

## Our Vision:

Live Simple  
Live Well  
Live Healthy  
Live Happy

### Getting ready for the 5<sup>th</sup> International Conference on Ayurveda

We are happy to inform you that as a continuing series of Pujas offered to each of the Navagrahas, since April 2014, we have completed Samaradhana for Sun, Moon, Mars, Mercury & Jupiter at Vaidyagrama Ayurveda village, Coimbatore;

**Surya samaradhana** (Offer to Sun) was done to bless all with the good benefits of alleviating illnesses, with blessings of the ancestors and the praying deity, as well as with material gains and success. It also shows and opens the path to an eternal world of knowledge of self.



The **Soma Mandala Samaradhana** (Offering to Moon) was to align the lunar cycle well, for getting the blessings of Moon for happiness and universal Wellbeing.



**Kuja Mandala Samaradhana** was with the effort to study how the three dharmas of Mars - Support; Brotherhood; Debts of Bhakti, Jnana, Karma - play roles in one's horoscope, and how it benefits the being



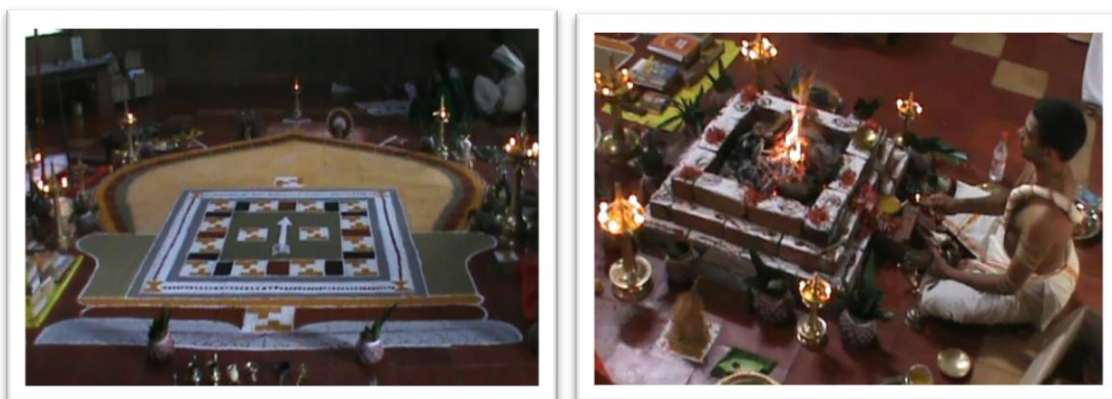
**BudhamandalaSamaradhana (An offering to Planet Mercury)** was made on Sunday 12th October at Vaidyagrama. Budha or Mercury is known as the centre of intelligence of the solar system and is the causative agent for knowledge, intelligence, discriminative faculty, consciousness, wisdom and super consciousness. When the Budha is positioned with Surya or near the Surya in the Rasi chakra it acquires dullness and may take as refractive in its move. Budha also acts as the causative factor for incarnation as well as for the prevalence of Viashnava aspect of the Trinity.

While the Surya can be realized through Atma - Self, the Chandra through Manas – Mind, Angaraka through its indebtedness to Bhoomi – Earth, one can realize the power and potency of Mercury only through education – Vidya. The conjunction of Surya and Budha causes development of skill and competence.

Natural knowledge found in animals and plants is due the effect of Budha. In the animal Kingdom natural biological activities taken place due to Budha's effect on intuitive wisdom. That knowledge does not develop and evolve into discriminating intelligence. That is why creation in the lower rung takes time to evolve. When knowledge is perfected and developed into discriminating intelligence (Viveka) an environment propitious for the rise of consciousness, intelligence, wisdom, discriminative intelligence etc take place.

Science may have its own reasons and reasoning for the phenomenon of man displaying qualities that differentiate him from other creatures, astrology has its own method to interpret this phenomenon. Various rays emanating from the Surya are captured by human brain at different levels by the effect of Budha.

The incarnation principles of Lord Vishnu can be considered with reference to Budha aspect and movements. Special Pujas for various incarnations are presented in the plane of Budha Mandala Samaaradhana, we mean total surrender – the surrender should be voluntary, integral and total. This enables the various rays and energies emanating from the Budha in a favorable manner leading to absolute purification of the self.



