

## Our Vision:

Live Simple  
Live Well  
Live Healthy  
Live Happy

## Trust Activities from December 2014 - January 2015

### Project Annam:

More than 30% of the people living in the villages are old. Among them there are the disabled, infirm and the destitutes who need to be cared for and fed on a regular basis. Project Annam inaugurated on January 28<sup>th</sup> 2015 at Vaidyagrama, seeks to feed 100 needy people in the villages around Vaidyagrama by distributing mid-day meals 6 days a week in containers. Among the beneficiaries are old people, who are left behind by their young relatives, and also people who cannot cook their meal due to old age, and people who are living close to relatives but are only fed left overs or not fed at all.

Funding: People who would like to celebrate their birthdays, anniversaries or special days can contribute Rs 2000/-or USD 35/- or Euro 30/- which will ensure a meal to 100 needy people identified from the surrounding villages. So far we have got many contributions from kind hearted people who have helped us move forward confidently and provided the much needed solace to the villagers.

**Thank you patrons of ANNAM!**



**Samaradhana of the Navgrahas**, were celebrated as a prelude to the 5th International Conference on Ayurveda, which seeks to explore the interconnectedness of Man and Nature, Already we have completed the samaradhana of the Sun, Moon, Mars, Mercury and Jupiter.

It is believed that **the Surya Samaradhana ( Sun worship)** is to seek the blessings of the ancestors and get material gains and success.

**The Chandra Samaradhana(worship of Moon)** is celebrated for getting the blessings of Moon for happiness and universal Wellbeing.

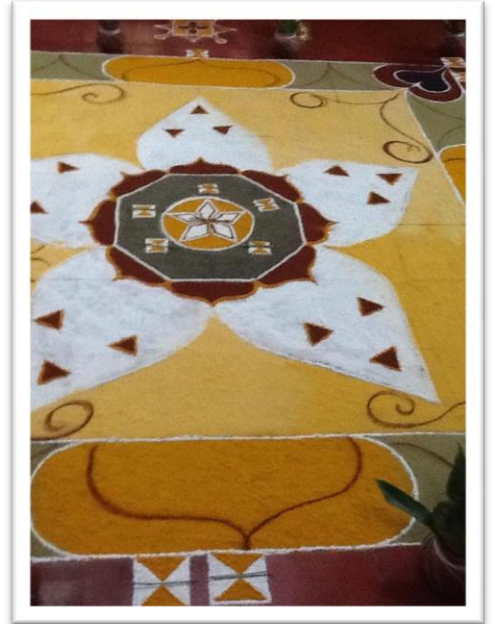
**The Kuja Mandala Samaradhana( worship of Mars)** was with the effort to study how various dharmas benefits the human being.

**Budha Samaradhana (worship of Mercury)** offered prayers to Budha or Mercury, the centre of intelligence in the solar system; the causer of knowledge, intelligence, discretion, consciousness, wisdom and super consciousness.

**Guru Mandala Samaradhana( worship of Jupiter)** was to offer prayers for universal wellbeing. Guru/Jupiter links the ties of the cycle of births and rebirths. Jupiter also defines Wellbeing / Sukritham in a person s life.

**Shukra (Venus) Mandala Samaradhana:** It is said that when the Venus period is shining in one's horoscope, the financial, professional and family life prospers. The Shukran is the Acharya of the Asuras/ demons. When Shukran is strong in a horoscope, worldly signs fill that person. It lavishly blesses the person with wealth, clothing, ornaments, sexuality, music, art etc which are deemed to be Asura-like in quality. Shukran balances the rhythm of worldly life on Earth. Salutations to Shukra, who is the Acharya of the Music of Life! Kanyaka Puja, Nari Puja, Dambathi puja and an enthralling Kathakali by Smt. Sandhya Krishnan (Kathakali is one of the oldest theatre forms in the world) were performed and a Bhagavatham Purana Parayanam was rendered by Prof. Ramachandran Namboodiri on this occasion.





