



purna vidyā  
AN AWAKENING

# Residential Programs



**Purna Vidya Foundation**

Pooluvapatti PO, Off Siruvani Main Road, Molapalayam, Coimbatore - 641101, Tamilnadu, India.

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## Purna Vidya Foundation

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## About Purna Vidya

Welcome to Purna Vidya. Embrace yourself with Vedic way of living.

Purna Vidya Foundation was conceived, envisioned and actualized by Swamini Pramananda (affectionately known as Ammaji), inspired by her Guru, Pujya Sri Swami Dayananda Saraswati, in 2014 with its Centers in Coimbatore, Uttarkasi and Palakkad.

It's MISSION and PURPOSE is to connect with every individual at every stage of life from childhood onwards to facilitate Inner growth, achieve Inner peace and Universal Oneness, based on the Rishi tradition of Vedānta and Heritage teachings.

**"What one is seeking is what one truly is. All seeking is due to ignorance of this fact about oneself. The knowledge that all that here is one Brahman alone, one non-dual reality, is called spiritual knowledge."**

- Ammaji



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## Why Purna Vidya Programs?

### Know yourself

The fundamental desire of every human being is to be happy. All our energies whether we are young, old, rich, poor, male, female, Westerner, Indian or Asian, are based on this desire. In spite of this, we discover that whatever happiness we experience from our efforts is impermanent. Like the wind, it comes and goes.

At the same time, the message of the Vedas, the ancient scriptures of India, is that, true unwavering happiness is our very nature, our true self. Throughout the ages and into modern times, sages and teachers have maintained and shared this Vedic vision of permanent happiness.

Through Purna Vidya programs, Swamini Pramananda (Ammaji) helps you see that the happiness you seek is, in fact, the truth of who and what you are. Recognizing this, all that you say and all that you do becomes a blessing in your life.

Programs are being delivered in different modes – as Online (Live & Recorded), Residential programs on heritage awareness and Community programs.

Programs are delivered across the Four Pillars – Vedānta, Saṃskṛtam, Heritage and Yoga.



Vedānta



Saṃskṛtam



Vedic Heritage



Yoga

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## About Ammaji

The spiritual Leader and Visionary of Purna Vidya.

Swamini Pramananda (lovingly known as Ammaji) is one of the clearest and most eloquent teachers of taking the vision of Oneness to the world today. With her deep understanding of ancient scriptures and texts, Ammaji shares the teachings in a way that is more relevant and meaningful for the modern spiritual seeker.

[Click here](#) to know more about our Gurus



Swamini Pramananda

“Education teaches the art of thinking. It is the process that moulds the thought system for every human being to live the life one came here for.”

- Ammaji

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# Vedānta Retreats

## Retreat for Adults (One week)

This program offers an Introduction to Vedānta, Upanishad, and one chapter of Bhagavad Gītā, Meditation and Yoga. Vedic chanting, Pūjā, Group Reflections and Satsang are also included.



## Retreat for Families (One week)

This program has parallel sessions for adults and children. The adult sessions include Vedānta classes, Meditation and Yoga, while the children sessions include Vedic Heritage and Yoga. The family sessions include learning how to perform a Pūjā and chant prayers. Family Games and Satsang are also included.

## Holiday Retreat for Youth (One week)

A fun time for children aged 10 – 19 yrs, this retreat teaches Purna Vidya's culture-based value education books. It offers Heritage classes, prayers, Pūjā, Bhajans, Yoga, Culture Games, Story Telling and Satsang.



To register your interest to be part of any of the upcoming residential retreats, please write to [info@purnavidya.org](mailto:info@purnavidya.org) or submit your details in Enquiry section.

To schedule group retreats based on your interest, please write to [programs@purnavidya.org](mailto:programs@purnavidya.org).

Check on our 2023 Retreats listed in the calendar section of our website to [register](#) and reserve your place in advance.

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# 2023 Scheduled Residential Retreats



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## Residential Retreats

“Education teaches the art of thinking. It is the process that moulds the thought system for every human being to live the life one came here for.”

- Ammaji

[Click here](#) to submit your enquiry on residential programs.

### Vedantic Courses and Retreats

Periodic retreats for seekers who aspire for an in-depth study of select scriptures, learning of Upanisads, meditation, vedic chants, Saṃskṛtam and Yoga are held as residential programs. These programs train the seekers in a life of simplicity and holistic living.



