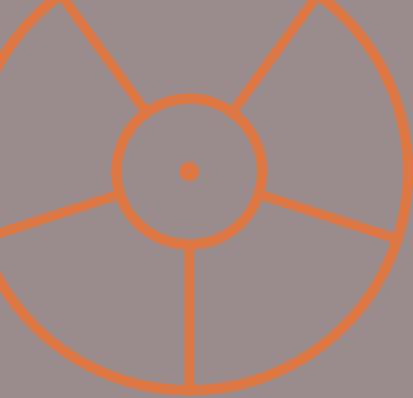




Auroville NEWS & NOTES

No 1131 - A weekly bulletin for residents of Auroville

25 June 2026

RA EDITION



PONDERING

What do I need to develop most? And what do I need to reject most?

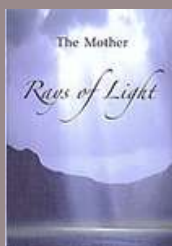
Develop—sincerity (that is, an integral adhesion to the Divine's way).

Reject—the pull of the old human habits.

The Mother, 25 February 1970, Sincerity, Words of the Mother II



RAYS OF LIGHT



First Edition 1997, Fifth Impression 2011

© Sri Aurobindo Ashram Trust, 1997

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Web <https://www.sabda.in/>

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THE BASES OF YOGA

FREEDOM

page 74

Freedom is to do only what the Supreme Consciousness makes us do.

In every other case one is a slave, whether of the will of others, or of conventions, or of moral laws, or of vital impulses, or of mental fancies, or, above all, of the desires of the EGO.

21 September 1969

★

Liberation: the disappearance of the ego.

TRUTH

Our life ought to be governed by the Love for Truth and the thirst for Light.

★

Absolute truthfulness must govern life if one wants to be close to the Divine.

★

The Truth is in you - but you must want it, in order to realise it.

29 August 1954

page 75

Be more eager for truth than for success.

12 February 1969

★

Truth is a difficult and strenuous conquest. One must be a real warrior to make this conquest, a warrior who fears nothing, neither enemies nor death, for with or against everybody, with

or without a body, the struggle continues and will end by Victory.

21 February 1970

★

Supreme Lord, Eternal Truth
Let us obey Thee alone
and live according to
Truth.

June 1971

TRUTH AND FALSEHOOD

Hypocrisy and pretension are the homage ignorance pays to the truth.

Hypocrisy and pretension are the first signs of the inconscient's aspiration towards consciousness.



Effort towards the Truth

Should exist in all men of goodwill.

- The Mother

Dillenia suffruticosa (Griff.)

Martelli., Dilleniaceae

NEWS & NOTES GUIDELINES

DEADLINE FOR SUBMISSIONS:

TUESDAY 5PM

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

RA NEWS & NOTES - A QUICK GUIDE



What We Publish

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

Working Groups & Foundation Office Content

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

What We No Longer Publish

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

Exceptions

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

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

Submission Guidelines

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

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

We thank you for your collaboration and understanding.

DISCLAIMER:

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

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

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

The News & Notes Team
newsandnotes@auroville.services

LIST OF ACRONYMS:

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

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

Working groups selected by the Residents' Assembly:

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

GB groups:

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



NOTE FROM THE EDITORS



Dear Community,

Here is some important information:

- If you would like to support the RA N&N, please send us an e-mail at newsandnotes@auroville.services.
- Content sent through @auroville.org.in mail ID will only reach us if you use this [FORM](#) to submit your content.
- The mail ID to submit content is: newsandnotes@auroville.services
- Due to limited funding, please understand that we only provide printed copies to **public/shared spaces**.

Thank you for reading and for your continued support!

In community,

The RA Community Edition News & Notes Team 🌸

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WORKING GROUPS NEWS

FROM THE AUROVILLE COUNCIL

HUMAN UNITY REQUIRES RESPECT: AVC NOTE ON HARASSMENT

Auroville was founded as an experiment in human unity, welcoming people of all nations, cultures, and backgrounds to live together in mutual respect. At its core is the principle that every human being deserves dignity, safety, and respect. Harassment of any kind is unacceptable in Auroville, whether through words, actions, intimidation, discrimination, exclusion, abuse of authority, unwanted advances, bullying, threats, or any other harmful behaviour. Such conduct undermines trust and the unity that Auroville aspires to.

Human unity means actively fostering relationships based on goodwill, empathy, and mutual respect. The diversity in Auroville thrives only when everyone feels safe to participate, contribute, and express themselves without fear of humiliation or retaliation. The values that inspired Auroville require ongoing effort to rise above prejudice and division, regardless of nationality, race, religion, gender, age, status, sexual orientation, disability, or identity. Every member or visitor has the right to respect and the responsibility to extend it.

Auroville's commitment to collective progress demands an environment free from harassment, encouraging dialogue and accountability. Harmful behaviour must be addressed with fairness and integrity. Building a respectful community is a shared responsibility, requiring awareness, courage to speak up, and structures that support those harmed and uphold justice, transparency, and care.

The aspiration of Auroville is conscious progress towards harmony, not perfection. Each person and the community must foster a culture of non-negotiable respect, where harassment is neither tolerated nor normalised. Affirming these principles, Auroville reaffirms its founding purpose: to be a living laboratory of human unity, building a more conscious, compassionate, and inclusive future.

Please do not hesitate to contact the Auroville Council at avcouncil@auroville.services if you feel that you are a victim of harassment and need support.

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 1136

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



OBITUARY

MANFRED PASSES ON

This is to inform the community that Manfred from Petite Ferme passed away on the afternoon of Monday 22.06.26 at his home.

He was buried on Wednesday 24th June at the Auroville burial ground.



ODE AN PETER-BRUDER IM GEISTE

Ich möchte mit Euch an den Lieben Peter gedenken, den einzigartigen Peter Pan, so wie ihn wohl einige von Euch kennen.

Vor 26 Jahren, im Jahr 2000, in dem das erste Mal Auroville besuchte, rauschte er eines Abends mit seiner eindrucksvollen Enfield zusammen mit einer gemeinsamen Bekannten an in dem Haus, in dem wir damals logierten.

Der Kontakt zwischen uns war gleich da und brach seitdem nicht mehr ab.

Das gemeinsame Kennen von Rudolf Bahro und seinen Vorträgen über Sozial Ökologie, sowie mein Studium der Social Ecology an einem amerikanischen College machte uns gleich zu Geschwistern im Geiste mit einem lebhaften Interesse an dieser Lehre und dem ungebrochenen Glauben an ein tieferes Verständnis für ein heilsameres menschliches Zusammenleben.

Wir verbrachten Stunden des Philosophierens über den Sinn und Unsinn des Konstrukts Auroville, der Daseinsberechtigung und Beschränkungen eines bürgerlichen Lebensmodells.

