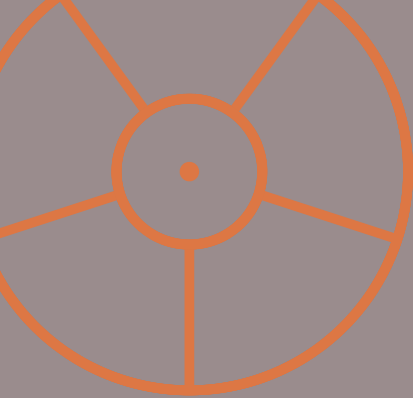




Auroville NEWS & NOTES

No 1145 - A weekly bulletin for residents of Auroville

1 October 2026

RA EDITION



PONDERING

Consciousness is the faculty of becoming aware of anything through identification.

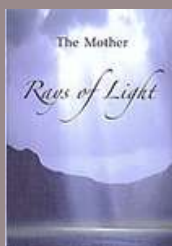
The Divine Consciousness is not only aware but knows and effects. To become aware of a vibration, for instance, does not mean that you know everything about it.

In the Divine Consciousness the smallest things from below unite with the highest, the most sublime from above.

The Mother, 3 July 1954, [The Universe: Manifestation of the Divine](#), Words of the Mother III



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

WEAKNESSES OF HUMAN NATURE

EGO

page 105

The ego thinks of what it wants and has not. This is its constant preoccupation.

The soul is aware of what it is given and lives in endless gratitude.

★

All that happens is to teach us one and the same lesson: unless we get rid of our ego there is no peace either for ourselves or for others. And without ego life becomes such a wonderful marvel!...

QUARRELS

It is always wrong to quarrel, even if one is not the aggressor.

★

When two persons quarrel, always both are in the wrong.

★

Keep this attitude - never side with anybody nor take up any personal quarrel - think only of the Divine Peace,

page 106

Harmony, Light and Happiness and become more and more their purified and quiet instrument.

18 September 1934

★

Before getting angry at the mistakes of others one should always remember one's own mistakes.

22 July 1954

Abolition of the Ego

One exists only by the Divine and for the Divine. - *The Mother*

Eucalyptus L'Herit. Spp., Myrtaceae
Eucalptus, Australlian gum, Gum tree, Ironbark, Stringybark

That one feels sad for one's own faults, this may, if necessary, be useful to strengthen one's resolution to correct them.

But that one can be offended by another's bad conduct, this has truly nothing to do with the spiritual life and the service of the Divine.

*

As for ill-will, jealousy, quarrels and reproaches, one must *sincerely* be above all that and reply with a benevolent smile to the bitterest words; and unless one is absolutely sure of himself and his reactions, it would be better, as a general rule, to keep silent.

6 October 1960

*

To be above offence or insult makes one truly great.

page 107

NARROWNESS AND ONE-SIDEDNESS

One of the chief obstacles to the establishment of a progressive harmony is our eagerness to prove to an opponent that he is wrong and we are right.

*

The whole trouble comes from the fact that you cannot harmonise with someone unless he is in agreement with your own ideas and his opinion and way of doing things are in conformity with yours.

You must widen your consciousness and understand that everyone has his own law. It is necessary to find the ground of understanding and harmony in a happy combination of individual wills and not to try that all may be the same in an identical will and action.

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

Obituary

Community Sharing

Residents Speak

Food for Thought

Auroville Conversations

Inner Journey

ANNOUNCEMENTS

Activities at Serendipity

CULTURAL ANNOUNCEMENTS

At Cripa

Auroville Radio

For The Bookworms

Poetry

Cinema Paradiso

COMMUNITY SERVICES

Essential Services

Health

Matrimandir Access Information

AV Public Bus / Emergency Numbers

WORKING GROUPS NEWS

FROM THE AUROVILLE COUNCIL

RA-WCOM MEMBER RESIGNATION

Dear Community,

This is to inform you all that Jayavel, who was selected through the Residents' Assembly process in February 2026 to serve as a member of the RA-Working Committee, has expressed his wish to resign from the position for personal reasons.

Further steps regarding the vacancy and the selection of a new member will be taken through Residents' Assembly processes.

Kind regards,

The Auroville Council

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

SRI AUROBINDO AND THE MOTHER: A SHARED SPIRITUAL QUEST

Auroville was not conceived as a religion, but as an experiment in human unity and a new way of living, inspired by the vision and work of Sri Aurobindo and the Mother. Their writings and words have naturally become a founding part of Auroville's history and can be a source of deep inspiration and guidance for many. At the same time, there can be many different ways of relating to them, and perhaps there is room in Auroville for all of these.

For some, the Mother is experienced as a deeply personal spiritual presence, and her words carry an intimate significance. For others, the relationship may be quite different. Mirra Alfassa may be known simply as the person who, together with Sri Aurobindo, helped give shape to the vision of Auroville, as a human being who gained significantly greater experience in a profound spiritual quest and shared guidance based on her constant exploration. There are many other ways people can relate to them.

One way of relating need not invalidate any other. What is meaningful and sacred to one person, is of true value, and does not have to be experienced in the same way by another. Meaning and sacredness, in the Auroville context, are not tied to beliefs, nor dogmas, or rigid rules, but to experience. Guidance given by the Mother was constantly evolving, and she herself warned against taking her or Sri Aurobindo's words too rigidly.

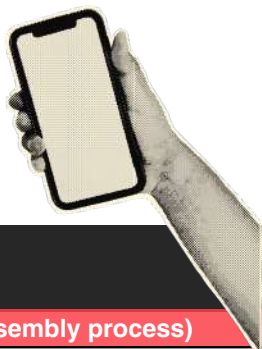
Perhaps this very diversity is part of the experiment: to allow each person to approach the teachings, the writings, and the lives of Sri Aurobindo and the Mother according to their own experience and understanding.

Their words can be a source of inspiration without becoming a creed, and their lives can be honoured without reducing them to one particular interpretation by the human mind. In this way, different understandings need not become sources of division, but can enrich the collective search.

The Mother herself stated: *"everything is true, provided that everything else is accepted at the same time"* – The Mother, from The Agenda, Vol. 03, 05 September 1962

Auroville's spiritual foundation may lie less in agreeing on what Sri Aurobindo and the Mother mean to us, and more in creating the freedom and trust for each person to discover what they mean for

themselves, while continuing to walk together in the same larger quest for self-discovery, human unity, growth of consciousness, and everything else that is part of the Auroville experiment.



FO GROUPS NEWS

(not selected by due Residents' Assembly process)

FROM THE FO N&N 1150

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

COMMUNITY NEWS

OBITUARY

FAREWELL ANNOUNCEMENT - SAROJA PASSES ON

Saroja, aged 67, joined Auroville in 1975, during its early years. She offered her services at Aspiration and later at Aspiration Pour Tous, contributing her time and energy to the community.

She lived in Auroville with her children—Partha, Laxmi, Renuka, Ramu, and Laxman, who passed away.

Saroja was part of the early Auroville community and shared in its journey through the years. Her life and service remain connected to the story of those who helped build and nurture Auroville from its early days.

~ OM ~

Saroja was cremated on Friday 25th September at the Auroville Creamtion Ground.



FAREWELL ANNOUNCEMENT - DONATA, FROM SAMARPAN, PASSES ON



Donata, from Samarpan, passes on. Her burial took place on Wednesday 30.09.26 at the Auroville Burial Ground.

~ OM ~



Farewell, dear Donata

With deep sadness, and yet with gratitude for the beautiful life she shared with us, we say farewell to our dear sister and friend, who left her body today at the age of 72, peacefully at her home in Samarpan , after a courageous fight with cancer, diagnosed two and a half years ago.

She was Italian by birth, but she carried within her a truly Indian soul.

Her journey towards Auroville began many years ago. She first came to the Sri Aurobindo Ashram and Auroville in 1974, and after many years of returning and deepening her connection with this place, she finally came to stay for good in 2006, together with her beloved husband, Stefano.

For twenty years, she gave herself wholeheartedly to the work of the Town Hall. With quiet dedication, she cared for its order, cleanliness and beauty. Her work was not simply a duty — it was an offering. She brought the same care and attention to everything she touched, always with her characteristic smile.

And that smile was perhaps one of the things we will remember most. She had a natural warmth and kindness that made people feel welcome. She was always ready to help, always attentive to the needs of others, and somehow found a way to bring a little lightness and joy even into ordinary moments.

At the same time, she also took care of the Guest House of Samarpan, where she created, with love and dedication, a little paradise by the sea. Her gift for decoration and garden design transformed the surroundings into a place of beauty and peace. Her loving attention to the guests made them feel cared for and at home. The affection and appreciation she received from so many of them were a beautiful reflection of what she gave.

She lived her life here through service, beauty, friendship and love.

Now, after this long journey, she leaves us with her smile — the smile that was so much a part of her — and departs peacefully into the arms of the Mother.

We will miss her presence, her kindness, her laughter, her caring hands and that ever-present smile.

