

## Our Vision:

Live Simple  
Live Well  
Live Healthy  
Live Happy



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

## **Heart of Healing Retreat:**

An Exploration of Sacred India

Tamil Nadu, Oct. 18-28, 2019

*With astrologer Emily Glaser, yoga teacher Ivy Ingram, and Vaidyagrama co-founder Dr Ramkumar*  
Join us for this rare exploration of south Indian sacred sites accompanied by in-depth teachings on the human capacity to heal. Every day will feature educational discussions and *satsang*, with 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 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).



### Coconut Oil - A Super food - We give the reasons why..

1. Coconut oil contains a unique combination of fatty acids with powerful medicinal properties.
2. Populations that eat a lot of coconut are among the healthiest people on the planet.
3. Coconut oil can increase your energy expenditure, helping you burn more fat.
4. The lauric acid in coconut oil can kill bacteria, viruses and fungi, helping to stave off infections.
5. Coconut oil can kill your hunger, making you eat less without even trying.
6. The fatty acids in coconut oil are turned into ketones, which can reduce seizures.
7. Coconut oil can improve blood cholesterol levels and may lower your risk of heart disease.
8. Coconut oil can protect hair against damage, moisturize skin and function as sunscreen.
9. The fatty acids in coconut oil can boost brain function in Alzheimer's patients.
10. Coconut oil can help you lose fat, especially the dangerous fat in your abdominal cavity.

At Vaidyagrama, all cooking is done in coconut oil.

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

### Trust Activities - April to June 2019

**PROJECT MOON** – Every month since February 2019, Punarnava Ayurveda Trust has been donating free eco-friendly, biodegradable, ultra-thin, sanitary pads manufactured in-house to 200 girls in Pichanur High school. The pads are manufactured at Vaidyagrama by the women for the women. Let's all be conscious of what harm we are doing to the earth by our regular use of non-biodegradable ordinary pads. Look for eco-friendly bio degradable pads when you buy them. We can save the earth in our own way!

Do you want to buy them from us? If so, write to [geetha@punarnava.org](mailto:geetha@punarnava.org) for any inquiries.



**SUMMER CAMP - A REPORT** Punarnava Ayurveda Trust conducted the 6<sup>th</sup> Summer Vacation Camp from May 1-10, 2019. In all, 65 students attended. The students studied in depth the various characters of Mahabharata, in order to understand their good and bad qualities and in this way find their own balanced understanding of right and the wrong. Alongside other classes, the participants studied Yoga, Mantra, and prayer. Role play was utilised to further reinforce their learnings from each day. There were Art classes by Ms Agnes Rajesh and Sanskrit classes by Shri Gopal. The children also had training in a martial art form native to Tamilnadu called Silambam. This was taught by International Silambam expert Pavithra; we were very honoured to welcome her to our midst. Some of the elder girls received training in self-defence in Taekwando. One of the days of the camp was dedicated to sports day, when the children competed with each other in various competitions and won many prizes.

The final day, the children presented a two hour cultural program, including what they learnt in the 10 days of the camp. They did a Yoga dance based on the Mahabharata theme song, and a Silambam performance outdoors. It was a great learning experience for the teachers and the students.



### Community lunch and Free Ayurveda Medical camp –

On the first weekend of the months of April, May and June 2019, the community lunch took place as usual in the various villages in Thirumalayampalayam. In April the camp was held in Kummattipathi village, in May in Masithigoundenpathi and in June the camp was held in Kaliapuram. In each of the villages, the community lunch was prepared in the village itself with the help of the villagers. Alongside the lunch, a medical camp was also held in each respective village, and it was very heartening to see that over 120 villagers consulted the Senior Ayurveda Physician, Dr Harikrishnan. In addition to Dr. Harikrishnan's careful consultation, the attendees were also given free medicines.



