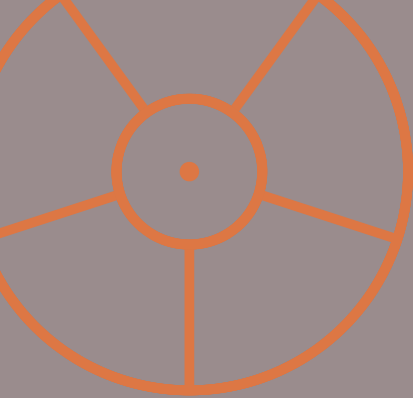




Auroville NEWS & NOTES

No 1146 - A weekly bulletin for residents of Auroville

8 October 2026



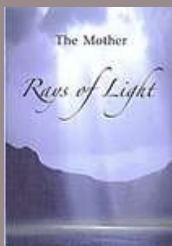
PONDERING

[Endurance:] The power to go through effort, difficulty or trouble without getting fatigued, depressed, discouraged or impatient and without breaking off the effort or giving up one's aim or resolution.

Sri Aurobindo, [Patience and Perseverance](#), Letters on Yoga - II



RAYS OF LIGHT



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

Printed at Sri Aurobindo Ashram Press, Pondicherry

WEAKNESSES OF HUMAN NATURE

NARROWNESS AND ONE-SIDEDNESS

page 107

For each problem there is a solution that can give satisfaction to everybody, but for finding this ideal solution each one must want it, instead of meeting the others with the will to enforce one's own preference.

Enlarge your consciousness and aspire for the satisfaction of all.

28 August 1971

page 108

HUMAN RELATIONSHIPS

JUDGING OTHERS

With our own perfection grows in us a generous understanding of others.

18 July 1954

★

Do not trouble yourselves with what others do, I cannot repeat it to you too often. Do not judge, do not criticise, do not compare. That is not your lookout.

1957

★

You have no right to judge a man unless you are capable of doing what he does better than himself.

27 June 1964

★

Be severe to yourself before being severe to others.

page 109

Do not mind the stupidity of others, mind your own.

HELPING OTHERS AND THE WORLD

Suffering inflicted on others is not a good base on which to build spiritual realisation

To advance alone on the path can be a form of egoism. One can liberate oneself alone only if the others refuse to follow. One must therefore first offer to lead them along. And if this burdens the advance and increases the difficulties, one should take it as the effect of a special Grace that tests the sincerity of the consecration in this way. The capacity to receive the divine help is in proportion to this sincerity.

7 June 1958

★

To help others is the best way of helping oneself. For, if you are sincere, you will soon discover that all their difficulties and all their failures are the sure signs of the same corresponding deficiency in you. Indeed, they prove that something in you is not perfect enough to be all-powerful.



Vanity

One of the most frequent forms of falsehood.

- The Mother

Dahlia Cav. Spp., Compositae

Dahila

NEWS & NOTES GUIDELINES

DEADLINE FOR SUBMISSIONS:

TUESDAY 5PM

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

RA NEWS & NOTES - A QUICK GUIDE



What We Publish

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

Working Groups & Foundation Office Content

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

What We No Longer Publish

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

Exceptions

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

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

Submission Guidelines

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

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

We thank you for your collaboration and understanding.

DISCLAIMER:

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

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

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

The News & Notes Team
newsandnotes@auroville.services

LIST OF ACRONYMS:

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

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

Working groups selected by the Residents' Assembly:

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

GB groups:

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



NOTE FROM THE EDITORS



Dear Community,

Here is some important information:

- If you would like to support the RA N&N, please send us an e-mail at newsandnotes@auroville.services.
- Content sent through @auroville.org.in mail ID will only reach us if you use this [FORM](#) to submit your content.
- The mail ID to submit content is: newsandnotes@auroville.services



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

Thank you for reading and for your continued support!

In community,

The RA Community Edition News & Notes Team 🌸

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WORKING GROUPS NEWS

FROM THE AUROVILLE COUNCIL

SHOW CAUSE NOTICES TO THE AUROVILLE COUNCIL

Dear Community,

We would like to inform you that the ATR/ATSC have sent all AVC members a Show Cause Notice which can be found [here](#).

Our response is as follows:

Subject:

Response to Show Cause Notice dated 23 September 2026 – Auroville Council

To:

Admissions and Terminations Registry (ATR) and Admissions and Terminations Scrutinising Committee (ATSC)

We are writing collectively in response to the Show Cause Notices received by the seven members of the Auroville Council (AVC) by email dated September 23rd, 2026.

As the notices concern the same two announcements, the same alleged conduct, and substantially the same four grounds, we consider it appropriate and proportionate to respond collectively to the common issues. This does not prevent any individual member from making further individual representations where necessary.

We note that the communication does not identify the individual members of the ATR or ATSC responsible for issuing it, nor does it bear the name or signature of any identified member. We nevertheless prefer to address the substance of the notice, while reserving our position regarding its procedural aspects.

1. The AVC is not an “unauthorised group”

The characterisation of the AVC as an “unauthorised group” is not accepted.

The AVC has a long history within Auroville. It was established in 1988 and has functioned over many years through which residents have undertaken collective responsibilities. Its mandate was approved by the Residents’ Assembly (RA) in 2004, and its members have since been selected and appointed through RA processes.

As such, the AVC is a committee selected by the RA within the framework of Section 19 of the Auroville Foundation Act. The AVC has therefore not emerged recently as a self-appointed group assuming an institutional title.

The AVC’s role includes listening to concerns raised by residents, bringing those concerns to the attention of the relevant bodies, facilitating dialogue, and seeking solutions for difficulties affecting the community. More importantly, disagreement with the concerns expressed by the AVC should not, by itself, determine whether the body expressing them is considered legitimate.

2. Announcements and allegations of “politics” and “false propaganda”

The announcements referred to in the notices were collective communications concerning concerns brought to the AVC by residents. They were intended to bring those concerns to the attention of the relevant bodies and to seek engagement and resolution.

They were not intended to encourage residents to disregard lawful decisions or instructions.

The AVC therefore does not accept the characterisation of these communications as “political campaigning”, “false propaganda” or an attempt to encourage non-compliance merely because they express criticism of administrative decisions or governance. The AVC is not disseminating a negative or false image of Auroville, it is simply Auroville’s governance that is being addressed.

If any particular factual statement should be false, materially incomplete or misleading, it is advisable to consider the facts rather than make general characterisations. The AVC has always remained open to receiving and considering any specific evidence of factual error.

Additionally, the AVC has also consistently invited the Foundation Office, the Governing Board, and their appointed groups to engage directly with the AVC and residents in order to seek solutions together.

3. Statutory and administrative processes

The AVC does not suggest that the existence of the 2023 Regulations can simply be ignored.

At the same time, questioning the manner in which a statutory or administrative process is implemented cannot, by itself, amount to misconduct. Residents must be able to raise questions about the interpretation, application, and fairness of a process. This does not amount to being a misrepresentation of the law.

4. Full-time work for the collective

The AVC members contribute their time, energy, and work to Auroville through their respective units, services, and other forms of collective contribution, in addition to their service on the AVC.

The Show Cause Notices require each member to establish full-time contribution independently of any work performed through the AVC.

We do not accept, however, the underlying characterisation that service through the AVC is necessarily work for an “unauthorised group”. That conclusion depends upon the prior proposition that the AVC itself is unauthorised, which is disputed above.

Information concerning the members’ work has previously been provided through the various administrative processes operated by FAMC, BCC, SAIER and/or other relevant bodies, as applicable.

We therefore request that existing administrative records be consulted before residents are required to provide information that may already be available within the Foundation Office’s administrative system.

Any additional information specific to an individual member can, where necessary, be addressed separately.

Conclusion

The AVC would prefer that this matter not become an increasingly formal exchange of allegations and explanations, when many of the underlying issues could potentially be clarified through a direct conversation.

As such, we welcome you to join us during the AVC open house every Friday from 3:30 to 4:30, please write to us at avcouncil@auroville.services for an appointment with tea and cookies. Our meetings are an occasion to discuss and express views in good faith and a safe space.

The AVC remains committed to respectful engagement, as had been done previously, with all 3 pillars of Auroville: the International Advisory Council, the Governing Board, and the Residents’ Assembly, including other Auroville bodies and the Foundation Office, while continuing to listen to individual residents and bringing genuine concerns to the appropriate forums.

Please do note that we are writing from our individual email addresses because the AVC email in the auroville.org.in domain has been blocked for several years. As the Auroville Council functions collectively, communications concerning its work should

be addressed to the Council as a group at avcouncil@auroville.services, or through its auroville.org.in address when access to that address is restored.

