

Our Vision:

Live Simple
Live Well
Live Healthy
Live Happy

Trust Activities from February 2015 - March 2015

Rahu Mandala Samaradhana 8th February 2015 at Vaidyagrama

The rhythm of Nature is an equation of contradictions. The effort is to include all complementing energy centers of the traditional Indian Knowledge Systems in the concept of oneness or Advaita. The Indian philosophy does not follow the Cartesian duality theory. We do not perceive darkness as the opposite of light; but rather as a continuation of each other, where one leads to another.

"Asatoma sat gamaya..." Also elucidates the same concept.

It is the epic journey from untruth to truthfulness, darkness to light, and death to eternity. When you study the path or orbit of Rahu and Ketu, one can see that in their orbit in the Rasi Chakra, they move in the opposite direction of the other planets; ie it moves opposite. It also travels equidistant from the 1st and 7th Rasi as the head and tail. When the seven planets do circumambulation in the desired direction of Pradakshinam, Rahu and Ketu are in apradakshina. Hence naturally their shadows keep falling on all stars, Rasi's and planets alternately. Separation in the life is caused with the influence of Rahu in all human beings.

Rahu is a positive nurturing planet when in the context of medical science. The medical profession is inspired by Rahu. Rahu is helped by Mars and Ketu in the worldly and practical aspects of medical profession. It is also explained in the study of Ketu. Hence on the Rahu Mandala Samaradhana day, the traditional healers, our Ayurveda doctors felicitated the modern day doctors of the western medicine at Vaidyagrama.



Pulluvan Paatu: Traditionally Pulluvars are a group in Kerala, who are closely connected to worship of snake. The musical instruments used for the Pulluvan Veena and Pulluvan Kutam (earthen ware pot with on string attached to it). Interestingly, the musical instruments are made by the Pulluvar themselves. On Rahu Mandala Samaradhana day, Shri Jayan and his mother Smt Devaki performed and rendered soul stirring music in the form of Pulluvan Paatu, representing Rahu or the snake.



Support for the community: All communities live harmoniously in Rottigoundanur near Vaidyagrama. A group of Christians approached us and requested the help of trust in the construction of boundary wall of the church premises. Punarnava Trust thus supported the Christian community in building the wall around the church.



Dengue Awareness and cleanliness campaign: 18 and 19 Feb 2015 at Chettipalayam and Thirumalayam Palayam panchayat.: Executive officer of Chettipalayam and Thirumalayampalayam Panchayat, Shri Ramadas, led the panchayats in the Dengue awareness camp and the cleanliness camp, in alignment with the Swacha Bharat call given by the Government. The Trust members participated in the program bringing awareness among the people of the Panchayat.



Free Eye camp and Diabetic Retinopathy awareness and screening camp: 15 Feb 2015_ The Bi-monthly Eye camp conducted by Punarnava Ayurveda Trust and Vaidyagrama Community Trust in collaboration with Arvind Eye Hospital, Coimbatore, was held at Madukkarai Market. Around 100 people were screened and 25 people were taken to Arvind Eye Hospital for Cataract Surgery.



கோவை மாவட்ட பார்வை அழிப்பு தடுப்புச்சங்கத்தின்
மூலமாக
புனர்னவா ஆயுர்வேதா டிரஸ்ட்
மற்றும்
கோவை அரவிந்த் கண் மருத்துவமனை
இணைந்து நடத்தும்

மாபெரும் இலவச கண் சிகிச்சை முகாம்
இலவச சர்க்கரை நோய் கண்டறிதல் மற்றும்
சர்க்கரை நோயாளிகளுக்கு கண் (விழித்திரை) பரிசோதனை முகாம்

இடம் : சமுதாய நலக் கூடம், மதுக்கரை மார்க்கெட்.
நாள் : 15.02.2015, ஞாயிறாழித்தமிழை
நேரம் : காலை - 8.00 மணி முதல் மதியம் 1.00 மணி வரை

குறிப்பு : ஏகாதிபத்திய மருத்துவ நெருக்கடிகளில், மருத்துவச் சீட்டு, வாகனங்கள் அல்லாதவர்கள் அடங்கி, அப்படி நேரம் வாரிடு நெருக்கடிகளில் வாகனங்கள் வரவழி வரவழி.

வைத்தியநீராமா ஆயுர்வேதா மருத்துவமனை
15, ரொட்டிகாரனார் ரோடு, கோவை - 641105.
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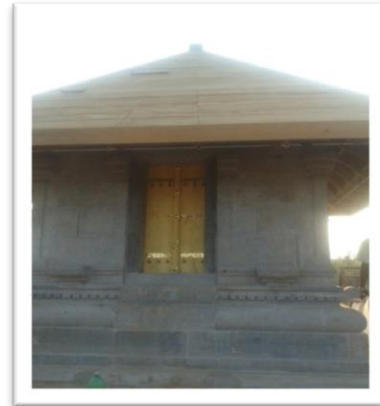
Free Ayurveda Medical Camp and Community lunch: The monthly free Ayurveda camp was held at Rottigoundanur on February 7th and March 7th Respectively at Rottigoundanur village. On both the months' food was distributed in packets to the villagers.



Annam: The project providing daily meal to the poor, very old, infirm and disabled people of the villages in Thirumalayampalayam Panchayat took off on January 28th 2015. This mid-day meal is bringing relief and satisfaction to the super senior citizens who are at the mercy of reluctant relatives and neighbours. Thank you patrons for supporting this project whole heartedly.



House of Dhanwantri Temple at Vaidyagrama: A place of worship of the God of healing Dhanwantari is coming up in Vaidyagrama. The construction work is going on. The consecration ceremony is on May 2nd, 2015. All members of the Vaidagrama group are invited to participate and receive blessings. Contributions towards the temple constructions are welcome. You can donate any amount.



New calves at Vaidyagrama: Two of the Vaidyagrama cows delivered calves, thus increasing the cattle population of the place. The cows are much revered and every Friday, a cow puja is celebrated and Prasad is distributed at Vaidyagrama.



Rama navami and Navarathri celebration: Ram Navami and also the last day of the Navratra Vaidyagrama saw the learned and respectful Swami Samvidananda and Badri Prasad Rawalji grace the occasion for a kanyaka Puja, Dampathi Puja, and a puja of the revered cow with its newly born calf. Shri Jayaram, our guest from Madurai with an admirable voice, gave his talk on the importance of Ramanavami

He said it is a day when ordinary and not too good things gain importance. For example Ashtami and Navami are considered inauspicious but Rama having been born on a Navami day, it becomes auspicious. Also in the story of Ramayana when Rama goes on exile, his footwear is kept on the throne in the place of the king thereby the footwear which is usually left outside a house gains importance in this context



Dinner with the children of Assisi Snehalaya: 20th March 2015. Assisi Snehalaya is a home for the HIV+ children and adults at Rottgoundanur village. The snehalaya regularly participates with Punarnava Trust in all the events in the village. On 15th March, the trust members prepared Noodles with vegetables, gulab jamun, chilli gobi and got ice creams for the children. They thoroughly enjoyed the fare, prepared and served by the volunteers with much love.



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1. You can donate a sum of USD 10/Rs.500/- 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)

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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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