

Auroville

# NEWS & NOTES

No 1127 - A weekly bulletin for residents of Auroville

28 May 2026

RA EDITION



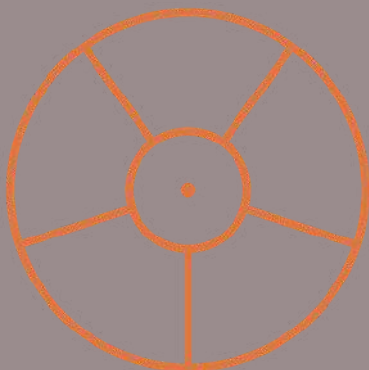
## PONDERING

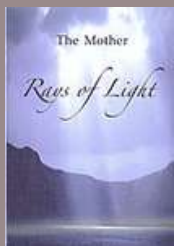
*I am happy about your new arrangement; let us hope it works.*

It depends on how much each one cares more for harmony than for the triumph of his own will!

How do you expect others to keep to an arrangement when you are not doing it yourself?  
How do you hope to get out of your shallowness if you remain *always one-sided* in your perception of things?

*The Mother*, June 1931, Narrowness and One-sidedness, Words of the Mother II





First Edition 1997, Fifth Impression 2011  
© Sri Aurobindo Ashram Trust, 1997  
Published by Sri Aurobindo Ashram Publication  
Department, Pondicherry, 605002  
Web <https://www.sabda.in/>  
Printed at Sri Aurobindo Ashram Press,  
Pondicherry

## THE BASES OF YOGA

### NOBILITY AND REFINEMENT

page 66

Nobility: the incapacity for any pettiness either of sentiments or of action.

page 67

Aristocracy: incapable of baseness and pettiness, it asserts itself with dignity and authority.

\*

Dignity affirms its worth, but demands nothing.

\*

Refinement: gradually grossness is eliminated from the being.

#### **Divine Smile**

We can behold the divine smile when we have conquered our ego. - *The Mother*

*Michelia alba DeCondolle., Magnoliaceae.*  
Champaca, Fragrant champaca



Sensitivity: one of the results of the refinement of the being.

\*

Gentleness: always gracious and wishing to give pleasure.

\*

Sweetness adds its smiling touch to life without making a fuss.

page 68

### SMILE

A smile acts upon difficulties as the sun upon clouds - it disperses them.

\*

I don't think that one can ever smile too much. Someone who knows how to smile in all circumstances is very close to true equality of soul.

22 September 1934

\*

Generally speaking, man is an animal who takes himself terribly seriously. To know how to smile at oneself in all circumstances, to smile at one's sorrows and disillusionings, ambitions and sufferings, indignation and revolt - what a powerful weapon with which to overcome oneself!

7 November 1946

\*

If you can always smile at life, life also will always smile at you.

6 October 1960

\*

To smile at an enemy is to disarm him.

page 69

### HAPPINESS

You must never forget that you are much more helpful when you are quietly happy than when you become dramatic.

5 October 1932

## DEADLINE FOR SUBMISSIONS:

**TUESDAY 5PM**

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

## RA NEWS & NOTES - A QUICK GUIDE



### What We Publish

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

### Working Groups & Foundation Office Content

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

### What We No Longer Publish

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

### Exceptions

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

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

### Submission Guidelines

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

• For further information, please [click here](#) 😊 to view our complete FAQ document.

• For past issues or to subscribe, visit: [auroville.media/newsandnotes](http://auroville.media/newsandnotes)

*We thank you for your collaboration and understanding.*

## DISCLAIMER:

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

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

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

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

## LIST OF ACRONYMS:

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

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

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

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

### GB groups:

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

## NOTE FROM THE EDITORS



Dear Community,

### Here is some important information:

- If you would like to support the RA N&N, please send us an e-mail at [newsandnotes@auroville.services](mailto:newsandnotes@auroville.services).
- Content sent through [@auroville.org.in](mailto:@auroville.org.in) mail ID will only reach us if you use this [FORM](#) to submit your content.
- The mail ID to submit content is: [newsandnotes@auroville.services](mailto:newsandnotes@auroville.services)

