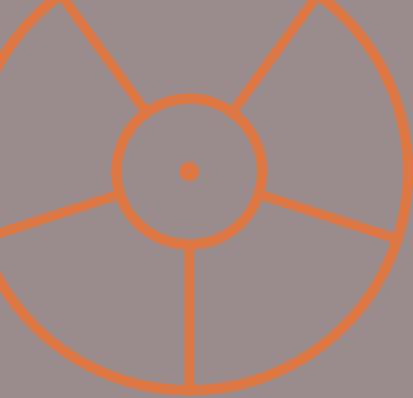




Auroville NEWS & NOTES

No 1137 - A weekly bulletin for residents of Auroville

6 August 2026

RA EDITION



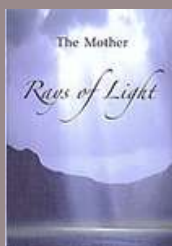
PONDERING

The integral Yoga of knowledge has to recognise the double nature of this manifestation,—for there is the higher nature of Sachchidananda in which He is found and the lower nature of mind, life and body in which He is veiled,—and to reconcile and unite the two in the oneness of the illumined realisation. We have not to leave them separate so that we live a sort of double life, spiritual within or above, mental and material in our active and earthly living; we have to re-view and remould the lower living in the light, force and joy of the higher reality.

Sri Aurobindo, Oneness, The Synthesis of Yoga



RAYS OF LIGHT



First Edition 1997, Fifth Impression 2011

© Sri Aurobindo Ashram Trust, 1997

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

Printed at Sri Aurobindo Ashram Press, Pondicherry

CIRCUMSTANCES, DIFFICULTIES, MISTAKES

CIRCUMSTANCES ARE RESULTS, NOT CAUSES

page 86

It is an error or superstition to believe that an external thing or circumstance can be the cause of anything. All things and circumstances are the accompanying results of a Force that acts from behind the veil.

The Force acts and each thing reacts according to its own nature.

*

(Someone asked for sympathy regarding his circumstances at the time.)

I am full of sympathy but unshakably convinced that each one meets in this life the circumstances which he has, inwardly and outwardly, built for himself.

11 July 1939

*

Each one is the artisan of his own miseries.

4 December 1939

page 87

It is always a mistake to complain about the circumstances of our life, for they are the outward expression of what we are ourselves.

28 July 1954

*

What each one meets in life is always exactly in accordance with what he is. Not in the way ignorant human justice understands it, but according to a law that is much more subtle, more deep, more true. Let us never forget that the supreme Lord is behind everything and that it is He who is the master of our destinies.

CIRCUMSTANCES AND ONE'S INNER CONDITION

Satisfaction does not depend on outer circumstances but on an inner condition.

26 July 1954

★

When one is in need of outward changes, it means that he is not progressing within; for he who progresses within can live always under the same outward conditions: they constantly reveal to him new truths.

All outward change should be the spontaneous and inevitable expression of an inner transformation. Normally,

page 88

all improvement of the conditions of physical life should be the blossoming to the surface of a progress realised within.

29 March 1958

★

Exterior things must be of little importance when one does "sadhana". The needed inner peace can be established in any surroundings.

19 August 1966

Result of harmonious Organisation

More effective than showy. An effective simplicity. - The Mother

Pseuderanthemum Radlk. sp.,
Acanthaceae



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 🌸

CONTENTS



Rays of Light

Guidelines / Quick Guide / Acronyms

Note from the Editors / Table of Contents

WORKING GROUPS NEWS

From the Auroville Council

GB/FO GROUPS NEWS

COMMUNITY NEWS

Community Sharing

Residents Speak

Auroville Conversations

Food for Thought

Inner Journey

ANNOUNCEMENTS

Available

Looking For

CULTURAL ANNOUNCEMENTS

Auroville Radio

For The Bookworms

Poetry

Cinema

Cinema Paradiso

COMMUNITY SERVICES

Essential Services

Health

Matrimandir Access Information

AV Public Bus / Emergency Numbers

WORKING GROUPS NEWS

FROM THE AUROVILLE COUNCIL

CONFLICT, POWER, AND OPPRESSION: AVC REQUEST TO AVFO AND FO-WGS

Conflict does not inevitably produce oppression. Yet conflict specialists recognise that when power becomes heavily imbalanced and remains unchecked, oppression can emerge as one of its consequences.

Oppression occurs when people are no longer able to participate as equals, express disagreement without fear, or exercise their rights without facing coercion or retaliation. It is experienced not only through visible acts, but also through the persistent use of power to silence, intimidate, exclude, or compel compliance.

Many residents believe this has become part of Auroville's reality since December 2021. Beyond disagreements over governance, planning, or development, many have experienced threats to their work, housing, visas, livelihoods, or place within the community. Others have faced disciplinary measures, exclusion from decision-making, legal proceedings, public discrediting, or sustained pressure after expressing dissent. For those affected, the conflict is no longer simply about opposing viewpoints. It has become an unequal relationship in which one side possesses the power to impose consequences on the other.

Such dynamics do not resolve conflict. They deepen it. Fear replaces trust. Compliance replaces participation. Silence replaces dialogue. The visible disputes continue, while the underlying wounds become ever more difficult to heal.

