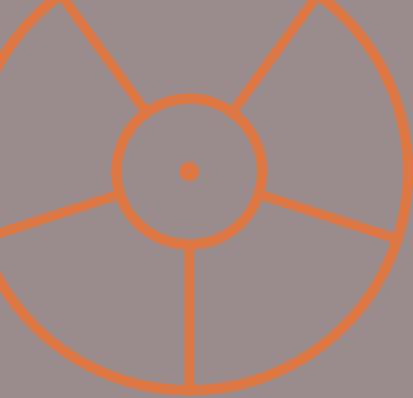




Auroville NEWS & NOTES

No 1139 - A weekly bulletin for residents of Auroville

20 August 2026

RA EDITION



Tlaloc 1975

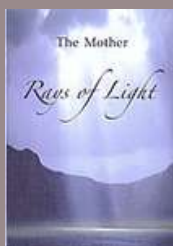
PONDERING

One who has not the courage to face patiently and firmly life and its difficulties will never be able to go through the still greater inner difficulties of the sadhana. The very first lesson in this Yoga is to face life and its trials with a quiet mind, a firm courage and an entire reliance on the Divine Shakti.

Sri Aurobindo, Patience and Perseverance, Letters on Yoga - II



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

CIRCUMSTANCES, DIFFICULTIES, MISTAKES

NEVER WORRY ABOUT DIFFICULTIES

page 90

Don't foresee difficulties - it does not help to surmount them and helps them to come.

5 August 1932

page 91

We must be freed from all care for contingencies, we must be delivered from the ordinary outlook on things.

25 November 1954

★

Never think of a difficulty - you give it strength.

14 April 1958

★

Forget your difficulties.

Forget yourself...

And the Lord will take care of your progress.

5 March 1968

FACE AND OVERCOME DIFFICULTIES

When you want to make a progress, the difficulty you wished to conquer increases tenfold in importance and intensity in your consciousness. You have only to persevere. That is all; it will pass away.

★

I have always the same thing to say: quiet confidence and courage is the only way of getting out of difficulties.



Equanimity

Immutable peace and calm. - *The Mother*

Iberis L. Spp., Cruciferae

Candytuft

page 92

To conquer the difficulties there is more power in a smile than in a sigh.

27 December 1941

★

When everything goes wrong, one must know how to remember that God is all-powerful.

★

The Divine is present among us. When we remember Him always, He gives us the strength to face all circumstances with perfect peace and equanimity. Become aware of the Presence and your difficulties will disappear.

7 November 1970

★

To live within, in constant aspiration towards the Divine - that renders us capable of regarding life with a smile and remaining in peace whatever the external circumstances.

NEWS & NOTES GUIDELINES

DEADLINE FOR SUBMISSIONS:

TUESDAY 5PM

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

RA NEWS & NOTES - A QUICK GUIDE



What We Publish

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

Working Groups & Foundation Office Content

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

What We No Longer Publish

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

Exceptions

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

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

Submission Guidelines

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

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

We thank you for your collaboration and understanding.

DISCLAIMER:

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

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

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

The News & Notes Team
newsandnotes@auroville.services

LIST OF ACRONYMS:

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

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

Working groups selected by the Residents' Assembly:

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

GB groups:

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



NOTE FROM THE EDITORS



Dear Community,

Here is some important information:

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

Thank you for reading and for your continued support!

In community,

The RA Community Edition News & Notes Team 🌸

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WORKING GROUPS NEWS

FROM THE AUROVILLE COUNCIL

AVC QUARTERLY REPORT - AUGUST 2026

Dear Community,

It has been several months since we shared our last update, and the Auroville Council would like to share the topics we have been dealing with since then:

The Council, as per its mandate, continues to liaise with other working groups, and, in an attempt to deal with miscellaneous issues brought to us by community members, we have even attempted to liaise with FO-appointed groups and entities, in the hope of finding some sort of resolution to said issues. However, we have, each time, not received a complete or adequate response, if at all. Precisely, these matters were:

- We requested to meet with FO-WCom and AVES representatives to discuss the matters of violence and electricity restoration to the Youth Center.
- We asked the GB-FAMC, Auroville Service Trust, and SAIER to clarify the process through which the Auroville Nature Camp management team was replaced, and how the responsibility of operating the Nature Camp is going to be handled by the new team.
- We have requested the ACUR management team to restore access to the Auroville Council room in the Town Hall. Though we did receive a courtesy response to this request, we still have no further news.
- We sent the AVFO an email regarding our - and the community's - concerns regarding the working groups appointed by them, including the behaviour of their members and the lack of quorum.
- Additionally, please see more instances in the next two paragraphs.

We received a petition from concerned residents *"Petition demanding Antim, Joel, Muriel, Sindhuja, and Josephine (Kaliananda) resign from their posts and stop interfering in Auroville organisation – May 2026"*. We have forwarded the petition to the AVFO by email, since the above mentioned individuals have been appointed by them, and have attempted to connect with AVFO members through phone, as well as in-person visits. So far, no response either by email or in person.

In the month of May, an incident took place at the Town Hall involving violence. The Council sent out a [public statement](#) regarding the incident, and wrote to the ACUR management team requesting them to publicly share complete CCTV footage showing all moments of the incident (not only selected parts of it). We did not receive any response

Additionally, we have conducted a team building exercise, for our members to get to know each other, to see how we can best function as a team, and to reflect on the question of the Auroville Council's role or purpose, in the present situation. An important point in our mandate is the role of "Harmonising", which is also very relevant to another work our mandate tasks us with: finding ways to prevent unjust things from taking place. In the present Auroville situation where oppression is taking place, as well as conflict, we find that these two things go hand in hand. Resolving conflict could reduce the possibility for oppression to continue; conflict can be resolved through synthesis; and, definitely not by further conflict.