Sincerely,

[Name]

For and on behalf of 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.



FROM THE FAMC

RA-FAMC: ZOH0 EVALUATION TASK FORCE

Dear community,

We are in the process of appointing a 5 member team to evaluate the Zoho accounting system.

To complete the task force we are looking for one more woman.

If you are interested, please email us on famc@auroville.services.

Warmly

Auradha, Jonah, Krishna, Ranjithkumar

FAMC of the RA

INVITATION FOR DEDICATED EXECUTIVES – AUROVILLE DOG SHELTER

The FAMC of the RA has received a report and request from Mr. Arthur Birago, former Manager of the Auroville Dog Shelter, drawing attention to the present situation of the Shelter and the urgent need for a dedicated team to take forward its animal-welfare and related services. The report is [attached here](#).

In view of this request and the challenging situation described, the RA FAMC invites suitable and committed members of the community to come forward and express their willingness to take up this important responsibility.

According to the report from Arthur, "the immediate structure requires three Executives and one Resource Person. We need people with integrity, compassion, courage, practical ability and the willingness to work hard. Ideally, the team will combine animal experience, organisation, fundraising, communication, community connections and modern social-media skills. Nobody needs to possess all of these qualities alone. A good team complements itself."

Interested persons are requested to send their names and a brief expression of why they would be suitable to famc@auroville.services before 8th October 2026.

We sincerely encourage suitable members who have the time, dedication, experience, and genuine commitment towards the welfare of the dogs to come forward and contribute during this challenging period.

We would also like to take this opportunity to clarify that the RA FAMC is not a parallel Working Group. It is a committee appointed by the Residents' Assembly to support the community in matters relating to the management of funds and assets and to give advice regarding the same.

Accordingly, the RA FAMC will collect the names of interested candidates and submit its recommendations. The final decision regarding the appointment will rest with the Secretary, Auroville Foundation.

Warm regards,

Auradha, Jonah, Krishna, Ranjithkumar

The FAMC of the RA



FO GROUPS NEWS

(not selected by due Residents' Assembly process)

FROM THE FO N&N 1151

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

COMMUNITY NEWS

OBITUARY

FAREWELL ANNOUNCEMENTS

HEMA PASSES ON

This is to inform the community that Hema, Michèle Teytaud, from Maitreyi, last living in Marika home, passed away on 28th September 2026. She was 80 years old, from Oran, Algeria.

The funeral of Hema will take place on Monday 5th Oct 2026, at the Auroville Burial Ground.

~ OM ~

MYKOLA PASSES ON

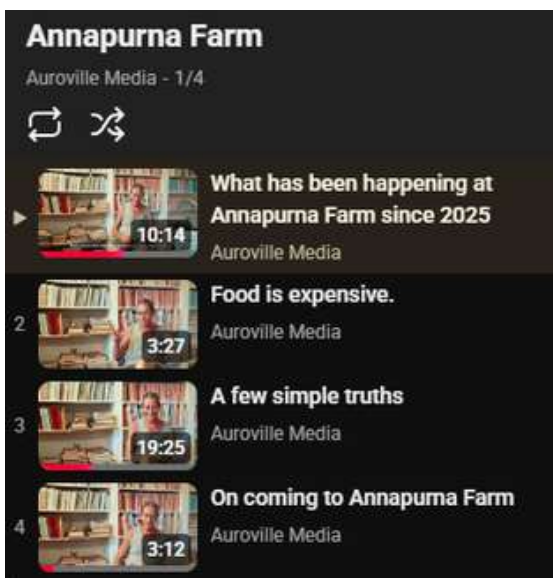
This is to inform the community that Mykola, father of Oleg from Sunship, passed on the morning of Saturday 3rd October 2026.

~ OM ~



COMMUNITY SHARING

INTERVIEWS - TOMAS OF ANNAPURNA FARM



Dear community,

An interview was recently shot with Tomas of Annapurna Farm. Please find here a series of some of videos, which address from Tomas' perspective a variety of topics related to Annapurna and the situation since 2025.

More videos will be added later to the playlist, we'll send an update :)

Please help spread the word and share widely.
https://www.youtube.com/playlist?list=PLDO8_Xf5rdlc

In community,
Annapurna loving Aurovilians

SUPPORT AUROVILLE FARMS! - GET HANDS ON!

Support Auroville Farms!
Willing hands and goodwill enough.

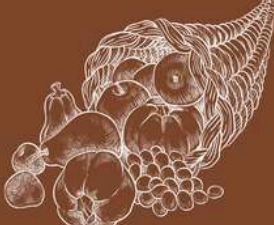
Farming is challenging and inspiring work - and there's no substitute for it. Every single day, we all eat.

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.**



AUROVILLE FARMERS MARKET IS BACK AFTER TWO WEEKS OF BREAK

SATURDAY 10TH OCTOBER, YOUTHLINK

AUROVILLE FARMERS MARKET
THIS SATURDAY
10AM-1PM AT YOUTHLINK
(NEAR SOLAR KITCHEN)



WITH SUPPORT OF AUROVILLE FARMS

Meet our farmers, learn about AV farms and get a variety of organic produce.

Please park your vehicles in front of Solar Kitchen.
No guests from outside Auroville are allowed.

Scan to find us.



This Saturday, 10am to 1pm at YouthLink

Come by and discover the Auroville Farmers Market!

Meet our farmers, learn more about Auroville's farms, and discover a variety of fresh and processed organic produce.

 YouthLink, near Solar Kitchen

No guests from outside Auroville are allowed

 Please park your vehicle in front of the Solar Kitchen.

See you there! 😊

Pour Tous பூர் தூஸ் For All

POUR TOUS PURCHASING SERVICE (PTPS) - UPDATE

Dear Community Members,

We would like to share an update on the current situation at Pour Tous Purchasing Service (PTPS), and on the steps we are taking to strengthen its operations and put a clearer structure in place.

Last week we hired Rangita Murada for three days. Rangita is a professional consultant in a number of goods and service industries, to review our operational and administrative processes and roles of the staff. A report of her findings and recommendations will be submitted to PTPS this week.

We are sharing this with you to keep everyone informed of the changes being introduced, the challenges we are facing and the direction in which PTPS is moving.

1. Current Situation

As part of our review of the services, we have identified a number of areas that require attention:

- **Financial position:** PTPS is currently operating with a deficit of approximately ₹60 lakhs carried over from the previous Executives. The amount of **₹60 lakhs remains outstanding** from the initial funds distributed to Kumaran and Joel upon their appointment as Executives in June 2022. This balance is currently still unpaid and overdue.
- **Outstanding credit:** More than ₹2.5 lakhs remains outstanding from credit extended to Aurovilians, Newcomers, Units and Services.
- **Staff loans:** Approximately ₹1 lakhs in staff loans remains outstanding.
- **Staffing and roles:** There are currently 25 staff members across the grocery store and canteen. We are reviewing the existing staffing structure and responsibilities to ensure that roles and resources are appropriately aligned with the present needs of the services.
- **Past financial loss:** We are also carrying an outstanding amount of approximately ₹19 lakhs relating to the embezzlement case (2023) by the former accountant (Bharati), following the recovery of ₹8 lakhs from the original ₹27 lakh amount. Repayments have stopped (2024), and our recent attempts to establish communication have not received a response.
- **Operational systems:** A significant part of the present operation remains manual, making it difficult to maintain consistent processes, accountability and efficiency.

2. What We Have Already Started Addressing

The immediate focus is to bring greater discipline and clarity to the way PTPS operates.

Payment and credit system

With effect from 1 October 2026, PTPS has moved away from credit-based purchasing to an account-balance system. Purchases will be made against funds available at the time of purchase. This is an important step towards bringing greater clarity and control to outstanding accounts.

Revenue generation

We have introduced a delivery charge for income-generating Units ordering through PTPS, so that the cost of providing this service is appropriately accounted for. Deliveries to sick, elderly Aurovilian's and schools still remain free of charge.

Infrastructure and equipment

Construction of staff/public toilets has been prioritised along with the redesign of Storeroom one and two. We are also replacing old and non-functioning equipment where required to ensure that the service has the basic infrastructure and equipment necessary to operate properly.

3. Organisation and Accountability

We are reviewing the existing roles and responsibilities across PTPS and will be developing formal job descriptions for staff.

The intention is to establish:

- clear responsibilities for each position;
- better division of work;
- clearer reporting lines;
- greater accountability; and
- a staffing structure aligned with the actual requirements of the service.

We are also reviewing the existing financial processes to strengthen controls around purchasing, payments, outstanding accounts and reporting, with clearer checks and accountability.

