

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

## GOOD NEWS FOR VAIDYAGRAMA!



## We have received our National Accreditation Board Certificate for Hospitals and Healthcare providers (NABH)!

### What is NABH?

The National Accreditation Board for Hospitals & Healthcare Providers (NABH) is a constituent board of Quality Council of India (QCI), set up to establish and operate accreditation programmes for healthcare organisations. Accreditation for a health care organisation guarantees that organisation's continuing commitment to quality care and ensures community confidence in the services provided by said health care organisation. It also allows the healthcare unit to benchmark itself against the best in its field.

### Benefits for Patients are Paramount

- Patients' rights are respected and protect.
- Accreditation results in high quality of care and patient safety.
- Patients are guaranteed care by certified medical staff and patient satisfaction is regularly evaluated.

### Benefits for Member Organisations

- Accreditation stimulates continuous improvement.
- It demonstrates commitment to quality care, patient safety and best clinical outcomes.

- It raises community confidence in the services provided by the health care organisation.
- It provides opportunity to the healthcare unit to benchmark with the best in the field.
- NABH status provides marketing advantages in a competitive health care environment.
- HCO standards certificate gives an international recognition, promoting medical tourism.
- Provides an objective system of empanelment by insurance and other third parties.

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

### Post Covid-19 care at Vaidyagrama

Vaidyagrama is providing post Covid 19 Ayurveda care for recovering patients. Hospitalised patients' symptoms linger for months. The most common lingering symptoms in post Covid-19 patients are shortness of breath, fatigue and sleep disorders. Additional lingering symptoms are loss of taste and smell, cognitive disorders such as loss of memory, difficulty concentrating, depression, anxiety, chest pain and fevers. Ayurveda can provide substantial relief from post Covid symptoms and at Vaidyagrama we are treating such patients very successfully.



### COVID relief to the community in the times of the second wave.

Thirumalayampalayam Panchayat, where Vaidyagrama is situated, has a total of 15 wards. The majority of the people in these wards are living well below the poverty line. The most vulnerable elderly villagers have been supported by the Trust for the last 6 years through Project Annam, the daily mid-day meal programme, which is supported by our well-wishers and friends. However, during the current crisis, the villagers have also needed Ayurveda medicines to improve their immunity. For the past 18 months, Punarnava Trust has been providing food and Ayurveda medicines to them. Thankfully, as a result the elders have remained fairly healthy. We have been delivering food provisions, since it has been difficult to reach them with cooked food during the lockdown.

## Food provision distribution



## Ayurveda medicine shadangam kashayam powder distribution to villagers.

1,000 families in Thirumalayamapalayam Panchayat were provided with Shadangam Kashayam Churnam packets to build immunity in the fight against the dreaded CoVid virus.



## Support to government departments working round the clock during CoVid

Providing refreshment to Coimbatore's CoVid Control Room

During a visit to Coimbatore Collectorate our advocate, Pradeep Kumar, was informed by the Deputy Collector Shri Muthuramalingam ji that our support was needed in the CoVid control room, which was manned 24 hours a day by 30 dedicated Covid workers. They needed to be given refreshments at different intervals during the 24 hours. We engaged Pandiyan to do this much needed work, and for the past 3 weeks the Trust has been helping the Collectorate in this way.



### **Support to Government Hospital providing PPE kits, oxygen masks, and pulse oximeters.**

Coimbatore Government hospital is administering to over 1,000 Covid patients on a daily basis. Due to the huge demand, necessary items like oxygen, PPE kits, pulse oxy meters, and oxygen masks are in short supply. Punarnava Ayurveda Trust arranged delivery of all the above, and donated the same to the Government Hospital in Coimbatore. Dr. Nirmala, M S, the Dean of Government Hospital, gratefully received the items from us.



### **Purchase of Oxygen Concentrator for the Community.**

One of the difficulties that chronic Corona virus patients suffer is due to pneumonia, as the virus affects the lungs. Breathlessness is one of the signs that immediate hospitalisation is required. Since the hospitals were full, patients needed to be given oxygen outside, in homes or makeshift camps. Punarnava Ayurveda Trust was able to procure an oxygen concentrator as well as oxygen cylinder for use in the community.