Von letzterem sagte sich Peter zeitlebens los, was ihm nicht immer unbedingt Vorteile einbrachte; stattdessen erlebte ich ihn als höchst soziale Figur mit großer Offenheit für immer Neue und die erdenklichsten Begegnungen und Situationen.

Als Kind der 68er Generation und auch später als stark beteiligter Zeuge der Wendezeit, insbesondere in und um Berlin waren seine Lebensprinzipien geprägt von der Stimmung des Aufbruchs und Wandels und den erlebten Überzeugungen, das vieles scheinbar Unmögliche doch auch machbar ist- die meisten hier ihm Raum kennen sicher die wunderbare Geschichte der Geburt und des Werdens von Auroville in seinen vielen Facetten.

Stets war er orientiert an der Jugend und deren Kraft der Veränderung durch ihre unverdorrene idealistische Art an die Dinge heran zu gehen. Als Idealist in erster Instanz will ich Peter auch gerne bezeichnen.

Von dem her erlebte ich es für ihn als eher schwer auch seine Schattenseiten, bzw. die des Lebens zu erkennen und auch anzunehmen, wobei er stets damit beschäftigt war, diese redlich zu durchleuchten.

Als äußerst luftiges Wesen-so nahm ich ihn wahr- schien es nicht ihm zuweilen nicht leicht in seinen Körper zu finden, war er doch zumeist im Mentalen, im Geiste und theoretisch unterwegs.

Das hatte zur Folge, das ich oft erlebte lange Gespräche über

seine körperlichen Leiden mit ihm zu führen und ihn zu beraten, ja auch ihm hin und wieder organisatorisch auf die Sprünge zu helfen bei der Bewältigung seiner Alltagsbewältigung. Damit war ich zum Glück nicht alleine!

Stets hatte Peter eine beeindruckende Zahl von „Gopis“ und „Ganeshes“ um sich herum, die ihn erfreuten, belebten und auch Hindernisse aus dem Weg räumten; ein paar von ihnen habe ich kennen lernen dürfen, von anderen häufiger gehört und all die anderen sind auch immer da gewesen.

Peter bewegte sich wie eine Feder durch die Welt, sanft, schön, leicht.

Auch gleich eines Sporns der Pustebume, der sich ähnlich der Feder durch die Welt bewegt, aber Teil eines abgerundeten Ganzen ist, das durch seine Gesamtheit wird und wirkt.



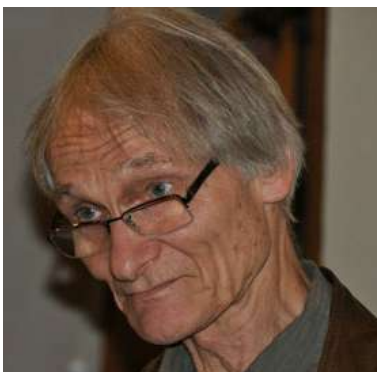
In diesem Sinne würde ich mit diesem Bild gerne schließen, dies mit dem Bewusstsein, das es ein harmonisches Ganzes geben kann, wenn man es nur wahr nimmt.

Peter Pan, das fabelhafte Feenwesen!

*Franzi on June 13, 2026
(translation will be published
in the next issue)*

FAREWELL PETER A.

Peter Anderschitz (born 1942, Berlin) was a long-time Aurovilian. He completed his architecture studies in 1968–69 but did not seek a permanent position. In a recent radio interview in German language, he clarified, “I didn’t want to play the



naive architect in a society that was fundamentally flawed—that was how I radically perceived and felt things back then. So, after my studies—and I loved my profession, and still do—I drove a taxi. I loved that too, because driving a taxi allowed me to get to know society as a whole.”

He came to India in 1971, having read Sri Aurobindo, and happened to arrive in Auroville at the Foundation Ceremony for Matrimandir. In Sri Aurobindo’s writings, he had found a worldview and an understanding of the whole—of micro and macro, inner and outer, past and future, the complexity of which really struck a chord with him.

On February 21st 1971 he attended a balcony Darshan by the Mother in Pondy that made a lasting impression on him (see video link below). To come to India and Auroville was, for him, like coming home. He settled in Auroville for good in 1973 and has since worked in various community services and has given talks about Auroville in India as well as in Europe.

In 1980 Peter, along with Anupama Kundoo, Dharmesh and two other Aurovilians established the community of Petite Ferme. Peter began to build a house there for himself, bit by bit, on the basis of sustainable principles, but never completely finished it. He called it essentially a ‘non-design’—it grew organically, which he felt was part of its charm. This house was the first to be built using stabilized rammed earth.

In November 1981, a year after the Government of India had passed the Auroville (Emergency Provisions) Act, Peter, along with two other Aurovilians, Dorothee Hach and Yusuf Kassim, decided to make an extensive trip through Europe and call upon all of Auroville's friends to see if their interaction with Auroville could be intensified. The trip culminated in a conference in Auroc, Bergerac, a small place in the south of France. This meeting resulted in the beginning of Auroville International or AVI, which later led to the establishment of many official and unofficial AVI centres all over the world. ([Our History • Auroville International](#))

In the late 1980s, Peter, as an architect, was part of a group of architects, town planners and people keen to live together and be part of an experiment that could change the trend of habitation, with benefits to the future township. Much time and many discussions later, three architects - Suhasini, Ajit and Peter - designed parts of the Samasti project separately, exchanging ideas on those decisions that would influence the neighbourhood as a whole. The result was Samasti community, where Peter designed four houses.

When the Berlin Wall came down in 1989, Peter was drawn back to that city with its newly opened opportunities. Peter was inspired to organise a talk on Auroville in Potsdam (East Germany) in 1990 for people from the former DDR. "Peter handled it with his calm, easy-going manner as a disciple of Sri Aurobindo and the Mother," as his friend Rolf B. who helped him at the time, writes.

In November 1989 he attended the International Prague Assembly, organized by the Union of Czechoslovak Architects. With great effort he managed to gather material and present the project of Auroville there, which ended up being the most comprehensive project there, one that was actually happening on the ground. It generated a lot of interest. His presentation ended up winning the (shared) first prize. (Auroville Today no. 16, April 1990).

In the late 1990s he took part, in Auroville, in a City Study Circle, in which several architects and town planners took part, and later on, in the early 2000s he was very interested in the collaborative Dreamcatchers and subsequent Dreamweaving city planning process that focused on practical solutions for building the city. He moved to an apartment in Luminosity, soon after its completion in 2010 and also had an office there.

Peter kept spending much of his time in Berlin and the rest of Europe, giving talks and presentations as a kind of "ambassador" for Auroville and its architecture. He was affectionately called "Peter Pan" by his friends, a seemingly apt nickname that characterizes his usually sweet, free-spirited and easy-going manner.

