

Our Vision:

Live Simple
Live Well
Live Healthy
Live Happy

IVth International Conference on Ayurveda and Yoga

Where Science Meets Consciousness continues to be the theme for the four conferences. The 4th conference was held at **Allahabad on February 17-18 2013**. **Special reference was** on the KumbhMela. The Puranas describe emergence of Lord Dhanvantari with the AmritKumbh (or pot of nectar) from the ocean after intense churning by the gods and the demons together. The KumbhMela is a celebration of this "Kumbh - pot of nectar". Lord Dhanvantari is regarded as the "God of Ayurveda". Hence it was appropriate that a congregation of Ayurveda physicians, students, patients and well-wishers came together at the KumbhMela to discuss more about health and well-being through Ayurveda and other traditional Indian knowledge systems.

Our Presenters included: *H.H. Swami ChidanandaSaraswati, Sadhvi Bhagavati, Dr Gopalakrishnan, Mr V Vasudevan, Dr SasidharanK, Dr.T.S. Krishnakumar, Mr N V Raghuram, Dr T G Vinod Kumar, Dr Manoj Shankaranarayana and Dr J M Sampath.*



Monthly Narayaneeyam Recital at Vaidyagrama

On 21st April 2013, at Vaidyagrama, Punarnava Ayurveda Trust, arranged a Narayaneeyam Recital in the Yoga Hall. HH Swami Bhakti Charu Maharaj ji, of ISKCON group graced the occasion and performed the Aarti. The patients, staff and guests had the privilege to attend a satsang by swamiji and receive prasad from him. Mrs Lalitha mami and her group of 12 from Annapoorneswari temple weaved magic reciting the 1000 slokas of Narayaneeyam and prayed to Lord Guruvayurappan, for the well-being of all.

Activities of the trust

Punarnava Ayurveda Conducted the first free ayurvedic medical camp of Year 2013 at Rottigoundanur village on 21st April 2013. More than 36 patients consulted and took advantage of the facility. We plan to conduct such camps every month together with Annadanam (feeding the poor) on the same day. The next medical camp is scheduled on 12th May 2013 at Rottigoundanur village.

We thank our patrons, who have donated for the medical camp and the poor feeding (Annadanam) to the people of Rottigoundanur village. Since it is an ongoing process, we solicit continued support for our activities.

- **The cost of medicines for the camp - Rs 5000/-**
- **Annadanam (feeding the poor) – Rs 10000/- (to approx 300 people of the village)**
- **Rottigoundanur village school needs to build a two-side compound wall at the estimated cost of Rs. 50,000/-.**
- **The school needs electricity through solar power panel at the estimated cost of Rs. 40,000/-.**



Ayurvedic medicines at the camp



Dr. Ramesh Babu consulting a patient at the camp

How you can help.

If you feel you want to be a part of this vision, and would like to contribute to the same, here are some ways you could do the same,

1. You can donate a sum of USD 10 / Rs 100/- or in multiples thereof.
2. You can encourage your friends to do the same by spreading the word about the trust and its activities.
3. You can volunteer at the community.
4. You can also become a member of the community.
5. You can give your suggestions and ideas on how to improve upon this vision
6. You can promote this idea through email, facebook, twitter etc.

How to donate-

For Indian Donors:-

You can donate by any of the following means:

Cheque, Demand Drafts, Wire Transfer, Credit card, Debit card or by Net banking, in the name of Punarnava Ayurveda Trust, Coimbatore.

Our Bank details are

Indian Overseas Bank, Nanjundapuram branch, Coimbatore

Account number 174602000005107 of Punarnava Ayurveda Trust.

IFSC code- IOBA0001746

SWIFT-IOBAINBB020

For International Donors:-

Citi Bank, Tristar Towers, Avinashi Road, Coimbatore India.

Account number-0100768429 Punarnava Ayurveda Trust

IFSC code-CITI0000011

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We are happy to announce the V International Conference on Ayurveda - where science meets consciousness - the science and art of using nature's offerings in the healing process. The conference will be held in vaidyagrama, our eco-friendly Ayurveda healing village, on the outskirts of Coimbatore in south India. It will be held in December 2015. The conference will focus on the science and art of using herbs, metals and minerals in the healing process. There will be practical demonstrations of the preparation of certain herbo-mineral compounds. There will also be pre and post conference workshops.

This is the first announcement regarding the conference - please do visit www.ayurvedaconference.com for more information in the coming months. As always let us all work together in the interest of "*Authentic Ayurveda for universal well-being*".



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