

Auroville

NEWS & NOTES

No 1126 - A weekly bulletin for residents of Auroville

21 May 2026

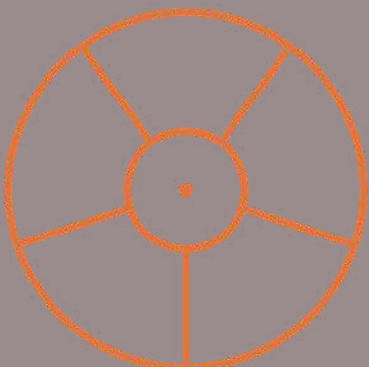
RA EDITION

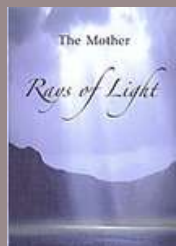


PONDERING

Make of us the hero warriors we aspire to become. May we fight successfully the great battle of the future that is to be born, against the past that seeks to endure; so that the new things may manifest and we may be ready to receive them.

The Mother, 6 January 1952, [Inaugural Message for the Sri Aurobindo Memorial Convention](#), On Education





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THE BASES OF YOGA

PATIENCE

page 64

To know how to wait is to put Time on your side.

*

Yoga cannot be done in a hurry it needs *many many* years. If you are "pressed for time" it means that you have no intention of doing yoga is it so?

It is not the soul, but the ego and its pride that feel "defeat and humiliation".

10 November 1961

page 65

One goes much faster when one is not in a hurry.

To really move forward, you should feel, with complete confidence, that eternity lies before you.

4 July 1962

*

If the mind remains quiet in all circumstances and happenings, patience will be more easily increased.

HEROISM

Heroism is to be able to stand for the Truth in all circumstances, to declare it amidst opposition and to fight for it whenever necessary.

And to act always from one's highest consciousness.

*

Heroism:

- 1) To do always what is most beautiful and most noble.
- 2) To act always from the height of one's consciousness.

*



Courageous endurance

Strong and energetic, never complains. -

The Mother

Zinnia elegans Jacq., Compositae.

Common zinnia, Youth-and-old-age

Make of us the hero warriors we aspire to become. May we fight successfully the great battle of the future that is to be born, against the past that seeks to endure, so that

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the new things may manifest and we may be ready to receive them.

20 February 1952

COURAGE

Courage is a sign of the soul's nobility.

But courage must be calm and master of itself, generous and benevolent.

*

In true courage there is no impatience and no rashness.

*

A noblest courage is to recognise one's faults.

*

There is no greater courage than to be always truthful.

31 July 1954

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](https://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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FROM THE WCOM AND THE AVC

STATUS OF AUROVILLE RESIDENTS AFFECTED BY VISA ISSUES

Recent visa difficulties are affecting a growing number of Auroville residents. In several cases, individuals have left Auroville without their visas being renewed because they were not provided with the required letter of recommendation. As a result, they may be unable to demonstrate possession of a valid visa, which is normally required to return to India as an Auroville resident, and may only be able to enter on a tourist visa.

According to the Auroville Foundation Act, the responsibility for determining whether a person is an Aurovilian rests with the Residents' Assembly, not with the Governing Board or the Secretary of the Auroville Foundation Office.

In this context, the Auroville Council and the Working Committee of the RA wish to reaffirm that those concerned continue to be considered Aurovilians by us.

While this does not resolve the immediate visa constraints or prevent some residents from having to leave India, we hope that it helps maintain clarity regarding their status within the community and preserves the possibility for them to return in the future. We would also like to express our solidarity and support for those currently affected by this situation.

If you have been experiencing visa issues, please contact the WCom of the RA at workingcom@auroville.services

The Auroville Council
(Divya, Dyuman, Isabelle, Martin, Muni, Ramesh, Sathiya)

The Working Committee
(Anita, Elvira, Jayavel, Matthieu, Prashant, Raju, Valli)

FROM THE WORKING COMMITTEE

STATEMENT ON THE INCIDENT AT THE TOWN HALL COUNCIL ROOM ON WEDNESDAY 13TH MAY 2026

Dear Community,

As many of you are already aware, a serious incident occurred at the Town Hall Council Room on 13th May 2026. This has led to two Aurovilians, Antim Singhi and Major Arun Ambathy being remanded in custody on 14th May 2026.

We are aware of several videos circulating that present the incident in a partial, biased, and unbalanced light, and do not show the full story as it unfolded. It appears that there was again (as at the Youth Centre) an escalating sequence of events resulting in verbal and physical violence.

It is shocking and saddening to see how much violent behaviour has become a part of living in Auroville for the 5th year now, which was not the case earlier, and we know many of you feel the same. As these specific incidents are now in the hands of the courts it would not be correct for us to share any opinion or interpretation on what unfolded.

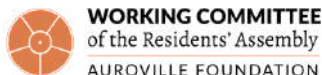
However, in the face of provocation and growing division, we ask all community members to:

- Remember the call we followed to be here;
- Remain peaceful and grounded, keep words and actions non-violent;
- Refrain from spreading unverified information;
- Document events carefully and peacefully where needed, while protecting yourself and people around you;
- Send any eyewitness accounts, photos or videos to the RA Working Committee for filing;
- Support one another with steadiness and care.

