

## Our Vision:

Live Simple  
Live Well  
Live Healthy  
Live Happy

## Forest Dweller Retreat @ Vaidyagrama - Oct 28, 2021 - Nov 1, 2021



Vānaprastha is the third of the four stages (āśrama) of life, ideally occurring at roughly 50 years of age but often commencing later. It is the age and stage where one ideally begins to withdraw increasingly more attention from the worldly arena and its consuming affairs, and begins to prioritize inner realities over external ones. In the modern world much attention is given to the second āśrama—gr̥hastha or, “householder,” wherein we tend to focus on gathering houses, spouses, professional attainments and material goods. Though this emphasis on outer things can make it challenging to navigate vānaprastha āśrama consciously and gracefully, this third stage can be a rich and deeply meaningful and fulfilling time of life. In this retreat, we plan to explore the complexities, challenges, unrealized potential and richness of this stage, our intention being to support and inspire younger people to consider and possibly modify their life trajectories, and to assist those who are later in life to enjoy this valuable phase of their lives. We also intend to, through yoga and other remedial measures, support the health of the sense organs, which tend to do well with a bit of support in any, but especially this, stage of life.

Included in the cost of this retreat will be two abhyaṅga sessions (warm oil massage treatments) for each participant over the course of five days, to support soothing and calming the nervous system after travel, because it is such a remedial practice for any, but again especially this stage of life, and to help us all acclimate to our new environment.

### Facilitators:

Dr. Robert Svoboda & Dr. Claudia Welch plan to have a morning discourse and, together, with Dr. Ramkumar and Rose Baudin, facilitate group sessions in the afternoons.

The experienced doctors and staff of vaidyagrāma plan to support participants daily with remedies and practices for sense organ support.

Note: participants should plan to arrive at vaidyagrāma no later than 27 October, 2021 and depart no earlier than 02 November, 2021. It may also be desirable to plan to receive pañcakarma for some time before or following the retreat. To do so, you would contact the same people organizing the retreat.

Visit- [www.ayurvedaconference.com](http://www.ayurvedaconference.com) for more details about booking.

Contact details, Fees and early bird announcement will follow

Contact- [geetha@ayurvedaconference.com](mailto:geetha@ayurvedaconference.com) for more details.

**Ayurveda Education program @ Vaidyagrama with Ivy Ingram ji, Emily Glaser and Jennifer Ayre ji - July 16<sup>th</sup>, 2020 - Aug 27<sup>th</sup>, 2020**

A unique opportunity for students interested in authentic Ayurveda to engage in a multi-faceted learning experience right in the heart of India's village life. A Six week training program for Ayurveda Practitioners- July 16, 2020- Aug 27-2020 @ Vaidyagrama

To live and study with practicing physicians at Vaidyagrama, surrounded by nature in Ayurveda's homeland.

The Clinical Ayurveda Internship at *Vaidyagrama Healing Village* is an opportunity for advanced students of Ayurveda to immerse in a multi-faceted learning experience right in the heart of India's village life. You will spend 6 weeks living, learning, and practicing Ayurveda supported by a team of dedicated physicians, therapists and practitioners devoted to the heart and science of this ancient healing system.

Topics of study

Our Curriculum includes the following components:

1. Ancient Texts of Ayurveda – study of selected chapters from the Astanga Hrdayam
2. Patient care- Observation of physicians with residential panchakarma patients
3. Herbology
4. Medicine making
5. Basic panchakarma Theory and Therapies
6. Cooking for Health and Healing
7. Organic Gardening and Permaculture
8. Seva-Free Medical Camp, Community lunch, Daily meal program, Temple service and other service opportunities.

Please visit the website <https://ayurvedaeducation.org/portfolio/clinical-ayurveda-internship/> for more details.

Please write to [ivy@ivygram.com](mailto:ivy@ivygram.com) or [emily@emilyhealth.com](mailto:emily@emilyhealth.com)

**Jyotisha workshop @ Vaidyagrama with Margaret Mahan ji and Emily Glaser ji - Dec 4<sup>th</sup>, 2020 - Dec 24<sup>th</sup>, 2020**

1. Master the fundamental concepts of Jyotisha, preparing one to see the stories in the stars and find the meaning in the astrological charts of friends and family
2. Immerse in the legends of planets, imbibing the spirit of this mystical science along with the analytical components.
3. Acquire the basic competence in the language of jyotisha and gain mastery over the basic components of the birth chart.
4. Eat delicious vegetarian Ayurvedic meals designed to support a clear, Sattvic mind, surrounded by a community committed to authentic vedic teachings.
5. Enjoy down time for rest and visits to nearby temples, markets, tourist sites and shopping destinations. [Foundations in Jyotisha](#)

Please contact- [info@emilyhealth.com](mailto:info@emilyhealth.com) for more details.

