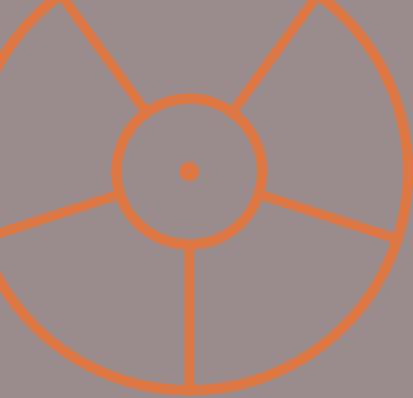




Auroville NEWS & NOTES

No 1140 - A weekly bulletin for residents of Auroville

27 August 2026



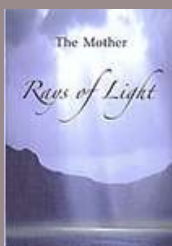
PONDERING

At every moment all the unforeseen, the unexpected, the unknown is before us—and what happens to us depends mostly on the intensity and purity of our faith.

The Mother, 3 November 1954, [Faith](#), Words of the Mother II



RAYS OF LIGHT



First Edition 1997, Fifth Impression 2011

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CIRCUMSTANCES, DIFFICULTIES, MISTAKES

MISTAKES CAN BE EFFACED

page 92

Do not give too much importance to the little incidents of life.

The importance of these incidents lies in the extent to

page 93

which they have served you to make progress.

And once the progress has been made, the consequences of past errors, if there are any, disappear through the intervention of the divine Grace.

★

For the Supreme Lord, sin does not exist - all defects can be effaced by sincere aspiration and by transformation.



Aspiration for silence in the Physical mind

Does what it can, but cannot do much.. - *The Mother*

Eranthemum pulchellum Andr., Acanthaceae
Blue sage

What you feel is the aspiration of your soul that wants to discover the Divine and live Him.

Persevere, be more and more sincere and you will succeed.

24 April 1964

*

Sin belongs to the world and not to yoga.

DO NOT BROOD ABOUT MISTAKES

Thinking too much about one's impurities does not help. It is better to keep the thought fixed on the purity, light and peace that one wants to acquire.

7 February 1934

page 94

Even if things are not as they ought to be, worry does not help to make them better. A quiet confidence is the source of strength.

11 November 1936

*

It is quite wrong to go on brooding about the past. The true attitude is to remember that nothing happens but by God's will and to submit to that will quietly. If you have made mistakes in the past it is by lack of true surrender and the only way to repair the mistakes is to surrender truly.

*

But it is not a reason for being upset about it. There is only to remain quite cool and do our best within the limits that the human nature ascribes to us.

After all, the whole, *entire responsibility* is the Lord's and nobody else's. So there is nothing to worry about.

*

It is good to recognise your mistakes, but you must not torment yourself.

You must not suffer, you must correct yourself instead.



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

RA-FAMC MEMBER RESIGNATION

Dear Community,

This is to inform you all that Danny, who was selected through the Residents' Assembly process to serve on FAMC in February 2026, has resigned from his position for personal reasons, effective August 2026.

We thank Danny for his service and contribution to the community and wish him all the best.

Best,

The Auroville Council

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

THE RESPONSIBILITY OF EACH AUROVILIAN: AN APPEAL TO OUR CONSCIENCE

Auroville's present crisis is not only a question of governance, development, or the decisions being taken around us. It is also a question of how each of us chooses to respond to the situation, and of what we are willing to support in the name of our own interests, frustrations, convictions, or hopes for Auroville's future.

Some residents were deeply frustrated by the slow pace of development. Others may have felt that decisions taken over many years have been unfair, that opportunities have been missed, or that certain individuals have exercised too much influence for too long. Some may see the present intervention as an opportunity to obtain greater resources, recognition, authority, or redress for past grievances. These feelings are understandable. Yet they do not necessarily make every action taken in their name right, nor do they justify supporting actions that cause harm to others or undermine the foundations of collective life.

The danger is that, in our desire to see Auroville change, some have accepted methods that they would not accept if used against them. Frustration has become impatience; impatience became justification; and personal interests may gradually have become confused with the interests of Auroville itself.

This is particularly important for those who have spent many years waiting for the city to be built. The wish to see Auroville realised in one's lifetime is deeply human. Yet even this aspiration can become mixed with the ego's need to achieve, control, prove, or leave a legacy. The Mother repeatedly reminded us that Auroville was not intended to become another field for the satisfaction of personal desires and ambitions. Sri Aurobindo likewise warned that even apparently noble actions can be coloured by self-regarding motives.