4. Systems and Digital Transformation

One of the larger changes we intend to make is to move PTPS progressively from its present heavily manual systems towards a more organised digital and automated system.

This will help us improve:

- purchasing and inventory control;
- account management;
- billing and payment tracking;
- reporting and financial visibility; and
- internal processes and accountability.

The objective is not simply to introduce software, but first to establish **clear processes and responsibilities**, and then use digital systems to support them.

5. Our Way Forward

Our immediate objective is to stabilise the present operation, bring greater financial and operational discipline, and establish systems that are clear, accountable and sustainable.

The objective is to establish PTPS as a financially responsible, well-structured and efficient service, with clear systems, defined responsibilities and better visibility over its operations.

We will continue working through these areas in stages and will keep you informed as the changes progress.

Sincerely,

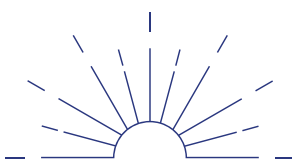
Elaine & Kumaran

PTPS Executives

for Pour Tous Purchasing Service.

- Office: 0413 262 2152 / 262 3091
- Email: ptps@auroville.org.in
- Official WhatsApp: +91 97865 26171

Aspiration, Kuilapalayam, Auroville, Tamil Nadu, 605101





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

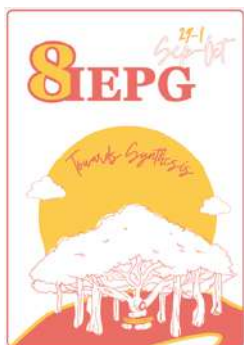
Official WhatsApp: +91 97865 26171



SAIER

NOTES FROM SAIER

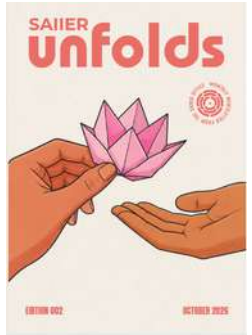
DREAMING OF AUROVILLE'S EDUCATION



The beginning of October wrapped up IEPG 8, closing this year's biannual gathering with a beautiful flower offering at the banyan. The 3-day workshop brought integral practitioners across Auroville's schools and institutions to learn, be inspired, and share their journeys as educators in Auroville, reconnecting to their work with young minds for the new term. Over the coming weeks, SAIER will reflect on the

conversations and feedback forms from IEPG 8, and come back to you with insights on the gathering.

Alongside IEPG facilitation, our young team also brought to life SAIER Unfolds 2 - an edition that dives into understanding the growth of SAIER over the years and raises questions about what the future brings. What can education in Auroville look like? What have we learned from our experiences, and what are our connections to integral learning? We invite you to think with us in our monthly interactive newsletter, featuring voices from the SAIER team and across the community.



EDUCATION ON WATER - WASTELESS
FRI 16TH OCTOBER, SAIER CONFERENCE HALL



Please join us for a special community sharing about an exciting new journey at WasteLess: developing a curriculum to inspire future generations to become ‘water superheroes’ - caring stewards of our planet’s most precious resource.

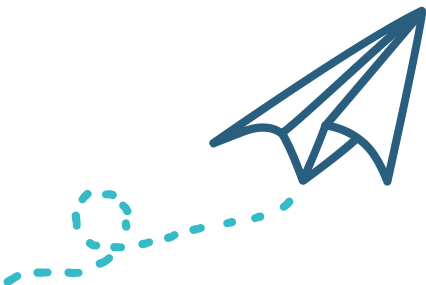
Over the past few years, we have been exploring how education can help young people develop a deeper connection with water, understand both local and global challenges, and build the skills and confidence to take meaningful action.

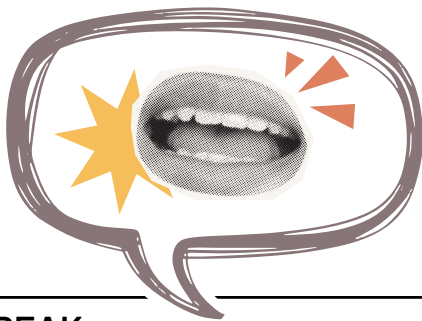
Born here in Auroville, this journey has been shaped by our community, as well as by scientists, educators and people working with water across India and around the world. We began with extensive research and conversations, and then brought our ideas into Auroville classrooms, where teachers and students have helped us develop and pilot some of the first lessons.

We are excited to share what we have learned so far, some of the draft lessons we have developed, and our vision for where this journey might lead next.

Come and join us, celebrate this milestone and discover how exciting it can be to create learning experiences that connect children with the world around them - and inspire them to make a positive difference, even through something as simple as the footprint of their pizza!

Friday, 16 October | 4.30–5.30 pm | SAIER Conference Hall





RESIDENTS SPEAK

AUROVILLE 2067 : SHARDS OF SAVITRI - PART 4

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:

###An Exile Returns Home###A Child Is Given a Mission###A Descent Into a Haven of Data###A Goddess Briefly Intervenes###A Key Is Obtained Through Deified Matter###

Missed the previous episodes? Access them on your favourite cyberdeck by scanning the following code/URL :

<https://bit.ly/auroville2067>



Chapter 3 - 2/2

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

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

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

The way light scatters inside a crystal. The shape of a droplet just before it falls. The force acting on a dandelion seed the moment it breaks free.

I should have grown more tired with each petal. Instead, it was elating. A dangerous oversight in AuroSys' security architecture — I might tell them sometime.

The curvature of a mushroom cap as it unfolds.

The electric charge carried by a grain of pollen.

The instant of hesitation before a paramecium turns away.

I could never quite suppress a certain condescension towards people clinging to magical thinking — astrology, parasciences and the like. Nature was magical enough if you took the trouble to actually look at it. Would those old superstitions wither away as more and more people, touched by the Manifestation, learned to experience matter directly?

"Hey smartass ! I've got friends who believe in astrology !" M01ra snapped. "It's actually a great way to interpret —"

"I have better odds of not fracking this up if you're not eavesdropping on my thoughts M01ra."

"Sorry. Won't do it again. Pinky swear."

The heat released by electricity flowing through an aging circuit.

The rotational phase of chloroplasts in a single vine leaf cell.

The interference pattern where two ripples meet.

One last petal remained. Receptivity. The event-arborescence unfolded before me.

*Erth/Amzn/#1&@Hu/3x::Δ%/Lvg??/Ek0rt//An\$nm?l/Ch\$rd//Act—
Σ//@03.146S60.021W@14:07:12.09*

Silence.

"What is that?" I asked M01ra.

"...Looks corrupted."

"What does it mean?"



"Looks like... Yes. The coordinates don't point to Auroville."

"What?!"

"Savitri-Δ, please confirm: coordinates targeting the Outside ?"

"Confirmed. Reinforced security protocol for persona zero"

"That wasn't in the mission brief !" I shouted. My body wanted to shake.

The coordinates were far. I tried to project my psychic outside of Auroville, but the pillars of containment wouldn't let me.

"I don't have the reach, M01ra."

"That must have been implemented right after my last check-in... were they suspecting something? "

116 seconds remaining

"M01ra, I don't have the reach !"

"I KNOW ! Let me think... frack... If you can't project your mental beyond the city, then we'll upload it elsewhere... I'll handle your body... The EU has been harmonising its navigation protocols with ours. It's still beta, but it might be enough... Servers at AVI Stuttgart are live. Do we try?"

"No, let's go home and play tennis !!"

"You don't have to be a peacock about it. Stuttgart sockets are open and responsive. You should sit down. Might tickle a little bit, or you might have a vague sensation of falling into infinite oblivion for a few seconds.. I'll have to disconnect you locally for a few seconds. Stay in your trance."

I inhaled slowly. "Do it".

Instant darkness.

No sound. No orientation. No body. Only suspension. I let myself float in this sensory vacuum that stretched like an eternity compressed into seconds.

"Keishav, I hope you can read me — and that you've had all the time to think about your French girls."

I could feel the stress in her tone. When M01ra called me by my name and cracked brittle jokes like that, I knew something was off.

"...I'm uploading Galileo navsat protocols now. Branching their API to my console. Handshake successful. Request accepted. Twenty-seven out of thirty satellites available. Signal strong. Bandwidth acceptable. Sorry, thinking out loud. All green. Patching you in five... now"

The transition felt like pressure from the inside — a widening of perceptual bandwidth that felt like an expansion of the mind, like a big shot of compressed air inside my skull.

"Keish', do you copy ?"

Then I saw the world. Not in colours — nor as landscape — but as structured light. Golden lattices overlaid with translucent orange vectors. Data made visible. Coordinates breathing.

