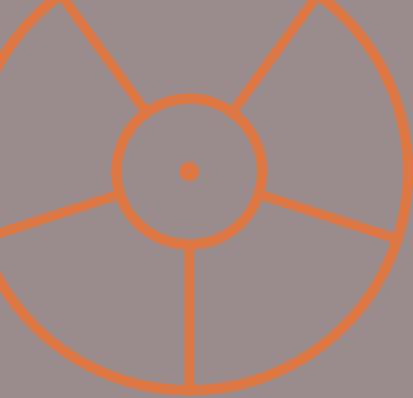




Auroville NEWS & NOTES

No 1141 - A weekly bulletin for residents of Auroville

3 September 2026

RA EDITION



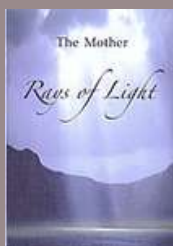
PONDERING

Every movement of humanity which seeks to deny Nature however religious, lofty, austere, of whatever dazzling purity or etheriality, is doomed to failure, sick disappointment, disillusion or perversion. It is in its nature transient, because it contradicts God's condition for us. He has set Nature there as a condition of His self-fulfilment in the world.

Sri Aurobindo, The Web of Yoga, The Hour of God



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

RECOGNISE AND CORRECT MISTAKES

page 95

It is very good that you have become conscious of the mistakes and defects of the nature. Once you are conscious it is always possible to rise out of them and to change the nature.

23 January 1938

*

A mistake recognised is a mistake pardoned.

14 October 1939

*

It is no use excusing yourself; you must have the will never to fall back into the faults you have committed.

Fearlessness

Without fear or hesitation, it will obey the Divine's command. - *The Mother*

Solanum torvum Swartz., Solanaceae.



Before going to sleep every night, we must pray that the mistakes we may have committed during the day should not be repeated in future.

20 June 1954

page 96

WEAKNESSES OF HUMAN NATURE

FEAR

Yoga and fear do not go together.

*

Fear is always a very bad adviser.

*

Our Path

To walk on the path you must have a dauntless intrepidity, you must never turn back upon yourself with this mean, petty, weak, ugly movement that fear is.

An indomitable courage, a perfect sincerity, a total self-giving to the extent that you do not calculate or bargain, you do not give with the idea of receiving, you do not offer yourself with the intention of being protected, you do not have a faith that needs proofs - this is indispensable for

page 97

advancing on the path - this alone can shelter you against all dangers.

29 March 1961

*

There is *nothing* to fear - all is the Lord - there is *nothing else* than the Lord; the *Lord alone* exists and all that tries to frighten us is only a silly and meaningless disguise of the Lord.

Cheer up - the way is open before you, shake off this obsession of illness and bring down the Divine Calm.

Then everything will be all right.

*

You can be entirely free from fear only when you have driven out of you all violence.

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](https://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 lack of funds, **we are no longer able to provide PRINTED COPIES.** To receive our web and mobile versions, subscribe [here](#). We apologise for this inconvenience.

Thank you for reading and for your continued support!

In community,
The RA Community Edition News & Notes Team 🌸

CONTENTS

Rays of Light

Guidelines / Quick Guide / Acronyms

Note from the Editors / Table of Contents

WORKING GROUPS NEWS

From the Auroville Council

GB/FO GROUPS NEWS

COMMUNITY NEWS

Community Sharing

Auroville Conversations

Food for Thought

Inner Journey

ANNOUNCEMENTS

Activities at Serendipity

Available

Looking For

CULTURAL ANNOUNCEMENTS

Auroville Radio

For The Bookworms

Poetry

Cinema

Cinema Paradiso

COMMUNITY SERVICES

Essential Services

Health

Matrimandir Access Information

AV Public Bus / Emergency Numbers

WORKING GROUPS NEWS

FROM THE AUROVILLE COUNCIL

KEEPING THE DOOR OPEN: AVC NOTE AND APPEAL

Dear Community,

Some residents have asked us why the Auroville Council continues to meet with people, write to different groups and entities, and send notes to the community, particularly when the present situation can sometimes make it seem as though nothing can be changed.

We have asked ourselves this question as well.

The Council's mandate includes harmonising, finding ways to prevent injustices from taking place, and seeking ways forward in the interests of Auroville. We therefore feel that, even when a situation appears difficult or seemingly lost, it remains important to continue doing what is within our means.

Meeting people allows us to listen, to understand different perspectives, and sometimes to clarify misunderstandings or find common ground. Writing to groups and entities allows us to put concerns on record, ask questions, and leave open the possibility of dialogue. Sharing information with the community allows residents to remain informed and to form their own understanding of what is taking place.

We do not know what the outcome of these efforts will be. However, not knowing the outcome is not, for us, a reason to stop making the effort.

