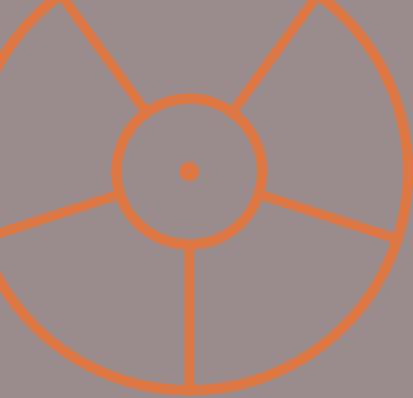




Auroville NEWS & NOTES

No 1142 - A weekly bulletin for residents of Auroville

10 September 2026

RA EDITION



5th - 6th Sept, Singapore Hat Women's Frisbee Tournament

PONDERING

The only way out of your difficulty is to find the psychic being and to live entirely in its consciousness.

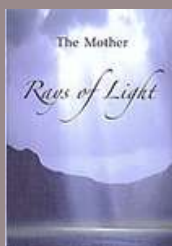
Life upon earth as it is now is full of miseries and any sensitive heart is full of sorrow because of that. To get in contact with the Divine Consciousness and to live in its mercy, its strength and its light is the only truly effective way to get out of this difficulty and suffering and by uniting with the psychic we can obtain this condition.

My help and blessings are with you for this purpose.

The Mother, 6 April 1969, [Face and Overcome Difficulties](#), Words of the Mother II



RAYS OF LIGHT



First Edition 1997, Fifth Impression 2011

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

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WEAKNESSES OF HUMAN NATURE

DOUBT

page 97

Doubt is not a sport to indulge in with impunity; it is a poison which drop by drop corrodes the soul.

page 98

We must decide to get rid of all doubts, they are among the worst enemies of our progress.

29 July 1954

DEPRESSION

How to avoid attacks of depression?

Do not pay attention to the depression and act as if it was not there.

31 March 1934

*

A depression is always unreasonable as it leads nowhere. It is the most subtle enemy of the Yoga.

31 May 1955

*

It is the ego that gets depressed.

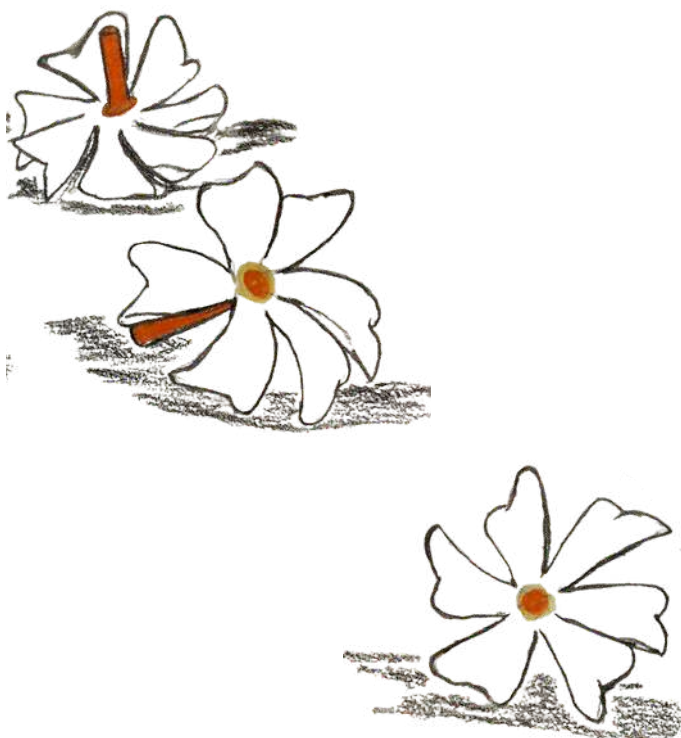
Do not mind it. Go on quietly with your work and the depression will disappear.

18 August 1971

*

At these moments of depression or of revolt, no fresh decision must be taken under the impulse of the wrong

page 99



Aspiration

Innumerable, obstinate, repeating itself tirelessly. - *The Mother*

Nyctanthes arbor-tristis L., *Verbenaceae*.

Night jasmine, Tree of sadness

movement, but practically one must go on with the usual routine, quiet and undisturbed.

★

Periods of obscurity are frequent and common; generally, it is enough to keep quiet without worrying. knowing that these are spiritual nights which alternate with the full light of the days. But to be able to remain in peace you must keep in your heart gratitude towards the Divine for all the help He gives. If gratitude also is veiled, the obscure periods last much longer. There is, however, a swift and effective remedy: it is to keep always burning in your heart the flame of purification, the aspiration for progress, the intensity, the ardour of consecration. This flame is kindled in the hearts of all who are sincere; you must not let ingratitude cover it up with its ashes.

SUFFERING

My word to you is: Do not cherish suffering and suffering will leave you altogether. Suffering is far from being indispensable to progress. The greatest progress is made through a steady and cheerful equanimity.