Instinctively, my attention snapped back to Auroville. We were tiny. So tiny. Lost in this ocean of corruption. Were we truly the city meant to save the world?

"Keish'??"

M01ra was panicking.

"Congratulations, console cowgirl" I said. "I'm on top of the world."

"Don't ever give me that kind of latency again. You'll have my death on your conscience"

54 seconds

"It's quite beautiful from here"

"Snap out of it. I'm opening a socket for your psychic."

Hello World. I deployed my psychic field toward the representation matrix.

The grid ignited— thousands of white and translucent red nodes scattered across the curvature of the planet like a reversed constellation.

Wow.

There was far more Manifested matter than anticipated. If UNAV saw this, they would freak out. No time to process it now — but this would have to be reckoned with.

"Target situated in the Ama..."

"Amazon, I know" I cut in. Merged into Galileo, I had an immanent grasp of spatial comprehension.

"It looks like Savitri-Δ is responding to your focusing on the target. Clear data is unfolding. We're looking for—

Erth/FwR/Amzn/Ekrt/Anml/Chrd/Actn/Chrc/Prch/Inns/BILn/

"...A fish?" she said, uncertainty in her voice.

"A whole fish?!"

37 seconds.

I plunged directly into the coordinates. EU navsats were fast. Manaus, Brazil. I requested for a visual.

An *igarapé* — a narrow forest stream, shaded by dense canopy, where sunlight falls in vertical shafts filtered through leaves. Dark water, sort of tea-colored. Slow current.

I switched back to data mode and deployed my psychic again.

One point only — but so bright.

Suspended in amber water, beneath a web of submerged roots,

caught in a shaft of gold light, surrounded by drifting particles in a nearly motionless current.



From the morphology and motion signature, I could guess it already.

Neon tetra. *Paracheirodon innesi*.

A tiny tiny fish, barely four centimeters long, hovering in formation with its school. I could feel the calm coherence of its nervous system — simple, efficient, untroubled. Very popular among humans. My brother used to keep them in an aquarium.

“M01ra, how much is this one Manifested ?”

“... Seventy-three point seventy-six percent”

Fifteen thousand kilometers from here, my body might have forgotten how to breathe.

“Savitri-Δ is responding to your identification. It's asking for... for the colour of its horizontal band.”

I already knew. Still, I had enough time to verify, for the pleasure of it. I let my perception narrow to its skin. To chromatophores layered above iridophores. Microscopic platelets reflecting specific wavelengths. Light entering the water column, scattering, striking the lateral stripe and returning as a frequency band that sounded like crystal.

The reflected wavelength locked into coherence.

“Blue,” I said.

“It's blue.”

to be 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 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.

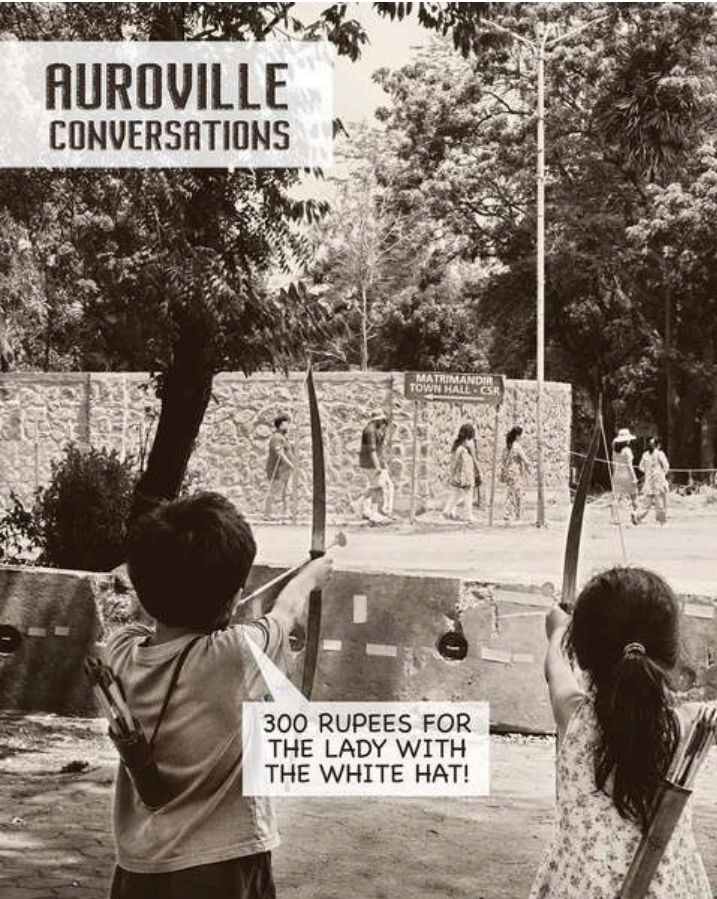
If the administration is serious about improving the farming sector, invest — in existing infrastructure, in nurturing new farmers, in skill building. Develop an agricultural plan that studies the groundwater, the land, what is feasible to grow where, and study consumption patterns of what people are 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

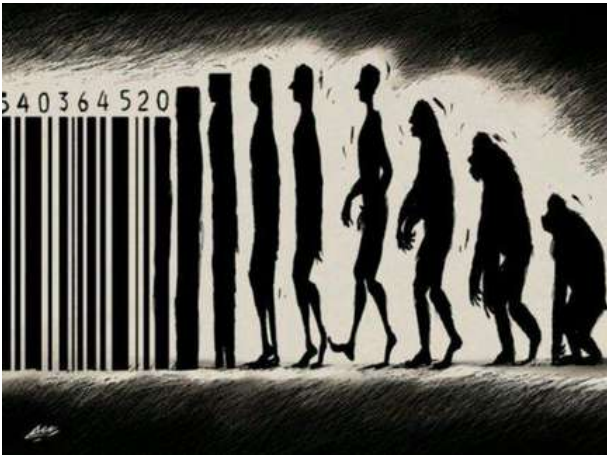
AUROVILLE CONVERSATIONS



Submitted by an Aurovilian



FOOD FOR THOUGHT





INNER JOURNEY

SAVITRI SATSANG WITH NARAD

EVERY TUESDAY, 04:30 - 05:15PM

In this deep exploration of Savitri we will study:

1. The mantric basis of Savitri
2. The importance of iambic pentameter in epic poetry
3. The wealth of definitions in Savitri from Sri Aurobindo and Mother

Narad

OM CHOIR WITH NARAD

EVERY TUESDAY, 05:30 - 06:15PM

Please join us in this collective aspiration, in the form of united prayer.

No prior singing experience is required.

At Savitri Bhavan - Square Hall



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](#)) and Ashesh Joshi

Please register in advance

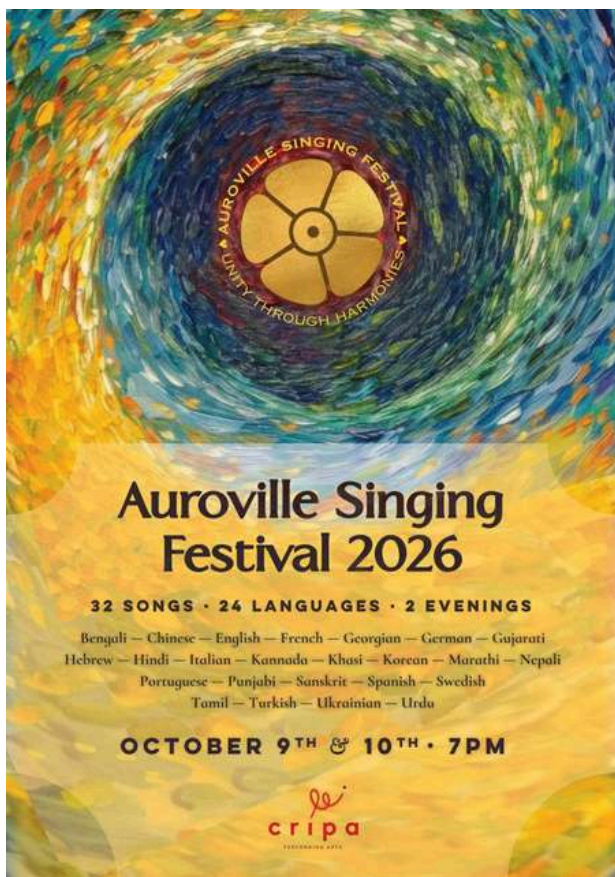
Ph/WhatsApp: +91 94891 47202, +91 94862 47202

(Private sessions on request at other timings)

ANNOUNCEMENTS

THE AUROVILLE SINGING FESTIVAL

FRIDAY 9TH & SATURDAY 10TH OCTOBER, CRIPA



Dear all,

You are warmly invited to join us for the AUROVILLE SINGING FESTIVAL 2026! 🎵✨

Each evening brings a different programme, featuring 32 beautiful voices and groups singing in 24 languages, with enchanting music and a joyful atmosphere. ❤️

Come, listen, sing along and celebrate the joy of music with us! 🌿
🎵

We look forward to seeing you! 😊

JIVA



A platform of Auroville's therapists for therapy, workshops, classes, webinars and professional training.