Auroville is an experiment, and part of this experiment is to continue searching for ways forward when there are differences, conflict, and difficulties. We believe that synthesis cannot be found if dialogue is abandoned, and that harmony cannot be fostered if we stop trying to understand one another.

This does not mean that we expect every meeting or communication to bring an immediate solution. Many do not. But each attempt keeps a door open, creates a record, or may contribute in some small way to a future possibility which we cannot yet see.

We therefore continue to do what we can, within our mandate and our means, not because we are certain of the outcome, but because we feel that giving up on the possibility of dialogue and synthesis would be contrary to the very purpose of our role.

Perhaps this is also 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.

We would like to invite the community, the Auroville Foundation Office, and all groups and entities working in Auroville to join us in this endeavour, and together continue searching for ways towards greater harmony, understanding, and human unity.



A NOTE OF APPRECIATION FROM THE AUROVILLE COUNCIL

Dear Community,

The Auroville Council would like to take this opportunity to express its sincere appreciation for all the support, encouragement, suggestions, and trust which we have been receiving from members of the community.

Over the past months, we have received many messages from residents who have taken the time to share their thoughts, concerns, suggestions, and, in many cases, simply to express their support for the work of the Council. We have also received support from individuals and groups who have offered their time, knowledge, skills, and assistance in different ways.

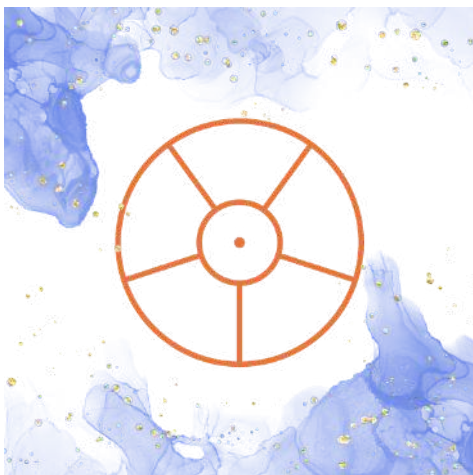
This support is particularly meaningful in the present situation, where many of the matters brought to the Council are complex, and where finding ways forward is not always straightforward. The Council has, in many cases, limited means to directly resolve the issues which are brought to us. Nevertheless, we continue to listen, to understand the different perspectives involved, and to seek ways forward which are in line with Auroville's values and with our mandate.

We would therefore like to thank all those who have taken the time to contact us, whether to raise an issue, provide information, suggest a possible course of action, offer practical help, or simply encourage us to continue. Every such contribution is valuable.

An important part of the Council's mandate is to foster harmony and to seek ways to prevent injustices from taking place. We continue to feel that this requires listening to all sides, recognising differences, and looking for synthesis rather than further conflict.

We would like to encourage everyone to continue sharing constructive suggestions, information, concerns, and ideas with us, and to continue making an effort to listen carefully to one another, even where differing views exist.

Thank you once again to everyone who has supported the Auroville Council, in whatever way. We deeply appreciate the trust placed in us, and will continue to do our best to carry out our role with sincerity and in the spirit of Auroville.



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.

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 1146

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

COMMUNITY NEWS

COMMUNITY SHARING

AUROVILLE FARMERS MARKET

EVERY SATURDAY FROM 5TH SEPT, YOUTHLINK



The poster for the Auroville Farmers Market features a yellow header with the title 'AUROVILLE FARMERS MARKET' in large green letters. Below the title, it says 'EVERY SATURDAY, BEGINNING 5TH SEPTEMBER' and '10AM-1PM AT YOUTHLINK (NEAR SOLAR KITCHEN)'. A small YouthLink logo is in the top right. The middle section is a photograph of a busy outdoor market with people browsing tables of produce. The bottom section is a green banner with white text: 'SUPPORTED BY THE AUROVILLE FARMS CORE GROUP', 'Meet our farmers, learn more about our farms and get a variety of fresh & processed organic produce.', and 'Scan to find us' with a QR code.

10AM - 1PM | At YouthLink (Near Solar Kitchen)

MEET OUR 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

NOTES FROM SAIER LIFELONG LEARNING



SAIER

One of our recent focuses has been to figure out how we can tackle the idea of lifelong learning in Auroville, to make visible this part of the overall “Auroville education”. What is lifelong learning and what are the classrooms outside of classrooms? Where do we grow the desire to become something bigger than what we already are?

If we look around us, Auroville is a hub of diverse learning opportunities with units and individuals across our galaxy offering what they know best. Behind the shelves of many of our units lies an educational purpose, an intention to spread awareness and conscious habits. Moreover, our billboards are multiplying everyday and new people are coming into this city in the making with their backpacks filled with knowledge and experience in some field or another.