In community,

The Working Committee selected by the Residents' Assembly of the Auroville Foundation

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



FROM THE AUROVILLE COUNCIL

AUROVILLE COUNCIL MEETING ROOM AT TOWN HALL: NOTE FROM THE AVC

Dear Community,

In light of the recent incident that took place at the Auroville Council room in the Town Hall, we would like to mention several points:

Since the beginning of March, the Auroville Council members and several other individuals have been continuously denied usage of the room. At the same time, a number of other groups and persons unrelated to the AVC have been making use of the room, as well as managing its bookings and access.

Thus, we are not in a position of responsibility towards events taking place in and around the room. However, we strongly condemn any usage of violence, intimidation, or behaviour that undermines the safety and dignity of individuals.

Sincerely,

The Auroville Council

Divya, Dyuman, Isabelle, Martin, Muni, Ramesh, & Sathiya



AVC PUBLIC STATEMENT TO ANTIM, JOEL, MURIEL, AND SINDHUJA

We would like to remind everyone that we are part of Auroville, a place created for a higher purpose. As The Mother said:

“Auroville wants to be a universal town where men and women of all countries are able to live in peace and progressive harmony, above all creeds, all politics and all nationalities. The purpose of Auroville is to realise human unity.”

As such, the Auroville Council strongly condemns any violent actions.

Unfortunately, however, over the past five years, we have repeatedly witnessed situations of conflict and aggression, along with a lack of openness towards collaboration and constructive dialogue.

The most recent incident involved violent actions directed against members of the Light for Unity core group, as can clearly be seen on the CCTV footage available where the four above persons entered the room and engaged in actions that contributed to the situation.

We believe in the importance of hearing all sides, so we request to meet with you in the spirit of dialogue and resolution.

In the meantime, we request that the full CCTV footage and audio, including the moment Antim entered the room, be made available to the community so that the complete context can be understood transparently.

The AV Council mandate includes the task of harmonising. As such, in cases where differing views are present, we need to explore solutions that could be found, which would represent a synthesis of the opposing views. However, we also need to state clearly that, in case of further acts of violence or intimidation, we may be obliged to take any necessary steps in accordance with community procedures, to promote peace and harmony so needed in our community.

We sincerely hope that all concerned will act responsibly and respectfully for the deeper values and aspirations of Auroville.

Sincerely,

The Auroville Council

Divya, Dyuman, Isabelle, Martin, Ramesh, & Sathiya

FO GROUPS NEWS

(not selected by due Residents' Assembly process)

FROM THE FO N&N 1131

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

COMMUNITY NEWS

COMMUNITY SHARING

[📄] NEW PETITION

PETITION DEMANDING ANTIM, JOEL, MURIEL, SINDHUJA, AND JOSEPHINE (KALIANANDA) RESIGN FROM THEIR POSTS AND STOP INTERFERING IN AUROVILLE ORGANISATION – MAY 2026

Dear Auroville family near and far,

We would like to thank those who have already signed the petition and those who took the time to read the petition document.

Within 24 hours of the launch, we crossed **500 signatures** (74% Auroville residents and 26% Well-wishers). This is indeed one of the fastest-growing petitions in our recent record.

It would be good to reach **1,000 signatures** if you agree this is important. If you have already signed, please share the link with your friends and family:

<https://forms.gle/Y4gg8jqNw6wPFKHH8>

We've seen so much violence in the recent past. Let us state very clearly that this is not the Auroville we dreamed of and signed up for.

Sincerely, *Concerned Residents*

FROM LIGHT FOR UNITY : COMMUNITY STATEMENT REGARDING THE TOWN HALL INCIDENT – 13 MAY 2026

Dear Community,

This statement is issued to inform the community regarding the incident that took place at Town Hall on Wednesday, 13 May 2026.

The Light for Unity Core Group has been regularly conducting meetings at Town Hall on Monday and Friday mornings, and previously on Wednesday afternoons. Recently, the Wednesday meeting was shifted to the morning, although the official schedule had not yet been updated accordingly.

During the previous week, when members of the Core Group gathered for the meeting, Sindhuja and Antim informed the group that the space had been booked and that the meeting could not proceed there. In order to avoid confrontation and maintain peace, the Core Group voluntarily left the premises.

On Wednesday, 13 May 2026, the Core Group again assembled for its scheduled meeting. Present were Ashok, Ramesh AVC, Rajendren, and Satyavan, while Aravinda, Arun, and Kundavi attended as invitees.

Prior to the meeting, members approached the GB/WCom office to obtain access to the meeting room. Joseba provided the official form required for use of the room, which was completed and submitted. Members state that this process had previously been mutually agreed upon by the concerned parties.

During the meeting in the AVC room, Sindhuja, Antim, Joel, and Muriel entered the premises. Joel and Muriel began recording the interaction.

According to those present, a verbal disagreement then developed regarding the use of the space and the presence of certain individuals in the building. Members state that tensions escalated quickly, with raised voices and heated exchanges occurring between individuals present.

Arun subsequently began recording the interaction on his mobile phone. During the course of the exchange, a dispute arose concerning the recording of the incident and possession of mobile phones. This was followed by a physical confrontation involving several individuals present.

Members of the Core Group allege that Arun was physically struck and restrained during the incident. It is further alleged that attempts were made to prevent him from leaving the area. Video recordings and CCTV footage are understood to exist and may provide additional clarity regarding the sequence of events.

Soon afterward, additional individuals from various working groups and offices arrived at the Town Hall premises. Calls were also made to the police, Crime Branch officials, security personnel, and ambulance services. The authorities subsequently arrived and discussions took place among those present before the gathering dispersed.

