

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

## Forest Dweller Retreat

Vānaprastha is the third of the four stages (āśrama) of life, typically occurring at 50 years of age, but often later. It is the age and stage where one increasingly withdraws 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 the focus is on gathering houses, spouses, professional attainments and material goods.

Maintaining emphasis on outer things can make it challenging to navigate vānaprastha āśrama consciously and gracefully. This third stage can be a rich, deeply meaningful and fulfilling time of life. In this Retreat we plan to explore the complexities, challenges, unrealised potential and richness of this stage. Our intention is to assist those who are later in life to enjoy this valuable phase, and at the same time encourage younger people to consider and possibly modify their life trajectories in anticipation of it.

We also intend, through yoga and other remedial measures, to support the health of the sense organs, which benefit from attention in all phases of life, but especially in vanaprastha.

Included in the cost of this retreat are two abhyaṅga sessions (warm oil massage treatments) for each participant over the course of the five-day retreat. Abhyanga calms the nervous system, especially during this stage of life, and will help us all acclimatise to our new environment.

The Retreat is limited to 125 guests; all interaction will be personal and in a discussion format.

**WE HAVE EXTENDED THE DELEGATE FEES DEADLINE WHICH ENDED ON 30 SEPT 2021 TILL 31 DEC 2021**



VISIT – [WWW.AYURVEDACONFERENCE.COM](http://WWW.AYURVEDACONFERENCE.COM) FOR REGISTRATION

## News about Global Ayurveda Education

### SOUNDARYA 2021

Enhancing Inner & Outer Beauty with Ayurveda

A new course from our Vaidyagrama Team November 15th – 19th, 2021 (India Dates)

For Ayurveda professionals and Ayurveda knowledge seekers

Registered under NAMA PACE

Class timings - 6.30am to 8.30 am IST, Course fees USD 200/- (20% discount for NAMA members and Astanga Hridayam students)

Day 1 15/11/2021 Mon Grace and Beauty with Ayurveda Care by Dr Ramdas

Day 2 16/11/2021 Tues Cosmetological Problems in Skin and its Ayurveda Care by Dr Mini

Day 3 17/11/2021 Wed Ayurveda For Skin Care by Dr Aruna P

Day 4 18/11/2021 Thurs Cosmetological Problems in Hair and its Ayurveda Care by Dr Sajna

Day 5 19/11/2021 Fri Herbal Preparations for Ayurveda Beauty Care by Dr Anupama & Dr Aruna M (supported by Dr Meghala and Dr Renjisha)

### ASTANGA HRIDAYAM

An online course by Vaidya A R Ramadas

Join Ayurveda Vaidya A R Ramadas, Medical Director of Vaidyagrama, for an exploration of the vast wisdom of Ayurveda as recorded in the Asthanga Hridayam of Vāgbhata.

A weekly discussion of the sutras, translating line by line, drawing out the full meaning of the Sanskrit and how to apply its ancient wisdom to current practice.

Timing- 7.15-8.30am PDT USA/ 10.15-11.30am EDT USA/ 2.15-3.30 pm GMT/ 7.45-9.00 pm, IST. All classes are video recorded and access to recordings are provided to students.

Visit [www.ayurvedaeducation.org](http://www.ayurvedaeducation.org) for more details about the classes.

### VAIDYA PARISHAD

A Council of Doctors for Present Day Problems

This 10-hour online course was conducted from October 6th – 10th, 2021. Topics of discussion during the 5 days of classes were Kaya Agni, Rithumathi, Rasayana as a public health tool in communicable disease, Ayurveda in the current infectious disease outbreak, Sense Organs and Health. This course was registered under NAMA- PACE. The recording is available for the existing students as well as new seekers of Ayurveda wisdom.

