

## Our Vision:

Live Simple  
Live Well  
Live Healthy  
Live Happy

## Yoga and science of union of body mind and spirit:

Yoga the science of union of body, mind and spirit is a means to higher spiritual pursuits as well as a wellness discipline. Apart from the well known asana or posture practices, Yoga advises us to follow certain behavioural practices to enhance wellness. These practices are in fact the foundation of Yoga and can be summarised as follows.

1. Non violence
2. Truthfulness
3. Non stealing
4. Self restraint
5. Non greed
6. Cleanliness of mind and body
7. Contentedness
8. Austerity
9. Self study/ introspection.
10. Surrender to the divine will

Yoga Asana combined with the above behavioural practices improve physical as well as psycho emotional health. When practiced regularly, Yoga Asana together with the behavioural practices enable detoxification and positive health.

Many diseases have a psycho-emotional origin or aspect and by following these practices, one can reduce the chances of disease or at least handle disease in the best way possible.

Regarding the Asana Practice, there are 8,400,000 Asanas, which represent the different species of life. Out of these 32 asanas are the most commonly practiced.

Ideally and traditionally Asana practice was tailor made for the individual. Nowadays this is not the case so a group class, for those who are reasonably well, coming from a classical Yoga lineage would be the next best thing. For those with disease, it is advisable to seek personal instruction,

Yoga therapy is a well known way of treating disease, either with another treatment approach or as a standalone approach. Ideally, yoga would be applied alongside Ayurveda but it has also been known to have beneficial effects when applied alongside other systems of medicine.

## **Trust Activities- January to March 2019**

### **2nd January 2019**

Vaidyagrama welcomed Ex. President of Maldives H.E. Shri. Maumoon Abdul Gayoom and Madame Nasreena Ibrahim for their Ayurveda Care. Experts treating Ex. President of Maldives with Dr. Harikrishna, Dr. Aruna, and Dr. Sibi Chiramel from Malaysia.



### **3 Ayurveda Medical Camps & Community Lunches 6 January, 2nd Feb, and 2nd March**

In each of the above three camps, about 60 patients met the doctors and 225 people participated in the community lunch. The staff of vaidyagrama along with the trust staff prepared the food and served it to the villagers. Most of the elderly in the village need medical attention for their ailments, which are mostly jointpain, muscular pains, indigestion, skin diseases, wheezing, cold, cough, fever etc. They have low immunity, and hence fall sick often. The patients get free consultation and medicines during the camp. The same day, they get to partake the sumptuous food served at the community lunch. We thank our sponsors for helping us to reach out to the needy villagers.



### **Narayaneeyam Chanting**

The healing prayer Narayaneeyam was conducted in January, February and March 2019. The patients enthusiastically participate in the chanting and puja. This healing prayer replenishes the energy of the space in vaidyagrama.



### **14-15th January 2019- Pongal Celebration**

The harvest festival, Pongal was celebrated with much happiness at Balagrama and vaidyagrama. Balagrama celebrated Pongal on 14 Jan 2019. A puja for the Sun God was offered for bestowing the mankind with the source of life, the sunlight. The balagrama children took part in the celebrations, which included making of sweet pongal in the open, under the Sun. The elders in the family of Balagrama- Shri Thangavelu performed the puja and Smt Rukmini prepared the pongal.

In vaidyagrama, Pongal was celebrated on 15 Jan 2019, as Mattu Pongal ( Pongal day 2 where the cattle, are felicitated for helping in the harvest). The cows from Lakshmi grama were bathed and decorated with flowers and turmeric paste smeared on their body. A puja was performed for the cows amidst chanting of mantras.







### 20th January Annual Sarpabali Pooja

The annual Sarpabali puja was performed at Mandapam on 20<sup>th</sup> Jan 2019, by Shri Krishnakumar Namboodiri. The intense puja performed in the evening at 6 pm was attended by all the patients and staff. A spectacle of lamps in the shape of sarpa( snake Head) was lit.

The humans inhabit the space originally belonging to the animal kingdom. Sarpabali is a puja where in we seek their forgiveness and their permission for peaceful co-existence.



### Project Moon

The eco-friendly, bio degradable sanitary pad manufacturing project of Punarnava Ayurveda Trust is going on well with the support of many well wishers. We are happy to inform that since January 2019, we are supplying sanitary pads free of cost to 200 girls studying in Pichanur High school, Coimbatore, which is near Vaidyagrama.

An enjoyable day was spent with the girls of Pichanur High school, sharing about womanhood and Project Moon. We are committed to giving the girls our eco-friendly, bio-degradable sanitary pads every month.

This meeting with the school girls will be a monthly event where we will share the information about the woman's cycle, specifically how and why it happens. The girls were so grateful because they told us that they didn't know why periods came. Next month, we are planning a class on "Good touch Bad Touch", which will be attended by both the girls and boys.



#### 4th March – Mahasivarathri.

**Mahasivarathri pooja and Rudrabhishegam at our healing village.** Mahasivaratri at Vaidyagrama was celebrated by remembering Shiva and chanting prayers, [fasting](#), and meditating and performing Rudrabhishekam to Narmadeswar ji. (the shivalinga in Brahmakamalam hall) Rudrabhishekam was performed by our priest Anandramji. Rudrabhishekam is chanting of Sri Rudram and performing abhishekam to lord Narmadeswar.



