

## Our Vision:

Live Simple  
Live Well  
Live Healthy  
Live Happy

## Trust Activities from May 2013 – June 2013

- ❖ The second free Ayurveda medical camp was conducted on 12th May 2013 at Rottigoundanur village. This was followed by an Annadanam (free meal) which was par-taken by over 500 villagers.
- ❖ On 9th June 2013, the third free Ayurveda Medical camp and Annadanam was conducted. This time the villagers involved themselves fully in the function. They helped with the arrangement as well as helped conduct the program. The free Ayurveda medical camp was a great success. 46 patients took free treatment, and about 440 villagers took part in the Annadanam.
- ❖ The village Rottigoundanur is far away from the main city and hence no newspapers were reaching the place. The Trust arranged for the Newspapers to be delivered to the people at their door step, and the result was happy exchange of information by the young and the old literate to the illiterates.
- ❖ 14 students from Michigan University visited Vaidyagrama on 20th May 2013. They were happy to go around the green eco-friendly hospital, and attend lectures on Ayurveda and its treatments. They also showed much interest when they learned about the activities of Punarnava Ayurveda Trust. Before they bid adieu to Vaidyagrama, the students planted some trees around the hospital..
- ❖ Assisi Snehalaya is a centre which houses 36 HIV+ children at Rottigoundanur village. Volunteers from the Trust visit the centre every day and conduct counseling sessions for the children



**Top Left:** Annadanam at Rottigoundanur village

**Top Right:** Villagers reading the newspaper distributed by the Trust

**Bottom Left:** Students from Michigan at Vaidyagrama

**Bottom Right:** Counselor with children from Assisi Snehalaya

## Monthly Narayaneeyam Recital at Vaidyagrama

A Narayaneeyam recital was conducted on 23rd June 2013 at the Yoga Hall. The Puja during the narayaneeyam was conducted by a female priestess. The blessings and Prasad were partaken by the staff, patients and villagers as well.



Female priestess performing the narayaneeyam

## Other activities of the trust

Currently we are raising funds for the Orphanage, Senior citizen home and a “How to Live” school in Rottigoundanur village, near vaidyagrama.

We intend to

- ❖ create a space to house children and elders; so that they can mutually bring joy to each other, support each other, learn from each other, “share and care” and most importantly “live simple, live well, live healthy, live happy”
- ❖ create a learning space, a “how to live” school where the children can learn to live life on their own terms; a school which will focus as much on practical skills as the theory that is currently being imparted in schools; a school where the elders can share their life experience with the children to make them better prepared to face the journey ahead

We invite you to join us on this journey; for we believe that the “whole world is our extended family” and every one of us can contribute to bringing joy to the many who are temporarily without joy.

A small step in that direction is what we appeal. Let’s all get together and make this a reality. You can donate whatever you can, for the cause, volunteer, or even spread the word.

## How you can help.

If you feel you want to be a part of this vision, and would like to contribute to the same, here are some ways you could do the same,

1. You can donate a sum of USD 10 / Rs 100/- or in multiples thereof.
2. You can encourage your friends to do the same by spreading the word about the trust and its activities.
3. You can volunteer at the community.
4. You can also become a member of the community.
5. You can give your suggestions and ideas on how to improve upon this vision
6. You can promote this idea through email, face book, twitter etc.

## How to donate-

### For Indian Donors:-

You can donate by any of the following means:

Cheque, Demand Drafts, Wire Transfer, Credit card, Debit card or by Net banking, in the name of Punarnava Ayurveda Trust, Coimbatore.

Our Bank details are

Indian Overseas Bank, Nanjundapuram branch, Coimbatore

Account number 174602000005107 of Punarnava Ayurveda Trust.

IFSC code- IOBA0001746

SWIFT-IOBAINBB020

### For International Donors:-

Citi Bank, Tristar Towers, Avinashi Road, Coimbatore India.

Account number-0100768429 Punarnava Ayurveda Trust

IFSC code-CITI0000011

SWIFT-CITIINBX

We are happy to announce the V International Conference on Ayurveda - where science meets consciousness - the science and art of using nature's offerings in the healing process. The conference will be held in vaidyagrama, our eco-friendly Ayurveda healing village, on the outskirts of Coimbatore in south India. It will be held in December 2015. The conference will focus on the science and art of using herbs, metals and minerals in the healing process. There will be practical demonstrations of the preparation of certain herbo-mineral compounds. There will also be pre and post conference workshops. Internationally renowned presenters like Drs'.Vasant Lad, Robert Svoboda and Claudia Welch have already confirmed their participation and more will be confirming in the days to come.

This is the first announcement regarding the conference - please do visit [www.ayurvedaconference.com](http://www.ayurvedaconference.com) for more information in the coming months. As always let us all work together in the interest of "*Authentic Ayurveda for universal well-being*".



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