

Auroville

# NEWS & NOTES

No 1136 - A weekly bulletin for residents of Auroville

30 July 2026

RA EDITION

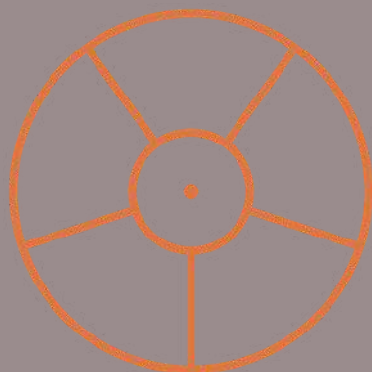


## PONDERING

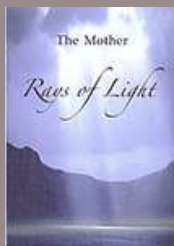
(About a woman who claimed to be Sri Aurobindo's successor)

All this must stop at once and for all. It is *sheer forgery* and the people who do forgery ought to go to prison or, at least, not be allowed to go about spreading their falsehood and duping credulous people. Her first *predictions all failed*. These *will* fail in the same way, and those who believe are simply fooled.

The Mother, Admonitions, Words of the Mother III



# RAYS OF LIGHT



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

### CONTROL OF SPEECH

page 83

Be careful always to keep the living Presence and Protection around you when you speak to people and speak as little as possible.

\*

You are right in keeping quiet in front of those who do not understand, because the Divine is with you, and that is the only thing that matters.

3 November 1965

\*

It is certainly very bad to speak about the faults of others; everyone has his defects and to keep on thinking of them surely does not help to cure them.

June 1966

page 84

For writing, even more than for speaking, if you aspire to remain in the best attitude for advancing swiftly towards the Divine, you should make it a strict rule to speak (and even more to write) only what is *absolutely indispensable*. It is a marvellous discipline if you follow it sincerely.

27 July 1966

### SPEECH AND PRACTICE

On the path of Truth, in order to know more you must put into practice what you already know.

A little bit of sincere practice is worth much more than a lot of written or spoken words.

July 1953

A drop of practice is better than an ocean of theories, advices and good resolutions.

\*

All theories, all teachings are, in the last analysis, nothing but ways of seeing and speaking. Even the highest revelations are worth no more than the power of realisation that comes with them.

To live the Supreme Truth, if only for a minute, is worth

page 85

more than writing or reading hundreds of books on the methods or processes by which to find it.

\*

To know is good,  
to live is better,  
to be, that is perfect.

1 January 1960

#### Successful Future

Full of promise and joyful surprises. -  
The Mother

*Gaillardia pulchella* Foug. cv.  
*Lorenziana*., *Compositae*  
Indian blanket, Blanket flower, Fire-  
wheels



# NEWS & NOTES GUIDELINES

## DEADLINE FOR SUBMISSIONS:

**TUESDAY 5PM**

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

## RA NEWS & NOTES - A QUICK GUIDE



### What We Publish

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

### Working Groups & Foundation Office Content

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

### What We No Longer Publish

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

### Exceptions

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

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

### Submission Guidelines

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

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

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

*We thank you for your collaboration and understanding.*

## DISCLAIMER:

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

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

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

*The News & Notes Team*

[newsandnotes@auroville.services](mailto:newsandnotes@auroville.services)

## LIST OF ACRONYMS:

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

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

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

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

### GB groups:

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

## NOTE FROM THE EDITORS

NEWS  
&NOTES  
COMMUNITY EDITION

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)
- 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 🌸

## CONTENTS



- 01 Rays of Light
- 02 Guidelines / Quick Guide / Acronyms
- 03 **Note from the Editors** / Table of Contents
- 03 GB/FO GROUPS NEWS
- 03 **COMMUNITY NEWS**
- 03 Community Sharing
- 04 Residents Speak
- 07 Auroville Conversations
- 07 Inner Journey
- 08 **ANNOUNCEMENTS**
- 09 Available
- 10 Looking For
- 10 **CULTURAL ANNOUNCEMENTS**
- 11 At Cripa
- 11 Auroville Radio
- 12 For The Bookworms
- 12 Poetry
- 13 Cinema Paradiso
- 14 **COMMUNITY SERVICES**
- 14 Essential Services
- 14 Health
- 16 Matrimandir Access Information
- 16 AV Public Bus / Emergency Numbers



## FO GROUPS NEWS

(not selected by due Residents' Assembly process)

### FROM THE FO N&N 1141

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

## COMMUNITY NEWS

### COMMUNITY SHARING

#### MICHAEL DANINO IAC MEMBER SPEAKS ABOUT AUROVILLE'S CURRENT SITUATION



Michel Danino came to India in 1977 and spent five years in Auroville. A scholar of ancient India, author and educationist, he taught courses on Indian civilization at several institutions such as IITs and an IIM. As a member of the last International Advisory Council of Auroville Foundation, he was interviewed when he visited the exhibition "Auroville, an experiment under threat" held in Puducherry on 12th July 2026. His testimony offers a candid view of the last Governing Board failure to understand Auroville.

[You can find the video here.](#)

#### CONTACTING TLALOC TOKUDA

Dear community,

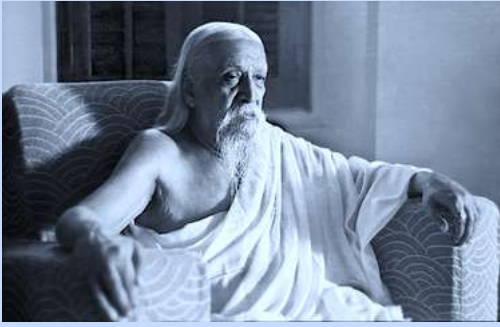
This note is to let you know that Tlaloc Tokuda, a good friend to many of us, is in Australia and his health is deteriorating rapidly.