Regular offers

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

Webinars

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

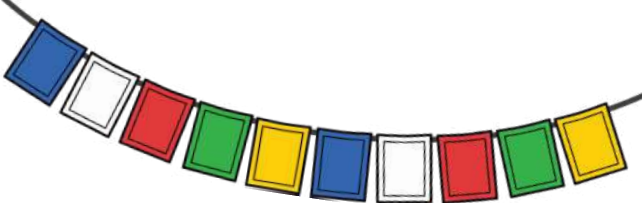
Join our WhatsApp group for all updates !

www.auroville-jiva.com

contact@auroville-jiva.com

WA 96260 06961





TIBETAN DOCTOR AND THE TEAM VISIT

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

Dear all,

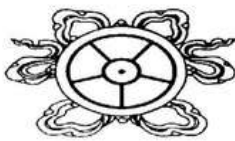
This is to your attention that, the Tibetan Doctor and the team based in Chennai are visiting us on

- **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.



PAVILION OF TIBETAN CULTURE INVITES CHILDREN AGED 7-11 YEARS SATURDAY 10TH + 17TH OCTOBER 2026

Join us for a gentle and fun screen free experience,
offering children an opportunity to connect with
themselves with art, movements and playful
activities.

A space to slow down, Explore, Express, and simply
enjoy being together.

On October Saturday 10th, 17th 2026.

Timings are from 10:00am till 11:30am.

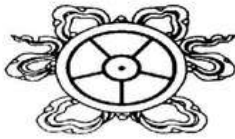
Venue:

Pavilion of Tibetan Culture,
International zone, Auroville.

**Parents are requested to register your children
in advance for the above dates.**

To register: Only Whatsapp to 84890 67332

Submitted by Kalsang



PAVILION OF TIBETAN CULTURE INVITES ALL TO A GENTLE SPACE

TUESDAY 13TH + 27TH OCTOBER 2026

FRIDAY 16TH + 29TH OCTOBER 2026

The Pavilion of Tibetan Culture invites you to a Gentle space for your self-care, a space to tune into yourself through meditation, movement, relaxation, reflection, sharing and listening.

Come as you are and go to your own space.

There is nothing you may need to achieve – just a space to pause breath and reconnect with yourself.

On October Tuesday 13th and 27th at 5:30 – 6:45pm

On October Friday 16th, 29th at 5:30 – 6:45pm.

Venue: Pavilion of Tibetan Culture,
International Zone, Auroville

To register : only whatsapp to 84890 67332

Submitted by Kalsang

COMMUNITY NIGHTS

FRIDAY 9TH OCTOBER, YOUTHLINK



Community Night - Friday, 7pm at YouthLink.

Karaoke, chess championships, arts & crafts, jenga, dancing, and so much more.

Due to the current administrative framework, we're unable to welcome guests from outside Auroville for now. We're working through the process and hope to open this up again soon. Community Nights continue as usual for Auroville community!

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/HclUIhzUFJ4?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

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:

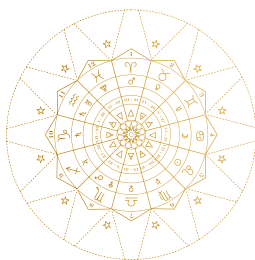
allthingsvedic.in/webinars

Vikram Devatha

+91 98439 48288

www.allthingsvedic.in

vikram@allthingsvedic.in



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: 33AAAT60017BYJN

Contact details for registration and sign in on the flyer



EMBODIED MEMORIES OF AUROVILLE:

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

SUNDAYS, MID AUGUST - MID NOVEMBER, CRIPA



**EMBODIED MEMORIES OF
AUROVILLE**
(A PROJECT WITH AUROVILLE RESEARCH PLATFORM)
PRESENTS A SERIES OF WORKSHOPS

THE ARTS OF TRANSFORMATION
INSPIRED BY JERZY GROTOWSKI
(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



AYURVEDA AND THE DIGESTIVE FIRE

EVERY MONDAY OF OCTOBER, SANTÉ

**Every Monday of October (12th, 19th, 26th Oct)
at Santé (4pm to 4:45pm)**

Come and join us to understand your digestive fire and how to support it with the right food.



For more info, whatsapp Be on +91 94895 05691

BEFRIENDING DEATH - A GENTLE GATHERING TO TALK ABOUT DEATH AND ITS VARIOUS NUANCES



THURSDAYS 8TH + 15TH OCTOBER, CREATIVITY LIBRARY

- 8th and 15th Oct, Thursday 2026
- 1045am - 1145am
- Library, Creativity Community (not AV library)
- *no entry after 1045am

* free entry

Hosted by *Deepa*

<https://tinyurl.com/v9nwba2>

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.

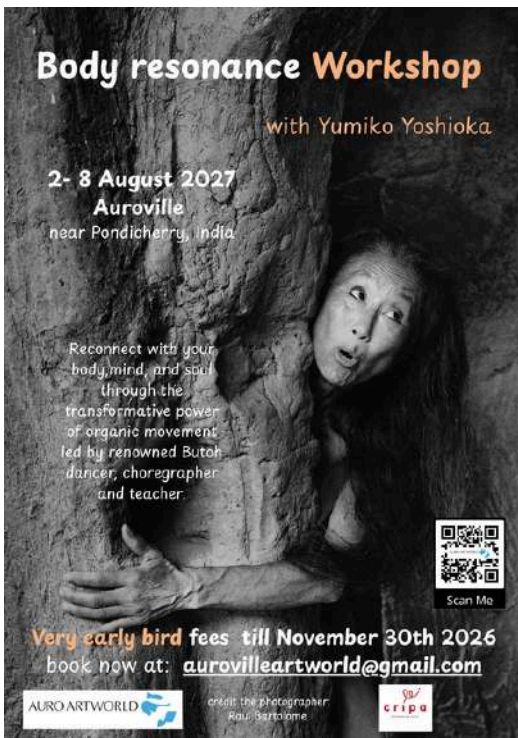
To apply or learn more, please visit:

<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.

BODY RESONANCE : A BUTOH-BASED WORKSHOP

2ND – 8TH AUGUST 2027



BODY RESONANCE a butoh-based workshop with Yumiko Yoshioka, 2-8 August 2027.

Contact now for the very early bird registration!

aurovilleartworld@gmail.com

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



CREATIVE SINGING JOURNEY

SAT 10TH OCT, HALL OF LIGHT CREATIVITY COMMUNITY



If you enjoy singing and want to see what your voice can really do, this workshop is for you! You don't need to be a professional or read sheet music to experience the joy and power of your own voice. Join us in a supportive, zero-pressure space to discover your authentic sound and experience the magic of singing with others.

What We Will Do Together:

- **Discover & Practise:** Learn the foundational physical exercises of singing. We will practice breath control, vocal warm-ups, and finding the right pitch so you can sing with freedom and ease.
- **Embrace Your Unique Sound:** Stop worrying about sounding "perfect." We will explore how to uncover and strengthen the natural, unique tone that belongs only to you.
- **The Art of Listening:** Singing isn't just about making sound; it is about tuning in. Learn how to open your ears, match dynamics, and blend your voice with the people around you.
- **Connect Through Harmony:** Experience the incredible energy of collective singing. We will use our voices to build community, communicate emotion, and connect with each other.

Facilitator : Lola

To register : WhatsApp +919443069335

Contribution ; Guest 800 rs

Aurovillian /Newcomer 300 rs



ACTIVITIES AT SERENDIPITY - OCTOBER

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

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

LOOKING FOR

A PERSONAL INJURY LAWYER - USA

I have recently recovered from a hit and run accident which happened outside Tanto Beach Resort.

The accused is a US citizen.

Thus i am seeking a personal injury lawyer licensed to practice in Michigan, USA

Would you know someone who can guide me?

Ty for reading and replying.

Regards,

Deepa

98115 74667 (no wa) / stigmatad@gmail.com / @nomadicdeepa

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



THE COSMIC EXHILED CHILD

BY AZARAKHSH FARAHAANI

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



- Tue to Fri 2-5:30,
- Sat 10-12:30 2-5:30
- Morning by appointment
- Centre d'art Auroville.