**Guru Mandala Samaradhana-** An offering to Planet Jupiter at vaidyagrama on 26<sup>th</sup> October 2014.

Jupiter or Guru is the Divine planet that illuminates all living and non-living beings with the Energy of the Universe. While Mercury represents the positive form of Knowledge, Jupiter spans the saga of Kriya - Karma that completes the knowledge. In the beautifully etched canvas of universe, where Sun is the King, Moon is Queen, Mars is Soldier, Mercury is Prince, Jupiter is deemed as the Minister as well as Guru of Gods. Jupiter has the Divinity of all Gods.

The Indian concept of Guru is based on the three Gunas/Qualities- Satva, Rajas, Tamas. The word GURU is derived from the sound GU meaning darkness and the sound RU meaning the light that dissipates that darkness. It is a rare extraordinary thought and philosophy where darkness and light unify in one self, that cannot be found elsewhere in the world.



## A u E R A L i v i n g

Live Simple, Live Well, Live Healthy, Live Happy

A visionary path for a life of health and harmony during the golden years

India today experiences the emergence of nuclear families with children / grandchildren mostly living far away from their native locality or abroad. Many of their inherited/existing homes are increasingly becoming more difficult to maintain or even to live in. There are thus an increasing number of people in their sixties that are faced with the prospect of having to live their post sixty years alone.

With the increase in life expectancy this has easily become 25 years or more post retirement. Not only do they have to live alone, but they are further burdened with the need to cook, clean and maintain their living premises all by themselves.

AuERA Living, a joint initiative of Punarnava Ayurveda Trust and Vaidyagramma Community Trust, is an idea born out of this reality to create a visionary path to retired life in a community that provides one with dignity, harmony and health in a sustainable manner.

AuERA Living desires to create an “optimum living environment” which is eco-friendly and self-sustainable thereby enhancing the quality of life and creating health and harmony in our golden years.

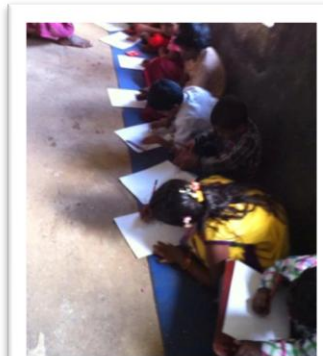
Please visit our website [www.aueraliving.life](http://www.aueraliving.life) for more details



## **Trust Activities from October 2014 - November 2014**

### **Children's day celebration**

On November 15th, Punarnava Trust celebrated children's day with Children of Rottigoundanur and Assisi snehalaya a home for the HIV + children. Around 70 children took part in the competitions held at Rottigoundanur village. Prizes were distributed. Dr Mahadevan, HOD, department. of HIV at CMC, Coimbatore, and Shri Devaraj of Shanti Ashram spoke to the children about healthy habits. A cultural program was presented by the children who entertained the entire village with their talents.



### **Monthly Free Medical Camp and Community Lunch**

In October and November 2014, the Rottigoundanur villagers enjoyed the benefit of free treatment in the free Ayurveda medical camp and community lunch.

### **Sharing and caring**

New clothes were distributed to the children of Rottigoundanur village at a function at vaidyagrama. Dr Robert Svobodaji, Rose Baudinji, Assistant General Manager of SME dent. Bank of India were chief guests for the Diwali function.



## Tree Plantation

Punarnava Trust has taken up tree plantation in a big way. Here, the ex-President of Maldives, His Excellency Maumoon Abdul Gayoom and Shri Rathindran, IPS, Retired Special Director of Intelligence Bureau joined us in this mission to support the eco system, by planting a tree each.