This is therefore not a call to abandon development, nor to defend the status quo. Auroville must evolve. But the question is **how**, at what cost, and are we embodying the values which Auroville represents?

Before lending our support to actions undertaken by the Auroville Foundation Office, perhaps each of us can pause and ask: *Am I supporting this because it genuinely serves Auroville, and its values, or because it serves something in myself? Am I acting from aspiration, or from frustration, resentment, ambition, fear, or the desire to prevail?*

Auroville was created as an experiment in human unity and transformation. Its future cannot be secured by winning over others. It can only be built by ensuring that, in seeking to create the city, we do not lose sight of the consciousness for which the city was created.

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 1145

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*





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@aurville.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.



AUROVILLE FARMERS MARKET

EVERY SATURDAY FROM 5TH SEPT, YOUTHLINK



10AM - 1PM | AT YOUTHLINK (NEAR SOLAR KITCHEN)

MEET OUR COMMUNITY FARMERS, LEARN MORE ABOUT OUR FARMS AND GET A VARIETY OF FRESH AND PROCESSED ORGANIC AUROVILLE FARM PRODUCE

WITH SUPPORT OF AUROVILLE FARMS CORE GROUP:
ANSHUL CHARLIE SATYAVAN TOMAS VELMURUGAN

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 SAIER UNFOLDING



SAIER

SAIER is more than an email in your inbox. We're a diverse group of people across ages and backgrounds with ideas for progress, research and learning that day by day try to move one step forward into becoming.

And by next week these ideas will no longer be contained in our red bricked offices.

SAIER is launching its newsletter early next month: a new initiative for spreading awareness, giving updates and planting seeds for reflection in the general space. From preparations for an upcoming IEPG to youth-aimed initiatives for the future of Auroville, we've got some exciting things to look forward to in the coming month. We hope by sharing with you our enthusiasm for the work we're doing we can invite support and interest for our projects and create something meaningful for everyone.

The SAIER newsletter is not an ordinary bulletin, we're a start in the direction of a community-wide potential that holds a voice for all things educational. Including yours.

So do keep a lookout for a new friend in your public and reading spaces.

ACRES FOR AUROVILLE – OUR 15TH AUGUST 2026 NEWSLETTER



The Flower The Mother named ‘New Creation’

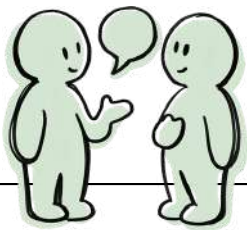
On August 15th, we began the 13th year of the Acres for Auroville unity action for the consolidation and protection of Auroville’s designated Master Plan land, its physical home. From the start of Auroville, land consolidation was never easy and it has become more difficult with the exorbitant rise in land prices of the past 12 years – the result of Auroville’s success in building and inspiring, and of Pondicherry’s urban growth. Despite the pressures and constraints that have come from these developments, we are heartened to announce these results of the 12 years so far of the A4A campaign: **319.4 once-missing acres have been added to Auroville’s City and Greenbelt areas since the campaign’s start.** This progress is the result of donor support – and we thank you all for your collaboration! In this issue of our A4A newsletter, we share additional land information, as well as more inspiring stories of the dedication, vision, effort and tenacity of Aurovilians for the continuous work of building the City of Dawn.

Click [here](#) to read
**Acres for Auroville newsletter
summary in ENGLISH**
or scan the QR code.



Click [here](#) to read
**Acres for Auroville newsletter
summary in TAMIL**
or scan the QR code.

Click [here](#) to read
**Acres for Auroville newsletter
summary in FRENCH**
or scan the QR code.



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?



GARBAGE IT IS

A recent note from the Auroville Council regarding waste in Auroville is an exact reflection of the policies and priorities of the current administration. The administration has put a lot of effort into encouraging tourism while suppressing community activities. This is clear from the ugly cement wildlife park with selfie spots and the trinkets being sold on the path to the Matrimandir. The goal is to make money regardless of the consequences.

They have forgotten why the Visitors Centre was built in the first place: to allow tourists to experience and get information about Auroville in one place without overwhelming the atmosphere of the township. Now, buses and taxis ferry tourists directly through Auroville. Making money at whatever cost is never a good governance model.

It all comes down to the atmosphere. For a long time, we managed to preserve it despite the urban boom. All this has been destroyed by the current administration and their enablers. Spontaneous efforts to clean the environment—like the Sunday clean-up crew that worked for years—have no place in this new environment. Such efforts require a sense of belonging. Yet, belonging has been labeled as possessive and wrong.