**Thank you for reading and for your continued support!**

In community,  
The RA Community Edition News & Notes Team

## 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](mailto:workingcom@auroville.services)

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

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

## CONTENTS



|    |  |
|----|--|
| 01 | Rays of Light                                    |
| 02 | Guidelines / Quick Guide / Acronyms              |
| 03 | <b>Note from the Editors</b> / Table of Contents |
| 03 | <b>WORKING GROUP NEWS</b>                        |
| 03 | From the WCom and the AVC                        |
| 03 | From the Working Committee                       |
| 04 | From The Auroville Council                       |
| 04 | <b>GB/FO GROUPS NEWS</b>                         |
| 04 | <b>COMMUNITY NEWS</b>                            |
| 04 | Obituary   |
| 05 | Community Sharing                                |
| 09 | Residents Speak                                  |
| 09 | Auroville Conversations                          |
| 09 | French News & Notes                              |
| 09 | Inner Journey                                    |
| 10 | <b>ANNOUNCEMENTS</b>                             |
| 11 | Activities at Serendipity                        |
| 11 | Looking For                                      |
| 11 | Lost   |
| 11 | <b>CULTURAL ANNOUNCEMENTS</b>                    |
| 12 | At Cripa   |
| 12 | Food   |
| 12 | For The Bookworm                                 |
| 13 | Poetry   |
| 13 | Cinema   |
| 14 | <b>COMMUNITY SERVICES</b>                        |
| 14 | Essential Services                               |
| 14 | Health   |
| 16 | Matrimandir Access Information                   |
| 16 | AV Public Bus / Emergency Numbers                |

## FROM THE WORKING COMMITTEE

### STATEMENT ON THE INCIDENT AT THE TOWN HALL COUNCIL ROOM ON WEDNESDAY 13<sup>TH</sup> MAY 2026

Dear Community,

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

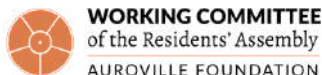
However, in the face of provocation and growing division, we ask all community members to:

- 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

### RESIGNATION OF MOUTTOU FROM AVC

Dear Community,

The Auroville Council wishes to inform the community that Mouttou has resigned from his position as a Council member due to personal reasons.

We wish him all the best for the future.

The Auroville Council

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

### AVC NOTE - WHICH COMES FIRST: HUMAN UNITY, URBAN DEVELOPMENT, OR BOTH SIMULTANEOUSLY?



A recurring question in Auroville concerns the relationship between the material construction of the city and the deeper experiment in human unity. Among many differing views, one often expressed is that the rapid implementation of infrastructure and urban development is the priority, with the belief that the social and spiritual dimensions will follow. Another popular viewpoint is that human unity is not an outcome to be postponed until after construction, but the very foundation upon which any true development must rest.

When development is imposed through force, exclusion, or disregard for large parts of the community, it risks undermining the very experiment Auroville was created to pursue. A city built in the name of unity cannot sustainably emerge through division. Moreover, while slower, participatory processes leave space for multiple approaches and experiments to coexist. By contrast, irreversible interventions (such as large-scale demolition, displacement, or ecologically destructive works) can foreclose possibilities for others while advancing only one vision.

The question is therefore not whether the city should be built, but how its construction can remain aligned with the values of mutual respect, collective experimentation, and human unity that are meant to give Auroville its meaning.

As such, we firmly believe that if human unity is held as an essential value in all we do, the City will be built not only more in alignment with the Mother's vision in its beauty and function, but also more quickly and efficiently.

Warmly,

The Auroville Council

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



## FO GROUPS NEWS

(not selected by due Residents' Assembly process)

### FROM THE FO N&N 1132

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

## COMMUNITY NEWS

### OBITUARY

#### REMEMBERING THOMAS

Thomas Eckelmann was born on November 17<sup>th</sup> 1939 in Germany, and passed away at age 86, on the 13th of May, 2026, at his home in Gratitude community. His cremation took place at the Auroville Cremation Ground.

As a young adult he attended acting school and participated in the Living Theater in Berlin. From this time on he had an avid interest in film and theatre which lasted right up to now. But his line of work was mainly dubbing English movies into German. Many Westerns of the 1960 carry his voice.