Thank you, dear sister, for all that you gave to this place and to all of us.

May you rest in peace in the Mother's arms.

Buon Viaggio sorella
Farewell Soul Sister



HOMAGE TO DONATA

Donata strongly believed in Mother's town: this is how we met. She looked after the Town Hall never oblivious of its original purpose: research, documentation and display regarding the city Mother really wished, in which architecture and design are the alpha and omega of the entire process. It is there that I displayed all my major exhibitions, honouring Roger Anger's wish, starting from the Asia-Urbs international seminar. I will always remember Donata's enthusiastic approval of all such undertakings. Her loving, generous nature made every time the interaction very pleasant.

When supervising the Town Hall's maintenance, Donata paid great attention to the elegance of details, always searching for beauty and harmony despite restrictions. Nor did she disdain to do gardening work herself, to show to those entrusted the job what she expected.



I knew about her illness, but in no way could I associate the disease with her rosy cheeks and radiant complexion. Just yesterday I happened to meet at the PTDC her husband, daughter and grandson – all of them cheerful and relaxed, in a feisty atmosphere. The essence of Donata up to the very end: love and joy, her legacy.

Paulette

COMMUNITY SHARING

SUPPORT AUROVILLE FARMS! - GET HANDS ON!

Support Auroville Farms! *Willing hands and goodwill enough.*

Farming is challenging and inspiring work – and there's no substitute for it. Every single day, we all eat.

Although most farm work needs trained hands, seasonal tasks and emergencies often call for an extra pair.

Nurture your connection to the food that feeds you, and support Auroville farms in times of need! Weed, plant, harvest, enter data – there's plenty to do.

Write to aurovillefarmgroup@gmail.com to get updates on when help is needed. If you can make it, great! If not, there will be a next time so don't worry.

**Work with your body,
work with life,
quieten your mind,
and let's get going.**



AN OFFERING FROM FOOD SYSTEM ENVISIONING

For about a year and a half now, a group of Aurovilians have been meeting regularly in order to address challenges on Auroville's food system that have become more visible in recent years, and to envision **a new system that improves the interconnectedness between the community, food and farmers of Auroville.**

This article is the third in a series of our reflections and aspirations, to continue to nurture a space for conversations on food and farming in Auroville.

The first article was about why we grow food in Auroville and the different dimensions of agriculture, which you can find [here](#). The second article shared a bit of the history of farming and agriculture in Auroville. If you didn't see it, you can read it [here](#).

We hope you enjoy our third installment.

Food & Prosperity

Why Prosperity?

Mother envisaged Auroville as a city without the internal circulation of money, where the minimum material needs of everyone would be assured. Aurovilians would offer their work or produce, and the community would take care of their needs without payment governing the relationship between them. When asked, "Will money be used in Auroville?" she replied:

"No, Auroville will have money relations only with the outside world."

This required an original internal organisation. Drawing partly upon the Ashram Prosperity system, Auroville developed centrally supported services to provide food, clothing, education, culture, housing, healthcare and other basic needs. This never meant that these things had no cost, or that accounting and budgeting were unnecessary. The aspiration was that access to basic needs would not depend primarily upon individual purchasing power, and that the responsibility for providing them would be carried collectively. When the material arrangements of daily life are taken care of, Mother suggested, people would have the freedom to:

"...study and research into a way of life which is both simplified and in which the higher qualities will have more time to develop."

Food is central to these material arrangements. Any conversation about Prosperity in Auroville therefore requires us to examine how food is produced, how its costs and risks are shared, how it is distributed, and how the community relates to those who grow and prepare it.

Early Aurovilians remember how food produced in Auroville was pooled and distributed collectively. Mother had written: "When Auroville is a city there will be several kitchens providing different types of food. But even now individuals should not cook for themselves. It is better to organise kitchens for groups." Aurovilians received much of their food through community kitchens.

There was a large kitchen at the Matrimandir Camp, another at Aspiration, and several smaller kitchens in other communities. Distant settlements received food through individual Pour Tous baskets. The farms produced what they could within difficult climatic and financial conditions. They received budgets for production costs, including wages and cattle feed, and gave their produce to the community. Aurovilians contributed their work and received their basic needs without a direct exchange of money. One offered oneself and one received, without these being calculated as an exact transaction.



Farmers cooperative

In the early years, there were few farms in the sense in which the term is understood today. Some land was under rainfed agriculture, while other areas were being developed as forests and orchards. People living in different settlements also cultivated food in gardens and small fields. The organisation of farming developed as more agricultural initiatives appeared. Charlie recalls that he and Joster, together with several others, started the Farmers Cooperative in the early 1970s. It brought together farmers and others involved in the Green Belt. The distinction between farming and forestry was less pronounced, and both were understood as part of the larger work of caring for the land.

People did not generally give money directly to individual farms. Funds were collected through the community, including through Pour Tous, and distributed according to the needs of different activities. At one stage, a small group of trustees managed the central fund. Farmers explained what they required, and the trustees decided what could be provided. The system was based largely on trust. Commitment and long-term potential could be considered alongside immediate production. A new farm could receive support even while producing very little. This arrangement also had limitations. Resources were scarce, decisions were concentrated among a few people, and the criteria were not always explicit. As Auroville grew, there was insufficient money to meet all the requests. Many farms received too little support to develop adequately and depended upon private donations as well as community resources.

How did food become a commodity?

As more people began producing food, Pour Tous (Aspiration) became an important point of collection and distribution, a common channel through which food moved from producers to the community. However, as the collective budget came under pressure and production costs became increasingly difficult to carry centrally, there was a movement towards more commercial systems of exchange.

Milk appears to have been an important point in this transition. Dairy production required substantial expenditure, particularly for cattle feed. When the central system could no longer meet these expenses, farms began receiving direct payment for the milk they supplied. Other agricultural production continued under the budget arrangement for longer. The precise chronology still needs to be established through Auroville's records and the recollections of others involved.

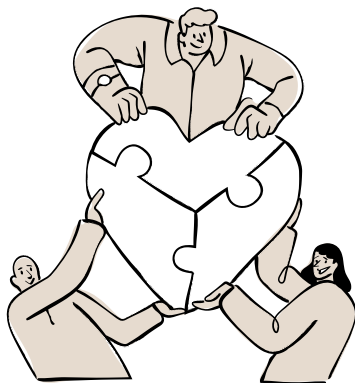
The introduction of the maintenance system in the 1980s brought further changes. Individual allocations became visible as figures in personal accounts. Part of the maintenance was contributed to Solar Kitchen, while Pour Tous in Aspiration became a self-supporting service and charged a margin to cover its functioning and development. As services became more dependent upon income from individual accounts, food was increasingly encountered through prices and personal consumption balances. Auroville farm produce also began to be compared directly with produce purchased from outside, often according to price, availability and variety. The earlier assurance that Auroville-grown food would be received and used within the community gradually

weakened. Farms increasingly had to find buyers and carry the risk of unsold production.

Prosperity Services

Solar Kitchen began operating in 1997 to respond to the needs of a growing community. In the spirit of the earlier Centre Kitchen at Matrimandir, it was intended to use as much Auroville-grown food as possible. Its staff was to be mostly Aurovilians, while much of its cooking energy would come from the solar bowl. It was part of an attempt to reduce dependence upon outside systems and give practical form to a self-supporting township. Over time, financial constraints placed Auroville produce, much of it organically grown, in direct competition with food purchased from outside. Farms could not always provide the quantity and variety required by a large kitchen on a given day. Farms work with seasons, weather, labour and water availability, while kitchens need to prepare meals consistently throughout the year. Without sufficient planning between production and consumption, the relationship between farms and collective kitchens weakened. Kitchens required reliability and variety; farms needed seasonal flexibility and an assured outlet for what the land produced.

The Prosperity services area next to Solar Kitchen was created to give renewed impetus to the idea that basic needs could be provided collectively without direct payment. Its functioning was intended to be supported centrally and through the participation of Aurovilians. These services took different forms. Some, such as the Free Store and Cycle Kiosk, provided services without individual charges. Others, including Nandini and the new Pour Tous, later known as the Pour Tous Distribution Centre or PTDC, worked through cooperative contribution schemes. For people receiving maintenance, a fixed amount was allocated through the Lunch Scheme or Nandini Scheme. In other cases, the contribution was provided by the unit where the person worked. ITS and Alot concentrated on finding service based solutions for mobility and equipment sharing in Auroville.



Pour Tous Distribution Centre (PTDC) began operating in early 2006. It was initially given a limited budget and a period of six months to one year for experimentation. Many people contributed their work voluntarily, and participation doubled during its first year. At a meeting held to review the experiment, the community agreed by a large majority that it should continue with support from the Central Fund. Since then, PTDC has grown considerably. Its range of products has expanded in response to participants' needs, and it now serves Aurovilians, Newcomers and long-term volunteers. It remains an important community space and a practical reminder that basic necessities can be distributed on a non profit basis and without payment at the point of access.