We all essentially have something to teach, even if it is not what we’re doing at the moment, and if we can identify this, we can bring together the potential for lifelong learning here. Maybe this is where we can start with Auroville, with mapping the educational threads that tie us together, to create a functioning network of learning opportunities, where curiosity can flower into skill.

Auroville is what it is, not based solely on the dreams of the Mother, but on how close these dreams are to a reality, on what we have to show for the phrases it is built on. So let’s work on that.

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.

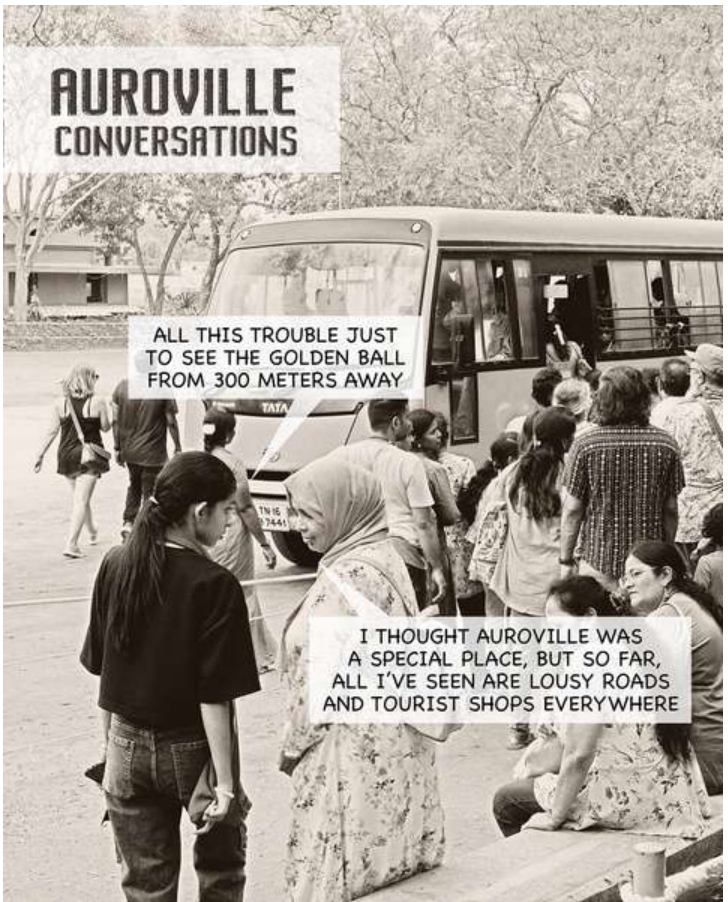


Click [here](#) to read
**Acres for Auroville newsletter
summary in TAMIL**
or scan the QR code.

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



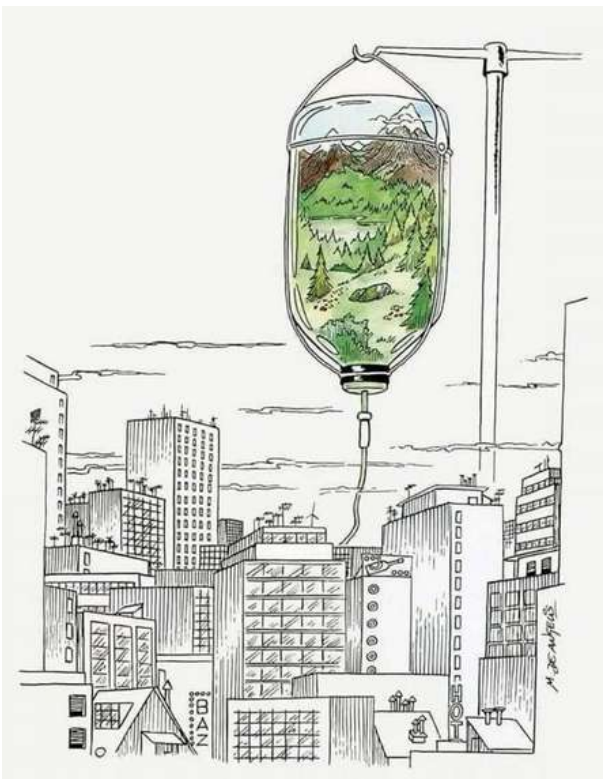
AUROVILLE CONVERSATIONS



Submitted by an Aurovilian



FOOD FOR THOUGHT



INNER JOURNEY

INTRODUCTION TO THE INTEGRAL YOGA OF SRI AUROBINDO AND THE MOTHER

Tuesday 8th 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.