The recordings are available @ [www.ayurvedaeducation.org](http://www.ayurvedaeducation.org)

### AYUR SUTRA

An online course in the webinar mode (with simultaneous translation into Chinese) took place from 3rd July 2021 to September 26th, 2021. This webinar was intended to benefit interested students from all over the world, and introduce them to the basics of Ayurveda. Fourteen international students participated for a total of 26 hours in the three-month long course. The students expressed their interest in learning more topics in Ayurveda, which we will be taking up soon.

The recordings are available @ [www.ayurvedaeducation.org](http://www.ayurvedaeducation.org)

## **MEHA SANJEEVANAM**

The first in our Sanjeevanam series, we will actively support & guide your diabetic healing journey for 12 continuous months. Vaidyagrama's Meha Sanjeevanam is to be your constant companion in this healing journey of MadhuMeha.

### **Why Meha Sanjeevanam?**

We live in an era where cases of MadhuMeha/ Diabetes Mellitus are increasing day-to-day, primarily due to improper diet and lifestyle. Most current prescription medications will only temporarily reduce the sugar level, and not bring about any longstanding benefits. Bringing Ayurveda into one's daily life in management of medication, diet, work, exercise/movement, mind and breathing programs (which are personalised for your need) will considerably help in addressing the diabetes issues, as well as improving the quality of life and thus enhancing the healing process.

### **WHO is Meha Sanjeevanam for?**

Meha Sanjeevanam is for you if you are: -

- Diabetic
- Pre-Diabetic
- Clinically at risk of Diabetes

The healing team of Vaidyagrama will guide you through this care journey of Madhu Meha.

### **HOW can Meha Sanjeevanam help you?**

For a healthier you, Meha Sanjeevanam will bring a home-healing program comprised of: -

- Ayurveda Medicine Routine
- Ayurveda Diet
- Ayurveda Dinacharya (Daily Regimen)
- Ayurveda Rtucharya (Seasonal Regimen)
- Yoga
- Vaidya-guided Counselling

### **AIMS of Meha Sanjeevanam**

- to closely monitor your health status and disease parameters
- to guide you with timely advice where required
- to motivate, encourage and inspire you to stay with the right schedule
- to work closely with you in periodic modification of your medicine prescriptions & diet advice
- to improve your metabolism, absorption, circulation & secretion, thus improving your quality of life

- to send you regular reports to monitor the healing progress that you have made &
- to be a calming shoulder that you can lean upon in times of your stress

### **WHERE is Meha Sanjeevanam being held?**

It is based on convenience.

- online guidance healing program, OR
- direct healing program at Vaidyagrama

### **WHEN will Meha Sanjeevanam begin?**

Meha Sanjeevanam will be a year-long programme of care, and is open for you to begin anytime you are ready to heal with us!

### **NAVAJEEVANAM (NURTURING A NEW LIFE)**

Monthly Pregnancy Care

We are very happy to inform you that we are undertaking a new program to support pregnant women through Ayurveda. The program offers consultation, awareness classes and awareness videos during the pregnancy period.

### **WHO can join?**

- Pregnant woman who are in their 1st or 2nd trimester, preferably
- AIMS of Navajeevanam
- To enhance family bonding
- Promote healthy motherhood
- Nurture a healthy & happy child
- Promote balanced body and mind with Ayurveda care
- To reduce chances of complications during pregnancy and delivery
- To develop Ayurveda awareness in daily healthy life

### **Features**

- Personalised guidance and care by your Vaidya throughout pregnancy
- Online consultation or direct consultation monthly (twice for half an hour each)
- Awareness of Ayurveda pregnancy care through power point presentation for 1 hour in each trimester by your Vaidya (group session)
- 11 video lessons to enlighten you about Ayurveda concepts of pregnancy care
- Satsang with Vaidya through Zoom for 45 minutes (monthly twice). Group sharing will also be encouraged in these satsangs
- Email or WhatsApp chat with your Vaidya if needed
- Prescription along with do's and don'ts after each consultation
- Motherly care and support throughout pregnancy
- Daily observation chart

- Morning and evening prayer with Vaidyagrama family; Morning-Vishnu sahasranamam (1000 names of Vishnu), Evening- Lalitha sahasranamam (1000 names of Devi).