Around the same period, **Foodlink** was developed collectively by the farms, initially for packaging grains and creating a common system for distributing Auroville-grown vegetables, fruits and dairy products. Before Foodlink, farmers often had to find outlets directly and sometimes competed with other Auroville farms. Foodlink took

on the difficult position of connecting farmers, kitchens, outlets, each facing different practical pressures. Seasonal overproduction was a recurring challenge. When Auroville's outlets could not absorb everything, Foodlink began selling directly to individual Aurovilians and later to guests. These sales helped move surpluses and support its functioning but went against the ethos of the Prosperity services. Around 2012, funds were allocated by the FAMC to construct the Foodlink space in the South Service Node near Certitude as a central collection, processing and distribution centre for Auroville farm produce. However, in practice, much of Foodlink's activity remained in the Prosperity area and gradually opened to people able to pay directly, including through UPI. Today, Foodlink is a registered unit of the Auroville Service Trust and faces pressure to meet its operating expenses. Its present difficulties reflect wider weaknesses in the food system: insufficient collective funding, unpredictable demand, limited coordination, and the absence of a shared agreement about what Auroville expects its food distribution system to provide.



Prosperity, system and spirit

Over the years, the number of farms and collective services has grown. At the same time, food has increasingly become something that is priced, compared, sold and bought. Farms have become more specialised, and the relationships between producers, distributors, kitchens and community members have become less direct. Clearly, as we grow we need more organisation and a division of responsibilities. However, this organisation and division has meant that each part of the food system is left to manage its own pressures- farmers face uncertain demand and unsold produce, distribution services face operating expenses and storage limitations, kitchens need consistent supplies within limited budgets. It is worth reflecting if the services that were designed to facilitate collective distribution, have distanced the community members from the realities of where the food comes from. How have the systems that were designed to offer equitable distribution, to build trust and accountability, resulted in greater opacity and commodification of basic necessities? Is there a way to soften the boundaries between the farms, the distribution services and the community?

Throughout this history, there has been a continuing movement between structure and freedom, centralisation and decentralisation, collective provision and individual choice, policy and trust. And Prosperity has been as much about values as it is about systems. The present administration's emphasis on greater central control may respond to genuine organisational problems- planning, accountability and coordination. However, operational efficiency cannot by itself resolve the distance between growing, distributing and consuming food. Similarly, community participation is equally necessary, but it cannot resolve every operational difficulty on its own. A viable food system requires stable collective funding, operational autonomy, transparent accounts, coordinated planning and meaningful participation by farmers, service workers, kitchens and community members.

Financial sustainability also has to be addressed. Seeds, tools, water, infrastructure and labour have real costs. The question is whether every farm and service must survive independently through sales, or whether Auroville accepts responsibility for sustaining its food system as a whole. This requires a wider

understanding of value. Auroville farms contribute to soil regeneration, water conservation, biodiversity, local employment, education and resilience. These contributions disappear when local produce is compared with outside food solely through its purchase price.

A closer relationship with the farms would also ask the community to eat more seasonally, adapt menus, preserve surpluses and accept variations in availability. Participation could include farm work, help during harvests, support for processing and distribution, financial contribution, shared planning and greater awareness of the conditions under which food is produced.



What can be the participation of the community in reviving the spirit of giving and receiving, of valuing food as a basic need and a central part of Prosperity?

How can we reclaim our collective services (including the farms) and put them back in service to Auroville, moving beyond the pressures of economic sustainability towards prosperity in all dimensions?

What forms of participation, transparency and coordination can bring farms, services and the community into a closer relationship?

How can we strengthen the role of community kitchens and their use of Auroville grown produce?

These are some of the questions that farmers and others involved in Auroville's food system are currently grappling with. And we need even wider engagement from the community to reflect on them. If you are interested in contributing to this work or participating in Auroville's farms in any capacity, please write to: avfoodsystemenvisioning@gmail.com or aurovillefarmgroup@gmail.com

In community,

Food System Envisioning

Amy B., Anshul, Arul, Deven, Isabelle M., Manas Arvind, Nicole, Nidhin, Pavan, Priya V., Tanisha, Tomas, and Elisa (facilitator)



TEMPORARY SUSPENSION OF AUROVILLE ACCESSIBLE PUBLIC BUS SERVICE



Dear All,

Please be informed that the **Auroville Accessible Public Bus Service** will remain **suspended from 02.10.2026 to 06.10.2026** due to the scheduled **annual maintenance work**.

During this period, **no replacement vehicle will be available**.

The bus service will **resume from 07.10.2026** as per the regular schedule.

We kindly request all users to make the necessary alternative travel arrangements during this period.

Thank you for your understanding and cooperation.

RAJU

For Auroville Accessible Public Bus



IMPORTANT NOTICE: URGENT UPDATE ON PTPS PURCHASING AND ACCOUNT STATUS

Dear Aurovilians, Newcomers and Guests.

We are writing to share an important policy shift regarding purchasing and accounting procedures at Pour Tous Purchasing Service (PTPS).

Effective Thursday, October 1, 2026, PTPS will no longer approve credit lines for Aurovilians, Newcomers, Guests, Services or Units. From this date, all purchases made at PTPS will need to be settled at the counter using the available cashless payment methods, such as the main Auroville Account, Aurocards, or authorised digital payment systems. Items will therefore no longer be taken on credit or billed to a deferred account.

To help everyone make this transition smoothly, please note the following:

- **Outstanding balances:** If you have any pending tabs or signed slips with PTPS, please arrange to clear them by 1 November 2026.
- **Purchases on credit:** From October 1 onward, credit extensions will no longer be available for Aurovilians or Service purchases at the PTPS counter.
- **Prior Approval for Unit Purchases:** If you need to pick up supplies for your work, please coordinate with the office in advance so that the necessary digital account balances or cards can be arranged and funded. We appreciate your cooperation and understanding as we adapt to this new operational framework together.

If you have any questions regarding your outstanding tabs, how this affects your daily tasks, or how to manage upcoming project purchases, please reach out directly to Elaine or Kumaran, PTPS Executives.

Regards,

Elaine and Kumaran

for Pour Tous Purchasing Service.

Office: 0413 262 2152 / 262 3091

Email: ptps@auroville.org.in

Official WhatsApp: +91 97865 26171

A CALL TO THE YOUTH

A letter to the youth, from the youth.

Dear friends, we are amidst the most uncertain, unprecedented and yet ever so exciting times. We currently find ourselves amidst a huge shift... we see an old world fading away... and a new one emerging. What's to come is for us to decide.

We, the generation of the future, must now ask: what ought to come next?

The choices and actions we make today will determine what happens tomorrow, the future is in our very hands.

“Of one thing you can be sure—*your future is in your hands*. You will become the man you *want to be* and the higher your ideal and your aspiration, the higher will be your realisation, but you must keep a firm resolution and never forget your true aim in life.”

The Mother

The difficulties, crises and challenges we now face, are the very proof of a saturation; an ending to a process that has reached its climax and ceases to be relevant... It crumbles away... and becomes the very catalyst for something new to come about, a new way of being and living life.

So we find ourselves amidst what may be the biggest opportunity in our life-time: to rewrite the future, to take a breath, see things afresh and bring about the change we've deep down always yearned for.

This is an invitation to those who know in their hearts that things ought to be different, that there is a better way to go about life, that a brighter future must happen, a future that fosters the development of the Human and the collective.

“If the growth of consciousness were considered as the principal goal of life, many difficulties would find their solution.”

The Mother

We must build a world that serves the needs of today and the dreams of tomorrow. We need to develop the capacity to meet life with the courage, clarity and impersonality that it demands of us.

And so times are pressing for a shift within us, a systemic change, at its roots, in how we function, what we value: in our education, our livelihood, our purpose and our work.



The earth needs living souls who have a goodwill, an aspiration, a sincerity.

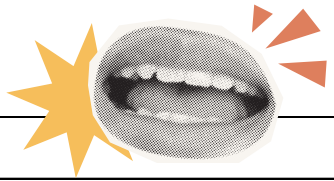
Too many of us might not even know where to begin, what to do and how. All the while, we know for certain that the situation we currently face is most certainly not IT! It is not what we want. We can no longer carry on doing things in the same way. We feel something inside relentlessly trying to push through, to crack open through all that no longer works...

This is an invitation from us, the youth of Auroville, to come together, to discover and collaborate for the making of this new world that we wish to see.

We are meeting next on the 3rd of October 16:30 at YouthLink.

All those who aspire for a change and would like to partake, let us meet to find ways for manifesting the Future the world needs.

The Youth Network Team
An Initiative Under YouthLink



RESIDENTS SPEAK

THE YAKSHA'S LEDGER: THE TRAP OF THE FORM

The Yaksha's Ledger: The Trap of the Form

In the forest of the *Mahabharata*, when the exiled Pandavas arrive at a silent, enchanted pool, they encounter a *Yaksha*—a primordial spirit guarding the water. Before Yudhisthira is permitted to drink, he is subjected to a trial of questions about duty, governance, and the human condition.

