

## **The 5<sup>th</sup> International Ayurveda Conference:**

The 5th International Ayurveda Conference, Where Science meets consciousness, Exploring interconnectedness of Man and Nature from December 11-18,2015 at Vaidyagrama Ayurveda Healing Village, Coimbatore.

The curtain has risen on the conference. All of us are gearing up for the big event. More than 150 International Delegates have registered for the conference besides Indian delegates, Physicians and Students of Indian Knowledge systems. The Pre conference workshops start on the 7th of December 2015, and will continue till December 11th 2015, afternoon.

The different workshops include

- Applied Aspects of Ayurveda
- Indian Knowledge systems
- Jyotisha I and II
- Panchakarma
- Sanskrit
- Sthapathyaveda
- Tantra Vidya
- Tongue diagnosis
- Practical Acupuncture

The main conference starts from December 11th 2015 at 3 pm and will continue till December 18, 2015 2 Pm. This conference will explore the concept of holism in greater detail, specifically in the context of the Navagrahas. Each day of the conference will be devoted to the study and understanding of a specific graha and its influence on our lives. For each graha, we will specifically examine Elements, Day, Season, Pujas, Homams, Mantras, Body part, Mind, Diseases, Herbs, Grains, Pulses, Animals, Colours, Music, and, Yoga.

Each will be studied in the context of Ayurveda, Jyotisha, Tantra, Yoga and other allied Indian knowledge systems. Thus a deeper understanding of the influence of the graha of the particular day will be achieved, which will facilitate healing at a deeper level.

**Structure:**

- Keynotes
- Tadvidyasambhasa – discussion between experts
- Live demonstrations and practical sessions
- Video sessions of the more elaborate preparation processes
- Presentation of research papers
- Informal discussions with experts
- Poster presentation
- Satsangs

**Expo:**

There will be an Expo at the Conference, where booths and space will be available for suppliers of goods and services for Ayurveda and Yoga, as well as of Indian Knowledge Systems.

Some of the speakers include:



Mother Maya



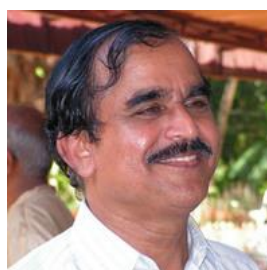
Dr. Vasant Lad



Dr. Robert Svoboda



Dr. Claudia Welch



Dr. N Gopalakrishnan



Ms. Myra Lewin



Prof. V Vasudevan



Ms. Shakta Kaur



Dr. T S

## Trust Activities from August 2015 - September 2015

### Budha Mandala Samaradhana:

Budha Mandala Samaradhana (Worship of Planet Mercury) on August 2, 2015 and Guru Mandala Samaradhana (Worship of Planet Jupiter) on September 13, 2015 were performed at Vaidyagrama. DwatiyaParikrama or the second round of worship was performed by DrSridharanNamboodiri and his team of scholars. SopanaSangeetham by Shri Girish Namboodiri and discussions about the samaradhana, headed by Dr T S Krishnakumar were the highlights of the Puja.



### Balagrama:

The construction of Balagrama is going on at a fast pace and will be completed by end of November 2015. There are 16 rooms in Balagrama and is eagerly awaiting its inmates. The target to be raised is Rs1 crore. We solicit your support and prayers in all our endeavours.



### AuEra Living:

AuEra Living ([www.aueraliving.life](http://www.aueraliving.life)): A visionary path for a life of health and harmony during the golden years.

The goal is to create communities with a conducive and comfortable contemporary environment to inspire people to pursue the higher aspirations of life thereby enriching the “golden era”. The land for the construction of villas has been purchased.. The plan is also ready. We are waiting to start the construction from January 2015. We welcome each one of you who wish to be a part of the Vaidyagrama community to become an AUERA living member and live the life with dignity and purpose.

The construction of the villas will commence from January 2016 and the same will be completed and handed over by January 2017.