He passed away due to cancer on June 13th, 2026 at Marika Home, choosing to die there rather than undergoing life-extending treatment at Jipmer hospital. His funeral took place on Friday 19th June, at the Auroville Burial Ground.



Annemarie

Sources:

A [video recording](#) by Fred Cebron
[Our History • Auroville International](#)
[Auroville Today no. 16](#), page 3
Auroville website, [auroville.org](#)

Recollections by Gundolf, Edzard and Rolf Brokmeier

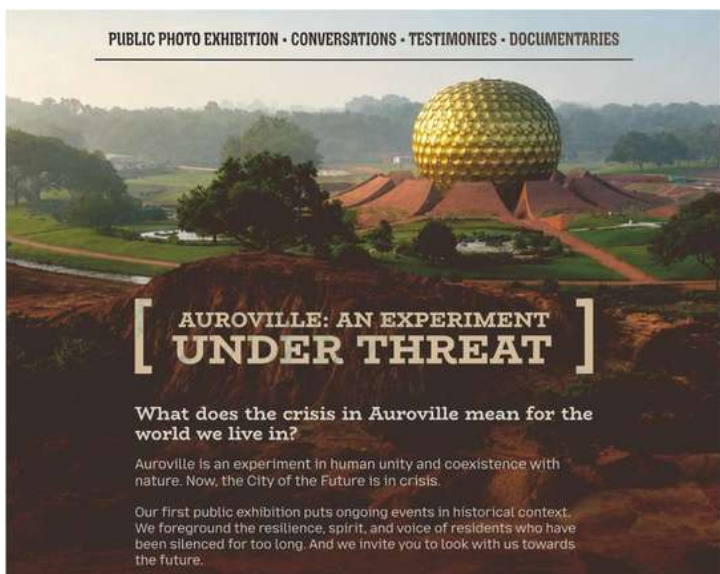




COMMUNITY SHARING

AUROVILLE: AN EXPERIMENT UNDER THREAT - A PUBIC EXHIBITION

SATURDAY 6TH JUNE, CHENNAI



Please find [here](#) the post-Chennai event press release.



PRESS RELEASE

Chennai Exhibition Draws Massive Public Response Amidst Growing Concerns Over the Future of Auroville

More than 300 gather in Chennai as a Public Exhibition raises questions about the future direction of one of the world's longest-running international experiments in human unity and showcased how a growing number of residents have come together in response to mounting challenges.



FROM THE AV DOCUMENTATION TEAM

Dear Community,

A form has been created by documentation@auroville.services for members of the Auroville community to confidentially report instances of injustice, misconduct, abuse of power, or unethical behaviour and practices occurring within Auroville since June 2021.

The purpose of this form is to document concerns relating to individuals serving in registered working groups, services, offices, committees, or other positions of responsibility within Auroville.

All submissions will be treated with sensitivity and confidentiality throughout the review process.

Please use the link below to access the form and submit your entries: <https://forms.gle/fkXfX8UdyLzPoAkk8>

Sincerely,

AV Documentation Team



FOR YOUNG PEOPLE LIVING AND WORKING IN AUROVILLE

***To interns, young volunteers and professionals in Auroville,
And curious youth of Auroville, this is for you***

Many of you have likely arrived through a particular project, internship, apprenticeship, volunteer programme, or field of work; or as youth of Auroville, are involved today in one or two particular areas of work. Yet Auroville itself is much larger than any single unit, profession, or area of activity.

Alongside your work placement, SAIER would like to invite you into [a complementary learning journey](#) shared with other young people currently living and working in Auroville.

We propose to explore the deeper context from which Auroville emerges.

This will 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.**
- **Consolidated information on and strong encouragement of a regular physical education practice during their stay in Auroville.**
- **A weekly moment for reflection, dialogue, and self-assessment among interns from different units and fields of study.**

The intention is to create a space within your work schedule, in which these questions can be explored and the practical work of daily life can be placed within a wider scope.

An [email has been sent to units of Auroville](#) to invite them to explore this possibility. And ensure that if you are interested you will be supported in this exploration.

If this resonates with you, we invite you to fill out [this short form](#).

And we will reach out to you for a first meet next week.

We look forward to meeting you.

Aurevan
for SAIER



GRANT PROPOSALS 2026 FWE AND SDZ

Aurovilians are invited to prepare and submit grant proposals for possible funding by Stichting De Zaaier and the Foundation for World Education in the second half of 2026. ***Last date for submission is, Monday, 6th July.***

A grant application form and budget request table are available on request from abundance.pcg@auroville.org.in for this purpose.

You are encouraged to send in a draft version of your proposal before finalizing the application.

Following the procedures set up by the Foundation for World Education and Stichting De Zaaier, proposals will be checked to ensure that the grant request falls within their funding criteria and then forwarded to them to be reviewed for selection and grant allocation by their Board members.

Please note that *funds are not available for infrastructure, buildings or transport*. Requests for equipment will be considered if specifically required for the implementation of the project and are not already available in Auroville.

NB Both SDZ and FWE have indicated a preference for the funding of projects and activities for which the maintenance of Aurovilians is either covered by Auroville or from a source other than the grant being requested.

Please note that if you are submitting a proposal that has anything to do with Auroville or Auroville Outreach schools, or, students of any individual classes, your proposal is to be reviewed by all concerned School Boards **BEFORE** being submitted. (Please contact any individual schools mentioned in your proposal before submitting it to the School Boards.) It is important that all the relevant bodies (i.e. schools, teachers, school boards, etc.) are aware of your project and support it. In this way, the donors will know that such requests have the support of schools and thereby have a greater impact on the beneficiaries of the project.

Important to note: If you have already received funding for a project through Abundance PCG please send in a progress report/status update (if the project is ongoing) or final report (if the project has been completed or all funds have been utilized) before making an application for a new grant.

Last date for submission is, Monday, 6th July.

For more information, assistance or a grant application form and budget request table, **please write to** abundance.pcg@auroville.org.in

Pala, Sauro, Tineke, Vani
For Abundance PCG



RESIDENTS SPEAK

TO MY FELLOW AUROVILIANS,

Many sincere fellow travellers on the path of Integral Yoga unconsciously believe that a sufficiently conscious person ought to be equanimous at all times, and that if they are not, it necessarily means they are not conscious enough, sincere enough, or worthy enough of Their Work.

Yet neither Sri Aurobindo nor The Mother taught such a simplistic view.

They emphasised sincerity, truthfulness, courage, and resistance to falsehood.

Equanimity does not mean passivity.

One can oppose injustice firmly without hatred, resist Falsehood without hostility, reject Darkness without being engulfed by it, protect without attacking.

What matters is not being "good" in the conventional moral sense, but remaining aligned with Truth.