The heart of the *Yaksha Prashna* is not merely an interrogation of morality, but of *Dharma-sankata*—the tragic, insoluble dilemma where two legitimate obligations collide, and each carries the weight of righteousness.

Today, as our community looks in the mirror, it is easy to imagine our current chapter as an isolated aberration, an unprecedented storm that has suddenly gathered over our red earth. Yet, if we step back and view our situation through the lens of history, sociology, and jurisprudence, a different truth emerges: we are living through an ancient institutional paradox that every transcendent human experiment eventually faces.

It is the eternal clash between **the Spirit** and **the Vessel**.

The Anatomy of an Institutional Dilemma

Every grand aspiration begins as an unwritten, organic movement. Whether it is an intentional community dedicated to human unity, a cooperative commonwealth, or an audacious industrial enterprise founded on the principle of ethical trusteeship, the genesis is always the same: a profound ideal, carried by personal conviction, shared sacrifice, and the moral gravity of a founder.

In this early dawn, there is little need for codified mechanics. Relationships are governed by unspoken consensus, moral trust, and lived experience. The work is the law; the community is the authority.

Yet, because these ideals must inhabit the material world—because they must build infrastructure, clear land, hold funds, and navigate sovereign borders—they are eventually compelled to adopt a formal container. They take the shape of statutory foundations, chartered trusts, or corporate holding structures.

Here lies the crucible of the paradox.

Over decades, as the foundational presence recedes, the ideal and the container begin to drift apart. Two distinct interpretations of purpose inevitably form:

- **The Organic Ethos:** The conviction held by the living body—those who dwell within the daily labor—that the soul of the experiment resides solely in organic process, horizontal dialogue, and participatory consensus. To this view, process *is* substance. If an institution is built or a physical path cut without collective harmony, the very core of the ideal is wounded.
- **The Executive Mandate:** The conviction held by the governing trustees or administrative custodians that their primary duty is fidelity to the external blueprint, legal accountability, and the tangible realization of the master design. To this view, endless deliberation is an existential hazard—an inertia that risks abandoning the ultimate collective destiny to factional paralysis.

Neither side, in its purest state, believes it is acting out of malice. Both claim to defend the sacred trust. This is the classic definition of a *Dharma-sankata*: a conflict not between right and wrong, but between two competing duties.

Continued...

ILLOGICAL

On September 5th, the Annapurna team received a [notice](#) compelling them to relocate from their 135-acre farm within 10 days, starting with the immediate eviction of its residents. Currently, there is a media machinery at play to circulate propaganda about not just Annapurna, but Auroville's farm sector as a whole - at an alarming rate.

This is the first in a multi-part series to add my own drop to this trending topic.

Repeating accusation #1: Auroville's farms produce <12% (Sindhuja), <11% or <9% (Gino), <19% (AI generated posters on Whatsapp), so losing Annapurna costs little.

Ignoring the discrepancies in these accusations and looking at verifiable numbers, as per Annapurna's [farm report of 2026](#), they produced in 2025 >25,000 Litres of milk, >28,000 kgs of paddy, and >10,000 kgs of fruit. Additionally, a recent nutritional analysis of 4 Auroville-grown rice varieties shows that two traditional varieties grown at Annapurna rank higher in mineral content than comparable commercial rice!

More good stuff on production figures, finances, etc. can be found in the report, please do read.



Now, the narrative...

Firstly: A low overall share is an argument for protecting every productive unit, not for removing the largest one. Annapurna currently supplies 30% of Auroville's food; removing Annapurna thus cuts Auroville's food production by about a third.

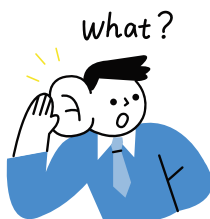
Additionally, by the administration's own FAQ, the 100 leased acres have the potential to feed 250–550 people. That capacity is being given up with no prepared replacement land.

Secondly: This narrative entirely omits consumption realities - that after 60 years of being here, we have been unable to adapt their tastes to what grows here, expecting crops like broccoli and carrots which cannot grow here. Auroville's current food imports are driven largely by demand for non-native crops.

Thirdly: This 'Farm Service'... what does it do?

Ah well, they're the 'managers' of all the farms of Auroville, and are tasked to look at the big picture.

So they must do.. crop planning? Conduct some research, academic or on-the-ground, to look at systemic solutions? Have some farming experience of their own? And it must be a big team, no? It's a big job, there's 300 acres of farmland in Auroville! Surely, at the very least, they must be meeting with the farmers, the people they manage, regularly?



No. No. No. No. The team is one person, sometimes 2, sometimes 4, depending on what time of day it is. And they have not had a single meeting with the farmers or visited a single farm in 3 years.

They go to meetings with the 'FAMC' (also one person), the ATDC (unclear how many people), and random other meetings to publicly talk about farming. Where, when or how his excellent farming expertise accumulated is completely unclear. This is what they get a maintenance for, and have for 3 years - to speak at meetings.

If the administration is serious about improving the farming sector, invest — in existing infrastructure, in nurturing new farmers, in skill building. Develop an agricultural plan that studies the groundwater, the land, what is feasible to grow where, and study consumption patterns of what people are actually eating — not support the dismantling of functional, established operations simply and explain it away in confusing accusations when they don't meet the unrealistic and ungrounded expectations of administrators who have no experiential understanding of farming realities, nor any contact with those who do.

I ask fellow Aurovilians not to drag Annapurna's name and decades of service in the mud, nor greenwash this bureaucratic decision as having anything to do with addressing our collective agricultural reality. There are undoubtedly flaws, but this personal and petty propaganda is insensible, uncivil, irrelevant and unaurovilian.

In service, with deep gratitude to the farmers and land of Auroville,
A ladyfinger and brinjal loving Aurovilian



AUROVILLE 2067 : SHARDS OF SAVITRI - PART 3

Synopsis : the City of Dawn, now structured around vast inhabited megastructures, has become the cradle of a new form of existence: the Synthetic Human Unity Project. When Keshav, a young hacktivist on the run, uncovers a secret that could bring the city itself under threat, he becomes caught in a struggle where technological progress, corporate power, and spiritual evolution converge—with the future of humanity at stake.

Previously, in the last issue of News & Notes: ###A Descent Into a Haven of Data###Encounters with Machines of Loving Grace###A Goddess Is Briefly Awoken###A Child Is Tested through Manifested Matter###

Chapter 3: Progress - continued

I let my awareness drift towards the indicated coordinates. The city unfolded inside my mind without maps or satellite imagery. Distances collapsed into directions, directions into familiarity. The Fertile Forest.

Then I shifted my attention away from the physical world. The ordinary landscape dissolved, leaving only the luminous golden topology of the Manifestation: threads, nodes, gradients of becoming. The coordinates acted less as a destination than as a tuning key. I attuned myself to them, and the rest of the city fell silent until only one banyan remained.

The Manifestation had always favored banyans. Several roots had already entered the later stages of the deification process.

"M01ra, can you give me more precise coordinates?"

"Uploading."

Zoom in.

There.

A young root, seconds away from dividing. I slowed the flow of time. The very first cell forming at the moment of bifurcation. I concentrated, slowing time again. I could feel it now, as if it was part of my own body. I held the moment still.

A microscopic tilt, almost nothing. Yet that angle would decide which way the root would grow, how it would drink from the earth, and eventually how the tree would develop in its defied state.

Advancing time one millisecond. There. Years of training — knowledge, structure, discipline — translated the sensation into a lattice of measure.

"Division axis 37.2 degrees off primary root vector. Azimuth 114 degrees southeast. stabilised @15464521" I told M01ra.

"Let me crunch this..." A few long seconds. "Ok, for Savitri this translates into Book VII , Canto four, lines 5-8"

Piece of cake.

"Savitri-Δ, resolution for Progress."

I recited the verses from memory.

*A rugged and ragged soil was her bare seat
Beneath her feet a sharp and wounding stone
A divine pity on the peaks of the world
A spirit touched by the grief of all that lives*

Why did time had to be so slow ?

"Passverse accepted. Progress petal unlocked. 550 seconds remaining"

That was going to be so much fun.

"M01ra ?"

"For Aspiration, we need a parameter from the internal structure of a laterite grain. Crystalline defect. Orientation of the edge dislocation. Hum."

"Yes?"

"The fragment is caught in a vortex above the Crown Road. Multiple Manifested particles are entrained within the same current."

It was already difficult to synchronize with matter in motion. It was worse trying to isolate a single structure while it was tumbling inside collective chaos.

"Never mind. Upload all candidate coordinates within ninety percent of the vortex influence field."

"Calculating... Upload complete."

A constellation of faint markers flared across my being — dozens of micro-presences, each a potential match.

"M01ra. Is the fragment fully Manifested?"

“Ninety-seven point three percent deified.”