10 May 1932

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 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 🌸

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WORKING GROUPS NEWS

FROM THE AUROVILLE COUNCIL

THE RESPONSIBILITY WE SHARE: AN APPEAL FOR AN EMPOWERED RESIDENTS' ASSEMBLY

Auroville's present crisis also invites us to reconsider what leadership in Auroville should mean, and where responsibility for the future of the city truly belongs.

For many years, much of Auroville's practical responsibility has been entrusted to working groups. Their dedication deserves recognition. Yet perhaps we should ask whether we are still operating within an old understanding of leadership, one in which a relatively small number of people are expected to carry responsibility for the larger community.

The Residents' Assembly was not created to be a passive body that delegates its agency to a handful of individuals. The responsibility for Auroville cannot ultimately belong to its working groups. It belongs to all of us.

This does not mean that everyone must become an expert in everything. An empowered RA can recognise and make use of expertise without surrendering its agency. Groups and individuals with experience and knowledge can provide guidance, research options, explain consequences, and point the community in the right direction. But guidance need not become authority, and expertise need not become power.

Perhaps Auroville has the opportunity to go beyond the old models of leadership that have shaped so much of human society. We need not choose between centralised authority and disorganised collective decision-making. We can aspire to something more evolved: a RA that is informed, engaged, and capable of taking collective responsibility, supported by competent groups whose role is to serve the community rather than lead it.

Such a system requires something from every resident. Instead of asking, *"Who will take care of this?"* we can begin asking, *"What is my responsibility here?"* It requires us to inform ourselves, contribute our skills, listen to perspectives different from our own, and participate when our participation is needed.

It also requires those entrusted with specific responsibilities to remember that their role is one of service, not ownership. When legitimate responsibilities become vehicles for personal influence, control, or power struggles, we risk reproducing precisely the structures that Auroville was created to explore alternatives to.

This is therefore not a call to weaken our working groups, but to strengthen the community around them. Let those with expertise advise and those with experience guide. Let working groups carry out their responsibilities with competence and integrity. And let the RA increasingly become capable of listening, discerning, deciding, and taking responsibility for Auroville's collective direction.

Auroville was conceived as an experiment in a new way of living together. If we want to go beyond the models of society that already exist, we must also go beyond the idea that leadership belongs to a few while the many wait to be led.

The question before each of us is therefore not only *"Who should lead Auroville?"* but *"How can I take greater responsibility for Auroville?"* Perhaps that is the leadership Auroville is ultimately asking of us.

The Auroville Council

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

FROM THE FUNDS AND ASSETS MANAGEMENT COMMITTEE (FAMC)

RA-FAMC: INFORMATION FOR ALL TRUSTEES AND UNIT EXECUTIVES

The Ministry of Education is funding the Auroville bill to Zoho to a tune of 1 crore plus GST for a period of 3 years starting from FY 2024-25 (documents attached [here](#) and [here](#)). The last year the bill will be paid is for FY 2026-27.

Who will foot the bill afterwards?

If the Zoho bill is going to be passed on to the units starting FY 2027-28, then some pertinent questions arise:

For example -

A. Is Zoho up to the accounting, reporting, compliance standards we require?

B. Does having this particular common accounting platform allow the trustees and unit executives to carry out their responsibilities such as limiting liabilities, oversee basic management such as tracking income and expenses, run needed reports?

C. Has this common accounting platform ensured better accounting practices and standards?

D. Is an assessment of Zoho required before renewing the contract?

If you're interested in this discussion, please write to famc@auroville.services.

Best regards,

Auradha, Jonas, Krishna, Palani, Ranjith
The RA-FAMC



FO GROUPS NEWS

(not selected by due Residents' Assembly process)

FROM THE FO N&N 1147

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

COMMUNITY NEWS

COMMUNITY SHARING

ANNAPURNA FARM - RECENT UPDATE

— 5th September 2026 - Update

A short update about what is happening on Annapurna Farm. [See the letter](#) we received from the Auroville Foundation Office this morning 5 September 2026. After we had a very short meeting last week in the Foundation Office they have decided to make a move to push us off the land quite soon.

We are looking into it how best to respond to this latest demand.

We want to share with you also [an email](#) from one of the Auroville residents that was sent on 6 September to the Office of the Secretary, Auroville Foundation and others copied in the 5 September email. It was posted on the Auroville Intranet also. In our view, it raises some valid points.

AUROVILLE FARMERS MARKET

EVERY SATURDAY FROM 5TH SEPT, YOUTHLINK

AUROVILLE FARMERS MARKET

EVERY SATURDAY, BEGINNING 5TH SEPTEMBER
10AM-1PM AT YOUTHLINK
(NEAR SOLAR KITCHEN)





SUPPORTED BY THE AUROVILLE FARMS CORE GROUP

Meet our farmers, learn more about our farms and get a variety of fresh & processed organic produce.

Scan to find us



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

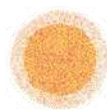
CLOSED FOR GANESH CHATURTHI PUJA

MONDAY 14TH SEPTEMBER, AUROVILLE LIBRARY



THE AUROVILLE LIBRARY IS CLOSED
ON MONDAY 14TH SEPTEMBER 2026
FOR GANESH PUJA
WE WISH YOU A HAPPY DAY!