### Retreat for Adults (One week)

This program offers an Introduction to Vedānta, Upaniṣad, and one chapter of Bhagavad Gītā, Meditation and Yoga. Vedic chanting, Pūjā, Group Reflections and Satsang are also included.

### Retreat for Families (One week)

This program has parallel sessions for adults and children. The adult sessions include Vedānta classes, Meditation and Yoga, while the children sessions include Vedic Heritage and Yoga. The family sessions include learning how to perform a pūjā and chant prayers. Family Games and Satsang are also included.

### Holiday Retreat for Youth (One week)

A fun time for children aged 10 – 19 years, this retreat creates an awareness on Bharatiya culture and inculcates culture based values in the participants. It offers heritage classes and sessions on performing pūjās and prayers. Story telling, culture games and group discussions / interactive games bring out the fun side of the children.

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## Yoga Retreats

Yoga Retreats impart practical wisdom to manage your body, mind, emotions, and the fundamental life energy within. These retreats ensure you optimize your health and well-being. The interactive sessions clubbed with guided meditation, treks and hikes give you time to reflect on yourself and deepen your yoga and meditation practice.



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# Heritage Retreats On - demand Programs



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## Heritage - Awareness programs

### Subāla Camps for youths and children

*An Outbound Learning Overnight camp for children and youth*

This two-day camp (including overnight stay) designed by Ammaji is a transformational experience for adolescents. The participants learn life skills, values, and goal settings, inner-centering through talks, nature treks, yoga, prayers, games, group discussions and outdoor experiential learning.



They imbibe the values and teachings that are at the core of their Indian heritage and see how to apply them in life as they make the transition to adulthood. They learn the art of inner focus (Ekāgratā) by out bound learning methodology. These outdoor activities help them gain maturity, learn communication skills, team work and time management, while dealing with peer pressures and challenges of adolescence.

### Key Takeaways

Board Exam appearing students participate in interactive and inspiring lectures that prepares them to set realistic goals towards their personal and professional life. Key take aways for the children being

- 🔥 *The Gift of Focus – Ekāgratā*
- 🔥 *Gain maturity to collaborate and cooperate taught by outbound learning methodology*
- 🔥 *Acquire communication skills and team work*
- 🔥 *Learn to manage stress and more...*

#### Program Duration

Two – Day camp ; can be customized based on the need

#### Eligibility

Recommended : Children studying in IX to XII standard

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## Topics

Learning to Focus, ways of preserving culture, planning and co-ordination, communication and more.

## Mode of Delivery

Recommended: Residential program at Purna Vidya Center as residential sessions provide a different frame to process the learning and explore the application of learnings.

Based on the demand and request, the program can be customized.

To register your team for Subāla program, please write to [info@purnavidya.org](mailto:info@purnavidya.org) or [submit](#) your details in Enquiry section.

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## Sukanyā – The Young Woman

*An awareness program for young women in an integrated paradigm*

Designed to guide and inspire young women in achieving success, this awareness program focuses on living a life of inner contentment. In the scenario of so called modernization and globalization, the complexities of life for the younger generation are increasing on all fronts, i.e family, social and professional. In this context, traditional cultural values and rituals which have proved to be useful for generations in making life peaceful and fulfilling are being ignored due to lack of knowledge and clarity about them.



Purna Vidya helps you to strengthen your moral and ethical values by gaining the wisdom of Vedic culture.

### Key Takeaways

Sukanyā is designed to guide the young women to

- 🔥 *Achieve inner and outer success and live a joyful life.*
- 🔥 *Actualize their feminine energy of healing, love and compassion.*
- 🔥 *Gain an insight into moral values and their assimilation in life.*
- 🔥 *Gain an awareness into contemporary family issues such as marriage, relationship with the spouse, extended family, child rearing, and the multifaceted role of a woman as a homemaker, bread winner, wife, mother and contributor to society.*

#### Program Duration

Duration: 10:00am - 04:00pm

#### Eligibility

Young women : Age 18 years – 25 years

### Topics

Group Discussions, presentations and interactions by participants on topics centred on self-growth and spiritual awakening.

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## Mode of Delivery

Recommended: Residential program at Purna Vidya Center as residential sessions offer indepth learning and time for spiritual reflections and satsangs.

Based on the demand and request, the program can be customized and delivered online- via Zoom like platforms.

To register your interest to be part of “Sukanyā” program as an individual or a group, please write to [info@purnavidya.org](mailto:info@purnavidya.org) or [submit](#) your details in Enquiry section.