**Prasooti Tantra - @ Vaidyagrama – Mar 2<sup>nd</sup>, 2020 – Mar 7<sup>th</sup>, 2020**

Prasooti Tantra- the course, is an attempt to understand the age old traditions of India, in the field of Prasooti, (pregnancy and child care) to practice as well as to keep the knowledge intact for the present and future generations. Ayurveda practitioners world over, and India are invited to attend the course which is being conducted for the first at vaidyagrama.

Anatomy and Physiology of Reproductive systems, Pre-pregnancy –preparing the body and mind, food and medicines during pregnancy, role of fathers, Care and conduct during pregnancy, pregnancy complications, month by month of growth of baby- embryology, garba sanskar, Sutika Paricharya, Navjat Sishu paricharya- new born baby care, breast feeding, Male and female fertility issues will be covered along with practicals

Please contact [trustee@punarnava.org](mailto:trustee@punarnava.org) for more details.

**Trust Activities - October to December 2019**

**Community Lunch and Free Ayurveda Medical camps at Thirumalayampalayama and at Palani every month.**

1. January 4/2020- Vazhukkal Devi temple
2. December 7/2019- Appachigoundenpathi
3. November-2/2019- Rangasamudram

Balagrama boys and the staff of Balagrama took active part in the preparation and distribution of food. They also helped the medical team in arranging the medicine and in their transport. The medical team were led by doctors from Vaidyagrama.



### **Trikala puja - January 1, 2020**

Every New Year day, at Vaidyagrama, Trikala puja is performed, wherein three pujas are performed at 3 kalas or during the morning, noon and night. The first puja is essentially good for curing problems related to health, the second puja for curing problems related to wealth and third puja is good for problems related to previous janma karma phala.



### **Project Moon - Women Empowerment**

Every month Punarnava Ayurveda Trust distributes free sanitary pads to high school girls. These pads are manufactured in-house by a group of 3 women, for the women. We invite sponsorships for supporting the distribution of pads. [www.punarnavacommunity.org](http://www.punarnavacommunity.org) for donations.





### Dinacharya– Shoucha Sunday at Balagrama

At Balagrama, the boys practice the ritual of Dinacharya on Sunday mornings. They cut neem twigs to brush their teeth, and use Sesame oil for oil pulling. Anu thailam is used for Nasyam and for Ear- Valiya velichenna is used.

The cleaning is done not only of the senses, and the body but also of the outside in the surroundings, and hence it is called shoucha Sundays.



### Eye camp at Thirumalayampalayam on 2<sup>nd</sup> Sept 2019 and Rangasamudram on 15<sup>th</sup> Dec 2019

Total Screened-200  
Cataract surgery advised-28  
Refractive error 51  
Prescribed spectacles 37  
Diabetes detected-2  
Glaucoma-1  
Orbit -1  
Neuro defects-1



**Navagraha – Samaaradhana (worship or propitiation of the diety in different ways) with mantra, music, flowers, fire sacrifice, pradakshina (circumabulation of the diety) offering water etc:**

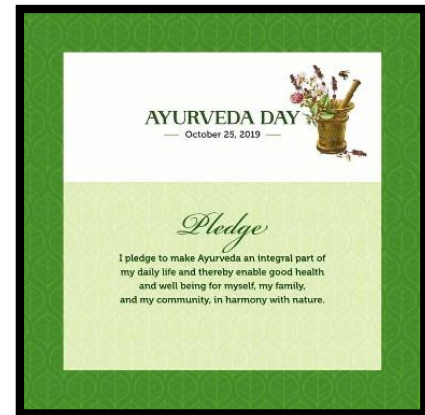
Samaaradhana is the concept of worshipping Mother Nature through the basic ideas of Jyothisha and Tantric puja. It was first performed at Vaidyagrama by Dr. Sridharan Nambudiri in 2014 during the preparatory pujas for the 2015 International Conference (supported by Shri Praveen Palakkol, Shri Girish and Shri Madhu). The Pujas were performed on the Padmams (drawings on floor with colours) which were created by Ramesh Nambudiri. Music in the form of Sopana Sangeetham was created by Shri Ramadas Poduval. The Navagraha Pujas were performed from November 3<sup>rd</sup> through 9<sup>th</sup>, 2019 at Vaidyagrama Ayurveda Healing village. Ganapati Homam was performed daily, followed by the Samaaradhana, or worship of the planet of the day. In the evening, puja for the Goddess (Devi) was performed along with the rendition of Lalitha Sahasranamam



**Dhanwantari Jayanti - October 25<sup>th</sup>, 2019**

Ayurveda Day Talk- Ayurveda in 2030.

