



Good morning everybody,

We have glad to welcome within the team a new member in the person of Isabelle Koch. During numerous years, Jean-Jacques Jousse was the friend and the confidant of Shri Mahesh before becoming the FIK's General Secretary. Today, he handed over the reins to Isabelle but stays for FIK a friend and a support of heart. We wish all the best to him.

For those who overcame the transit strike and the spring sleet, we warmly thank them to have been present on May 22nd of this year during our annual general meeting. These meetings are for us precious moments. They allowed us to interact easily with you. We use the occasion to look back on our actions and to keep a critical view to improve ourselves.

The coming months are going to be rich in great actions for FIK. In particular with a trip in India and the organization of the pediatric camps with the participation of our local partner, Doctor Gojnur, and his doctors' team. We shall not miss to share with you their work with the children of Halligudi.

We wish you a pleasant month of June !

Juliette Sushila Ghatradyal



The administrative office changes face

On May 22nd, 2018, within the French Federation of Hatha Yoga (<http://ffhy.ff-hatha-yoga.com/>) the annual general meeting took place. After a presentation of FIK's annual guidelines for year 2018 / 2019, Mathilde Lachaud, (General Coordinator) hosted the evening.

Jean-Jacques Jousse, General secretary since May 5th, 2016, has decided to retire. A new election took place. Isabelle Koch, Yoga teacher and Shri Mahesh pupil proposed her to be nominated for election as General secretary. She was elected by a majority. Already engaged since several months with FIK as volunteer, Isabelle Koch joins the administrative office to bring her expertise and her energy.

Isabelle Koch was a former dancer close to Maurice Béjart. She discovered Yoga who has become a passion and her professional career. Specialized with the adults and with the young audience. She notably works with the pregnant women in the Lilas' maternity hospital (Lilas - 93260) as well as in the CALM, a house of birth located in the 12th district of Paris. Her expertise and her course will come to strengthen the medical and social projects which FIK develops with the mothers and the children.



This evening, volunteers and partners accompanied FIK's team. Left to right: Rachel Guimbaud, Mathilde Lachaud, Christine Louppe, Isabelle Koch, Laure Sibourg and Bouchra Comte. Thanks to them.

« Together, we did many things. But there remains a lot for us to do still. »

Christine Louppe, FIK's treasurer

« Under the beautiful window and the twinkle in Shri Mahesh eyes, I join as general secretary a fantastic team of persons of good will and full of creative energy. This general assembly and this appointment allowed me to involve me more with FIK. »

Isabelle Koch, General secretary

An holistic approach to the Ayurveda medicine

By Rachel Guimbaud

The philosophy of Ayurveda guided by two principles: Purusha and Prakruti. Rachel Guimbaud, our partner to FIK, summarized it during a presentation given on the occasion of the General assembly.

The Sanskrit term of Purusha meaning "man", "male" "person". It is for the ayurvedic therapist the vital energy activated by the principle of Prakruti. The Prakruti who determines five elements: the space, the air, the fire, the water and the earth. It is on this balance that rests the concept of the ayurveda.

The body and the spirit being a combination of these five elements. For Rachel Guimbaud, to know the constitution of the human body and to work on the management of the internal imbalance it is the base of Ayurveda. Every year, to deepen her knowledge, she moved for six months in the Global Agni karma private hospital, with Doctor Barot, located on the Gujarat (West India).

The work of this private hospital is developed around the practice of Agni Karma. A medical technique used to act on the obstruction of veins or the reduction in the fluidity of the blood. And for exemple, to treat joint pains, the therapist uses the method of thermic cauterisation (Agni meaning "heat" in Sanskrit). With a metal rod, the therapist delicately burns to the area to be treated. Then he cauterizes with an antiinflammatory cream specially developed by experts' team of the private hospital. This method having showed its ability, the seminaries of Doctor Barot and his Greek colleague, Doctor Kostopoulos, are now relieved all over the world.



Therapist treating a person's leg by thermic cauterisation.



Medical instrument used to radiate heat painful zones.



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The Global Agni karma private hospital intervenes in different ways with the inhabitants of Gandhinagar (capital of Gujarat) and from its neighborhood. To treat everyone, two or three free camps are organized each week in temples, schools or in the private hospital itself. Simultaneously, several training sessions are organised to form next therapists (Vaidyas).

Rachel Guimbaud is generous with what she knows and shares her knowledge easily with FIK. Especially to improve ourselves in mother and child healthcare. And that to work in connection with the traditional and the modern medicine. It is as well the occasion to play a part in the preservation of the Ayurveda, an ancestral knowledge.



Rachel Guimbaud (first on the left) and Global Agni Karma team.



Free consultation during a camp.



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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