A prolific, Arnab Goswami-type figure in Auroville has even proclaimed the absurdity that, according to his understanding of Auroville, no one should live here permanently and that the population should be transient. Nothing could be more ridiculous. Why would the Mother have named children "Auro this" and "Auro that" if she felt Auroville should have a transient population? How would the social and spiritual experiment of a collective seeking to be an evolving, transforming, and refining body ever take place without a committed population? How would our shared sensibilities and understandings be passed on? Who would teach the care and awareness regarding waste reduction and disposal?

Auroville's own "Arnab" has clearly failed to imbibe even a cursory understanding of the Mother's words and aims. This is no surprise, because he spouts whatever is useful to the current administration's goals, aiming solely to please them.

We have long encouraged waste segregation at home, conscious purchasing to reduce plastic, and recycling bottles and jars. These efforts were already difficult to manage effectively with our existing population and previous visitor levels. Now, it is impossible. The new influx of people and staff are clueless about these sensitivities. Unfortunately, caste and waste are related; while caste discrimination has no place in Auroville, it has crept in. Having a civic sense is still uncommon in these parts. Taking an interest in improving community waste collection sites appeals to very few people—unlike making money, which seems to attract many.

Making money off of Auroville's atmosphere while destroying its residents and its core sense is what is currently rewarded. Giving opportunities to people who have never shown any interest in the community—be it through bird parks, restaurants, tea shops, or administrative positions—is evident to all. Meanwhile, suppressing those who were doing useful and wonderful things appears to be the plan. We see the jockeying, the positioning, the grabbing, and the empty eyes of those wielding power. The distribution of money-making activities to certain tribes shows that making money is sadly valued more than a lifetime of community, friendship, ideals, and basic decency.

Consequently, regardless of the number of forms the current administration requests residents to fill out, they fail to inspire anyone. All these forms arrive with a superior, one-sided order of efficiency to be imposed. When arbitrary cruelty, punishment, poverty, and control are the focus and result of an administration, it naturally fails to inspire those with capacity who came for the ideals of Auroville. In fact, if the desired goal was to get rid of Auroville's most honest and hardworking people, one could not have achieved better results. To dehumanise, remove a sense of belonging, remove security, punish, eliminate free will, crush initiative, harass, withhold money, charge for visas, and make impossible rules—while rewarding incompetence because subordination is preferred over efficiency—produces clear results.

The garbage is not only on the side of the roads. It is visible in the ugliness that is everywhere: in the roads, and in the letters and behaviour of the current administration. They are strewing their garbage on the Mother's lap. Therefore, the garbage everywhere is a direct result of this administration. It should remain exactly as it is—an effective reminder of an ineffective and ugly administration.

An Aurovilian



MOTHER'S ADMISSION FORM (FEBRUARY 1971) AND THE ADMINISTRATIVE COMMITTEE OF AUROVILLE (CAA) CONTRIBUTION

The Admission Form to be submitted to Mother is the key-document on which the "*willing servitors of the divine consciousness*" structure rests. I have an original copy, printed on handmade paper, beige colour; more at the Auroville Archive.

This key-document codifies on what basis Mother accepted the Auroville residents. Those not fulfilling the entirety of these conditions were refused. Notably:

- 1.No admission fee. Probationers meet their expenses for one year, the length can be shortened or extended. Whoever has no financial means, yet works proficiently for the community, is taken in charge immediately.
- 2.The administration is to be informed whether they can maintain themselves. If and when help is needed, to what extent.
- 3.The type of accommodation requested is to be specified, and the proposed contribution.
- 4.Everybody works for the community daily, five hours minimum, including Sundays. Six without Sundays, added later.
- 5.When Auroville provides the material needs, all possessions are surrendered.
- 6.Tourist visas don't need financial guarantees. For one-year visas, probationers pay the guarantee stamps and their return-ticket. No need for the residents.[1]



Mother appointed the Auroville Administrative Committee (CAA) and reviewed their meetings' minutes. One member was Roger Anger, drafting policies on all Auroville aspects; Mother reviewed them and signed with blessings. Rigorous as Shyam Sunder (Mother's secretary) in apprehending her guidelines, Roger often formulated concepts; town and lifestyle were one, "the new man" to be built, as in a famous French television interview.

Highlighting to me their importance, "*Conditions for living in Auroville*" is the first document of which Roger gave me a copy, in 1986, along with his first report on the town. There are details that will reappear in the last Admission policy, notified by Shyam Sunder on 20.2.1971.