BECOMING, AGAIN

BY SUBHASHREE ROUTRAY

OPENING ON FRIDAY 16TH OCTOBER, CENTRE D'ART



The work of Subhashree Routray possesses the spontaneous harmony of a piece of music we believe we recognize, a melody that is simple and yet so complex that it must be listened to again and again in order to grasp the subtleties of its most distant chords.

The artist creates three-dimensional abstract collages from salvaged materials, recomposing, layering and weaving them together, incorporating pictorial interventions, scraping and scratching, sometimes writing on them as one writes on walls. Like a composer of symphonies, she calibrates the voice of each instrument and the moments of silence, balancing saturated or neutral fields of colour, playing with breaks in rhythm and accelerations, allowing room for time and chance.

It is an intuitive process that reveals stories, brings journeys to light, and traces maps of a geography that is both individual and universal.

By collecting paper, fabrics and discarded materials, she does not merely reclaim their damaged beauty, but also the memories and emotions of those who once created them. Each printed weave, each texture tells of an intention, a fragment of the past.

There is an echo of traditional craftsmanship in the way she assembles patterns, like a living archive. Through these fragments of existence, through her own memories and those of strangers, she gives matter a new meaning, restoring a value that takes on a collective, choral dimension. For Subhashree, there is a strong symbolic value in the way we look at our environment, and the creative act, rooted in an ecological and humanistic approach, begins the moment our attention settles on the object or substance to be reused.

Virtuosity does not interest her, nor does perfection, because our lives are imperfect and battered, and that is precisely what she wants to show: the resilience of the human being, and how we can rebuild ourselves and turn our destiny, with all its obstacles and suffering, into a magnificent road along which to move forward amid chaos. The way a visual language can favour hope, can show hardship through the prism of joy, is a choice connected to her responsibility as an artist.

By making hidden trajectories visible, by restoring diversity to its

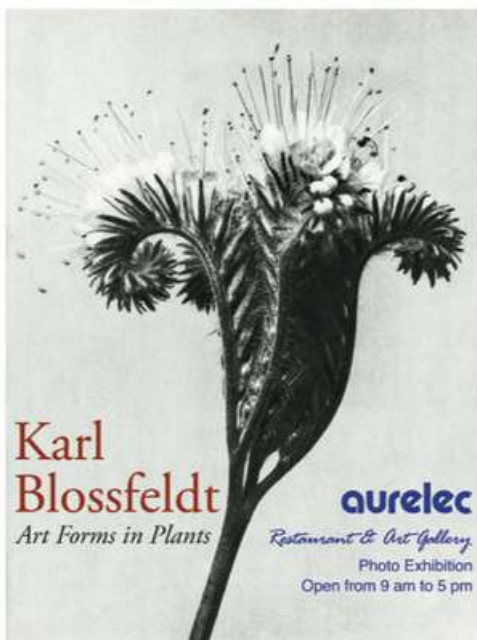
place within the fabric of becoming, she adopts a new perspective in which the artist is no longer at the centre of her own story, but deliberately becomes both a vehicle for and a participant in a shared destiny yet to unfold.

Dominique Jacques 2026

- **Opening on Friday 16 October at 4:30pm**
- From 16 October to 4 November 2026
- Tuesday to Friday 2 - 5:30pm - Morning by appointment
- Saturday 10am - 12:30 / 2 - 5:30pm

ART FORMS IN PLANTS - KARL BLOSSFELDT

AURELEC
RESTAURANT &
ART GALLERY



'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



Dear Aurovilians,

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

Last Published Podcasts

- [Jumpa's Joyous Journey with Fif-Ep.24 "The Mountain That Wouldn't Answer" \(Stories\)](#)
- [Une série hebdomadaire de lectures par Gangalakshmi – Ep.552 \(Integral Yoga\)](#)
- [CIRHU Awake - A Conversation with B - Ep.1 \(Interview\)](#)

Latest YouTube Video

- [Menstrual Wellbeing - Ep.6 | மாதவிடாய் நன்னலம் | Conversation with Kalvikarasi from Eco Femme](#)

....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

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**

Для 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
СУЧАСТИЕМ 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. Ауравилля



Павел Трибунский
кандидат исторических наук, главный
научный сотрудник Дома русского
зарубежья им. А. Солженицына

Pavel Tribunsky
PhD in Historical sciences,
Chief Researcher at Aleksandr Solzhenitsyn
Center for Russia Abroad

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



"THE POWER OF NOW" BY ECKHART TOLLE BOOK READING & MEDITATION CIRCLE

STARTING TUES 20TH OCTOBER, AUROVILLE LIBRARY

ECKHART TOLLE'S

THE POWER OF NOW

BOOK READING AND MEDITATION CIRCLE

BOOK READING | CONTEMPLATION | DISCUSSION | MEDITATION

6.30 TO 7.30 PM
EVERY TUESDAY
AUROVILLE LIBRARY

CONNECT @
DEB - 7678208825
TO REGISTER

For me, it all started with reading circles here in Auroville. The Power of Now was the first book we studied together, 3 years back. And now I am thrilled to bring it back. A profound book and a radical teaching, Eckhart Tolle does not waste a single moment in revealing humanity's core problem and way to resolve it. Every sentence in this book rings with truth and power. An intuitive

exploration of transformative script that translates into a magical inner journey.

So what is the core problem? Human suffering and its endless conflict. Isn't it?

And, “**There is a way out of suffering**” Eckhart says.

What a powerful clear declaration by Eckhart. This pumps me with curiosity. Are you curious too? Let’s find the answer together every Tuesday evening at Auroville library. An evening of going deeper into clarity, contemplation, inspiration, life wisdom and community sharing.

For further details/registration, please contact 76782 08825. Or simply walk-in

See you in the circle.

- **Starts Tuesday 20th October (every Tuesday after)**
- **6:30 to 7:30pm**
- **Auroville Library**

Love and Peace, Debashish

THE AUROVILLE LIBRARY

THEME OF THE MONTH

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

This month's theme is
DIARIES
Come by to check out our selection!

*to know yourself
try yourself with
the right for you, do
it go and go with t
re falling behind
and... it's time to do!*



POETRY

Squatting folds the self,
unfolds a larger world
where one is there
to watch and wonder.

For a moment,
nothing needs to be done.

The legs may get numb.
The heart not so.

Anandi Z

A NEW CATARACT



*What eyes are those
That see the world
In a grain of sand
And heaven in a wildflower?*

*Who has such eyes?
In what cave hides such a world?
On what ocean shore is to be found
Such a grain of sand?*

*I wonder if I am being deluded
With a new sight, a new eye,
And a new hope—
Or if this fragile eye itself
Is the sacred eye,
Endowed with visions
That pierce the darkness
Wide open,
Always looking, always seeing,
Always lifting the veil
To behold
The face of the eternal bride.*

*Ah, I wonder yet again:
What veil still hides the face of the bride—
Is it a veil woven with words
That were in the beginning
And will remain
Till the very end?*

*Such glorious words can reveal so much
And yet so little
Of the light that pierces the tongue
And numbs the mind,
Making it cry with joy
Without a word,
Without a sigh.*

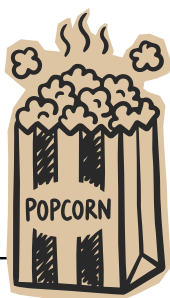
*O Pilgrim,
What new Silk Roads
Must one walk
To discover the wonders
Of new worms, new threads,
New veils
And new robes?*

A Barrier

26.2.2025

How can one find happiness
In the throes of satiety
Or under clouds of mindlessness
Or the body's proclivity
Towards the state of nothingness.
No, we must attain a peace
Beyond a momentary calm
A barrier erect to cease
The forces that intend us harm.

Narad



CINEMA

NEW MOON MOVIE - FRIDA

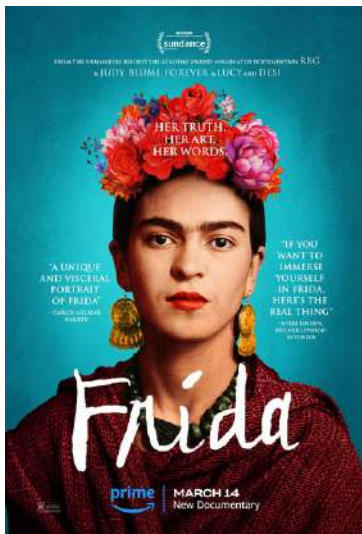
MONDAY 12TH OCTOBER, CENTRE D'ART, CITADINES

Every New Moon day, Art movie screening at Centre d'Art, Citadines. This month it will happen on **Monday 12th October at 5 pm**, in the Multimedia room.