Auroville was founded as an experiment in human unity, not in domination. The path forward begins with one essential step: **stop the oppression. Stop causing harm. Let dialogue replace fear, and trust begin to grow again.**

SHOW CAUSE NOTICES AND DUE PROCESS: AVC REQUEST TO AVFO AND FO-WGS

Over the past months, more than ten Auroville residents have received Show Cause Notices questioning their continued status as residents. For those concerned, these notices have caused profound distress. Many perceive them not as an invitation to fair dialogue, but as instruments of intimidation, creating fear and uncertainty about their future, homes, and place within the community.

Many recipients also contend that the notices contain factual inaccuracies or incomplete representations of events, making it difficult to respond meaningfully while further undermining confidence in the process.

The notices were sent by the Admissions and Terminations Scrutinizing Committee (ATSC) and/or the Admissions and Terminations Registry (ATR). However, many residents have questioned the legitimacy of these bodies during the Residents' Assembly Decision (RAD) dated 01/07/2025. Under Section 19 of the Auroville Foundation Act, the Residents' Assembly holds the exclusive responsibility for admitting residents and causing the termination of residency. These newer bodies were created without consultation with, or approval by, the Residents' Assembly, and do not derive their authority from it.

Procedural fairness is not a technical detail. It is the foundation of justice. When decisions affecting a person’s right to belong are perceived as lacking legitimacy, transparency, or due process, trust is further eroded.

We request that these notices are withdrawn and due process is restored. Let justice be seen as well as done.

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 1142

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

COMMUNITY NEWS

COMMUNITY SHARING

STATEMENT FROM FARM GROUP REGARDING FOODLINK

AUROVILLE FOOD

Although set up as a hub for Auroville organic food,
Auroville farms can no longer take responsibility for the source and quality of food at Foodlink.

They are also currently selling produce sourced from outside of Auroville,
much of it not even organic.

Please be aware.

*– Anshul, Charlie, Sathyavanan, Tomas, Velmurugan
The Core Group of the Auroville Farm Group*

*For more information, please contact:
aurovillefarmgroup@gmail.com, or the farms directly.*

Dear Community,

We would like to inform you that **Auroville farms can no longer take responsibility for the source of food available at Foodlink, nor take any responsibility for their actions or decisions.**

Since a few weeks, farms have reduced or stopped deliveries to Foodlink due to their insistence on:

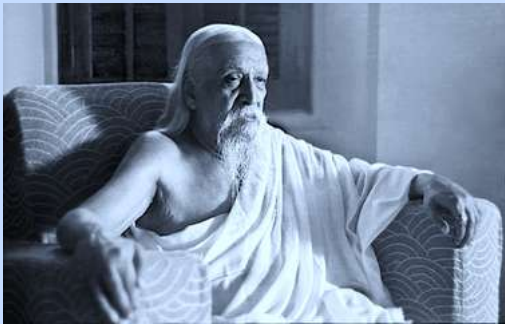
- setting prices unilaterally, sometimes below the minimum agreed price
- distributing solely through them despite untimely service and irregular payments
- unwillingness to allow farms to be equal partners in decisions related to their own operations.

Despite multiple attempts over the last 3 years, we are unable to find a way to work with FoodLink given their top-down approach. If you are purchasing produce from FoodLink, please be sure to check if it is indeed organic.

- *Anshul, Charlie, Sathyavanan, Tomas, Velmurugan*

The Core Group of the Auroville Farm Group

SRI AUROBINDO'S ROOM DARSHAN SATURDAY 15TH 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 6th August & Friday 7th 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*.

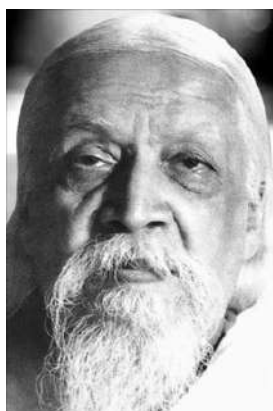
PONDY TRIPS ON DARSHAN DAY: SATURDAY 15TH AUGUST 2026

August 15 is Sri Aurobindo's birthday,
and also India's Independence Day.

The SAIER bus will leave at 3 pm via
the ordinary route and will return from
Pondy at 6 pm, to allow those willing
to use Auroville's collective transport
the visit of Sri Aurobindo's room.

Tokens are required.

This is not a commercial bus and the
offer is only for Aurovilians and newcomers having darshan.



Paulette



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



Friends of Tlaloc



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

Ivy
for the YouthLink Team



RESIDENTS SPEAK

: GEOMETRY OF THE UNSEEN :

THE METAPHYSICS, DISTORTIONS, AND ENVIRONMENTAL PERILS OF MANIFESTING THE YANTRA AT URBAN SCALE



: GEOMETRY OF THE UNSEEN :

The Metaphysics, Distortions, and Environmental Perils
of Manifesting the Yantra at Urban Scale

ॐ सह नावतु। सह नौ भुनक्तु। सह वीर्यं करवावहै।
तेजस्विनावधीतमस्तु मा विद्विषावहै॥
ॐ शान्तिः शान्तिः शान्तिः ॥

"May we be protected together. May we be nourished together. May we work together with great energy. May our study be vigorous and effective. May we never foster animosity among ourselves. Om Peace, Peace, Peace." — Taittiriya Upanishad

EXCERPT

1. The Metaphysical Architecture of the Yantra in Indian Traditions

In the sacred traditions of the Indian subcontinent, a *yantra* is far more than an ornate geometric motif or a decorative talisman. Derived from the Sanskrit roots *yant* (to restrain, channel, or govern) and *tra* (an instrument or tool), a yantra is a dynamic engine of spiritual energy. It is a visual mantra, a structural blueprint of cosmic forces designed to draw the unmanifest Divine into a tangible, concentrated focal point.

