

**Our Vision:**  
Live Simple  
Live Well  
Live Healthy  
Live Happy

## Kuja Mandala Samaradhana (Puja for the Planet Mars)

On 24th September 2014, India's Mars Orbiter entered the Martian atmosphere and went into its orbit. Endearingly called MOM (Mars Orbiter Mission) the 1500 Kg orbiter had travelled 650 million KMs in space over a period of 10 months from the day it was launched on 5th November 2013. This space odyssey created a unique record among the nations of the world, for it was the first time in the history that a Martian orbiter mission had succeeded in its first attempt.

Exactly a month earlier on 24 August 2014, a Samaradhana Puja was held in Vaidyagrama for the Red planet. After the ritual purification of the puja space, the Ganesha puja and Sankalp Japam were performed the previous evening itself. The Ashta Dravya Ganesa Homam, the Angaraka Homam, the Kuja Mandala Puja, began on 24th August morning, and continued till 12 noon among chanting and singing.

According to mythology, Mars also called Kuja, Angarakan or Mangal, is the son of the Planet Earth. Mars is deemed as the force behind debts, support and universal brotherhood. The effects of Mars are considerable due to its close proximity with Earth. The word debt stands for the humanitarian responsibility of all living beings to other beings, and signifies 1) Deva Rnam or debt towards gods 2) Rishi Rnam or debt towards Rishis and 3) Pithru Rnam or debt towards ancestors or Karma.

When Mars brings support, it means the mutual affectation and complementary existence of all karmic bonds in the universe. Mars bringing brotherhood implies another nuance of mutual dependence in living beings.

The Kuja Samaradhana was well attended and as a tribute to the red planet everybody wore red. Besides the priests who did all the puja, the chanting, and sopana sangeetham, a group of girls lent support with their melodious voices throughout the Puja.



## Trust Activities from August 2014 – September 2014

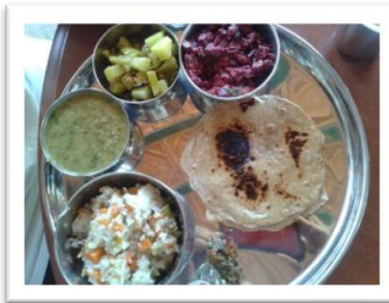
### Ayurveda in Daily Life (AIDL)

A group of 9 eager French students and one Indian student participated in the Ayurveda in Daily Life Program from 17<sup>th</sup> to 27<sup>th</sup> September 2014. It was a first ever attempt by the Punarnava Trust to introduce “Living Ayurveda Way” to eager learners.

The Ayurveda in Daily Life Program provided practical experience and understanding of how to integrate Ayurveda into daily life. A guided and completely hands on program where the participants experienced Ayurveda simply by living in harmony with the natural rhythms of life.

Traditionally, Ayurveda learning happened experientially by living in a family where Ayurveda had been practiced as a way of life for many generations and/or by studying under a Vaidya (Ayurveda healer) who would teach the student in the classroom of nature. The students learnt by observing the natural rhythms of nature and experiencing their effects on life thus imbibing a profound awareness of Ayurveda.

In this program the students experienced the rhythms of nature by living in harmony with them. Not only did they live Ayurveda in this program, but they also began the journey to reawaken the natural healer from within. The participants learnt to cook the traditional Ayurveda food in daily life. The 5 different tastes in various Indian cooking were experienced by the students when they cooked their lunch together.



Traditional Ayurveda food



Teaching Dinacharya to the participants



The inauguration function  
(Lamp Lighting)



Yoga class in the morning  
and evening



Serving food to the participants





## Navarathri Celebrations

The 9 day festival of Navarathri was celebrated at Vaidyagrama with much fervor. The beautiful idols of gods, goddesses, animals and humans who are the representatives from various stories of the puranas held the pride of place in the Kolu (the artistic display of idols). Mahishasuramardhini, the song praising the goddess was sung every evening during the Puja celebrations and prasad was distributed to all the devotees. Devi mahatmyam, was sung in praise of the goddess on the 30th of September by Lalitha Mami and group.



## Yoga class for the youth of Rottigoundanur

Our vaidyagrama Yoga guru, Shri Madhavji conducted special yoga classes for the youth of Rottigoundanur on weekends. This workout helped them in their all round development.



## Study centre at Rottigoundanur

The students of Rottigoundanur primary school, after their classes come to the study center for their lessons and homework. The volunteers of Punarnava Trust help with their day to day lessons. They also recite prayer ( Sanskrit slokas) every day.



## Free Ayurveda Medical Camp and Community Lunch

Punarnava Trust celebrated Onam with the villagers for the first time. The happy faces of the villagers after relishing the feast were a reward in itself. The old and the young ailing people got free Ayurveda medicines at the free Ayurveda medical camp.



## **International conference on Ayurveda** Where science meets consciousness

### **Exploring interconnectedness of man and cosmos**

We invite you to attend the 5th International Conference on Ayurveda at Vaidyagrama Healing Village, Coimbatore, TN from December 11-18, 2015. The early bird registrations close on **December 31<sup>st</sup>, 2014**. The rates of Registration and accommodation are available at the website, [www.AyurvedaConference.com](http://www.AyurvedaConference.com).

Please hurry and register before **December 31<sup>st</sup>, 2014**

The previous four conferences have attracted globally renowned presenters and more than 2,000 registrants from more than 20 countries. Exploring the interconnectedness of man and the cosmos, through Ayurveda and allied knowledge systems, is the theme of this conference.

During this seven day conference, scholars, physicians, astrologers, students and others from around the globe, will have the opportunity to experience, deliberate and discuss interconnectedness in the context of:

- How Jyotisha or the influence of the nine planets (navagrahas), the twelve constellations of the zodiac (rashis), and other celestial bodies impact human physiology and experience;
- How Sthapatyaveda, the science of understanding space enhances interconnectedness
- How Gandharvaveda, the science of art, music and dance supports interconnectedness
- How Tantra provides an in depth understanding of interconnectedness.
- How Mantras and Pujas connect man and nature
- How Yoga restores interconnectedness

This is perhaps the first time an attempt is being made to understand this subject, not merely, at a theoretical level but to present it at a practical level. This conference is an experiment at bringing ancient timeless theories into our day-to-day life.

World renowned presenters and practitioners like Mother Maya, Dr. Vasant Lad, Dr. Robert Svoboda, Dr. Claudia Welsch, Rose Baudin, Dr. N Gopalakrishnan, Shri V Vasudevan, Shakta Kaur, Myra Lewin, and many other Indian and International presenters will share their wisdom and experience at the conference. Please visit [www.AyurvedaConference.com](http://www.AyurvedaConference.com) for more information.

## How you can support

If you want join us in this journey or like to contribute to the same, here are some ways you could help.

1. You can donate a sum of USD 100/- be a partner in this vision.
2. You can encourage your friends to donate USD 100/- each by spreading the word about the trust and its activities and thus making it a movement for the benefit of the universe.
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](http://www.punarnava.org))

### For Indian Donors:-

You can donate by any of the following means:

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Our Bank details are

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Account number 174602000005107 of Punarnava Ayurveda Trust.

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### For International Donors:-

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Account number-0100768429 Punarnava Ayurveda Trust

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*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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