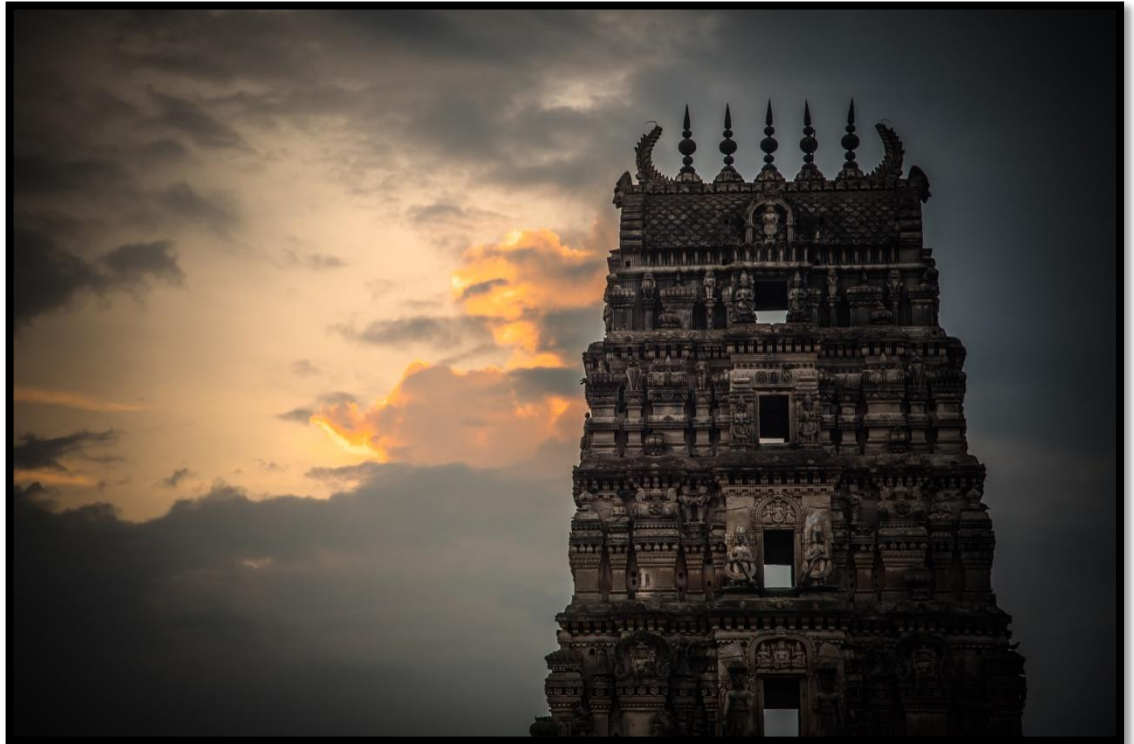


# Punarnava Family Newsletter

October 2019 | Volume 7, Issue 2

## Our Vision:

Live Simple  
Live Well  
Live Healthy  
Live Happy



## Heart of Healing Retreat:

An Exploration of Sacred India

Tamil Nadu, Oct. 18-28, 2019

*You are invited to join a special fundraising retreat ~ 100% of the profits will go to support the charity activities around Vaidyagrama*

*Join astrologer Emily Glaser, yoga teacher Ivy Ingram, and Vaidyagrama co-founder Ramkumar, for this rare exploration of south Indian sacred sites. Every day will feature educational discussions and *satsang*, and in-depth teachings on the human capacity to heal, optional yoga and meditation sessions. From our base at a lively retreat center, we will*

- Explore ancient *navagraha* temples and learn about traditions to honor prominent deities including the 9 planets of *Jyotisha*, the ancient Indian astrology system
- Expand your understanding of the healing process and how to support your own vibrant health through discussions with Ayurveda physician Dr Ramkumar
- Relax and rejuvenate in beautiful surroundings with delicious organic meals in an eco-conscious retreat center with restored turn-of-the-century villas

We would love to have you join us for this unique opportunity! For more information and to register, visit [www.heartofhealingretreat.com](http://www.heartofhealingretreat.com).

## Ayurveda Wisdom

*Why does Ayurveda speak about the importance of spirituality and the strength of faith in the healing process? What effect does Ayurveda have on a spiritual level?*

Ayurveda is a holistic system and, according to her ancient principles, 'faith' is fundamental to the healing process. For this reason the concept of a family physician is very important. Once one has developed trust and confidence in one's physician, and developed total faith in his/her healing capacity, then the treatment works better and faster.

In describing the qualities of the ideal patient, Ayurveda clearly states that one who follows all the instructions of the physician for the prescribed period, without hesitation, is the ideal patient or "Bhishakvashya".