Better. That narrowed the field. Only a dozen viable signatures.

“Coordinates won’t help at this velocity. I need to feel each one and cross-match it against Savitri-Δ.”

"What do you need ?"

I quickly scanned all of them. Iron rich — hematite in every fragment.

"Magnetic fields."

M01ra didn't hesitate: “Savitri-Δ, request resonance profile for Aspiration's magnetic oscillations. Protocol: Adaptive Harmonic Overlay. ”

A pause.

“Reason for protocol escalation?” said the desincarnated voice.

“Manifested matter turbulence exceeds Heynlicht threshold. Spatial resolution unstable.”



No courtesy delay this time.

“Request accepted. Uploading harmonic references”

I didn't have time to process the data as numbers. So I asked for it as sensations, the way Savitri-Δ itself perceived it.

Every grain carried iron, and with it a faint internal polarity — a microscopic compass needle. As they spun inside the vortex, those tiny needles tilted, wavered, and traced oscillations shaped by rotation speed, local turbulence gradients, micro-collisions, and the Earth’s background field.

Savitri-Δ projected the expected pattern into my physical vital — a cadence. To me it translated into high-pitched tones and faint pressures inside the skull. We had learned the sensations alongside the equations: a shift in pitch meant a change in field intensity, a pressure behind the eyes gave us direction. They made you dizzy at first, but once understood, the sensations became as legible as numbers.

I aligned to Savitry's pattern.

The first grain flickered out of sync.

The second lagged.

The third overshot the oscillation.

By the sixth, the movement locked. Matching. I smiled.

"Got it. I'm merging in"

It wasn’t easy to align with matter in constant motion — especially minerals, the least conscious form of existence, which did not respond so much as they endured.

Calm yourself.

I had almost forgotten. For the grain, now partially awakened by the poke of my consciousness, it was not itself that moved. It was space that flowed around it.

I shifted my frame. The vortex dissolved into flow. The grain remained, fixed.

I aligned.

A crystal is not a stone. It is a pattern. At the smallest scale, its atoms repeat themselves in disciplined order, like a structure built from an invisible grid. In laterite, that grid is mostly iron oxides — hematite and goethite — iron and oxygen arranged in rigid planes that stack upon one another in stubborn regularity.

Inside the grain, that order unfolded before me. Repetition ; layer upon layer ; planes of iron atoms locked in geometry, cool and uncompromising, a rhythm so precise it felt musical, though without melody or warmth.

Yet no crystal is ever perfectly faithful to its own pattern. Somewhere within that disciplined repetition, a subtle misalignment interrupted the order — a half-plane inserted where none should exist. An edge dislocation. A structural scar running through the lattice, a line of accumulated strain where the geometry had shifted by the smallest fraction of itself, like a fault frozen in mineral time.

|||||
|||||
|||||//
|||||

Got it.

"Edge dislocation identified on the secondary axis. One-cell displacement. 28° off basal plane. Compression on the upper side"

"So charming" M01ra replied. "Crunching numbers... For savitri it equates to the Book of fate, section 106.2, 5 first verses".

I closed my eyes and recited :

*Attracted by the golden summer-earth
That lay beneath him like a glowing bowl
Tilted upon a table of the Gods,
Turning as if moved round by an unseen hand
To catch the warmth and blaze of a small sun*

"Passverse accepted. Progress petal unlocked. 435 seconds remaining"

"we're thirty-seven seconds ahead, tambi "

"Happy dance. I'm warmed up. Keep them coming."

to be continued...



FOOD FOR THOUGHT

Saw a quote that said:

"Evil will pretend to be good
but good won't pretend to be
evil. So any time you see evil,
believe it."

And I just wish someone had
said that to me years ago.

AUROVILLE CONVERSATIONS



Submitted by an Aurovillian



INNER JOURNEY

INTRODUCTION TO THE INTEGRAL YOGA OF SRI AUROBINDO AND THE MOTHER

Tuesday 6th October, 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



AMPHITHEATRE - MATRIMANDIR

MEDITATIONS AT SUNSET WITH SAVITRI

MOVING TO WINTER TIME FROM OCTOBER 8TH

**Every THURSDAY
from 5:30 to 6:00pm**

(weather permitting)



Savitri, Sri Aurobindo's long mantric poem, read by Mother to Sunil's music is on weekly for everyone to concentrate, in this beautiful open space in the very center of Auroville.

- **Reminder to all:** The Park of Unity is a place for silence, meditation and inner work and is to be used only as such. We request everyone: please do not use cameras, i-pads, cell phones, etc. No photos.
- **Guests with Aurocard** wishing to attend must book by filling in the form at <https://bit.ly/savitri-reading> one or two days in advance. Please bring your Aurocard with you.
- **Access by Office Gate** for the Amphitheater only from 5:15pm. Guests are requested to bring along their Aurocards. Entry for guests at 5:15pm. Access limited for guests to the Amphitheatre
- **Exit for guests** at 6:15pm.

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](https://www.instagram.com/Vera.Auroville)) and Ashesh Joshi

Please register in advance

Ph/WhatsApp: +91 94891 47202, +91 94862 47202

(Private sessions on request at other timings)

VIPASSANA GROUP SIT

Dear Meditators,

You are all very welcome to the monthly 1-day Vipassana meditation course for "old students" ONLY (those who have completed at-least one 10-day course as taught by SN Goenka).



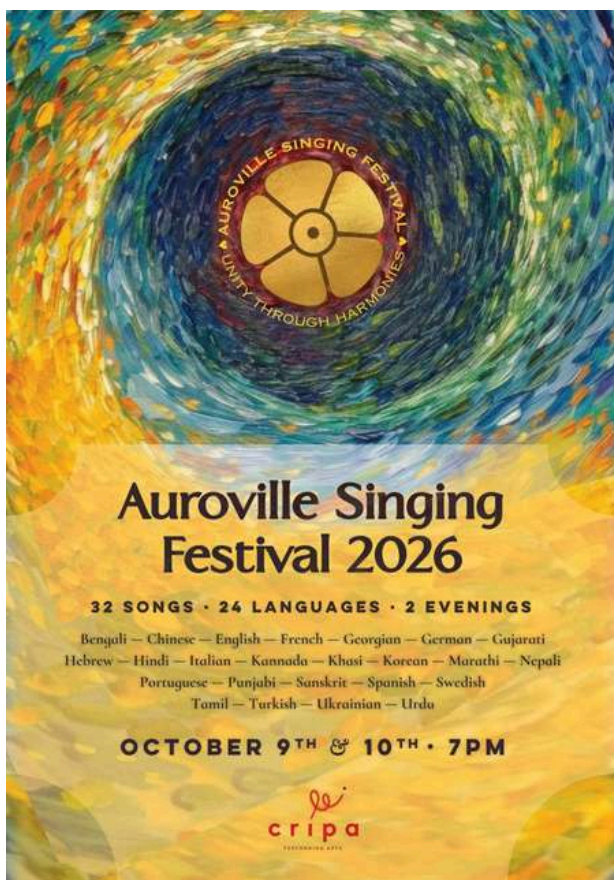
- **Date:** Sunday 4th October
- **Time:** 8:30 am to 2:30 pm
- Lunch will be served. Note: Part-timers are welcome at 8:30 am and can leave when they wish. Preferably at the end of a sitting.
- **Venue:** 1 Vibrance, Vikas Radial rd, Auroville, 605101. Please park on Vikas Radial road, next to the Vibrance garage. Location [here](#).
- Vibrance garage is opposite the Realization gate. Park on the road without blocking the garage. The apartment is directly behind the garage on the ground floor.
- **Contact:** Please DM Vallari vallari@gmail.com / WA 97403 22447 by 9 pm Friday.

Metta.

ANNOUNCEMENTS

THE AUROVILLE SINGING FESTIVAL

FRIDAY 9TH & SATURDAY 10TH OCTOBER, CRIPA



Dear Music Lovers,

We are preparing the Auroville Singing Festival for 9th & 10th October in CRIPA. The theme of the festival is “An invocation of Joy - Voices of a New Dawn” and our aspiration is to create Unity in the beautiful diversity of voices from Auroville.

As there are no funds available for this Cultural event, we invite you to support this event with a remittance towards: Financial Service Acct. 251031 Shakti Arts description; Support of AVSF – 26.

With love

Shakti, Marta, Ronnie, Rolf

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

Webinars

- 11th, 12th, 13th Oct, 7:30- 9:30pm : Integral Trauma Therapy

Join our WhatsApp group for all updates !

www.auroville-jiva.com

contact@auroville-jiva.com

WA 96260 06961



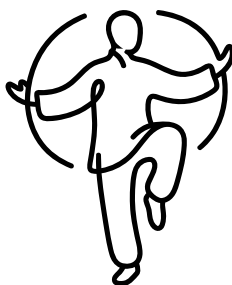
TAI CHI CHUAN @ SHARNGA

We have classes every morning at 7:30am (except on Sundays).