AUROVILLE ULTIMATE FRISBEE HOSTS WOMEN'S HAT TOURNAMENT

SATURDAY 5TH - SUNDAY 6TH SEPTEMBER, GAIA FIELD



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

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

AUROVILLE BICYCLE CHAMPIONSHIP 26 - 3RD EDITION

SUNDAY 20TH SEPTEMBER



AUROVILLE BICYCLE CHAMPIONSHIP 2026



DATE
20.09.2026
SUNDAY



VENUE
AUROVILLE,
TAMIL NADU - 605101



RACE CATEGORIES



ELITE
MEN & WOMEN



MASTERS
MEN & WOMEN



AMATEUR
MEN & WOMEN



JUNIOR
BOYS & GIRLS
(14-18 YEARS OLD)



JOYRIDE
ALL GENDRS &
All AGES



REGISTRATION

FROM
06.08.2026

TO
10.09.2026

CONTACT



Auroville Bicycle Championship, Townhall, Auroville



aurovillecycling@gmail.com



aurovillesports.in



+91 9843734825



RIDE TOGETHER • LIVE BETTER • INSPIRE CHANGE



Dear All,

We are happy to announce the 3rd edition of Auroville Bicycle Championship 2026. To participate, please register now at www.aurovillesports.in/registration

Last date to register : 10.09.2026.

See you all.

Best regards

Raju

98437 34825



JIVA



A platform of Auroville's 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



AUROCAL

A WEB APP FOR AUROVILLE AREA CULTURAL EVENTS

Offering a class, workshop or organising a performance ?

To reach out to more people, submit your event poster and text at : <https://aurocal.web.app/?submit>

Your event will be listed at AuroCal, an app with over 250 events in Auroville area including music, dance, theatre, films, meditation, wellness, sports, food and other areas at : <https://aurocal.web.app>

AuroCal

Free for all. No ads. No download required.
A project of Auroville Green Practices at Auroville Consulting.



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



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: 33AAATA0037BYJN

Contact details for registration and sign in on the flyer

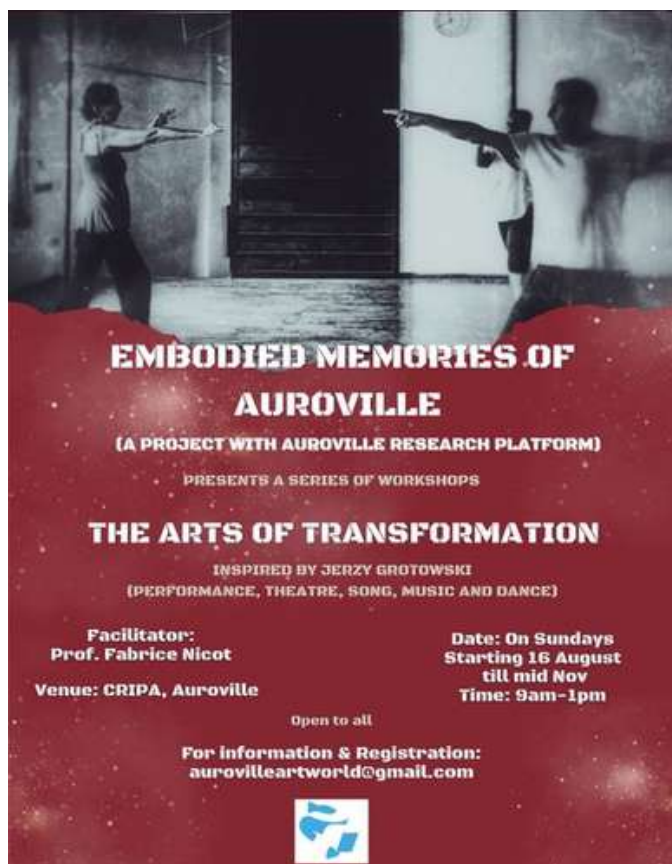
EMBODIED MEMORIES OF AUROVILLE:

"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.

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



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.

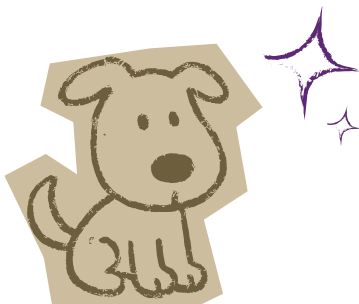
A NEW HOME FOR JUMBO



Meet
Jumbo.

- ✿ Breed: Chippiparai. Location: Auroville.
- ✿ 3 year old Jumbo has spent his life on the streets of Auroville.
- ✿ Easily makes friends with humans and other animals.
- ✿ Neutered, vaccinated, healthy.
- ✿ Please share further.

