

**Our Vision:**  
Live Simple  
Live Well  
Live Healthy  
Live Happy

## SACRIFICE - yajnA or tyAga

According to the Vedas, sacrifice is an important aspect of life and living. The Vedic definition is, however, not sacrifice as is commonly understood today.

Sacrifice today is primarily understood as “sacrifice for a cause” or “sacrifice for somebody else”, for example, in “sacrificing happiness”. This definition implies that we are reluctantly (or not reluctantly) giving up our material comforts or happiness for the sake of others. In this context, the word sacrifice is applied loosely to everyday situations; a mother may talk about “sacrificing for her children”, or a spouse may refer to “sacrificing for the family”, and so on.

In the context of the scriptures, sacrifice is symbolised by the two Sanskrit words) – TyAga and yajnA. While much can be said about these two words, we can simply understand them as “sacrificing one’s ego” or “sacrificing attachment to the senses” or “giving up the sense of I, Me, Mine, Myself”. All this is done in the pursuit of one’s own mokSa, or liberation. A yajnA is the technique, a means whereby one achieves detachment from the ego, and as a result becomes one with the universe. A yajnA literally means “to give” and consequently “to unite” and thus to attain the ‘realisation’ that ‘the individual one’ is a strand in the web of Life, which itself is a continuous flow of consciousness.

tyAga means relinquishing the fruits of action. It means dropping the anxiety for the acquisition and enjoyment of the fruits of action, even while doing the action. Desire prompts us all into action. We are not asked to give up the fruits of action; asking this would be going against the Law of Karma. According to the Law of Karma, each action will bear out its own reward or punishment. All we have to give up is the anxiety for the fruits of action, because not doing so robs us of the joy of the action itself by keeping the mind focused in the future, on the results. ‘sacrificing’ the anxiety keeps the mind calm and composed. (Source-www.punarnava.org)

## Ayurveda educational programs

Astanga Hridayam- Weekly online class with Acharya Ramadas

<https://ayurvedaeducation.org/astanga-hridayam/>

Join Ayurveda Vaidya A R Ramadas, one of our Medical Directors and co-founders of Vaidyagrama Ayurveda Healing village, for an in depth exploration of the vast wisdom of Ayurveda, as recorded in the Aṣṭāṅga Hṛdayam of Vagbhata. Join us Tuesdays for an in-depth discussion of a number of Sutras. Dr. Ramadas will translate line by line to draw out the full meaning of the Sanskrit and apply it to current practice.

Drawing on his decades of experience in caring for patients and his classical education and training, Dr Ramadas will share his unique insight on this ancient text.

### **Tuesdays Weekly**

7:15-8:30am PDT USA / 10:15-11:30am EDT USA / 2:15-3:30pm GMT / 7:45-9pm India Time

**Time Zone Converter:** <https://www.timeanddate.com/worldclock/converter.html>

All classes will be video recorded and access to past recordings will be provided while currently enrolled and subscribed.

## **Navigate the vanaprastha stage of life**

A Retreat. Visit [www.ayurvedaconference.com](http://www.ayurvedaconference.com)

**Understand and appreciate Vanaprastha, the third of four stages (asrama) of life, occurring at roughly fifty years of age when one begins to turn attention from an outward focus on worldly affairs to a nurturing of inner experience.**

- Smooth the transition between the first and the second halves of life
- Navigate Vanaprastha consciously and gracefully
- Begin to prioritize internal realities over external ones
- Understand the unique challenges that different genders encounter and cope with during Vanaprastha
- Learn through yoga and other remedial measures to support, strengthen, and nourish our senses as we age
- Share this awareness and experience with your loved ones, patients and students
- Explore the richness, complexities challenges, and potentials of this stage, to support and inspire younger people
- Included are two warm massage treatments
- Limited to 125 guests enabling personal interaction in discussions
- Keep eyes, ears, nose, skin, mouth, and the five elements balanced and healthy as we age



**Dr. Robert Svobodha | Dr. Claudia Welch | Dr. Rose Baudin | Dr. Ram Kumar**

Register at [www.ayurvedaconference.com](http://www.ayurvedaconference.com)

Contact Ms. Geetha Mohandas: [geetha@ayurvedaconference.com](mailto:geetha@ayurvedaconference.com)

**Jan 1<sup>st</sup>, 2022**

**New Year Celebration**

**Trikala Puja at Vaidyagrama**

On 1<sup>st</sup> of January 2022, a Trikala Puja (worship at dawn, noon and sunset) and Ganapati Homam (Fire sacrifice to Ganesha) was performed at Vaidyagrama.



**Jan 8<sup>th</sup>, 2022**

**Foundation Day at Punarnava Head Office**

Dhanwantari Homam and Puja were performed at the Dhanwantari Shrine at Punarnava head office on the morning of Jan 8<sup>th</sup>, 2022. Our priest, Damodaranji, conducted the ceremony at Vaidyagrama, and the Foundation Day was duly celebrated by distributing sweets to all.