As we progressively unite, we must accept that resisting falsehood and oppression is necessary. And that's ok.

It's ok to be upfront, because we are not hostile. It's ok to name the oppressor, because we are not one. It's ok to raise our voice, because we shall not be silenced.

It's okay because our purpose is not winning, but staying aligned with Truth.

If, through our resistance to falsehood, there is greater harmony rather than destruction, greater unity rather than fragmentation, then we may trust that we are moving in alignment with Truth.

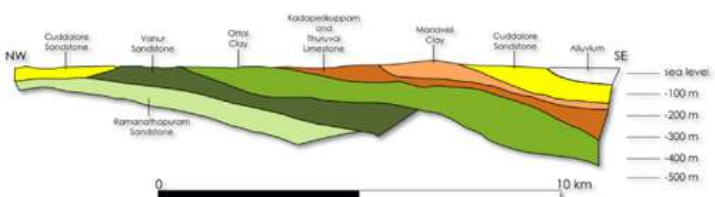
In Solidarity,
Mandakini



AUROVILLE WATER EMERGENCY 2026

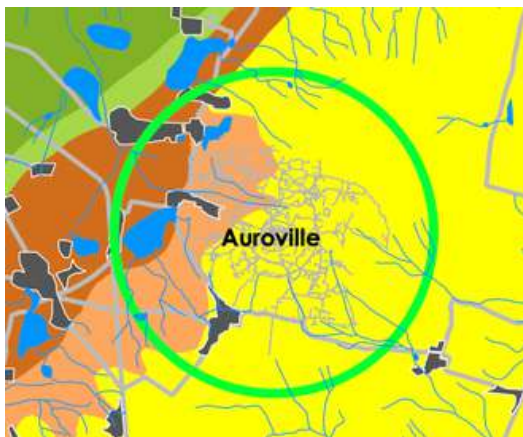
Auroville is in a water crisis and it is time, past time, to declare a water emergency.

Auroville lives on groundwater. All the communities are fed borewell water, directly or thru the Auroville Water Service. To understand the water crisis, we must first understand the two geological formations that Auroville sits on. The image below shows a detailed cross section near Auroville. Most of the circle of Auroville is on the Cuddalore Sandstone formation. It is deeper in the east and shallower in the west where the Manaveli Clay formation emerges.



The Cuddalore Sandstone features poorly sorted quartz grains. It possesses high porosity and permeability, making it capable of storing vast quantities of groundwater, and therefore a highly productive tertiary aquifer system.

The Manaveli Formation acts primarily as an **aquitard** rather than a productive aquifer. While it can store water due to its clay-rich makeup, it has very low permeability, meaning it does absorb water well but sends it sideways, nor does it yield water fast enough to sustain wells or boreholes.

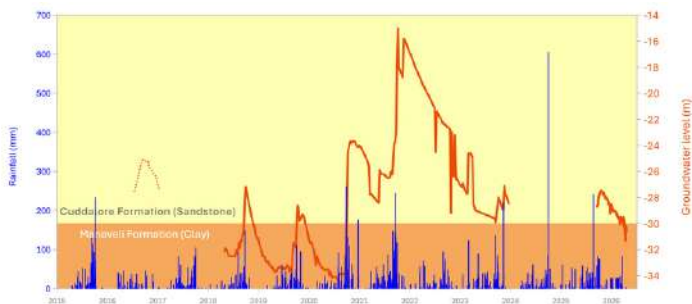


Most of Auroville's borewells get water from the Cuddalore Sandstone, and some go deeper into lower formations. Now let's look at 10 years of data showing rainfall and the height of the aquifer.

The reddish-brown line shows the water level in the borewell at Dana captured by CSR's Geomatics initiative. The rightmost section shows an almost daily capture since November 2025. The blue bars are from Charlie's 37 year painstaking recordkeeping.

As can be seen we were taking water from Manaveli Clay by 2018. A huge monsoon in 2021 raised the water level. In 2025 we took far more water than was recharged and in 2026 we hit the Manaveli Clay again.

This makes it a crisis. We should be using our aquifer, not be taking water from an aquitard. Before we hit the clay, we should have slowed down, dramatically reduced our consumption, managing our resources.



REDUCING WATER CONSUMPTION

Auroville has a deep history of living with water scarcity. Much wisdom remains, all we need to do is to start work and it will surface. It is actually simple to reduce our water demand:

1. Personal consumption: shorter showers, smaller bucket-baths, keeping tap slow during handwashing, and off while brushing teeth, shaving, etc. Installing aerators is good practice. 30-50% of water is used in flushing which can be cut by more than half by following a rule for Water Emergency:
 - a. #1 – No flushing (yes, there will be a smell—the bathroom is not a rose garden).
 - b. #2 – Flush please.
2. Household consumption: fewer, bigger laundry loads, carefully washing dishes.

3. Irrigation: very reduced watering of lawns and decorative plants. No tankers watering roadside beds. No watering during the day, only morning and evening.

4. Reduced or stopping activities like washing automobiles and two-wheelers (can use wet cloths).

There are many more ideas, which will emerge from community members.

DECLARING A WATER EMERGENCY

This is the tricky part, actually enforcing it is the trickier part. In the graph, we can see that there from 2018 to 2020 we dipped deeply into the Manaveli. There were many people who were alarmed, but the leadership was silent. The younger generation felt called and started a Citizen's Assembly whose first agenda was water. But they did not see it as an emergency. An emergency not of water, but of the minds that refused to let clear visuals turn into action, an action that sustains itself over long times.

To create an emergency there are two options: the leaders declare the emergency. It could be seen as a time of coming together from all parties since there is little to disagree on. Enforcing an emergency will come from a set of policies and fines for violating the policies. For example, the water service can raise their prices for the second tier of usage.

For Auroville, knowing that a conscious society is connected to its environment", it could be informed and aware citizens **adopting** a water emergency.

A conscious society will go beyond laws and fines in enforcing a water emergency. It will "read air"—the Japanese culture's "Ba no Kuuki wo Yomu" (場の空気を読む). It was showcased in the World Cup where after the match the Japanese fans took up the task of cleaning the stadium. "Reading air" is being in tune with the social energy where, once one person starts picking up litter, those nearby feel they genuinely cannot do otherwise. It is beyond peer pressure: it is a practiced sensitivity to the people around you, taught by example.

In Auroville we could adopt and localize this beautiful Japanese social custom by resurrecting a beautiful Tamil phrase from the Thirukural: Kuripparathil (குறிப்பறத்தில்) which means: discerning the signs. The full Kural quote is:

இடனில் பருவத்தும் ஒப்புரவிற்கு ஒல் கார்கடனறி
காட்சியவர்

Those who do not shirk from their self-understood social duty, even when in a tight spot, are truly connected to the collective whole.