If you know him and would like to send a message across and get in touch here is his email address: [tlalocct@hotmail.com](mailto:tlalocct@hotmail.com)

*Friends of Tlaloc*



## SRI AUROBINDO'S ROOM DARSHAN SATURDAY 15<sup>TH</sup> AUGUST 2026



Dear friends,

To celebrate Sri Aurobindo's Birthday, the Sri Aurobindo Ashram will open Sri Aurobindo's Room for **Darshan on 15 August 2026. Darshan is open to all.**

There are three options to visit Sri Aurobindo's Room on that day:

1. **Early Morning (from 4am onwards):**
  - a. You may join the general Darshan queue.
  - b. No tokens are needed until the meditation at the Samadhi begins.
2. **After the Meditation (from 6:40am onwards):**
  - a. Entry will be by **token only**. Tokens can be collected at the booth near the Ashram Post Office.
  - b. Please note: you may need to wait or return later, at the time indicated on your token.
3. **Afternoon (12pm – 3:30pm):**
  - a. **Auroville residents** may pre-book tokens for this time slot at Pitanga. Details for registration are below.

### Token Registration for Auroville Residents (including Newcomers):

Dates: **Thursday 6<sup>th</sup> August & Friday 7<sup>th</sup> August**

Timings: **9am – 12pm and 3pm – 5pm**

Venue: **Pitanga, Samasti**

Please come in person to register and identify yourself if you are not known to the organisers.

If you are unable to come in person, you may send someone with a written note stating:

- the name(s) of the person(s) for whom tokens are requested
- the number of tokens needed

We will do our best to meet your request.

Kindly note that email or telephone requests cannot be accepted.

Thank you for your understanding.

**Volunteers and guests** of Auroville are welcome to collect their tokens directly at the Ashram on Darshan day.

### Transportation:

The Darshan falls on a **Saturday**. Please see possible transport options elsewhere in the News.

We are grateful to the Sri Aurobindo Ashram for its continued cooperation with Auroville on Darshan days.

With love,  
from *Pitanga's team*.



## AUROVILLE LIBRARY – BACK TO REGULAR SCHEDULE FROM 1<sup>ST</sup> JULY



Auroville Library is back to its regular schedule from 01<sup>st</sup> July 2026.

Our working hours are:

Mornings: 9am – 12:30pm Monday to Saturday

Afternoons: 2pm – 4:30pm Monday to Saturday  
(except Tuesday: 4pm – 6:30pm)



## YUVA SANGHA IS OPEN!



Dear Community,

Yuva Sangha (formerly Kailash) has reopened its doors a few months ago and is already taking shape, with four residents currently calling it home!

We know that many young people have been struggling with housing in Auroville, and we want the youth of our community to know that Yuva Sangha is here for them.

If you're between 18–26 and feel like contributing your energy, ideas & presence, we'd love for you to be part of shaping this community with us ♥

Open to volunteers, newcomers, and Aurovilians.

If it resonates, here's the form:

<https://forms.gle/Jr5Lhgcvx5iTakS99>

For any queries, contact us via email at [yuvasangha@auroville.org.in](mailto:yuvasangha@auroville.org.in)

Ivy  
for the YouthLink Team



## RESIDENTS SPEAK

### INSTITUTIONAL REVIEW OF GOVERNANCE, PROJECT IMPLEMENTATION AND STATUTORY ALIGNMENT IN AUROVILLE

LEKHA JOKHA: AN INDEPENDENT POLICY BRIEF

AN INDEPENDENT REVIEW DOCUMENT

REVITALISING AUROVILLE

JULY 2026



INSTITUTIONAL REVIEW OF GOVERNANCE, PROJECT IMPLEMENTATION  
AND STATUTORY ALIGNMENT IN AUROVILLE  
LEKHA JOKHA: An Independent Policy Brief

Prepared by

Dharmesh Vikramsinh Jadeja  
Resident: Auroville

## Executive Summary

### Purpose

This policy brief has been prepared as an independent institutional review to support the Government of India's continued efforts towards the orderly, sustainable, and statutory development of Auroville. Its purpose is to present observations that may assist in strengthening governance, improving administrative transparency, and reinforcing the implementation of the Auroville Foundation Act, 1988.

The report is not intended as an objection to development initiatives. Rather, it proceeds from the understanding that long-term development is most effective when infrastructure planning, statutory governance, ecological stewardship, financial accountability, and stakeholder confidence advance together.

The observations presented herein are based upon publicly available statutory materials, Parliamentary Committee reports, judicial decisions, official communications, budgetary announcements, and sustained observation of institutional developments within Auroville over an extended period. Every effort has been made to distinguish documented facts from analytical observations and policy recommendations.

### Executive Findings

The review identifies several recurring themes that merit administrative consideration.

First, while significant public investment has been announced for infrastructure development and visitor-oriented projects, the relationship between sanctioned expenditure, physical implementation, and measurable public benefit is not always readily apparent from publicly available information. Greater transparency regarding implementation milestones would improve public understanding and institutional confidence.

Second, public communications frequently highlight proposed initiatives and sanctioned projects. However, clearer differentiation between approved projects, works under execution, and completed assets would provide a more accurate representation of implementation progress and assist in evaluating developmental outcomes.

Third, the review indicates that differences have emerged regarding the interpretation and application of consultative mechanisms envisaged under the Auroville Foundation Act, 1988. Parliamentary deliberations and judicial observations have consistently recognised that participatory governance forms an integral component of Auroville's statutory framework and institutional identity.

Fourth, long-term ecological restoration, community-led planning, and collaborative institutional practices have historically contributed significantly to Auroville's national and international recognition. Future infrastructure development is likely to achieve greater durability where these established strengths are integrated into planning and implementation processes.

