



# Punarnava Ayurveda Trust Newsletter

March, 2014 | Volume 1, Issue 6

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

## An Insight into Natural Farming

Natural farming is an ecological farming approach established by Masanobu Fukuoka (1913–2008). Fukuoka saw farming not just as a means of producing food but as an aesthetic or spiritual approach to life, the ultimate goal of which was, "the cultivation and perfection of human beings."

Fukuoka's 5 principles of natural farming are, No tillage, No fertilizer, No pesticides, No weeding, No pruning.

Principally, natural farming minimises human labour. Without plowing, seeds germinate well on the surface if site conditions meet the needs of the seeds planted there. Natural farming recognizes soils as a fundamental natural asset. Ancient soils possess physical and chemical attributes which render them capable of generating and supporting life abundance.

According to Fukuoka, tilling actually degrades the delicate balance of a climax soil in the following ways:

- Tilling may destroy crucial physical characteristics of a soil such as water suction, its ability to send moisture upwards, even during dry spells.
- Tilling over-pumps oxygen to local soil residents, such as bacteria and fungi. As a result, the chemistry of the soil changes.
- Tilling uproots all the plants in the area, turning their roots into food for bacteria and fungi. This damages their ability to aerate the soil. Fukuoka, prevented soil erosion by simply growing trees and shrubs on slopes.

Subhash Palekar: is a proponent of zero budget farming. His method of zero budget farming is not dependent on fertilizers or insecticides.

It needs 10 per cent of normal requirement of water. Palekar advocates the use of cow dung as the most valuable material to enrich the soil. That too, from the 'native' cow, the indigenous variety, because it releases less methane, a gas contributing to global warming, than the 'jersey' cow.

According to Palekar, the use of chemical fertilizer generates Nitrous oxide, another greenhouse gas, which escapes into the atmosphere. When we feed chemically grown fodder to cattle, Nitrous oxide from urine and dung goes into the atmosphere. When we decompose the dried remains of chemically grown crops by burning them, Nitrous oxide escapes again.

He also attributes the increased incidence of infertility and diseases such as cancer and diabetes to the intake of 'poisonous food' derived from chemical farming. Drawing a comparison between chemical fertilizers and cow dung, he says, "We get over 300 crore micro organisms from one gram of 'desi' cow dung. It is an ocean of a culture of microorganisms".

His method of zero budget farming is not dependent on fertilizers, insecticide or fungicide. It requires only 10 per cent of the normal requirement of water. About 40 lakh farmers are already practicing it in the States of Maharashtra, Karnataka, Tamil Nadu, Andhra Pradesh and Kerala.

He developed the zero budget system after many years of sustained efforts. He is firmly of the opinion that it will slowly, but surely change the pattern, towards a better farming practice while contributing to the global environment.

## **Trust Activities: February 2014 – March 2014**

### **Community Lunch & Medical Camp on Int. Women's day**

International Women's day was celebrated at Rottigoundanur village, by the Punarnava Trust on 8th March 2014. The village women, men and children, came to enjoy the fare lovingly prepared by the Trust volunteers and served with care. The children of the village took active part in helping the trust to celebrate the day. The sick people took advantage of the free medical camp and consulted the doctors of vaidyagrama on that day. During Pongal, the Trust distributed new clothes for the children of Rottigoundanur.



## Recreation for children-Theatre workshop

All work and no play makes Jack a dull boy, so goes the saying. Punarnava Trust engages the children of Rottigoundanur in sports, games, yoga etc on Saturdays. They play Badminton, learn meaningful stories, Mantras, Keertans and just run around on holidays and Saturdays. The children of the village Rottigoundanur are very fortunate as in February 2014, a German actress visited the village and conducted a Yoga and Theatre workshop for the children. She taught the children, Sun Salutation and acting.. She taught the children the art of emoting, without any awkwardness. The children happily learnt what they can from the visitor.



## Exhibition

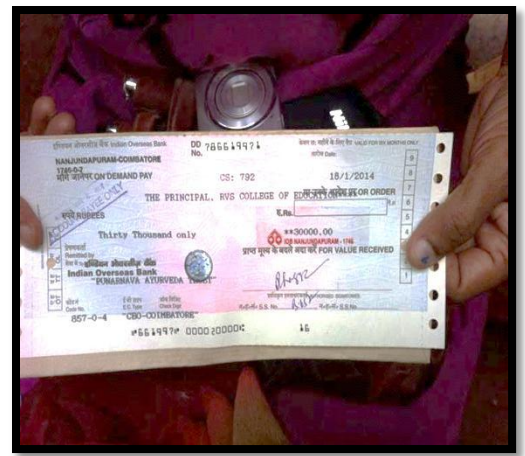
Punarnava Ayurveda Trust took part in an academic exhibition, conducted by a school in Chennai run by the Kanchi Kamakoti Trust. About 40 posters giving information about everyday Ayurvedic tips, Ayurveda treatments, do's and don'ts for a better health etc were displayed for the information of the public. Promotion of Ayurveda and information sharing was the motive behind participating in the exhibition.





## Supporting Education

Punarnava Ayurveda Trust supports higher education of the students of Rottigoundanur. Ms. Mary, a resident of Rottigoundanur is a construction worker who has three daughters. Her eldest daughter, Deepa is supported by Trust, for getting a degree in Education. We are proud to be given the opportunity to serve the deserving people.