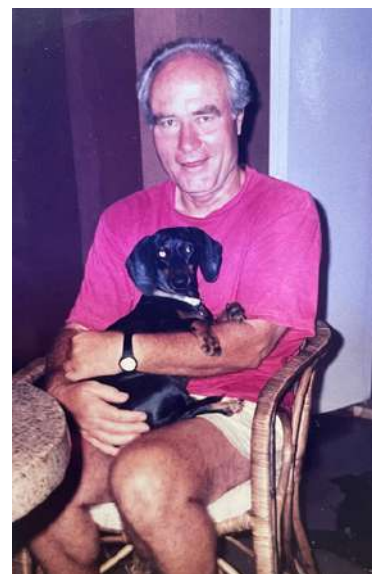
In 1970 he travelled overland to India and eventually Pondicherry where he met the Mother.

He joined Auroville and the next year brought Miriam, his 9-year old daughter, too. He worked at the Aspiration Bakery with Chris and at Last School with Shraddhavan. Later he moved to Certitude and worked at Matrimandir and at the Nursery with Narad.

During the years after Mother's passing he was forced to stop work at Matrimandir and moved to Gratitude Dairy Farm to assist Dietra. He was gifted a manual cream separator from the Ashram and the butter and cheese business thrived. Every Thursday he would deliver his goods, including skim milk, cream and cheese, in Pondicherry and also meet his close friend the composer Sunil Bhattacharya. He participated vocally in some of Sunil's music.

Every year at midnight on the occasion of the 31<sup>st</sup> December he would play the New Year's music for everyone at Gratitude

At the time Gratitude had the attraction of Arthuro the talking parrot and then Billa the hornbill and the guineafowl and geese. Besides,



Thomas was very instrumental in bringing peacocks to Auroville. The first ones were hatched by chicken and had a hard time surviving, but slowly they proliferated and are now very well established in the entire region. He also took care of pigeons right up to his last days.

Gratitude remains a beautiful park where the birds are fed daily and Thomas will be much missed.



## COMMUNITY SHARING

[📧 UPDATE 2]

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

Dear Auroville community and well-wishers,

We have received **over 920 signatures** since the launch of our petition on May 18<sup>th</sup>. We are aiming to reach 1,000 signatures to send a clear message against the behaviors exhibited by these five individuals over the past five years. If you have not yet signed, please do so via the link below:

<https://forms.gle/Y4gg8jqNw6wPFKHH8>

Your confidentiality will be maintained. The final petition, with the verified total (without disclosing signatory names), will be sent to the Auroville Council to be addressed with the individuals and the respective offices.

Let us remember that building Auroville requires care and is a joint effort toward our collective growth; violence and lies can never be the tools used to realize this Dream.

Sincerely,  
*Concerned Residents*

### FARM GROUP REPORT 2025-26

Despite the FAMC not recognising the farm group which has tried to work together for over 30 years, we continue to hold full farmers meetings regularly and with a core group of farmers meeting almost every week. The core group looks at any issues that concern the farms and attempts to continue steering the farm group towards our aspiration of ethical farming and high quality food for Auroville.

The work of the farmers has become even more challenging in the last 3 years due to a deepening divide between the farms and the administration, with many policies being decided in offices without the will to communicate directly with the farmers or understand the ground challenges and realities. The maintenance cuts are still in effect, which has pushed many farmers to either focus only on high

value crops, or limit their investments in the farms impacting overall production. More and more paperwork is being asked of the farms, with hefty accounting fees which have only resulted in bad accounting, inaccurate balance sheets and delayed book-keeping. In general, farms are being pushed to units of production rather than valuing the intrinsic value of food or Auroville's vision of food sustainability. We are aware of our own limitations in organisation as well as production, but administrative support is absent even where farmers want to improve and have shown successful work.

In the face of these challenges, we are grateful to the community members who have consistently supported the farms through their messages, by prioritising Auroville grown food, and coming together in spirit. We believe that the challenges that the Auroville farmers are going through are a part of a general trend in the world, where land, food and even human beings have been commodified, but we are committed to continue our work to find and demonstrate possibilities of how farming in Auroville can overcome these tendencies. Whatever we grow and produce, we attempt to do so in ways that benefit both the natural world as well as the consumers of the food, and hopefully you understand that when you eat Auroville food you are connecting with the land of Auroville in a very special way. Below we present some work that was done in the last financial year.

- **Dairy Group:**

Last year, Auroville farmers produced nearly 75,000 litres (74,876.810) of fresh milk, 10,000 litres of yoghurt (mainly from Annapurna farm), 1,380 kilos of paneer and 1,122 kilos of different varieties of cheese.



