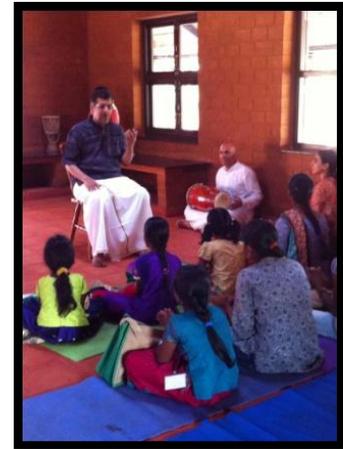


Our Vision:
Live Simple
Live Well
Live Healthy
Live Happy

“How to Live” summer vacation camp- a diary note.

Punarnava Trust hosted the first ever summer camp at Vaidyagrama for the children of Rottigoundanur village from May 15-24, 2014. These children seldom get a chance to move out of the village, as their parents are daily wage earners and do not have any means to go on holidays. This prompted us to bring them to Vaidyagrama for a 10-day camp. We initially expected about 15 children to take part in the camp, but to our surprise, there were 27 children ready to be with us, with consent letters from their parents.

The days leading to the camp were hectic, getting the camp kit and uniform clothes for the children ready. Getting the venue ready was one other job that our engineers successfully and happily managed at the last minute. The camp was inaugurated by Honorable Judge of Coimbatore District Court, Shri Sessa Sayee. He gave a message to the children, to come out of one of the menaces of the society namely caste system and to live a full life of freedom. The Judge also sang a keertan with the children.



The camp started with the children taking a pledge, to keep away from the age old vices of the society like the caste system. They also took a pledge to save Nature and to plant trees in their surroundings. The children were taught art craft, soap making along with yoga, meditation, mantras and keertans by Renuji and Madhavji.

On the third day of the camp, the children were taken to Alandurai to visit a naturally grown farm owned by Shri Raghu & Smt. Nisha. The children had a wonderful time learning about and seeing various natural farming methods like raised bed farming, mulching etc. and also learnt about the medicinal properties of the plants. They also visited the ISHA Yoga Centre, VOC Park, and the Zoo in Coimbatore city. The day ended with the kids enjoying a sumptuous dinner at a city restaurant.



While learning about Sanskrit mantras, the children were also taught the Ten Commandments and some verses from the Holy Quran. The artistic talents of the children were explored by Dr Samuel, when they were given assignments in drawing and craft from scraps. They did water color paintings and creative art works with ice cream sticks, flowers and leaves.

Some of our guests, Ms Darshan Shah, Ms Jaisri Burman, Mr Nagraj and his team, played various educative games with the children and the winners were given prizes.. Ms Agnes Rajesh, an art teacher, taught the children the art of sculpting with clay. They made scores of lamps , Ganesa idols, animal figures and some useful items like pen stands and decorated them with beads and sequins. The lamps were dried in the sun, and the same was lit on the last day and a puja was performed by the kids for their parents.

The children practiced sun salutation and recited mantras every day. It was a very beautiful sight to see them perform sun salutations with mantras in the closing ceremony. Yogesh, the youngest who is 6 year old, dressed as Sun in the centre and the rest of the children as the sun rays performed Yoga effortlessly.





The final day also saw the children perform a skit, on the importance of saving forest. Banana dance was performed joyously by the children. Vineeta and Brinda, two of the campers spoke about the CHIPKO movement of Rajasthan and about their experience in the camp.

To sum up, the camp taught the children a lot of values and discipline. They also learnt the need to respect their elders, protect their young, stay away from caste system and to lead a healthy and happy life. With a heavy heart and tears in their eyes, the children bid farewell to Vaidyagrama, their home for ten days. The parents of children were also moved by this positive show of emotion.

For us at Punarnava Trust, it was an ultimate lesson in Caring, Patience, Persistence and Perseverance. The summer camp ended well on 24th May 2014.

