



Punarnava Ayurveda Trust Newsletter

July, 2015 | Volume 3, Issue 2

Our Vision:

Live Simple
Live Well
Live Healthy
Live Happy

Trust Activities from June 2015 - July 2015

BALAGRAMA:

Punarnava Trust is focused in improving the health, education and welfare of the people living in the interior villages in Thirumalayampalayam Panchayat. Our vision is to create a self-sustaining community based on the principles of Ayurveda and Natural farming. Today's children in the villages will be the pillars of the community that is being created. Hence the trust plans to start a children's home and a 'How to Live' school, that will train the children to be able hands for a happy living.

Construction of the Balagrama has commenced at the Trust land in Rottigoundanur.

We believe that this effort should be participatory. We would like to see this sustainable community supported by the global community. And hence we invite each and every one of you to participate. We are constructing a 4000 square foot building to house 30 children. This space includes the living quarters, study center, kitchen, store, office etc.

The Costs: The cost of constructing the children's home works out to Rs 100, 00,000 (USD 168,000).

We need your support in every possible way!



SAMARADHANA:

As a prelude to the 5th International Ayurveda Conference to be held at Vaidyagrama from December 11-18, 2015, Punarnava Trust hosted the second round of worship of the Grahas (Samaradhana).

SAMARADHANA is the systematically ritualistic ceremony of Pooja offered to specific deities. Each planet is offered prayers to seek its benevolence and favour in our lives. These prayers aim to remove any obstacle caused by any of the planets in debilitation. It also enhances the benefits and blessings of the planets when they are pleased.

Soma Mandala Samaradhana. The dwathiyaParikrama or the second round of worship of Moon was performed on the 7th June 2015. The mothers were felicitated on that day as moon represents the mother as Sun represents the father.



The samaradhana puja was followed by Dr.Parvathy and Dr. Sivakaran demonstrating the same verses from both Rigveda and Saamavedaie "Agnimeeleypurohitam " in traditional keralavedic chanting style and more specifically Dr.Sivakaran demonstrated in the Jaimineeya way. They explained the deference in way of chanting and the roots of Gandharva Veda and practically demonstrated in Saamaveda chanting. They alsohelped correlate the root meanings of the words in connection with Chandra Mandala Samaradhana as well as the Vedas

Puja for Mars and Ketu- July 2015:

The second round of Worship of Mars and Ketu was performed on July 5th 2015.

Mars - Kuja Mandala Samaradhana is 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.

Ketu - Ketu Mandala Samaradhanais the last of the Navagrahasand it causes Moksha/ salvation, and AtmaAnjana/ knowledge of soul.

The Puja was followed by a talk on Astrology by Dr. Raman Namboothiri.



The Abhishekam of Lord Dhanwantari:

Every morning the puja for Lord Dhanwantari is performed, preceded by Vagacharthu and milk abhishekam. SarveBhavanthuSukhinah!



The visit to Vaidyagrama by the village children:

22 children from the village visited Vaidyagrama one fine Saturday afternoon. Although we expected a few of them to arrive, we were pleasantly surprised when most of the children from the summer camp arrived earlier than the scheduled time to spend some time in the known territory of Vaidyagrama. After a brief session of drawing, they went on to do Yoga with Madhavji and practiced everything they learnt at Vaidyagrama during the summer camp. After a hearty meal they left with a promise of more such visits to the much loved Vaidyagrama.



Annam – The daily meal scheme to the old, destitute and helpless people in the villages: The project Annam is going on well and the beneficiaries are thankful for the daily meal that we provide with support from all our well-wishers. Any one celebrating the birthdays, anniversaries of their loved ones can donate a sum of Rs 2000/-and feed the poor and spread the joy.



Ramzan and Narayaneeyam celebration: This year the Ramzan celebration at Vaidyagrama coincided with Narayaneeyam chanting. It was a cultural amalgamation, a true identity for Vaidyagrama. While Smt.Lalitha and group recited Narayaneeyam, Shri Khalid from Qatar, said the Muslim prayers for Ramzan. Everyone participated in both the prayers. It was a true celebration of 'Unity in Diversity'.



Growing vegetables and crops:

This year the rain gods have blessed the lands near Vaidyagrama and we received good rains and the result was a stream that was dry for the last 2 decades started flowing bringing the much needed life to the beautiful landscape. Punarnava Trust took this opportunity to grow crops this season. Maize, Green gram and millets have been planted. Vaidyagrama is slowly aiming to get self-sufficient about vegetables. Around every cluster in the Vaidyagrama hospital, organic vegetables are grown. Punarnava Trust also grows vegetables which are used in-house



AuEra Living community (www.Aueraliving.life):

AuEra Living aims at raising the bar on Retirement Living, merging the timeless wisdom of our rishis with all the comforts of the present times.

AuEra Living - A Community that focuses on using the principles of Ayurveda in Daily Life, a community that frees you from a transaction oriented life.

Features:

- Independent one, two or 3 bedroom furnished houses
- All inclusive: house maintenance, house-keeping, vegetarian food, preventive Ayurveda daily care; once every two years Ayurveda Panchakarma treatment.
- Common recreation/activities facility, dining, yoga/meditation/multipurpose hall, swimming pool etc.
- Guest accommodation for short term staying

Phase 1: 40 houses spread on almost 7 acres of land

The community is expected to be completely built and ready to live in by December 2016.

5th International Ayurveda Conference

Where Science Meets Consciousness

Exploring Interconnectedness of Man and Nature

December 11-18, 2015

Vaidyagrama Ayurveda Healing Village, Coimbatore, Tamilnadu

ORGANIZED BY



SUPPORTED BY



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.

- The daily annadanam project, Just Rs 2000/- (USD 40/- or Euro 35/-)
- Community natural farming by donating USD 100/- providing livelihood for families
- Monthly free medical camp and feed an entire village USD 300/- (Feeding USD 200/-+ Cost of medicines USD 100/-)
- Eye camp for 150 elderly- Rs 26000/- (USD 450/-) bi-monthly.
- Children's home construction: Rs 1 Crore (USD 168,000)
- You can give us your skills: Graphic Designers, content writers, publishers, educators, engaging social media, and publicity.
- Target- to raise Rs 48 crores(USD 8.4 Million) Give us your ideas
- Spread the Message to your 10 Best Friends:
- (www.punarnava.org, Vaidyagrama Healing Village on Face book

How to donate (at www.punarnava.org)

For Indian Donors:-

Our Bank details are

Indian Overseas Bank, Nanjundapurambranch,Coimbatore

Account number 174602000005107of Punarnava Ayurveda Trust.

IFSC code- IOBA0001746

SWIFT-IOBAINBB020

For International Donors:-

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

Account number-0100768429 Punarnava Ayurveda Trust

IFSC code-CITI0000011

SWIFT-CITIINBX

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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