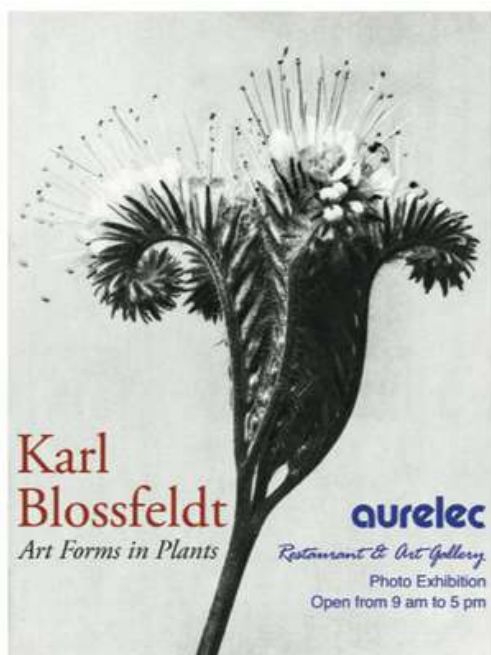
 To adopt, call / Whatsapp - 9810932253



CULTURAL ANNOUNCEMENTS

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.

LIVING THE DREAM, BY ROY CHVAT

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



PHOTO CIRCLE

FRIDAY 4TH SEPT, MULTIMEDIA ROOM, CITADINES

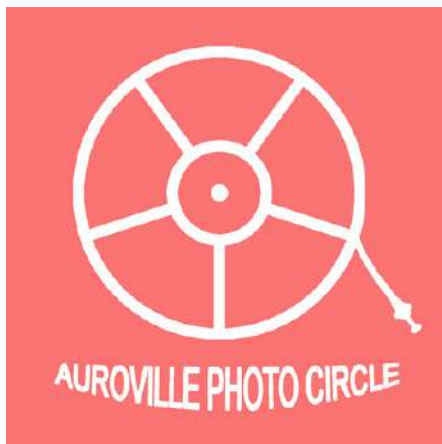


Photo Circle meets again on **FRIDAY 4th SEPTEMBER** at 5pm in the Centre d'Art multimedia room, at Citadines

The Photocircle brings together Auroville's photographers and amateurs.

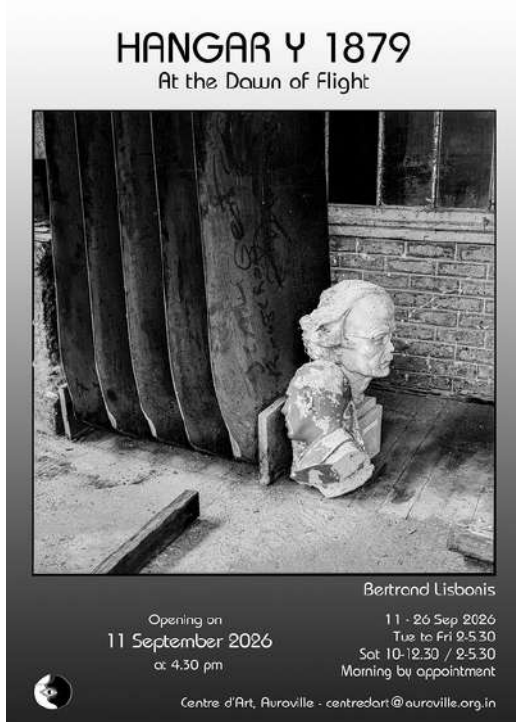
We share our own work, show the work of global photographers we admire, discuss the history of photography, and share techniques. Anybody can bring and screen a small selection of images.

Everybody's welcome

DOUBLE EXHIBITION

- **BERTRAND LISBONIS - HANGAR Y 1879**
- **KRISHNA SHETH - KAIK KAHEVU CHE**

OPENING ON FRIDAY 11TH SEPTEMBER, CENTRE D'ART



BERTRAND LISBONIS - HANGAR Y 1879

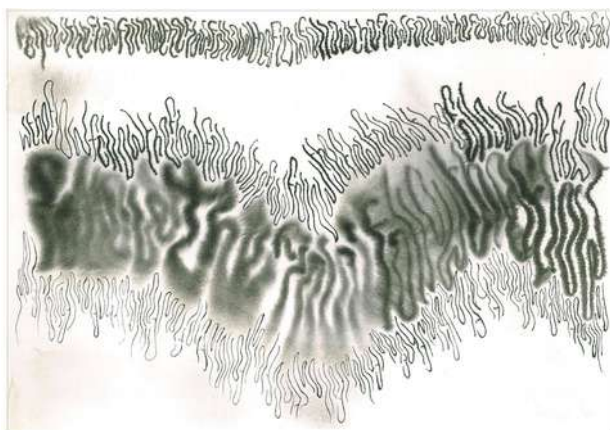
Through this work, focused on the interplay of material and light, Bertrand Lisbonis offers a unique testimony to this site of great symbolic importance in the history of aerostation, a place that today has been emptied of all its substance.