Unlike a *murti* (iconic representation), which engages human emotion through form and persona, a yantra engages the subtle body through spatial resonance, mathematical symmetry, and elemental geometry. At its core lies the *Bindu*—the dimensionless point of potentiality from which all creation unfolds and into which all existence recedes. Surrounding the Bindu are interlocking triangles (*Trikona*): upward-pointing triangles representing *Purusha* (ascending spiritual consciousness) and downward-pointing triangles representing *Prakriti* (descending material force and nature). These are bounded by concentric circles (*Chakra*) signifying cyclical time, and enclosed within a square perimeter (*Bhupura*) with four cardinal portals that earth and seal the sacred field.

In Agamic and Tantric traditions, the human body itself is viewed as the primary yantra. As Sri Aurobindo observed regarding the soul's role as an instrument of divine action:

"The object of our Yoga is to make ourselves a medium and a Yantra."

When this internal geometry is projected outward into physical space, architecture becomes an act of cosmic alignment, turning mere stone and soil into a living vessel for high spiritual forces.

2. Sacred Geography: Cities Designed as Yantras in Ancient India

The transition from the individual yantra to urban scale is one of ancient India's greatest architectural achievements. Ancient master builders (*Sthapatis*) understood that a city was an organic extension of the cosmos and the human collective. By configuring settlements according to sacred mandalas, they sought to harmonise human civilisation with planetary, environmental, and subtle forces.

The Grids of Power: Jaipur, Madurai, and Srirangam

- **Jaipur:** Laid out in 1727 by Maharaja Sawai Jai Singh II and scholar-architects, Jaipur was planned around the *Prithvi/Navagraha Mandala*. The grid of nine squares represented the nine celestial bodies (*Navagrahas*). Due to physical terrain constraints, one square was shifted to the southeast, yet the underlying yantric integrity was preserved to anchor cosmic stability, governance, and prosperity.
- **Madurai:** Traditional South Indian urbanism reaches a zenith in Madurai, structured around the Meenakshi Sundareswarar Temple as a *Padma Mandala* (Lotus Yantra). The city unfolds in concentric rectangular street circuits (*Adiveedhi*, *Chitrai*, *Avani Moola*, and *Masi* streets), mirroring the unfolding petals of a cosmic lotus centered on the divine union of Shiva and Shakti.
- **Srirangam:** Formed by seven concentric square enclosures (*Sapta Prakara*), Srirangam embodies the seven chakras or layers of the subtle body, with the central sanctum (*Garbhagriha*) of Lord Ranganatha acting as the motionless *Bindu*.

Traditional Lore from the South: Adapting Geometry for Nature and People

South Indian heritage preserves rich narratives demonstrating that these urban yantras were flexible, living organisms designed to respect ecology and elevate human soul-life, rather than rigid blueprints imposed by decree:

- **The Founding of Madurai and the Sacred Boundary:** Legend holds that when King Kulasekara Pandya cleared the forest to establish Madurai, Lord Shiva appeared and showered sweet nectar (*madhu*) over the land. The layout of the street circuits was guided by the serpent King Vasuki, who encircled the shrine to mark the boundaries. Crucially, the plan was adapted to honour existing sacred groves and natural water conduits, teaching that a yantra must bend to accommodate the natural living pulse of the earth.
- **The Cautionary Tale of Srirangam:** Historical chronicles recall a Chola monarch who sought to demolish one of the outer *prakara* (enclosure) walls of Srirangam to expand his military fortifications. The breach of the sacred enclosure immediately unleashed divine imbalance and severe social discord across the realm. The king realised that a city-yantra is an integrated spiritual organism; breaking its organic proportions to serve rigid administrative control invites catastrophic decay.

3. Auroville and the Galaxy Plan: A Modernist Yantra

In 1968, the international township of Auroville was founded near Puducherry, inspired by the evolutionary philosophy of Sri Aurobindo and guided by his spiritual collaborator, Mirra Alfassa (known as The Mother). Conceived through the vision of its chief European modernist designer, Auroville’s master layout—famously known as the **Galaxy Plan**— resembles a cosmic yantra at an unprecedented scale.

At the exact heart of this macro-diagram lies the **Matrimandir**, a colossal golden sphere surrounded by the Peace Area, serving as the central *Bindu* or spiritual heart of the township. As The Mother declared:

"The Matrimandir will be the soul of Auroville."

"It is like the Force, the central Force of Auroville, the cohesive Force of Auroville."

[Read the full document here](#)

by DHARMESH VIKRAMSINH JADEJA

AUROVILLE INDUSTRIAL CORPORATION (MOTHER ON INDUSTRIES - PART TWO)



How the Galaxy evolved up to the United Nations, on behalf of the Government of India requesting in 1971 the California’s Planning Research Corporation a plan to build it via systems engineering, was in the folder Suresh Hindocha confided me in 1987. Hosted at the Town Hall by L’Avenir, in “*Planning of Auroville using Systems Engineering*”, broadcast by Auroville Radio and recorded on CD, at the presence of Kailash Javeri (Mother’s secretary to UNESCO and

the United Nations), Suresh unveiled publicly the magnitude of Mother's vision on 24 February 2009.