Finally, the review concludes that the principal administrative challenge is not whether development should occur, but how development is implemented within the statutory framework established by Parliament. Institutional confidence, administrative efficiency, and sustainable development should be regarded as complementary objectives rather than competing priorities.

[Read the full document here](#)

by DHARMESH VIKRAMSINH JADEJA

## THE MOTHER ON INDUSTRIES

### PART ONE : HERALDING 'AUROVILLE'



#### "The embryo or seed of the future supramental world"

Sri Aurobindo and Mother envisaged an ideal society that only the spiritual change can make true. Sri Aurobindo was concerned with the coming into existence of an ideal *sangha* or spiritual community; but the goal of an Avatar's model town ('the city of God' of all traditions Sri Aurobindo evokes in "The Life Divine") is Mother's. She wrote, in 1930:

*The work of achieving a continuity which permits one to go up and down and bring into the material what is above, is done inside the consciousness. He who is meant to do it, the Avatar, even if he were shut up in a prison and saw nobody and never moved out, still would he do the work, because it is a work in the consciousness, a work of connection between the Supermind and the material being. He does not need to be recognised, he needs have no outward power in order to be able to establish this conscious connection. Once, however, the connection is made, it must have its effect in the outward world in the form of a new creation, beginning with a model town and ending with a perfect world.*

CWMCE, Vol.3, pp. 178-9

"A new creation, beginning with a model town and ending with a perfect world" is Auroville's *raison d'être*. Nationalities from all over the planet were invited, represented by individuals who carry within themselves all sort of impossibilities, even extreme, to be transformed. Auroville, with its tormented history, is incomprehensible if de-linked from the reconciliation of the opposites clashing within ourselves.

#### Sri Aurobindo living at the centre of his town

Mother is the Shakti. From the beginning she championed the need for industries for financial self-sufficiency, generating funds for the maintenance of 50,000 residents to be fed, lodged and provided the essential goods and services. She had boldly stressed the need for industries already in the 1930s; she told Satprem that she envisioned a town in the shape of her symbol on top of a large hill, a large river flowed at its feet. Sri Aurobindo would have lived at the centre, around which were four large petals, and around these twelve more petals, the city proper; the disciples' residential quarters were in the last circular strip of her symbol. That town was encircled by walls, with entrance gates and guards. Outside were farms and industries. She also highlighted:

*"And there was no money: within the walls, no money; at the various entrance gates, people found some banks or counters where they deposited their money and received in exchange tickets with which they could have lodging, food, this and that. But no money. And inside, absolutely nothing, no one had any money –*

*the tickets were only for visitors, who entered only with a permit. It was a fantastic organisation... No money, I didn't want money!*

*Oh, I've forgotten one thing in my plan: we wanted to build a Labour Colony. But it should be part of the industrial section (perhaps an extension on the edge of the industrial section).*

*Outside the walls, in my first formation there was on one side the industrial estate, and on the other the fields, farms, etc., that were to supply the city. But that really meant a country – not a large one, but a country."*

That 'Auroville' was a real country; the city she now envisaged was on a much-reduced scale. After telling Satprem that, around the new centre (the Pavilion of Love, the future Matrimandir), she planned four large zones, she told him that the cultural one would host a magnificent auditorium, with a concert hall and grand organ, *"the best you find now"*; a revolving theatre stage with wings; a library, a museum, exhibition rooms, a cinema studio, a cinema school, a gliding club. Adding, *"we would have the Olympic games in India."*

Auroville would produce its own food. To achieve economical self-sufficiency, outside the city and its green belt Mother foresaw a wide spectrum of industries; even traditional heavy ones, like steel and cement plants, wishing that Auroville produced the material needed for construction. Informing Satprem that she had quite a list involving both, the Tamil Nadu government and private entrepreneurs, apropos the industrial zone Mother explained:

*"Already many people, including the Madras government (the Madras government is lending money) want to set up industries, which will be on a special basis. This industrial section is in the east, and it's very large: there is plenty of space; and it must slope down to the sea. North of Pondicherry, there is indeed a rather large expanse which is totally uninhabited and uncultivated; it's by the sea, going northward along the coast.*

*So this industrial section would slope down to the sea, and, if it is possible, there would be a sort of "landing place" (not exactly a harbour, but a place where ships can berth), and all those industries with the necessary internal means of transport would have a direct possibility of export. And here, there would be a big hotel, the model of which Roger has already made (which we wanted to build here, in the place of the "Messageries Maritimes", but the owner, after saying yes, said no – that's very good, it will be better there), a big hotel to receive visitors from outside. Quite a few industries have already signed up for this section; I don't know if there will be enough space, but we'll manage."*

### **Announcing an international township, 1964**

Announced twenty months ahead, the first World Conference of the Sri Aurobindo Society was held at the Sri Aurobindo Ashram Theatre from 10<sup>th</sup> to 14<sup>th</sup> August 1964. Over 400 delegates from all parts of India and from U.S.A., Japan, East Africa, Europe, Australia, New Zealand, Vietnam and Ceylon attended. Mother approved and blessed the programme; her answers, played at the end, were acknowledged as the Seminar's findings.

