

Our Vision:

Live Simple
Live Well
Live Healthy
Live Happy

PROJECT MOON

A PROJECT FOR THE EMPOWERMENT OF WOMEN BY PUNARNAVA AYURVEDA TRUST- MANUFACTURE OF SANITARY PADS

“Freedom cannot be achieved unless women have been emancipated from all forms of oppression” - Nelson Mandela

Illiteracy and lack of hygiene are two of the most profound disadvantages that women suffer from in our present-day community. Both are curable. Empowering women is the vehicle we are adopting at Punarnava Ayurveda Trust to encourage much needed change. Female employment, encouragement of self-reliance, education, and help in maintaining appropriate standards of hygiene are few of the measure we are prioritising now.

A wise man once said ‘Educate a woman, and you educate a generation. Rest assured that she will take care of the rest of the world’

Thirumalayampalayam in Coimbatore is a rain starved area where water is a scarce commodity. In one of the health talks during our Ayurveda Medical Camps, it came to light that the women have hygiene issues relating to their monthly periods; they cannot afford to buy sanitary pads, nor do they have the water to wash their clothes frequently in lieu of using sanitary pads.

At Punarnava Trust, we propose to manufacture eco-friendly sanitary pads in-house, run for women by women, and aim to provide the pads at a nominal rate to the local village women. We will also encourage city dwellers to use the same. They are manufactured from wood pulp and are therefore eco-friendly and bio-degradable. As per the data available online. the existing pads on the market, when disposed, take over 400 years to disintegrate unless incinerated, which also is not good for the environment.

According to PATH, an international non-profit organisation working on child survival and reproductive healthcare, it is estimated that over one billion non-compostable sanitary pads are making their way to urban sewerage systems, landfills, rural fields and water bodies in India every month.

The National Commission for Women (NSW) estimates that 23 percent of girls miss school or drop out of school due to non-availability of hygienic sanitary products inside the educational institutions.

The need for awareness and education among the masses is pivotal, as many of us are not aware of the harm that we are causing to our planet by our present-day habits. Looking at changing to the use of environmentally friendly sanitary pads will mean we can leave the world a better place for future generations.

Picture 1-Wood pulp in the pulverisor , Picture 2 & 3 - Making of the sanitary pad



Trust Activities from April 2018 – June 2018

World Environment Day - 5th June 2018



In an attempt to create awareness about the need to return to Nature, that which we are taking from it, the United Nations has declared June 5th to be World Environment Day! Afforestation, tree plantation, wild life support, and plastic eradication are some of the areas needing the closest attention, and an emphasis on how each one of us can bring about small changes within our immediate surroundings to make it eco-friendly, which in turn is a support to Mother Earth.

At Vaidyagrama, tree plantation goes on throughout the year. On World Environment Day, all staff members planted fruit and flower bearing trees as a support to Nature in creating a sustainable forest!

Ayurveda Medical Camps



On the first Saturday of April, May, and June 2018, medical camps were conducted at Rottigoundanur village, where an average of 60 patients receive consultation from Senior Medical Director, Dr Harikrishnan, and his team of doctors. The patients were given free medicines. Thanks to our sponsors, Banyan Botanicals and Ms Erin Douglas, we are being inspired to do more for the community. She and her colleagues at Banyan Botanicals have been supporting the medical camps for the past two years.

A Report on the 2018 Summer Camp



Understanding the Self and Surroundings from an Ayurveda Perspective

Date: May 1-10, 2018

Venue: Balagrama & Vaidyagrama, Rottikaranur, Thirumalayampalayam, Coimbatore

Volunteers: Geetha, Samuel, Kalaiselvi, Sneh Vig, Vidya, Agnes, Jyotish, Sujata, Kavitha, Aparna

Participants: 67 children from Thirumalayampalayam Panchayat.

The children were from the nearby villages of Rottigoundanur, Kaliapuram, Pichanur, Veerapanur, Othakalmandapam and children of vaidyagrama / Punarnava staff and friends.

May 1:

The official inauguration took place at 10 am, presided over by Shri Rathindran (IPS) Retired Special Director of Intelligence Bureau. The function also was attended by Dr Harikrishnan, Dr Ramanandan, Shri Rajesh, Dr Ramadas and patients and well-wishers of Punarnava family. The camp was opened by lighting the lamp.