Hence we find that our main role is to foster harmony and the search for synthesis within Auroville, to promote Auroville's values in whatever way we can, and to seek innovative ways forward.

Three members of the Council have met with the Matrimandir Executives team, in order to discuss a few issues. Please find our [report](#) published in June on this matter.

We have received a couple of individuals who were facing administrative difficulties:

- An individual complained of the lack of a silver fund scheme, or any means of financial support for persons reaching elderly age (and unable to continue work);
- An individual complained of a housing-related issue.

In such cases, we have tried to offer the individual any suggestions as the case may be, though there is nothing in our hands to help the concerned persons, as the GB-appointed groups repeatedly ignore our recommendations.

In two cases, the Council also offered its suggestions to persons involved in internal disputes. In an attempt to learn more about how to address these types of situations, a Council member attended the workshop organised by two members of the Tibetan Centre for Conflict Resolution.

On a regular basis, the Council has made regular publications sharing updates, and very often, reflections on the present situation and related topics. Please note that all of our publications since the beginning of the year are available [here](#).

In the midst of the above, the Council has also taken a brief summer break, during which we paused most of our activities. We remain hopeful for a positive future, and we will get back to the community soon, as we have upcoming plans to organise a general meeting.

We firmly believe that in all cases where differing views exist, a synthesis can be found which would take care of the needs of all of the involved parties. This exercise is part of the challenge which we all signed up for when joining Auroville, in order to work towards human unity, and as part of our yoga. However, it is a difficult exercise, which is only possible through careful listening and consent from all sides. We would like to once again invite members of the AVFO and FO-appointed groups, and all concerned, to consider this aspect.

Warmly,
The Auroville Council
Divya, Dyuman, Isabelle, Martin, Muni, Ramesh, & Sathiya



WASTE IN AUROVILLE

Dear Community,

You may have noticed there has been an increase in plastic and miscellaneous waste discarded alongside roads, in nature, or other open spaces inside Auroville. The AV Council has reached out to experts in the field of waste, in search of a solution to this issue.

We have received their input on the matter, which includes thorough considerations on the underlying cause of the issue, as well as challenges faced so far during previous attempts at solving the issue. However, human and other resources required to effectively implement a long term solution are lacking at the moment. It is not sufficient to merely clean up the existing waste, and the requirements for a long term solution seem to include, at least: 1) infrastructure for managing the waste, 2) education on the matter.

We would like to reach out to the community, and request anyone having inputs/suggestions on how this matter can be addressed, and especially, any persons/units/etc. who may have time to dedicate themselves to take up responsibility for this task, to please contact the AV Council.



Furthermore, we would like to forward, in case anyone is not aware, the educational material developed by WasteLess (unit of Auroville) on the topic of waste management, available on their website: <https://www.wastelessindia.org/ourprogrammes/garbology>.

We take this opportunity to request all community members to please pay close attention to how one's own waste is being discarded, not only within Auroville, but anywhere. Please make sure to pass this message on to your guests, visitors, employees, etc.

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 1143 + 1144

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*

MESSAGE FROM THE GERMAN CONSULATE CHENNAI FOR INTERESTED SCIENTISTS, CLIMATE ACTIVISTS, JOURNALISTS



"A visit programme is planned for November, offering climate activists the opportunity to participate in a one-week trip to Germany in early November 2026.

We are currently looking for potential candidates to nominate for the programme.

If you are interested and actively engaged in climate protection or climate actions please contact Karin@auroville.org.in latest by 2nd September 2026.

NOTES FROM SAIER *ONE MONTH OF TAT TVAM ASI*



SAIER

It has been a little more than one month since the beginning of SAIER'S initiative "Tat Tvam Asi" (that thou art), which aims to introduce young people living and working in and around Auroville to the aspirations behind Auroville's existence, through readings of The Mother, Sri Aurobindo and the foundational texts.

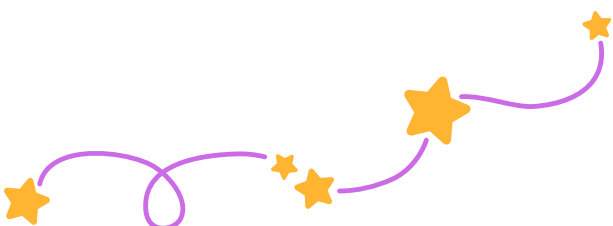
About 8-12 individuals have regularly attended the weekly sessions held by Tat Tvam Asi as part of their ongoing work in Auroville, to find a more meaningful and personal connection to their life here. More than this, Tat Tvam Asi offers young people a space to share their experiences navigating life in Auroville and to meet new people.

During the last session of July, around a reading of "To Be a True Aurovilian", participants shared that they enjoyed the lighthearted atmosphere brought to the readings as well as the opportunity to discover texts they "may have never read otherwise." These responses recognise the importance of an introductory programme for Auroville's newcomers, helping them to recognise a form of inner growth that distinguishes life in Auroville.

With the positive feedback from the programme's initial weeks, SAIER looks to develop Tat Tvam Asi to explore new pathways of progress in Auroville, such as through physical education and social networking in Auroville, adding more interactive components to the programme. Tat Tvam Asi continues to be open to all curious interns, volunteers, trainees, young professionals, newcomers and Auroville youth seeking clarification and community.

Can I join?

[Click here](#) or scan QR code





August 2026

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



YOUTH SURVEY BY YOUTHLINK

Dear Youth,

Over the past few years, Youthlink has been reflecting deeply on Auroville, asking where support is needed, where gaps exist, and how we can contribute in a meaningful way.



This is an invitation.

We want to hear your ideas, your concerns, your dreams, and your vision for Auroville.

What do you feel is needed?

What do you think is missing?

What feels alive and worth strengthening?

We are sharing this form as a way to listen, better understand the needs of Auroville's youth, and help us identify where we should focus our priorities.