"Planning Research Corporation: Promoting Urban Planning using the Latest Systems Engineering Techniques" was discussed in Paris, 18-25 November 1968, with Mother's blessings; her son Andre' and the Hindocha brothers attended. After examining the research by Roger Anger and his team, Sidney Firstman (Planning Research Corporation) replied that the construction phase could be completed within five years. Suresh explained:

"To finance the project, he proposed setting up Auroville Industrial Corporation, an international entity, perhaps with headquarters at Paris. This corporation would sell bonds, which could be bought by financial institutions or governments. The funds generated by these bonds were to be used to promote profitable high-tech industries and to buy land. The profits generated by these industries would initially be used to promote more industries and to buy more land.

There was already a plan, by Auroville planners, for two industrial zones. One would be an external zone for polluting industries and those industries which would donate only a minor part of their profits to Auroville. The internal industrial zone would be for non-polluting industries, which would donate 100% profits to Auroville. The external zone was to be built on land already owned by Auroville on the road towards Vanur/Mailam. An example of such an industry was Aurofood near that zone. ...

Once surplus funds were generated, the corporation would redeem or buy back the bonds in stages. Once all the bonds were bought back, the corporation would be dissolved. Then Mother's vision of moneyless Auroville could be eventually achieved. It was meant to be a temporary tool to get Auroville going.

In fact, Dr. Firstman managed to talk to a financial institution in Paris. They became interested enough and were quite willing to underwrite these bonds. The underwriting was on condition that systems engineering techniques were to be used for planning at Auroville. The bonus for them, I suppose, was the prestige that would be generated by being involved in such a unique international project."

After going through the 22 pages report and adding remarks, Mother agreed. Replying to Roger, 22nd January 1969:

"ROGER: Establishment of a corporation to raise finance for Auroville's industrial development only by issue of irredeemable preference shares without voting power, control or interference in Auroville.

MOTHER: Yes. Such a corporation can be formed initially to get Auroville going and later on all preference shares should be liquidated, as we do not want to employ money to make money in Auroville."

On 13 March 1969 Mother forwarded a fifteen-pages letter (accompanied by a preliminary master plan, the UNESCO resolutions and other essential documents) to the Ford Foundation to fund a feasibility study to build a 50,000 inhabitants town via systems engineering.

[Submitted by *Paulette*]

Complete article in the Aurnet,
<https://auroville.org.in/blog/view/286836/1968-auroville-industrial-corporation-mother-on-industries-part-two>.



AUROVILLE CONVERSATIONS

AUROVILLE
CONVERSATIONS

CAPTAIN, THE SHIP
IS SINKING, MANY
HAVE ALREADY LEFT!

WHAT NONSENSE!
THE SHIP IS IN PERFECT
SHAPE. AND YOU'RE FIRED.

Submitted by an Aurovilian



FOOD FOR THOUGHT



It's not a game any more 🍷



INNER JOURNEY

INTRODUCTION TO THE INTEGRAL YOGA OF SRI AUROBINDO AND THE MOTHER

Tuesday 11th August, 9 am - 12 noon

Led by Ashesh Joshi

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

All are Welcome



SAVITRI READING IN MATRIMANDIR

1ST - 31ST AUGUST, GARDEN OF UNEXPECTED

Samsaktābhiḥ
Celebrating the 154th Birth Anniversary of Sri Aurobindo

Savitri
READING
AT
MATRIMANDIR

1ST TO 31ST AUGUST
MON TO SAT
6:30 AM

Entry - office gate
Guests, please bring your Aurocard.
Access is limited to Matrimandir Gardens.

Last exit - 7:45

From 1st August up to 31st August, Savitri Reading will happen in the morning in the **Garden of Unexpected - Youthfulness**, from **6:30am to 7:00am**, Monday to Saturday (except on August 15th).

Open for Aurovilians, Newcomers and Guests with Aurocard.

- Last entry at 6:15 am from Office Gate
- Guests, please bring your Aurocard, access is limited to the Garden of Unexpected
- Everyone, leave your phone at home.
- Last exit by 7:45 am

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



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

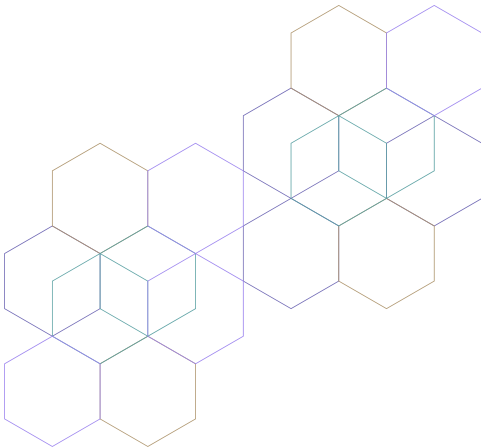
At Mirabelle Education Center, Auromodele,
Kuyilapalayam

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)



EXPLORING SRI AUROBINDO AND MOTHER IN LAST SCHOOL

Exploring Sri Aurobindo and Mother in Last School

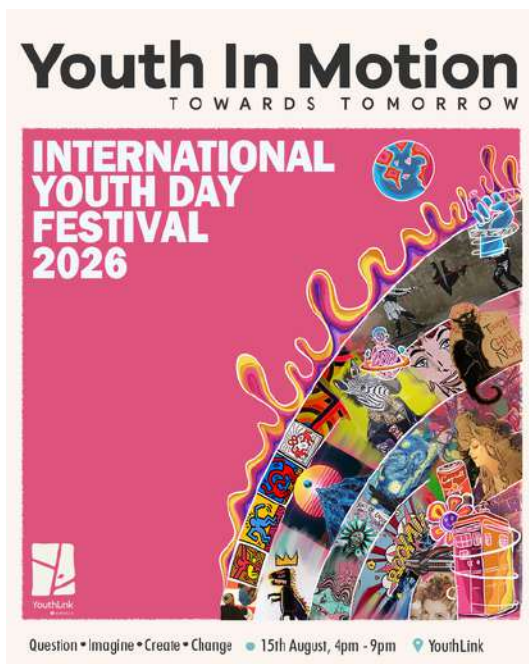
Last School is happy to open its
doors and welcome all those who
are interested in exploring Mother
and Sri Aurobindo's works.