HOWEVER, there will be no regular classes from 19 October to 26 October. Daily classes will resume from October 27.

Krishna

taichi.auroville@gmail.com



THE INNERBEING PROJECT

The InnerBeing Project continues its research and collection of testimonials about the manifestation of the Inner Guidance in our lives, following Sri Aurobindo's teachings and Mother's ideals of human unity.

In Auroville like everywhere in the world, the ultimate aim of the human being, the only goal that makes sense to their life, is to activate this Divine spark that sleeps within.

Doing so enables the starting of a new alchemical process, allowing the emergence of new thoughts, emotions and sensations, that do not belong to planet earth but to the Psychic field.

Later on, one becomes capable to discriminate what belongs to the psychic than what belongs to the human, and to foster compassionate attitude rather than egoism, impersonal love and care rather than outdated and selfish violence.

The InnerBeing Project builds on the multiculturalism of Auroville, for human unity can only be achieved by encompassing all cultures, languages and backgrounds.

Today, we are very pleased to present our latest conversation in Russian, on the topic of the Inner Guidance, under the light of Sri Aurobindo and Mother's teachings: Ildar Safarov

<https://youtu.be/HclUlhZUFJ4?is=-DMbVQUj2MJ5cbe3>

Please, activate your subtitles by clicking on parameters on YouTube.

For more information on the InnerBeing project, please send an email to innerbeing.world@pm.me

Dan, for the InnerBeing Project

TIBETAN DOCTOR AND THE TEAM VISIT

THU 15TH- SAT 17TH OCT, PAVILION OF TIBETAN CULTURE

Dear all,

This is to your attention that, the Tibetan Doctor and the team based in Chennai are visiting us on

- **Thursday 15th October from 2 to 5:30pm**
- **Friday 16th October from 8:30 am to 1 pm 2:00 to 5:30 pm**
- **Saturday 17th October 8:30 am to 1 p.m.**

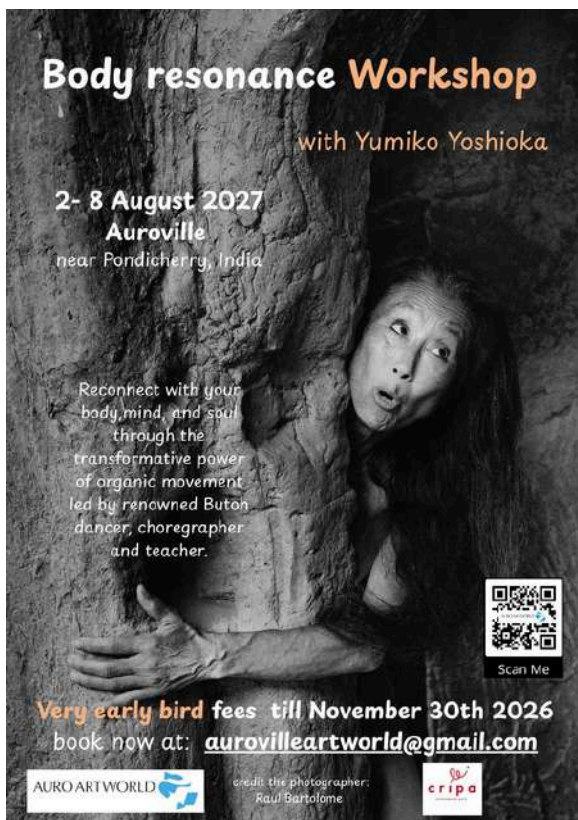
The consultation is held at the Pavilion Of Tibetan Culture International zone Auroville. You are requested to reserve your appointment by whatsapp to 84890 67332 or by calling us @ 0413 2622401 this is a monthly consultation.

Submitted by
Kalsang

Pavilion Of Tibetan Culture International zone Auroville.

BODY RESONANCE : A BUTOH-BASED WORKSHOP

2ND - 8TH AUGUST 2027



Body resonance Workshop

with Yumiko Yoshioka

2- 8 August 2027
Auroville
near Pondicherry, India

Reconnect with your
body, mind, and soul
through the
transformative power
of organic movement
led by renowned Butoh
dancer, choreographer
and teacher.

Very early bird fees till November 30th 2026
book now at: aurovilleartworld@gmail.com

AUROART WORLD 

credit the photographer:
Raul Bartolome




Scan Me

BODY RESONANCE a butoh-based workshop

with Yumiko Yoshioka

2-8 August 2027

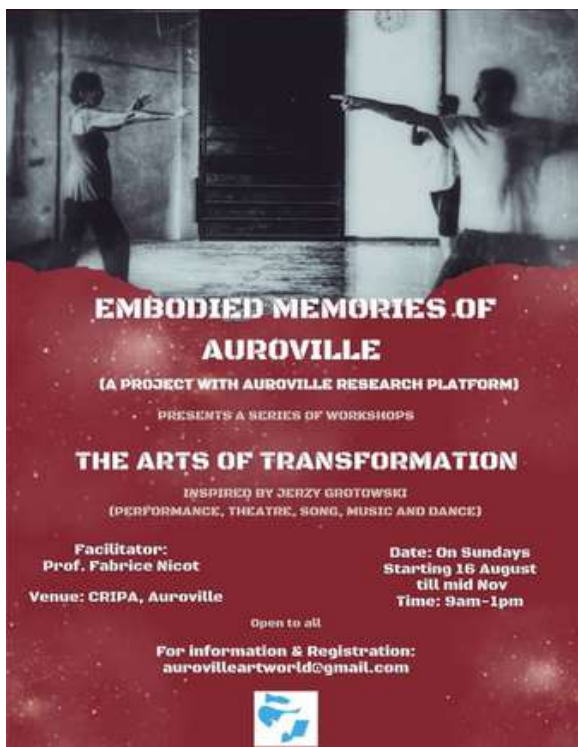
Contact now for the very early bird registration!

aurovilleartworld@gmail.com

EMBODIED MEMORIES OF AUROVILLE:

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

SUNDAYS, MID AUGUST - MID NOVEMBER, CRIPA



**EMBODIED MEMORIES OF
AUROVILLE**

(A PROJECT WITH AUROVILLE RESEARCH PLATFORM)

PRESENTS A SERIES OF WORKSHOPS

THE ARTS OF TRANSFORMATION

INSPIRED BY JERZY GROTCOWSKI
(PERFORMANCE, THEATRE, SONG, MUSIC AND DANCE)

Facilitator:
Prof. Fabrice Nicot

Venue: CRIPA, Auroville

Date: On Sundays
Starting 16 August
till mid Nov
Time: 9am-1pm

Open to all

For information & Registration:
aurovilleartworld@gmail.com



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:

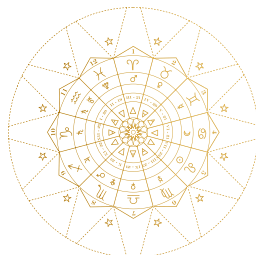
allthingsvedic.in/webinars

Vikram Devatha

+91 98439 48288

www.allthingsvedic.in

vikram@allthingsvedic.in



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.



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: 33AAATA0037BY3N

Contact details for registration and sign in on the flyer

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

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

CULTURAL ANNOUNCEMENTS

PHOTO CIRCLE MEETS AGAIN

FRIDAY 9TH OCT, CENTRE D'ART MULTIMEDIA ROOM

Photo Circle meets again on **FRIDAY 9 OCTOBER** at 5pm in the **Centre d'Art multimedia room**, at **Citadines**.

The Photocircle brings together Auroville's professional and amateur photographers. We share our own work, show the work of global photographers we

admire, discuss the history of photography, and share techniques.

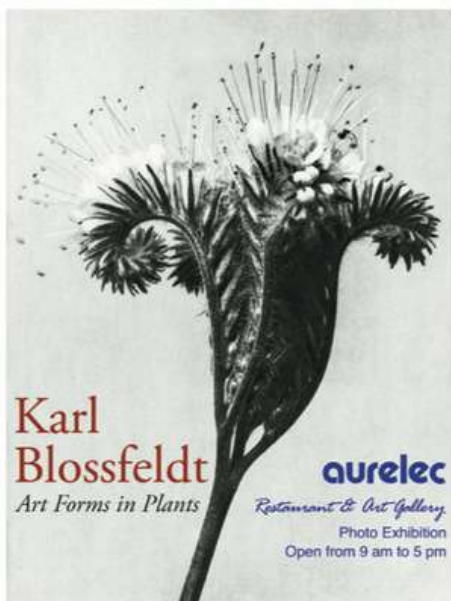
Anybody can bring and screen a small selection of images.