Following the incident, FIRs were reportedly registered by both parties at the Auroville Police Station. Arun and Antim were subsequently remanded to judicial custody. As the matter is currently subject to legal and investigative processes, the Core Group does not wish to prejudice the outcome of any investigation or proceedings.

The Core Group nevertheless wishes to express serious concern regarding the escalation of tensions, the disruption of meetings, and the occurrence of physical confrontation within a community space.

Members also note that disputes, confrontations, and disagreements relating to community functioning have reportedly arisen in several instances in recent years, including:

- Youth Centre incident (2021)
- Residents' Assembly Working Committee incident

- Darkali-related incident
- Revelation-related disputes
- Afsanah Guest House incident
- Auroville Council room and Lieve-related incident
- Youth Centre incident (February 2026)
- Town Hall incident (May 2026)

The Core Group reiterates its commitment to peaceful engagement, lawful conduct, dialogue, and democratic functioning within the community. It also calls upon all concerned individuals and institutions to help ensure that disagreements are addressed through respectful and non-violent means.

We sincerely hope that constructive and responsible steps will be taken to restore trust, safety, accountability, and institutional neutrality within the community.

With concern for the wellbeing, harmony, and future of the community,

Core Group
The Light for Unity

Kindly find the links for the reference of video records.

- [1](#)
- [2](#)
- [3](#)

STATEMENT BY FIVE FORMER MEMBERS OF THE AUROVILLE INTERNATIONAL ADVISORY COUNCIL ABOUT THE CURRENT SITUATION IN AUROVILLE

18 May 2026

We, former members of the International Advisory Council (IAC) of the Auroville Foundation, wish to express our deep concern over the current situation in Auroville, which seems to be straying farther and farther away from the direction Mother gave in Auroville's Charter and in her numerous messages.

We are particularly concerned over the increasingly frequent use of verbal or physical violence in Auroville. The manner in which the management of Afsanah Guest House was forcibly taken over in October last year; in which the Youth Center was brutally dismantled on March 20, with unprovoked physical attacks on some of its inhabitants; in which the Auroville Council room, where residents had peacefully assembled for a meeting, was forcibly occupied on May 13, leading to altercations — among other incidents — seems to indicate that the use of violence is increasingly seen as an acceptable means to impose authority in Auroville. This cannot and should not be allowed to become the new norm, and we strongly condemn all violence in Auroville, whether in deeds or words.

Secondly, the Auroville community will remember that most members of the last IAC expressed (at least twice in writing, apart from oral representations during meetings with the last Governing Board) strong reservations about the manner in which land exchanges were arranged by the Auroville Foundation's administration. We find deeply concerning the recent series of land exchanges, again imposed on the community without consultation and, in particular, imposed on the residents who developed the lands and communities targeted for exchanges. Apart from resulting in considerable financial loss to the community, the exchanges continue to be opaque in nature and threaten Auroville's carefully nurtured environment — a vital foundation for Auroville's sustainability. We once again call for a halt to all land exchanges until a transparent procedure beneficial to all has been worked out.

Finally, we regret to note that there seems to be no improvement in the visa situation, with probably more than 30 Auroville residents being currently without a valid visa, as the Auroville Foundation's administration has kept in abeyance, often indefinitely, the standard recommendations for extension, though without assigning any reason for such delays. We are aware of several cases of residents being compelled to leave India or prevented from returning to India, leading to considerable unjustified hardship. It is difficult to escape the conclusion that the issuance of such recommendations is tied to a perceived compliance by the residents, several Statement by five former IAC members | p. 2 of whom have actually been told so. To use visas as a means of intimidation or to suppress legitimate dissent and enforce "alignment", to use a word found in some recent communications from the Auroville Foundation's administration, is, to our mind, reprehensible and diametrically opposed to Auroville's ideals.

We must still hope that better sense will prevail and the Auroville Foundation's administration, as well as the Ministry of Education, will agree that a supremely important project as Auroville, especially in the current global context, cannot possibly blossom with such methods and approaches. It is crucial that the rights and instruments of the Residents' Assembly, one of Auroville Foundation's three statutory bodies, should be respected, as enjoined by the Auroville Foundation Act and by the true spirit of collaboration and human unity without which Auroville will cease to exist.

Dena Merriam | Gabi Gillessen | Michel Danino | Julian Lines | Doudou Diène

Former members of the International Advisory Council of the Auroville Foundation



AN OFFERING FROM FOOD SYSTEM ENVISIONING

For the past year, a group of Aurovilians have been meeting regularly in order to address challenges on Auroville's food system that have become more visible in recent years, and to envision a **new system that improves the interconnectedness between the community, food and farmers of Auroville**. This article is the second in a series of our reflections and aspirations, to continue to nurture a space for conversations on food and farming in Auroville. The first article was about why we grow food in Auroville and the different dimensions of agriculture, which you can find [here](#).

In order to have a grounded understanding of the system we currently have, it's essential to look at the context and the history in which it emerged. Ecological realities, economic necessities, social contexts and inner aspirations don't often align. How did we try to align these in the past? What decisions and creations emerged as a response? In what ways are the questions we are facing today different from those 30, 40, 50 years ago, in what ways are they the same? What are we carrying from the past which doesn't work in the present anymore?