Other Trust Activities: Annadanam and Free Medical Camp

On the first Saturday of April and May 2014, a community lunch and a free Ayurveda medical camp were organized by the Trust at Rottigoundanur village. The old people of the village took benefit of the free Ayurveda medical camp and got medicines and tips on healthy living before enjoying the sumptuous lunch spread before them.



Narayaneeyam

Narayaneeyam Recital was conducted on April 26th and May 22nd 2014. The children from the summer camp took active part in the Narayaneeyam and were treated to a special Annadanam at Vaidyagrama hospital.



Rottigoundanur Temple festival

After a gap of 30 years, people of Rottigoundanur village celebrated the temple festival with much fervor. Due to caste conflicts the celebration of festival was discontinued. Thanks to the efforts taken by Shri S Ramaswamy, the week-long festival was revived. Punarnava Trust took active part in the festival. We supplied water for cleaning the roads, before the deity was taken on a palanquin in a procession. On the last day of the festival, our trust volunteers prepared Prasad(food) and after the puja distributed it among the villagers.



Surya Mandala Samaradhana

On April 21 2014 a puja for the sun god (Surya Mandala Samaradhana) was performed under the auspices of Punarnava Trust. The tenth day of the month of Medam(Malayalam month) is the day when Sun, who is the initiator of kala chakra, is in exaltation.The Macrocosm Sun who draws the water essence from Earth is offered complete and pacifying Samaradhana by the microcosm Earth, with this Surya Mandala Samaradhana.



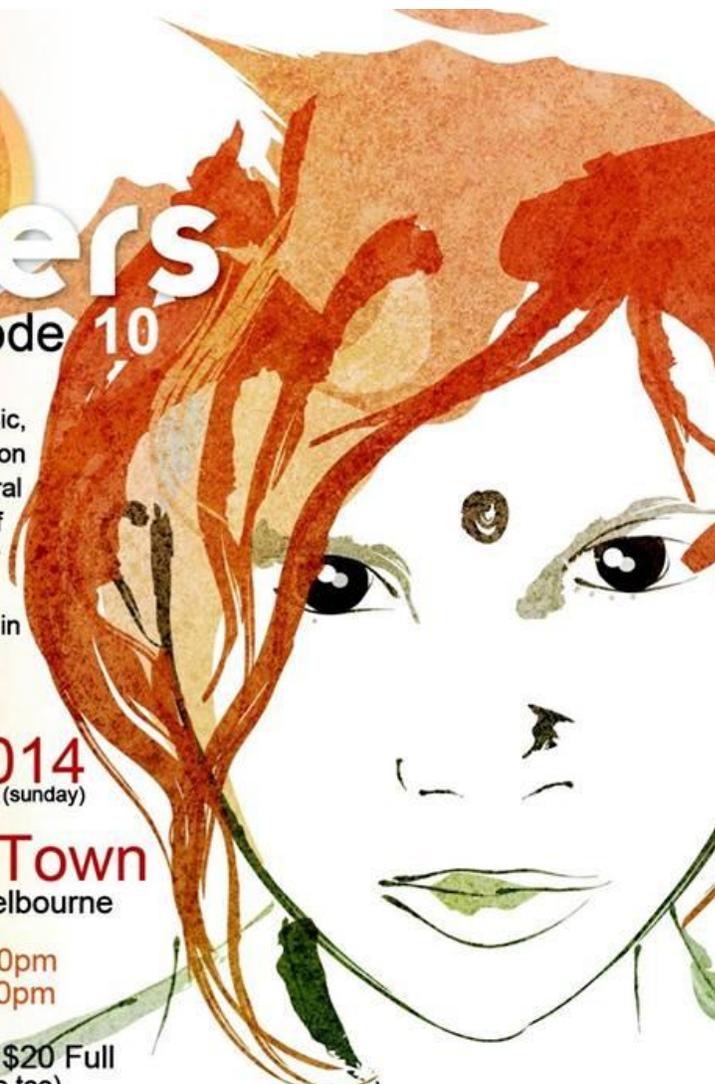
Tree Plantation

The long awaited summer rains showered its gifts to Coimbatore one day and the tree plantation got its impetus from the visiting dignitary from ISKCON His Holiness Bhakti Charu Swamiji and his disciples. Swamiji prayerfully planted a mango tree. We pray that the fruits from the tree will provide all blessings and sweetness to all in the years to come!