N. 3 was *"Development of a township near Pondicherry, with all the amenities and facilities for residence and work for those who want to prepare for a better life."* And n. 5, *"Setting up of industries which will demonstrate a true solution to labour problems."*

### **Navajata's historic broadcast on All India Radio, 1967**

Auroville had just received UNESCO's first endorsement. Delivering a broadcast on All India Radio in November 1967, Navajata launched it as a rocket propelled into the sky. Mother reviewed and approved his speech; after highlighting Auroville's grand ideals, Navajata entered into its material implementation, envisaging up to 100,000 people:

*"... Provision is made for 50,000 residents in the main town, 20,000 in the model villages in its green belt, and 30,000 in its subsidiary projects like World Trade Centre, etc.*

*The site selected covers areas both in Pondicherry and in Madras States, and provides a beautiful panoramic view with the sea on the east and a number of lakes on the west and north, with the centre of the town on a high level land.*

*Architects and engineers from different countries have volunteered their service free. Mr. Roger Anger of France is the Chief Architect.*

*The town is divided into four zones: Residential, Cultural, International and Industrial. Nothing necessary for Life is forgotten.*

*The activities in the project cover a very wide range: industrial, agricultural, educational, artistic, and others. Each nation will participate in the projects in which it specialises. Each resident will be free to choose the work for which he has special aptitude, and will be given the necessary training for it.*

*The work in Auroville will not be a field for which one is compelled to accept for earning one's livelihood but a joyful means whereby to express oneself while doing at the same time service to the whole group.*

*There will be no unemployment and no beggars. The township will provide for both field of work and the basic needs of all. Rules will be as few as are unavoidable. Guiding principles will help each person to develop self-discipline in freedom. Auroville will also participate in the design of integrated living programme of UNESCO. There will be an integrated effort and a practical research towards creating conditions, where each individual can occupy the place for which he is best suited, develop himself to his highest possibilities, inner and outer, and give his maximum to mankind."*

Navajata also announced:

*"Auroville will also have an International University, perhaps the first in the world, established specifically for world unity. In fact the whole of Auroville will be a living university.*

*An institute of integrated health sciences with a clinic will be another feature of Auroville. It will synthesise allopathic, ayurvedic, unani, homeopathic, biochemic, naturopathic and other health knowledge in the light of actual experience and add new dimensions to human research. The patient will obviously receive the best care and treatment possible.*

*Regular conferences, seminars on different aspects of world welfare, youth camps and other similar activities will bring together those interested in a collective effort towards a new and better life."*

*"The Avatar's model town" encompasses society as a whole. Navajata, filled with Mother's unshakable faith – as were her architect Roger Anger and close collaborators like Kailash Javeri (secretary to UNESCO and the United Nations) – boldly added:*

*"A physical education department covering all games and sports, model agricultural villages revolutionising agricultural life by synthesising aptitudes of workers, suitability of land and technical assistance, for a better life and optimum production, a handloom village for the handloom weavers in the area, a model fisherman's village, a film studio with an artists' colony, a World Trade and Information Centre, industries, all with a changed outlook and consciousness, are some of the other highlights of the project which will help usher in a new era in every aspect of life.*

*Here is the dream city of which you and I have dreamt as little children and hoped that someone someday will fulfil it.*

*And now it is on the way to fulfilment – the city of happiness, harmony and progress with no politics, no economic exploitation, no rich or poor, no employer or employee, but all sons of God.*

On 28<sup>th</sup> February 1968, will be held the ceremony for laying the foundation stone of this unique town. On this occasion, people will come from all over the world, bringing love in their hearts and the soil of their country in their hands for placing it in the lotus of mosaic specially made for the purpose, as symbolic of their cooperation in this project which has been unanimously accepted by the General Assembly of UNESCO.

Auroville invites all those who are dreaming of a better humanity and a better world to participate in this saga of world progress."

Submitted by Paulette

## AUROVILLE CONVERSATIONS



Submitted by an Aurovilian

## FRENCH NEWS & NOTES



## INNER JOURNEY

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

Tuesday 4<sup>th</sup> August, 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. A special opportunity 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 bring your Savitri book at <https://auroville.org/> in advance or the very day before. Bring your Savitri card with you.
- **Access:** The Amphitheatre is accessible only from 5:15pm. **Reporting, no later than 5:45pm.** Last entry **Leaving, no later than 6:45pm.** Last entry for guests to the Amphitheatre.
- **Last exit for guests** at 6:15pm.

Velmurugan for the Access Team

### SAVITRI SATSANG WITH NARAD

EVERY TUESDAY, 04:30 - 05:15PM

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

Narad

### OM CHOIR WITH NARAD

EVERY TUESDAY, 05:30 - 06:15PM

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

No prior singing experience is required.

At Savitri Bhavan - Square Hall





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](https://www.youtube.com/@integralconsciousness)). The first video is an animation, "[Sri Aurobindo's Teaching](https://www.youtube.com/watch?v=...)", 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://integrallyoga-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

A dark blue background with a glowing, ethereal, golden-yellow light pattern. Text is overlaid in white and yellow boxes.

*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)

## EXPLORING SRI AUROBINDO AND MOTHER IN LAST SCHOOL

### Exploring Sri Aurobindo and Mother in Last School

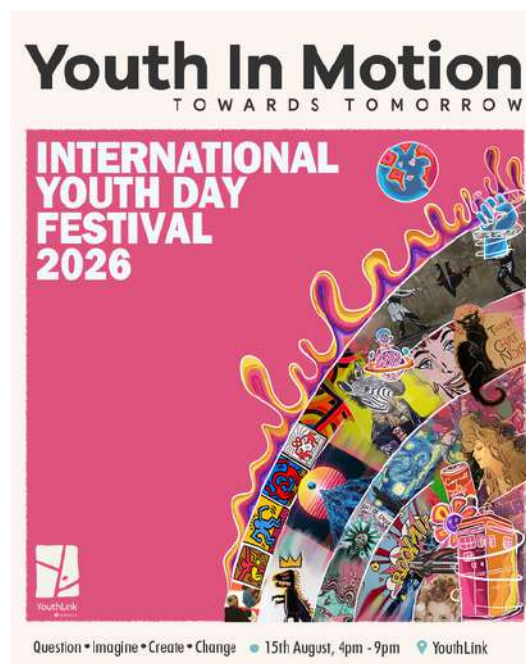
Last School is happy to open its doors and welcome all those who are interested in exploring Mother and Sri Aurobindo's works.