## Forest Dweller Retreat: December 1 – 5, 2022

### Navigating the Vānaprastha Stage of Life

*(This event was originally scheduled for October 2021 but has been postponed due to the uncertainty related to Covid 19 around travel in these times.)*

Vānaprastha is the third of the four stages (āśrama) of life. Ideally it commences at roughly 50 years of age, but often occurs later. It is the age and stage where one ideally begins to withdraw attention from the worldly arena and its consuming affairs, and begins to prioritise inner realities over external ones. In the modern world much attention is given to the second āśrama, gṛhastha or, “householder” stage, where focus is 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 time of life. In this retreat, we plan to explore the complexities, challenges, unrealised potential, and richness of Vanaprastha. The intention is to support and inspire younger people to consider, and possibly modify, their various life trajectories, and to assist those who are later in life to enjoy this valuable phase. We also intend, through yoga and other remedial measures, to support the health of the sense organs, which benefit from support in any stage, but especially in this final stage of life.

Included in the cost of this retreat are two *abhyāṅga* sessions (warm oil massage treatments) for each participant over the five days, to support soothing and calming the nervous system after travel and to help acclimatise to the post-travel new environment. Abhyanga is a huge remedial practice for any, but again especially this stage of life.

### Facilitators:

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

The experienced doctors and staff of Vaidyagrama plan to support participants daily with remedies and practices for sense organ support. To register please visit [www.ayurvedaconference.com](http://www.ayurvedaconference.com)

For further information, write to us at [geetha@ayurvedaconference.org](mailto:geetha@ayurvedaconference.org) or [trustee@punarnava.org](mailto:trustee@punarnava.org)

## Navajeevanam - Nurturing New Life

### Ongoing Pregnancy Care Programme by Vaidyagrama Doctors.

Navajeevanam is a month-on-month Ayurveda pregnancy care program for pregnant women, commencing from the first trimester and onwards, until delivery. The program offers consultation, awareness classes and awareness videos during the pregnancy period. The objective of the program is to encourage healthy pregnancy and motherhood, reduce the chances of complications related to pregnancy, and encourage a healthy way of living all through the pregnancy. The programme includes two online consultations with a dedicated Vaidya, who will guide the pregnant woman throughout the pregnancy, 2 satsangs with the group, Ayurveda cooking videos, yoga, mantra chanting etc. Prescribed medicines will be sent by courier each participant, as per the doctor's advice. Details on website link as below <https://punarnavacommunity.org/ayurveda-care-for-pregnant-women/#.YMG4HbUzY2w>

Please write to [healing@punarnava.org](mailto:healing@punarnava.org) for more details.

## Vaidyagrama and Punarnava Educational Programmes

### Kaumara Brithyam

Nurturing Children through Ayurveda.



This Ayurveda online training course was conducted from May 15 -19th, 2021. It was able to share the wisdom of child care in Ayurveda, by Vaidyagrama doctors, and was well received by the participants.

The recordings of all our online courses are available on our educational website [www.ayurvedaeducation.org](http://www.ayurvedaeducation.org)

See below some of the feedback received about the online class!

Especially LIKED:

1. Listening to such knowledgeable people. It increased my respect/faith for Ayurveda.
2. Maintaining time. I liked the way MC took care of it.

3. The breakout sessions with Dr Ardent meant we had time dedicated for our queries.
4. The general discussion session. I learnt so much from it both from other participants, the Vaidyas and also from the chats.
5. The topics chosen were very good and relevant. I attended specifically to prepare for my daughter's children.

### Janani – A 3-part online Ayurveda educational series

#### AYURVEDA CARE

Part 1 - During Pregnancy

Part 2 - Post Natal care

Part 3 - Preconception Care in Ayurveda

All 3 parts are viewed from the point of age-old methods of Prasooti by our elders. The aim is to bring back the knowledge and wisdom of our grandmothers and integrate it into today's lifestyle, to give birth to a healthy new generation.