The main aim of this summer's gathering was to introduce Ayurveda to the students and to give them a perspective of health and wellness from an Ayurveda point of view, not only from the point of view of disease but more importantly how a daily practice to remain healthy in mind and body can be adopted. The children were made aware of good touch, bad touch, and also about menstruation etc.

In addition, the students were introduced to the theory and practice of...

1. Dinacharya
2. Ritucharya
3. Vegas - urges
4. Home Remedies
5. Medicinal plants that can be easily grown in the garden
6. Gunas - Satwa, Rajas, Tamas
7. Panchabhoota - and their connection to human senses.
8. Community living - Social
9. Caring for the environment

They performed role plays every day on the lessons learnt in the theory classes.

The art classes were very popular. Taught by Ms Agnes, the children learned the difference between primary colours and secondary colours; she encouraged them to paint using vegetable colours, to use clay to make animals and plants from their imagination. She also taught them warli painting, which is displayed in the Mandapam. The art work of the children was also used to make greeting cards, which were then sold to guests on the last day. The art work was mounted on cardboards and displayed prominently in the Hall on the day of the Valedictorian, and every one marveled at their creativity!

The children learnt Sanskrit under the able guidance of Shri Jyotish from the Samskrita Bharati, Coimbatore. They learnt to speak with sufficient proficiency to perform two plays in Sanskrit! They also learned and played traditional games such as Kabaddi, Lagori, ring, skipping etc. During the sports day they had a Kabaddi match. They all participated with great enthusiasm in the sports and won many prizes.

Padma shri Krishnakumar ji gave a special session in which the children were asked to think about the need for attending the camps and how character building can happen in such environments.

Early morning saw the children reciting the prayers of various religions. Verses from the Bhagavad Gita and prayers were sung in 10 different languages.

Ms. Vidya introduced the children to meditation and pranayama including Kapalabati, and they learned to perform Soorya Namaskar.

In the evening yoga was conducted by Ms. Sneh Vig, a retired teacher, who instructed the children in Yoga and taught them a Yoga dance, based on the song Jai Ho. She also taught the children Gidda- Bangda dance, which they performed at the valedictorian day ceremony. They also performed Dandia dance (Kolattam) and Kummi (the traditional dance of Tamilnadu). Ms Kalaiselvi, a retired teacher, Swapna, Deepa, Priyadarshini- Teachers from Coimbatore schools, Sujata Rajendran and everyone of Punarnava Trust and vaidyagrama staff volunteered to make the 5th summer camp a grand success.

Tamil New Year at Balagrama - April 14, 2018



Tamil New Year was celebrated at Balagrama on April 14, 2018. The children, together with the Annam beneficiaries, were treated to a special meal with Vada and Kheer. A puja was conducted in the morning and prayers were offered by the students.

Temple Consecration Anniversary - 29 April 2018





The anniversary of the consecration of the Dhanwantari Temple was celebrated for a week, from April 23rd till April 29th, 2018. 'The Srimad Bhagavatam' was recited by Smt Usha and group from Palakkad. The reading started on 23 April 2018. On each of the seven days, Ganapati Homam and Dhanwantari Homam were performed. The diety was decorated beautifully in the Avatarams of Vishnu, such as Matsya, Koorma, Varaha, Narasimha, Vamana, Sri Krishna etc. The decorations and the pujas were performed by Swami Gurupriyananda ji.

Annadanams sponsored by beloved patrons, were offered on all the 7 days of the Saptaham (seven days of Bhagavata Recital). The villagers were invited and were transported to and from the venue in a bus. By all accounts, they enjoyed the recital and the sumptuous meal on all the seven days immensely.

In the evening of each day, a cultural program was arranged for the public and the staff and patients of Vaidyagrama. Karnatic music recitals and Bharatanatyam were performed by students from Isha, a motivational talk was given by Dr Jayanthasri Balakrishnanji, a puppet show, and a performance by the Balagrama children and Rituparna, daughter of Dr Ramadas were also enjoyed by one and all.

The function brought the staff together. They took turns serving the food every day. On the third day, the rain brought all the makeshift arrangements down, but the next day the industrious staff had the shamiana up for the Annadanam. May Lord Dhanwantari's blessings be always upon all of us!