His Excellency  
Maumoon Abdul Gayoom



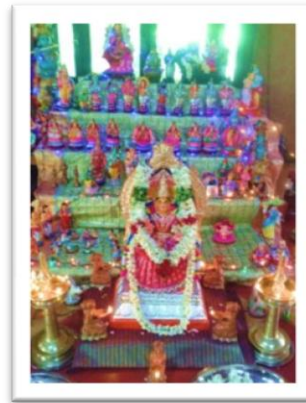
Shri Rathindran

## Health and Spirituality

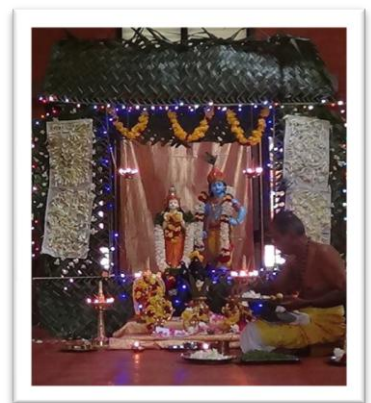
Punarnava Trust celebrated various festivals in the village to bring in harmony and wellbeing among the people. A Sarpabali, to propitiate the snake gods, was performed at Vaidyagrama. We believe in peaceful co-existence. Hence, with 5 cows, 3 dogs as permanent residence in Vaidyagrama, we support nature and its forms. During Navaratri, idols of gods, goddesses and characters from our religious texts were given pride of place at Vaidyagrama. Pujas were conducted and everyone enjoyed the time chanting and meditating. Narayaneeyam recital was done at Vaidyagrama when 13 senior ladies from the city recited the slokas and energized the place for the well-being of all.



Sarpabali



Navaratri



Narayaneeyam

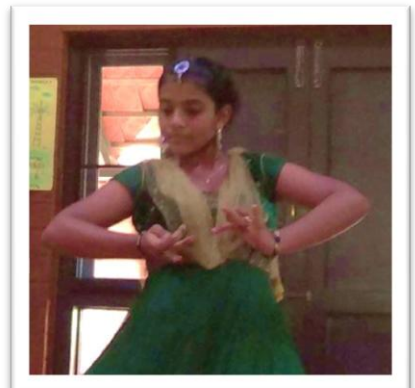
### Diwali Celebration

Festivals bring much joy to the people. Punarnava Trust joined in the celebrations, with the staff and village people. Cultural programs and special community lunch lovingly prepared by the staff of Vaidyagrama was relished by one and all.



### Celebration of Eid ul Adha

His Excellency Maumoon Abdul Gayoom, the former President of Maldives and his team led the Eid prayers at Vaidyagrama. There was a cultural program also on the occasion. The President gave the Eid message to the people. He also told the people the story of Abraham and his intense faith in the almighty.



## 5<sup>th</sup> International conference on Ayurveda Where science meets consciousness

### Exploring interconnectedness of Man and Nature

We invite you to attend the 5th International Conference on Ayurveda at Vaidyagrama Healing Village, Coimbatore, TN. We would also like to remind you that

**THE EARLY BIRD OFFER FOR REGISTRATION IS CLOSING ON  
31<sup>ST</sup> DEC 2014 so hurry and register @ [www.ayurvedaconference.com](http://www.ayurvedaconference.com).**

#### **PRE CONFERENCE WORKSHOP:**

**December 6-11, 2015 | Vaidyagrama Ayurveda Healing Village, Coimbatore - India**

This workshop will be your window to the Indian Knowledge Systems, and its door will lead you right to the 5th International Conference on Ayurveda: Where Science Meets Consciousness (December 11-18, 2015). To acquaint all with the unique concepts, and to offer a glimpse about the new theme of the Conference, this Pre Conference workshop is being arranged. It would provide a preliminary understanding even to the uninitiated, and give a good fundamental basis for the learning experience waiting at the Conference. The Pre Conference workshop aims to offer a basic view of Indian Knowledge Systems and healing techniques.\

This Pre Conference Workshop is your right entrance to the Conference, offering of the vast knowledge of Indian Knowledge Systems. We invite you to take your right step ahead to be with us in this learning journey that starts on December 6, 2015.

During the 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 Jyotisha, Sthapathyaveda, Gandharvaveda, Tantra, Mantra, Puja, Yoga etc

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, Shakta Kaur, Rose Baudin, Dr. N Gopalakrishnan, Shri V Vasudevan, Dr. Ram Manohar, Myra Lewin and many other Indian and International presenters will share their wisdom and experience at the conference.

We would like to remind you to register before 31<sup>st</sup> December 2014, to avail of the early bird offer of Registration.

We await to welcome you at the conference.

Please visit [www.AyurvedaConference.com](http://www.AyurvedaConference.com) for more information and for



## 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](http://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, Nanjundapuram branch, 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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