How it all began

Farming in Auroville began with the beginning of the community itself, in 1969. Most residents were involved in food production out of necessity, an effort that spanned both established farms and various kitchen gardens throughout the community. Initial farms in the 1970s included AuroOrchard, Service Farm, AuroGreen, Kottakarai, and Revelation, and by the 1980s included Annapurna, Discipline, Djaima, Fertile. They grew seasonal fruits and vegetables, crops like peanuts, ragi, gram, varagu, ulundu, red rice, sesame, and some had dairies and poultrys.

**Where are our kitchen gardens today?
Is there one in your community? If yes, how is it going, and if not, do you know why?**

What can we do today to create a deeper reverence for what feeds us?



A sketch made by Johnny (Fertile) in the 80's of the then farms of Auroville.
To enlarge, click [here](#).

**Auroville has 26 farms today.
Do you know where they are?**

Central Food Distribution Centre and Pour Tous:

In the 1970s, Auroville produced snake gourd, green papaya, tapioca, pumpkin, and beans, and some food was of course sourced from Pondicherry. However, it was considered essential for the community to adapt to affordable local crops in order to survive. Pour Tous fund was the first community fund, created 1st January 1976. It received donations and maintenances (Rs. 125 / month) from the Sri Aurobindo Society (SAS). A spirit of collective endeavor led to the creation of a Central Food Distribution Centre where today we have Udavi school, and subsequently the opening of Pour Tous near Aspiration Community on February 28, 1974. When SAS took away the maintenance for Aurovilians, Aurovilians stepped up within a week, and organised to bring everything that they had for collective distribution in order to survive. Everything was shared equally in baskets to be delivered to each community roughly every alternate day. The historic Pour Tous meetings, the first *regular* resident meetings, were held around bags of potatoes and tomatoes, and a recurring topic was - how and what do we eat. **Food and governance were the same thing.** The "Envelope" system started in 1978 - a method of budgeting modelled after the Mother's management of ashram finances, and an envelope of donations/collected funds named 'Pour Tous' was used to purchase food for the collective.

In the late 80's / early 90's, the baskets of Pour Tous gave way to a stall where individuals came to purchase what they wanted. What was originally designed as a system to ensure our needs are met collectively and our resources pooled had to evolve to serve the emerging reality that people wanted the food they could afford with their own means, irrespective of what the collective could afford. People fought over sticks of butter. This was an interesting point in our history. As our means increased, we became more individualistic.

Today then, when the goal of food self-sufficiency is less about surviving and more about thriving, how sincerely are we asking ourselves of our 'needs' in the food we eat?

How responsibly are we living this question collectively, how courageously are we walking towards this goal when it no longer looms over us demanding us to walk it?

In this stall, one had to point to a bin from behind a counter and request apples, bananas, potatoes, papayas, while someone else would pick the item and put it on a scale. This was of concern to some people - they wanted to connect, to touch, to feel the beetroot, the watermelon. It was only in the early 2000's that Pour Tous set it up so you could pick your own produce.

What is your direct connection to the food you eat?

Do you want to choose it yourself?

Do you have a way of picking a watermelon?

How concerned are you about how your pumpkin looks?

Food Growing Cooperative, and the Pandy market:

In 1978, we witnessed the first attempt at formal organization of AV farms in a Food Growing Cooperative consisting of thirteen farms. It operated through a dedicated envelope which was used for growing food that provided farms with budgets. The Cooperative received the produce sales revenue in return, but the idealism of the envelope system struggled as the population grew. The cooperative collapsed in 1983, as did the envelope system in 1984. In its place, individual accounts were created and farmers went back to operating on an individual basis.

A major crisis befell the food system when in the 1990's the Tamil Nadu Electricity Board decided to discontinue their inclusion of AV in their policy of providing free electricity to farmers for pumping. This had a major effect on our largest farms at the time - AuroOrchard and Aurogreen - which were forced to downsize operations drastically over the coming years. Food from the Pandy market thus offered an effective backup for our needs.

Today, this backup has turned into the primary option to meet our food needs. This is in large part due to our unadapted preferences to our local reality - a problem 50 years old that we have been unable to address as yet - but also due to its cost effectiveness, or rather, its hidden cost - our health. Knowing that the food from the Pandy market, like in every market, is grown using chemicals by farmers and workers in a hostile economic system, we must ask if we care about creating a different economy grounded in conscious choices, preferences and needs.

How do we nurture this aspiration today?

How do we support Auroville's farms?

How enthusiastically do we offer our participation in our food system?

Farm Group, more organised finances and processes:

The farms of Auroville organized themselves on a large scale again in the form of the Farm Group in the early 1990s to ensure optimal use of available assets, to set up financial processes, and to define policies collectively for land development. Farmers began to receive a maintenance from the Central Fund to ensure their own basic needs were looked after as they worked to produce food for the community. A common granary (now called Auroville Grains) was established in 2011 at Annapurna to process the grains grown in Auroville and ensure quality, storage and steady supply throughout the year. Subgroups within the Farm Group of dairy, grain and vegetables and fruit subsequently emerged to share knowledge, take decisions collectively, raise funds, etc.

Direct Baskets from the farms

Across the world, there is a growing concern about people losing connection with their food. To address this gap, some farmers have started offering baskets directly to community members and have direct communication with the consumers. Annapurna and AuroOrchard send out a link every week by email and Whatsapp where people can order and receive their baskets at Foodlink or outside PTDC. Terrasoul hosts a market every week where people can visit and buy fresh produce. The intention of some farmers remains to be in intimate contact with consumers, to share how the

food is grown, the joy and the challenges that we face as a community in covering our nutritional needs. Others are less visible but produce food for the community on a daily basis, which is available at Foodlink.

