

Our Vision:

Live Simple
Live Well
Live Healthy
Live Happy

Vaidyasangamam: December 2018

Vaidyasangamam literally means a confluence of doctors or vaidyas. Since 2006, Punarnava Ayurveda Trust has been conducting national and international conferences in various parts of India, bringing together vaidyas from all over the world to discuss, debate and impart their knowledge and share the wisdom of Ayurveda. The last international conference was held at Vaidyagrama in December of 2015.

In keeping with this tradition, Punarnava Ayurveda Trust and Vaidyagrama are currently organising the next Punarnava National Conference entitled “VAIDYASANGAMAM 2018”. The focus of this national gathering is on Soft Tissue Rheumatism, bursitis, tendonitis, fasciitis, and ligament injuries, with reference to ‘Anukta vyadhi Chikitsa’. It is to be held December 8th & 9th, 2018 at Vaidyagrama.

Chief Patron - Padma shri. Dr. P. R. Krishnakumar.

Chairman, Organizing Committee - Dr. Harikrishnan. K. K.

Convener, Organizing Committee - Dr. Ramanandan. E. K.

Co-ordinator, Organizing Committee - Mrs. Geetha Mohandas.

Web: www.ayurvedaconference.com

Email: dr.ramanandan@ayurvedaconference.com

Focus

Subjects to be covered include:

1. Bursitis
2. Tendonitis
3. Fasciitis
4. Ligament Injuries
5. Causes, clinical examinations and differential diagnosis of the above
6. Management and Classical Ayurveda Treatments & Medications.

Programme details

08. 12. 2018

08. 00 am: Registration

09. 00 am: Inauguration

10. 00 am: An outlook on soft tissue Rheumatism by Dr. G. Syamakrishnan

11. 30 am: Bursitis and its Management in Ayurveda by Dr. Prakash Mangalassery

2. 00 pm: Ligament Injuries & Management in Ayurveda by Dr. Mallika. K. J.

4. 00 pm: Fasciitis and its Management in Ayurveda by Dr. Madhu. P. M

5. 30 pm: Practical demonstration

09. 12. 2018

08. 00 am: Tendonitis and its Management in Ayurveda by Dr. Jomon Joseph Daniel

10. 00 am: Ayurveda Principles in Management of Soft tissue Rheumatism by Dr. Srinivas Hejmadi Acharya

11. 30 am: Role of 'Rasoushadhas' in the Management of soft tissue rheumatism by Dr. Jithesh. M. K

2. 00 pm: An outlook on common musculoskeletal disorders with special reference to Agstyamarma Shastra by Dr. Ajayan Sadanandan

Registration and Fees

Entry restricted to the first 200 preregistered delegates

Ayurveda Physician: Rs. 2000/-

Ayurveda Students: Rs. 1500/-

Group Registration: Rs. 12000/- (10 Students + one Teacher). (For group registration please the registration team, below).

How to Register

Please transfer the amount to:

1. Punarnava Ayurveda Trust, Coimbatore

Current Ac No. 815020110000802

Bank of India, R N Puram Branch

IFSC code- BKID0008150

2. Or make a Cheque or DD payable to:

Punarnava Ayurveda Trust, Coimbatore

Address Punarnava Ayurveda Trust

A21, Parsn Galaxy, Nanjundapuram Road

Coimbatore 641036, Ph: 9047817525

For Registration and enquiries please contact

Mrs. Geetha Mohandas on 9047817525 or

Dr. Harikesh on 9047017535, 9946168878 (Whatsapp)

Trust Activities from January 2018 – March 2018

Ayurveda Medical Camp and Community Lunch



A free Ayurveda medical clinic camp is conducted in Rottigoundanur village once a month, on the first Saturday. These clinics offer medical & health checkups to the nearby villages in the area. Patients are transported to the clinic by Trust volunteers in rented vehicles.

Over the course of 4 years, 50 free Ayurveda medical camps have been held in Rottigoundanur and other areas in the vicinity of Vaidyagrama in Thirumalayampalayam Panchayat.

These camps are part of our ongoing commitment to the health of our constituent community. In this last quarter, camps were held on 7th July, 4th Aug and 1st Sept 2018.

The September medical camp was headed up by Dr Harikrishnan. The majority of the patients who attend are elderly villagers, many of whom have problems walking and suffer from pain in their limbs and joints. Free consultations and medicines were provided.

Along with the medical camp, a community lunch was served, allowing the villagers to momentarily forget their caste differences and relish the sumptuous feast provided. The Balagrama children enthusiastically spearhead all the activities relating to the camp. This includes the setting up of the venue, transporting the equipment for the medical camp and the food for the lunch, serving the villagers and, finally, clearing up and dismantling of the camp.



Cow Puja at Vaidyagrama



Cow Puja takes place every Friday at 4pm. One cow from the Goshala is brought into the Vaidyagrama's Mandapam Hall. Cow Puja is an act of respect, worship and thanks to the cow, our Holy Mother. The cow is anointed first with sandalwood paste, circumambulated by everyone present and fed fresh green grass by the participants of the puja, including patients and staff. Everyone is then offered Prasad.