- 1.Daily work, minimum five hours including Sundays is not all. "*To work for oneself is not to work for the community*". Youth and mothers with children work too. Besides, work must correspond to "*the immediate and concrete needs of Auroville*".
- 2.During the probationary year, those not working support themselves and live in Hermitage, "*not to create an ambiguous situation*".
- 3."*After the probationary period Auroville will support to the extent of its means all the people accepted by the Mother*" as residents.
- 4.If these "*minimal conditions*" are unfulfilled, the CAA will refuse its guarantee for the GOI.
- 5.Housing "*will happen according to a priority order established according to the global needs of Auroville.*"

Roger's policy first introduced the cardinal distinction between the status of Auroville resident – practicing the agreements "*specified in all the definitions, all the teachings and goals pointed out by Mother*" – versus the status of Auroville citizen, "*which implies that he has acquired the Auroville consciousness.*"

The CAA, which also contributed to Mother's Admission Form, endorsed Roger's paper with additions.

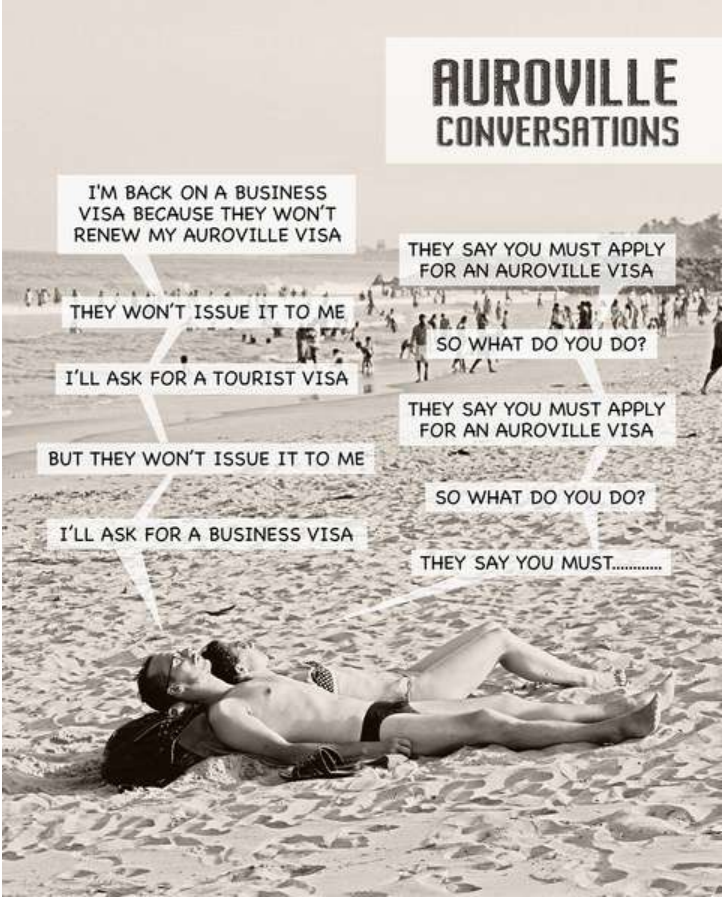
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- [2.](#)

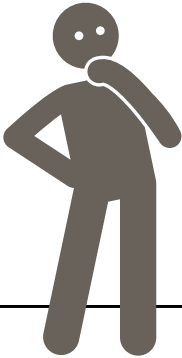
Paulette

[1] Still in 1985 I paid no fee. Made an Aurovilian ten months later, I got my return ticket reimbursed.

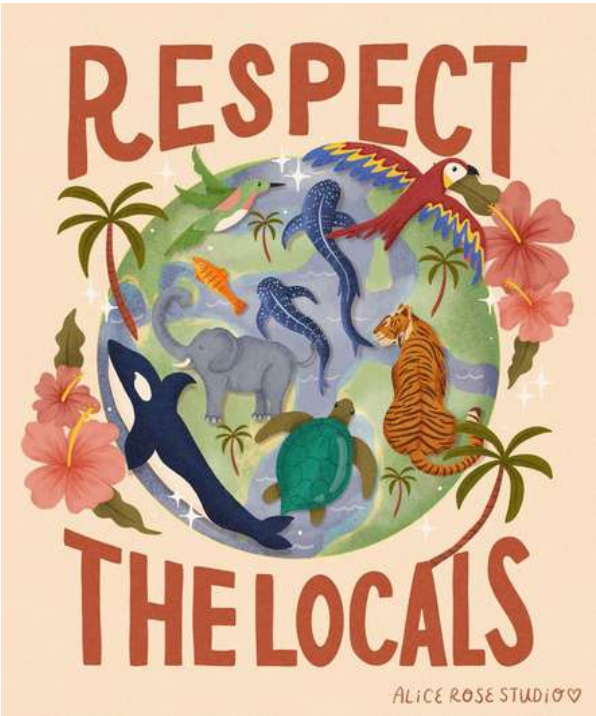
AUROVILLE CONVERSATIONS



Submitted by an Aurovilian



FOOD FOR THOUGHT



INNER JOURNEY

INTRODUCTION TO THE INTEGRAL YOGA OF SRI AUROBINDO AND THE MOTHER

Tuesday 1st September, 9 am - 12 noon

Led by Ashesh Joshi

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

All are Welcome



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)