Would we like to have more farms offering basket opportunities?

Do we need more information about what is available in the baskets and how it works?

We, in Food System Envisioning, are exploring different ways to address these questions, amongst others, with some key actors in Auroville's food system. If you are interested in joining us in this work or have any questions, please reach out to us at avfoodsystemenvisioning@gmail.com.

In community,

Food System Envisioning

Amy B., Anshul, Arul, Deven, Isabelle M., Manas Arvind, Nicole, Nidhin, Pavan, Priya V., Tanisha, Tomas, and Elisa (facilitator)

MATRIMANDIR NEWSLETTER - MAY 2026

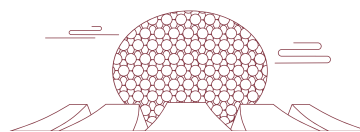
Matrimandir

May 2026



CLOSURE OF THE MATRIMANDIR INNER CHAMBER

MONDAY 18TH MAY - SUNDAY 14TH JUNE



Because of annual maintenance work, the **Matrimandir Inner Chamber** will remain closed for everyone from Monday 18th May 2026 to Sunday 14th June 2026.

We regret the inconvenience caused.

The Matrimandir Inner Chamber will reopen on Monday 15th of June, 2026.

Kindly watch this space for any changes to the reopening date.

The Chamber will be reopened for Aurovilians and Newcomers sooner if it is possible.

The **MATRIMANDIR VIEWING POINT** will remain OPEN as usual from 9 am to 5 pm everyday.

FINANCIAL SERVICE - SATURDAY AFTERNOON CLOSURE

From this week onwards till the end of June, Financial Service will be closed on Saturday afternoons.

Thanks for your understanding
Financial Service team



RESIDENTS SPEAK

MMC-CINEMA PARADISO: A COMMUNITY SPACE IN TRANSITION

Over the past years, MMC-Cinema Paradiso has functioned as a shared community space with a clear mandate, supported by a simple and transparent booking system to ensure fair and consistent access.

Within this, Cinema Paradiso focused on screening culturally diverse films and hosting filmmakers, alongside a wide range of programs by individuals, groups, schools, and institutions.

In FY 2025-26 alone, this included over 350 films across approximately 50 weeks of operation, and more than 900 hours of total use of the venue.

In March, I received a proposal from Laxmanan for extended use of the auditorium, initially proposed for six months and later revised to one week with plans for extension. As with all users, this was taken forward through the standard booking process. Following the only formal meeting held on 8 April, booking rates for multiple use beginning 13 April were shared in line with existing procedures. However, the proposed start date passed without the booking being completed, and no further discussion around payment modalities, other arrangements, or collaborative planning took place.

On 20 April, Ramesh and I went to meet Ms. Latha Sundar to communicate directly. Although we were initially given to understand that she would meet us, we were later informed that she would not be available. On the same day, an office order dated 17 April was received, reassigning my responsibilities at MMC-Cinema Paradiso to a new team.

A functioning, transparent, heavily used, community-oriented cultural space was thus transitioned without meaningful dialogue, completed process, or collaborative resolution.

A transition has now taken place. To ensure continuity, I supported scheduled screenings and programming up to 3 May. Programming and administration are now being carried forward by the new team. Many of the films currently being screened had already formed part of earlier Cinema Paradiso programming over the years, within its carefully curated selections.

MMC-Cinema Paradiso functioned as a community service, maintaining a professional venue for presentations, seminars, and screenings, with emphasis on quality projection, non-commercial cultural exchange, and broad community access. This continuity depended on careful management and financial planning, especially since repairs, upgrades, and replacement of equipment were often not covered through regular budget support. A recent example was the purchase of a new laptop on 17 April through viewer donations and support from AVI-USA following equipment failure.

I remain grateful to the many individuals, schools, filmmakers, and community members who engaged with and supported MMC and Cinema Paradiso over the years. I trust the community will continue to engage with the space thoughtfully, and uphold the standards of

quality, openness, transparency, and procedure that allowed MMC-Cinema Paradiso to function meaningfully as a cultural space over time.

Warm regards,
Nina



ADMITTANCE TO AUROVILLE: "GOODWILL TO MAKE A COLLECTIVE EXPERIMENT FOR THE PROGRESS OF HUMANITY"

People grow more and more remote from Mother's vision and will as years pass by. How many here, today, take the trouble to ascertain what these are, humbly studying documents diligently compiled? Reverting to directives to be applied undiluted and uncensored, as the Sri Aurobindo Society did throughout Mother's years and afterwards – and which the founders of Auroville lived as the most natural thing in the world? Auroville is Mother's creation – not what we tailor, expand, dilute or shrink to justify mediocrity and personal wants and whims.

Stating that she had lost faith in all others and that he would convey in written her decisions, the Mother appointed as her secretary to Auroville Shyamsunder, a lawyer and a millionaire who had surrendered to her his entire fortune. He daily reported, discussing Auroville's affairs down to the minutest detail. Besides his personal journals extolling his bhakti and Mother's 4,000 messages and letters to him (no other being received so many), his legacy consists of two books faithfully chronicling their unique interaction. One's being in Auroville should commence by introjecting these two books, documenting life under Mother's direct guidance: psychic living, joyful service for the wellbeing of all.