The dairy group of Auroville (composed of all dairy farmers of Auroville) have been working for the last decade on collectively developing and adhering to **dairy standards** designed to ensure the ethical care of cows and quality of the milk produced. We are finally at a stage where we are able to stand, with data and peer reviews, for 4 standards: Milk records, Calf health, Fodder, and Medical records. Milk labels on bottles (eventually other dairy products too) will soon carry information on how well the farms comply to these standards as ratings which will be updated monthly. More information on these standards will be made available via posters and a video. We hope to include more standards in the future to continue developing responsible and healthy dairy farming practices and that with these measures, you feel more confident supporting our work.

- **Grain Group:**

Last year, Auroville farmers distributed 22,372 kgs of various grains through AV grains. The community was supplied with 1,5375kg of rice (boiled, complete, red, raw, idly, basmati) 2,281kg of rice flour (complete and red rice) 104kg of pulses (karamani, greengram, ulundu), 327kg peanuts and 4,285kg of millet, some of which comes from organic farmers outside Auroville through AV Grains (mostly varagu with small amounts of tennai and ragi). 344L of peanut oil was produced as well.

- **Vegetables and Fruit Group:**

Last year, Auroville farmers produced 30,323 kgs of vegetables (including root vegetables and leafy greens), 46,702 kgs of fruits, 3,285 kgs of nuts and over 3.5 lakh eggs.

A continuing reality with which farmers have to contend is that Aurovilians do not want to eat vegetables which grow in the Auroville environment like ladies finger, louki, brinjal, long beans etc, but prefer potatoes, carrots, broccoli and tomatoes which need a cooler climate. Despite many efforts over the last 50 years, our community's taste preferences have not acclimated to our physical

reality. This is a problem we need to address as a community if we are to take Auroville's vision of food sustainability seriously.

### • Food system envisioning

Farmers are only one component of the complex food system of Auroville. Despite the current administration's promises to prioritise food sustainability for Auroville, we are yet to see a single successful initiative while witnessing the dismantling of existing systems



without any viable replacements. For over a year, a group of people including some farmers have been working with different stakeholders of Auroville's food system on improving the interconnectedness between the community, the food and the farmers of Auroville and **envision a different food system** grounded in reality and collaboration as the way forward. If you'd like to know more, please contact [avfoodsystemenvisioning@gmail.com](mailto:avfoodsystemenvisioning@gmail.com).

### • Farm & community festival

A farm and community festival was organised at Kailash in Feb 2026 by some residents and volunteers to celebrate Auroville's farms, bring community and farms more closely together, raise awareness of the threats to farming and to food security in Auroville and to celebrate solidarity, resilience, and the spirit of Auroville with fresh and processed food from most Auroville farms. We are exploring how these festivals can be organised more regularly. If you are interested in participating, please contact us.

### • Foodlink

Foodlink was originally created by the Farm Group as an essential link in our food sector, but has not been under our management for over two years now. Our relationship is currently navigating a period of challenge, but we continue to seek practical, collaborative paths forward together in the spirit of Auroville.

As always, we remain open to your feedback and suggestions and welcome you to engage with us on the farm or through conversations on how the community can come together around new ways of looking at food and farming. Contact us at [farmgroup@auroville.org.in](mailto:farmgroup@auroville.org.in) / [aurovillefarmgroup@gmail.com](mailto:aurovillefarmgroup@gmail.com)

## 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 Pondy 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 Pondy 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 Pondy 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](mailto: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)*

### **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*

### **NOTES FROM SAIER**



### **INVITATION TO AUROVILLE UNITS: SHARED INTERNSHIP & APPRENTICESHIP SUPPORT PROGRAMME**

Dear friends,

SAIER has begun to host a 5-fold internship/apprenticeship programme in the aims of working out continued education pathways within Auroville, following the development of an integral personality organised around a living central aspiration.

We reach out with the proposition and hope of consolidating and supporting the many internships, apprenticeships, volunteerships, and student learning experiences already taking place across Auroville.

Intention is to support and engage with young adults working and studying in Auroville, irrespective of their official status being a volunteer, intern, employee etc.

As we know, young people from India and around the world have been coming here for decades to learn and work through Auroville's units, farms, ateliers, and research spaces. Taking on interns can be quite time consuming and we understand that units may not always have the time or capacity to introduce interns to the

deeper context of Auroville — its raison d'être, the works of the Mother and Sri Aurobindo, and the larger aspiration behind this incredible adventure.