The publication resulting from this survey will be fully anonymous. We are collecting your name and contact details only so that we can reach out to offer support, if you wish to receive any at the end of the survey.

Beyond this form, our door is always open. If you have questions, concerns, ideas, or need support in any way, please reach out to us at youthlink@auroville.org.in.

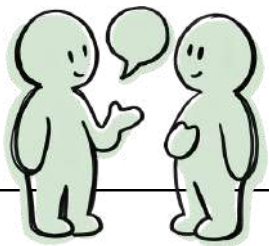
This survey focuses on the situation of Youth in Auroville and is therefore limited to respondents aged **35 and under**.

It is separated in three parts: **About you, Understanding today's challenges, and Looking towards the future**. It will take around 20min for you to fill up.



Thank you for taking the time to share your thoughts.





RESIDENTS SPEAK

WHAT HAVE YOU DONE FOR AUROVILLE?

To the bunch of so-called Aurovilians, most of them newcomers, who claim that they have a divine sanction to interrogate some old-timers Gestapo-style and ask them, "What have you done for Auroville?", I am going to tell you what you have done:

For Auroville, nothing.

For your security, your comfort, your sense of righteousness, your ego, your arrogance, your power: a whole lot. -- It was not difficult : you have on your side money, political power, political muscle, legal power, and all those people who switch sides so easily when the only thing to step over is shame.

What you have actually done is something that can't be forgiven and, God willing, that will never be forgiven for thousands of years: your fanaticism and your abysmal stupidity have tried their best to destroy Auroville. And you have almost succeeded. Only the spirit of Auroville remains alive, deep inside the heart of some Aurovilians, still hidden in some places that you have not yet ripped apart with your ugly fingers. The body of Auroville is bleeding with a thousand wounds, the breathing has become difficult, oxygen is missing, it may sooner or later collapse on the roadside.

But blinded by your lust for power, you can't see anything.

While that body is courageously struggling (for how much longer?) and stumbling at every step, proud of your newly acquired importance you parade around a tombstone, laughing, joking, embracing the tomb owner, not bothered a bit that your fellow Aurovilians are denied visas, maintenances, jobs, freedom and beauty.

How can you dance on a dying Auroville? How can you forget the pain and the heart-wrenching betrayal ? How can you?

And how can you fail to see, on this enormous and ugly monument erected to the glory of its developer, the huge ego engraved in gold on that black stone?

How can you?



THE SACRED TRUST AT A CROSSROADS

| AUROVILLE AGRASARH |

AS INDIA'S VANGUARD FOR CONSCIOUS DEVELOPMENT



: THE SACRED TRUST AT A CROSSROADS :

| AUROVILLE AGRASARH |

AS INDIA'S VANGUARD FOR CONSCIOUS DEVELOPMENT

ॐ सह नावतु। सह नौ भुनक्तु। सह वीर्यंकरवावहै।
तेजस्विनावधीतमस्तुमा विद्विषावहै॥
ॐ शान्तिः शान्तिः शान्तिः ॥

On August 15, 1947, as India stepped into its rendezvous with destiny, Sri Aurobindo delivered a seminal broadcast over All India Radio. In it, he outlined **Five Dreams** for the nation and humanity: a united India, the resurgence of Asia, a world union, the spiritual gift of India to the world, and a step in human evolution toward a higher consciousness.

When Auroville was founded in 1968, it was born not as a secluded eco-commune or an ethereal utopian experiment, but as an active physical laboratory designed to ground these five prophetic insights into daily life. Recognising the profound national and global significance of this mandate, the Parliament of India enacted the landmark **Auroville Foundation Act of 1988 (Act No. 54 of 1988)**. Passed unanimously, an extremely rare occasion, the Act established a statutory umbrella under the Ministry of Education to shield this sacred trust from private fragmentation, commercial speculation, and sectarian capture.

For nearly six decades, this living collective has subconsciously nurtured an extraordinary repository of **Indigenous Knowledge Systems (IKS)**, sustainable habitat design, eco-restoration, and acoustic sciences—offering modern India a field-tested, culturally rooted blueprint for **Viksit Bharat @ 2047**.

I. The Five Dreams in Action: A Living Field Test of India's Resurgence

Sri Aurobindo's Five Dreams were not abstract philosophies; they were dynamic blueprints for the rebirth of Indian civilisation and collective human unity. Over six decades, the collective work in Auroville has acted as an empirical field station where these principles are practiced daily in the soil:

- **A United, Resurgent India (Cultural & Social Harmony):** Demonstrating that unity is forged not through enforced uniformity, but through a spiritual synthesis of diverse cultures. Residents from every state of India live and work alongside local village communities and global participants, bound together in collective service (*Seva*) free from political factionalism or sectarian divide.
- **The Resurgence and Liberation of Asia (Revival of Indigenous Wisdom):** Reclaiming Asia's holistic knowledge traditions to lead modern material progress. Decades of collective research have naturally revived traditional Indian systems—regenerating soil through *Aranya* (forest culture), revitalising native seed biodiversity, and implementing micro-watershed systems that restore drying aquifers.
- **A World Union (Living Human Unity):** Creating a functioning microcosm on Indian soil where individuals from over 50 nations live, build, and work together in collaborative fellowship under the legal guardianship and civilisational hospitality of Mother India.
- **The Spiritual Gift of India to the World (Spiritualised Ecology & Work):** Manifesting the ideal of *Karma Yoga*, proving that economics, architecture, and technology need not be driven by ruthless consumerism, but can be aligned with inner consciousness, simplicity, and sacred stewardship of natural resources.
- **A Step in Human Evolution (The Living Laboratory):** Maintaining an open-ended social and ecological crucible where human relationships, community self-governance, and sustainable lifestyles are continuously tested, refined, and elevated.