Tree plantation in Vaidyagrama: A departing ritual



In order to preserve and beautify the natural surroundings at Vaidyagrama, regular planting of trees has become a departing ritual. It is performed when patients leave Vaidyagrama. They are each asked to plant a tree as a legacy of their presence here. Over the years this has resulted in a haven of rich greenery, which in turn contributes to the 'healing village', and consists of all the patients, staff and visitors, plants and animals, both past and present, who have graced us with their presence here.



Coimbatore generally has rainy season from June to September, and again in November and December. The years 2016 and 2017 were rain starved years, but 2018 brought rains in abundance. These rains have helped the Coimbatore farmers to revive their farming activity and at Vaidyagrama the rains have enhanced the lushness and greenery of the space, creating an even deeper healing atmosphere.

Narayaneeyam Recital at Vaidyagrama: a healing day of prayer



Vaidyagrama is a healing space, and the rich abundance of healing energy is generated by all the daily puja and prayers that take place in Brahmakamalam (The Prayer Hall). In addition to the daily round of pujas, special monthly pujas are also held, such as the Narayaneeyam recital, Ganapati Homam (fire sacrifice to Lord Ganesha) and Bhagavati Seva (prayers to Devi).

Narayaneeyam recital is dedicated to Lord Krishna, and he is a healing day of prayer for all the patients and staff at Vaidyagrama. Composed by Melpathur Narayana Bhattari in the 14th century, the recital takes place over an entire day. The 1,034 verses are a poetic summary of the Bhagavat Purana, which consist of 18,000 verses. Bhattari ji composed this recital during his lengthy illness, and at the end of the composition he was completely healed. The recital is therefore believed to possess the wonderful power of healing afflictions, both mental and physical, and all those who attend the prayers, as well as those who recite them, are said to receive healing as a result. Attended by patients and staff over many years and many thousands of verses, the Narayaneeyam has served to enhance the healing atmosphere of Vaidyagrama on all levels.

Ganesha Puja at Vaidyagrama by Balagrama Boys



13th September 2018 was Ganesh Chaturti, a festival marking the birthday of Lord Ganesh, the elephant headed son of Lord Shiva. Ganesh Chaturti is celebrated with enthusiasm all over India. At Vaidyagrama, the Ganesh puja was held over two days and patients and staff took part.

The Balagrama boys are very innovative and enterprising. Each of the boys made eco-friendly Ganesha from clay soil. The morning of the festival they decorated all the Ganeshas with garlands made from flowers grown at Balagrama. The boys played drums and sang bhajans which they learnt at Balagrama and during the summer camp, and recited prayers expressing glory of the Lord. Ganesha was offered delicious sweet Pongal, and Sundal (a savoury dish made with boiled lentils). In the early evening, they carried the Ganesha Idol to a nearby pond and immersed it whilst chanting special prayers and wishes for Ganesha to return early next year.

Project Annam: Daily meals for the local elderly villagers

The daily free meal programme, Project Annam, has been going on for three and half years and the food is prepared with love and devotion in the kitchen at Balagrama by our dedicated cooks.



We have heard the expression “count your blessings” many times. When we hear the stories of some of the women facing such severe hardships, we must thank God for the blessings we receive every day.

Veerammal, a resident of Jalli Medu Thirumalayampalayam, is a recipient of Annam. She was very expressive when asked about her family. She is elderly, and her husband is also very sick. Veerammal had a road accident and cannot work. She has three grown children, 2 daughters and one son. Her married son is living with his wife in the house of his wife’s family. None of the three children provide any support to their elderly, frail parents.

Lakshmi of Mayilamparai village, another recipient of Annam, is a widow. She has a daughter and son living near her, but they offer no support to their widowed mother.

Both groups of children mentioned above do not want the burden of supporting their parents. When reminded of the parents’ sacrifices during their upbringing, the children retorted that it was the parent’s duty to care and sacrifice for their children, having given birth to them! This is a common occurrence, given the fate of the youngsters. With unemployment in the villages and in the surrounding places, many young people move away in search of work, effectively abandoning their elders. A handful of them stay in the village, unhappily, and some resort to drinking and gambling to while away time, while their wives work temporarily in the fields.

We are happy to be of some help to Lakshmi, Veerammal and many other elderly people like them, and feel blessed to have them in our midst. Part of the blessing is that it gives us the opportunity to make a difference to both their lives, and ours! Without the villagers, the larger context of Vaidyagrama would be much less ‘rich’ an environment. We give thanks to the elderly in particular, who are also part of our ‘healing village’!

A big Thank you to all patrons for your support!

Flag hoisting on Independence Day at Balagrama
led by Commander Rajesh Janardhanan, Chief Operating Officer of Vaidyagrama



On August 15th, Indian Independence Day was commemorated by the hoisting of the Indian Flag at Balagrama. Commander Rajesh, a retired official of Indian Navy, gave a speech about patriotism, emphasizing the need for all citizens to be aware of their rights. He also spoke of the need for all of us, especially the children who did not live through the period of gaining independence, to learn to preserve the freedom and sovereignty of our nation.

The Indian National Anthem was sung beautifully by all present. This was followed by the serving of delicious Prasad.