With this in mind, SAIER would like to propose that interns, young professionals & volunteers from across Auroville Units participate in a common framework, which may complement their existing internship or apprenticeship programmes.

This would include:

- **Weekly or bi-weekly Exploration of the context and raison d'être of Auroville, Sri Aurobindo's and The Mother's works, and the ancient Indian quest for meaning and purpose of life.**

*This exploration would be held by the senior Last School team, under the Super School Programme.*

- **Consolidated information on and strong encouragement of a regular physical education practice during their stay in Auroville.**

*This is proposed to be held by the Auroville Physical Education Body under SAIER. Many youngsters in the country, (and the world) today, grow up with very limited physical education, practice & general awareness of their bodies. This initiative would be primarily for the short term interns for them to have at least during their time here a contact with this part of us that is our home for life on earth.*

- **A weekly moment for reflection, dialogue, and self-assessment among interns from different units and fields of study.**

*The first round of these would happen at SAIER with educators who've worked on this with teenagers for many years. As feedback comes in and modules transform, it could change shape to see what would be most meaningful.*

The intention is simple: that young people who come to Auroville may leave not only with technical or professional experience, but with a deeper contact with the spirit of this adventure and the questions of meaning, purpose, and human development that brought Auroville into being.

We do understand this may reduce the 'productivity time' of interns in certain offices and workspaces. However we hope that you may see value in a slight shift in functioning, to introduce youth of the world to the reason for which many of us have come and continue to dedicate our lives to this place.

We are currently reaching out to understand which units may be interested in participating or learning more and sort out a few practicals. We propose to start out with those keen and willing, last week of May or first week of June.

**Please Scan the QR to fill the Form:**



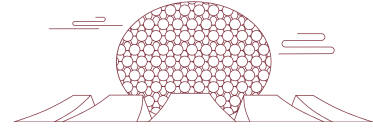
**Request for data from all before the start of June.**

*This should help us map where are at & get started with those willing.*

Thank you,  
Sincerely,

Aurevan,  
For the SAIER Board

## CLOSURE OF THE MATRIMANDIR INNER CHAMBER MONDAY 18<sup>TH</sup> MAY - SUNDAY 14<sup>TH</sup> JUNE



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

We regret the inconvenience caused.

The Matrimandir Inner Chamber will reopen on Monday 15<sup>th</sup> 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.

## MATRIMANDIR NEWSLETTER - MAY 2026



May 2026



Click [here](#) to read **Matrimandir Newsletter for May** or scan the QR code.





## RESIDENTS SPEAK

### WE HAD A DREAM - A GRAPHIC NOVEL EPISODE 1 – OPENING

Here is the [PDF](#) of the new episode of We Had A Dream.

You can also find it on  
<https://auroville.love>



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

## AUROVILLE CONVERSATIONS

### AUROVILLE CONVERSATIONS



Submitted by an Aurovillian

## FRENCH NEWS & NOTES

NOUVELLES D'AUROVILLE



Auro – Traductions

28 Mai 2026

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



## INNER JOURNEY

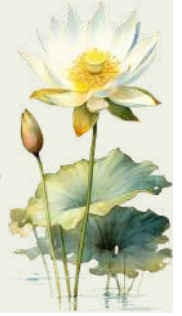
### INTRODUCTION TO THE INTEGRAL YOGA OF SRI AUROBINDO AND THE MOTHER

Tuesday 2<sup>nd</sup> June, 9 am - 12 noon

Led by Ashesh Joshi

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

All are Welcome



## INTEGRAL CONSCIOUSNESS - NEW YOUTUBE CHANNEL

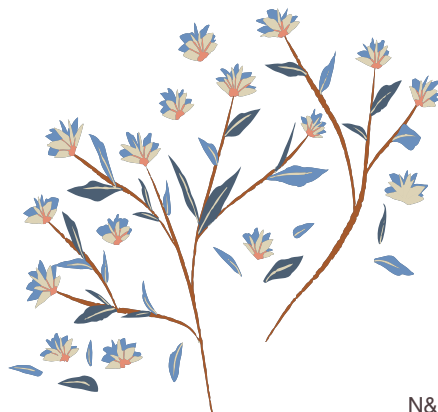


Artistic insights can be a powerful tool to explore the deeper concepts of spirituality.