Connectivity is what humans seek. The connectivity achieved by working together, even sacrificing together, creates a new community—one that practices integral yoga well beyond the individual level. A community with a strong upward movement. A society arising.

Rajesh

To view the essay and its images in better quality, click [here](#).



VOCATION AND IDENTITY OF A TRUE RESEARCHER

The International (World) University for Human Unity, because of which in 1967 a 33-page project^[1] was prepared, and whose concept and ideals Kailas Javery^[2] outlined in 1969 in a paper, cannot be dissociated from the context of the 50,000 inhabitants model town Mother wished within ten years – or five, adopting systems engineering. In this perspective, the November 1967 darshan issue of the Ashram Bulletin published the photograph of a layout, with Mother's handwritten statement "*Auroville the town of the future*", featuring two macrostructures; each one hosted over 15,000 residents. The International University for Human Unity, and the town of 50,000 are inseparable. *That* university – whose origin is very special, the way Kailas highlights – cannot come into existence unless we revert to Mother's original vision, in its entirety.

Twenty years later, at the end of 1987, Roger Anger asked me, with the approval of Kireet Joshi, to write the concepts for two master plans: that of the town, and that of the university's.^[3] With me, Roger used the word 'university'; but when he contacted Kireet Joshi (the former registrar of the Sri Aurobindo Ashram School and College, and the one who drafted the 1967 project), the latter replied that, given Auroville's modest development, we could not establish a university in Auroville for several reasons, including legal ones. In its place, he proposed the Centre of International Research for Human Unity (CIRHU), as a seed-institution for future projects. Alas, as events have unfolded, even this appears to be far away.

This clarified, I wish to reassert something I have been highlighting since when I joined Auroville in 1985: the vocation and identity of a true researcher. Four of my professors, faculties of Philosophy and History, State University of Milan, were celebrities. Besides that, through my husband (a director of the cultural programs of the Italian State Television) I met other academics, some were our close friends. With regard to academic research, they excelled. But this is not, in essence, what Auroville looks for. Academic knowledge implies an intellectual elite, cultural debates and all that goes along; but in Auroville this comes second to the contents and goals of our lived experience, in mutual exchange. As if foreseeing this cardinal observation, in the university 1967 project is stated:

"Begin appointments of academic and administrative staff for all faculties. At least the staff has to join one year before they are expected to participate in teaching or administrative activities. All administrative, teaching and other staff will undertake intensive self study and group study to understand the aims and objectives of the International University and the teachings of the Divine Mother and Sri Aurobindo."

I discussed the issue with Kailas on different occasions, every time she replied that one year is not enough. Describing what she expected of the professors joining the International University of Human Unity, she used words evocative of the second transformation of Integral Yoga, the spiritual one – along with the definition in Aurobindonian terms of "human unity". Kailash always soared high, nevertheless this is a poignant indication.

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In Auroville an essential question arises: teaching – or researching? To be a university professor requires considerable academic knowledge to be imparted to students. In contrast, a researcher collects and draws together data and information for analysis in a never-ending study, reformulating hypotheses and

conclusions as new material is acquired, drawing upon an ever-changing canvas, like passing clouds in the sky. For a true researcher the quest never ends, for this would be the end of research itself.

As with life, in the world of research nothing is final and absolute, things are in perennial movement; today's certainty may become obsolete tomorrow, and tomorrow's certainty may change and turn obsolete too. This has become even more obvious in the internet age, where the unending flux of information, gathered from all over the globe, chisels and re-defines everything, endlessly, at every moment.

Knowledge has no end, cannot be sealed into boxes. The mind (*manas*) classifies and compartmentalizes, the thinking animal says "I know hence I teach." But the mind is being surpassed, the kingdom of reason is coming to end. Above the human mind and its summit, the intellect, other wide-ranging 'minds' open up. These levels of 'divine mind' are the precursors of the oncoming spiritual age, where things are known from deep within, or as sudden inspirations, or through flashes of intuition. In this new 'knowledge' discordant elements, strives and clashes, certainties and uncertainties, all opposites merge and become synthesized into one all-encompassing whole, portending the dawn of the supramental age.

Mother's favorite flower was "plasticity." This is the main attribute required from a true researcher: unflinching flexibility, illimitable curiosity and openness to all quests and paths, irrepressible vocation to embrace and make one's own all explorations and meandering searches and adventures, in a universe which is as infinite as Search itself. True to oneself, the quest never ends. Then can we speak of knowledge, necessarily coming from planes of consciousness far above the ordinary mentality. Sri Aurobindo distinguishes between an ordinary, lower *buddhi*, the intellect, and the higher *buddhi*, which at its highest reaches *vijnana*, at one point described by Sri Aurobindo as the gnosis or knowledge aspect of the Supermind. What the ancient Greeks called *nous*, with multiple interpretations of the term, is the starting point of the journey. This is what RESEARCH, in Auroville, should be about; whatever institutional denomination, proportionate to our means we chose, but never forgetting this guiding principle.

Self-realisation (the second of the three transformations of Integral Yoga) is far too advanced, Kailash' expectation is unrealistic. But to be a university professor, in Auroville, demands being a researcher as well and in life itself: academic knowledge and unending quest for truth in one. It also means to build, at the same time, an integrated personality, while dedicating one's life to the path of self-perfection that, for completion, requires the



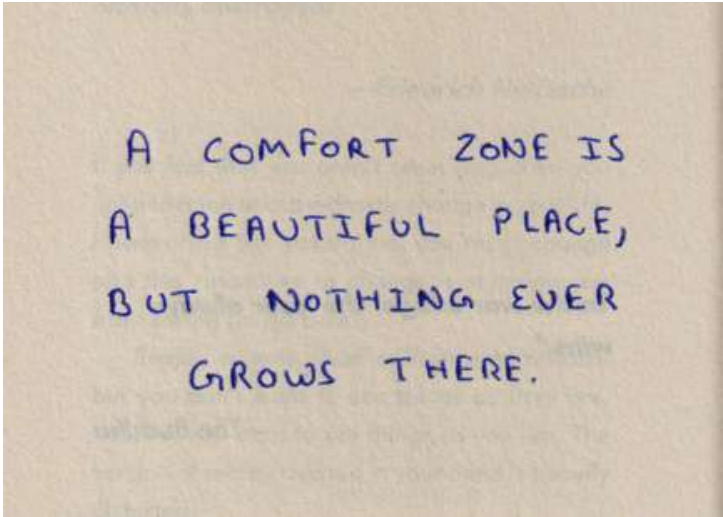
spiritual dimension. This implies the development of a global consciousness, which is the role of Auroville to encourage and enhance, true human unity. Unless Mother's vision becomes reality, in all its splendour but also with all the challenges that this implies, the International University for Human Unity cannot be realized. We have neither, the professors nor the students; nor do we have the residents and motivated visitors necessary to pursue an endeavour of such dimension.^[4]

It is the spirit of investigation and unending research that has to be

awakened first, in syntony with the dawning new world and society. We have to make a breakthrough and recover the true spirit of Auroville, attracting real researchers in the most integral sense of the word, divested of politics, ambitions, power struggle. Search for ontological perfection is the one preliminary step before anything real can commence.