FRIDA by Carla Gutierrez –
2024, 88 min, original version
in spanish with english
subtitles.

An intimately raw and magical journey through the life, mind, and heart of iconic artist Frida Kahlo. Told through her own words for the very first time - drawn from her diary, revealing letters, essays, and print interviews - and brought vividly to life by lyrical animation inspired by her unforgettable artwork.

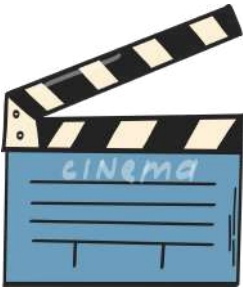
Everybody is welcome.



Cinema Paradiso

Multimedia Center (MMC) Auditorium

Film program : 12th - 18th 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 12 OCTOBER, 8:00 PM:

• NANAK SHAH FAKIR

India, 2014, Dir. Sartaj Singh Pannu w/ Arif Zakaria, Puneet Sikka, Adil Hussein and others, Biography-Drama, 146mins, Hindi-Punjabi w/ English subtitles, rated: PG.

The film, follows the great saint on an epic journey across the globe, spreading the Lord's message of equality, peace and 'Ik Onkar'. It's a first-of-its-kind film in about 600 years of Sikh history, and has been depicted through the voice of his friend, companion and disciple 'Bhai Mardana'. Guru Nanak was referred to as 'Shah' by the Muslims and 'Fakir' by the Hindus, the highest honor given in both religions and hence came to be known as 'Nanak Shah Fakir'.

POTPOURRI - TUESDAY 13 OCTOBER, 8:00 PM:

• MA CIBLE PRÉFÉRÉE

France, 2026, Dir. NA, Drama, 187mins, French w/ English subtitles, rated: PG.

Marie and Ruslan are happily married, but when Ruslan's business project fails, he takes a mysterious long-distance job to pay off debts and is later reported dead in an accident. Marie starts a new life, only for a new man to return who looks identical to her late husband, pulling her into a complex mystery.

SELECTION - WEDNESDAY 14 OCTOBER, 8:00 PM:

• EVELYN

Ireland-UK, 2002, Dir. Bruce Beresford w/ Pierce Brosnan, Julianna Margulies and others, Drama, 94mins, English w/ English subtitles, rated: PG.

An unemployed and grieving father, Desmond Doyle, has his children placed in church-run orphanages after his wife abandons the family, because local laws forbid single-parent households. He gets sober and fights an uphill legal battle up to the Supreme Court of Ireland to bring them home.

INTERESTING - THURSDAY 15 OCTOBER, 8:00 PM:

• THE ANCIENT NATIVE AMERICAN KNOWLEDGE THE WORLD FORGOT

USA, 2026, Dir. Anna Pamer, Documentary, 90mins, English w/ English subtitles, rated: PG.

Ancient Native American Knowledge includes sophisticated ecological management, advanced astronomy, and sustainable land engineering that were largely suppressed or forgotten following European colonization.

INTERNATIONAL FILM - SATURDAY 17 OCTOBER, 8:00 PM:

• A WALK WITH GRACE

USA, 2019, Dir. Nick Kellis, w/ Ashley Bratcher, Max Shulaw, Drama-Romance, 100mins, English w/ English subtitles, rated: PG.

A modern-day prodigal son returns to his Ohio hometown to face the life he left behind. By confronting his broken past, he rediscovers his faith and reconnects with his first love: Grace.

CHILDREN'S MATINEE - SUNDAY 18 OCTOBER, 4:00 PM:

• PONYO

Japan, 2008, Dir. Hayao Miyazaki w/ Tomoko Yamaguchi, Kazushige Nagashima and others, Animation-Family, 101mins, English w/ English subtitles, rated: PG.

With humankind polluting the ocean and abusing its not-so-abundant resources, young Sosuke, a bright boy living on a cliff, has a chance encounter with Ponyo, the sea's most unexpected inhabitant. Without a second thought, the adventurous lad rescues the mysterious creature resembling a bizarre goldfish, and just like that, an exciting friendship begins.

CINÉ-CLUB - SUNDAY 18 OCTOBER, 8:00 PM:

• MILLION-DOLLAR BABY

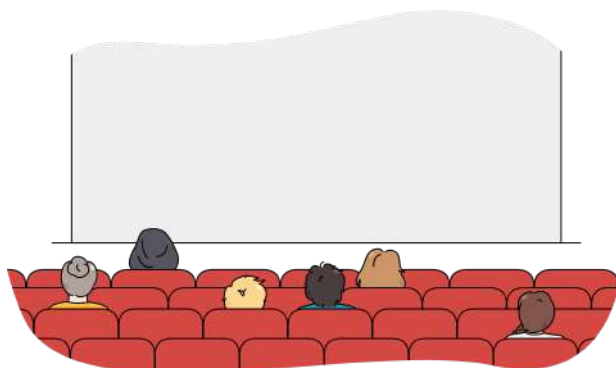
USA, 2004, Dir. Clint Eastwood, w/ Hilary Swank, Morgan Freeman, Clint Eastwood and others, Drama-Sport, 132mins, English w/ English subtitles, rated: PG-13.

Frankie, an ill-tempered old coach, reluctantly agrees to train aspiring boxer Maggie. Impressed with her determination and talent, he helps her become the best and the two soon form a close bond.

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 - OCTOBER 2026



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) 2622803 during working hours for an appointment.

Doctor Consultation with Dr. Pavan & Dr. Joseph: Monday to Saturday	Nurse Care - Ezhil, Thilagam, Archana, Madhi: Daily, no appointment needed
Ayurveda with Dr. Berengere: Monday, Tuesday, Wednesday, Friday	Homeopathy with Michael: Monday / Wednesday / Saturday
Physiotherapy & Massage with Galina: Monday to Friday	Physiotherapy with Arun: Monday to Friday
Systemic Therapist with Moghan: Saturdays	Integrative Psychotherapy with Juan Andres: Monday to Friday
Midwifery & GYN Care with Paula: Monday & Wednesday	Holistic Therapy with Louis Patric: Monday to Friday
Bach Flowers with Rosalba : Saturdays	Soundbed Session with Thilagam: Monday to Saturday
Home Care (contact Sante for timings) Physiotherapy with Arun, 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.

We are pleased to introduce Rosalba who works with the **Bach Flower Remedies**, the **Kramer system** and the **Flowers of the Mother** as gentle tools for inner exploration.

Each flower carries a particular quality that can help us recognise and understand our inner movements.

The work invites a deeper awareness of ourselves, supporting greater harmony, balance and a conscious connection with our inner being.

- **Book an appointment** by calling reception
 - at 2622803
 - or writing to us sante@auroville.org.in.

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

AYURVEDA TIPS TO HELP PITTA

BALANCING ITS FIRE (HEAT) AND WATER (HUMIDITY)



The excess of heat and humidity in the air makes our energy Pitta struggle. Balanced Pitta is a perfect equilibrium of fire and water. If in excess it makes Pitta people struggle with this raise of fire and water, Kapha people bloat easily due to the humidity in the air and the coolness of AC. The happiest of all are the Vata people, they feel warm and well-nourished and all levels.

If our body accumulates water, it shows in the physical with a reduced appetite, the digestion and metabolism slow down, there is a slight constipation or retention in the bowel and overall, a feeling of tiredness, fatigue or sluggishness.

Usually warm and bright, Pitta is now in slow motion, bloated, with excess of humidity in the body that creates fermentation, inflammation or water retention. Pitta raises to the head and becomes short-tempered, frustrated, impatient, irritated or opinionated and most of all gives a feeling of fatigue or being resourceless.

The aim is to help Pitta to keep its functions of stimulating the digestive fire, keeping the mind calm and clear, and filling the heart with joy and peace:

- Eating only when feeling hungry

- Fasting one day a week or practicing intermittent fasting (skipping one meal)
- Eating light, easy to digest, cooked and warm food: plant-based proteins (dal, peas, beans, nuts and seeds...) with vegetables (all gourds, celery, beetroot, carrots, cabbage, fennel... mostly bitter taste veggies)
- Good spices: parsley, coriander, fennel seeds, ginger, turmeric, cumin, ajwain, black pepper, pippali (long pepper), clove, rosemary, thyme, oregano, basil
- Favour tastes that are bitter (eg. bitter gourd) and astringent (eg. pomegranate, fennel seeds – to absorb the excess of humidity in the body)
- Warm beverages with above spices, green tea (for its astringent and antioxidant properties).