'Integral Consciousness', a YouTube channel is launched to introduce Sri Aurobindo's vision artistically (Youtube handle, [@integralconsciousness](#)). The first video is an animation, "[Sri Aurobindo's Teaching](#)", and presents a letter by the Lord. Sri Aurobindo wrote it to a disciple in 1934. It briefly outlines his vision.

The video is available in 4K (2160p). Subtitles are available in over 24 languages and soon various language Audios will be available as well. The text of this video with all its translations is available on the website: <https://integralyoga-auroville.com/> The following videos will cover Sri Aurobindo's philosophy, insights on life and guidance on the practice of his yoga.

Ashesh Joshi



**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. **From this month onwards, up to next September, SAVITRI READING timings are now from 6:00 to 6:30pm.**
- **Guests:** Please book at <https://unity.auroville.org> in advance or the very day before. **Reporting, no later than 5:45pm.** Bring your Aurocards. **Leaving, no later than 6:45pm.**
- **Access:** 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*

**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:**

- 27<sup>th</sup> - 29<sup>th</sup> 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](mailto: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](http://www.maromaexperience.com)

*Jesse*  
**Maroma Experiences**



**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](mailto:contact@auroville-jiva.com)

[www.auroville-jiva.com](http://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](mailto: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 30<sup>th</sup> 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

### TAXI SHARE - SATURDAY 30<sup>TH</sup> MAY

Free ride to Chennai City on Saturday 30<sup>th</sup> May morning. Taxi leaves by 6 am from Newlands.

If you are interested: 94896 01312 by whatsapp or SMS.

Shivaya

### TAXI SHARE - TUESDAY 9<sup>TH</sup> JUNE



Dear Community,

I aim to take a taxi to Chennai Airport (MAA) on **Tuesday 9<sup>th</sup> June at 1830h (06:30pm)** from Realization community.

To share the cost, and for some company, anyone wanna share this taxi with me?

Let me know! :)

Devna, [danjummy@gmail.com](mailto:danjummy@gmail.com)

## LOST

### KEY

Lost single key on chain with carved, wooden kingfisher.

Contact WA 75986 11950



## CULTURAL ANNOUNCEMENTS

### SUMMER SINGING WITH SHALINI

8<sup>TH</sup> - 30<sup>TH</sup> JUNE



### summer singing

learning the language of music  
through vocal and embodied exploration

june 8 - 30 | mon, tue, thu, fri

7PM: pitch mapping

7.30 PM: main exploration

inquiries:

[shalini.voicework@gmail.com](mailto:shalini.voicework@gmail.com)

This June, I'm offering a small singing space in the evenings, once the sun goes down.

We'll explore musical phrases through repetition and variation, to grow in musical clarity and sensitivity, with the whole self involved. The work will be slow, relational, playful, and embodied.

There will also be a foundational session for those needing extra support with matching pitch.

• **June 8th – 30th | Monday, Tuesday, Thursday, Friday**

- 7PM ~ foundational pitch mapping
- 7.30PM ~ main exploration

Partial participation is welcome, and there are different ways to contribute.

Message or email me if you'd like to join, or to explore whether this space is right for you 🌻

## AT CRIPA

**WE'RE ON OUR SUMMER BREAK 🌻**



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.

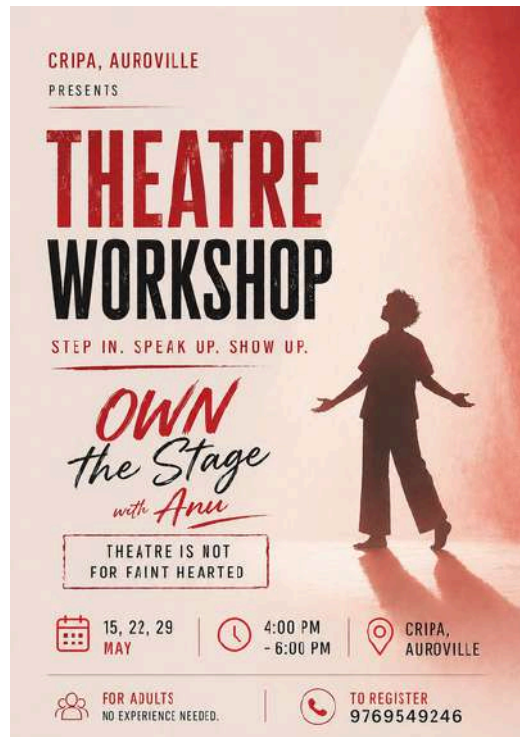
We'll reopen in July, and we already have some excellent performances lined up for you!