NOTES FROM SAIER TOWARDS SYNTHESIS



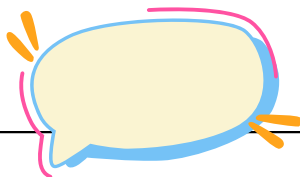
SAIER

September has brought to life the first edition of the SAIER Unfolds, a monthly newsletter curated by our team, now available across schools and public spaces in Auroville. The newsletter will be a platform to share and invite collaboration on the workflow bubbling at SAIER.

With the energy of the new month, we're also happy to announce the upcoming Integral Educational Practitioner's Gathering (IEPG), "Towards Synthesis", an experiential space for all educators in Auroville to immerse, reflect, discuss and learn together over readings and activities led by diverse individuals across the field. This gathering invites us to strengthen our capacity for synthesis — not by erasing differences, but by discovering the deeper truths that can bring them into harmony.

Learn more here: <https://www.saiier.org/iepg-8>

Through these bi-annual workshops, we aim to be able to understand better the role and direction of education in Auroville through the lens of our many teachers. Registration to participate for integral practitioners is open until **September 12th** and can be done here: <https://forms.gle/2Yjv8q3tyS5LFFhZA>



RESIDENTS SPEAK

ANNAPURNA: TEN DAYS, AND FORTY YEARS

On 5 September, the residents of Annapurna Farm received a communication giving them ten days to vacate their homes and begin moving their livestock and farm operations. The letter describes the timeline as final and non-negotiable.

What cannot be relocated

The letter speaks of relocating farming activities. Anyone who has worked land knows what that phrase conceals. You can move a tractor or a granary, at cost. You cannot move soil—forty years of building organic matter, feeding soil biology, and learning where water sits and which plot forgives a late monsoon. You cannot move a fruiting mango tree or a windbreak that took twenty years to close. Organic certification attaches to the history of a plot, not to the people farming it; on new ground, all of this begins again at zero.

The Mother wrote:

"Work, even manual work, is something indispensable for the inner discovery. If one does not work, if one does not put his consciousness into matter, the latter will never develop."

(1970; CWM Vol. 13)

This is not a metaphor; it is a description of what a farm is. Annapurna is forty years of consciousness put into matter by people who could have done almost anything else with their lives. To ask that this be undone in ten days is a statement about what we believe that work was worth. And there is the irony we should not look away from: the land is being taken for a campus dedicated to sustainability.

The manner of the asking

The shape of the communication itself tells us more than its paragraphs do. The letter records that the meeting with residents was attended by a Visa Consultant, and the email was copied to the Admissions and Terminations Scrutinising Committee.

A visa consultant has no function in moving cattle, nor a terminations committee in dismantling a granary. Neither knows anything about soil, herds, monsoon timing, or relocation logistics. What they do have a function in is whether a person may continue to live in Auroville, and whether a person may continue to live in India.

While the prose speaks of goodwill and an orderly conclusion, the attendance list speaks to those who know exactly what those two bodies do. A decision confident of its own rightness does not need to place those bodies in the room—it can afford to persuade. When authority stops trying to persuade and makes the cost of disagreement personal, something has changed. A body that must persuade is obliged to understand; a body that can reach a person's residency is obliged to understand nothing.



The IIT fence work going on at Annapurna Farm....

Whose land is it

"Auroville belongs to nobody in particular. Auroville belongs to humanity as a whole."

(The Auroville Charter, 28 February 1968)

Annapurna does not belong to its stewards, the Foundation, the Governing Board, the Residents' Assembly, or IIT Madras. Every one of us stands on that land as a trustee and nothing more. But trusteeship is not a technicality that dissolves once title is established. A trustee must answer for purpose. This land was acquired during the Mother's lifetime with donations given to grow food for Auroville. That purpose is its dharma; when violated, dharma is violated.

Lawful is not the same as right

In April, the Madras High Court dismissed a resident's petition on the ground that the petitioner was a permissive occupant holding no legal title. That decides who is entitled to be heard, not whether the thing should be done. An action can be lawful and still fail on three levels:

- **Morally:** A promise was made. Land was donated by people told what it was for, and their trust is not extinguished by a finding on occupancy.
- **Ethically:** The people who built the soil were informed rather than consulted. Calling the result mutually workable does not make it so.
- **Spiritually:** An act performed under pressure is not the same as one performed in consent. The consciousness in which an action is taken determines what grows there afterwards. If this founding premise is not true, there is no reason for Auroville to exist.

Legality was never meant to be Auroville's ceiling. To defend an action taken here on the ground that it is lawful is to reach for the exact standard this place was created to exceed. An action can satisfy the Auroville Foundation Act completely and still fail the Charter entirely.

The method is not separate from the aim

When asked to settle disputes about work in Auroville, the Mother wrote:

"Not that some give way to others, but that on the contrary all should combine their efforts to achieve a more comprehensive and perfect result. The ideal of Auroville demands this progress – don't you want to make it?"

(14 November 1971; CWM Vol. 13)

Not that some give way to others. What is being set aside is not merely a farm's convenience, but the working method the Mother named for this place.