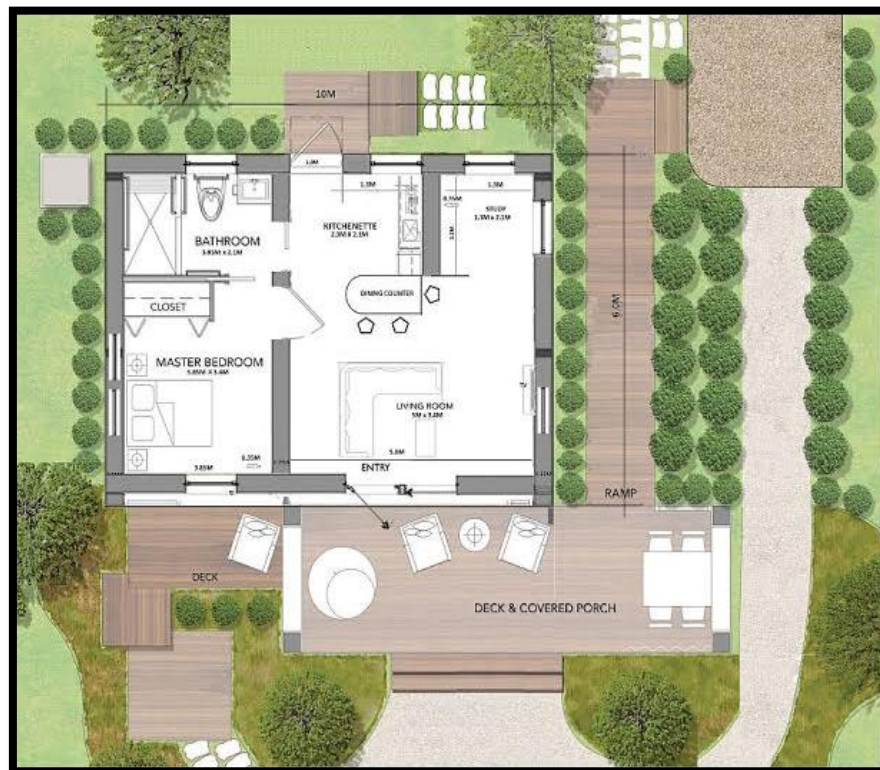
Residence Type:    ☐ 1 bedroom ☐ 2 bedroom ☐ 3 bedroom

Entrance Donation: INR 25,00,000      INR 30,00,000      INR 35,00,000

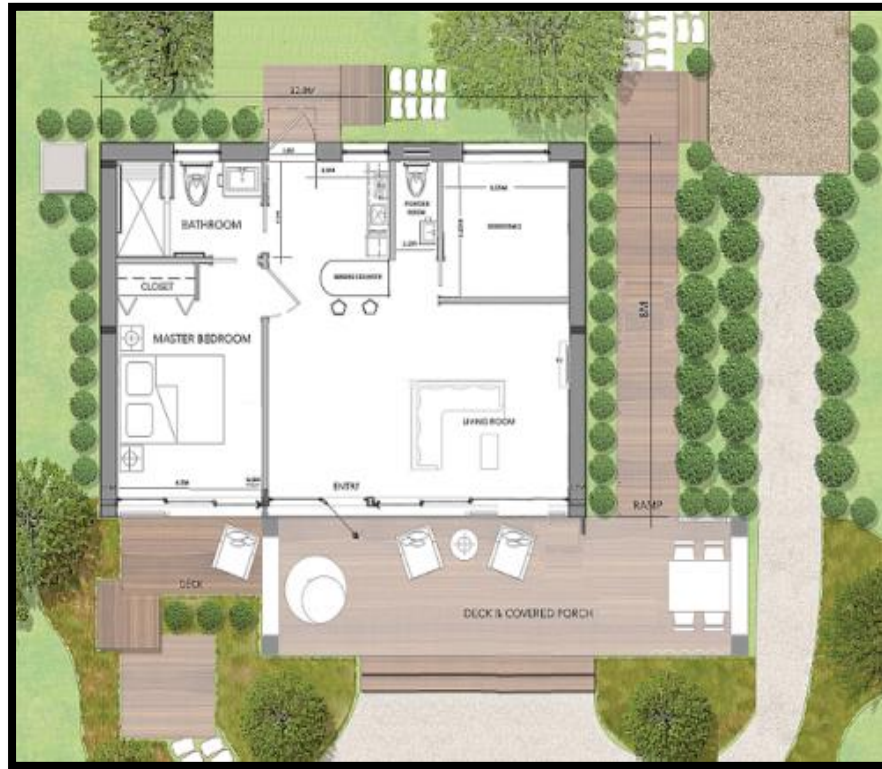
Onetime Care Services donation: INR 10,00,000 INR 10,00,000

(1<sup>st</sup> Resident)(2<sup>nd</sup> Resident)

1, 2 & 3 bedroom villas designs are as follows.