**THEATRE WORKSHOP 🎭**  
FRIDAYS 15<sup>TH</sup>, 22<sup>ND</sup> & 29<sup>TH</sup> MAY

Own the stage with Anu.  
For adults, no experience necessary.

- 📅 : Fridays 15<sup>th</sup>, 22<sup>nd</sup> & 29<sup>th</sup> 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)

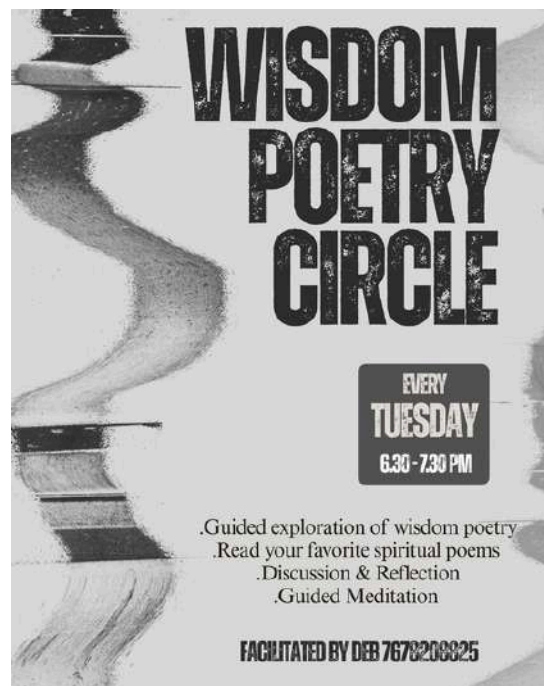
WhatsApp Sarah: 9047421044

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



## FOR THE BOOKWORMS

**WISDOM POETRY CIRCLE**  
EVERY TUESDAY,  
AUROVILLE LIBRARY



**Every Tuesday 6:30 to 7:30pm @ Auroville Library**

It feels good to be back in Auroville and I couldn't resist re-initiating the wisdom reading circle. From Auroville Library it all started for me. And now we are gearing again to bring back the wisdom study sessions. This time in a way that will combine curiosity and encouragement, conceptualisation and meditation.

Yes, I am talking about **Poetry!**

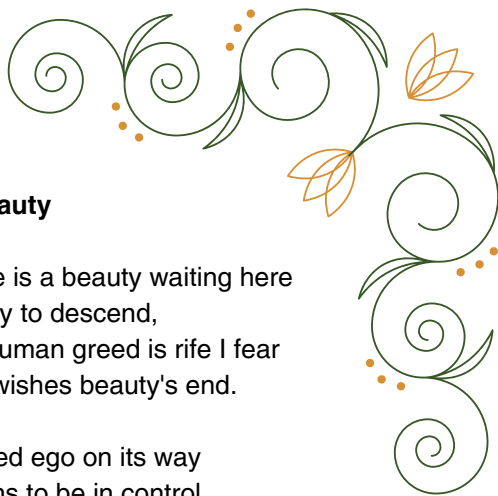
Join us for an evening of inspiration, life wisdom and community sharing. Bring your favourite spiritual poems and share with us. Let's freely share, read, meditate, discuss and evolve with meaningful clarity and transformation.

We need "soulful poetry" more than ever now. For any queries and session details, please contact Deb 7678208825. Hope to see many of you.

Love and Peace, *Debashish*



**POETRY**



**A Beauty**

There is a beauty waiting here  
Ready to descend,  
But human greed is rife I fear  
And wishes beauty's end.

Inflated ego on its way  
Seems to be in control  
And even Truth must go away  
And the eternal soul.

But what if love is powerful  
Beyond the mind's deceit  
And Ananda more beautiful  
The falsehood to defeat

And all this evil posturing  
With darkness at its core  
Is but an insect's minor sting  
And will survive no more.

