

Our Vision:

Live Simple
Live Well
Live Healthy
Live Happy

The Eternal Principle of Dharma

Dharma is our rightful place in the cosmic process, in time, in space, in awareness, in thought, deed and desire. The principle of Dharma determines the harmonious functioning of the cosmic machine. In order that we fulfill our role in the divine order, we must act (behave) within our rightful place. We should aspire to do the right thing, at the right time, in the right way and for the right reason, thereby attaining balance. In order to maintain that balance within ourselves, it is necessary to ensure not only our own welfare, but the welfare of our society. This further opens up the path prepared for us by the Divine.

For example, a yogi was performing his regular routine of taking a bath in the river while his followers waited for him on the shore. When the yogi noticed a fallen scorpion in the water, he immediately picked it up. In spite of being bitten, and the intense pain of the sting, the yogi waded through the water towards the shore and released the scorpion. His followers watched, surprised at his determination to help the scorpion.

The confused followers rushed to the struggling yogi, only to see a smile of contentment on his face. Asked how he could still smile after almost being killed by the very scorpion he had rescued, the yogi responded that the scorpion was only following its dharma, or nature, which is to sting. The dharma of a yogi, which was to preserve life, was likewise followed.

Dharma is a natural instinct in all of us; at a subconscious level, it stimulates our actions and is the latent aspect of our destined existence.

Article from www.punarnava.org

Important Update about the Forest Dweller Retreat 2021



We wish to give you an update about the Forest Dweller Retreat with Dr Robert Svoboda, Dr Claudia Welch, Ms Rose Baudin and Dr Ramkumar, scheduled to take place at Vaidyagrama from October 28, 2021 to November 01, 2021.

Due to continuing global travel restrictions, and in order to ensure the health and safety of any participants, Robert, Claudia and Rose collectively feel it is best to postpone the retreat by one year. This retreat will therefore take place December 01 - 05, 2022.

Trikala Puja – 1st January 2021



Trikala indicates dawn, noon and dusk; Trikala **Puja** is therefore performed at these three times during the day. In this **puja** we worship Devi at all three times. At Vaidyagrama, Trikala Puja is celebrated every year on 1st January. This year, Priest Shri Govindji performed the puja, early morning, mid-morning and early evening. Prayers were offered for the welfare of all on New Year's Day.

Sarpabali - January 20, 2021



Every year on January 20th, Sarpabali is conducted at Vaidyagrama. Priest Krishnan Namboodiri performs the ritual, as he does every year, accompanied by music. Innumerable lighted mud lamps, in the shape of a sarpa (or snake) are placed around a beautiful mandala. The Priest offers prayers to the living beings on earth, from whom we have taken land for our human needs. On this day, through the medium of Sarpabali, permission is sought from the living beings

Sarpabali is one of the remedies for Sarpa Dosha. 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 without offering apologies for doing so, one is inviting the curse of snakes. Abuse of the earth and dumping waste on usable areas of earth and waterways also invites the wrath of Earth through the vehicle of Sarpa Dosha.

Pongal celebration at Vaidyagrama



On January 15th every year, Pongal is celebrated at Vaidyagrama. Sweet Pongal is prepared in a pot, amidst prayers by Punarnava's Priest Damodaran Iyer and the pious elder staff of Vaidyagrama. They also sing songs. The cows from Lakshmigramma are brought to Mandapam, and puja is performed for the cows. Prasadam is offered to all. Meanwhile, at Lakshmigramma itself, puja is also performed for all the other cows.

This year a luncheon feast was offered to all staff, sponsored by Dr Ramadas, as it was Rithuparna and Manu's birthday

Pongal Celebration at Balagrama



At Balagrama Pongal was celebrated on 14 January 2021. The Balagrama boys dressed in traditional attire of dhoti and shirt. Sweet Pongal was prepared and was offered to the Sun God by our elder Trust staff Shri Thangavelu.

Project Annam - Daily Meal for 150 elderly villagers



Since 2015, Project Annam has been offering a mid-day meal to 150 elderly villagers living in the nearby districts of Thirumalayampalayam Panchayat and Pichanur Panchayat. The elders have no other livelihood and are solely dependent on the meal to sustain themselves. One Kind Act (a UK charity) has been supporting Project Annam for the past 4 years. Many of our friends and well-wishers also contribute towards the meal on their own special days. We are thankful to all our patrons for this support, which helps the elders to live with dignity. Since April 2020, besides the food, we have been offering immunity building medicines to all the villagers.

Balagrama Boys



Online classes, Sanskrit classes, Kalari (the martial art form of Kerala), Yoga, and Prayer keep the boys engaged all day at Balagrama. Shri Ramakrishnan ji taught the boys the art of making garlands for the deity, using banana fibre.

Republic day celebration at Balagrama - January 26, 2021



Republic Day was celebrated at Balagrama by the hoisting of the Indian National Flag. The message for the boys was to be aware of their surroundings, to keep them clean, to help the animals in their midst, and the people living in their community.

Kashayam Making Class



The doctors at Vaidyagrama conduct various classes during the evening hours for the benefit of the patients. Cooking classes, Kashayam-making classes, garden walks, and Ayurveda satsangs all keep the patients engaged during the afternoons, in addition to helping them to understand how to live the Ayurveda way.

Natural Farming at Vaidyagrama



Covid 19 has taught us many lessons! Today most of the land at Vaidyagrama is given over to growing organic vegetables, which are used in house for patients and staff. Vegetables are also grown at Balagrama, and on other Trust Lands, meaning that we are 90% self-sustainable in vegetables in our Trust kitchen. This is a crucial 'landmark' for the Trust.

Ayurveda Cooking Corner

Poha (Flattened Rice)



Servings: 2-3

Preparation time: 8-10 mins

Ingredients

- 2 cups of poha
- 2 tbsp ghee
- 1/2 tsp of mustard seeds
- 5 -10 curry leaves
- 1/2 tsp rock salt
- 1 tsp of chopped coriander leaves
- 1 cup mixed seasonal vegetables

Method of preparation:

Step 1: Wash the poha in room temperature water and then drain the water. Let it sit for about 10 mins if using red poha and about 3- 5 mins for white poha.

Step 2: In a heavy-bottomed pan heat some coconut oil.

Step 3: Once hot, add mustard seeds, rock salt and curry leaves. Fry until the mustard seeds have popped.

Step 4: Add poha to the pan with the oil and spices for about 2-3 mins mixing constantly to prevent sticking. Remove from the heat and stir through the coriander leaves.

Variations:

For vegetable poha, wash and chop 1/4 cup of carrots and 1/4 cup of string beans. After adding the mustard seeds and curry leaves to the pan, fry for 1 min and then add the vegetables and salt. Fry for about 5 min, until the vegetables are a little soft. Add the soaked poha.

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 after completing one year of membership, for treatment at Vaidyagrama between the months of April and October. 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 150 elderlies - Rs 31500/- (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

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,

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)

SWIFT/BIC-T D O M C A T T O R

Fund transfer to US Bank ac of Punarnava Healing Community Inc, from anywhere 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.

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