In this way, at the same time as providing treatment for the body and mind, Ayurveda nourishes the soul. Then healing process becomes truly complete. It does not matter what spiritual path one has adopted as long as the individual is attuned to the spirit. Becoming spiritual is also a means of calming the agitated or indolent mind and bringing mental peace, which in itself contributes to the physical health of the individual

.Source- [www.vaidyagrama.com](http://www.vaidyagrama.com)

**Ritu Charya**-Ritu, or season, is classified by its different characteristics, and expresses these different characteristics in the environment and as well as in the body. "Ritu" literally means 'to go'.

In Ayurveda the year is divided into two periods or Ayanas (Solistices), depending on the direction of movement of Sun; Uttarayana or Northern Solistice and Dakshinayana or Southern Solistice. A year consists of 6 seasons, namely Shishira (Winter), Vasanta (Spring) and Grishma (Summer) in Uttarayana and in Dakshinayan there is Varsha (Monsoon), Sharat (Autumn) and Hemanta (Late Autumn). At present we are experiencing Sharat Rthu (Mid-September to Mid-November). During this time, the Sun is bright, the sky remains clear and the earth is covered with wet mud. The predominant Rasa is Lavana (Salty) and the predominant Mahabhutas are Apa (Jala) and Agni (Fire). The strength of a person is medium. The pacification of Vata Dosha and vitiation of Pitta Dosha takes place in this season, and the activity of Agni increases.

### Diet and Regimen

In Sharat Rthu, foods having sweet, bitter taste, and that are light to digest and have cold properties are recommended. Food items such as fats, oils, meat of aquatic animals, and curd are to be avoided.

### Lifestyle

One should take water purified by the rays of the Sun during the day time and rays of Moon during night time; this applies to both drinking and bathing etc. Applying paste of chandan on body is advised. Medical procedures such as Virechana (Purgation), Rakthamokshana (Bloodletting) etc should be done.

## Trust Activities- July to September 2019

### Celebrating the Independence Day – 15 Aug 2019

We hoisted our Indian Tricolour at Balagrama on Independence Day. The Chief Guest of the function was Dr Mala Kapadia, the first resident of Nivrttigrama. She spoke to the boys at length, asking them to think about one thing they each can do to make a difference to themselves, to Balagrama and also to the country.

Every year, along with the Independence Day celebrations, there is a tradition of congratulating the high achievers in school and colleges. This year our Balagrama student, P Shaktivel, won the award for high marks in Class X exams, which were conducted in March 2019.



### Ganesh Chaturti Celebrations- 2 Sept 2019

Lord Ganesha visits Vaidyagrama and Balagrama every year. Our Balagrama boys made their own Ganeshas with the mud from their doorstep. Beautiful Ganeshas emerged from their skilful hands. They worshipped the idols for 10 days before immersing them in the local stream.



*Vaidyagrama Ganesha*



*Balagrama Ganesha*

### **Onam Celebration - Sept 3 - 11, 2019**

Onam is the harvest festival of Kerala. Each year the festival brings happiness, team spirit and camaraderie to the staff of Vaidyagrama. They vie with each other to show off their talents in flower designs adorning the front of their blocks in Vaidyagrama. There are lot of flowers in the grounds of Vaidyagrama, but for their enhanced artistry they needed more and got them from wherever they were available, either for purchase or for free. Such was the enthusiasm that it spread to the kitchen too, and the kitchen staff got together and made a beautiful design in front of the staff dining room.



### **Sarpabali - 15 Sept 2019**

Sarpabali is a Puja offering our respects to nature and all life forms in nature.

The message of Sarpa dosha is that man must become aware of the harm he is doing to the earth and the environment. Every time one spits on the earth or makes the ground unclean or digs the earth, for whatever reason, an offering of apology for so doing should be made. Abuse of earth and dumping waste on usable areas of earth and waterways also invite the wrath of Earth by means of Sarpa dosha.



### **Medical Camp at Palani**

Anadi Foundation in Palani invited us to conduct an Ayurveda Medical camp for their villagers. We decided that every second Sunday of the month, Punarnava doctors will go to Palani to help in Medical camp. Dr Vasudevan and Mr Ramesh Menon attended the first and the second camps.





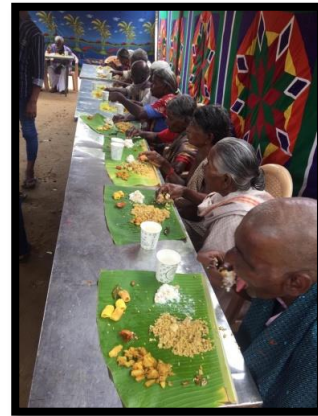
### **Project Moon- Update**

On Aug 30th, 2019, we distributed 'Vaidya' brand sanitary pads to 200 girls of Pichanur high school. Dr Kalpana Sampath, Director of Punarnava Ayurveda interacted with the children, helped them to understand the need for setting a goal in life and how to go on working towards it.