The above is an important activity to mould the thought process of the mother and baby. More will be discussed during the satsangs.

### **Course Material**

- PowerPoint presentation of each trimester with zoom recording
- Satsang recordings
- Awareness videos
- Case record with prescription and dos and don'ts
- Daily observation chart

## **VAIDYAGRAMA AYU CARE (VIRTUAL PERSONALISED PATIENT CARE)**

### **WHAT is Ayu-Care?**

As a suitable answer to this era's situation, our healing team has designed Vaidyagrama's Ayu-Care, a year-long virtual personalised patient care. Vaidyagrama brings Ayurveda care into your home through one year, the healthy, natural and traditional way!

### **WHY Ayu-Care?**

In our experience with patients over the years, we understand the effort it takes for a greater majority of our patients to stick to the follow-up discipline of daily medicine, food, exercise and sleep for at least 1 whole year, as advised by Vaidyas. Without this year long application, the healing benefits are reduced. We have seen the enormous benefit derived from following this complete healing program for one whole year.

Further, this is an era during which travel across borders is restricted; patients are unable to travel to distant places for their healing. It is the need of the hour to deliver Ayurveda care directly to more homes; thus, the significance of a program such as Vaidyagrama's Ayu-Care.

### **HOW can Ayu-Care help you?**

For a healthier you, Ayu-Care will bring a personalised home-healing program that is comprised of:

- Regular virtual Consultations with Vaidyas
- Ayurveda Medicine Routine
- Ayurveda customised Diet plan
- Ayurveda Dinacharya (Daily Regimen)
- Ayurveda Rtucharya (Seasonal Regimen)
- Morning & Evening prayer with Vaidya
- Virtual Yoga and Pranayama Sessions
- Videos of recipes advised in diet plan
- Regular interaction with Vaidya by e-mail /Whatsapp
- Vaidya-guided Counselling

### **Ayu-Care Aims?**

- To Support Individuals in their quest for discipline leading to healing
- To Empower Individuals with Better Health
- To Encourage Balancing of Body and Mind with regular Ayurveda Care
- To Bring Ayurveda Awareness to Daily Healthy Living
- To Achieve a Better Quality of Life
- To Reach Authentic Ayurveda to more people

### **WHO is Ayu-Care for?**

AYU-CARE is for you, if you are: -

- A regular patient of Vaidyagrama
- A patient willing to come to Vaidyagrama
- A patient with any medical problem that needs Ayurveda care

The healing team of Vaidyagrama will guide you through this care journey of Ayu-Care.

### **WHERE is Ayu-Care being held?**

It is based on your convenience

- online guidance healing program, OR
- direct healing program at Vaidyagrama

### **WHEN will Ayu-Care begin?**

If you are ready now for Vaidyagrama's AYU-CARE, we can start today!

AYU-CARE will be a year-long personalised care program for each of you, and is open for you anytime when you are ready to heal with us!

### **Other Trust Activities:**

#### **Narayaneeyam Recital**



Nārāyaṇīyam is the story of Lord Narayana. It is a work consisting of 1035 slokas or verses, divided into 100 dasakams (or chapters), each dasakam consisting of approximately 10 slokas. It is a condensed version of Bhagavata Purana, which consists of 18,000 slokas authored by Veda Vyasa. It is said that the work has the blessings of Lord Krishna or Guruvayoorappan, the presiding Deity of Guruvayur.

Every month on the first Thursday of Malayalam Calender, the staff of Vaidyagrama, recite Narayaneeyam from morning to evening. The patients also participate. The recital ends with a puja to the lord by all devotees, for their good health and long life.