The Standing Committee Report

On 8 December 2025, the Parliamentary Standing Committee on Education, Women, Children, Youth and Sports presented its report reviewing autonomous bodies under Higher Education. Welcoming the MoU with IIT Madras, the Committee noted that campus land came at the expense of Annapurna, whose organic farming was central to the Mother's vision. It recommended that Annapurna not be disturbed and that alternative sites to be found for the campus.

That is not a resident's demand; it is a recommendation of a thirty-one-member committee representing all parties. It remains the comprehensive solution the Mother described. Ten days does not have to be ten days.

On the day Auroville was inaugurated, the Mother invited "all those who thirst for progress and aspire to a higher and truer life." That invitation has not been withdrawn from anyone, including those who wrote the letter of 5 September. We should answer it in a way that will not embarrass us in twenty years.

Sincerely,
Manoj Pavithran
Auroville | 6-9-2026

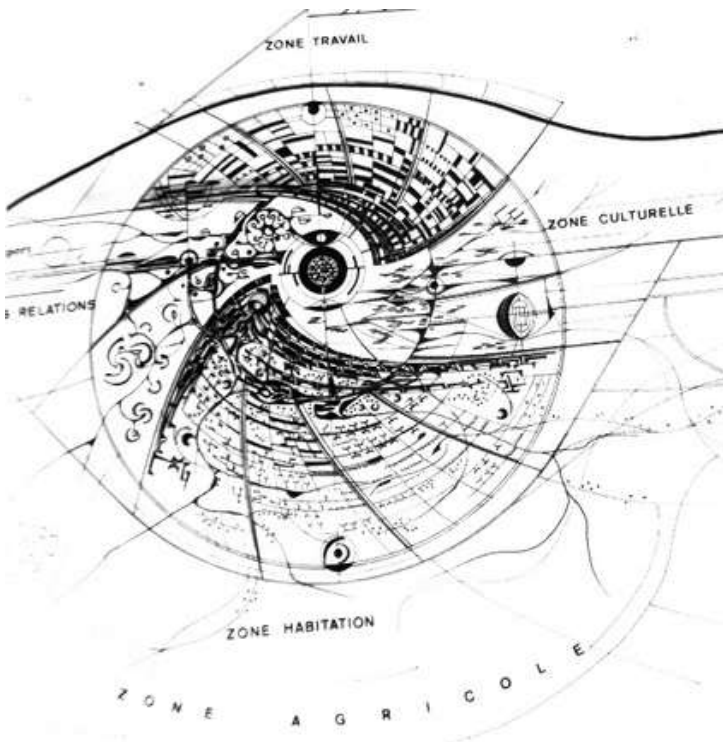
[Read the full email here.](#)



AGRICULTURE: THE CAA MEETINGS MARCH 1970 – FEBRUARY 1971

Mother wanted a self-sufficient town: economically, financially, producing its own food. This requires industries and large-scale farms, as she posited already in the 1930s, when Sri Aurobindo would have lived at the centre of her ideal town, shaped as her symbol. Industries and farms were located outside the gated town.

From where would the food come? The second layout Mother approved, in 1967, writing on it *“the town of the future”*, envisioned a large agricultural zone.



In 1970 Mother launched the Administrative Committee of Auroville, CAA, deliberating on Industries, Agriculture, Town Planning and Construction. The scope of the Agricultural Committee was *“Agriculture, Horticulture, Dairy, Husbandry, plantation crops, soil conservation and erosion control.”*

At the third CAA meeting it was decided *“that we accept offers from individuals to take up specified area for development at their cost, subject to such conditions as may be approved in each individual case by The Mother”*. A similar policy had already been passed in 1969 with regards to industries not belonging to Auroville. Conversely, the remaining lands *“for which there are no offers from anybody will be attended to by Auroville, keeping in view the principle of minimum investment and maximum utilisation and maximum returns. The crops suggested being cashew – casuarina or coconut.”*

At the same meeting, *“Roger wanted immediate allocation of funds for dormitory-type of accommodation (Rs. 30,000) for at least 50 people immediately. Apart from this, 50 huts will also have to be provided since another caravan is expected.”*

After exchanging flowers, questions and answers followed or, sometimes, “baths of silence” –noisy silence, Mother once commented about the twenty-two meetings (March to August 1970), in Mother’s room, with Aurovilians mainly from Aspiration. Extolling the residents’ minimal living: cycles were shared, they slept on shift at a villager’s tea-shop... Self-effacing, abnegation was the context.

The Agriculture Committee suggested that, if the land remained unutilised beyond one season, it should be allotted to someone else. However, out of empathy, the person *“should be given a chance to explain and The Mother’s specific approval obtained in*

each case before taking away the land for re-allotment". Cooperative farming should proceed cautiously, studying its legal aspects.

The minutes of May 2nd presented a stunning proposal: "to approach the Madras Govt. for financial help to set up the Rural Industries Estate in Auroville. " Google's definition: "A rural industrial estate is a designated area in the countryside equipped with infrastructure like roads, power, and water to support small-scale manufacturing, agro-processing, and village enterprises."

