



**ASSOCIATION OF FRIENDS OF INDIA BASEL  
VEREINIGUNG DER FREUNDE INDIENS BASEL (AFIB)**

**President's desk**

Dear friends,

You have already received the minutes our Annual General Body Meeting held on 22<sup>nd</sup> April, 2017. A new Executive Committee has been elected. I am delighted to share the names of the members with you and are following:

<b>President</b>	→	Mr. Ram Mitra
<b>Vice President</b>	→	Ms. Tatjana Pathare
<b>Secretary</b>	→	Mr. Jai Singh
<b>Treasurer</b>	→	Dr. Suresh Agarwal
<b>Ordinary Member</b>	→	Dr. Charu Kochar
<b>Ordinary Member</b>	→	Dr. Heinz Weber
<b>Ordinary Member</b>	→	Mr. Amresh Jha
<b>Ordinary Member</b>	→	Mr. Swapan Pradhan
<b>Ordinary Member</b>	→	Mr. Brindaban Kundu

At the AGBM it has been decided to change the Annual Membership Fees and reduced to maximize the benefit for the members. Further, there will be an additional advantage for the members by 10 CHF for attending any AFIB events which will be subsidized by AFIB.

Before	Now
<b>Single: 40 CHF</b> <b>Family: 60 CHF (+5 CHF for each Chld.18-25yrs)</b> <b>First year 50% reduction</b>	<b>Single: 30 CHF</b> <b>Family: 50 CHF (+5 CHF for each Chld.18-25yrs)</b> <b>First year 50% reduction</b>

As India celebrates its 70th Anniversary of Independence on August 15 this year, the Association of Friends of India, Basel would like to mark the occasion with a series of events of different kinds. The idea is to host lecture events, screening of documentary films, cultural evenings etc.

The 1<sup>st</sup> lecture event on “*cultural heritage of India*” was held on Saturday 13<sup>th</sup> May 2017 in Basel. The event was graced by Swami Amaranandaji, Head of Vedanta Society, Geneva followed by folk’s song by Mr. Bhattacharya was a great success. This event was attended by more than 50 people and the Q & A session went far beyond expectation.

The next event in this series is expected on **Saturday, 26<sup>th</sup> of August 2017** when the association is planning for a big cultural event followed by a Bollywood disco. Please keep the date reserved, more detailed information will follow as we make progress with the plan.

The new Executive Committee is looking forward to develop concepts of events and all suggestion from the members would be highly appreciated.

Sincerely,  
Ram Mitra  
President of the Executive committee AFIB

### UPCOMING EVENTS

- **70<sup>th</sup> Anniversary India** ➤ **Saturday, 26<sup>th</sup> August, 2017**
- **Diwali Gala** ➤ **Saturday, 21<sup>st</sup> October, 2017**
- **Summer meet and chat** ➤ **Date & time to be confirmed**

### Flyer of the Lecture Event held on Saturday, 13<sup>th</sup> May 2017

**CELEBRATE INDEPENDENCE DAY WITH AFIB**

A Lecture on Cultural Heritage of India By  
Swami Amaranand Ji, followed by Indian  
Folk songs by Mr. K. Bhattacharya

Swami Amarananda was born in Bengal in British India and has been  
Director of the Vedantic Center of Geneva since 1989. He is an expe-  
the promotion of peace through inter-religious dialogue.

Saturday, 13<sup>th</sup> May, 2017 AT : 17:30 PM, ALTES WARTECK, ClaraStrasse 59, 4058 BASEL

Entry : Free (Any Voulantary Contributions are welcome)  
Please Enroll By E-Mail: [contact@afib.ch](mailto:contact@afib.ch) OR Call 079 788 82 90/076 414 53 01/076 770 28 06

## Pictures from the Lecture events

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## **“Health can be earned only by sweat!”**

[MALABIKA CHATTERJEE FOUNDER OF MAHESHWAR YOGA-WEDNESDAY, JUNE 21, 2017](#)



On the occasion of third International Day of Yoga Celebrations today on June 21, 2017, I convey my deepest regards to every Yoga practitioner or aspiring practitioner by quoting one of India's most prominent Yoga Guru B.K.S. Iyengar's striking words that I wish to draw your attention to in this article today.

When we visualize ourselves of good health, what are the first things that come to our mind? An hour-glass figure or a rock solid muscular body? Probably the next question is, can we achieve this in the quickest possible time by starving ourselves of a meal or two, including with fancy diets, cutting out on vital nutrients our body needs? Do we once pause to think of our health as our mental health – be it emotional, intellectual or philosophical well-being?

My personal belief from my own transforming experience is a healthy body without a healthy mind achieved overnight is a myth. There are no short-cuts to good physical and mental health. But through the right and regular practice of the most basic Hatha Yoga we can get there eventually irrespective of what situation our health is today! Here's why and how:

- Yogic science believes that we all possess seven critical “Chakras” or energy wheels which are present at critical junctions of our body which are very personal to us and determine the state of our body and mind. Without going very deep into this very rich science, regular practice of Yoga awakens and alerts the Chakras and generates energy which are then circulated throughout our body and mind. Yoga functions to open up the chakras with its constant bending of our bodies before the universe.
- Right practice: Every Yoga Asana has to be done in the right way. Deviations from the right posture and movement minimizes the effect or sometimes no effect or in the worst case even creates a negative effect. One need not achieve perfection right from the word go but striving your current best will get you there by following the right techniques. As one starts to

practice, one starts reaping the benefits whether it is visible or not to the individual. None of this is easy and one has to break “sweat” and body ache in the initial months. If you just want to do just exercise, do some other sport or activity that is related only to physical fitness like running, climbing, etc but Yoga needs to be done methodologically.

- Regular practice: The notion that one can achieve the positive benefits by exercising just once a month is elusive and will continue to be. Yogic science recommends minimum thrice/week preferably on consecutive days. But surely one will also benefit exercising at least twice a week but on a regular basis.
- Right diet: Having a balanced diet with proper compulsory breakfast is a must. There’s no compulsion to be a vegan but a proper intake of proteins, vitamins and carbohydrates to what is needed by your body is essential – your body will eventually tell you what you need! Citing my personal experience I have noticed that with regular Yoga practice, my prior unnecessary sugar cravings stopped and my body guided me to eat the right kind and quantity of food intake.

**Every day of a good intake of diet, regular practice of correct yoga postures will get you to the eventual health you deserve. You need to sweat for it! Yoga is not an exercise – it is an ancient art based on extremely subtle science about correcting the alignment of our body and mind!**

*Malabika Chatterjee is a Yoga practitioner and teacher and founder of Maheshwar Yoga, a new Hatha Yoga studio in Basel, Switzerland reinforcing how simple and energizing basic Hatha Yoga for people of all ages, background and fitness. She holds a Bachelor’s Degree in Education Honors (Calcutta University) and Masters in Drama and Theater Education (University of Warwick, U.K.) before completing her Yoga degree under Bikram College of Yoga, Los Angeles, USA.*