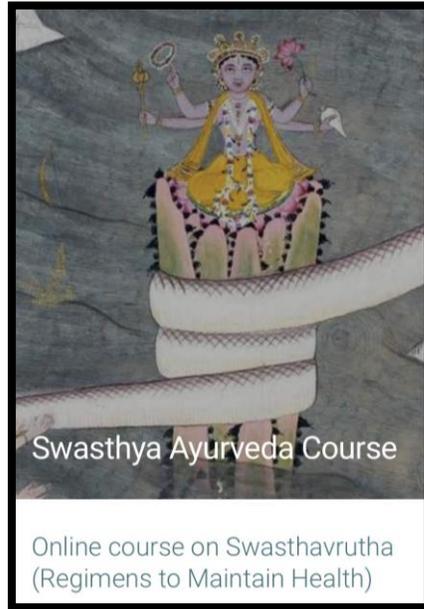


New online Ayurveda Study Programmes:

Swasthya - An online course on Swasthavrutha



Our Vision:

Live Simple
Live Well
Live Healthy
Live Happy

Join us for a total of 10 hours across 7 days of immersive study in Ayurveda Oct 25-31, 2020 from 6.30am to 8 am IST (Indian Standard Time)

Website link- <https://ayurvedaeducation.org/swasthya-ayurveda-course/>

This is a PACE listed programme by NAMA covering the following topics.

1. **Basics of Ayurveda**

Tridosha, Sapthadhadhu, Mala, Agni, Panchamahabhootha, Panchendriya, Mana, and Atma

2. **Daily & Seasonal Regimens**

Importance of daily regime, procedures under daily regimen, importance of six seasons, regimen and lifestyle according to each season.

3. **Basic knowledge of Food & Diet in Ayurveda**

Importance of Diet, Food, Digestion

4. **Significance of natural urges & sleep**

The urges that should be suppressed as opposed to those that should not be suppressed. Sleep and its significance to health.

5. **Code of conduct in the pandemic according to Ayurveda**

Aims of life, code and conduct to maintain healthy life, destruction of population due to pandemic, causes and prevention.

6. Building physical resistance through Ayurveda

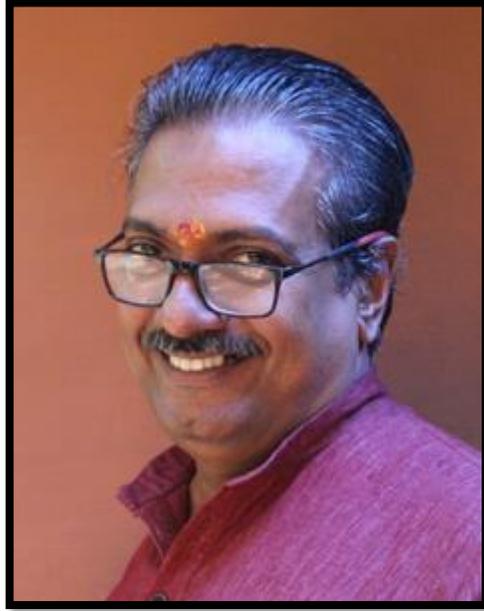
The body's defence mechanism and general measures for improving immunity.

7. Practical sessions on daily regimen

Abyangam, Nasyam, Gandoosham, Anjanam Karnapooranam and Mukhalepam

Suggested donation for the 7 classes (10 hours); USD 60/-

A Weekly Online Program for Ayurveda Practitioners



Dr. Ramadas

Join one of our Medical Directors and co-founder of Vaidyagrama Ayurveda Healing Village, Ayurveda Vaidya A.R Ramadas, for an exploration of the vast wisdom of Ayurveda as recorded in the Astanga Hrdayam of Vagbhata.

Each week, we will discuss a Sutra in detail. We will be translating it line by line, examining the full meaning of the Sanskrit verse and relating it to current practice.

Drawing on decades of experience in patient care and classical education and training, Dr Ramadas will share his unique insight on this ancient text in particular, and Ayurveda in general.

Questions from students are welcome and will help to guide the content of this class.

TUESDAYS- 7.15-8.30 AM- (PDT-USA)/ 10.15AM-11.30 AM (EDT-USA)/2.15PM-3.30PM (GMT)/7.45PM-9.00PM-(IST)

We will record these sessions and provide access to videos.

A Retreat to navigate the Vanaprastha life stage

October 27- November 1, 2021

Join Dr. Robert Svoboda and Dr. Claudia Welch for a daily morning discourse, followed by afternoons with Dr. Ramkumar and Rose Baudin. The experienced doctors and staff of Vaidyagrāma will support participants with daily remedies and practices for sense organ support. Rose Baudin will lead daily morning yoga practice.

The retreat includes:

- A six-day long retreat from early morning till late evening
- An open discussion between the Facilitators and (125) Delegates
- Accommodation from evening of 27 Oct to morning of 2 Nov, 2021
- Dinner on 27 Oct and then three meals (simple, locally grown, home-made vegetarian) till lunch on 2 Nov, and
- Two Abhayanga all-body oil treatments.

For further information about the retreat, please visit www.ayurvedaconference.com or write to trustee@punarnava.org

Ayurveda Corner

About Spirituality and Healing

Why does Ayurveda speak about the importance of spirituality and the strength of faith in the healing process? What is the effect at a spiritual level?

As a holistic healing system, Ayurveda states that one treats not only the body and mind but also the soul. Only then is the healing process complete. It does not matter what spiritual path one has adopted. What matters is one is attuned to the spirit. Entering into spiritual practice is itself a means to calm an agitated or indolent mind and to bring mental peace, which in itself contributes powerfully to physical health.