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@auroville.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: 33AAATAG037BYJN

Contact details for registration and sign in on the flyer

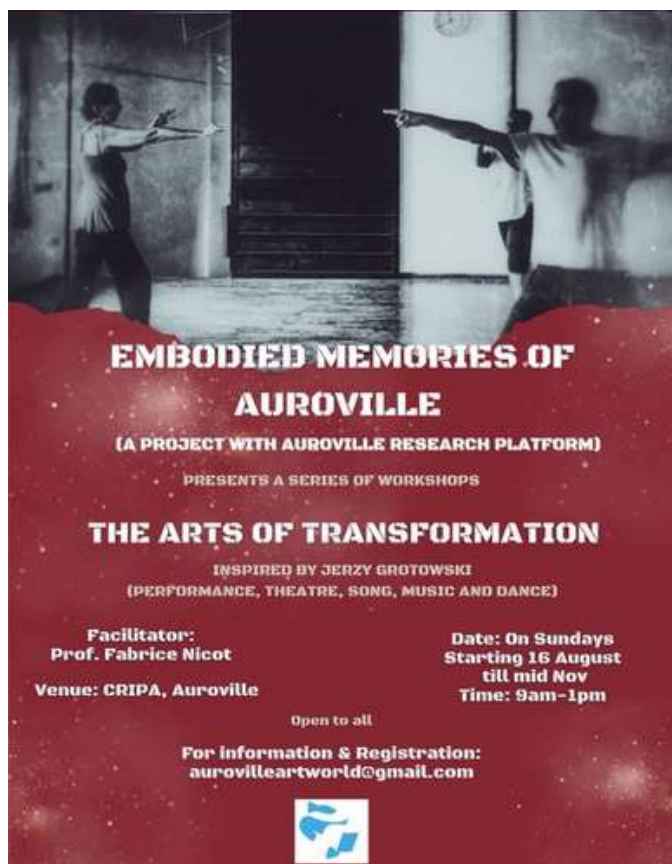
EMBODIED MEMORIES OF AUROVILLE:

"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 (SAIIR), 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.

JIVA



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

Regular offers

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

Upcoming workshops

- 5th & 6th Sept : Transforming Trauma with Sigrid, 9 -12:30 , 2 - 3:30pm
- 12th & 13th Sept : Inner Childwork in the perspective of Integral Yoga Workshop , 9am - 12.30pm

Webinars

- 4th, 5th, 6th Sept : Integral Trauma Therapy, 7:30 - 9:30pm
- 11th, 12th, 13th Sept : Inner Child Work in the context of Integral Yoga, 7:30 – 9pm
- 28th, 29th, 30th Sept The incarnating Soul, 7:30 – 9pm

Join our WhatsApp group for all updates !
www.auroville-jiva.com contact@auroville-jiva.com WA 96260 06961



AUROVILLE ULTIMATE FRISBEE HOSTS WOMEN'S HAT TOURNAMENT

SATURDAY 5TH - SUNDAY 6TH SEPTEMBER, GAIA FIELD



Dear Auroville Community,
we're super thrilled to invite you to an exciting event!

Auroville Ultimate Frisbee will be hosting our **3rd annual Singapenne Women's Hat** tournament at the lovely Gaia Field!

Whether you're an Ultimate Frisbee fan, just curious about the sport, or a foodie who loves home-made bakes, this is a fantastic opportunity to come out for the weekend, cheer on the players, and enjoy a lively atmosphere filled with athleticism, food stalls, fun activities, and the chance to connect with fellow community members.

Bring your friends and family to make a day of it, and let's celebrate sport and community together.