### **Annabhishekam**



On Oct 21, 2021, Annabhishekam was performed on Narmadeswar (Siva lingam in Brahmakamalam). Once a year can help you get rid of all the problems in your life. This ceremony is also known as Shiva Abhishekam or Maha Anna Abhishekam and is conducted in many Shiva temples throughout South India, particularly in Tamil Nadu.

Anna Abhishekam acts as a gesture of gratitude to Lord Shiva, who is the sole protector of nature's five elements and all forms of life on earth. Rice is an outcome of the union of the five elements of nature. When the seed is sown in the land, it is nourished by water from the sky, fire (energy) from the Sun and is transformed in the paddy with the help of wind. This is processed into rice and is fed to all living entities. Such is the significance of Anna Abhishekam.

### **Balagrama Boys**





The pandemic period of approximately 18 months saw Balagrama boys studying online, as well as learning Yoga, Vishnu Sahasranamam, Lalitha Sahasranamam etc. Four boys from Balagrama went for Purohit course at Chinmaya Mission, Coimbatore. It was a 6-month rigorous course from 15 April to 7 Oct 2021. The boys have learnt the rituals connected with puja of all deities, have learnt to read Sanskrit verses directly from the texts. They now perform Dhanwantari homam every day in our Vaidyagrama Dhanwantari Temple, as well as performing Navaratri puja, Shiva Puja etc.

### **Natural Farming**



The natural bio fertilisers made in-house from cow dung, wood ash and cow urine have helped in reaping a good crop of organic vegetables at Vaidyagrama. In our community meal program, we are 80% sustainable in our vegetable production and consumption. We are aiming to produce more in the coming days.

## Project Annam



Every day 150 elderly villagers are continuing to be provided a mid-day meal prepared at the Trust kitchen. For most of the villagers it is the only meal that they get the whole day.

## Panchagavyam and other products at Vaidyagrama



Lakshmigram, our goshala, consists of 40 Indian breed cows, of which more than 50% are male cows. We also have some very old cows, which are protected in the goshala. The milk from the cows is used in the community as well as in the hospital. The cow dung and cow urine are collected fresh in the morning for preparation of Panchagavya.

Besides this, the Trust is also making natural organic shampoo, face wash, and Aroma oil, dhoop sticks using cow dung (Dhoop Varthi) for inhalation, Panchagavya lamps for using in pujas made out of panchagavyam and over 50 herbs. The products are made in-house for the consumption by staff and patients, as well as friends and well-wishers.

## Ayurveda Cooking Corner

### Sweet Pongal



**Servings:** 2-3

**Preparation time:** 30 mins

#### Ingredients

- 1 cup of basmati/any long-grained rice
- ½ cup of Mung dhal (yellow dal from green gram) slightly roasted
- 2 cups of jaggery
- 2 tbsp of ghee
- 1 tsp of cashews
- 1 tsp of raisins

#### Method of preparation:

**Step 1:** Wash the rice and roasted mung dhal. Add the rice and mung dhal along with 4 cups of water to a large saucepan and bring them to a boil. Lower the heat and continue to boil them for 20 mins, covered.

**Step 2:** When the mixture is soft, add jaggery and stir continuously till the mixture thickens.

**Step 3:** Heat another pan or wok and then add the ghee, raisins and cashews. Roast them until aromatic.

**Step 4:** Then add the rice and mung dhal mixture to the pan. Stirring continuously cook for a few more minutes

## **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 3000/- (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](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, Coimbatore  
Current ac 815020110000802, IFSC- BKID0008150

### For International Donors: -

Name of the Bank- State Bank of India, Newdelhi Branch, FCRA Cell  
Address- 4<sup>th</sup> Floor, 11, Sansad Marg, Newdelhi-110001, India  
Account Name- Punarnava Ayurveda Trust, A21, Parsn Galaxy, Nanjundapuram Rd  
Coimbatore 641036, Current Account no- 40153136631, Swift- SBININBB104  
Purpose Code- P1303

### USA Bank details for fund transfer from USA

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: 8260692881  
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 -8260692881, 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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