Jan 15<sup>th</sup>, 2022

### Pongal Celebration at Vaidyagrama

This year, a low-key Pongal celebration was held at Vaidyagrama on 15 January 2022 because of the covid protocol. A new born calf was brought to Mandapam for the puja. Pongal was made in the earthen pot amidst prayers under the guidance of our priest Damadaran ji. Sweet Pongal was distributed to all.



Jan 20<sup>th</sup>, 2022

### Sarpabali at Vaidyagrama

Every year on January 20th, Sarpabali is conducted at Vaidyagrama. This year Priest Krishnan Namboodiri performed the ritual, accompanied by offering of music by Shri Ramdas Master, on Edakka (The idakka (Malayalam: ഇടയ്ക്ക, literally, in the middle), also spelt edaykka/edakka, is **an hourglass-shaped drum from Kerala** in south India. Innumerable lighted mud lamps, in the shape of a sarpa (or snake) are placed around a beautiful mandala. On this day, through the medium of Sarpabali, permission is sought from the beings in nature, for occupying their land for our use.

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.



### Natural farming

Natural farming recognises soil as a fundamental natural asset. Ancient soils possess physical and chemical attributes which render them capable of generating and supporting abundant life. At Vaidyagrama, Mr Sanjeev and team practice natural farming techniques, using bio fertilisers and bio-pesticides derived from cow dung, cow urine, ash, and employing the micro-organisms found in over ripe fruits etc.



### Project Annam

Initiated in January of 2015, Project Annam caters to 150 recipients who are needy, old and have been abandoned by their families. They live in encroached land in the villages, in small huts, some even dwelling outside shops as they have no home or family to call their own. The Punarnava Trust team commences work in the kitchen work at 6 am daily, finishing by 10.30 am. Another team carries the food to the villagers and serves them with loving care. For many, this is the only meal they enjoy daily.



## Silambam Camp

Ms Pavithra who is a national and an International Silambam champion, offered to conduct a Silambam camp to Balagrama boys during the Christmas holidays. The boys and girls of Balagrama and Vaidyagrama, enjoyed learning the martial art form. The practice continues after the holidays in the new year during the weekends.

**Silambam** is a weapon-based [Indian martial art](#) originating in South India. Silambam has been practiced since at least the 4th century BC. The first stages of Silambam practice are meant to provide a foundation for fighting, beginning with preparatory body conditioning. This includes improving flexibility, agility, and hand-eye coordination, kinaesthetic awareness, balance, strength, and speed, muscular and cardiovascular stamina



## Dignitaries Visit

Visit of Mohanji, at Vaidyagrama on 9<sup>th</sup> Jan 2022.

Mohanji is a philanthropist and a humanitarian. He is the founder of [Ammucare](#), [ACT Foundation](#), Mohanji Foundation, [Himalayan School of Traditional Yoga, Dance, Language Martial Arts](#) and [World Consciousness Alliance](#). He has dedicated his life to serving the world. He is a lover of humanity, believing humanity to be the best religion for humans. By this is meant humanity beyond all man-made barriers such as caste, colour, creed, nationality and culture. His love extends to all the beings on earth and he walks the path of *ahimsa* (non-violence) in thought, word and action. He is driven by the conviction that we should all leave the earth a better place after having lived on it.



### **Vaidya Products- Dhoop sticks for warding off mosquitoes**

At Vaidyagrama, dhoop sticks are made using dried cowdung mixed with over 20 different herbs. They are then filled in moulds and taken out and placed in sunlight to dry. Once dried they are packed. The dhoop sticks are lighted and the fragrant smoke that comes out of the burning sticks wards off mosquitoes. They also have antiviral properties. It is beneficial to light the dhoop sticks at home during the Covid times.



### **Ayurveda Cooking Corner**

#### **Sweet Aval/Rice Flakes (Aval Vilayichathu)**



#### **Ingredients**

- Aval/rice flakes/Poha – 2 cups
- Jaggery – 1 cup
- Cardamom powder – 1/2 tsp
- Black sesame seeds – 2 tbsp (optional)
- Roasted chana (peeled Chickpeas) – 2 tbsp (optional)
- Coconut cuts – 2 tbsp
- Ghee – 2 tsp
- Water

#### **Method of preparation**

**Step 1:** In a thick bottom pan, add jaggery and water, make jaggery syrup. Filter it to remove any dirt or stones.

**Step 2:** After filtering, heat the solution again in medium flame stirring frequently till the thread consistency is achieved

**Step 3:** Now add rice flakes to this and stir well on medium heat till everything coats nicely in the rice flakes. Add cardamom powder.

**Step 4:** Heat ghee in a pan and fry coconut cuts, roasted peeled chickpeas, and black sesame seeds. Add to the above aval/rice flakes mixture, mix well and serve.

### **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 3000/- (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](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: -

Name of the Bank- State Bank of India, Newdelhi Branch, FCRA Cell

Address- 4<sup>th</sup> Floor, 11, Sansad Marg, Newdelhi-110001, India

Account Name- Punarnava Ayurveda Trust, A21, Parsn Galaxy, Nanjundapuram Rd  
Coimbatore 641036, Current Account no- 40153136631, Swift- SBININBB104

Purpose Code- P1303

### 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.fedwire.com), A/C No: 8260692881

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 anywhere else in the world.

Checking account -8260692881, 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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