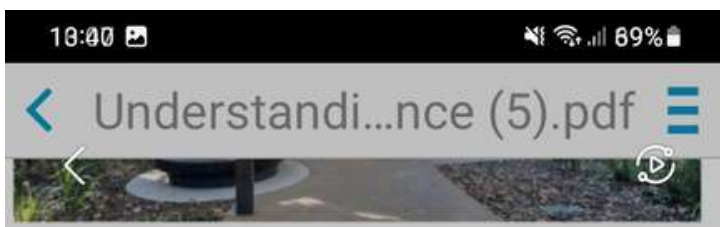
Mother blessed this too, no amendments are reported. How else could her grand vision be fulfilled, which includes feeding a 50,000 inhabitants' town? To endorse such proposal, when the Auroville pioneers lived in conditions so extreme that resilience was the most indispensable quality, gives the measure of how high Mother flied – and so did the people she appointed to administer Auroville – never compromising with "A dream". The Avatar's circle, taking birth anew with every Incarnation.

Paulette

Link to the Auronet entire documentation:

<https://auroville.org.in/blog/view/287747/agriculture-minutes-of-the-caa-meetings-15th-march-1970-%25E2%2580%2593-5th-february-1971>

MASTERPLAN AND REALITY



Shall we allow the presence of cars? The reign of cars has conditioned the urbanism of the 20th century and continues to tyrannize it ... Therefore the option to follow is to suppress this usage within the town ...

Roger Anger



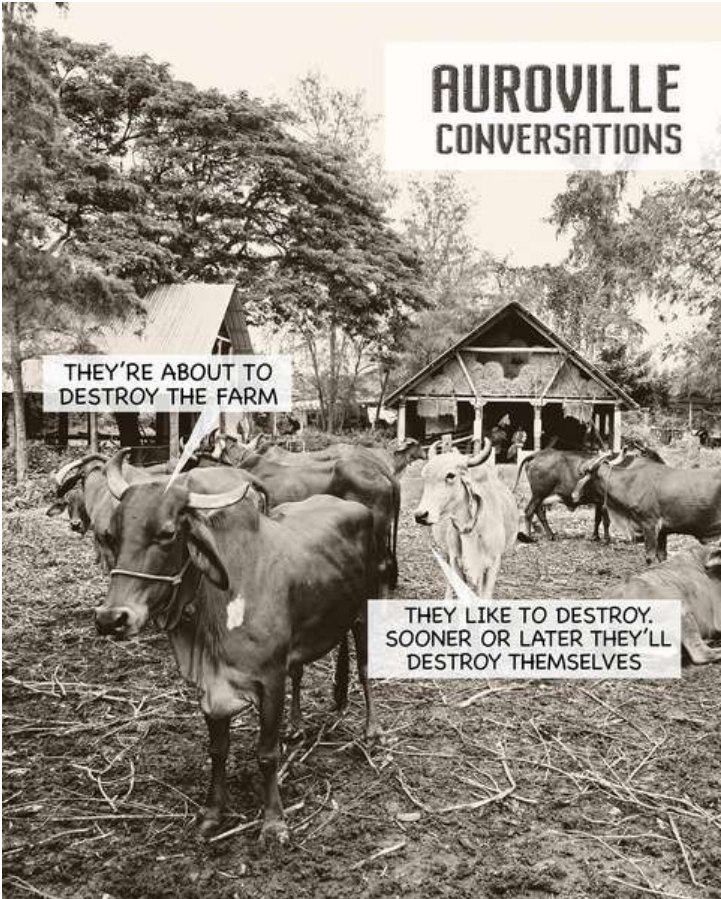
Masterplan cycle path according the brochure and present road reality.

Photo taken at 2 o'clock.



Submitted by an Aurovillian

AUROVILLE CONVERSATIONS



AUROVILLE
CONVERSATIONS

THEY'RE ABOUT TO
DESTROY THE FARM

THEY LIKE TO DESTROY.
SOONER OR LATER THEY'LL
DESTROY THEMSELVES

Submitted by an Aurovillian



INNER JOURNEY

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

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

ARE YOU SUFFERING FROM THE DEATH OF SOMEONE?

SOCIAL PANORAMA GRIEF RESOLUTION RESEARCH

I have a friend called Krish Srikanth who is the founding director of the NLP Foundation of India. He is a very experienced therapist and life coach who is updated with cutting-edge therapeutic methodologies. Currently he is leading a research team which is evaluating how a new therapeutic tool that was developed in Holland can help people suffering from grief due to death of a loved one.

I am sharing the information because it involves a free grief therapy session that will benefit anyone who agrees to participate in the research and I know how many of us have suffered from the loss of a loved one.

Krishna

Society of Mental Space Psychology, India, is conducting a research study that evaluates the Social Panorama Grief Protocol that is used by psychologists in over 35 + countries to provide grief resolution.

- Participants: If you are suffering from the death of someone close to you (Partner, Parent, Child, Any Relative, Friend, Colleague, Pet etc.), we invite you to take part in this confidential academic study.
- Format: A confidential 1-hour session conducted pro bono by experienced professionals.
- Process: Includes a brief questionnaire to measure before and after effects.
- Goal: To ease grief-related distress for individuals , while validating this method for university curriculum worldwide.