Other books have been published on Mother's statements, guidelines, directives, policies and all that concerns effective life during the founding years. Besides Shyamsunder's, I also published two books gathering all the available material, sponsored respectively by the Auroville Foundation and by SAIER. Bhaga (Laboratory of Evolution/Centre of Human Unity), with the help of Sraddhavan (future Savitri Bhavan), forty years ago assembled a photocopied documentation sponsored by the AVI USA. As for Gilles Guigan, he published two books with Mother's general messages; however, the real catch is the complete compilation he did according to the year, frequently revised as more documents emerged; it is available on request.

Highlighting the substantial difference between the Sri Aurobindo Ashram versus Auroville, on 10 November 1969 the Mother made it adamant clear:

"Q: What is the fundamental difference between the ideal of the Ashram and the ideal of Auroville?"

The Mother: There is no fundamental difference in the attitude towards the future and the service of the Divine. But the people in the Ashram are considered to have consecrated their lives to Yoga (except, of course, the students who are here only for their studies and who are not expected to have made their choice in life). Whereas in Auroville simply the goodwill to make a collective experiment for the progress of humanity is sufficient to gain admittance."

This psychic quality is all that's needed to gain admittance. But **GOODWILL**, to hasten "the progress of humanity", is not something to play with, beating around the bush. Bhakti and faith commence with unconditional surrender to Mother's directives, whatever they are, whether we understand or not, agree or disagree. This only is GOODWILL. And "goodwill to make a collective experiment for the progress of humanity" means that we don't come here to grab something for ourselves & family, but to foster the advent of the ideal micro-society for which Mother has given precise guidelines. SOCIETY – NOT OUR PERSONAL ADVANTAGES AND WELLBEING – is what Mother's undiluted Auroville is about.

Mother's Admission Form commences with *To be a true Aurovilian*, a call for the inner discovery, which is the starting point of the first realisation and transformation of Integral Yoga. Nothing more, but also nothing less. Unless the psychic being takes the lead and guides, collectively, no ideal society is possible. Let's stop deluding ourselves.

Submitted by *Paulette*



WE HAD A DREAM - A GRAPHIC NOVEL

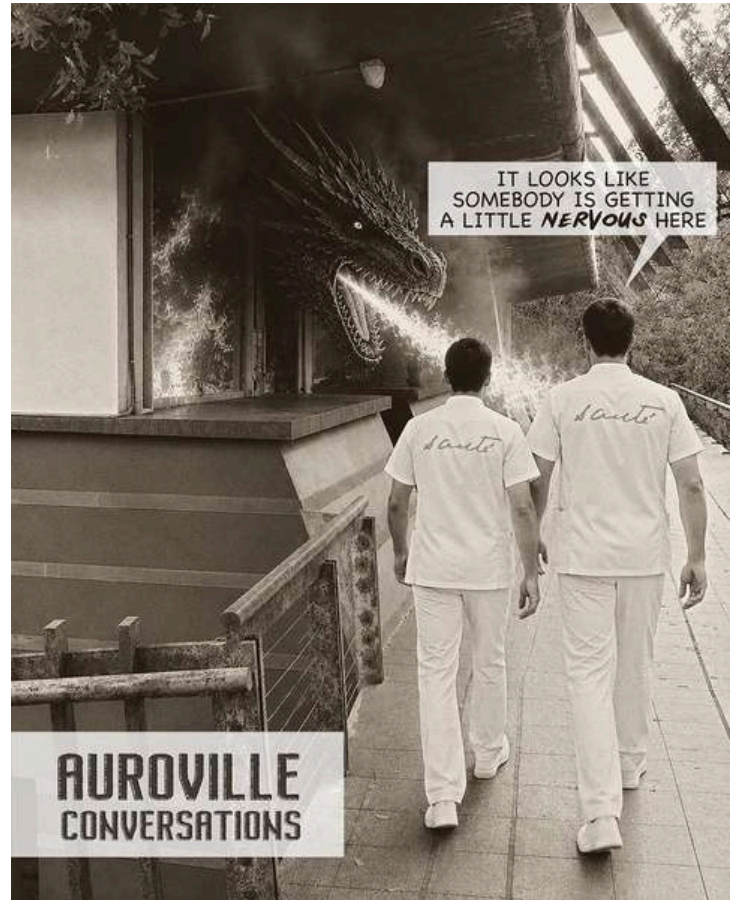
A graphic novel on Auroville, India.
What we lived. What can still be reborn.

<https://auroville.love>

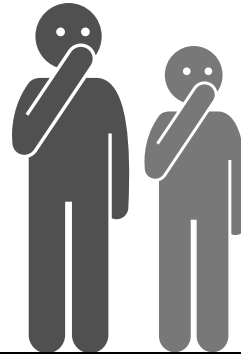


Join the [channel](#) for the next episode.

AUROVILLE CONVERSATIONS



Submitted by an Aurovilian



FRENCH NEWS & NOTES

NOUVELLES D'AUROVILLE



Auro - Traductions

21 Mai 2026

Click on date or scan the QR code to read the French News&Notes.



INNER JOURNEY

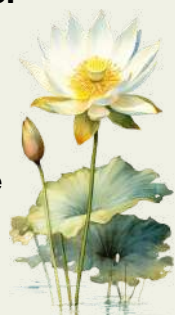
INTRODUCTION TO THE INTEGRAL YOGA OF SRI AUROBINDO AND THE MOTHER

Tuesday 26th May, 9 am - 12 noon

Led by Ashesh Joshi

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

All are Welcome



VIPASSANA ONE DAY COURSE

Only for old students who did at least one Vipassana 10 day course as per SN Goenka.