Read the full document [here](#)

by DHARMESH VIKRAMSINH JADEJA

THERE ARE SOME LIVING WHO ARE ALREADY DEAD



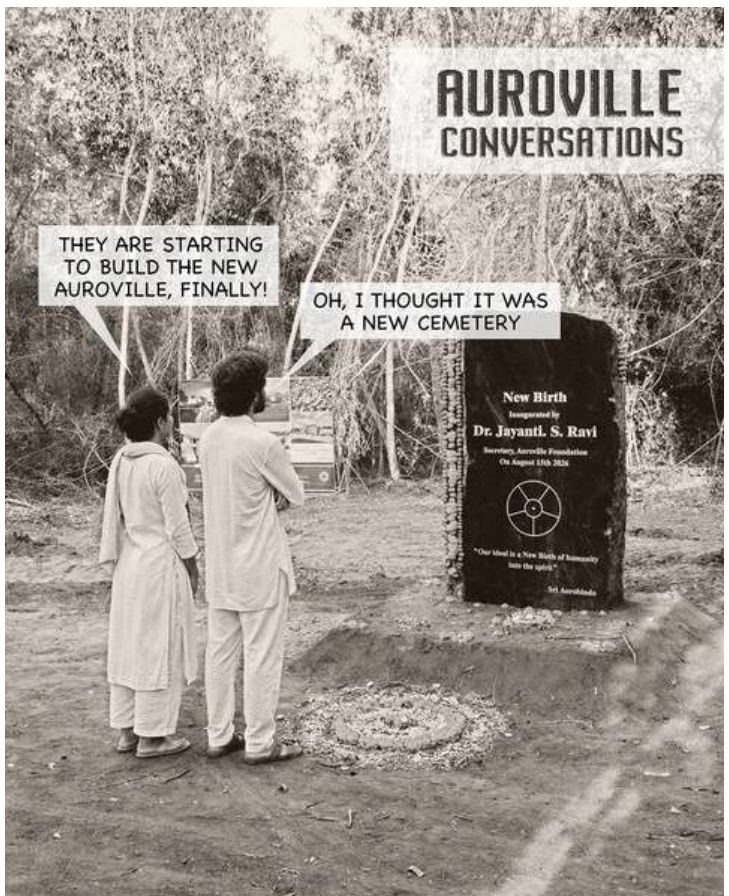
Mother's quotation concludes a meeting of the CAA (Administrative Committee of Auroville), probably March 1970, in the folder I received from Suresh Hindocha in 1987. Suresh is the one who promoted the systems engineering Galaxy, which Mother endorsed in 1969.

THERE ARE SOME LIVING WHO ARE ALREADY DEAD.
THERE ARE SOME DEAD WHO ARE STILL ALIVE.

THE MOTHER

Submitted by Paulette

AUROVILLE CONVERSATIONS



Submitted by an Aurovilian

INNER JOURNEY

INTRODUCTION TO THE INTEGRAL YOGA OF SRI AUROBINDO AND THE MOTHER

Tuesday 25th August, 9 am - 12 noon

Led by Ashesh Joshi

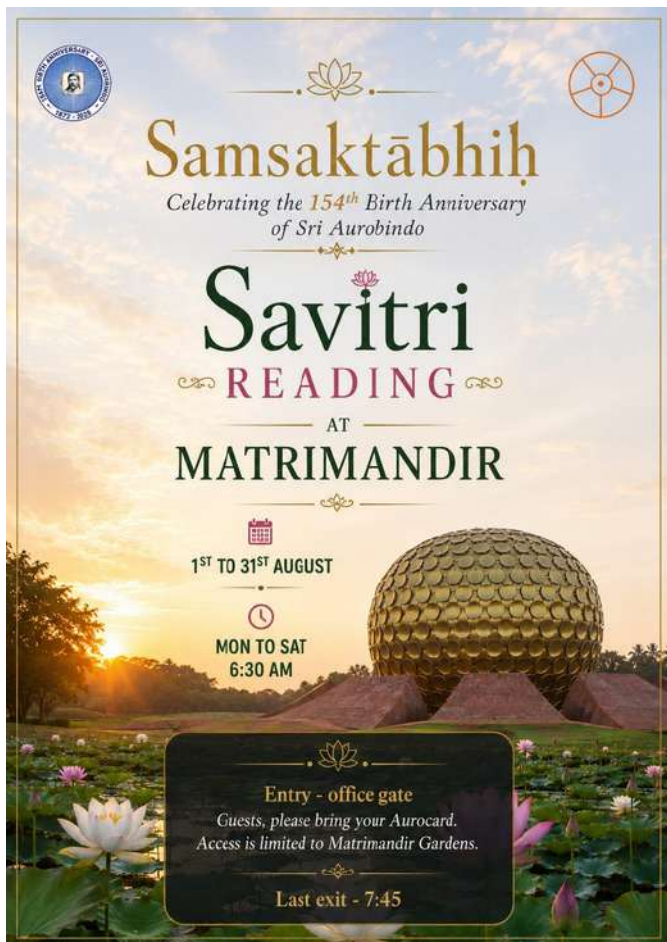
Place: Mirabelle Education Centre, Auromodele
Ph/WhatsApp: 94891 47202 (Please register)

All are Welcome



SAVITRI READING IN MATRIMANDIR

1ST - 31ST AUGUST, GARDEN OF UNEXPECTED



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

LETTERS FROM THE HEART

AN AUDIO LETTER SERIES - AN INVITATION FROM AUROVILLE RADIO TV



Dear Friends,

There is something timeless about a letter. It invites us to pause, reflect, and speak from the heart. When written with care, a letter becomes more than a message, it becomes an offering.

Auroville Radio TV warmly invites residents of our community to contribute to **Letters from the Heart**, an audio series where heartfelt letters are brought to life in the voices of those who write them.