Everybody's welcome



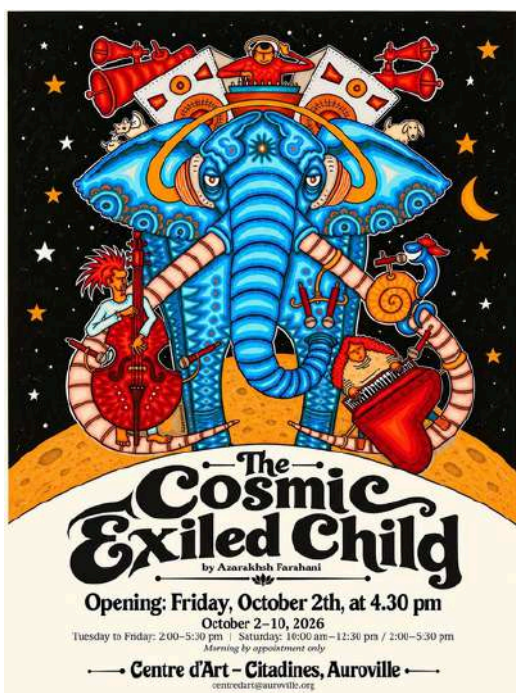
ART FORMS IN PLANTS - KARL BLOSSFELDT

AURELEC
RESTAURANT &
ART GALLERY



THE COSMIC EXHILED CHILD BY AZARAKHSH FARAHANI

FROM 2ND TO 10TH OCTOBER 2026, CENTRE D'ART



Azarakhsh Farahani – The Cosmic Exiled Child

A young girl with a hair full of stars rides her bicycle through a dreamlike landscape which, like a circus stage, reveals a world of enchantment and music. Along the way, we encounter fantastical beings, fish with human eyes, winged cars and blue deer, figures passing through a night inhabited by motifs inspired by Eastern miniature painting, endlessly recomposing themselves like a giant kaleidoscope.

Welcome to the fabulous universe of Iranian artist Azarakhsh Farahani, a draftsman, musician, filmmaker and actor, who is spending two months in residence at the Centre d'Art in Auroville.

The animated film *Murals*, written, conceived, and directed by him—including the sound design—joins the works created in Auroville as part of his project *The Cosmic Exiled Child*. The project is further enriched by a body of earlier works created in France and Iran around the themes of spiritual exile and the universality of myths.

The project revolves around the figure of a wandering spirit searching for its home in a world structured by geographical and political borders.

The exiled child metaphorically represents the artist migrating between different cultures, a free being whose consciousness rejects restrictions and barriers and dreams of rediscovering the vastness from which it emerged.

Azarakhsh's drawings have the magic of contemporary mystical fables, teeming with details and shimmering colours, in which one longs to lose oneself. Yet behind their harmony and gentleness lies a profound reflection on the themes of diaspora, displacement and identity.

Figures from Iranian mythology—radiant suns, sacred mountains, trees of life—merge harmoniously with those of Indian mythology and cosmology: hybrid beings, half-human and half-animal sacred creatures carved into the millenary stone of temples.

According to the artist, mythology speaks directly to the soul, and nowhere is it as naturally intertwined with everyday life as in India.

This is why it occupies such a central place in his work, as an expression shared by all humanity, beyond every difference, as “the only language capable of crossing borders without a passport.”

In a happy coincidence that reinforces the exhibition's message of hope and tolerance, the inauguration will take place on October 2—the anniversary of Gandhi's birth and also the International Day of Non-Violence.

Dominique Jacques 2026

- From 2 to 10 October 2026
- Tue to Fri 2-5:30, Sat 10-12:30 2-5:30
- Morning by appointment
- **Opening on Friday 2 October at 4:30**
- Centre d'art Auroville.



'THE LITTLE COMEDIES'

THE AUROVILLE THEATER GROUP

Dear Aurovilians,

After the little tragedies, it is time for Auroville to witness '**The Little Comedies**'!

We are excited to announce that two classic Sanskrit comedies are officially under production:

- ***Bhagavadajjukam* (The Divine Courtesan)**
- ***Mattavilasa-Prahasanam* (The Drunken Sport)**

Show us your enthusiasm for:

- **Acting (Age 18+ male and female)**
- **Stage and props managing**
- **Set Designing, lights**

Get in touch to join the team:

- **Email:** rupam@auroville.org.in
- **Phone:** +91 95974 91652 (**Messages only**)

We look forward to creating something conscious together!

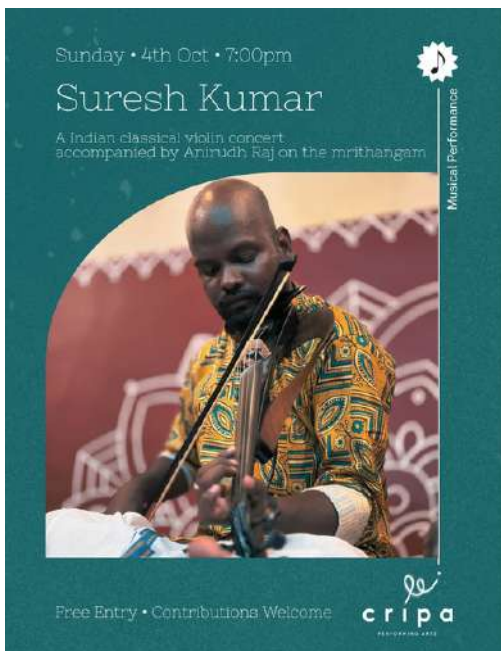
Rupam Mishra

Director, playwright, actor

The Auroville Theater Group

SURESH KUMAR: AN INDIAN CLASSICAL CONCERT

SUNDAY 4TH OCTOBER



Join us for an evening of Indian classical music with Suresh Kumar on violin, accompanied by Anirudh Raj on mridangam.

Based in Pondicherry, Suresh Kumar is a trained classical musician, composer and fusion artist. Founder of the fusion band MAGIZH, he brings together a strong grounding in Indian classical music with a contemporary and expressive approach to performance.

For this concert, he returns to the roots of Indian classical music, exploring the depth, beauty and improvisational spirit of the violin, accompanied by the rhythmic energy of the mridangam.

- 📅 : **Sunday 4th October**
- 🕒 : **7pm**
- 📍 : **Cripa, Auroville**

Entry free, open to all, contributions welcome.

AUROVILLE RADIO



Dear Aurovilians,

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

Last Published Podcasts

- ["Mother's Chronicles : Mirra the Artist" by Sujata Nahar, Read by Fif - B 2 C 1 - "Knew a Painter" \(The Mother\)](#)
- [Marlenka's weekly Offering – Ep.183 \(Literature\)](#)
- [Jumpa's Joyous Journey with Fif-Ep.23 "The Day Peace Went Missing" \(Stories\)](#)
- [Une série hebdomadaire de lectures par Gangalakshmi – Ep.551 \(Integral Yoga\)](#)

Latest YouTube Video

- [Savitri Ep 14: Introductory Comments in Tamil | சாவித்ரி காவியம் ஓர் அறிமுக விளக்கம் by Dhanalakshmi](#)

....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

RUSSIAN BOOK EXHIBITION AT THE AUROVILLE LIBRARY TUESDAY 13TH OCTOBER 2026



The Auroville Library is hosting an exhibition of books from Russian authors.

The presentation is organised by the Aleksandr Solzhenitsyn Center for Russia Abroad and the Russia Abroad Heritage Foundation, with the support of the Department of Culture of the City of Moscow, in cooperation with the Russian House in Chennai.

There will be a talk by Pavel Tribunsky, PhD in Historical Sciences and Chief Researcher at the Aleksandr Solzhenitsyn Center for Russia Abroad.

The books featured in the exhibition will be donated to the Auroville Library, adding to its collection of Russian literature and publications.

- **Date:** Tuesday 13th October 2026
- **Time:** 6:30 PM
- **Venue:** Auroville Library

Дом русского зарубежья им. А. Солженицына
Фонд наследия русского зарубежья
при поддержке Департамента культуры города Москвы

**13 ОКТЯБРЯ 2026
В 18.30**

Библиотека г. Ауровилля

Aleksandr Solzhenitsyn Center for Russia Abroad
Russia Abroad Heritage Foundation
with the support of the Department of Culture of the City of Moscow

**OCTOBER 13, 2026,
AT 6:30 P.M.**

Auroville Library

ПРИГЛАШАЮТ ВАС

НА ОТКРЫТИЕ ВЫСТАВКИ КНИГ
РОССИЙСКИХ ИЗДАТЕЛЬСТВ С ПЕРЕДАЧЕЙ
В ДАР БИБЛИОТЕКЕ Г. АУРОВИЛЛЯ
С УЧАСТИЕМ КАНДИДАТА ИСТОРИЧЕСКИХ
НАУК, ГЛАВНОГО НАУЧНОГО
СОТРУДНИКА ДОМА РУССКОГО
ЗАРУБЕЖЬЯ ИМ. А. СОЛЖЕНИЦЫНА
ПАВЛА ТРИБУНСКОГО

INVITE YOU

TO THE OPENING OF AN EXHIBITION OF
BOOKS FROM RUSSIAN PUBLISHERS,
TO BE DONATED TO THE AUROVILLE
LIBRARY, WITH THE PARTICIPATION
OF PAVEL TRIBUNSKY, PHD IN
HISTORICAL SCIENCES, CHIEF RESEARCHER
AT ALEKSANDR SOLZHENITSYN CENTER
FOR RUSSIA ABROAD



Дом русского зарубежья им. А. Солженицына
Фонд наследия русского зарубежья
при поддержке Департамента культуры города Москвы

МУЗЕЙ РУССКОГО ЗАРУБЕЖЬЯ В МОСКВЕ ИСТОРИЯ СОЗДАНИЯ И КОЛЛЕКЦИЯ

13 ОКТЯБРЯ 2026 В 18.30

Библиотека г. Ауровилля



Aleksandr Solzhenitsyn Center for Russia Abroad
Russia Abroad Heritage Foundation
with the support of the Department of Culture of the City of Moscow

THE MUSEUM OF THE RUSSIA ABROAD IN MOSCOW HISTORY OF ITS CREATION AND COLLECTION

OCTOBER 13, 2026, AT 6:30 P.M.