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## Sugrhiṇī – The Homemaker

*An awareness program empowering married women to reckon with their multifaceted life as successful homemakers.*

Sugrhiṇī, the Homemaker, is an Awareness program empowering married women to reckon with their multifaceted life as successful homemakers while pursuing their career. Sugrhiṇī, the homemaker is the lifeline of every family. The physical, emotional and spiritual support that she can provide today to her spouse, children, parents, parents-in-law and other extended family members is what the familial fabric will grow up to enjoy in the future!



While there is a great need in society for new feminine role models, these new models must help us discover new ways of thinking and ways of being that will enable women to adapt and rise to the challenges with grace and dignity.

Purna Vidya helps you to be empowered and be a successful home maker and shape your multifaceted life for a more peaceful and harmonious living.

### Key Takeaways

Sugrhiṇī is designed to empower women to

- Gain an awareness into contemporary family issues such as marriage, relationship with the spouse, extended family, child rearing, and the multifaceted role of a woman as a homemaker, bread winner, wife, mother and contributor to society
- Help women re-discover their feminine energy of healing, love and compassion.
- Work in partnership with the natural forces, such that their inner strength can help transition the world community towards peace and harmony.

#### Program Duration

Duration: 10:00am - 04:00pm

#### Eligibility

Young women about to enter marriage and  
Married women of age 18 – 45 years

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## Topics

Group Discussions, presentations and interactions by participants on topics centred on self-growth and spiritual awakening.

## Mode of Delivery

Recommended: Residential program at Purna Vidya Center as residential sessions offer in-depth learning and time for spiritual reflections and satsangs.

Based on the demand and request, the program can be customized and delivered online- via Zoom like platforms.

To register your interest to be part of “Sugrhiṇī” program as an individual or a group, please write to [info@purnavidya.org](mailto:info@purnavidya.org) or [submit](#) your details in Enquiry section.

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## Sukumāra – The Young man

*An awareness program for young men in an integrated paradigm.*

Sukumāra, the Young Man, is an Awareness program, designed to guide the young men for achieving inner and outer success and living a joyful life.

The generation of young adults today has the added challenge of restoring a planet that has been greatly damaged and whose climate is shifting with unknown consequences. They also face a world where weapons of mass destruction and arms are proliferating beyond control, fostering a global environment of fear. These challenges can be addressed and the positive outcomes can be achieved, but only by cultivating the spiritual resources that lie within each one of us.



## Key Takeaways

Sukumāra is designed to help the youth to

- 🔥 Gain the wisdom of our Vedic culture
- 🔥 Fulfill their roles as bread winners, professionals and contributors to the society
- 🔥 Understand the value of values, that will in turn, result in ethical orientation necessary for working in the corporate world.

### Program Duration

Duration: 10:00am - 04:00pm

### Eligibility

Young Men: Age 18 years to 30 years

## Topics

Group Discussions, presentations and interactions by participants on topics centred on self-growth and spiritual awakening.

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## Mode of Delivery

Recommended: Residential program at Purna Vidya Center as residential sessions offer in-depth learning and time for spiritual reflections and satsangs.

Based on the demand and request, the program can be customized and delivered online- via Zoom like platforms.

To register your interest to be part of “Sukumāra” program as an individual or a group, please write to [info@purnavidya.org](mailto:info@purnavidya.org) or [submit](#) your details in Enquiry section.

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## Sudampati – The Blessed couple

*An awareness program for young couples to meet in their true Oneness.*

Sudampati is a program that helps young couples move beyond old patterns of domination/ submission and learn to enjoy a trusting and loving relationship with each other.

Contemporary life has brought day-to-day challenges unique to nuclear families, influencing the home culture.

Economic and social needs have greatly expanded with Information Technology and global communication influencing people to move away from their cultural roots. This results in a loss for them as well as their children and extended family members.

Purna Vidya's Sudampati program empowers the couple to live a contented family life.



## Key Takeaways

Sudampati is designed to help young couples to

- ☯ *Reflect on their fundamental philosophy of life and realign their daily activities toward higher, more meaningful goals.*
- ☯ *Understand themselves which ultimately helps them relate to their family more easily and live an increasingly contented, happy life.*
- ☯ *Connect to the Oneness that is the underlying principle of life and helps them naturally understand the forces of healing, love and compassion.*

### Program Duration

Duration: 10:00am - 04:00pm

### Eligibility

Married Couple belonging to the age group from 25 – 40 years

## Topics

Group Discussions, presentations and interactions by participants on topics centred on self-growth and spiritual awakening.