Your letter may be addressed to Auroville, the Earth, Nature, the Divine, The Mother, Sri Aurobindo, an Auroville pioneer, one of the many souls who have helped shape Auroville, future generations, the Matrimandir, the Banyan Tree, or anything that has touched your heart and inspires reflection, kindness, wonder, and connection.

We invite letters in **Tamil, English, Hindi and French**.

We welcome heartfelt offerings that uplift, encourage, and enrich our shared journey, letters that leave listeners feeling a little lighter, more peaceful, and gently inspired.

We recommend keeping your letter **concise, around 3-5 minutes** when read aloud. If your letter needs a little more time to express itself fully, that is welcome too.

If you feel called to offer your letter, we would be delighted to hear from you.

To share your letter, please complete the form [Letters from the Heart](#). If you have any questions, you are welcome to write to us at radio@aurville.org.in.

Warmly,

Sai Priya & Rajeev

Auroville Radio TV

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:

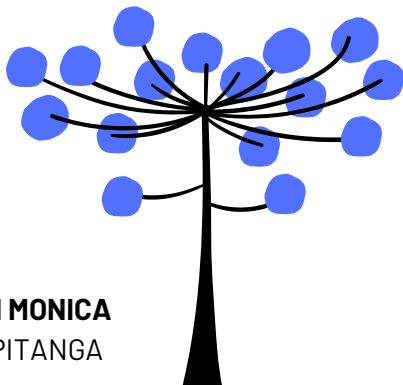
- Concentration techniques to stay focused;
- Mastery of the body through breathing and muscular relaxation;
- Improvement of movement through balance and coordination;
- Learning to mobilize Chi. First perceiving it, then guiding it in one's body with the use of three factors: will, imagination and 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 MONDAY - SATURDAY, 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: 33AAATA0017BY3N

Contact details for registration and sign in on the flyer

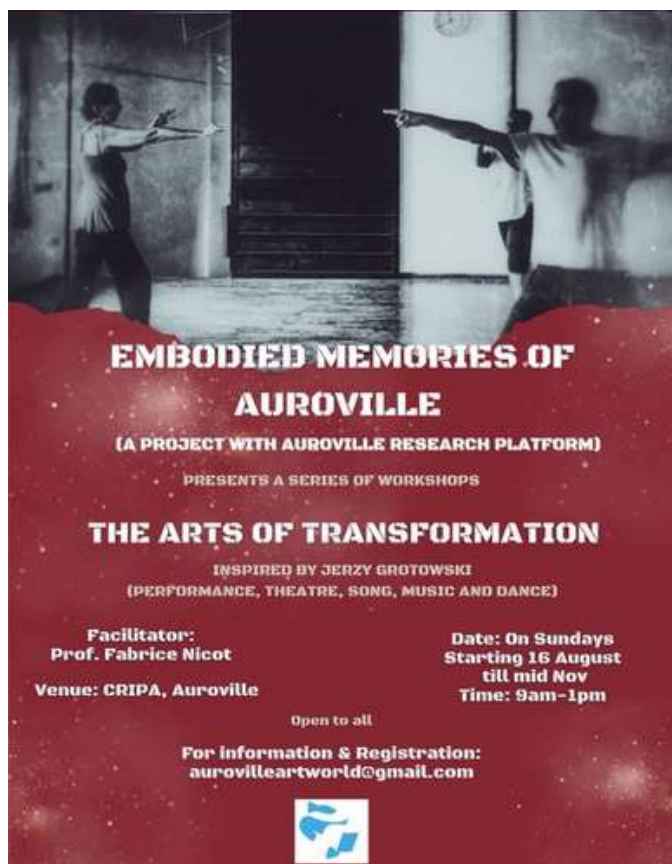
EMBODIED MEMORIES OF AUROVILLE:

"THE ARTS OF TRANSFORMATION" WORKSHOPS WITH PROF. FABRICE NICOT

SUNDAYS, MID AUGUST – MID NOVEMBER, CRIPA

Sundays, 9am - 1pm, mid August – mid November, CRIPA

Open to all, the "The Arts of Transformation" workshops, exploring transformation through the performing arts (performance, theatre, song, dance, and music), will be offered by the theatre director, researcher and professor, Dr. Fabrice Nicot, as part of the "Embodied Memories of Auroville" research-creation project (see below).



Inspired by the research of Polish director Jerzy Grotowski and the diverse artistic and educational projects conducted by Prof. Fabrice Nicot around the world, the "The Arts of Transformation" workshops explore concepts such as bodily and vocal organicity, bodily memory, "reversed perspective" for performer (actor, dancer, singer, musician). Using the "via negativa" method - "unlearning" and "freeing oneself from the superfluous" - participants will explore the "organicity" (or "vitality") of movement and voice through songs and dances from around the world (Eastern Europe, Africa, Haiti, India). This process fosters a sense of letting go while also releasing embodied memories. Materials may include texts related to Auroville, Sri Aurobindo, the Mother, Vedanta, and various global spiritual traditions, as well as the participants' own autobiographical stories. Participants will then be able to offer their attention, bodies, and presence to the space, their partners, and the artistic materials that "flow through" them. According to Grotowski's researches and the "reversed perspective" system, the text will "read" the participants, the song will "sing" them, and the dance will "dance" them. Collective organic actions incorporating various elements - texts, songs, dances, and music - will emerge from this process.

To Participate:

Participants are welcome to join at any point in the workshop series. Once joined, a commitment to the remainder of the sessions is expected in order to continue participating.

For more information and to register, email aurovilleartworld@gmail.com

Highly motivated workshop participants may join the "Embodied Memories of Auroville"* research-creation project by committing two additional weekly sessions. This is to be seen directly with Prof. Nicot.