#### Feedback from Participants

*We are very happy to share feedback from one of our Australian students of Janani 3, our online course on Pre-Conception Care!*

1. "Dream Team Vaidyagrama"
2. Thank you for amazing lectures! I am overwhelmed by the amount of detail and care which has been given to presentations. The standard was so good.
3. It will help me personally with health maintenance and assisting my clients and friends, who may be having conception problems.
4. Thanks for the team behind the scenes, IT/technical, kitchen staff, housekeeping, therapists and marketing staff/bookkeeping staff. That is the "dream team Vaidyagrama". Grateful for your initiatives, consistency, and innovations. "

### Balamritham 2021



## **A one day Ayurveda Summer camp for children**

25 children participated in the one-day program organised by Vaidyagrama. Our aim was to introduce them to Ayurveda in the Summer Camp.

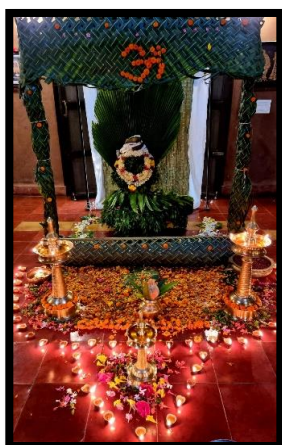
The program was coordinated by Dr Prameela and Dr Arun. The topics of the program included the following highlights: -

1. Satvritam- how to mould oneself the right way
2. Ayurveda Dinacharya (how to take care of the 5 senses)
3. Introduction to Yoga
4. Natural farming initiatives including making of seed balls.
5. Tour of Vaidyagrama and the community activities of the Trust

## **Chaitra Navarathri and Kanya Puja- April 13 to April 22, 2021**

Swami Samvidanand Saraswati ji of Kailas Math, Nasik, conducted the Chaitra Navaratri pujas at Vaidyagrama for 9 days, from April 13 to April 22, 2021. Every day at 3.30 pm Lalitha Saharasranama Archana was recited. As each of the 1,000 names of Devi were chanted, one fruit was offered by Swamiji for each name of the goddess; thus 1,000 fruits were offered for 9 days to Devi, along with other sweet offerings.

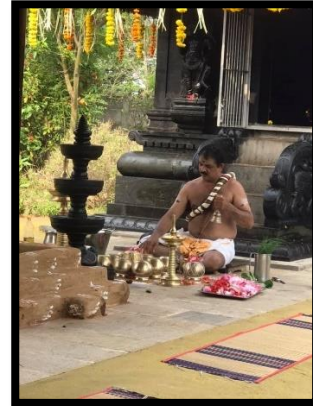
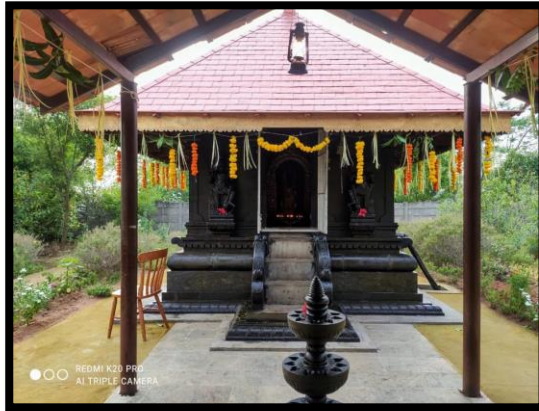
In the Hindu calendar, there are four Navaratri, which are celebrated in four seasons. Chaitra Navaratri comes in the season between March and April. Navaratri means Nine Days worship of Devi in her various forms. On the 8<sup>th</sup> and 9<sup>th</sup> day, Kanya (young girl-pre puberty) Puja is celebrated. On April 22, 2021, nine young girls were invited for the puja and they were worshipped as Devi. The 9<sup>th</sup> day was also celebrated as Rama Navami, or the birth of Lord Rama.



## **Dhanwantari Temple Annual celebration - 26 April 2021**

Every year, the anniversary of Dhanwantari Temple consecration is celebrated as the Annual Temple Festival. As always, this year the celebration started with Ganapathi homam at the temple, followed by the Kalasa puja. Nine brass pots were filled with water and prayers were conducted. The water from the pots, known as Kalasa, were used to bathe the idol during the Abhishekam. After the Abhishekam, the deity was decorated with ornaments and flowers and, amidst chanting, puja was performed. A special breakfast was organised for the staff and guests.