Paulette

FOOD FOR THOUGHT



<https://www.instagram.com/p/DYZhQdOJ90D/?igsh=MmY2OWM1dGFpYjBy>



FRENCH NEWS & NOTES

NOUVELLES D'AUROVILLE



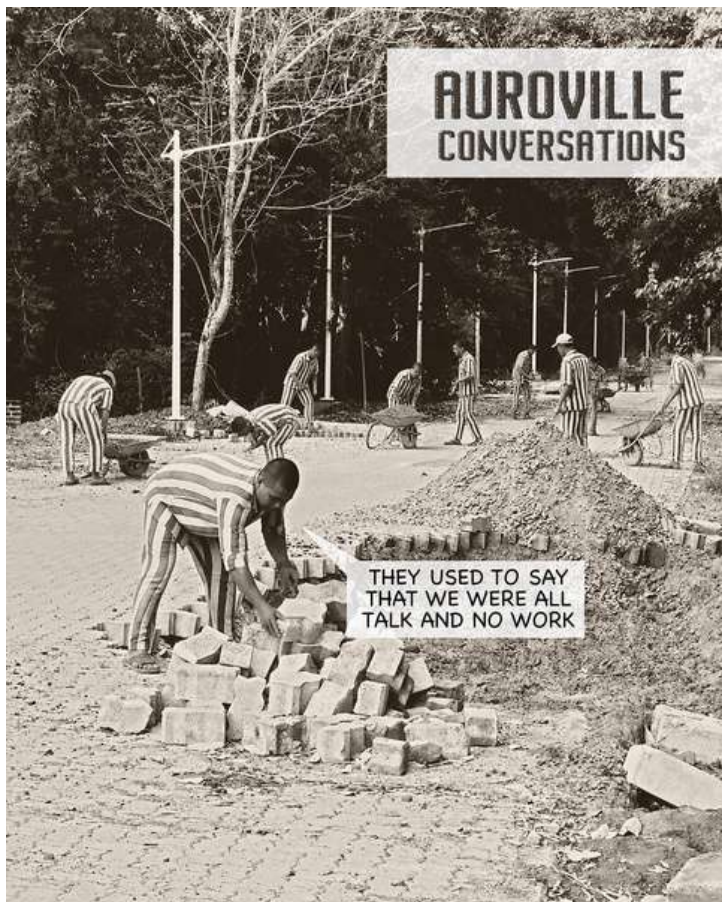
Auro – Traductions

25 Juin 2026

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



AUROVILLE CONVERSATIONS



Submitted by an Aurovillian

INNER JOURNEY

INTRODUCTION TO THE INTEGRAL YOGA OF SRI AUROBINDO AND THE MOTHER

Tuesday 30th June, 9 am - 12 noon

Led by Ashesh Joshi

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

All are Welcome



AMPHITHEATRE - MATRIMANDIR

MEDITATIONS AT SUNSET WITH SAVITRI

**Every THURSDAY
from 5:30 to 6:00pm**

(weather permitting)



Savitri, Sri Aurobindo's poem, read by Mother to Sunil's music, is a daily for everyone to concentrate in this beautiful open space in the very center of Auroville.

- **Reminder to all:** The Park of Unity is a place for silence, meditation, and inner work and is to be used only as such. We request everyone: please do not use cameras, tablets, cell phones.
- **Guests:** From this month onwards, up to next September, SAVITRI READING timings are now from 6:00 to 6:30pm. Please book at <https://bit.ly/3v0i0y0> in advance or the day before. Bring your Aurocard with you.
- **Access:** Reporting, no later than 5:45pm. Leaving, no later than 6:45pm. Access to the Matrimandir is only from 5:15pm. Last entry to the Amphitheatre is at 6:15pm.
- **Last exit for guests** at 6:15pm.

Velmurugan for the Access Team

SAVITRI SATSANG WITH NARAD

EVERY TUESDAY, 04:30 - 05:15PM

In this deep exploration of Savitri we will study:

1. The mantric basis of Savitri
2. The importance of iambic pentameter in epic poetry
3. The wealth of definitions in Savitri from Sri Aurobindo and Mother

**Both to resume on
Tuesday 7th July**

OM CHOIR WITH NARAD

EVERY TUESDAY, 05:30 - 06:15PM

Please join us in this collective aspiration,
in the form of united prayer.

No prior singing experience is required.

At Savitri Bhavan - Square Hall



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

VIBRATIONAL SOUND BATH

SOUL NURTURING MEDITATIVE EXPERIENCE WITH THE
ORIGINAL RUSSIAN SINGING BELLS

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

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

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

At Mirabelle Education Center, Auromodele,
Kuyilapalayam

Led by Vera (Instagram - [Vera.Auroville](#)) and Ashesh Joshi

Please register in advance

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

(Private sessions on request at other timings)

YOUR OWN VISUAL JOURNAL OF SAVITRI, VISITOR CENTRE

JUNE, PROJECTION ROOM, VISITOR CENTRE



A Visual Journal of Savitri

- Beginning : Starting from June 8th 2026 (Monday)
- Mondays, Wednesdays & Fridays | 6:00 pm – 7:00 pm
- For June month
- Venue : Projection Room, Visitor Centre

A quiet evening space to encounter Savitri through reflection and creative expression.

At the end of the day, after work, study, or daily activities, participants are invited to gather for an hour of quiet reflection. During each session, one page from Savitri by Sri Aurobindo will be projected onto the screen. Participants are invited to spend time with the text and respond through a personal creative process. Text (one page) will be projected on projector screen for one session.

The intention is not to study, analyse, or illustrate Savitri, but to experience it through creation. Over time, each participant develops a personal journal — a unique record of their evolving relationship with the text through images, symbols, colours, words, textures, reflections, and creative discoveries.

Intention is of no highlight of facilitator or participant but an individual experience of Savitri to community as a form of reflection, in their own expression

No teaching

No guiding

No pressure of performance or comparison of skills

But journey of togetherness in experiencing Savitri individually.

No drawing or artistic skills are required. There is no correct interpretation and no expected outcome.

While the space is available for up to one hour, participants are welcome to stay for as little or as long as they wish. Whether you spend 15 minutes, 30 minutes, or the full hour, the invitation is simply to enter into a creative dialogue with the page.