About the facilitator, Prof. Fabrice Nicot (<https://scenes-monde.univ-paris8.fr/fabrice-nicot>):

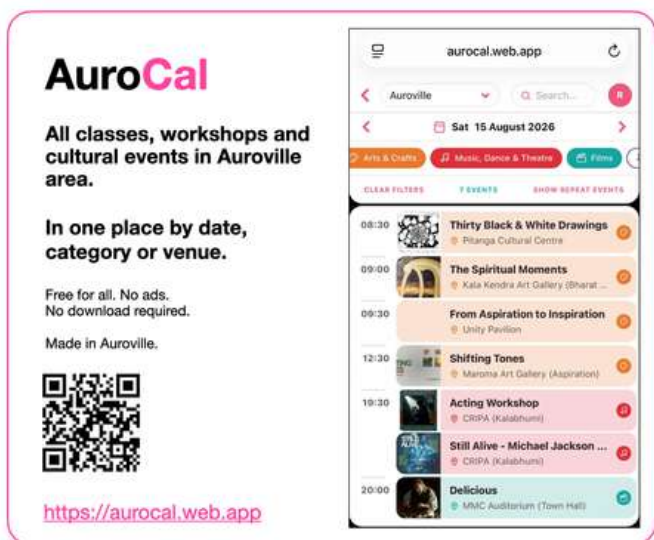
Dr. / Prof. Fabrice Nicot is a stage director, an actor graduated from the French National School of Drama (ENSATT), and a state-certified (D.E.) theatre professor. He teaches at conservatories, universities, and at the European Drama School Cours Florent (Paris). As a director and pedagogue associated with the Grotowski Institute in Wrocław (Poland), he also specializes in the arts of transformation. He holds a PhD in Aesthetics, Arts Sciences and Technologies (specializing in theatre and performing arts) from the University of Paris 8, and a PhD in Humanities and Social Sciences (specializing in anthropology) from the State University of Haiti.

"Embodied Memories of Auroville", a research-creation project led by Prof. Fabrice Nicot in collaboration Aurovilians Dr. Suryamayi Clarence-Smith and Kripa Borg, draws inspiration from the performance-based research of Jerzy Grotowski. Through artistic workshops and performances, it invites Aurovilians to revive and embody personal, collective, and trans-generational memories linked to Auroville's origins; in doing so, it will engage community members intellectually, emotionally, and physically with the community's founding values, sparking reflection, sharing, and creation. The project is affiliated with Indian and international institutes: Auroville Research Platform (SAIER), French Institute of Pondicherry, Magic Lantern Trust (Chennai), Accès Culture et Citoyenneté (ACC), Univers-scène / Théâtre de l'Epi d'Or, Grotowski Institute in Wrocław (Poland), Paris 8 University (Centre for Human and Social Sciences Paris North), and the Ramakrishna Vedanta Centre in Gretz (France).

An Introductory session was held on Sunday 16th August.

AUROCAL

A WEB APP FOR AUROVILLE AREA CULTURAL EVENTS



Finding and browsing the classes, workshops and events you love is now a breeze. Active links to locate venues, contact organisers directly or simply register.

Event Facilitators can log in to post events directly, upload posters, or make quick updates.

Try the Beta version today: <https://aurocal.web.app>

- Raghu

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.



CULTURAL ANNOUNCEMENTS

“[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 selfimposed discipline of working entirely by hand.

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

INTERACTIVE SESSION WITH CHRISTOPH

SATURDAY 29TH AUGUST, PITANGA

On Saturday, August 29, 2026, the last day of the exhibition titled [Paste Title Here] currently on display at Pitanga, Christoph will lead an interactive session from 4:30 to 5:30 p.m.

He will share some anecdotes and background information related to the creative process that produced the works on view and will answer questions hereto.

There are sheets with blank crooxel grids available at the current exhibition for visitors to take. This grid formed the base layer for the drawing on display titled “Knitable 8198!”

Visitors are invited to create their own remix version by filling crooxels (meaning: crooked pixels) of their choice and share their creation during the interactive session.

All are welcome!

Date: Saturday, August 29, 2026

Time: 4:30 - 5:30pm

Venue: Pitanga Cultural Centre

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.

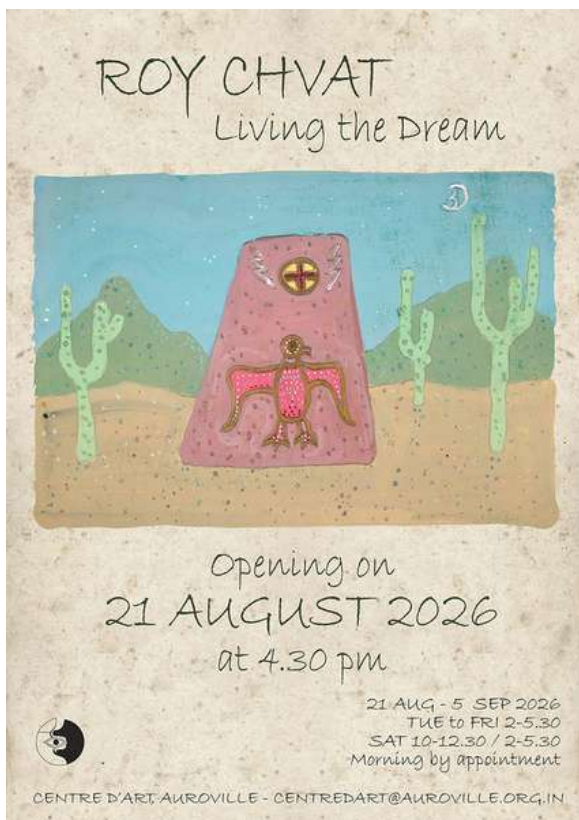
- 21 Aug - 5 Sep 2026
 - Aurovilian of the early days, **Roy Chvat** contributed throughout his life to the city of Dawn. “Living the Dream” is a collection of paintings, comics and sketches that share the artist's love, devotion and humor in the process to bring the dream into matter.
- 11 - 26 Sept 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.