STIMULATE THE IMMUNE RESPONSE: (no need to do all; choose one that gives the energy)

- Spirulina + lemon juice in the morning before breakfast
- Be No3 (if not available, make your own mix with 1 Tbsp of tulsi powder + 1 Tbsp of ginger powder, 1 Tbsp of turmeric powder, 1 Tbsp of amla powder, ¼ tsp of black pepper powder, ½ tsp of cinnamon powder). Take ½ tsp with a sip of warm water in the morning before breakfast, you can add honey (is an expectorant in case of mucus and phlegm) and lemon juice (for extra vitamin C)
- Triphala powder: ½ tsp in a sip of warm water at bedtime (for a mild intestinal detox)
- Septilin: 1 tab morning before food
- Ashwagandha: 2 tabs (or ½ tsp) morning and evening before food (to calm the nervousness system and to improve sleep)
- Nilavembu Kudineer: ½ tsp morning before food (in case of a feverish state, don't take more than 5 days consecutively)
- Kabasura Kudineer: ½ tsp morning before food (for immunity)
- Anu Tailam: 1 drop in each nostril morning and evening to get rid of congestion or mucus in the respiratory tract and especially nose and sinuses
- 3-4 drops of Castor oil in the belly button and massage the belly at bedtime.

AYURVEDIC HERBS FOR ENERGY

Triphala, guduchi, shatavari, bala, amalaki (amla), saffron, aloe vera, liquorice and for the mind: bhringaraj, sandalwood, rose, lotus seeds, hibiscus.

Be well, happy and peaceful

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, the Auroville Library, and Auroville Press Publishers in Aspiration



MATRIMANDIR ACCESS INFORMATION

IMPORTANT ANNOUNCEMENT REGARDING THE
CHANGE IN TIMINGS EFFECTIVE FROM 1 FEB 2026.

Access to the Park of Unity

- The Matrimandir, the Petals, the Lotus Pond and the Banyan Tree are areas of silence.
- The Park of Unity is open to Aurovilians and registered Newcomers daily, 6am-7:30pm.
- Aurovilians may bring close family and friends (maximum 3) to the Gardens only daily, 9am-3:30pm.
- **Aurovilians bringing children under the age of 10 to visit the Gardens may do so only after 11.30am except Tuesday when they can come from 9am to 11am.**
- Aurovilians wishing to bring close family to the Gardens at any other time should inform mmconcentration@auroville.org.in before 11am on the day of the proposed visit.
- Registered Volunteers and Donors require a pass to enter the Park of Unity. Timings will be indicated on the pass.
- Published events in the Park of Unity are open to Aurovilians, Registered Newcomers, Volunteers, Pass holders and Guests. Guests should bring their Aurocards.
- Savitri Readings on Thursday evenings: Guests holding only Aurocards wishing to attend should book by filling in the form at <https://bit.ly/savitri-reading> one or two days in advance.
- Visits to the Park of Unity and Inner Chamber should not be included in the program of any conference or workshop. Participants should be directed to the Viewing Point.

Access to the Inner Chamber of the Matrimandir for Aurovilians, Newcomers and registered Volunteers

The Matrimandir is a place for silent individual concentration

- The Inner Chamber is open to Aurovilians and registered Newcomers:

Monday – Saturday	6:00 am - 8:00 am, 4:30 pm - 7:30 pm
Sunday	6:00 am - 12:00 pm, 4:30 pm - 7:30 pm
- The Inner Chamber is open to **registered Volunteers**:
 - Every day, 4:30pm - 6:00pm.
 - Volunteers are requested to come and get their revised passes between 10:00 am to 10:30 am from the Matrimandir office with prior booking at matrimandir@auroville.org.in
 - **It is obligatory for the volunteers and pass holders to carry the pass with them.**
- **The Inner Chamber is open to Aurovilians wishing to accompany a maximum of 3 close family members and friends no more than once in two weeks, with booking 3 to 5 days in advance to mmconcentration@auroville.org.in:**

Any day except Tuesday & Sunday, <u>8:00 am - 8:25 am</u>
Arrival at 7:45 am at the Office Gate
- The Inner Chamber, the Petals and the Gardens are open to the Children of Auroville and the Outreach Schools:

Tuesday 9:00 am - 11:00 am

- Auroville units can bring their staff to the Inner Chamber with a prior booking at mmconcentration@auroville.org.in:

Tuesday 8:00 am - 8:30 am

Petals of the Matrimandir

- The Petals are open to Aurovilians, registered Newcomers, and Pass holders

Daily	7:00 am - 8:00 am, 5:00 pm - 6:00 pm
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Access to Matrimandir for Visitors and Guests

Matrimandir Viewing Point: The Viewing Point is open to the general public on presentation of a Pass. Visits to the Matrimandir Viewing Point are free of charge. Free passes can be obtained at the Auroville Visitors Centre.

The Viewing Point lies south of the Park of Unity and offers visitors a panoramic view of the Matrimandir and the Gardens and the Lake.

Starting from the Visitors Centre.
Daily, 9:00 am - 5:30 pm

The Inner Chamber of the Matrimandir is open to Visitors and Guests by prior booking only. Visitors and Guests seeking to concentrate in the Inner Chamber are requested to inquire at the Information Desk of the Visitors Centre after first visiting the Viewing Point, or to go to the website: auroville.org

- Prior booking is required to access the Inner Chamber at least one or two days in advance. Bookings for concentration are given for the following or the first free day as per availability and are accepted only up to one week in advance. Minimum age 10 years.
- The Petals are open to Visitors on the morning of their Inner Chamber visit.

Security

Please note that it is not permitted to

- Swim in any of the ponds, the channel and the Lake except the Children's ponds in the Garden of Youthfulness
- Throw pebbles into the ponds and fountains
- Pick flowers in the Gardens
- Climb to the very top of the Petals.

Parents, please supervise your children at all times.

Bags, cameras and cell phones should be left in the lockers or the Access office.

Please no photography, videos or drones without prior permission. For permission, please write to matrimandir@auroville.org.in.

Antoine for Matrimandir Executives Team

**ACCESSIBLE AUROVILLE PUBLIC BUS**avbus@auroville.org.in / +91 94430 74825

Join our WhatsApp

group to get

regular updates:

Auroville TO PONDICHERRY

	Trip 1	Trip 2	Trip 3
Svaram Musical Center	7:00	8:50	14:50
Vérité Guest House - Junction	7:02	8:52	14:52
Town Hall - Main Parking	7:06	8:56	14:56
Solar Kitchen (Ex Round About)	7:10	9:00	15:00
Certitude Entrance	7:12	9:02	15:02
New Creation Road	7:17	9:07	15:07
SBI Bank—Kuilapalayam	7:19	9:09	15:09
ECR Junction—Aroma Guest House	7:23	9:14	15:14
Quiet Healing Center—Junction	7:26	9:17	15:17
Lotus Hotel—S.V Patel Salai	7:36	9:30	15:30
Ashram Road Junction	7:38	9:33	15:33
Ashram Dining Hall	7:40	9:35	15:35

Pondicherry TO AUROVILLE

	Trip 1	Trip 2	Trip 3
Ashram Dining Hall	8:00	12:15	18:10
Ashram Road Junction	8:02	12:17	18:12
Lotus Hotel—S.V Patel Salai	8:07	12:22	18:17
Quiet Healing Center—Junction	8:17	12:32	18:27
ECR Junction—Aroma Guest House	8:20	12:35	18:30
SBI Bank—Kuilapalayam	8:25	12:40	18:35
New Creation Road	8:27	12:42	18:37
Certitude	8:32	12:47	18:42
Solar Kitchen (Ex Round About)	8:34	12:50	18:44
Town Hall - Main Parking	8:38	12:54	18:48
Vérité Guest House - Junction	8:42	12:58	18:52
Svaram Musical Center	8:45	13:00	18:55

- Single Trip = ₹100 per person
- Monthly Scheme (Students + AV Workers) = ₹1200
- Monthly Scheme (Students + AV Workers) = (One Way) ₹850

Auroville Vehicle Service, Town Hall, Auroville, 0413 2623302

EMERGENCY SERVICES**Ambulance (24/7):**

Auroville 94422 24680	PIMS 0413 2656271
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Security (24/7):

Auroville Security & Emergency Services (ASES) 94430 90107	Auroville Police Station 0413 2677318
Kottakuppam Police Station 0413 2236148	Vanur Fire Station 0413 2677368

Health:

Health Center 0413 2910005	Santé 0413 2622803
Farewell 89038 36246	

Mental Health 24/7 Support:Vandrevala Foundation **99996 66555****India Emergency Response Service (24/7): 108**