Designed by the architect Henri de Dion for the Auxiliary Gallery of French Machinery at the 1878 Universal Exposition, Hangar Y was reassembled in 1880 on the site of Chalais-Meudon. From 1921 onward, it housed the Air Museum, whose collections were transferred to the Air and Space Museum of France in 1977.

Bertrand Lisbonis regards photography as a means of visual investigation into light and matter, making perceptible and visible to the eye that which it cannot ordinarily perceive.

He also aims to return to the favourite subject of his masters—architecture—but the austerity of these images and their initially challenging appearance should not obscure the artist's genuine emotional mastery of the subject.

Bertrand Lisbonis is one of those photographers for whom the image is not a space for the inscription of vast visual confusion, but rather a secret and intimate place where, in a half-whisper, thoughts of a disarming and profoundly cultivated humanism are expressed.



KRISHNA SHETH - KAIK KAHEVU CHE

The visual artist Krishna Sheth explores language as a living material and an instrument of communication. In her approach, language is both the medium and the subject of her research. Her practice encompasses a range of parameters, from semiological meaning to the painterly gesture, from poetry to a vision that speaks beyond words, from a decipherable alphabet to a space where meaning gives way to intuition.

For this body of work presented at the Centre d'Art in Auroville, she has, for the first time, abandoned any notion of visual comprehension. The signs evoke writing but cannot be read. They have no meaning, either for the artist or for the viewer, yet the emotion they express remains.

For this artist, the experience is never one-sided. It draws its source and inspiration from a conversation among herself, her natural surroundings, and the human beings around her. The marks she makes thus appear as the sedimentation of a search that could be distilled into the simple act of paying attention to oneself, to others, and to a more-than-human world. She seeks to be fully present, body and soul, in the present moment, in search of harmony.

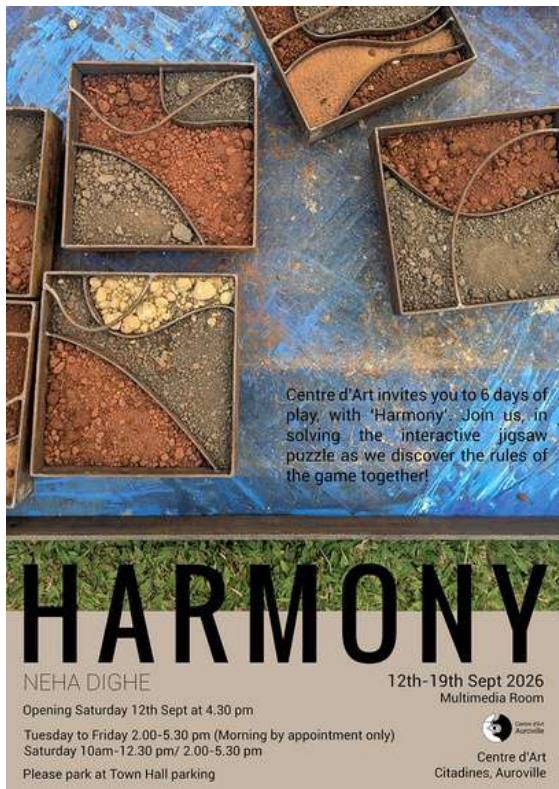
As if to embody the importance of exchange with people and nature in her work, Krishna spent days covering the large glass window overlooking the gallery gardens with an extraordinary mural - a story that, after the exhibition, will disappear from the surface of the glass, but not from memory.

- **Opening on Friday 11 September 2026 at 4:30 pm**
- Tue to Fri 2-5:30, Sat 10-12:30 / 2-5:30
- Morning by appointment



HARMONY, BY NEHA DIGHE

OPENING ON 12TH SEPT, MULTIMEDIA ROOM, CENTRE D'ART



Opening on 12 September at 4:30 pm Multimedia Room, Centre d'Art, Auroville

Centre d'Art invites you to 6 days of play, with 'HARMONY'. Join us, in solving the jigsaw puzzle as we discover the rules of the game together.

Harmony emerged from attempts to read the land, from what one sees on the surface of the landscape and the layers of stories that it holds.

Land and water, 'drawing' landscapes over geological times. Harmony is an attempt to initiate a dialogue about landscapes, geology, hydrology and habitat fragmentation to provide a sense of nurture to the climate anxiety embedded in the work. It is designed to spark conversations, discussions and curiosity. Perhaps even an urge to pursue something that comes up through these interactions!

This work is a part of a series titled 'All Problems of Existence are essentially problems of Harmony'. The title is a quote borrowed from Sri Aurobindo's book, The Life Divine.

Neha Dighe is an Architect and co-founder of Studio One, an Art and Architecture practice based in Auroville.