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

Whatsapp +447515377896 or email [misha@auroville.org.in](mailto:misha@auroville.org.in)

## ANNOUNCEMENTS

**YOUTH IN MOTION = TOWARDS TOMORROW**  
INTERNATIONAL YOUTH DAY FESTIVAL 2026  
SATURDAY 15<sup>TH</sup> AUGUST, YOUTHLINK



Dear Community,

This **15<sup>th</sup> August**, we invite the Auroville community to gather for the **International Youth Day Festival 2026 at YouthLink**, a day dedicated to the ideas, imagination, courage, and leadership of young people.

Throughout the afternoon and evening, young people will share **their creativity, their questions, their work, their stories, and their aspirations**. It is a space to discover what moves you, meet others who care deeply about the future, and experience **what becomes possible when a generation begins building together**.

We hope you'll join us.

**International Youth Day Festival 2026**  
**Saturday, 15 August**  
**4pm – 9pm**  
**YouthLink**



## THE INNERBEING PROJECT

LATEST REPORT IN THE "SACRED COUPLES" SERIES

The Innerbeing Project is delighted to present its latest report in the "Sacred Couples" series: Gwendoline and Jean-François.

<https://youtu.be/fq7bpWbGvLE?is=vrYxQcDnBrBiRn>

This series illustrates how the couple, the human organization situated immediately after the isolated individual, is sometimes capable of creating a new living organism, belonging to none of its individual components, and yet from which each partner freely draws inspiration, knowledge, and a new range of emotions. This new field of consciousness and activity could well prefigure the formation of a larger organism, the group, made up of individuals who love each other while working together.

For more information on the InnerBeing project, please send an email to [innerbeing.world@pm.me](mailto:innerbeing.world@pm.me)

Dan, for the InnerBeing Project

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

89407 40529



## JIVA



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

### Regular offers

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

### Upcoming workshops

- 1<sup>st</sup> & 2<sup>nd</sup> Aug : Inner Childwork in the perspective of Integral Yoga Workshop

### Webinars

- 12<sup>th</sup>, 13<sup>th</sup>, 14<sup>th</sup> Aug - Exploring past lives : 7:30 – 9pm

Join our WhatsApp group for all updates !

[www.auroville-jiva.com](http://www.auroville-jiva.com) [contact@auroville-jiva.com](mailto:contact@auroville-jiva.com) WA 96260 06961



## MODERN & CONTEMPORARY DANCE CLASSES FOR CHILDREN AGES 8-12

EVERY WEDNESDAY, NEW CREATION

### For children ages 8–12

Join our ongoing Modern & Contemporary Dance group, led by two teachers. We are looking for committed and enthusiastic new students who are excited to explore the world of dance together!

 **Every Wednesday**

 **4:00–5:30 PM**

 **New Creation**

Classes include:

- Warm-up games
- Creative movement improvisation
- Strong group-building activities
- Dance technique
- Plenty of opportunities for self-choreography and creative expression

### Interested?

We'd love to hear from you!

For more information, contact us on WhatsApp:

+49157 53563369

Malia & Leela



## ASHTANGA YOGA WITH MONICA

FROM MONDAY 13<sup>TH</sup> JULY, 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](mailto:marinonimonica@gmail.com) – QR code



More information:

[www.monicamarinoniashtangayoga.com](http://www.monicamarinoniashtangayoga.com)  
or WhatsApp +39 3917254083



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

Contact details for registration and sign in on the flyer



## AVAILABLE

### GARDENER AVAILABLE – HALF TIME POSITION

We would highly recommend our gardener or farm worker, **Hom Prasad**, who is currently looking for a half-time position following the departure of some of his previous employers.

Hom Prasad is a hardworking and thoroughly reliable individual with good gardening experience, and we have been very happy with his work. If you are looking for dependable gardening help, please do get in touch and we would be happy to provide further details.

Contact details: +91 94984 59594



## AURELEC SPACES AVAILABLE

35.12 sqm. and 18 sqm. closed spaces available inside Aurelec Premises. Both the spaces are ideal for workshop or office or storage with generator back-up, 24 hours security, parking, provision to put air-conditioners, high speed fibre internet access (BSNL), canteen and sports facilities.



## AND

A well protected 47 sqm building, opposite Aurelec, northern side, is available. This space is ideal for office or show room, with generator back-up, 24 hours security, parking, provision for air-conditioners, high speed fibre internet access (BSNL), canteen and sports facilities.

Interested people may contact Mr. Siva at Aurelec in person, or by phone to 2622293 / 2622294 or e-mail [adps@auroville.org.in](mailto:adps@auroville.org.in)

## LOOKING FOR

## INVITATION - TO JOIN THE THEATER STORY PROJECT



Looking for actors, dancers and those with an open and challenging mind. Contact Eli - 9952 74921, leave a message and number for the media from Orville and the surrounding area.

## SECONDHAND LADIES BICYCLE

I am looking for a **secondhand lady bicycle in good condition.**

Please whatsapp me at 96260 06961.

Thank you,  
*Sigrid*



## CULTURAL ANNOUNCEMENTS

### PHOTO CIRCLE MEETS AGAIN

FRIDAY 7<sup>TH</sup> AUGUST, CENTRE D'ART MULTIMEDIA ROOM

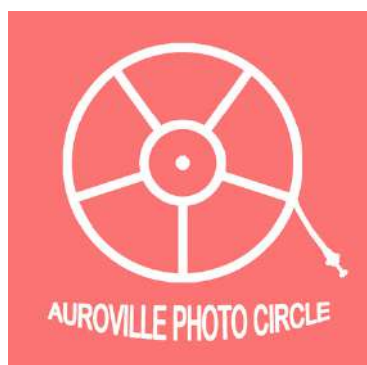


Photo Circle meets again on **FRIDAY 7 AUGUST at 5pm** in the Centre d'Art multimedia room, at Citadines.