Dr Mala Kapadiaji, Lorilee Gilmoreji and Andiyakkal Ramachandran Ramadas ji spoke about the need for following an Ayurveda way of life. Malaji Spoke about being “Swastha” means being rooted in self... She said the Ayurveda day Pledge of living in harmony with nature and living the Ayurveda way from now on, was already being followed in Vaidyagrama since past so many years. Lorilee ji said that if today we start the small children also to practice Ayurveda, in 2030 the generation next would be rooted in Ayurveda and would have a healthy life. Dr Ramadas wished that Ayurveda would be our religion in 2030. He said according to Ayurveda the disease in a body is due to - Desire, Envy, Hatred, Greed, competitiveness, Intoxication... if we conquer all the 6 negative qualities, we can conquer disease.



#### **Vaidyagrama Phase 2 Construction - Cluster 4**

ILLAM 10, ILLAM 11 AND ILLAM 12 were inaugurated and patients admitted to the new rooms. There is the new cluster 4 headed by Dr Harikumar, who is elevated as the Medical Director of Vaidyagrama and head of cluster 4. A pathway connecting the front office of Vaidyagrama to cluster 4 was made. We have started admitting patients in all the 12 rooms of cluster 4.

#### **Christmas and Pongal celebration, Narayaneeyam at Vaidyagrama**

At Vaidyagrama, all festivals are celebrated with much gaiety. Christmas was celebrated at Balagrama and at Vaidyagrama. At Vaidyagrama, a group dinner was arranged on December 25 and the patients had a grand celebration of the festival with Satvik food and good company. As has been done in the previous months and years, Narayaneeyam- healing prayer was recited every month at vaidyagrama, by the pious elder ladies from the city, who by their recital and bhakti filled vaidyagrama with healing energy. Pongal- Mattu Pongal, where we honor the cows, for their role in our lives of nurturing the humans with their milk and the earth with the cowdung and cow urine.







### **Lakshmi Grama**

A new team member Sanjeev has joined Punarnava and has considerable knowledge of cows and Natural farming. The team used aloe vera from our land to make deworming medicine for the cows. They also made Sanjeevani fertiliser with ash and cow urine and Jeevamritam-bio fertiliser for the plants with cow dung, cow urine and other herbs. The boys of Balagrama made Dhoop bathi (thick Incense sticks) for warding off mosquitos.



### **Outpatient Clinic at Rottigoundanur - December 2019 onwards.**

Punarnava Ayurveda Trust and Vaidyagrama Community Trust- have undertaken the work of operating a daily outpatient clinic at Rottigoundanur Village, from 5 Pm to 7 pm to be run by the doctors of Vaidyagrama. This is to help the villagers to get daily Ayurveda care at their doorstep.





## Ayurveda Cooking Corner

### UTTAPPAM (Lentil and Rice Pancake)



**Servings:** 20 uttapams

**Preparation time:** Soaking & grinding 24 hours

**Making time:** 40 mins

#### **Ingredients:**

- 2 cups of short grained idli rice/other short grained white rice
- ½ cup urad dahl(split or whole-husked)
- ½ tsp fenugreek seeds
- 2 tsp salt
- 2 tbsp of coconut oil

**Method of preparation:** Soak the rice and urad dal overnight for 5-6 hours along with fenugreek seeds in the same container. Blend the mixture by adding water until it's a smooth batter with a semi thick consistency. Add the salt. The uttapam can be prepared directly or within a few hours of blending the mixture, preferably before it is fermented. Heat a flat frying pan or dosa griddle (preferably made of cast iron) over a medium flame. Add a few drops of oil on the pan using a half cut piece of onion or potato or a folded piece of clean cloth and spread it using a big piece of onion or potato, or a folded piece of clean cloth. This process prevents the batter from sticking. Repeat this process before making each uttapam. Next, pour one ladle of batter and spread it in a round shape by gently rotating the ladle in clockwise or anti-clockwise direction (slightly thicker than dosa). Cook for 2-3 minutes until bottom surface turns light golden brown and the uttapam becomes loose on the pan. Turn the uttapam, and cook for another minute. Serve with coconut chutney and/or sambar.

**Variations:** After spreading the batter on the pan add a sprinkle of grated carrots, finely chopped onion, coriander leaves, tomato or other finely chopped herbs. Cook for 2-3 minutes, then flip the uttapam and cook the other side for one minute.

### **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](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.fedresnet.org/routing/211370545), A/C No: [8254821090](http://www.fedresnet.org/routing/8254821090)  
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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