Participants are welcome to explore any creative medium, including:

- Sketching and drawing
- Visual journaling
- Abstract imagery and symbols
- Poetry and reflective writing
- Words and calligraphy
- Collage and mixed media
- Simple craft-based responses
- Any other form of visual or creative expression inspired by the text.

You are welcome to work in silence or listen to your own music through headphones while creating.

Please bring your own materials and creative tools. For those who may not have materials readily available, a small selection of sketchbooks, colours, and basic art supplies will be available for purchase.

No prior knowledge of Savitri is needed.

- Open to ages 13 and above.
- Free and open to the community.
- No registration or continuity required

- Feel to walk in at 6 pm
- And any number of days ..

One page at a time, one evening at a time, a personal journey unfolds alongside the pages of Savitri.

Kumud

The Postman

75928 05013

"New words are needed to express new ideas, new forms are necessary to manifest new forces."

The Mother



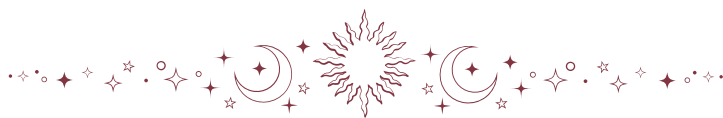
EXPLORING SRI AUROBINDO AND MOTHER IN LAST SCHOOL

Exploring Sri Aurobindo and Mother in Last School

Last School is happy to open its doors and welcome all those who are interested in exploring Mother and Sri Aurobindo's works.

If you are interested in being part of this initiative and collective learning exploration please register:

Whatsapp +447515377896 or
email misha@auroville.org.in



ANNOUNCEMENTS

WOMEN CHOIR RESTARTS

The women choir "**Auroville Harmonies**" is restarting its rehearsals to prepare a new program.

If you are interested and want to join our musical trip around the world, contact Antoine for an audition:

antoine@auroville.org.in

89407 40529



THE IDEA KITCHEN:

WHERE DO YOU GO WHEN YOU'RE NOT A CUSTOMER?

Lots of new fancy spaces are opening around us. But many of them aren't built for the locals who are a part of keeping this community alive, the people who live and work here.

Across Auroville and its surrounding villages, we see more and more beautiful, fancy spaces opening up. But do we also notice that many of these spaces are inaccessible to a lot of common folks?

We don't have an answer to making every space accessible to everyone.

But we do have the energy to build spaces that are.

Welcome to The Idea Kitchen.

Every week, we host a taco night with food, music, and games. Anyone can come, eat, and enjoy.

There is no fixed price. Instead, contributions are generosity-based.

If you are able to contribute, it helps us cover food, setup, and other basic costs. If you are able to contribute more, it helps keep the space accessible to those who cannot contribute.

Our intention is not to generate large profits, but to generate something much more valuable: **community**.

In a time when many spaces are becoming increasingly commercial, this is an experiment in accessibility, trust, and community.

If you believe spaces like this matter, we invite you to become a monthly supporter of this initiative.

Every donation, regardless of size, helps sustain this vision.

To support

Please fill out the form linked below or stop by the YouthLink office:

<https://forms.gle/TyeFfHjrcHTzJNa87>

With gratitude,
YouthLink Team



TACO NIGHTS EVERY FRIDAY

Join us for an evening of tacos, music, games.

- **Every Friday**
- **7:00 PM onwards**
- **YouthLink**

No fixed price, contributions are based on generosity.

Guests from outside Auroville:

Please register in advance (limited seats)

<https://forms.gle/ynRSrnWzh9Uym4Ri9>



ASHTANGA YOGA WITH MONICA
STARTING AGAIN FROM JULY 13TH , PITANGA

Ashtanga Yoga

with Monica Marinoni

KPJAYI Authorised
Level 1 & 2 teacher

Monday to Friday
7am – 10am (self paced)

Saturday
7am – 8.30am
(led primary series)

*NO classes on:
Sundays,
New & Full Moon days,
Public holidays*



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

Classes with prior registration only. No drop-ins.
Booking with the teacher only:
marinonimonica@gmail.com — QR code



More information:
www.monnicamarinoniashtangayoga.com
or WhatsApp +39 3917254083



Pitanga Cultural Centre, Samasti, Auroville 605 101 | info@pitanga.in | 0413 - 2622403, 9443902403
A service unit of the Auroville Foundation, Health and Healing Trust branch, | GSTIN: 33AAATA0037BY3N

ASHTANGA YOGA IN PITANGA starting again from Monday 13th July. Contact details for registration and sign in on the flyer

AVAILABLE

500G HONDASHI POWDER



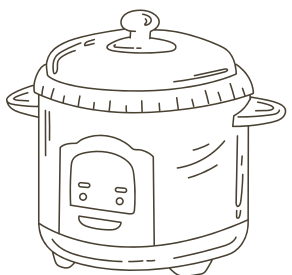
Anyone wants to share some excellent non-veg Hondashi powder with me? I have a half kg extra!

- Mauna, WA 94431 68323

SLOW COOKER (NOT A PRESSURE COOKER)

Electric, 2.5 litre capacity, use to make broth over a 24 hour period

Contact 94864 63525



LOOKING FOR

SOUGHT: WORK THAT SEEKS ME BACK

Work always found me in Auroville, rather than the other way around. In April, an office order found me instead, removing me from my responsibilities at MMC-Cinema Paradiso after twenty years. I have duly filled the HRS form to access a few months of bridging fund, and have been advised to find something soon, or else.

The Work: Work at MMC-CP was, by any reasonable measure, a two-in-one. Keeping a community venue functional, booked, technically sound, and financially prepared for the inevitable large repairs, while simultaneously curating films, which if done properly is a 24x7 occupation with little budget and no off switch. Add weekly announcements, finance tracking, budgeting, and reporting. To my knowledge, it is the only non-emergency service in Auroville that ran with just 2 official off days per year, zero expenditure on holidays or social expenses, and still delivered 360+ films and 900+ hours of programming per year. That is not nothing.

The Beginning: The Beginning: It really began with Marco, who envisioned it, and me. Anand came daily from the first screening in 2004 for over 1.5 years without any maintenance support. Laxmanan helped with handyman work and logistics in those early years. It ran on goodwill and some inexplicable magic. Over the years people joined, contributed, and collaborated, and the network of filmmakers that began in my university days expanded. My role grew as we learned, streamlined, and regularized, though my maintenance came from elsewhere. I was formally added to MMC for maintenance only around 2018. Luckily, Ramesh had already joined the team. Post-Covid, as we transitioned to a trust, the work expanded further. We managed, and more than that, we sailed.