The Photocircle brings together Auroville's photographers and amateurs.

We share our own work, show the work of global photographers we admire, discuss the history of

photography, and share techniques.

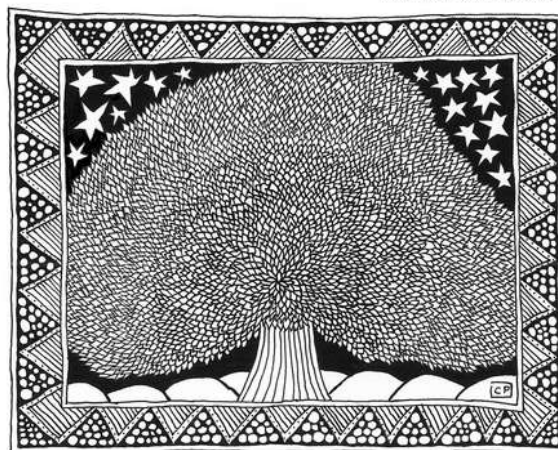
Anybody can bring and screen a small selection of images.

Everybody's welcome

## "[PASTE TITLE HERE]" EXHIBITION BY CHRISTOPH POHL (CURATED BY DOMINIQUE JACQUES)

31<sup>ST</sup> JULY - 29<sup>TH</sup> AUGUST, PITANGA

[PASTE TITLE HERE]  
EXHIBITION  
THIRTY BLACK & WHITE DRAWINGS BY CHRISTOPH POHL  
CURATED BY DOMINIQUE JACQUES



OPENING  
FRIDAY  
JULY 31  
4-5:30pm  
JULY 31  
AUGUST 29  
@PITANGA

Gallery timings: Daily, except Sundays & holidays  
Pitanga Cultural Centre, Samast, Auroville 605 101 | info@pitanga.in | 0413-2622403, 9443902403  
A service unit of the Auroville Foundation, Health and Healing Trust branch | GSTIN: 33AAAT60037BY3N

After an initial series of tree drawings, Christoph's work began to transform and diversify. He draws pixels, geometric patterns that sometimes resemble microscopic structures and abstract landscapes that evoke the physics and geometry of space. He creates optical illusions and intricate interwoven letters that resemble encrypted messages, inviting viewers to actively engage in deciphering them. Each of these small compositions possesses a formal and poetic beauty that makes it unique. His journey is presented in an exhibition titled [Paste Title Here], a playful nod to the artist's digital background, contrasted with the deliberately self-imposed discipline of working entirely by hand.

[Excerpt from the curator's  
text by Dominique Jacques]



## UNSENT LETTERS - A LIVE PERFORMANCE

SATURDAY 8<sup>TH</sup> AUGUST, CENTRE D'ART



Saturday 8 August 2026 at 5 pm

Centre d'Art, Auroville

You are invited to a presentation of a collection of human stories.

Unsent Letters began with the writers, who composed letters expressing things they had not yet communicated to those important to them.

These letters reflect a wide range of emotions.

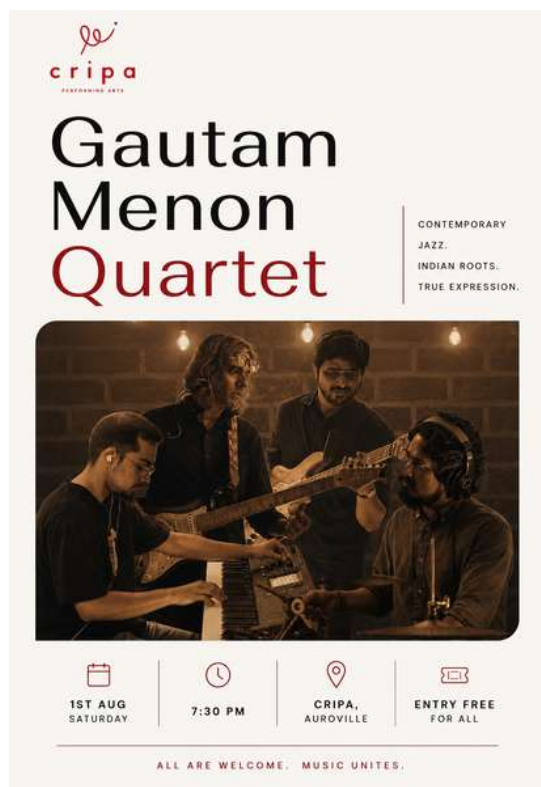
During the show, performers will present selected letters.

An experimental art initiative by Rupali S

### AT CRIPA

#### PRESENTING: GAUTAM MENON QUARTET

SATURDAY 1<sup>ST</sup> AUGUST



An evening where Carnatic tradition meets the spirit of modern jazz.

Featuring Gautam Menon (drums), Akhilesh Subramaniam (bass), Divyam Mehrotra (keyboards), and Vivek Ayer (guitar), this quartet creates genre-blending ethno-jazz that weaves together the melodic richness of Carnatic music with the improvisational freedom of jazz.

Expect raga-inspired melodies, intricate rhythmic cycles, spontaneous interplay, and immersive grooves that are expressive, cinematic, and alive in the moment.

This isn't simply fusion. It's a meeting of two improvisational worlds, brought together with soul, precision, and a deep love of musical storytelling.

Join us for an unforgettable evening of musical discovery.