Natural farming at Vaidyagrama and Balagrama



The unexpected rains in May brought relief from the heat. The rain also helped the farming activity. Cowpeas, cluster beans, brinjal, spinach, green chillies, bottle gourd etc were grown in abundance. Everyone at vaidyagrama enjoyed the downpour!

Auera Living



The fourth house under the Auera Living project is nearing completion. The construction of the remainder of the houses will commence once the fourth house is complete. We have a few more slots of houses which are waiting for its residents. Do visit Auera Living and join us in community living, where you invest in the community with your work and participation when you are able, and where the community will take care of you when you are not able to! Please feel free to write to us at core@punarnava.org for more details about Auera Living and its philosophy!

Project Annam



The beneficiaries of Annam depend on the meal we provide to them every day of the year. The elderly men and women are also given medical care to be healthy. They celebrate the festivals with us, and recently for the temple festival, all the seven days of the week. We consider them our guests (of honour) at Vaidyagrama! Thank you ONE KIND ACT for your benevolence for Project Annam.

Cookery Corner

Coriander Lemon Ginger Soup:

Courtesy of Department of Food and Nutrition, Vaidyagrama.



Ingredients for Coriander Lemon Ginger Soup

1. 4 cups filtered water
2. Juice from 2 lemons
3. ½ cup freshly chopped cilantro (coriander) leaves
4. 1-inch piece of fresh ginger peeled and chopped or juiced
5. 1 pinch of black pepper powder
6. ½ teaspoon salt.

Method of preparation

1. Boil water for 10 minutes. Turn off the heat.
2. Once the water has cooled enough to sip, stir in lemon juice, add salt, chopped coriander leaves, ginger juice (or chopped ginger), black pepper and mix well
3. Your fresh coriander lemon ginger soup is ready. Ladle yourself a cup!

*For Mint Lemon Soup: Use freshly shopped mint leaves instead of the coriander leaves and the remaining recipe will remain the same.

We invite you to become a member of 'Friends of Punarnava Community'

Punarnava Community's vision is to create a local sustainable community, based on the principles of Ayurveda and natural farming. As a Friend of Punarnava Community, your contribution is vital to achieving this vision. An annual subscription as a Friend will underwrite all our activities, which are wholly focused on improving the health, education and welfare of the people living in Thirumalayampalayam Panchayat, the area immediately surrounding Vaidyagrama, Coimbatore, South India.

All proceeds from your annual subscription of 100 USD, will entirely support Punarnava Trust activities, which include the Community lunch, Free Ayurveda medical camp, Annam meal program for the abandoned elderly and Balagrama, as well as the expansion programs, such building the community hall in the newly purchased land near the village, and a girl's home.

Your Annual Subscription entitles you for a **10% discount** on stays at Vaidyagrama from March to August for a treatment. Bring your friend and stay in a two-bed sharing accommodation, or a single room subject to availability. Your contribution and participation is much valued! And your intention an even greater resource!

How you can support us

If you feel you want to be a part of this vision, and would like to contribute to its realisation, here are some ways you can help: -

1. **The Daily Annaam**-meals to poor project, Rs 2500/- (USD 50/- or Euro 40/-)
2. **Community Natural Farming** by donating USD 100/- providing livelihood for families
3. Monthly free **Medical Camp** (and feed an entire village) USD 300/- (Feeding USD 200/-+ Cost of medicines USD 100/-)
4. Eye Camp for 150 elderly - Rs 26000/- (USD 450/-) half yearly.
5. Sponsorship for therapy training for youth USD 500/-
6. Sponsorship of one child at balagrama USD 600/- per year
7. Sponsor a meal for the balagrama children- Dinner @ USD 40/-
8. You can **Donate Your Skills**: graphic designers, content writers, publishers, educators, engaging social media, and publicity are all needed.
9. **Spread the Message** to your 10 Best Friends:
 - www.punarnavacommunity.org, **Vaidyagrama community group** on Facebook

How to donate (at www.punarnavacommunity.org)

For Indian Donors: -

Our Bank details are

Indian Overseas Bank, Nanjundapuram branch, Coimbatore

Account number 174602000005107 of 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

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Please state the purpose of donation while donating via banks.

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Name: TD Bank

web: www.TD.com

Address: 235 Alewife Brook Parkway, Cambridge, MA. USA

A/c Name: **Punarnava Healing Community, Inc**

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Punarnava Healing Community Inc. is a 501C3 corporation registered in the United States.

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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