### **Lakshmigrāma, Panchagavyam, and products made out of Panchagavyam.**

Dr Saravanambikai is a traditional doctor of natural medicines, Marma and Ayurveda. She visited Vaidyagrama to teach Marma to our doctors and give treatments to some patients. She grew up in a Gurukula from the age of 7 and learnt traditional and natural medicines from her Guru. On a visit to Lakshmigrāma, she expressed her interest to make pure Panchagavya (which is used as medicine, fertilizer and also as pesticide). This is made from cow dung, cow urine, milk, ghee, curd from the Desi, or indigenous cows, mixed with over 50 different herbs. After one month she successfully prepared Panchagavya for use as internal medicines, as external application, and for use on cattle as well as for plants.

Along with pure Panchagavya, different Panchagavya products also were made by Dr Saravanambikai. She made Panchagavya lamps, which when lighted with ghee, burns itself and spreads fragrance. This is used as fumigation in the times of CoVid. The ash from the lamps can be used as vibhuti (holy ash), which has several medicinal properties and can be applied for skin ailments. She also made, hair shampoo, hair dye, dhoop sticks, Dhuma panavathy (this was like a wick which when lighted and inhaled helps in warding off the virus).



## Ayurveda Cooking Corner

### White Pumpkin Soup



**Servings:** 2-3

**Preparation time:** 35-40 mins

#### **Ingredients**

- 1 cup of white pumpkin
- 1/4 tsp of cumin powder
- 1/4 tsp of ground pepper
- 1 pinch of rock salt
- 1 tbsp of coriander leaves
- 3 cups of water

#### **Method of preparation:**

**Step 1:** Cut the pumpkin and place in a pan with water.

**Step 2:** Bring it to a boil and then lower the heat to simmer.

**Step 3:** Add salt and cover the pan. Cook for 10-15 mins till the pumpkin is tender.

**Step 4:** When cool, blend the pumpkin and water in a blender.

**Step 5:** Add the cumin, pepper, and finely chopped coriander leaves and stir the soup.

**Step 6:** Heat for a few minutes before serving.

### **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, upon renewal, 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 realization, here are some ways you can help: -

- **Project Annam- daily meal to abandoned elderly** Rs 3000/- (USD 50/-)for 100 people, if you want to feed 150 people it will be Rs 4500/(USD 70/-) since 2020 covid pandemic started we added 50 more deserving and needy people from 3 villages.
- **Community Natural Farming** by donating Rs 7200/-(USD 108/-) providing livelihood for families
- Monthly free **Medical Camp** – Rs 18000/- (USD 250/-)
- Community lunch- monthly first Saturday for 250 villagers – INR 22500/-(USD 350/-)
- Eye Camp for 150 elderly villagers - Rs 45000/- (USD 650/-) 2-3 times a year.
- You can sponsor a child in Balagrama Rs 36000 (USD 600)
- 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: -

Name of bank - Bank of India  
Address of bank - Ramanathapuram Branch, Coimbatore  
Name of account - Punarnava Ayurveda Trust  
Account no. - 815020110000802  
IFS Code - BKID0008150

### For International Donors: -

Name of bank - State Bank of India, New Delhi Branch, FCRA Cell  
Address of bank - 4th Floor, 11 Sansad Marg, New Delhi 110 001 INDIA  
Account beneficiary - Punarnava Ayurveda Trust  
Account no. - Current Account - 40153136631  
Swift Code - SBININBB104  
Purpose Code - P1303

### For Donations from USA

Account Name - Punarnava Healing Community Inc  
Address - 262, Upland Road, Cambridge, MA 02140 USA  
Phone - +1 508 3584267  
Credit - Checking Account - 8254821090  
Bank Name - TD Bank, NA  
Bank Address - 600 Atrium Way, Mt.Lowell, NJ 08054 USA  
Bank Phone - +1 617 498 3294  
Bank Routing # - 031 - 101 - 266  
SWIFT/BIC - 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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