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## Mode of Delivery

Recommended: Residential program at Purna Vidya Center as residential sessions offer in-depth learning and time for spiritual reflections and satsangs.

Based on the demand and request, the program can be customized and delivered online- via Zoom like platforms.

To register your interest to be part of “Sudampati” program, please write to [info@purnavidya.org](mailto:info@purnavidya.org) or [submit](#) your details in Enquiry section.

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## Suparivāra- The Happy Family

*An awareness program that binds the family and together through the wisdom of Vedic Heritage*

Supariva helps bring the family unit together through the wisdom of Vedic heritage.

An extended family is a strong and stable social unit. Growing up in such an environment, one gains the support, security and comfort a large family provides. With urbanization and the accompanying mobility and migration, family units have progressively transformed into smaller nuclear units. Smaller family units face the loss of family customs and traditions historically passed on by their elders – traditions and customs critical to the stability and bonding of a family unit.

Suparivāra is a gen-link program that nurtures bonding of generations within the family.

### Key Takeaways

Suparivāra is designed to help the families to

- Understand short-term and long-term goals of life and how to implement them as a family.
- Pray and recognize the role of the Divine, the God as a friend and member of One's family.
- Awaken the individuals to universal values and cultural ethics.



#### Program Duration

Duration: 10:00am - 04:00pm

#### Eligibility

Family members across generations

### Topics

Group Discussions, presentations and interactions by participants on topics centred on self-growth and spiritual awakening.

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## Mode of Delivery

Recommended: Residential program at Purna Vidya Center as residential sessions offer in-depth learning and time for spiritual reflections and satsangs.

Based on the demand and request, the program can be customized and delivered online- via Zoom like platforms.

To register your interest to be part of “Suparivara” program, please write to [info@purnavidya.org](mailto:info@purnavidya.org) or [submit](#) your details in Enquiry section.

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## Sukarmā- The Good Corporate

*An awareness program to guide the corporate world through the wisdom of Vedic culture.*

Sukarmā is an Awareness program designed to guide the corporate world of today through the wisdom of Vedic culture and heritage. The program aims to help the participants cope with the challenges of current day global business practices.



## Key Takeaways

Throughout this programme we will focus on topics such as:

- 🔥 Corporate Dharma
- 🔥 Stress Management
- 🔥 Being a Consumer vs. a Contributor
- 🔥 Anger Management
- 🔥 Communication

### Program Duration

Duration: 10:00am - 04:00pm

### Eligibility

Mid-level managers of Corporates, MSMEs, Team Leads and To-Be Managers

## Topics

Group Discussions, presentations and interactions by participants on topics centred on self-growth and spiritual awakening.

## Mode of Delivery

Recommended: Residential program at Purna Vidya Center as residential sessions offer in-depth learning and time for spiritual reflections and satsangs.

Based on the demand and request, the program can be customized and delivered online- via Zoom like platforms.

To register nominate your team for Sukarmā, please write to [info@purnavidya.org](mailto:info@purnavidya.org) or submit your details in Enquiry section.

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## Vedic Heritage Teacher Training Program

Vedic heritage teacher training program (VHTTP) is a program that is designed for parents and teachers to impart the treasure of Purna Vidya books to their students/children. It is a very uniquely designed TEACHER Training Program that is used by Schools across the world, Teachers, and Parents who later take up community teaching in a very big way. This Teacher Training program is highly recommendable for to-be Purna Vidya Teachers.



### Program Duration

Duration: 8 – 10 hours, split as facilitated and self-paced training

### Eligibility

Recommended : Teachers, Parents and To-Be Purna Vidya Sevaks

## Key Takeaways

- Enhance your own learning of values that underpin our itihaasa and Purāṇas
- Use the learning as a parent, educator or in the community
- Progress your journey as a teacher with Purna Vidya with our online heritage course or start your own community classes

## Mode of Delivery

Online Zoom sessions or as Residential Retreat based on the request

[Click here](#) to register your interest to enrol for Vedic Heritage Teacher Training Program.

Purna Vidya offers the Vedantic wisdom of Oneness and Harmony to the global human family. Join us in sharing the message with different strata of the society in a sustained manner through our programs, teachings, trainings and contemplative practices.

Given the priceless nature of the vedantic teachings, Most of Purna Vidya programs are offered free of charge and your generous donations to support the continued availability of this sacred knowledge is deeply appreciated.

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