 : Saturday 1<sup>st</sup> August  
 : 7:30pm (food served from 6:30pm)  
 : Cripa, Auroville

Open to all, entry free, contributions welcome

### AUROVILLE RADIO



Dear Aurovilians,

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

#### Last Published Podcasts

- [Marlenka's weekly Offering – Ep.174 \(Literature\)](#)
- [Durga and Milo are interviewing their classmates who are engaged in community service. \(Education\)](#)
- [Jumpa's Joyous Journey with Fif - Ep.16 "The Village That Forgot to Listen" \(Stories\)](#)
- [Sri Aurobindo's "The Life Divine" read by Deepti Tewari - B 2, P 1, C 2 : "Brahman, Purusha, Ishwara - Maya, Prakriti, Shakti" \(Sri Aurobindo\)](#)
- [Une série hebdomadaire de lectures par Gangalakshmi – Ep.542 \(Integral Yoga\)](#)
- ["Mother's Chronicles : Mirra" by Sujata Nahar, Read by Fif - B 1 C 12 - "Mira and Mirra" \(The Mother\)](#)

....and more! on [www.aurovillerradiotv.org](http://www.aurovillerradiotv.org).

For more information write to [radio@auroville.org.in](mailto:radio@auroville.org.in)

Peace and love

Regards,

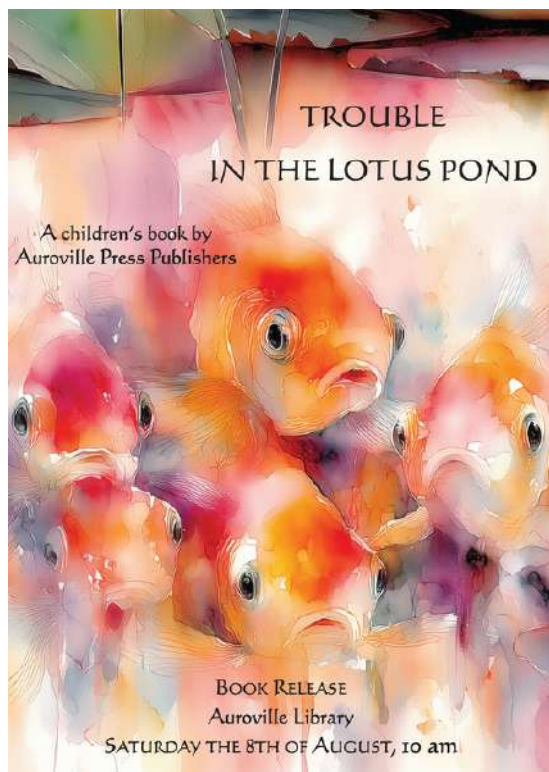
Sai Priya for Auroville RadioTV



## FOR THE BOOKWORMS

### NEW RELEASE - A CHILDREN'S BOOK : TROUBLE IN THE LOTUS POND

SATURDAY 8<sup>TH</sup> AUGUST, AUROVILLE LIBRARY



You are all invited for the release of a children's book published by  
Auroville Press Publishers,

#### **TROUBLE IN THE LOTUS POND**

At the Auroville Library, on **Saturday 8<sup>th</sup> of August, at 10 am.**

The same story book in French will be released at the same time.

Young and old, all are warmly welcome.



## POETRY

*"Sorry to keep you waiting."*

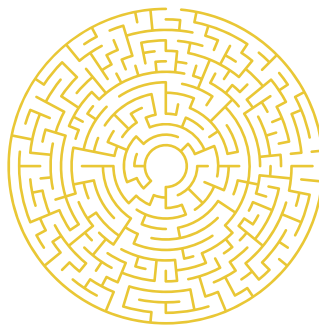
*"Why sorry?  
I'm not waiting for you.  
I'm growing into my Self."*

**Anandi Z**

Loading...



## A Being Lost



Unconscious was I born,  
Unconscious am I still,  
A body weak and worn  
A mind that cannot still  
The flow of thoughts that come,  
Unbidden they persist  
And on the nerves, they drum,  
Unable to resist,  
A being lost and torn.

**Narad**

## What Light is it to be



What Light is it to be  
That would reveal to me  
The contours of Nothingness  
The whispers of Being  
The convulsions of fear  
The aches of longing?

What prison gate awaits to be opened  
What promises lie shattered and broken  
What hearts are forever crying to be healed  
What stories need to be told again  
And yet again?

In what stream should I float my paper boat  
Of my frailties and of my hopes?  
What butterflies must guide my way  
In the arid wilderness of despair and  
In the dense forests of distraught?

What veil must I lift  
To see the face of the Bride?  
What silence must I invoke  
To hear the hum of the bees?  
What steps must I take  
To see all that is right under my feet?

What eye must I open  
To see the glow worms  
that are forever hovering  
Over the black holes  
in the smithy of my soul?

What Light must it be  
That would engulf biting pettiness  
And melt away seething icy silences  
And embrace all hopes.

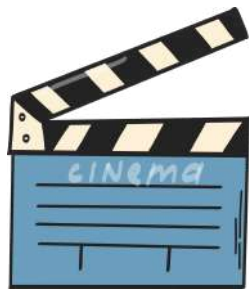
What wings do I adorn  
To fly to the Sun?  
What Centre do I seek  
That is at the heart of it all?  
What Light is it that sees itself  
And lights all?

**Sehdev Kumar**

# Cinema Paradiso

@ Multimedia Center (MMC) Auditorium

Film program: 3<sup>rd</sup> - 9<sup>th</sup> August 2026



*Cinema Paradiso programs at the MMC warmly welcome the community. Doors open 15 minutes before showtime and close once the film begins, so please arrive on time.*

*For everyone's enjoyment, kindly avoid crossing in front of the screen or using mobile phones when lights are off. Food and beverages are not permitted inside the hall.*

## INDIAN - MONDAY 3 AUGUST, 8:00 PM:

### • KI & KA

India, 2016, Dir. R. Balki, w/ Arjun Kapoor, Kareena Kapoor, Amitabh Bachchan and others, Drama-Comedy, 126mins, Hindi w/ English subtitles, rated: PG.