## A Special meal at Assisi Snehalaya

The children of Assisi Snehalaya, are fond of good food just like any other. The volunteers of Punarnava Trust cooked as per the suggestion of the children, Chilli Gobi, Wheat Pasta and a sweet dish in their own kitchen and served them. The children were happy to be given such a special meal.



## How you can support

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 help.

1. You can donate a sum of USD 10/Rs.500/- 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 during the trust activities.
4. You can give your suggestions and ideas on how to improve upon this vision
5. You can promote this idea through email,facebook, twitter etc.

## How to donate (at [www.punarnava.org](http://www.punarnava.org))

### 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 PunarnavaAyurveda Trust, Coimbatore.

Our Bank details are

Indian Overseas Bank, Nanjundapurambranch,Coimbatore

Account number 174602000005107of 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

**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.**

## International conference on Ayurveda Where science meets consciousness

Exploring interconnectedness with nature



5th

**International Ayurveda Conference**  
**Ayurveda.. Where Science Meets Consciousness**  
**Exploring Interconnectedness with Nature**

**Vaidyagrama Ayurveda Healing Village**  
**Coimbatore, India**  
**December, 11-18, 2015**

**Organised by**  
**Punarnava Ayurveda Trust**



*The person is equal to the Universe. Whatever formed entities are found in the Universe, they are also found in the person and vice versa. The learned people want to see the phenomena with this angle. CharakaSambhita (Sarirasthanam, chapter 4, verse 13)*

Exploring holism or interconnectedness in the context of the nine Grahas (planets) and their influence on all aspects of life, as understood by Ayurveda and allied Indian knowledge systems, will be the THEME of the 5th International Conference on “Ayurveda – Where Science Meets Consciousness”, at vaidyagrama Ayurveda Healing Village, Coimbatore- India, from December 11-18, 2015

During the seven days of this Conference, scholars, physicians, astrologers, students and preceptors from around the globe, will deliberate and discuss the qualities and movements of the Navagrahas (nine “planets”), the twelve constellations of the Rashi (zodiac), and other celestial influences impact human physiology and experience, how we might detect their influences, and how to improve our relationship with them.

**We invite you to be part of this unique experience!**

**Structure:** Keynotes; Tadvidyasambhava – discussion between experts; Live demonstrations and practical sessions; Video sessions of the more elaborate preparation processes; Presentation of research papers; Informal discussions with experts, and a Poster presentation.

**Confirmed Speakers:** **Mother Maya, Dr. Robert Svoboda** (author, internationally known speaker, scholar on the Vedas), **Dr. Vasant Lad** (author, internationally known speaker, scholar on Ayurveda), **Dr. Gopalakrishnan** (Indian Institute of Scientific Heritage, Thiruvananthapuram), **Ms. Shakta Kaur** (Kundalini Yoga teacher and CEO of the Yoga Alliance), **Dr. P Ram Manohar** (Ayurveda practitioner), **Dr. K.P. Muraleedharan** (former Principal, JayendraSaraswathi Ayurveda College, Chennai), **V Vasudevan** (Ayurveda practitioner, teacher), **Dr Claudia Welch** (Ayurveda practitioner, lecturer, author), **Dr. T.S. Krishnakumar, Dr. T.G. Vinod Kumar, Dr. ManojSankaranarayana** and **Acharya Shunya Prathich iMathur, Myra Lewin, Rose Baudin at the Conference.** are some of the world renowned speakers, who will be sharing their knowledge and wisdom at the conference.

**Audience:** First-time learners; Students of Ayurveda; Physicians and practitioners; and any person seeking a deeper understanding.

| Category                               | Early   | Normal                              | Late                                |
|--|---|-------------------------------------|-------------------------------------|
|  | <i>Till 31 Dec<br/>2014</i>   | <i>1 Jan 2015 - 31 Sep<br/>2015</i> | <i>1 Oct 2015 - 11 Dec<br/>2015</i> |
| International, US\$                    | 600   | 800                                 | 1,200                               |
| Indian Students, INR                   | 1,200   | 2,000                               | 3,000                               |
| Indian Physicians, INR                 | 4,000   | 5,000                               | 6,500                               |
| All Others, INR                        | 7,000   | 9,000                               | 12,000                              |
| Groups, 10 or more                     | Apply: <a href="mailto:info@AyurvedaConference.com">info@AyurvedaConference.com</a> |                                     |                                     |
| SAARC Countries<br>Professionals, US\$ | 500   | 700                                 | 1,100                               |
| SAARC Countries Students,<br>US\$      | 200   | 300                                 | 400                                 |

**Accommodation:** 2 or 3 persons - Luxury tented accommodation within the vaidyagrama Ayurveda Healing Village. More information about accommodation is available at the website [www.AyurvedaConference.com](http://www.AyurvedaConference.com).

**Other Activities:** As the study and practice of Ayurveda cannot be singular and is always considered as a whole, the composition, teaching and offering within this conference will include: Yoga in Clinical Practice; Yoga Nidra Sessions; Homams and offerings including Dhanwanthari homam, Chandika homam, Sarpabali; Kalampattu, and NavagrahaPooja; Consultations on Ayurveda, Yoga, Astrology &Vasthu; Kalaripayattu demonstration, Pulluvanpattu, and, Nadanpattu. Basic Ayurveda treatments will be available as well.

**Expo:** Booths and space will be available for suppliers of goods and services for Ayurveda and Yoga mainly.

Visit our website [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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