LIVING THE DREAM, BY ROY CHVAT

FROM 21ST AUGUST - 5TH SEPTEMBER, CENTRE D'ART



Roy Chvat was a man of many talents. He was a soulful guitarist, a brilliant raconteur, an excellent chef—and, as this exhibition shows, a gifted artist. He was also a humble and understated human being, which is its own form of talent. The work on display here is remarkable, but Roy never sought recognition for it, never assembled it or pushed for an exhibition. I doubt he'd even have described himself as an artist (though he clearly was). So we are fortunate to see this body of work gathered together at last, in one place, in memory of a beloved and singular Aurovilian life.

The aesthetic quality speaks for itself, as does the variety. What's perhaps less apparent is the work's historical significance. These aren't just beautiful drawings; they are also capsules of time, records of moments in Auroville's history, and often—as in the covers of the News and Notes—acute works of social satire and commentary. Roy was one of Auroville's pioneers. He dug foundation pits at the Matrimandir, he planted saplings, and he helped build the community's first bakery. He'd lived a lot. You see the richness of that experience reflected in these works, like a tapestry of life in Auroville over the decades.

Finally, the humor. Like everything else with the man, Roy's humor was both abundant and understated—a dry, wry take on the world, a sensibility that seemed to know that everything is passing and nothing really matters. It was humor, but it was also wisdom, a certain spiritual detachment. Roy was my friend, and, like so many, I was a beneficiary of that wisdom. I guess you could call it the yoga. These paintings are a beautiful expression of one remarkable Aurovilian's quiet yoga.

Akash Kapur



AN AFRICAN NIGHT

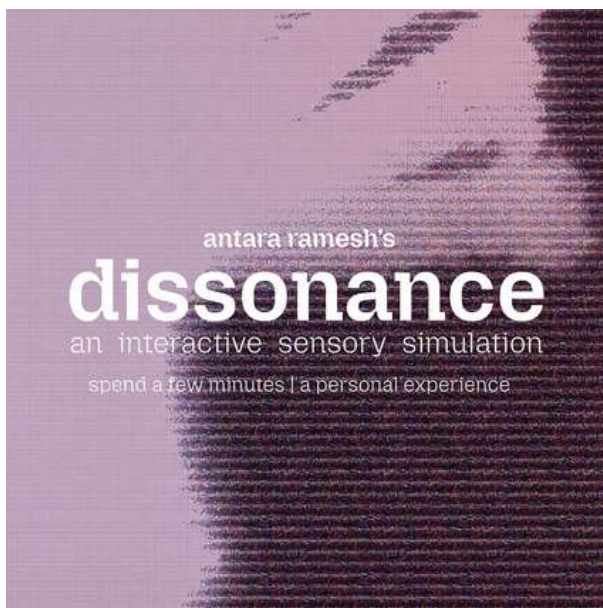
SUNDAY 23RD AUGUST, AFRICAN PAVILION



DISSONANCE BY ANTARA RAMESH

AN INTERACTIVE SENSORY SIMULATION

FRI 28TH AND SAT 29TH AUGUST, CENTRE D'ART



DISSONANCE by Antara Ramesh

An interactive sensory simulation

Friday 28 and Saturday 29 August from 4 to 6 pm

"Dissonance" is a real-time interactive audio-visual installation that turns the human body into an instrument of distortion, by transforming an intimately familiar sound, into a reactive, malleable soundscape.

It asks viewers to step into the shoes of those navigating unseen mental health struggles. It illustrates how the symptoms of a panic attack or sensory overload can suddenly hijack the mind, showing how quickly a safe, mundane environment can fracture into psychological and auditory dissonance.

If you'd like to experience Dissonance, visit the **Multimedia Room in Centre d'Art on 28 or 29 August, anytime from 4 to 6 pm.**

Antara will guide you through the experience, inviting you into a space where sound, body, and perception begin to shift.

All are all welcome



Dear Aurovilians,

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

Last Published Podcasts

- [Marlenka's weekly Offering – Ep.176](#) (Literature)
- [Jumpa's Joyous Journey with Fif-Ep.17 "The Forest That Remembers Everything"](#) (Stories)
- [Sri Aurobindo's "The Life Divine" read by Deepti Tewari - B 2, P 1 C 4 : "The Divine and the Undivine"](#) (Sri Aurobindo)
- [Une série hebdomadaire de lectures par Gangalakshmi – Ep.544](#) (Integral Yoga)
- [Marlenka's Weekly Offering – Ep.177](#) (Literature)
- [Jumpa's Joyous Journey with Fif-Ep.18 "The Dream Beyond Freedom"](#) (Stories)
- [இந்தியா-உலகின் குரு_| India: The Guru of the world", by Dhanalakshmi](#)
- [Sri Aurobindo's "The Life Divine" read by Deepti Tewari - B2, P1, C5: "The Cosmic Illusion; Mind, Dream and Hallucination"](#) (Sri Aurobindo)
- [Une série hebdomadaire de lectures par Gangalakshmi – Ep.545](#) (Integral Yoga)

Latest Youtube Video

- [Menstrual Wellbeing - Ep.5 | மாதவிடாய் நன்னலம் : Conversation with Kalvikarasi from Eco Femme](#)
- [The Life of Sri Aurobindo | EP 01 | Narrated by Dhanalakshmi in Tamil](#)
- [Internship Experience at SAIER Auroville | Presented by trainees.](#)

....and more! on www.aurovillerradiotv.org.

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

Peace and love

Regards,

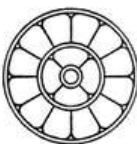
Sai Priya for Auroville RadioTV

FOR THE BOOKWORMS

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!