### March 2019 Nivrittigrama House # 5 Completion

We are very happy to announce that Nivrittigrama House #5 has been completed and is ready for occupants! We are currently working on the final touches of House #6 for completion!



### Project Annam Photo Highlights

Project Annam is a community initiative by Punarnava Community which feeds 100 old, destitute and needy villagers daily from 12 villages near Coimbatore, India.



### Vaidyagrama group dinners

All the enthusiastic guests of Vaidyagrama participate in the weekly group dinner program, and after dinner take part in the cultural programs. It is an evening of camaraderie and gaiety Where guests from all over the world become friends sometimes for life.

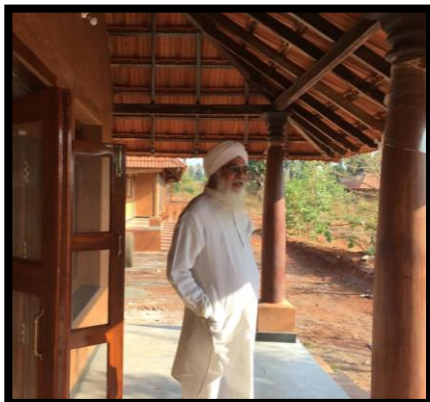




### Patient Tree Plantation Highlights



**A Holy visit -Sant Baba Ram Singh ji Maharaj** of Som Ajaib Kirpa Ashram, Guddella Post, Anantpur District, Andhrapradesh, India visited Vaidyagrama and spent time in Acharya Nivas. Babaji gave a beautiful satsang at Vaidyagrama on 22<sup>nd</sup> March 2019. He spoke about the Atma ( soul) and Paramatma and how to see God in every human being within whose body God resides. He also explained how to do meditation during the early morning hours ( Brahma Muhurta) to realize God.



### **Ayurveda Learning by Chinese students**

9 Students from China and a translator came to Vaidyagrama for learning basic Ayurveda. The students learnt about making oils and kashayam along with the basic theory and practice of Ayurveda. They were very much interested in knowing about the trust activities and also about the new Karma yoga program.



**Maldives Her Excellency Aishath Mohamed Didi, Ambassador of Maldives in India and the Minister Counsellor from the Embassy of Maldives Ms Fathimath Shafeega** visited Vaidyagrama, to understand Ayurveda and to associate with Vaidyagrama, and send patients needing Ayurveda Care from the Maldives.





## Ayurveda Corner

### Ghee Recipe - *Makes about 1 cup of ghee*

#### Ingredients:

- 2 cups of unsalted butter

**Method of preparation:** Put the butter on a medium heat in a medium sized heavy bottomed pan. When the butter begins to melt, reduce the heat to simmer. After 15 minutes or so, the butter will foam and sputter for a while and then begin to quieten down. Stir it occasionally. It will then begin to smell like popcorn and become a golden colour. Whitish curds will begin to form on the bottom of the pot. When these whitish curds turn a light tan colour, the ghee is ready. Take it off the heat immediately, as the ghee is likely to burn at this stage. Burnt ghee has a nutty smell and a dull, slightly brownish colour.

Let the ghee cool until warm but still liquid. Pour the ghee through a fine sieve or layers of muslin cloth into a glass container with a tight lid. Discard the solids at the bottom of the saucepan.

Ghee does not need refrigeration. Don't ladle out the ghee with a wet spoon or allow any water to get into the container, as this could encourage bacteria and spoil the ghee. Ghee can be kept for a year without spoiling provided it is stored as described.

Once you become familiar with the cooking process, you can make large amounts at a time.

#### Notes:

Ghee can last a year or more without refrigeration

#### Special properties:

Ghee is one of the most nutritive substances on earth and provides instant vitality to those who have a good digestive capacity. One or two spoonfuls can be taken by those who have a good digestive fire.



### **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 after the first year. 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)
- **Community Natural Farming** by donating USD 100/- providing livelihood for families
- Sponsor a child at **Balagrama** – USD 600 ( Rs 36000/-)
- Sponsor **Sanitary pads for the villagers** Rs 500 for 15 packets of 7 each of eco friendly biodegradable, ultrathin –VAIDYA, brand Sanitary pads.
- Monthly free **Medical Camp** (USD 250- Rs 12000/-)
- Monthly free Community Lunch for 300 villagers- USD 400/- Rs 24000/-
- Eye Camp for 150 elderlies - Rs 26000/- (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](http://www.punarnavacommunity.org), **Vaidyagrama community group** on Facebook

## How to donate (at [www.punarnavacommunity.org](http://www.punarnavacommunity.org))

### For Indian Donors: -

Our Bank details are  
Punarnava Ayurveda Trust  
Bank of India, R N Puram branch Coimbatore  
Account number 815020110000802  
IFSC code- BKID0008150

### 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](http://www.TD.com)  
Address: 235 Alewife Brook Parkway, Cambridge, MA. USA  
A/c Name: **Punarnava Healing Community, Inc**  
Routing No: [211370545](http://www.fedresnet.org/routing/211370545)  
A/C No: [8254821090](http://www.fedresnet.org/routing/8254821090)  
SWIFT/BIC-TDOMCATTOR

**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 80 G of the Income Tax act.**

### You can reach us at:

Punarnava Ayurveda Trust  
A-21 Parsn Galaxy  
Nanjundapuram Road  
Coimbatore 641036  
Phone: +919047817525  
Email: [trust@punarnava.org](mailto:trust@punarnava.org)  
Website: [www.punarnava.org](http://www.punarnava.org)