- **Date:** Sunday 24th May
- **Time:** 8:30 am - 2:30 pm. Lunch will be served.
- **Note:** Part timers are welcome at 8:30 am.
- **Venue:** 1 Vibrance, Vikas Radial Rd, Auroville, 605101. Please park on Vikas Radial road, near the Vibrance garage
- **Location:**
https://maps.app.goo.gl/oKpMZgyty344x11R9?g_st=ic

☞ Vibrance garage is opposite the Realization gate. Park on the road without blocking the garage. The apartment is directly behind the garage on the ground floor.

Registration compulsory.

Contact: vallari@gmail.com / WA 97403 22447 by 9 pm on Friday.

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 bring a book at hand and your Aurocard with you.
- **Access by:** Reporting, no later than 5:45pm. Last entry Leaving, no later than 6:45pm.
- **Last exit for guests** at 6:15pm.

Velmurugan for the Access Team

VIBRATIONAL SOUND BATH

SOUL NURTURING MEDITATIVE EXPERIENCE WITH THE ORIGINAL RUSSIAN SINGING BELLS

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

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

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

At Mirabelle Education Center, Auromodele, Kuyilapalayam

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

Please register in advance

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

(Private sessions on request at other timings)

ANNOUNCEMENTS



MAROMA

MAROMA SUMMER SCHOOL HOLIDAY PROGRAM

FOR AUROVILIANS AND GUESTS

Join us this May for a hands-on creative program at Maroma, designed for children and families.

Dates:

- 27th - 29th May (Wednesday-Friday)

Time:

- 10:00 a.m. – 11:30 a.m.

Program Highlights:

- Day 1 – Incense Leaves (Wednesday 27 May)
- Day 2 – Candle Making (Thursday 28 May)
- Day 3 – Clay Work (Friday 29 May)

Each session offers a guided, tactile experience using natural materials, reflecting Maroma's focus on craftsmanship and sustainability.

- **Capacity:** Limited to 20 participants
- **Note:** Children under 8 must be supervised

Spaces are limited and allocated on a first-come, first-served basis.

To register, please send an email to maroma@maroma.com including:

- Number of participants
- Age(s) of child(ren)
- Preferred day(s)

Do not hesitate to WhatsApp/call on 94866 23749 if you have any questions.

Also if you would like to book a Maroma Tour, please checkout our Experience website: www.maromaexperience.com

Jesse

Maroma Experiences



TACO KARAOKE NIGHT

FRIDAY 22ND MAY, YUVA SANGHA (KAILASH)



TACO KARAOKE NIGHT

6:00 - 8:00 PM
Yuvasangha (Kailash)
Friday 22nd May

Grab the mic, gather your crew & belt out your favourite hits

Guests from outside Auroville, Please register via Link in Bio (Limited Seats)

YouthLink

Karaoke + Tacos + Community

Come together, share some good food, sing your heart & enjoy the simple joys of community.

In the midst of it all, isn't joy our greatest wealth?

- **Friday, 22nd May**
- **6:00-8:00 PM**
- **Yuva Sangha (Kailash)**
- Guests from outside Auroville, please register at <https://forms.gle/9DF3NY7tnbGJ6DQi7> (Limited seats)

— Gautam on behalf of the YouthLink Team

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 Auroville's 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.

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 MAY :

Hatha Yoga with Ramesh

- Yoga class with Ramesh ended 30th April will restart at the end of July

Flower Watercolor with Rosalba (prior registration required at +91 90475 69721)

- **Wednesday 10am - 12pm**

Let's explore through watercolor and reconnect with the soul and unique qualities of flowers.

Uncover the properties, character, personality and healing power of every flower that calls your attention.

Let's learn together how to use them

Mandala for adults with Rosalba

- **Wednesday from 2:30 - 5 pm (prior registration required at +91 90475 69721)**

SOUL, SYMMETRY & STILLNESS

An appointment with yourself for creative mindfulness for the modern seekers.

-TURN YOUR INNER DIALOGUE INTO A VISUAL MASTERPIECE-

Join us for an elegant exploration of the Self.

We invite you to spend a couple of hours mastering the art of Mandala – a timeless tool used for centuries to bring the parts of our being into one harmonious whole.

You will enjoy:

- An introduction to the psychology of the circle
- A guided session in intuitive symbols
- Quiet reflection in a sophisticated, supportive atmosphere.

Come for the art. Stay for the insight.

THERAPIES :

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.

Bach flowers treatment - counseling session with Rosalba

- **By appointment +91 90475 69721**

RETURN TO YOUR ESSENCE

Are you ready to shed the layers that no longer serve you? My counselling sessions combine the wisdom of Bach Flowers with an integral path toward self-awareness. It is more than just a remedy, it is a journey back to who you truly are.

"Health depends on being in harmony with the soul"

Dr Edward Bach.

LOOKING FOR

RESPONSIBLE HOUSESITTER

Housesitting Opportunity

- Wanted: responsible housesitter
- Must be tidy and quiet (no parties)
- 2 Aurovillian references, please
- From 2nd June to end of August
- Call: 809-873-6448 in the morning



Miki (Arya)

LOST

KEY

Lost single key on chain with carved, wooden kingfisher.

