



Dear friends,

With the year drawing to a close, I want to thank all my co-workers and close connections who support me on a day-to-day basis. Christine Louppe, an involved treasurer who regularly takes part in FIK's activities in Paris and all over the country. As an enthusiastic Yoga teacher, she shares with us her skills and the training received from Shri Mahesh, giving Hatha Yoga classes for FIK's events ; this, many times with the complicity of her husband Thierry. Mathilde Lachaud, our general coordinator who manages projects and looks for new partners to extend FIK's scope and influence. In India, Doctor Gojnur is always ready in taking action. He works alongside us organizing pediatrics camps. And well, my cousin Shrikant is on site, in charge of the communication with Indian committee and Administration.

For our greatest pleasure, new recruits are joining with dynamism the Association, bringing skilful ideas. I am thinking specifically of Rachel Gimbaud who, as a therapist, is enthusiastic in organizing lectures on Ayurvedic medicine with her Association « Sur la branche ».

December is profitable for meeting our partners like Jérôme Poggi, Art Gallery Societies founder in Paris. Together, we are working on the nursery project and on artistic activities in Halligudi. FIK is composed of people with multiple skills who bring a stone for building and enabling our projects to grow.

Thank you all of you ! Thank you for trusting FIK and for your unwavering support, so beneficial for all these years. As 2017 is coming to its term, FIK's staff and myself are wishing you and your families Happy Season's Greetings !

Juliette Sushila Ghatradyal



### KEY FIGURES

### The health of rural Karnataka children

During these last five years, India performed a strong economic growth enabling a decrease of the number of people living below the poverty level. Nevertheless, the extreme poverty and the malnutrition remain. The disparities between urban and rural areas, cities and countryside remain important impacting currently on health and educational childhood problems. A recent UNICEF report (« The State of the World's Children ») declares that the rural infant mortality ratio of 63 deaths per 1000 living births is still problematic ; mostly occurring in the very first few months.

Furthermore, many children, from 1 to 5 years, are suffering from malnutrition deficiencies due to environment insufficient hygienic conditions, generating infectious risks and currently die of preventable diseases (measles, tuberculosis, hepatitis, etc,...), including respiratory infections and childhood diarrhea due to non-drinkable water and lack of hygiene due also to mothers' limited education, remaining major risk factors. The report also indicates that 46 % of 1 to 3 years old children are undersized, 47 % are underweight and 75 % are severely anemic.

Referring to these statistics, FIK strong commitment aims at developing daily sufficient hygienic and sanitary conditions with health care access for mothers and their children. Today, the pediatric camps organized by **Doctor Vasant Gojnur** and his team offer days of medical consultations for Halligudi's children providing medicines for free.

Subsequently, with the nursery installation, the medical follow-up adapted to individualized educational processes will be implemented referring to **Maria Montessori** pedagogy and **Pierre Rabhi** method, consisting in various manual activities, like gardening, and early learning musical and artistic education noticed to be as important as intellectual learning in childhood development.



*Medical consultation given by Docteur Gojnur in FIK Shri Mahesh Ghatradyal Heritage partnership*



### The Ayurvedic indian medicine practiced in Halligudi

The Ayurvedic medicine was created in India approximately 5000 years ago. In Sanskrit (indian language inherited from Antiquity and considered to be the most flourishing literature in the world), the word "ayurveda " is a combination of two words " ayur ", which means " life " and " veda ", which means " science " ; Ayurveda is meaning "science of life ". Considered as a complete care system, Ayurveda concern both, spirit and body.

From ancient time, this Medicine has been remaining the health care fundamental basis system in India. Even now Indians are very attached to it, consisting in several practices easily included their daily living (diet, plants and minerals formulated remedies, respiratory exercises, Yoga practice, meditation, etc,...), Ayurveda is considered to be complementary to modern Medecine. Halligudi's medical staff and specialists are providing these ancestral health care approaches to Halligudi's inhabitants and surroundings.

### Rachel Guimbaud's presentation, Ayurvedic therapist and partner of FIK

*« Fascinated by India and its philosophy, I have been immersed myself in this culture for over ten years now, and I still do so every year. I have learnt Ayurveda, philosophy and Yoga. These passions are reflected in every sphere of my life. In particular in my health and social commitments in France.*

*Once I have created my Association « Sur la branche » in 2011, I developed with it stays in nature's open spaces for people with psychological problems ([www.surlabranche.asso.fr](http://www.surlabranche.asso.fr)). During these pedagogical trainings we explore subjects referring to health, education, food, various addictions, parent-child relationships. Important subjects to improve our well-being in everyday life. In parallel with this, in Lyon, I care for people who need an individual psychotherapy ([www.therapie-acp.fr](http://www.therapie-acp.fr)) or ayurvedic guidance.*



*FIK called me this year to take part to the Paris Yoga Festival and to present the benefits of ayurvedic Medecine to be implemented in the nursery project and pediatric camps in Halligudi. I am very happy to be able to support their actions in India and in France. And I wish FIK to go on in the development of their activities and their commitments with the Halligudi's inhabitants. In memory to Shri Mahesh who had initiated the FIK's engagement in Halligudi, I am happy to take part here with the members of the Association. »*



# FRANCE INDE KARNATAKA

## December 2017 – F.I.K. Newsletter n°30

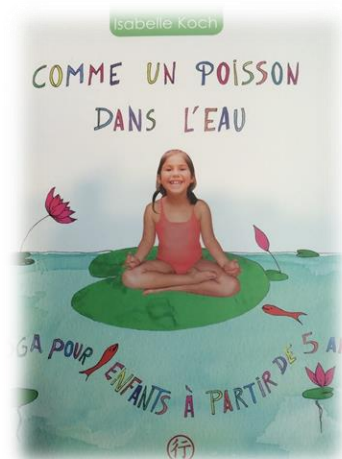
**FIK's CHRISTMAS SALES**

*Comme un poisson dans l'eau, the Yoga which entertains the children !*

Learning Yoga while having fun : graduated from the French Hatha-Yoga Federation and former student of Shri Mahesh, this is what suggest **Isabelle Koch** with her book « *Comme un poisson dans l'eau*. » Postures are told like a story, drawings are playful and the book itself is an incredible colorful firework. Available at 20 € in FIK's office for Christmas season it is possible to order it through : [franceindekarnataka@gmail.com](mailto:franceindekarnataka@gmail.com)

« I see many benefits and interests with this introduction to Yoga book for our beloved children. The Yoga teaches to children how to breathe, how to stretch, how to situate themselves in space safely ; and this, without any risk of integrating incorrect behavior . On the contrary ! Because the Yoga tends toward a mindfulness of opening, towards both a physical and psychological equilibrium. » **Laurence Nani, Physiotherapist**

« Isabelle's book is an opportunity for you, kids, to discover or to improve your Yoga practice. It is perfect for you! » **Yannick Noah, coach and tennis champion**



**YES**, I want to continue Shri Mahesh Actions and help the HALLIGUDI Hospital

I make a donation and I give now :

- 15€       30€       50€       100€

Other amount : .....key figures.....€

I make a donation now and will do so regularly every month all the year through wire bank transfers to FIK Association bank account.

Amount : ..... €

I joint FIK Association with a yearly contribution of **50 €** which allows me to attend the General Annual Meeting

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