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

YOUTH IN MOTION = TOWARDS TOMORROW
INTERNATIONAL YOUTH DAY FESTIVAL 2026
SATURDAY 15TH AUGUST, YOUTHLINK



Dear Community,

This **15th 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 SCHOOL OF THE INNER WAY PRESENTS
THE ART OF CHI STEVANOVITCH'S METHOD
TAI CHI CHUAN BEGINNERS' INTENSIVE
AUGUST 17TH - SEPTEMBER 5TH

THE SCHOOL OF THE INNER WAY

Presents

THE ART OF CHI - Stevanovitch's method



Monday to Saturday, 7:30 - 10:30 am

Beginners: Chi and Tai Chi basics

Three weeks, three steps through the discovery of the Chi work and the 24 posture form.

Led by Krishna, the work is essentially directed towards:

- Concentration techniques to stay focused;
- Mastery of the body through breathing and muscular relaxation;
- Improvement of movement through balance and coordination;
- Learning to mobilize Chi. First perceiving it, then guiding it in one's body with the use of three factors: will, imagination and muscular activity.

This is a recreational activity

For information and booking, contact Krishna at 0413 - 2623187
taichi@auroville.org.in or taichi.auroville@gmail.com
www.artduchi.in www.artduchi.com

PLEASE NOTE:

During this period (Aug 17 to Sept 5) there will be no regular daily classes.



ASHTANGA YOGA WITH MONICA FROM MONDAY 13TH 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 — QR code



More information:
www.monicamarinoniashtangayoga.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: 33AAATAG037BY3N

Contact details for registration and sign in on the flyer

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

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

Webinars

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

Join our WhatsApp group for all updates !

www.auroville-jiva.com

jiva.com WA 96260 06961

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



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

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 7TH 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.

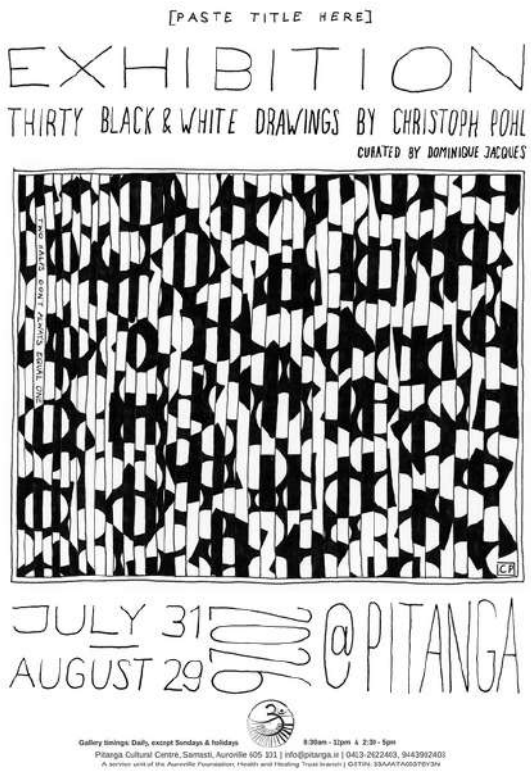
We share our own work, show the work of global photographers we admire, discuss the history of

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)
31ST JULY - 29TH AUGUST, PITANGA



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 8TH AUGUST, CENTRE D'ART

UNSENT LETTERS

A showcase of human stories. The performers will present letters written by diverse authors during the project. This is an experimental art initiative.

8th August, 2026
Saturday 5pm to 7pm
Centre D'art, Citadines
Auroville

Presented by Rupali S
@rupalis

#Limited Seating
*Free Entry

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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

CENTRE D'ART 26-27 SEASON

STARTS ON FRIDAY 21ST AUGUST, CENTRE D'ART



Centre d'Art is thrilled to announce the program of the new season, which will start on Friday 21 August 2026 with the opening of Roy Chvat's exhibition, a tribute to our Roy, who recently passed away.

Throughout the year, we will have 13 exhibitions, and many other events like conferences, workshops, activities, movies about art and photography.

We will also host 2 artists in residence, a photographer from France and an illustrator from Iran.

Looking forward to seeing you at Centre d'Art.

All the best.