*Narad*

**Remembering the Dismembered**



**O Pilgrim**

**On your tumultuous thorny path,  
in every cave and over every summit —  
What is it that  
you must dare to remember,  
And what must it be  
that you must dare to forget?**

**In your vast deep memory  
Of many *terabytes*  
and infinite *to-be's* yet unborn,  
There is forever an agitation,  
A churning of unsatiated longings  
and piercing woes.**

**They are all imbedded together—  
Hope and yearnings  
despair and fear,  
humiliation and rejection,  
seething pain and crooked lies  
of your father, of your gods.**

**Yet, beyond the pages of the history books,  
Behind the sleepy eyelids  
and the impregnable temple walls  
There are always some faint whispers  
of simmering hope,  
A slow movement of a frail beckoning hand,  
Some ripening soil under a heavy stone,  
Some stray light through a broken door.**

**Forever re-mem-bering the dis-membered,  
Forever flowering into a lotus... into a rose,  
Forever Becoming...Forever Being...  
Forever wandering, like a pilgrim,  
In the thundering Cloud of Unknowing.**

*Sehdev Kumar*

**CINEMA**

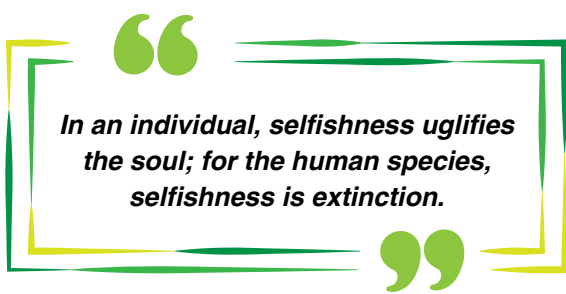
Dear Community,

Once the long time executive was removed from her role with Cinema Paradiso around a month ago, we no longer receive their schedule to publish.

Please bear with us as we find a way to restart sharing their showings!

**\* Thank you for your patience and support. \***

*RA Community Edition News & Notes Editor*



***In an individual, selfishness uglifies the soul; for the human species, selfishness is extinction.***

*David Mitchell, Cloud Atlas*

## COMMUNITY SERVICES

### ESSENTIAL SERVICES

#### AUROVILLE'S FINANCIAL SERVICES (AVFS)

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

#### 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](mailto: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](mailto:aves@auroville.org.in)

#### GAS BOTTLE SERVICE

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

#### WATER SERVICE

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

#### ECO SERVICE (WASTE COLLECTION/MANAGEMENT)

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

#### POUR TOUS DISTRIBUTION CENTRE (PTDC)

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

#### POUR TOUS PURCHASING SERVICE (PTPS)

- **Timings:** Monday to Saturday, 8:30 am - 7pm
- **Phone:** 0413 2622152

### AUROVILLE LIBRARY



Our summer timings begin on  
Saturday 2<sup>nd</sup> May - Tuesday 30<sup>th</sup> 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](mailto: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.

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

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

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

## HEALTH CENTER - KUILAPALAYAM

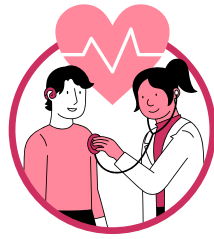
Contact: 0413 291 0005

### 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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](http://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](mailto:matrimandir@auroville.org.in).

Antoine for Matrimandir Executives Team



## ACCESSIBLE AUROVILLE PUBLIC BUS

[avbus@auroville.org.in](mailto:avbus@auroville.org.in) / +91 94430 74825

### Auroville TO PONDICHERRY

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

### Pondicherry TO AUROVILLE

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

- Single Trip = ₹100 per person
- 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<br>94422 24680 | PIMS<br>0413 2656271 |
|--------------------------|----------------------|

### Security (24/7):

|  |  |                                    |
|--|--|------------------------------------|
| Auroville Police Station<br>0413 2677318 | Kottakuppam Police Station<br>0413 2236148 | Vanur Fire Station<br>0413 2677368 |
|--|--|------------------------------------|

### Health:

|                               |                       |                         |
|-------------------------------|-----------------------|-------------------------|
| Health Center<br>0413 2910005 | Santé<br>0413 2622803 | Farewell<br>89038 36246 |
|-------------------------------|-----------------------|-------------------------|

### Mental Health 24/7 Support:

Vandrevala Foundation +91 99996 66555

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