To apply or learn more, please visit:

<https://forms.gle/m6Njc8AB1RCSHD919>

If you know someone who is suffering, please forward this message to them. A simple forward can open the door to peace.

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

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

- 12th & 13th Sept : Inner Childwork in the perspective of Integral Yoga Workshop , 9am - 12.30pm

Webinars

- 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



MONTHLY WEBINARS IN VEDIC ASTROLOGY

I've started a series of live online webinars to explore questions and ideas around Vedic Astrology, Indian philosophy and their place in our modern lives.

Upcoming topics include

- **What a Birth Chart Can Teach You,**
- **The 9 Archetypes Living Inside You,**
- **Astrology and AI,**
- **Astrology Beyond Labels,**
- **and Earning Through Astrology.**

The webinars are open to anyone interested. A one-time payment of ₹499 gives access to the complete series, including recordings, until 31 December 2027.

More information and registration:

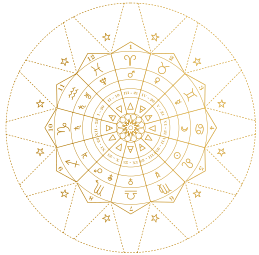
allthingsvedic.in/webinars

Vikram Devatha

+91 98439 48288

www.allthingsvedic.in

vikram@allthingsvedic.in



TACO NIGHTS ARE NOW COMMUNITY NIGHTS

FRIDAYS, YOUTHLINK



Taco Nights are now **Community Nights**.

Friday, 7:00pm onwards @ YouthLink

As the project evolves, Community Nights gives us more room to experiment, try different cuisines, and explore different ways of bringing the community together.

Same spirit, more possibilities.

See you :)

Guests coming from outside Auroville (limited spots): please register using the form below. This helps us coordinate with Auroville Security and Vehicle Service, making entry through the checkpoints smoother and ensuring we can welcome everyone comfortably.

<https://forms.gle/MUayFk8wiqCHY3Jn6>

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, Samast, Auroville 605 101 | info@pitanga.in | 0413 - 2622403, 9443902403
A service unit of the Auroville Foundation, Health and Healing Trust branch, | GSTIN: 33AAATA0037BY3N

Contact details for registration and sign in on the flyer

EMBODIED MEMORIES OF AUROVILLE:

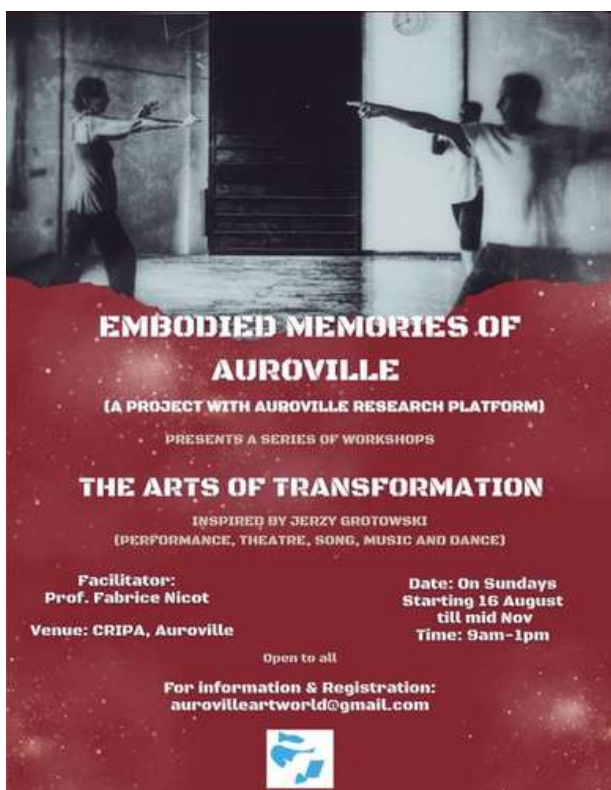
"THE ARTS OF TRANSFORMATION" WORKSHOPS WITH PROF. FABRICE NICOT

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).

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

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.

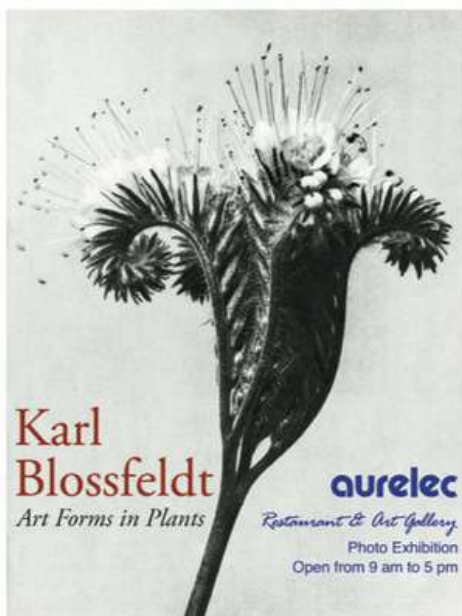


To adopt, call / Whatsapp - 9810932253

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.