She navigates the space between Design, Ecology, Environmental Psychology and Healing modalities in her work, connecting the dots and refining the questions that emerge.

Neha studied Architecture at Academy of Architecture, Mumbai and has been based in Auroville since 2007.

- **From 12 to 19 September**
- Tue to Fri 2-5.30, Sat 10-12.30 / 2-5.30
- Morning by appointment



AUROVILLE RADIO



Dear Aurovilians,

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

Last Published Podcasts

- [Marlenka's weekly Offering – Ep.179](#) (Literature)
- ["Mother's Chronicles : Mirra" by Sujata Nahar, Read by Fif - B 1 C 15 - "Deer, Squirrels & Gnomes"](#) (Sri Aurobindo)
- [Sri Aurobindo's "The Life Divine" read by Deepti Tewari- B2, P1, C7: "The Knowledge and the Ignorance"](#) (Sri Aurobindo)
- [Une série hebdomadaire de lectures par Gangalakshmi – Ep.547](#) (Integral Yoga)

Latest Youtube Video

- [A Musical Meditation | Matrimandir Amphitheatre](#)

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

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

Peace and love

Regards,

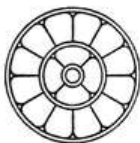
Sai Priya for Auroville RadioTV

FOR THE BOOKWORMS



AUROVILLE RELATED BOOK GIVEAWAY

14TH AUGUST - 4TH SEPT, AUROVILLE LIBRARY



From Friday 14th to Friday 4th September, 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

A Conscious Servant

20.6.2024

I live to meet Thee once again
Lord of all who came to me,
Caressed my soul and then- and then
Touched my being to make me free.

And yet I've wandered through the years
Accepting loss and loneliness
But now forgotten are the fears
Of former births and otherness.

Would all desire from me flee
And anger's moments wrest from me
That in due time my soul might be
A conscious servant serving Thee.



Narad

Why Remembrance Day Re-Membering the Dis-Membered



I Remember
And hence I Become
From a seed into a flower
Into a butterfly, into a piercing tower
Into an epicentre of destruction
Into an embrace of hope and fruition.

I Remember
A broken promise
A broken heart
A stab in the back
A filial ingratitude, a trauma.

Only if we could forget, we moan.

These million, zillion memories,
In what treasure chest are they stored?
In what ground of being are they buried?
How are they to be excavated?

On what ocean floor do they still lie?
What diver will bring them back
For us to behold?

On what cloud do they float?
What rains will bring them down
to nourish the earth for a new birth?

Only if we knew what it is
That we must dare to remember
For ever and ever
And what all there is
That we must dare to forget.

In the womb of creation
In the infinite to-be's yet unborn,
There is forever an agitation,
A churning of unsatiated longings
and piercing woes.

They are all imbedded together—
Hope and yearnings
Despair and fear,
Humiliation and rejection,
Seething pain and crooked lies
Of our forefathers, of our gods.

Yet, beyond the pages of the history books,
Behind the sleepy eyelids
And the impregnable temple walls
There are always some faint whispers
Of simmering hope.

A slow movement of a frail beckoning hand,
Some ripening soil under a heavy stone,
Some stray light through a broken door.

Forever re-membering the dis-membered,
Forever flowering into a lotus... into a rose,
Forever Becoming...Forever Being...
Forever wandering, like a pilgrim,
In the thundering Cloud of Unknowing.

Sehdev Kumar

This celestial boy
Coming down to a world
Of sweat and toil,
Demanding sweets and toys.
Without them he gets annoyed.

He could boycott,
He could destroy;
Whether he cries or laughs,
He seems to be in joy.

O boy,
When you toy
With all your fancies,
When you beam such joy,
When you destroy,
When you boycott —
Do you get caught
In the mesh,
O boy?

For now
No freaking out,
No crying aloud,
Just enjoy!

Anandi Z

CINEMA

NEW MOON MOVIE - ART MOVIE SCREENING

THURS 10TH SEPT, MULTIMEDIA ROOM, CENTRE D'ART,
CITADINES



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

This month it will happen on **Thursday 10th September at 5 pm, in the Multimedia room.**

Everybody is welcome.

PERSEPOLIS by Marjane Satrapi – 2007, 96min, animation, original version in french with english subtitles.

It is recommended for ages 13 and up.

Persepolis is an autobiographical graphic novel by Marjane Satrapi that tells the story of her upbringing in Iran during and after the 1979 Islamic Revolution.

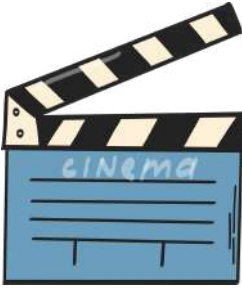
It follows her journey from a politically aware child in Tehran to a rebellious teenager dealing with cultural displacement in Europe.