Contact WA 75986 11950



AVAILABLE

12 VOLT BULBS, HOLDERS AND TABLE FANS

Recently I changed all my lights, and plugs for appliances to 220 volts.

I offer second hand bulbs, holders and 2 fans for free to Aurovillians that still run their house with a 12 volt system, or have battery powered emergency lighting.

If you are interested, contact me by whatsapp or phone, 94896 01312

Greetings,
Shivaya

CULTURAL ANNOUNCEMENTS

AT CRIPA

WE'RE ON OUR SUMMER BREAK ☀️



We're on our summer break

CRIPA is currently on a summer break. Classes and practice sessions will continue as scheduled on an individual basis. Please note that the space will be fully closed in June for repairs and maintenance.

We look forward to reopening and resuming performances in July.

We're taking a well-earned break 😊

CRIPA will remain open in May for regular classes and individual practice sessions as scheduled.

In June, we'll be fully closed for repairs and maintenance.

We'll reopen in July, and we already have some excellent performances lined up for you!

THEATRE WORKSHOP 🍷

FRIDAYS 15TH, 22ND & 29TH MAY



Own the stage with Anu.

For adults, no experience necessary.

📅 : Fridays 15th, 22nd & 29th May

🕒 : 4 - 6pm

📍 : Cripa, Auroville

📞 : to register +91 97695 49246

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





Dear Aurovilians,

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

Last Published Podcasts

- [“Humanity 2.0” by Aviram Rozin with Jazz-A Book Read by Shalev - “Epilogue” \(Society & Conscious Living\)](#)
- [Une série hebdomadaire de lectures par Gangalakshmi – Ep.537 \(Integral Yoga\)](#)

Latest Youtube Video

- [LIVE : Music Concert by Lakshmi Santra & Group | Kaviguru Rabindranath Jayanti | 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



POETRY

A Divine Force

2.12.2023

I no longer know how the world will fare
There are so many possibilities,
But this I know, the world is in Her care,
This earth and all the farthest galaxies.

All seems now the control of falsehood's powers
And humanity the tool through which they move
Will man endure the taint of Evil's hours
Is there sufficient power in his love,

His dedication to a higher course
An evolutionary change of fate,
The manifestation of a godlike force
Conquering the institute of hate.

Narad

A Little Paper Boat



What is it you wait for, O my Fellow Pilgrim?

Is it for the tides that rise
and rise and rise again?

Is it for the raft
that treads the wild storms
Across
the boiling tumultuous seas?

Speak to me,
O my shadowy self—
What boat will it be
That would take you
To yet another shore
Away from me
Away from your self?

What butterflies will dye
Your fluttering eyelashes,
and lift you
on their broken wings
And take you to their broken home?

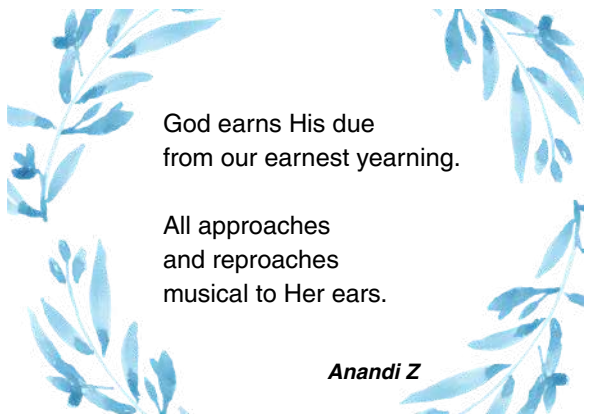
In the moonless dark nights
In the brooding shadow of the raven
What fireflies would dance with you
To the rhythms
of their throbbing womb?

There is no other shore, Anna—
Only endlessly whirling images
Of you and I
Where the shifting sand dunes
turn into spirals
And the impregnable labyrinth becomes a
mystery.
Where the unwieldy wings of freedom
Melt away
And Icarus is swallowed by the sea.

O My Fellow Pilgrim
All I can offer you
Is my little paper boat
And the vast open sea.

Will you come with me?
And bless my fragile vulnerabilities
In the white waters
And in the black sea?

Sehdev Kumar



God earns His due
from our earnest yearning.

All approaches
and reproaches
musical to Her ears.

Anandi Z



Halford Luccock

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:** Monday to Friday, 09:30am - 12:30pm / 02:30pm - 04:30pm. Saturday, 09:30am - 12:30pm
- **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



Our summer timings begin on
Saturday 2nd May - Tuesday 30th June 2026

Open 9am - 12.30pm Monday to Saturday

Open 4pm - 6.30pm Tues, Thurs & Sat

Wishing everyone a cool summer!



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

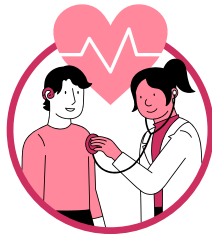
Contact: 0413 291 0005

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, 8:00 am - 8:25 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 - 11:00 am

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

Tuesday 8:00 am - 8:30 am

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

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:

EMERGENCY NUMBERS

Ambulance (24/7):		
Auroville 94422 24680	PIMS 0413 2656271	
Security (24/7):		
Auroville Police Station 0413 2677318	Kottakuppam Police Station 0413 2236148	Vanur Fire Station 0413 2677368
Health:		
Health Center 0413 2910005	Santé 0413 2622803	Farewell 89038 36246
Mental Health 24/7 Support:		
Vandrevala Foundation +91 99996 66555		
India Emergency Response Service (24/7): 108		