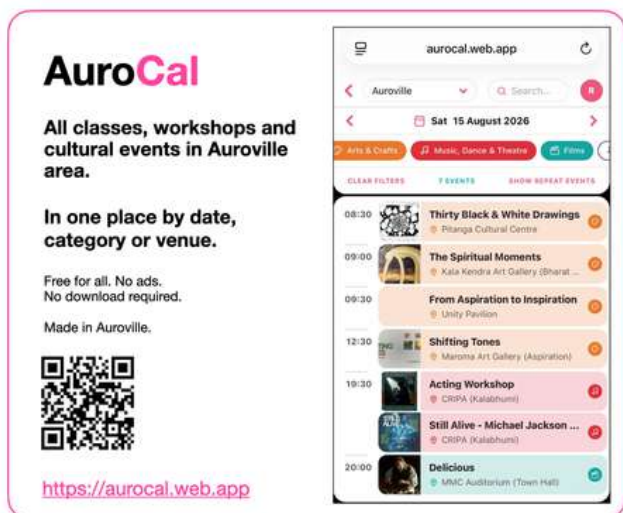
Mark your calendars, and we can't wait to see you there anytime between 7am - 6pm!

If you have any questions, feel free to reach out to us on

- Instagram: [@rhinos.ultimate](https://www.instagram.com/rhinos.ultimate)
- Email: avultimate.womens@gmail.com

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

ACTIVITIES AT SERENDIPITY

SERENDIPITY CLASSES

(Ex. Joy Community in front of Center GH)

Center Field, Auroville - 605101, Tamil Nadu, India

Landline: +91 (0)413 350 9950

Mobile/Whatsapp: +91 93856 23342

Email: serendipityauroville@gmail.com

<https://serendipity.auroville.org>

<https://www.facebook.com/serendipityauroville>



SERENDIPITY GUEST HOUSE - JOY HALL

YOGA with RAMESH

- Monday - 5:30pm to 6:45pm
- Guests INR 450 Volunteers INR 250
- Aurovillians and Newcomers by donation

ROSALBA

FLOWERS WATERCOLORS

- Wednesday - 10am to 12pm

MANDALA for ADULTS

- Wednesday - 2:30pm to 5pm

INTRODUCTION to BACH FLOWERS

- Saturday - 10am to 12pm
- Contact : + 91 90475 69721

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

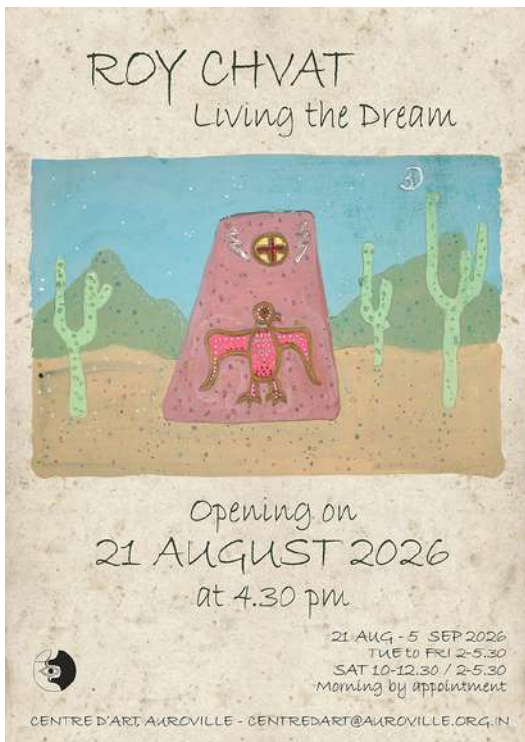


Looking for actors, dancers and those with an open and challenging mind. Contact Eli - 9952 74921, leave a message and number for the media from Orville and the surrounding area.

CULTURAL ANNOUNCEMENTS

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.

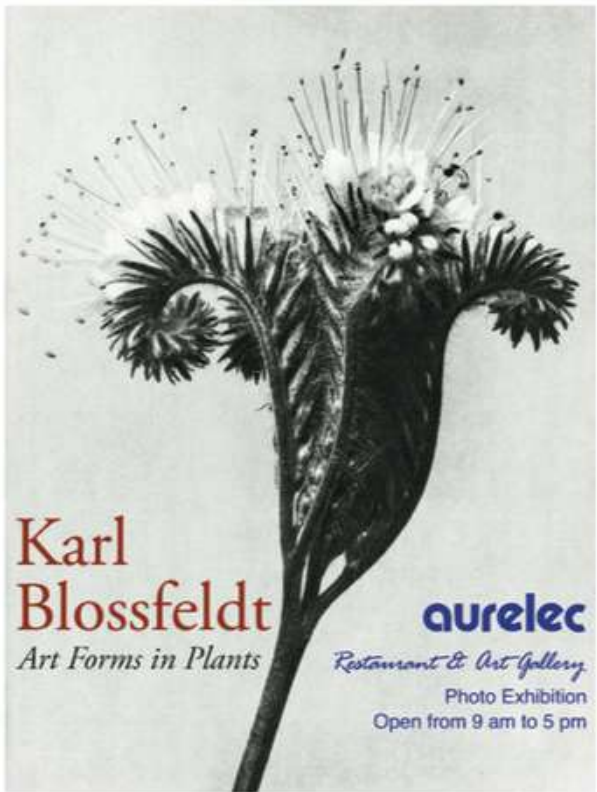
The aesthetic quality speaks for itself, as does the variety. What's perhaps less apparent is the work's historical significance. These aren't just beautiful drawings; they are also capsules of time, records of moments in Auroville's history, and often—as in the covers of the News and Notes—acute works 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