Kia is a motivated, driven woman who aims to become successful in the business world and also wishes that more women aspire to prosper in their careers. Kabir is the laidback son of a successful building constructor, who does not wish to take over his father's company or inherit his wealth.

## POTPOURRI - TUESDAY 4 AUGUST, 8:00 PM:

### • UN COEUR A LOUER (LEASE ON LOVE)

France, 2022, Dir. Michael Kennedy w/ Rebecca Liddiard, Dan Jeannotte, and others, Comedy-Romance, 86mins, French w/ English subtitles, rated: PG

Poppy is a marketing specialist whose life is turned up-side down when she fakes an engagement with her boss's handsome new client Milo, to win over her strict building manager and get Milo the penthouse suite.

## SELECTION - WEDNESDAY 5 AUGUST, 8:00 PM:

### • SWEET BEAN

Japan, 2015, Dir. Naomi Kawase, w/ Kirin Kiki, Masatoshi Nagase and others, Drama, 113mins, Japanese w/ English subtitles, rated: PG

The manager of a pancake stall finds himself confronted with an odd but sympathetic elderly woman looking for work. A taste of her homemade red bean paste convinces him to hire her, which starts a relationship that is about much more than just street food.

## INTERESTING - THURSDAY 6 AUGUST, 8:00 PM:

### • AURORA BOREALIS

USA, 2024, Dir. Rohan Fernando w/ Yuichi Takasaka, and others, Documentary, 51mins, English w/ English Subtitles, rated: PG

Astrophotographer Yuichi Takasaka pursues his childhood dream of witnessing aurora borealis over the Arctic Ocean. Journeying from Vancouver through the Yukon's wintry landscape to Tuktoyaktuk, he captures breathtaking northern lights as they dance over the ocean, showcasing celestial beauty in images.

## INTERNATIONAL FILM - SATURDAY 8 AUGUST, 8:00 PM:

### • INTERSTELLAR

UK-USA, 2014, Dir. Christopher Nolan w/ Matthew McConaughey, Anne Hathaway, and others, Sci-Fi Epic, 169mins, English w/ English subtitles, rated: PG-13

In Earth's future, a global crop blight and second Dust Bowl are slowly rendering the planet uninhabitable. Professor Brand, a brilliant NASA physicist, is working on plans to save mankind by transporting Earth's population to a new home via a wormhole. But first, Brand must send former NASA pilot Cooper and a team of researchers through the wormhole and across the galaxy to find out which of three planets could be mankind's new home.

## CHILDREN'S MATINEE - SUNDAY 9 AUGUST, 4:00 PM:

### • OPEN SEASON

USA, 2006, Dir. Roger Allers, w/ Ashton Kutcher, Martin Lawrence and others, Animation-Animal Adventure, 86mins, English w/ English subtitles, rated: PG

A happily domesticated grizzly bear named Boog, has his perfect world turned upside down after he meets Elliot, a scrawny, fast-talking one-horned wild mule deer. They both end up stranded together in the woods during hunting season and it's up to the duo to rally all of the other forest animals and turn the tables on the hunters.

## CINÉ-CLUB - SUNDAY 9 AUGUST, 8:00 PM:

### • IL POSTINO (THE POSTMAN)

Italy, 1994, Dir. Michael Radford, w/ Massimo Troisi, Philippe Noiret, Maria Grazia Cucinotta and others, Biography-Drama-Comedy, 108mins, Italian w/ English subtitles, rated: PG

The life of the fisherman Mario changes dramatically when the famous Chilean Poet Pablo Neruda settles on his little Italian island. Neruda needs a postman to deliver the huge quantities of mail sent to him by his admirers and Mario takes the job since he hates fishing anyway. The two become friends and Neruda helps the shy and clumsy Mario to win the heart of Beatrice, the beautiful waitress at the village's inn, by showing him the beauty and power of poetry.

**Rating codes** we often use are from Motion Picture Association of America (MPAA):

- G = General Audiences,
- PG = Parental guidance suggested,
- PG-13 = Parents strongly cautioned,
- R = Restricted (equivalent to Indian rating: A i.e., for Adults),
- NR = Film Not Rated, Rating awaited.

*To organize a seminar/program at MMC Auditorium, kindly email us at [mmcauditorium@aurville.org.in](mailto:mmcauditorium@aurville.org.in).*



*To give real service you must add something which cannot be bought or measured with money, and that is sincerity and integrity.*

Douglas Adams

## 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

##### Timings:

##### Mornings:

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

##### Afternoons:

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

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

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

- **Phone :** 0413 2622 894
- **Email:** [avlib@auroville.org.in](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

*Santé*

##### For emergencies, contact:

Auroville Ambulance (24/7) - Phone: **+91 94422 24680**  
Government Ambulance (24/7) - Phone: **108**

##### Appointment

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

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

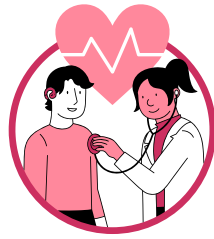
Contact: 0413 291 0005

### 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

Join our WhatsApp

group to get

regular updates:

## 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

## EMERGENCY SERVICES

### Ambulance (24/7):

|                          |                      |
|--------------------------|----------------------|
| Auroville<br>94422 24680 | PIMS<br>0413 2656271 |
|--------------------------|----------------------|

### Security (24/7):

|                                                               |                                          |
|---------------------------------------------------------------|------------------------------------------|
| Auroville Security & Emergency Services (ASES)<br>94430 90107 | 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 99996 66555

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