Faith is an important element in the success of any medicinal practice. Ayurveda clearly describes a good patient, or Bhisakvashya, as one who follows all the instructions of the physician for the prescribed period without demurring. For this reason, the concept of a family physician is so important. The patient needs to develop confidence in that one physician, to feel comfortable on every level with the chosen physician and have total faith in his or her healing capacity. With such a person, the treatment works better and faster.

Trust Activities - June to September 2020

Project Annam

Throughout the lock down, while the Pandemic was surging through the local communities and globally, Punarnava Ayurveda Trust has been able to support the elderly villagers, whose sole sustenance was the mid-day meal from our Trust kitchen. Presently, we are feeding 150 abandoned elderly villagers from 15 nearby villages. We are helping sustain their health and dignity during this very trying time.



Ayurveda Medicine (Kashayam) to improve the immunity of villagers

Every day, in addition to the mid-day meal, we are providing immunity-building kashayam to the villagers. To this day, there are no cases of COVID reported in this area. Shadanga Paneeyam is the name of the kashayam given to the staff of Vaidyagrama as well as the villagers. Since they started taking the kashaym six months ago, not one staff member has fallen sick with the flu or a simple cold and fever or any of the lesser illnesses that accompany the change in season.



Activities at Balagrama:

Balagrama boys at Vaidyagrama during Covid times

Of the 16 Balagrama boys, 10 are presently living at Balagrama. The boys took advantage of the break in school attendance to learn Tally accounting system, Sanskrit (written and spoken), the value of education, Yoga, Chanting Vishnu Sahasranamam, Lalitha Sahasranamam, Hanuman Chalisa, and Kalari (the martial arts form from Kerala).

Kalaripayattu, also known as Kalari, is an Indian martial art designed for the ancient battlefield. The word "Kalari" in fact means battlefield. The weapons and combative techniques are unique to India. Kalari originated in Kerala. Like most other Indian martial arts, Kalaripayattu draws heavily on Hinduism, and is based on Hindu medicinal concepts found in Ayurveda.

Presently the Balagrama boys have online classes and in their spare time. In addition, the boys took part in natural farming, and grew vegetables for the community meal program.



Ganapathi Homam and Bhagavati Seva: 11th and 12th September 2020

Every month on the Nakshatra Punartham, we perform Ganapathi Homam and Bhagavati seva pujas at Vaidyagrama. Punarnava Ayurveda was born on Punardham Nakshatram. We perform Ganapathi Homam early in the morning, before sunrise. Lord Ganesha is the remover of obstacles and we perform Ganapathi Homam to fill the site with positive energy. Bhagavati seva is a puja for the Goddess Lalitha or Parvati. This puja is performed in the evening, after sunset. A lamp is decorated in the likeness of the goddess and Lalitha Sahasranamam, the thousand names of the Goddess, is chanted after the puja.

Ganapati Homam is performed by our Priest Amitji and the previous evening Bhagavati seva was conducted by Priests Amitji and Ganesh ji at Vaidyagrama.



Natural farming at Vaidyagrama, Nivrttigrama, Balagrama

Covid-19 has taught a very good lesson to all of us at Vaidyagrama, the lesson of how to remain self sustaining in times of crisis. When there were no vegetables available in the market, vegetables were grown for our own use. We also started producing green fodder and corn for cows. The Rain God was instrumental in ensuring our abundant crops.



Balvikas Classes for young children

Balvikas, as the name suggests, is a class which brings progress for the children (Bal means child and vikas means progress). One of our dear friends, Ms Indira Vetrival, came to Vaidyagrama as a patient and stayed on when the travel restrictions were imposed. In her spare time she conducted classes every day for the children, teaching them mythological stories which highlighted values of life and living. The children planted saplings at Balagrama, which they have agreed to nurture in an ongoing project to witness, sustain and understand life.



Ayurveda Cooking Corner

Wheat Dosa and Tomato Chutney

Wheat Dosa



Ingredients:

- Whole wheat flour – 2 cups
- Salt- required quantity
- Water

Method of preparation:

Mix two cups of wheat flour with salt. Add 2 cups of water first and mix to a smooth batter consistency. If needed add some more water. The batter should be in the consistency of pancake. For variation, at this stage you can add either carom seeds or cumin seeds for flavour.

Place the dosa tava (pan) on medium flame. Pour one-teaspoon oil on the hot pan; wipe the oil with a napkin. Wipe off the oil, completely, to allow the dosa to spread evenly. Spread one ladle of the batter evenly. Add one teaspoon of sesame oil on the dosa. After one minute, flip the dosa with a spatula. Remove from fire on to a plate.

Variations:

You can add 1-teaspoon ajwain (carom) seeds or 1-teaspoon cumin seeds, for a different flavour.

Tomato Chutney



Ingredients:

- 1 onion (medium size)
- 2 ripe tomatoes
- Curry leaves
- Green chillies (optional)
- Mustard seeds
- Salt to taste
- Coconut oil

Method of preparation: Place a saucepan on medium flame gas. Add 2 teaspoons oil, and add the cut onions along with curry leaves and fry them in the oil. Once the onion becomes translucent, add the tomatoes and stir the mixture until the tomatoes become soft. You can add chillies if you prefer along with onion. Add salt and stir well. Remove from fire. Cool and grind to a fine paste.

Keep the saucepan on medium flame gas. Add 2-teaspoon oil. Once heated, add mustard seeds and curry leaves. When the mustard splutters, add the ground tomato paste, and mix well and remove from fire. To balance the taste, you can add a small piece of jaggary.

Serve with tomato chutney.

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, **Vaidyagrama community group** on Facebook

How to donate (at 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,
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 anywhere 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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