- 21 Aug - 5 Sep 2026
 - Aurovilian of the early days, **Roy Chvat** contributed throughout his life to the city of Dawn. “Living the Dream” is a collection of paintings, comics and sketches that share the artist's love, devotion and humor in the process to bring the dream into matter.
- 11 - 26 Sept 2026
 - **Bertrand Lisbonis** has a subtle world of light and matter. His delicate black-and-white photographs series of the Hangar Y is capturing this gem of industrial architecture.
 - **Krishna Sheth** has perfected the art of calligraphy transforming lettering into visual art. Her large-scale works will be showcasing the art of beautiful writing as conveying her way of thinking and paying attention.
- 2 - 10 Oct 2026
 - **Azarakhsh Farahani** will develop his project “The Cosmic Exiled Child” during his two months residency. Paintings and animations influenced by his experience in Auroville, interweaving visual elements from Iranian mythology with symbols rooted in Indian traditions will emerge from his own contemporary visual language.
- 16 Oct - 4 Nov 2026
 - **Subhashree Routray**’s art is a process of reconstruction—layered, textured, and deeply intuitive. Working with acrylics, found objects, and collage, she transforms discarded packaging materials. Her bold abstract compositions are balancing chaos and structure with poetic precision.

- 20 Nov - 5 Dec 2026
 - Art has always played a central role in **Marco Feira's** life and he contributed greatly to its promotion like in Auroville for nearly 30 years. This exhibition will pay tribute to the man and his works by displaying his vibrantly colored paintings that reflect his search to constantly break out of patterns and conditioning.
- 11 - 30 Dec 2026
 - Through his lens **Gianfrancesco Perrone** captures authentic moments of everyday life. These black and white photos will take viewers on a poetic journey through the streets and allow them to see the beauty of humanity.
 - **Abhiram B** uses oil on canvas to explore individuality, emotion and human expression. He often depicts calm figures amidst chaos highlighting the strength and tranquility of the human spirit, creating the ideal silence for emptying one's mind.
- 8 - 27 Jan 2027
 - **Sabrina Srinivas** seeks to reveal the inherent energy within matter, expressing its evolution from stillness to action. The ceramics sculptures and paintings made in her Auroville studio will flood the gallery in a game of colours and porcelain.
- 12 - 28 Feb 2027
 - "THANKS DOMINIQUE" is a double exhibition paying tribute to **Dominique Darr**, the founder of Centre d'Art. Celebrating photography, her passion and profession, the first gallery will display a collection of her black and white prints of a trip to Japan in 1964.
 - The second gallery will be turned into an old photographic studio by **Sasi Somu**. Surrounded by antique furniture and décor, guests will be invited to have their portrait taken. After they have been developed in the darkroom, the prints will be gradually displayed on the gallery walls, making up a large family album.
- 3 - 6 Mar 2027
 - During her two month residency, **Natalie Champagne** will lead an intimate investigation into the maternal and spiritual figure of Mirra Alfassa. "La part de l'inconnue" (The Unknown Part) will take the shape of an immersive installation combining photography, archives, textiles and sound design.
- 19 Mar - 3 Apr 2027
 - **Atanu Manna** comes from a village with a long tradition of hand painted posters and Jatra posters. He subverts its codes through his paintings and prints in order to document and mock the present days.



Dear Aurovilians,

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

Last Published Podcasts

- [Marlenka's weekly Offering – Ep.175](#) (Literature)
- [Nima and Liam Interviewing their Friends who are involved in Community Service](#) (Education)
- ["Mother's Chronicles: Mirra" by Sujata Nahar, Read by Fif - B 1 C 13 - "THE SLEEPWALKER"](#) (The Mother)
- [Nima in Conversation with Raaya](#) (Education)
- [Sri Aurobindo's "The Life Divine" read by Deepti Tewari - B 2, P 1, C 3 : "The Eternal and the Individual"](#) (Sri Aurobindo)
- [Une série hebdomadaire de lectures par Gangalakshmi – Ep.543](#) (Integral Yoga)

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

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

Peace and love

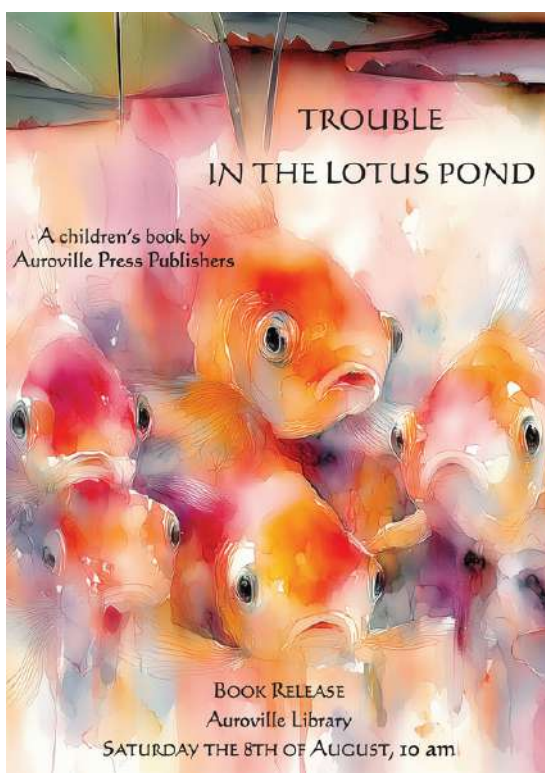
Regards,

Sai Priya for Auroville RadioTV

FOR THE BOOKWORMS

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

SATURDAY 8TH 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 8th 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.

AT THE AUROVILLE LIBRARY

AUROVILLE RELATED BOOK GIVEAWAY

14TH - 28TH AUGUST, AUROVILLE LIBRARY



From Friday 14th to Friday 28th August, we will be offering surplus **Mother, Sri Aurobindo, Disciples and Auroville related books for free.**

Pass by during our opening hours to see what's available!