Awareness walk 'Not one more Drug' conducted by Decathlon India.



Decathlon India is a sporting goods retailer, The Decathlon group owns over 20 brands and research facilities all over the world. It is a very socially aware retailer and conducts programs of various types during the year aimed at creating public awareness of various social issues. Many are aimed especially at children, who are the change makers of tomorrow. Decathlon arranged a walk to create awareness against the use of drugs. The 3km walk took place at Neelambur in Coimbatore on Sunday, July 15th, 2018. Seven of our Balagrama children participated in the walk and three of them (P Sakthivel, Alagu Jegan, and Vimal Kumar) finished first and received certificates for their meritorious performance. The boys were thrilled to bits at the opportunity to learn, participate and excel at such a worthy cause.

Women's Empowerment Project: Project Moon



We are delighted to announce that an order has now been placed for the machinery needed to manufacture low cost ultra slim sanitary pads with wings. Our slim line model size is to be 12 cm wide and 26 cm long. Project Moon was initiated by Punarnava Ayurveda Trust, which approached Rag Innovations, Gwalior, Madhya Pradesh.

Rag Innovations was founded by two brothers, Anurag and Virag. Together they created the model of the machinery which will manufacture the ultrathin pads, made out of wood pulp, an eco-friendly product. The pads are bio degradable and can be disposed by burying them in the soil. Manufacturing is scheduled to commence by November 2018 and our aim is to have the final product in the hands of our village women soon after.

We propose to sell the sanitary pads to the village women at cost price. The normal price of sanitary pad in the market is Rs 35/- for a pack of 8 pads. We propose to sell them to the villagers at Rs 20 or so, depending on the final cost of manufacturing. We will then encourage women's self-help groups to buy the sanitary pads from us at cost and sell them at the retail price to women in the cities, thereby making a living of it.

Please join us in giving your support and prayers for the successful launch of this Women's Empowerment Project.

Cookery Corner:

Spiced Whole Green Mung Dal – Serves 2

Ingredients

- ½ cup of whole green Mung dal
- 2 1/2 cups water
- 1 teaspoon ghee
- ¼ teaspoon black mustard seeds
- ¼ Cumin seeds
- 1 pinch of hing (asafoetida)
- ¼ teaspoon finely chopped ginger

- 1 small handful of chopped coriander leaves
- 1/8 tsp turmeric
- 1/4 tsp coriander powder
- 1/8 teaspoon rock salt

Method of preparation: Wash the mung dahl until the water is clear. Soak the mung dahl in a large pot with plenty of water overnight (if you are cooking it in the morning) or for about 8 hours for cooking at another time. After soaking, discard the water and wash again several times. Put the mung dahl and water in a large heavy bottomed sauce pan and bring to the boil. Skim off any scum if it appears. After boiling for 5 minutes reduce the flame to simmer. After a further 15-20 minutes add salt. Continue cooking until the dal is soft and has started to merge with the water. Remove from the heat.

Place a small saucepan on a low heat. When the pan is warm add ghee. To test the ghee is the right temperature for the spices, drop a couple of mustard seeds into the ghee. If they start to pop, the temperature is correct. Add the remaining mustard seeds followed by cumin seeds. When the mustard seeds have popped and the cumin seeds have turned golden brown add hing (asafoetida). When the hing is slightly brown, add the chopped ginger, turmeric and coriander powder. Remove the spices from the heat, place dal on low heat and add the spice mixture to it. Stir well and boil for a couple of minutes. Turn off the heat, add chopped coriander, mix well and cover for 5 minutes before serving

Variations

- Use green split mung dahl or use yellow split skinned mung dahl. For these dahls, no soaking is required. For the yellow dahl, use 4 times the amount of water. It cooks in about 25 minutes.
- Add turmeric/ginger/hing as the dahl boils
- Add a squeeze of lime at the end of cooking.
- Use fennel seeds/coriander seeds/black peppercorns/ fenugreek seeds in addition to or instead of other seeded spices.
- Add a teaspoon of jaggery to the dahl half way during the cooking for a sweet dahl. For a sweet and sour dahl add jaggery as described and add the juice of half a lime before serving.
- Instead of frying spices, simply add ground pepper/dry roasted cumin/coriander and a squeeze of lime at the end.
- Use coconut oil or any other cold pressed oil instead of ghee.
- Garnish with fresh finely chopped herbs like coriander/mint/parsley
- Use the liquid part of the soup as a soup and flavour with spices and herbs as described above.
- Use the solid part for a bean salad or hummus.

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: -

- **The Daily Annaam**-meals to poor project, Rs 2500/- (USD 50/- or Euro 40/-)
- **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 elderlies - Rs 30000/- (USD 450/-) half yearly.
- You can **Donate Your Skills**: graphic designers, content writers, publishers, educators, engaging social media, and publicity are all needed.
- **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

SWIFT-CITIINBX

Please state the purpose of donation while donating via banks.

USA Bank details:

Name: TD Bank

web: www.TD.com

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

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

Routing No: [211370545](http://www.fedwire.com)

A/C No: [8254821090](http://www.fedwire.com)

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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.

You can reach us at:

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