DOUBLE EXHIBITION

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

11TH - 26TH SEPTEMBER, CENTRE D'ART

HANGAR Y 1879

At the Dawn of Flight



Bertrand Lisbonis

Opening on
11 September 2026
at 4.30 pm

11 - 26 Sep 2026
Tue to Fri 2-5.30
Sat 10-12.30 / 2-5.30
Morning by appointment



Centre d'Art, Aurouville - centredart@aurouville.org.in

BERTRAND LISBONIS - HANGAR Y 1879

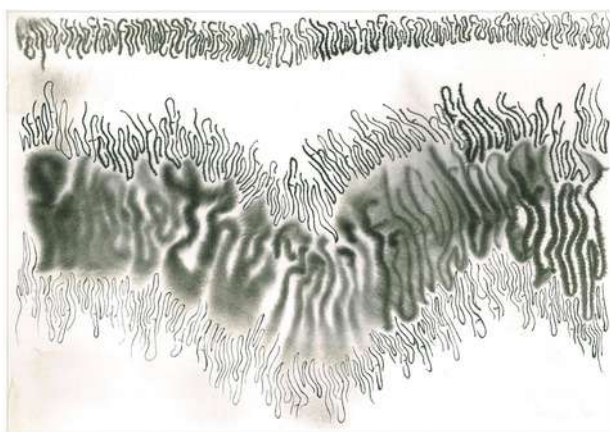
Through this work, focused on the interplay of material and light, Bertrand Lisbonis offers a unique testimony to this site of great symbolic importance in the history of aerostation, a place that today has been emptied of all its substance.

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.

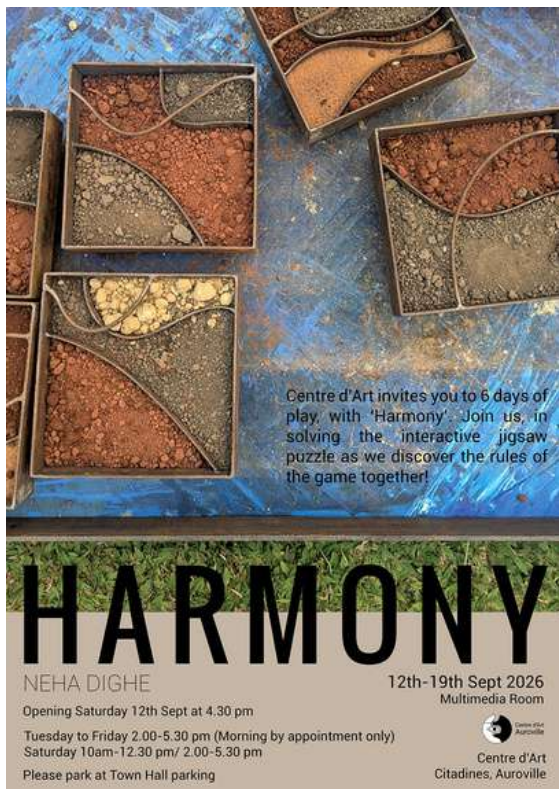
For this artist, the experience is never one-sided. It draws its source and inspiration from a conversation among herself, her natural surroundings, and the human beings around her. The marks she makes thus appear as the sedimentation of a search that could be distilled into the simple act of paying 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.

- Tue to Fri 2-5:30, Sat 10-12:30 / 2-5:30
- Morning by appointment

HARMONY, BY NEHA DIGHE

12TH - 19TH SEPT, MULTIMEDIA ROOM, CENTRE D'ART



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



OPEN GALLERY BY HELENA HUTTE
FRIDAY 18TH SEPTEMBER, LUMINOSITY



Open Gallery

Helena Hutte

18th September
From 10am to 12pm and
2pm to 5pm

Luminosity, Auroville

Textile Art and Acrylic Painting
www.lightflowermountain.org

Welcome to the Open Gallery Friday 18th September in Luminosity. From 10am-12pm and 2pm-5pm you can find Textile Art and Acrylic paintings by Helena Hutte.

For more info have a look at my website:
www.lightflowermountain.org



AUROVILLE RADIO



Dear Aurovilians,

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

Last Published Podcasts

- [Marlenka's weekly Offering – Ep.180](#) (Literature)
- ["Mother's Chronicles : Mirra" by Sujata Nahar, Read by Fif - B 1 C 16 - "Lives Past"](#) (The Mother)
- [Jumpa's Joyous Journey with Fif-Ep.20 "The Garden That Began Again"](#) (Stories)
- [Sri Aurobindo's "The Life Divine" read by Deepti Tewari-B 2, P 1, C 8: "Memory, Self-Consciousness and the Ignorance"](#) (Sri Aurobindo)
- [Une série hebdomadaire de lectures par Gangalakshmi – Ep.548](#) (Integral Yoga)

....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

THE AUROVILLE LIBRARY

THEME OF THE MONTH

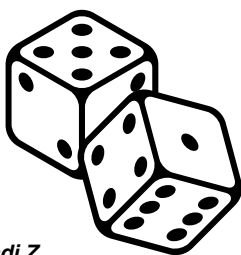
Every month, we choose a topic and set up a display of books from our collection.

