATRIMANDIR ACCESS INFORMATION

IMPORTANT ANNOUNCEMENT REGARDING THE
CHANGE IN TIMINGS EFFECTIVE FROM 1 FEB 2026.

Access to the Park of Unity

- The Matrimandir, the Petals, the Lotus Pond and the Banyan Tree are areas of silence.
- The Park of Unity is open to Aurovilians and registered Newcomers daily, 6am-7:30pm.
- Aurovilians may bring close family and friends (maximum 3) to the Gardens only daily, 9am-3:30pm.
- **Aurovilians bringing children under the age of 10 to visit the Gardens may do so only after 11.30am except Tuesday when they can come from 9am to 11am.**
- Aurovilians wishing to bring close family to the Gardens at any other time should inform mmconcentration@auroville.org.in before 11am on the day of the proposed visit.
- Registered Volunteers and Donors 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, Registered Newcomers, Volunteers, Pass holders and Guests. Guests should bring their Aurocards.
- Savitri Readings on Thursday evenings: Guests holding only Aurocards wishing to attend should book by filling in the form at <https://bit.ly/savitri-reading> one or two days in advance.
- Visits to the Park of Unity and Inner Chamber should not be included in the program of any conference or workshop. Participants should be directed to the Viewing Point.

Access to the Inner Chamber of the Matrimandir for Aurovilians, Newcomers and registered Volunteers

The Matrimandir is a place for silent individual concentration

- The Inner Chamber is open to Aurovilians and registered Newcomers:

Monday – Saturday	6:00 am - 8:00 am, 4:30 pm - 7:30 pm
Sunday	6:00 am - 12:00 pm, 4:30 pm - 7:30 pm
- The Inner Chamber is open to **registered Volunteers**:
 - Every day, 4:30pm - 6:00pm.
 - Volunteers are requested to come and get their revised passes between 10:00 am to 10:30 am from the Matrimandir office with prior booking at matrimandir@auroville.org.in
 - **It is obligatory for the volunteers and pass holders to carry the pass with them.**
- **The Inner Chamber is open to Aurovilians wishing to accompany a maximum of 3 close family members and friends no more than once in two weeks, with booking 3 to 5 days in advance to mmconcentration@auroville.org.in:**

Any day except Tuesday & Sunday,	<u>8:00 am - 8:25 am</u>
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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 - 11:00 am
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- Auroville units can bring their staff to the Inner Chamber with a prior booking at mmconcentration@auroville.org.in:

Tuesday	8:00 am - 8:30 am
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Petals of the Matrimandir

- The Petals are open to Aurovilians, registered Newcomers, and Pass holders

Daily	7:00 am - 8:00 am, 5:00 pm - 6:00 pm
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Access to Matrimandir for Visitors and Guests

Matrimandir Viewing Point: The Viewing Point is open to the general public on presentation of a Pass. Visits to the Matrimandir Viewing Point are free of charge. Free passes can be obtained at the Auroville Visitors Centre.

The Viewing Point lies south of the Park of Unity and offers visitors a panoramic view of the Matrimandir and the Gardens and the Lake.

Starting from the Visitors Centre.
Daily, 9:00 am - 5:30 pm

The Inner Chamber of the Matrimandir is open to Visitors and Guests by prior booking only. Visitors and Guests seeking to concentrate in the Inner Chamber are requested to inquire at the Information Desk of the Visitors Centre after first visiting the Viewing Point, or to go to the website: auroville.org

- Prior booking is required to access the Inner Chamber at least one or two days in advance. Bookings for concentration are given for the following or the first free day as per availability and are accepted only up to one week in advance. Minimum age 10 years.
- The Petals are open to Visitors on the morning of their Inner Chamber visit.

Security

Please note that it is not permitted to

- Swim in any of the ponds, the channel and the Lake except the Children's ponds in the Garden of Youthfulness
- Throw pebbles into the ponds and fountains
- Pick flowers in the Gardens
- Climb to the very top of the Petals.

Parents, please supervise your children at all times.

Bags, cameras and cell phones should be left in the lockers or the Access office.

Please no photography, videos or drones without prior permission. For permission, please write to matrimandir@auroville.org.in.

Antoine for Matrimandir Executives Team

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