The Auroville Library Team

THEME OF THE MONTH

Every month, we choose a topic and set up a display of books from our collection.

This month's theme is
**ANCIENT GREECE
& THE ODYSSEY**

Come by to check out our selection!



POETRY

True freedom
Never bound
Seldom found
Ever around

Anandi Z

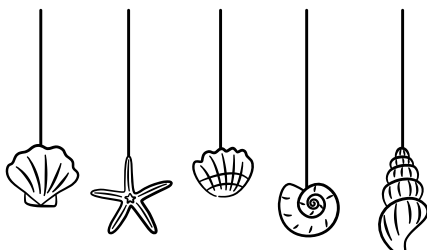


A Child's Song of Auroville

Come with me where we children play
At Auro-beach in the sun-strewn day,
Gathering shells to hear the roar
Of oceans that have gone before.

Now in the hour approaching night
The Banyan glows a green-gold sight
And "Peace" is filled with quiet breast
As the flowers follow the sun to rest.

Narad





What Mask is This?



Who hides behind the mask, Anna?
Is that you, or is it me?
You conceal, let that be your glory
And I shall fathom, that shall be mine.
We shall play hide and seek
To discover one mask of many
Worn by the Great Face behind.

You hide your secrets
Your butterflies
I shall hide mine.
Let us both look behind the veil
Behind the doors
Behind the mirror
And search together in the lights
That forever flicker on the screen.

Let us seek to know
What the real play is
What sings and dances
on the screen
In the light that comes
from behind the wall.

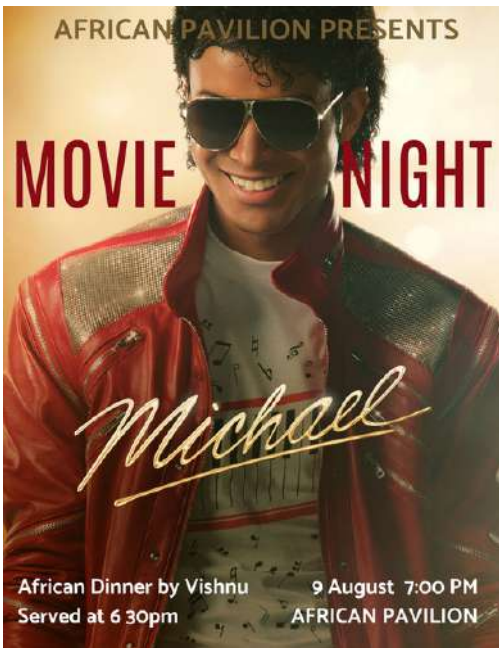
What walls are these
What shadows
What illusions
What truth hides
In what lies?

O Anna
All our life
How gloriously
we have been looking
at the sun with a flashlight
With eyes shut, hearts closed?

Let us play hide and seek yet again
And dare to open our eyes
To discover the light
That sees the light
And reveals a new face
Behind every mask.

CINEMA

AFRICAN PAVILION PRESENTS
AN OPEN-AIR MOVIE NIGHT - MICHAEL
SUNDAY 9TH AUGUST, AFRICAN PAVILION



African Pavilion presents an **OPEN-AIR MOVIE NIGHT** of the recent award-winning **Michael** based on the life of the legendary pop star.

The screening will be preceded by a brief prelude by Debashish who will share with us his ardent passion for the iconic songs and dance moves. He will also present his upcoming show.

Vishnu, hailing from South Africa, will be waiting for you with his delicious **African Stew** 6:30pm onwards.

Come and enjoy!

The Team at African Pavilion

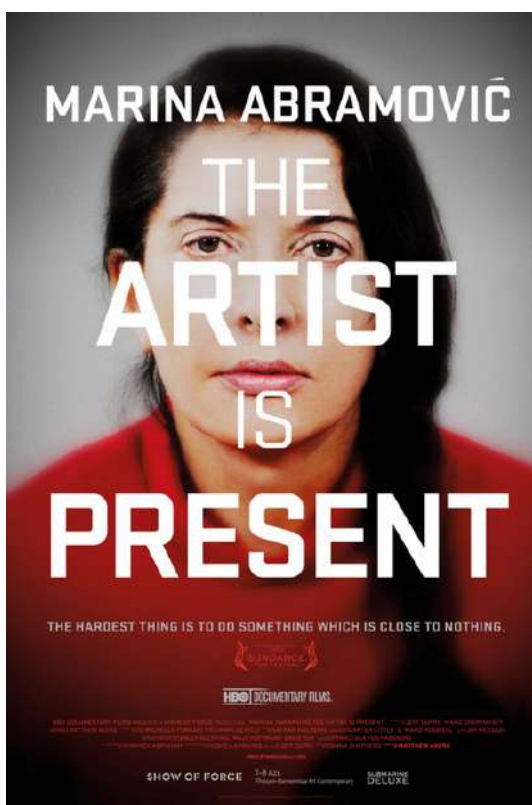




NEW MOON MOVIE - ART MOVIE SCREENING

THE ARTIST IS PRESENT

WED 12TH AUGUST, MULTIMEDIA ROOM, CENTRE D'ART



Every New Moon day, Art movie screening at Centre d'Art, Citadines.

This month it will happen on **Wednesday 12 August at 5 pm**, in the Multimedia room.