### **Construction of AGRAHARAM - Community housing:**

An Agraharam or Agrahara is the name given to the Brahmin quarter of a heterogeneous village or to any village inhabited by Brahmins. The name originates from the fact that the Agraharams have lines of houses on either side of the road and the temple to the village god at the center, thus resembling a garland around the temple. According to the traditional Hindu practice of architecture and town-planning, an Agraharam is held to be two rows of houses running north-south on either side of a road. The houses were washed with cow dung.

With Brahmins taking up professions in urban areas and some migrating abroad Agraharams are vanishing fast. Many of the traditional houses are giving way to concrete structures and commercial buildings.

Punarnava Ayurveda Trust is building 16 houses in the traditional Agraharam Model where the staff, volunteers and guests will be living, supporting each other as well as the community at large. There is great enthusiasm among the staff to live in the community based on the principles of Ayurveda and Natural farming.

### **Annam (The daily meal to the poor and destitute old people of 10 villages):**

Project Annam- Providing mid-day meal to the 100 poor people of the villages around Vaidyagrama is going on well. The old people are very satisfied with the meal and are well and happy. In the month of September they had a medical checkup too. We take this opportunity to thank all our patrons for supporting us and hope they will continue to support us in the coming years too. We propose to widen our base of support by including more villages in the coming months.



### **Annadanam- Community Lunch and Free medical Camp:**

In the month of August and September 2015 Punarnava Trust conducted free medical camp and Community lunch at Rottigoundanur village. On September 7th 2015, the local Bank of India Branch sponsored the Medical camp and the Deputy Zonal Manager of the Coimbatore Zonal Office inaugurated the camp and distributed the food packets to the poor people. The Old people, the beneficiaries of ANNAM project were given free medical aid and medicines.



### **Chennai Students Visit organized by Rotary Club led by Shri Venkatramani (August 22-24, 2015)**

67 students and 8 teachers from various schools of Chennai came to visit Vaidyagrama for two days. The students came primarily to see Vaidyagrama, the ecofriendly Ayurveda Healing village, Natural farming initiatives by Punarnava trust and the community work taken by the trust and water management in the Vaidyagrama lands.



The students had the first-hand experience of understanding the working of the eco village, the community work, the herbal garden, natural farming. They were introduced to Ayurveda living and got information about home remedies using herbs commonly used at home by DrOmprakash. They were very much inspired by the work done by the Trust and wanted to take part in the projects during their summer holidays.

The students also visited Rottigoundanur village, the Balagrama –children's home construction, the biogas plant and also the natural farming gardens. They also had a campfire in the night where the children enthusiastically took part in the cultural activities led by Dr Samuel of Punarnava Ayurveda Trust. They also planted trees before leaving Vaidyagrama at the end of their tour.



#### **Visit of Dignitaries:**

Vaidyagrama was blessed with the visit of Swami Brahmayogananda of Brahma Vidya Trust on August 16,2015. Our Pranams to him!



On September 13, 2015, Bhakti Bharati Prof PremaPandurangji and Padma Shri Krishna Kumarji (Managing Director of Arya Vaidya Pharmacy) visited and blessed Vaidyagrama.





### **Onam Fest organized by Malayali SuhrutSangham - August 22-27, 2015:**

Punarnava Trust participated in the Onam Fest by putting up a stall at the fest for creating awareness about Ayurveda at Vaidyagrama Ayurveda Healing Village and the community activities of the Trust. Posters giving information about the same were put up in the stall. Organic vegetables grown in the Trust garden and Vaidyagrama were displayed and were sold at the stall. Every day, in the evening from 5.30pm to 6pm, a talk was given before the cultural activities began in which DrRamadas, DrRamanandan, Dr Om Prakash, spoke about Ayurveda, Dr Samuel spoke about Eco Friendly living, and MsGeetha Mohandas spoke about Punarnava Trust and the community activities. Thus the trust was able to create awareness about its activities among the general public of Coimbatore.



### **Natural Farming:**

Punarnava Trust and Vaidyagrama's natural farming initiatives bore fruit and organic vegetables were grown in and around Vaidyagrama and also in the Trust gardens. The vegetables were used in patient kitchen for the benefit of patients at Vaidyagrama.

Pictures of Green Gram field and Green gram ready to be harvested below-



### **Punarnava day celebration and ONAM:**

Punarnava family members celebrated Onam with great enthusiasm on September 8, 2015. Every one participated in it and the result was great enjoyment, comrades and celebration of Onam with a grand lunch prepared and served by them.



## 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](http://www.punarnava.org), Vaidyagrama Healing Village on Face book

## How to donate (at [www.punarnava.org](http://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.*

## You can reach us at:

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