ART FORMS IN PLANTS - KARL BLOSSFELDT
AURELEC RESTAURANT & ART GALLERY



German photography pioneer Karl Blossfeldt (1865–1932) photographed plants so beautifully, and with such originality, that his work transcends the medium itself. Over more than 30 years, he took thousands of photographs, revealing a formally rigorous talent whose precision and dedication bridge the 19th- and 20th-century worlds of image-making and bring a distinctly sculptural aspect to a firmly two-dimensional art form.

Beautifully but starkly composed against plain cardboard backgrounds, Blossfeldt's images, relying on a northern light for their sense of volume, reveal nothing of the man but everything of themselves. They are still lifes, piercingly final statements on their subject, and have endured owing to their aesthetics and the ongoing fascination of students and photographers. Like their maker, they are quietly and lastingly effective.

PHOTO CIRCLE
FRIDAY 4 SEPTEMBER, MULTIMEDIA ROOM, CITADINES



Photo Circle meets again on **FRIDAY 4 SEPTEMBER** 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



AUROVILLE RADIO

Dear Aurovilians,

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

Last Published Podcasts

- [Marlenka's weekly Offering – Ep.178](#) (Literature)
- [Jumpa's Joyous Journey with Fif-Ep.19 "The Dream in the Rubbish Bin"](#) (Stories)
- ["Mother's Chronicles : Mirra" by Sujata Nahar, Read by Fif - B 1 C 14 - "The Golden Robe"](#) (Sri Aurobindo)
- [Sri Aurobindo's "The Life Divine" read by Deepti Tewari-B2, P1, C6 : "Reality and the Cosmic Illusion"](#) (Sri Aurobindo)
- [Une série hebdomadaire de lectures par Gangalakshmi – Ep.546](#) (Integral Yoga)

Latest Youtube Video

- [The Mother On Education by Nandini Sengupta & Alo Pal](#)
- [Sri Aurobindo's engagement with wisdom literature in Sanskrit by Lopa Mukherjee](#)

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

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

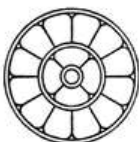
Peace and love

Regards,

Sai Priya for Auroville RadioTV

FOR THE BOOKWORMS

AUROVILLE RELATED BOOK GIVEAWAY
14TH AUGUST - 4TH SEPT, 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

POETRY

When a child
Blows up a bubble
Or boasts,

When a child
Demands a leaf key
To his world —

Just oblige.

Don't ever be obliged.



Anandi Z

A Continuum of Light

I wandered in an old familiar place
Above the lake where arm in arm we stood,
A glowing ruby on a emerald base
Was burning in the deeply fragrant wood.

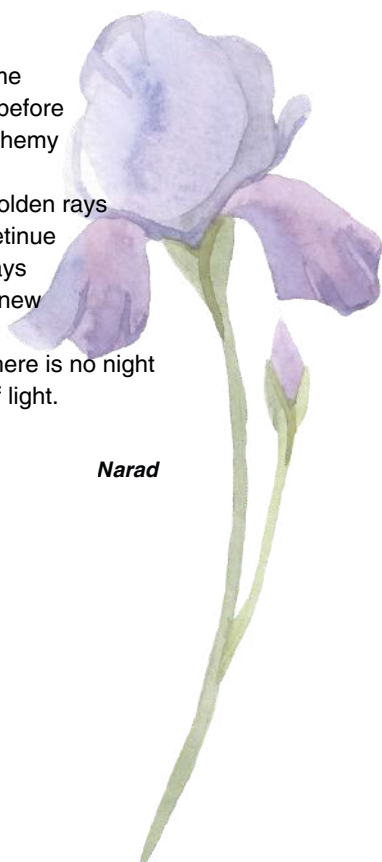
Pale the beams that filtered through the trees,
The leaves of autumn thick beneath my feet,
And from the north a chill and welcome breeze
Carried a fragrance, wonderful and sweet.