What I Left Behind: When the office order arrived in April, MMC-CP had an adequate running budget, an expensive sound system replaced (Rs. 5 lakhs+) through an AVI-USA donation, a new projector (Rs. 5 lakhs) and laptop (Rs. 74K) purchased from funds we had set aside, Rs. 6 lakhs+ still in reserve for further equipment work that is always expensive, and a recurring donation stream generously pledged by the community that more than replaced the monthly budget we had lost. It was a community theatre. It was supported and held by the community.

What I Also Bring: Turning to the other side of the experience ledger, I am an ecologist and wildlifer by training, MS with Dr. Rauf Ali (you may remember him fondly), and PhD from the USA, with expertise in forest and natural habitat assessments. I also hold a PDC (permaculture), with training in organic horticulture and experience in community gardens. More relevantly, I have substantial experience in the development sector including development banks, that enables me to take up project and program evaluation, grant review, monitoring, management, and advisory roles.

What I Am Looking For: Full maintenance, ideally flexible hours, independence, and work that is needed and that needs me. Available from 1 August. The arrangements, however, need to start soon.

If something comes to mind, I am easy to find.

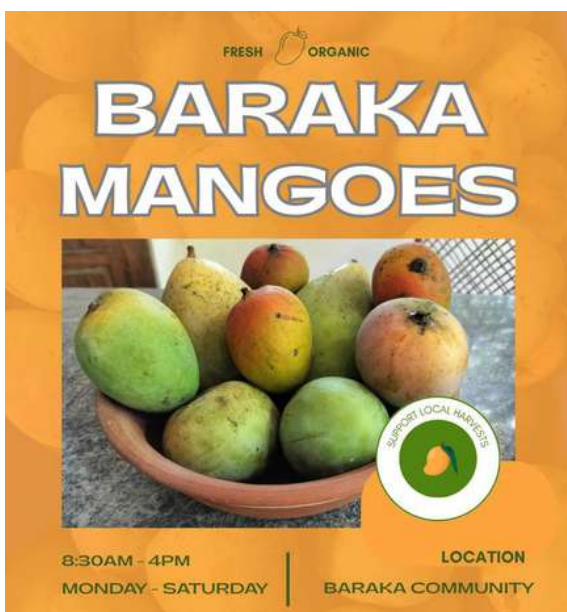
Warm regards,
Nina



CULTURAL ANNOUNCEMENTS

FOOD

MANGOES AVAILABLE AT BARAKA



Mango season has started at Baraka. Please pass by to get some.
We also have spicy pickles and soon mango jam.

With abundance,
Baraka

FOOD FOREST TOUR & SUNDAY BRUNCH EVERY SUNDAY, LA FERME COMMUNITY



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



FOR THE BOOKWORMS

**STORYTIME AT THE
AUROVILLE LIBRARY**
EVERY SATURDAY
MORNING

Children of all ages (and
adults) are welcome!

Every **Saturday**,
10 - 11am,
Auroville Library.



AUROVILLE RADIO



Dear Aurovilians,

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

Last Published Podcasts

- [Une série hebdomadaire de lectures par Gangalakshmi – Ep.538](#) (Integral Yoga)
- ["Mother's Chronicles : Mirra" by Sujata Nahar, Read by Fif - B 1 C 9 - "The Guardian Angels"](#) (The Mother)
- [Jumpa's Joyous Journey with Fif-Ep.13 "The Island that Grew Too Fast"](#) (Stories)

Latest Youtube Video

- [Ferrocement Hands on Workshop | Casting of Slab and Door.](#)

....and more! on www.aurovilleradiotv.org.

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

Peace and love

Regards,

Sai Priya for Auroville RadioTV



to know you were
ng yourself when
is right for you. So
t go and go with t
is falling behind
ambition. Lido's

POETRY

A Divine Unity

I hide myself behind a flower's keel
And watch the endless flow of passers-by,
From its fragrant cup I see a pilgrim kneel
As if before the feet of deity.

The breezes billow and the pollen blows
Across the landscape of enamoured light.
If we could open and the heart disclose
Its plenitude of love, then all delight

Be ours and the blossoming begin,
All ranges of the spirit to explore,
Earth and heaven's bounties hold within
And into realms of peace and silence soar.

This destiny of man the promised goal,
A unity divine of soul and soul.



Narad



Fill our glass
with thy sacred wine.

When half drunk,

We won't tell mine from thine.
We won't tell the time.
We won't even mind.

Why haste us
with an hour glass
filled with sand?

Anandi

*Pride divides the men,
humility joins them.*

Socrates

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

Timings:

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

Santé

Working Hours:

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

Tests and Sample collection:

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

No sample collection on Saturday

For emergencies, contact:

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

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

Appointment

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

Doctor Consultation with Dr. Joseph, Dr. Pavan & Dr. Sana Monday to Saturday	Nurse Care - Thilagam, Ezhil, Archana & Sandhya: Daily: no appointment needed
Ayurveda with Dr. Berengere: Mon / Tues / Wed / Fri	Homeopathy with Michael: Monday / Wednesday / Saturday
Physiotherapy & Massage with Galina: Monday to Friday	Physiotherapy with Arun: Monday to Friday
Midwifery & GYN Care with Paula: Monday & Wednesday	Integrative Psychotherapy with Juan Andres: Monday to Friday
Holistic Therapy with Louis Patric: Monday to Friday	Soundbed Session with Sandhya / Thilagam: Monday to Saturday

Bio-Well Assessment (Evaluation of your well-being) with
Helena – inquiry email adminsante@auroville.org.in

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

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

HEALTH CENTER - KUILAPALAYAM

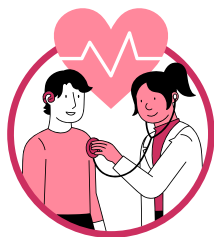
Contact: 0413 291 0005

Pharmacy:

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

Doctor Consultation:

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



DENTAL CLINIC - KUILAPALAYAM

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

TIME TO SUMMERNATE AYURVEDA HEALTHY TIPS



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

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

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

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

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

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

Avoid:

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

Routine to favour:

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

Cooling plants for the summer:

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

Wishing you a beautiful summer

Be @ Santé Clinic

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



MATRIMANDIR ACCESS INFORMATION

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

Access to the Park of Unity

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

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

The Matrimandir is a place for silent individual concentration

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

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

Any day except Tuesday & Sunday, <u>8:00 am - 8:25 am</u>
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
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Access to Matrimandir for Visitors and Guests

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

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

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

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

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

Security

Please note that it is not permitted to

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

Parents, please supervise your children at all times.

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

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

Antoine for Matrimandir Executives Team

Auroville TO PONDICHERRY

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

Pondicherry TO AUROVILLE

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

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

Auroville Vehicle Service
Town Hall, Auroville, 0413 2623302



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

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

EMERGENCY NUMBERS



Ambulance (24/7):

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

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

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

Vandrevala Foundation +91 99996 66555

India Emergency Response Service (24/7): 108