Everybody is welcome

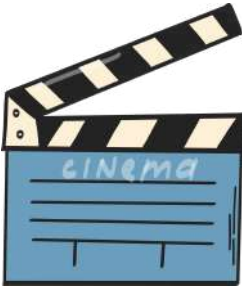
MARINA ABRAMOVIC - THE ARTIST IS PRESENT by Matthew Akers and Jeff Dupre - 2012, 106min, original version in English with English subtitles.

Seductive, fearless, and outrageous, Marina Abramovic has been redefining what art is for nearly forty years. Using her body as a vehicle, pushing herself beyond her physical and mental limits – and at times risking her life in the process – she creates performances that challenge, shock, and move. *The Artist is Present* follows Marina Abramovic as she prepares for what may be the most important moment of her life: a major new retrospective of her work, taking place at The Museum of Modern Art in New York.

Cinema Paradiso

Multimedia Center (MMC) Auditorium

Film program : 10th - 16th 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 10 AUGUST, 8:00 PM:

• MAKAL

India, 2022, Dir. Sathyam Anthyad, w/ Jayram, Meera Jasmine, Devika Sanjay and others, Drama-Comedy, 162mins, Malayalam w/ English subtitles, rated: PG.

A relatable story for many about the hurdles in connecting or reconnecting with a parent after the ties are severed for whatever reason.

POTPOURRI - TUESDAY 11 AUGUST, 8:00 PM:

• MY NAME IS ZUCCHINI

France, 2022, Dir. Luc Bernaud w/ Daniel Russo, Christine Citti, and others, Comedy-Drama, 90mins, French w/ English subtitles, rated: PG.

After losing his mother, a young boy sent to an orphanage with other orphans his age where he begins to learn the meaning of trust and true love.

SELECTION - WEDNESDAY 12 AUGUST, 8:00 PM:

• COULEUR LOCALE

France, 2014, Dir. Coline Serreau, w/ Isabelle Nanty, Valentin Bellegarde-Chappe and others, Drama, 86mins, French w/ English subtitles, rated: PG.

Marianne runs a business in the south of France. Widowed, racist and estranged from her daughter, she works all day and lives alone. One day, her daughter calls her to tell her she has a son on his way to see her. The kid is half-black.

INTERESTING - THURSDAY 13 AUGUST, 8:00 PM:

• A MYSTERIOUS AND IMPRESSIVE VIEW INTO SPACE

USA, 2023, Dir. Tom Schmidt w/ Gilbert King, and others, Documentary, 49mins, English w/ English subtitles, rated: PG.

There are forces in the universe that defy our imagination: Stars are born, stars die, galaxies merge, and new super galaxies are formed. Sub-atomic explosions occur whose forces expand the universe. With the help of the latest scientific findings and state-of-the-art real 3D computer techniques, we can understand its unimaginable forces and make them visually tangible.

INTERNATIONAL FILM – SATURDAY 15 AUGUST, 8:00 PM:

• DELICIOUS

France, 2021, Dir. Eric Besnard w/ Gregory Gadebois, Isabelle Carre and others, Drama-Comedy, 112mins, English w/ English subtitles, rated: PG-13.

France, 1789, just before the Revolution. With the help of a surprising talented young woman, a chef who has been sacked by his noble master finds the strength to free himself from his position as a servant and opens the first ever restaurant.

CHILDREN'S MATINEE – SUNDAY 16 AUGUST, 4:00 PM:

• ELIO

USA, 2025, Dir. Adrian Molina, w/ Yonas Kibreab, Zoe Saldana and others, Animation-Adventure, 98mins, English w/ English subtitles, rated: PG.

Elio, a space fanatic with an active imagination, finds himself on a cosmic misadventure where he must form new bonds with alien lifeforms, navigate a crisis of intergalactic proportions and somehow discover who he is truly meant to be.

CINÉ-CLUB – SUNDAY 16 AUGUST, 8:00 PM:

• LA FILLE DU PUISATIER (THE WELL-DIGGERS DAUGHTER)

France, 2011, Dir. Daniel Auteuil, w/ Astrid Berges-Frisbey, Nicolas Duvauchelle and others, Drama-Comedy, 108mins, French w/ English subtitles, rated: NR.

Director Daniel Auteuil has followed in the spirit of Marcel Pagnol by infusing this tale of love and class conflict with appreciative shots of the beauty of the natural world. The lensing by Jean-Francois Robin is masterful and beguiling as is the music by Alexandre Desplat.

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

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

To organize a seminar/program at MMC Auditorium, kindly email us at mmcauditorium@auroville.org.in.



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

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:

Mornings:

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

Afternoons:

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

Children's Storytime! All ages welcome!

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

- Phone** : 0413 2622 894

- Email**: avlib@auroville.org.in

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



HEALTH

SANTÉ SERVICES IN 2026

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

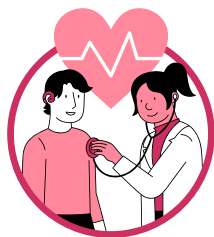
Contact: 0413 291 0005

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

**ACCESSIBLE AUROVILLE PUBLIC BUS**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 94422 24680	PIMS 0413 2656271
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Security (24/7):

Auroville Security & Emergency Services (ASES) 94430 90107	Auroville Police Station 0413 2677318
Kottakuppam Police Station 0413 2236148	Vanur Fire Station 0413 2677368

Health:

Health Center 0413 2910005	Santé 0413 2622803
Farewell 89038 36246	

Mental Health 24/7 Support:Vandrevala Foundation **99996 66555****India Emergency Response Service (24/7): 108**