### Ayurveda Medical Camp



### Temple Festival - Consecration Anniversary

The anniversary of the consecration of the Dhanwantary temple was celebrated from April 13-19, 2019. A reading of Bhagavatam was done for one week (Sapthaham) by Smt Usha and her dedicated group. The Srimad Bhagavatam is comprised of 18,000 verse, all of which are read in the course of the week. The elderly beneficiaries of Annam were invited for a lunch, served every day. They elderly were transported in a vehicle arranged for them, and listened to the recital before having the lunch and being dropped back home. The staff of Vaidyagrama took turns to serve the meals to the villagers and to all staff.



During the temple festival week, cultural programs were arranged in the evening at Vaidyagrama, and attended by all patients, staff and guests. The cultural programs included, a bhajan evening by Kalpathi sisters, a motivational talk by Dr Jayantha Shri Balakrishnan, a Carnatic vocal recital by Shri Krishna Moorthiyedam, Koodiyattam by exponent Ms Kapila Venu, a Bharatanatyam recital by Rithuparna Ramadas, and a group dance by the wonderful ladies of Vaidyagrama, (Dr Sajna and group).

The temple festival is a very special opportunity to encourage the many talents at Vaidyagrama to learn and perform; this is equally as important to us as inviting famous artists to perform at Vaidyagrama, thereby promoting the love and appreciation of Art in its many manifestations.



**Bhagavatam Recital** - A recital of the Bhagavatam was performed by Smt Lalitha Mami and group from R S Puram, Coimbatore. This is their second time chanting of the Srimad Bhagavatam at Vaidyagrama . The chanting took place from morning (6.30 am) to evening (5 pm). Some of the Bhagavatam stories, such as the birth of Krishna, the wedding of Krishna and Rukmini, Narasimha Avataram, etc., were enacted by the members with much interest and fervour. The deeply moving stories of Bhagavatam were shared along with the verses for every one's deeper understanding.



### **International Yoga Day - 21<sup>st</sup> June 2019**

International Yoga Day was celebrated at Vaidyagrama on June 21<sup>st</sup>, 2019. All the patients, staff of Vaidyagrama participated in the function. Ms Mala Kapadia ji spoke about Vaidyagrama, the space where the unity, or Yogam, was occurring naturally between mankind and all life forms. She also spoke about the need to conserve water, about preserving our culture and to re-learning to live in the Yoga way. Shri Shivakumar, our Yoga Acharya, taught some breathing techniques to the staff and patients.



## Ayurveda Cooking Corner

### Beetroot Chutney



#### Ingredients:

- 1 beetroot
- 1 tomato
- ½ cup grated coconut
- 1 tbsp of coconut oil
- 2cm piece ginger
- 5-6 curry leaves (optional)
- ¼ tsp pepper
- ¼ tbsp. salt

**Method of preparation:** Wash and peel the beetroot and chop into small pieces. Wash the tomato without chopping it. Put a heavy bottomed saucepan on heat. Add the beetroot and whole tomato along with 5-6 cups of water. Bring to a boil then half cover it and lower the heat to medium. Continue to cook it for about ½ h or until the beetroot is soft. Strain off the remaining water. Let the vegetables cool. Peel the tomato. Heat another saucepan, add two teaspoons of oil. When the oil is hot add the grated coconut, ginger and salt and pepper. Cook for 5 minutes and allow to cool.

Mix the coconut mixture and beetroot mixture together and grind them into a fine paste without water (add a little water if necessary, to produce a batter like consistency). Remove from the grinder into a serving dish. Add lemon juice and mix well.

### **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 March 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 100/- 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 26000/- (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  
Current account -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:

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: [8254821090](http://www.fedwire.com)  
SWIFT/BIC-T D O M C A T T T O R

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 81 G of the Income Tax act.

### You can reach us at:

Punarnava Ayurveda Trust  
A-21 Parsn Galaxy  
Nanjundapuram Road  
Coimbatore 641036  
Phone: +919047817525  
Email: [trust@punarnava.org](mailto:trust@punarnava.org)  
Website: [www.punarnava.org](http://www.punarnava.org)