**This month's theme is
COMICS + CARTOONS**
*Come by to check out our
selection!*



POETRY

We play child-like games
And disguise as adults
Feigning innocence and maturity.



Anandi Z

A Carpet for Her Feet

So little left to say, perhaps a smile
Or nod in vague agreement to a phrase
And hear the tales that pass the time awhile.
Around my soul voices like a maze

Of sounds implode while I, a soul aggrieved,
Recall past joys ere the great abyss
Before me yawned and all my being cleaved
In two, torn from the heavens of human bliss.

In the voice of friend or stranger I hear love
And cry for recognition in the void,
To dream the dreams that God is dreaming of,
A world of light and beauty unalloyed,

To move from blind desires, unvoiced hopes,
The promised face its veil withdrawn to greet,
Our being towards the sacred fire gropes
As earth prepares a carpet for Her feet..

Narad

Cinema Paradiso

Multimedia Center (MMC) Auditorium

Film program : 14th - 20th 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 14 SEPTEMBER, 8:00 PM:

• PIMPAL

India, 2017, Dir. Gajendra Vitthal Ahire w/ Priya Bapat, Dilip Prabhawalker, and others, Drama, 95mins, Marathi w/ English subtitles, rated: PG.

Arvind, a widower, misses his wife a lot; his sons are settled in the US and want him to come and stay with them. Arvind prefers staying in India where he has a caring doctor Meghna and house help Tukaram. But he still feels alone, and talks about his past with his grandchildren. Arvind suddenly decides to go to the US and things start to change.

POTPOURRI - TUESDAY 15 SEPTEMBER, 8:00 PM:

• UN SAC DE BILLES (A BAG OF MARBLES)

French, 2017, Dir. Christian Duguay w/ Dorian Le Clech, Batyste Fleurial, and others, Drama-History-War, 110mins, French w/ English subtitles, rated: R.

In occupied France, Maurice and Joseph, two young Jewish brothers left to their own devices demonstrate an incredible amount of cleverness, courage, and ingenuity to escape the enemy invasion and to try to reunite their family once again.

SELECTION - WEDNESDAY 16 SEPTEMBER, 8:00 PM:

• DEN POLNOLUNIYA (DAY OF THE FULL MOON)

Russia, 1998, Dir. Karen Shakhnazarov, w/ Anna Germ, Andrey Panin, and others, Drama, 93mins, Russian w/ English subtitles, rated: PG.

The film unfolds as a series of episodes from the lives of different people across various eras. It lacks a singular protagonist or a cohesive narrative thread. Instead, the movie is structured like a kaleidoscope of scenes where reality intertwines with romantic memories. The harsh, almost naturalistic visuals transform into a poetic journey through time and space.

INTERESTING - THURSDAY 17 SEPTEMBER, 8:00 PM:

• NOTHING IN PHYSICS PROVES YOUR PAST EVER HAPPENED

A 'Strange Space' documentary, 67mins, English w/ English subtitles, rated: PG.

The movie explores the statistical mechanics of time, entropy, and Boltzmann brains to argue that physical traces of the past do not strictly require a real history.

INTERNATIONAL FILM - SATURDAY 19 SEPT, 8:00 PM:

• SLIPAWAY

USA, 2017, Dir. Julia Butler-Daniel Mentz w/ Elaine Partnow, Jesse Pepe, Drama, 89mins, English w/ English subtitles, rated: PG.

When a spirited elderly widow invites a homeless, drug-addicted musician to stay with her on her vintage sailboat, the two must overcome their differences and haunting pasts to realize that each holds the key to the other's life dream.

CHILDREN'S MATINEE - SUNDAY 20 SEPTEMBER, 4:00 PM:

• KLAUS

USA, 2019, Dir. Carlos Martinez Lopez w/ Jason Schwartzman, JK Simmons and others, Animation-Family, 96mins, English w/ English subtitles, rated: PG.

A simple act of kindness always sparks another, even in a frozen, faraway place. When Smeerensburg's new postman, Jesper, befriends toymaker Klaus, their gifts melt an age-old feud and deliver a sleigh full of holiday traditions.

CINÉ-CLUB - SUNDAY 20 SEPTEMBER, 8:00 PM:

• CINEMA PARADISO

Italy, 1998, Dir. Giuseppe Tornatore w/ Philippe Noiret, Enzo Cannavale, Antonella Attili and others, Drama-Romance, 123mins, Italian w/ English Subtitles, rated: PG.

Young Salvatore forms a lifelong bond with Alfredo, the projectionist at the local cinema in a small Italian village. The story follows Salvatore from childhood to adulthood, tracing love, ambition, and nostalgia for cinema and community. The film blends coming-of-age drama, romance, and sentimentality, exploring memory, mentorship, cultural change, and the bittersweet nature of time and loss.

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

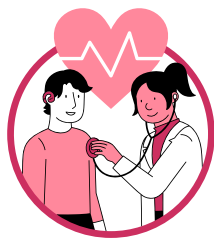
Contact: 0413 291 0005

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