This movie will be screened in memory of Marjane Satrapi, who recently passed away at the age of 56.

Cinema Paradiso

Multimedia Center (MMC) Auditorium

Film program : 7th - 13th 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 7 SEPTEMBER, 8:00 PM:

• CHEF

India, 2011, Dir. Raja Menon w/ Saif Ali Khan, Padma Priya, and others, Drama-Comedy, 132mins, Hindi w/ English subtitles, rated: PG.

An official Hindi remake of Jon Favreau's 2014 Hollywood film, starring Saif Ali Khan as a professional chef trying to reconnect with his son and mend his life through a cross-country food truck journey.

POTPOURRI - TUESDAY 8 SEPTEMBER, 8:00 PM:

• IRENA'S PROMISE

Canada-Poland, 2024, Dir. Louise Archambault w/ Sophie Nelisse, Dougray Scott, and others, Drama-Biography- War, 121mins, French w/ English subtitles, rated: R.

Through the eyes of a strong-willed woman comes the remarkable true story of Irena Gut, and the triumphs of the human spirit over devastating tragedy, as she risked her life to save a generation of Jews from the atrocities of the Holocaust.

SELECTION - WEDNESDAY 9 SEPTEMBER, 8:00 PM:

• PRETTY MAID

China, 2008, Dir. Hai Da, w/ Ma Ling Yan, Zhang Hong Jie, and others, Drama, 98mins, Chinese w/ English subtitles, rated: PG.

Harue Takes a job at Professor He's Home, Whose Life upended by grief following his wife's suicide. Despite clashing personalities and different backgrounds, their shared struggles over family and their children help them find mutual understanding.

INTERESTING - THURSDAY 10 SEPTEMBER, 8:00 PM:

• DENISE NOBLE: NEO-DARWINISM IS DEAD

UK-Netherlands, 2025, Documentary, 90mins, English w/ English subtitles, rated: PG.

In this mini-documentary style feature, filmmaker Hans Busstra follows the renowned Oxford biologist Denise Noble to Leiden, Netherlands, where Noble delivers a fierce attack on standard evolutionary biology.

INTERNATIONAL FILM - SATURDAY 12 SEPT, 8:00 PM:

• ENID

UK, 2009, Dir. James Hawes, w/ Helena Bonham Carter, Matthew Mcfadyen, Drama-Biography, 82mins, English w/ English subtitles, rated: PG.

A compelling, unflinching biographical television drama that paints a complex and often unblinking portrait of children's author Enid Blyton.

CHILDREN'S MATINEE - SUNDAY 13 SEPTEMBER, 4:00 PM:

• MOON BOUND

Germany, 2021, Dir. Ali Samadi Ahadi, w/ Jacob Banigen, Stephan Benson and others, Animation-Family, 85mins, English w/ English subtitles, rated: PG.

A young boy embarks on an intergalactic mission to save his little sister from the clutches of a vengeful man on the moon. Based on the popular German fairytale "Little Peter's Journey to the Moon," this animated lunar escapade will have everyone reaching for the stars.

CINÉ-CLUB - SUNDAY 13 SEPTEMBER, 8:00 PM:

• THE BRIDGES OF MADISON COUNTY

USA, 1995, Dir. Clint Eastwood w/ Meryl Streep, Annie Corley, and others, Drama-Romance, 130mins, English w/ English subtitles, rated: PG-13.

A moving love story about a photographer on assignment to shoot the historic bridges of Madison County. He meets a housewife, whose husband and children are away on a trip, and the film traces a brief affair that is never sordid but instead one of two soul mates who have met too late.

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.



We have flown the air like birds and swum the sea like fishes, but have yet to learn the simple act of walking the earth like brothers.

Martin Luther King Jr

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 - SEPTEMBER 2026

Sante

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: Monday to Saturday	Nurse Care - Ezhil, Thilagam, Archana, Madhi: Daily, no appointment needed
Ayurveda with Dr. Berengere: TOS	Midwifery & GYN Care with Paula: Monday & Wednesday
Integrative Psychotherapy with Juan Andres: Monday to Friday	Homeopathy with Michael: Monday / Wednesday / Saturday
Physiotherapy & Massage with Galina: Monday to Friday	Physiotherapy with Arun: Monday to Friday
Soundbed Session with Thilagam: As per appointment	Holistic Therapy with Louis Patric: Monday to Friday
Bio-Well Assessment (Evaluation of your well-being) with Helena – inquiry email adminsante@auroville.org.in	Home Care: contact Sante for timings. Nurse Care

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

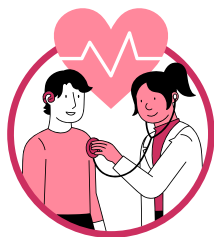
Contact: 0413 291 0005

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