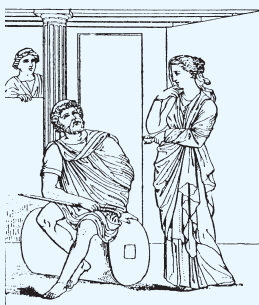
The Auroville Library Team

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

The first time we met
We felt no strangers
And knew we had met
Countless times.



Our friendship started
Instantly,
Effortlessly,
And continues
Whether we meet
Or not.

Anandi Z

A Culmination of Our Lives

We watched as one whose gaze transfixed by snow
Sees and yet is blinded by the light,
God descending clothed in mystic glow
A perfect vessel of distilled delight.

The new child-souls who freely play at ease
Heard the music that is the voice of God
Among the spirit's fields and energies,
The stamp divine firm upon the sod,

The immortal's tread in our mortality,
Saw earth receptive to the holocaust,
And knew the promise of eternity
Aware of forbidding chasms that must be crossed,

Of faithlessness and doubt and ignorance.
Mind must be made a calm reflective pool
The body not escape through death or trance
The vital no longer a slave or Hostile's tool.

Then night shall find no purchase in the heart
And we shall see the face that in our dreams
All beauty and all wisdom does impart
In rivers of knowledge, divine and crystal streams

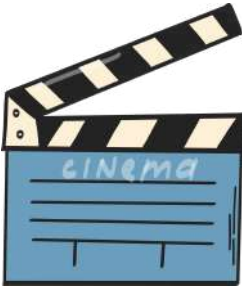
Of perfect bliss upon this hallowed soil,
The culmination of our lives of toil.

Narad

Cinema Paradiso

Multimedia Center (MMC) Auditorium

Film program : 24th - 30th 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 24 AUGUST, 8:00 PM:

• ROUGH BOOK

India, 2016, Dir. Anand Mahadevan, w/ Tannishtha Chatterjee, Amaan Khan, and others, Drama, 100mins, Hindi w/ English subtitles, rated: PG.

The film offers a sincere, well-intentioned look at commercialization, teacher poaching, and flaws within the Indian education system, drawing mixed critical responses for its slow pacing and familiar narrative.

POTPOURRI - TUESDAY 25 AUGUST, 8:00 PM:

• DES ROSES EN HIVER (ROSES IN WINTER)

France, 2014, Dir. Lorenzo Gabriele w/ Jean-Pierre Marielle, Lea Drucker, and others, Drama-comedy, 86mins, French w/ English subtitles, rated: PG.

A family gathering in the midst of a shocking moment at Winter Roses. Jean, the patriarch of a family, decides to use euthanasia as a clinical method to end his life due to an incurable illness. He and his wife break the news to their three children, who each react in a very different way.

SELECTION - WEDNESDAY 26 AUGUST, 8:00 PM:

• DIE SIEBEN RABEN (THE SEVEN RAVENS)

Czech-Slovakia, 2015, Dir. Alice Nellise, w/ Martha Issova, Sabina Remundova and others, Period drama, 106mins, Czech-German w/ English subtitles, rated: PG.

A classic fairy tale film based on the story "Sedmero Krkavcu" by the renowned Czech writer Božena Němcová. A young girl faces a daunting task: to save her brothers and break the curse their mother placed upon them. It's a story of courage, perseverance, and the power of words, truth, and true love.

INTERESTING - THURSDAY 27 AUGUST, 8:00 PM:

• SAMADHI: MAYA, THE ILLUSION OF THE SELF

Canada, 2017, Dir. Daniel Schmidt, Documentary, 60mins, English w/ English subtitles, rated: PG.

Samadhi Part 1 (Maya: The Illusion of the Self) is the first installment in a series of films exploring samadhi. Samadhi is an ancient Sanskrit word that refers to the mystical or transcendent union that underlies all spirituality and the quest for self. Saints, sages, and enlightened beings throughout history have all learned the wisdom of self-surrender.

INTERNATIONAL FILM - SATURDAY 29 AUGUST, 8:00 PM:

• THE ARRIVAL

USA, 1996, Dir. David Twohy, w/ Charlie Sheen, Lindsay Crouse, Richard Schiff and others, Sci-Fi, Mystery, 115mins, English w/ English, rated: PG-13.

Zane Ziminski is a radio astronomer who picks up strange signals from space. Convinced that these signals originate from intelligent life, he reports his findings to his superiors. He is subsequently dismissed. Studying the signals himself, he discovers similar signals emitted by Mexico. Determined to find the source of these transmissions, Zane embarks on a trek to Mexico. (Curated by Uma)

CHILDREN'S MATINEE - SUNDAY 30 AUGUST, 4:00 PM:

• JUST SUPER

Norway, 2022, Dir. Rasmus A Sivertsen, w/ Hennika Huuse, Todd Bishop and others, Animation-Family, 76mins, English w/ English subtitles, rated: PG.

Eleven-year-old Hedvig knows who is behind the mask of the super hero that protects her city, because it's her father. But though she hopes one day to follow his footsteps, he chooses her athletic cousin as his Successor.

CINÉ-CLUB - SUNDAY 30 AUGUST, 8:00 PM:

• MICHAEL

USA, 2026, Dir. Antoine Fuqua, w/ Jaafar Jackson, Nia Long, Colman Domingo and others, Biography-Drama, 127mins, English w/ English subtitles, rated: PG.

An in-depth portrait of Michael Jackson, a complex man who became the King of Pop. The biographical film brings Jackson's most iconic performances to life while offering insightful perspectives on the artist's creative process and personal life.

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

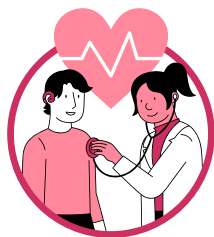
Contact: 0413 291 0005

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**