Perhaps her soul among the iris dwelt
Or lingered in the lilac's scented breast,
How cruel a blow uncaring death had dealt,
For in my heart there was not peace nor rest.

Now Grief the uninvited visitor
Had taken up his residence in me
No joy could be as it was once before
When as one soul bound by alchemy

We walked upon life's path of golden rays
Welcomed Spring with all her retinue
Oblivious to the winter of our days
And in our final autumn hours knew

That for those souls who love there is no night
And we became a continuum of light.



Narad

Cinema Paradiso

Multimedia Center (MMC) Auditorium



Film program : 31st August - 6th September 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 31 AUGUST, 8:00 PM:

• TANU WEDS MANU

India, 2011 Dir. Anand L. Rai w/ Madhavan, Kangana Ranaut, and others, Drama-Comedy, 119mins, Hindi w/ English subtitles, rated: PG.

London-based Dr. Manoj Sharma returns home to Delhi and in the company of his parents travels to Kanpur to meet his prospective bride, Tanuja Trivedi. He gets a rude awakening when Tanuja tells him that she already has a boyfriend and plans to marry him even against her parents' wishes.

POTPOURRI - TUESDAY 1 SEPTEMBER, 8:00 PM:

• DOMBAIS ET FILS (DOMBEY AND SON)

France, 2007, Dir. Laurent Jaoui w/ Christophe Malavoy, Deborah Francois, and others, Drama-Comedy, 180mins, French w/ English subtitles, rated: PG.

The dream of Paul Dombey, the wealthy owner of the shipping company, is to have a son to continue his business. Tragically, Dombey's wife dies shortly after giving birth to their son.

SELECTION - WEDNESDAY 2 SEPTEMBER, 8:00 PM:

• POSTMAN

Japan, 2008, Dir. Kazuhisa Imai w/ Kazushige Nagashima, Kie Kitano and others, Drama, 111mins, Japanese w/ English subtitles, rated: PG.

A gentle Japanese drama directed by Kazuhisa Imai. It stars Kazushige Nagashima as a dedicated small-town postman who balances his daily mail routes on a red bicycle with raising his two children alone after his wife's death.

INTERESTING - THURSDAY 3 SEPTEMBER, 8:00 PM:

• IS GOD THE ULTIMATE OBSERVER?

USA-UK, 2026, Documentary, 90mins, English w/ English subtitles, rated: PG.

This documentary explores one of the deepest and most misunderstood questions in quantum mechanics: whether conscious observation is required to turn quantum possibilities into physical reality.

INTERNATIONAL FILM - SATURDAY 5 SEPT, 8:00 PM:

• 16 WISHES

USA, 2010, Dir. Peter Delouise w/ Debby Ryan, Jean-Luc Bilodeau, and others, Drama-Family, 90mins, English w/ English, rated: G.

A 16-year-old girl prepares a list of 16 wishes for eight years, hoping they will come true on her 16th birthday. A fairy comes to give her 16 candles that make the 16 wishes come true. Her wishes go the wrong way and are permanent when midnight comes. She has one final wish to reverse her previous wishes.

CHILDREN'S MATINEE - SUNDAY 6 SEPTEMBER, 4:00 PM:

• AINBO: SPIRIT OF THE AMAZON

USA, 2021, Dir. Richard Claus w/ Lola Raei, Naomi Sarrano and others, Animation-Family, 84mins, English w/ English subtitles, rated: PG.

An epic journey of a young hero and her Spirit Guides, "Dillo" a cute and humorous armadillo and "Vaca" a goofy oversized tapir, who embark on a quest to save their home in the spectacular Amazon Rainforest...

CINÉ-CLUB - SUNDAY 6 SEPTEMBER, 8:00 PM:

• OKURIBITO (DEPARTURES)

Japan, 2008, Dir. Yojiro Takita w/ Masahiro Motoki, Ryoko Hirose, and others, Drama, 130mins, Japanese w/ English subtitles, rated: PG.

A quiet, life-affirming Japanese drama that won the Academy Award for Best Foreign Language Film. It follows a jobless cellist who accidentally takes a job as a traditional mortician, discovering deep grace, love, and reconciliation with his past in the rituals of death.

(Curated by Ramesh)

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

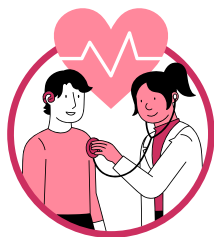
Contact: 0413 291 0005

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