Shani Mandala Samaaradhana - As per astrology Shani is that which maintains “dharma” (can be loosely translated as a combination of right action, code of ethics and non-violence towards all living creatures) in the world. If we experience only pleasure or happiness in our lives we forget the higher purpose of our birth and our lives become merely for the purpose of pleasure. Reminding us of the pain/sadness and responsibilities of our lives is done by Shani. Shani Puja was performed on 4<sup>th</sup> January 2015 at Vaidyagrama.

**Thiruvathirakkali or Kaikottikkali during Shani mandala Samaradhana.**



Thiruvathira is celebrated on the star Thiruvathira in Dhanu, the fifth month of Malayalese calendar (KollaVarsham). This corresponds to the month of December-January according to Gregorian calendar.

Thiruvathira is essentially women's festival. Ladies on this day worship Lord Shiva and pray for conjugal harmony and marital bliss. The other very interesting facet of the festival is the enchanting Thiruvathirakkali dance performed by women on this day

### **Hanukkah –The Jewish festival of light**

Hanukkah is also known as the Jewish festival of Lights and Feast of Dedication. For the first time in Vaidyagrama, our guests, Dr Ben Bernstein and his wife Sukhwahji led the prayers for Hanukkah at Vaidyagrama. Sweets were distributed and every one who took part in the prayers.



**Christmas celebration:** The Trust celebrated Christmas with the children of Assisi Snehalaya, the home for the HIV+ children and adults. The volunteers lovingly prepared dinner for the inmates and they enjoyed the food amidst the Christmas festivities



**New Year and Pongal celebration:**

On January 3rd, Punarnava Trust and Vaidyagrama community Trust celebrated the New Year and Pongal, when the entire population of Rottigoundanur village and Assisi snehalaya were invited to a feast. All the children and adults received new clothes.



On that occasion, Mahesh s/o Mallika, a poor village boy received support for higher education. His fees for BCom education at Shri Narayana Guru College was sponsored by Punarnava Ayurveda Trust.



**The 3rd Free Eye and Diabetic camp at Chavadi 27th December 2014:**

An Eye camp and diabetic screening camp of Punarnava Trust was organized in collaboration with Arvind eye hospital at chavadi. 107 people were screened for eye diseases and diabetes. 30 people underwent cataract eye surgery at Aravind Eye hospital.



**‘Show me your heart’**, In a talk by Violet Winters at Vaidyagram, she shared her experience of her journey from head to discovering her heart and eventually the rainbows.



## 5<sup>th</sup> International conference on Ayurveda Where science meets consciousness

### Exploring interconnectedness of Man and Nature.

From December 11-18, 2015 at Vaidyagrama ([www.vaidyagrama.com](http://www.vaidyagrama.com)) our  
Eco-friendly Ayurveda healing village,  
Coimbatore, Tamil Nadu, India

Avail discounted rate until  
February 28, 2015.

Visit [www.ayurvedaconference.com](http://www.ayurvedaconference.com) for more details

Pre-conference dates announced!  
December 5-11, 2015 at the same venue

Book your expo stalls at the conference!  
Details at our website [www.ayurvedaconference.com](http://www.ayurvedaconference.com)

We welcome sponsorship!  
You can now sponsor Ayurveda students to attend the conference.

Please book your accommodations in twin sharing luxury tents, or 4 people sharing tents, or 6-8 people sharing common tents.

More details at our website [www.ayurvedaconference.com](http://www.ayurvedaconference.com)



## 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 100/--.
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 Punarnava Ayurveda Trust, Coimbatore.

Our Bank details are

Indian Overseas Bank, Nanjundapuram branch, Coimbatore

Account number 174602000005107 of Punarnava Ayurveda Trust.

IFSC code- IOBA0001746

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### For International Donors:-

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

Account number-0100768429 Punarnava Ayurveda Trust

IFSC code-CITI0000011

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*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.*

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