

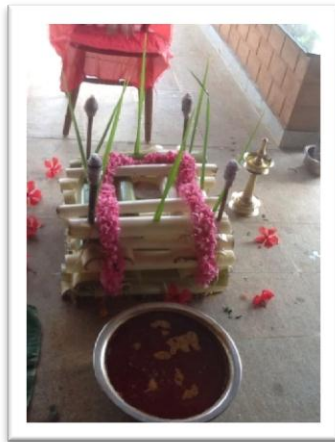
Our Vision:
Live Simple
Live Well
Live Healthy
Live Happy

Trust Activities from April 2015 – May 2015

Ketu Mandala Samaradhana– April 10th, 2015:

The last of the series of Samaradhana or worship of the planets ended with a worship of Ketu. Ketu Mandala Samaradhana, was performed at Vaidyagrama on 10th April 2015, by Dr Sreedharan Namboodiri and Shri Pravin Namboodiru, with Dr Sasi, Mr Saju and others.

Ketu is an imaginary planet located opposite to Rahu. Period allotted to Ketu Mahadasa is 7 years. Ketu, if placed favorable in the horoscope brings luxury, intuition and wisdom to the person and if unfavorable causes boundless depression, worries etc.



Surya Mandala Samaradhana (Sun Worship–2ND Round):

A worship of the sun god was performed on the 10th of May 2015. Dr Sreedharan Namboodiri, and Shri Pravin Namboodiri, led the prayers for the sun god. The color of the day was red. Many guests attended the puja and received blessings.



Temple Consecration:

The Dhanwantari Temple at Vaidyagrama was consecrated on 2nd May 2015. Around 400 devotees participated in the pujas leading to the installation of the idol and consecration of the temple. Many trees were planted around the temple on the previous day. The Panchavadhya music filled the air and the prayers of the multitudes of people who thronged the temple filled the air.



Narayaneeyam:

The healing prayer: As is being done every month, in the months of April and May also 15 ladies from Annapoorneswari Temple from R S Puram, visited Vaidyagrama and chanted the Narayaneeyam the whole day, spreading healing energy all around.



Summer camp:

36 children from Rottigoundanur and other villages around Vaidyagrama participated in the summer camp at Vaidyagrama for 10 days from 14th May to 23rd May 2015. Each day was dedicated to teaching and understanding of values, which were discussed with the children, videos were shown and stories told, to make them understand the practical implications of the values taught.

The children performed role play in the evening and brought out their acting, directing skills. They also played games, art,craft, natural farming, drawing etc. Most of the children who were shy became bold and smart by the end of the ten days. The children were taught Thirukural, Athichoodi, and the Ten Commandments from the holy Bible and also verses from the Quran. They also learnt many Yogasanas, prayers, songs etc. On the penultimate day the children visited the airport to see the planes taking off and landing. They also had a sumptuous meal at a famous restaurant in Coimbatore. The values related to the Yama's and Niyama's from the Yogasutra were the basis of the subject of the day. Cleanliness, Devotion, Honesty, Patience, Self-confidence, Ahimsa, Asteya, Aparigraha, Santosha, etc. were discussed on a day to day basis. On the last day, the children gave a two hour performance of the learnings from the camp along with a puja for the parents and dance and role play. The program ended with a promise of increased participation of the children in the Trust's activities.



Annadanam on Easter day 5th April 2015:

For the first time, since Punarnava Trust started the Annadanam, 5 ladies from Rottigoundanur joined us in preparation of a feast to be distributed to the villagers. It was Easter; hence cake was also distributed along with the packed meal.



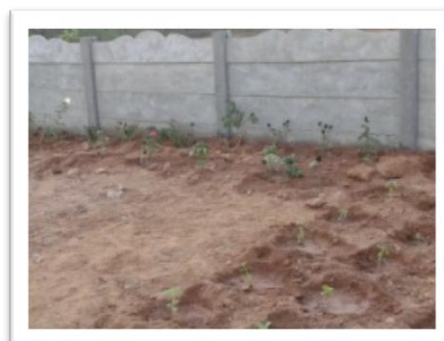
Annadanam supported by ISKCON:

The Coimbatore chapter of ISKCON, arranged for lunch Prasad to be distributed to 350 people from the village Rottigoundanur on May 1st, 2015. The Prabhuji's from ISKCON did a bhajan with the villagers before the lunch started. Everyone from the village enjoyed the food lovingly prepared by the ISKCON devotees



Growing Trees:

Over 100 flowers and fruit trees were planted at Vaidyagrama around the newly constructed temple. A tulsi garden was also planted. Every staff took this upon themselves to plant vegetables around Vaidyagrama. The idea is to at least get 50 kg vegetables every day.



Cleaning drive: Inspired by the Swachha Bharat movement, at Vaidyagrama, the staff took to cleaning the premises in a big way. Team work makes work easy and within 2 hours the place was cleaned up and the same was a nice playground for the children during the summer camp and when the rains arrive the land will serve the farming activity.



Support from Community:

Baby Sanchita: Mallika is a housekeeping staff of Vaidyagrama working for the last four years. She approached Punarnava Trust for help as her granddaughter Sanchita was diagnosed with a heart problem. Whenever she cried she turned blue as there was mixing of pure and impure blood happening in her heart. The doctors advised surgery and the cost worked out to Rs 60000/-

Punarnava Trust raised the money for the surgery and now sanchita is hale and hearty is recouping at home.



Children's Home:

One of the visions of Punarnava Trust has been to build a children's home and a 'how to live' school for them. Having acquired the land, the trust has started the construction of 4000 sq. ft. of children's home at a cost of Rs 60,00,000/- (USD 100,000). The foundation stone laying ceremony was done while the summer camp was going on at Vaidyagrama and the children were fortunate to lay the foundation stone themselves for their children's home.

We solicit support from each one of you for this project. We propose that a donation of just USD 100/- by 1000 kind hearted souls will help us reach the target easily. We hope all our well-wishers will take this opportunity to support this worthy cause.



Annam - Daily Meal:

With the support and prayers of our well wishes, the daily meal program Annam is going on well. Around 100 old, sick, destitute and disabled people of around 10 villages are being fed a meal every day.

The villagers are very happy and look forward to the variety of meals that they receive every day at their door step.

Any one celebrating their birthdays, anniversaries or memorial days can donate for the daily meal. It costs Rs 2000/- or USD 40/- for a day's meal.

Thank you patrons!



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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

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 Punarnava Ayurveda 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

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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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