Infrastructure Development

This year Punarnava Trust is planning to start the construction work of a home for the children, a home for the elderly and a home for the sanyasins. We solicit everyone's involvement and support in this project.



Sisters for Sisters

Episode 10

A night of spoken word, music, dance and creative expression from sisters of diverse cultural backgrounds, in support of Punarnava Trust and their effort to build a children's home and education centre in Tamil Nadu, India. .

1st June 2014
(sunday)

The Toff in Town
252 Swanston St Melbourne

Show Starts @ 7.30pm
Doors Open @ 7.00pm

Entry Fee: \$15 Conc \$20 Full
(brothers are welcome too)

For more information: Visit www.sisters-for-sisters.com / www.facebook.com/sfs.melbourne



Featuring:
Lakita | Phoebe Jacobs | Candice Monique | Ladi Abundance | Carrie Maya
Dadou | Cochorus | Lalita Ramona | Demi Sorono | Eclectic | Nuholani | Jolene Moran

International conference on Ayurveda
Where science meets consciousness
Exploring interconnectedness of man and cosmos
www.ayurvedaconference.com

The person is equal to the Universe. Whatever formed entities are found in the Universe, they are also found in the person and vice versa. The learned people want to see the phenomena with this angle. CharakaSambhita (Sarirasthanam, chapter 4, verse 13)

Ayurveda declares unambiguously that every cell in the living being is representative of the entire universe, and that every aspect of the external universe can be seen in each cell of the living being.

When we increase our understanding of this relationship between the microcosm and the macrocosm, we can apply the knowledge thus gained to clinical and daily practice, and enhance positive results for our patients, for us, for the earth, and beyond.

Exploring holism or interconnectedness, as understood by Ayurveda and allied knowledge systems, will be the theme of the 5th International Conference on “Ayurveda – Where Science Meets Consciousness”, Vaidyagrama Ayurveda Healing Village, Coimbatore, India, December 11-18, 2015.

During the seven days of this conference, scholars, physicians, astrologers, students and preceptors from around the globe, will have the opportunity to deliberate and discuss on interconnectedness in the context of –

- 1) how the qualities and movements of the nine “planets” (navagrahas), the twelve constellations of the zodiac (rashis), and other celestial influences impact human physiology and experience, how we might detect those their influences, and how to improve the our relationship with them.
- 2) how sthapatyaveda or the science of “understanding space” helps improve interconnectedness
- 3) how gandharvaveda or the science and art of music and dance also contributes to interconnectedness
- 4) how tantra explains the interconnectedness at a deeper level
- 5) how mantras and pujas also facilitate this holistic approach towards the study of man and nature
- 6) how yoga is similarly positioned

And so on.

All of the above will be studied in relation to the healing process and how it can be enhanced with a considerably deeper understanding of these subjects. Thus Ayurveda will be the central theme around which all these discussions will take place.

We invite you to be part of this unique experience!

How you can support

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 help.

1. You can donate a sum of USD 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 during the trust activities.
4. You can give your suggestions and ideas on how to improve upon this vision
5. You can promote this idea through email, ,Facebook, Twitter etc.

How to donate (at www.punarnava.org)

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 PunarnavaAyurveda Trust, Coimbatore.

Our Bank details are

Indian Overseas Bank, Nanjundapurambranch, Coimbatore

Account number 174602000005107 of Punarnava Ayurveda Trust.

IFSC code- IOBA0001746

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For International Donors:-

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

Account number-0100768429 Punarnava Ayurveda Trust

IFSC code-CITI0000011

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Punarnava Ayurveda Trust is registered under Section 11 (1) of the Foreign Contribution Regulation Act (FCRA), 2010, and hence is eligible to receive International donations for the said purpose.

Donations to Punarnava Ayurveda Trust by Indian donors are eligible for tax exemption under Section 81 G of the Income Tax act.

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