Auroville Library



SILENT READING CLUB (PONDY READS)

SUNDAY 4TH OCTOBER, AUROVILLE FILM INSTITUTE

Greetings!

We are delighted to share with you that [Pondy Reads](#) is hosting the latest session of its Silent Reading Club at Auroville Film Institute (AVFI) on Sunday 4th Oct, between 3:30 and 5:30 in the evening.

PONDY READS

invites you to our

Silent Reading Club

Bring any book you want and
read with us in silent
companionship.
ENTRY FREE



Date: 4th Oct, Sunday Age: 18+ Time: 3:30 – 5:30 PM

VENUE: AUROVILLE FILM INSTITUTE, NO.1, OUTER RING ROAD,
NEXT TO HEMPLANET, AUROVILLE – 605 101.

POETRY

When a child catches and corrects my grammar,
Grand MA grins with a knowing smile —
There is still hope for the future,
as we pass on the spirit and secret spices
to young ones pickled in the same culture.

Anandi Z



For Mary Helen

Beauty Shall Walk Unwounded through the World 10/27/02

Deep in the chalice of the lily's bloom
A secret hides beneath the stamens' crown,
Golden, quivering in the slightest breeze.
For in her dew-drenched cup silent love
Abides and mystery yields to those pure souls
Whom God has touched, unburdened of the cares
That press on mind, the troubling of desire,
And whisper of dark voices in the night.

Hold me beloved in thy vast surround.
I need no human limbs to twine me round
Or human lips to seal love's covenant
For I have gone beyond the bordered world.
O essence of all perfumes, spirit divine,
Who whispers in the wind's caress of leaves
Thy laughter joins the rushing water's song.
I open to thee the tear-stained tracts of soul.

Speak to me the poems my heart can hear,
Voicing through flowers beauty ever near.
Despite the storms of fate our joy survives.
Sing of thy flight to worlds I cannot see,
Denied to life, accessible by death,
Of visions thou hast seen among the blest;
I would know thee without form as once thy touch
Awakened all my consciousness to love.

Still am I closed to spheres above our earth
Whose trees enwrap me in their green embrace,
Attached to soaring songs that fill the skies.
Earth's rich warm body laughing yields to me,
I feel her beating pulse beneath my feet.
The grasses speak: "Lie down and let thy tears
Descend beneath the earth to nourish roots
For love shall rise upon each springing blade."

Thy gentle hands that all God's promise held,
Thy feet that walked as on a soil divine,
Thy voice harmonious enrapturing,
Thy flesh to dust returned, thy soul to God,
I know that in some future life we'll meet.
Despite the vagaries of fate I smile,
Thy rose's fragrance lingers in the air -
And beauty shall walk unwounded through the world.

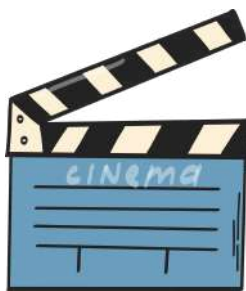
Narad



Cinema Paradiso

Multimedia Center (MMC) Auditorium

Film program : 5th - 11th October 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 5 OCTOBER, 8:00 PM:

• ABOHOMAAN

India, 2009, Dir. Rituparno Gosh w/ Dipankar Dey, Mamata Shankar, and others, Drama, 122mins, Bengali w/ English subtitles, rated: PG.

A deeply moving and critically acclaimed Bengali drama directed by Rituparno Gosh that explores the fragile complexities of love, aging, and creative obsession. Rituparno Ghosh won the National Film Award for Best Director. He handles a delicate, non-judgmental narrative that weaves across multiple timelines.

POTPOURRI - TUESDAY 6 OCTOBER, 8:00 PM:

• L'AMOUR À LA CARTE (OFF THE MENU)

USA, 2018, Dir. Jay Silverman w/ Dania Ramirez, Santino Fontana, and others, Comedy-Romance, 96mins, French w/ English subtitles, rated: PG.

An unlikely heir to a Mexican fast-food franchise goes cuisine' hunting for the next culinary big thing, and finds himself in a small, dusty New Mexican town where foodies come from all over to salivate over the culinary treats of a local, authentic, and feisty female chef.

SELECTION - WEDNESDAY 7 OCTOBER, 8:00 PM:

• LADY OF THE DYNASTY

China, 2015, Dir. Shiqing Cheng w/ Bingbing Fan, Leon Lai and others, Drama-History, 122mins, Chinese w/ English subtitles, rated: NR.

Yang Yuhuan is a wife of Prince Li Mao and the Emperor Tang Ming Huang's daughter-in-law. When Prince Li's mother, Wu commits suicide after her conspiracy against the emperor fails, Yang is abandoned and is given to the emperor in exchange for the crown prince. Their affection grew through the political struggle and living together in the palace. But their happiness and good days do not last long when the Lushan Rebellion breaks out.

INTERESTING - THURSDAY 8 OCTOBER, 8:00 PM:

• THE PELOPONNESE: THE LAND THAT MADE GREECE

Greece, 2026, Travel Documentary, 90mins, English w/ English subtitles, rated: PG.

The Peloponnese is the historic southern peninsula of Greece where foundational events of Western civilization—including Sparta, Mycenae, and Olympia—actually took place.

INTERNATIONAL FILM - SATURDAY 10 OCTOBER, 8:00 PM:

• TARA ROAD

USA, 2005, Dir. Gillies Mackinnon, w/ Jean-Marc Barr, Sarah Bolger, Drama-Comedy, 97mins, English w/ English subtitles, rated: PG.

Two grieving women—Ria, a Dublin mom whose husband discloses he's in love with a woman already pregnant, and Marilyn, a Connecticut Yankee whose son has died—swap houses for a couple months. The house on Tara Road comes to stand for the past, for possibilities, and for what can be lost.

CHILDREN'S MATINEE - SUNDAY 11 OCTOBER, 4:00 PM:

• SONG OF THE SEA

USA, 2014, Dir. Tomm Moore, w/ David Rawly, Brendon Gleeson and others, Animation-Family, 93mins, English w/ English subtitles, rated: PG.

Saoirse is a child who is the last of the selkies, women in Irish and Scottish legends who transform from seals into people. She escapes from her grandmother's home to journey to the sea and free fairy creatures trapped in the modern world.

CINÉ-CLUB - SUNDAY 11 OCTOBER, 8:00 PM:

• VANSKABTE LAND (GODLAND)

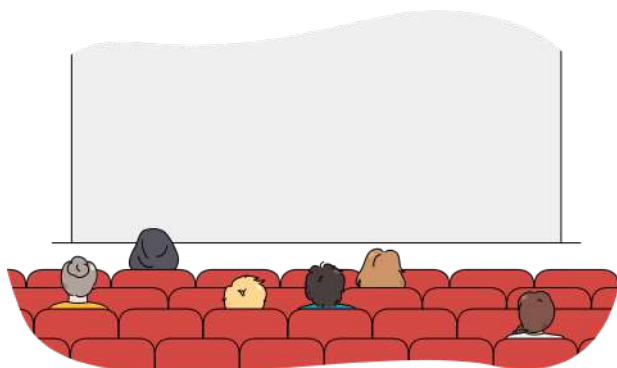
Denmark, 2022, Dir. Hlynur Palmason, w/ Elliot Crosette Hove, Ingvar Sigurdsson and others, Drama, 143mins, Danish-Icelandic w/ English subtitles, rated: R.

In the late 19th century, a young Danish priest travels to a remote part of Iceland to build a church and photograph its people. But the deeper he goes into the unforgiving landscape, the more he strays from his purpose, his mission and morality.

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.



*I cannot do all the good
that the world needs. But
the world needs all the
good that I can do.*

Jana Stanfield

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

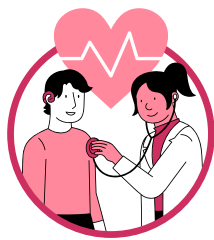
Contact: 0413 291 0005

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
-------	--------------------------------------

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
--------------------------	----------------------

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