### **Eye camp at Thirumalayampalayam Panchayat office September 1<sup>st</sup>, 2019**

In collaboration with Aravind Eye Hospital, Punarnava Ayurveda Trust conducted a free eye camp for the villagers of Thirumalayampalayam panchayat. Over 100 villagers were screened for cataracts, and 13 patients were selected to undergo cataract surgery. A free Ayurveda medical camp and community lunch was arranged on the same day for the villagers.



### **Yoga classes at Balagrama**

Balagrama boys are receiving thorough instruction in Yoga, thanks to our Karmayogi, Ms Shanna Dadisman (Tarini), who is now residing in Balagrama as a volunteer. She is teaching the children theory and practice of Hatha yoga and meditation.



### **Dengue Prevention drive by Punarnava community.**

Dengue is a dreadful disease spread by mosquitoes. Coimbatore Corporation is doing an excellent job of preventing this disease by distributing Nilavembu Kashayam to the villagers. Punarnava Community sponsored the kashayam, and managed the distribution of it.



## Ayurveda Cooking Corner

### Wheat Pancakes

Basic recipe, Variation of Herbs & Spices

By Renu Gulati



#### Ingredients:

Servings: 3-4 pancakes

- 1 cup of whole wheat or chapatti flour
- $\frac{3}{4}$  cup of water
- pinch of salt
- pinch of black pepper
- A small handful of finely chopped herbs, eg. Coriander, mint, parsley, chives, etc.
- $\frac{1}{4}$  tsp carom
- $\frac{1}{2}$  tsp. of finely grated ginger
- 4 tablespoons of cold pressed oil

**Method of preparation:** Put the flour into a bowl. Pour a little water at a time and mix well into a paste-like consistency. Keep adding a little water at a time until the mixture resembles a thick batter. The batter should not be too thick or too thin. Once the batter is ready, add the herbs and salt (Herbs are optional and not necessary if you want a sweet pancake)

Put the griddle on a medium heat. When warm, put a tablespoon of oil on it and spread all over the griddle with a wooden spatula.



Once the oil has been spread, take a large spoonful of the batter and pour into the centre of the griddle. Spread the batter outwards from the centre with a large spoon or ladle using light circular strokes. After a minute or two, pour some oil on the top and edges of the pancake. When bubbles appear start to loosen the pancake with a spatula and flip it over. One side should be nice and brown. Cook the remaining side for a few more minutes then remove from the griddle. Serve hot off the stove or wrap in a cloth and put into an insulated box

### Other Pancake variations



Follow the procedure above

**Mung Dahl** – grind yellow mung dahl into a thick smooth paste and then add water till pancake consistency has been obtained.

**Chickpea flour** – same procedure as wheat pancakes but do add the herbs and spices as well as a ¼ tsp hing and ¼ tsp carom as chickpeas can cause bloating.

**Brown/white Rice pancake** – same as mung dahl and chickpea pancakes

Variation of herbs and spices

**These can be varied according to seasonal availability**

**For a sweet pancake** – use rice or wheat and top with maple syrup or other sweetener (apart from honey) before serving

Experiment with other grains such as quinoa and millet and oats



### **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 including a girl’s home and women empowerment programs.**

Your Annual Subscription entitles you for a **10% discount** on stays from the second year of membership, for treatment at Vaidyagrama between the months of April and August. 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: -

- **Project Annam- daily meal to abandoned elderly** Rs 2500/- (USD 50/- or Euro 40/-)
- **Community Natural Farming** by donating USD 108/- providing livelihood for families
- Monthly free **Medical Camp** (and feed an entire village) USD 250/-
- Community lunch- monthly first Saturday for 250 villagers – USD 250/-
- Eye Camp for cataract surgery and related ailments of eye- Rs 37000/- (USD 500/-) half yearly.
- Sponsor a child in Balagrama (totally 16 boys) for INR 36000/-(USD 600) Annually INR 3000/-(USD 50) monthly for all their expenses including studies.
- 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  
Bank of India, R N Puram Branch  
Punarnava Ayurveda Trust, Coimbatore  
Current ac 815020110000802, IFSC- 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 for fund transfer from USA

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.fedreserve.gov), A/C No: [8254821090](http://www.fedreserve.gov)  
SWIFT/BIC-T D O M C A T T T O R

### Fund transfer to US Bank ac of Punarnava Healing Community Inc, from any where else in the world.

Checking account -8254821090, Ac name- Punarnava Healing Community Inc.  
Bank routing # 031-101-266, Swift-NRTHUS33XXX

**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:

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