



Spring Edition- April 2016

IECB NEWSLETTER

India Education Centre Belgium (IECB): a unique platform for kids, parents, youth and newcomers

Being an Indian overseas brings several challenges. There are several consequences one cannot control. Positive side is: getting a global view and a wider platform. But on the other side there are indirect challenges and expectations. On one side getting integrated in the local society, while on the other side preserving our 'Inside of being an Indian' and passing 'Indian values' to our kids is required. This is why we have established India Education Centre Belgium. It's a platform for all Indians living in Belgium, where they can share their worries, express their concerns, get new friends for yourself and kids, learn about local culture and preserve our heritage. It is with a sense of great pride and pleasure that we invite you to visit

IECB: try the weekend school for kids, as well as attend our family sessions. Come and discover for yourself what could make IECB a valuable activity for you and your kids.

Weekend school for kids:

This is meant to be the first ever school in Belgium dedicated to Indian languages, cultural heritage, history, geography for children. Knowing how to read and write in our mother tongue, having knowledge of Sanskrit; one of the oldest language on this planet is surely beneficial for the kids development.

Living outside India, non resident Indians feel a strong need for educating their kids about India and its rapidly changing society. Not everyone can provide enough time and surrounding to kids to achieve this. That is why this activity is established to support overseas Indian families. Currently Subjects like Sanskrit shlokas and subhashitas, Hindi (Devnagari reading and writing), Indian history and geography are taught. Further, we will continuously strive to add new topics of interest and value.

Our teaching syllabus is based on NCERT books. Kids from the families who relocate to Belgium for few years and go back to India after 2-3 years have to cope up with lot of changes in schooling system. So for these kids our school is extra beneficial.

Newcomers forum:

As a new comer in Belgium one faces several problems. Our team of volunteers will try to assist you.

Information like schooling system, medical services in Belgium, can be tedious to obtain. We will try to answer your queries to help you.

Family and youth forum:

In the family and youth forum sessions such as "Share Your Experience", "Share Your Expertise", "Meet a Local" are organised each month. This includes talks/lectures/workshops by a local expert or by members. There will be around 20 sessions each year. We are soon launching Indian languages and literature forum as well as sport and hobbies club too.

How to join IECB

There are two possibilities to join IECB. Through yearly membership for family or paying per session. Membership will give you the right to join different activities in the IECB all year. These activities are weekend school for kids, talks and discussion sessions. You are always welcome to come for a free trial class/talk. For updates of upcoming activities please check the notice board on our website www.indiaeducationcentre.eu. Weekend school fee is applied separately from the membership fee. Kids of Nonmembers may attend school but school fee for nonmembers is different than members.

असतो मा सद्गमय ।
तमसो मा ज्योतिर्गमय ।
मृत्योर्मा अमृतं गमय ॥
ॐ शान्तिः शान्तिः शान्तिः ॥

IECB events

- 30 Jan 2016: First weekend school day
 - 13 Feb 2016: Marathon Dream (Lekha Warrior and Venu Gopal Goru)/weekend school
 - 27 Feb 2016: Is natyashastra genesis of Physioterapy?(Krithika Iyer)/weekend school
 - 5 March 2016: Organic myth (Steven Desmet)/weekend school
 - 13 March 2016: weekend school
 - 9 April 2016: Photography tips and tricks (Nishant Deshpande)/weekend school
 - 17 April 2016: How to talk to kids: alternative to punishment (Dr. Aiste Grubliauskiene)/weekend school
 - 24 April 2016: Sport facilities in Belgium (Sunil Bhadouriya)/weekend school
 - 8 May 2016: IECB 6km group running at '15km Woluwe'
 - 22 May 2016: Health and nutrition guidance (Dr. Vijaya Bhagvat)/Weekend school
- Please check our website www.indiaeducationcentre.eu for further updates and location. For subscribing to our newsletter contact: indi.edubel@gmail.com



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Kids page

Easter, Gudhi-Padwa, Ugadi, Holi, Pathandu, Bishu
Mugdha Baviskar

Although these festivals are celebrated in different parts of the India and the world by different group of people, there are many "striking similarities" between them. All these festivals are celebrated depending on the lunar phases leading to different dates of celebration each year. Another important fact being, they all mark beginning of 'spring', representing the creation of life and positive elements of life. At one end, the Easter egg represents the start of a new life while the Gudhi marks the creation of our Mighty universe.

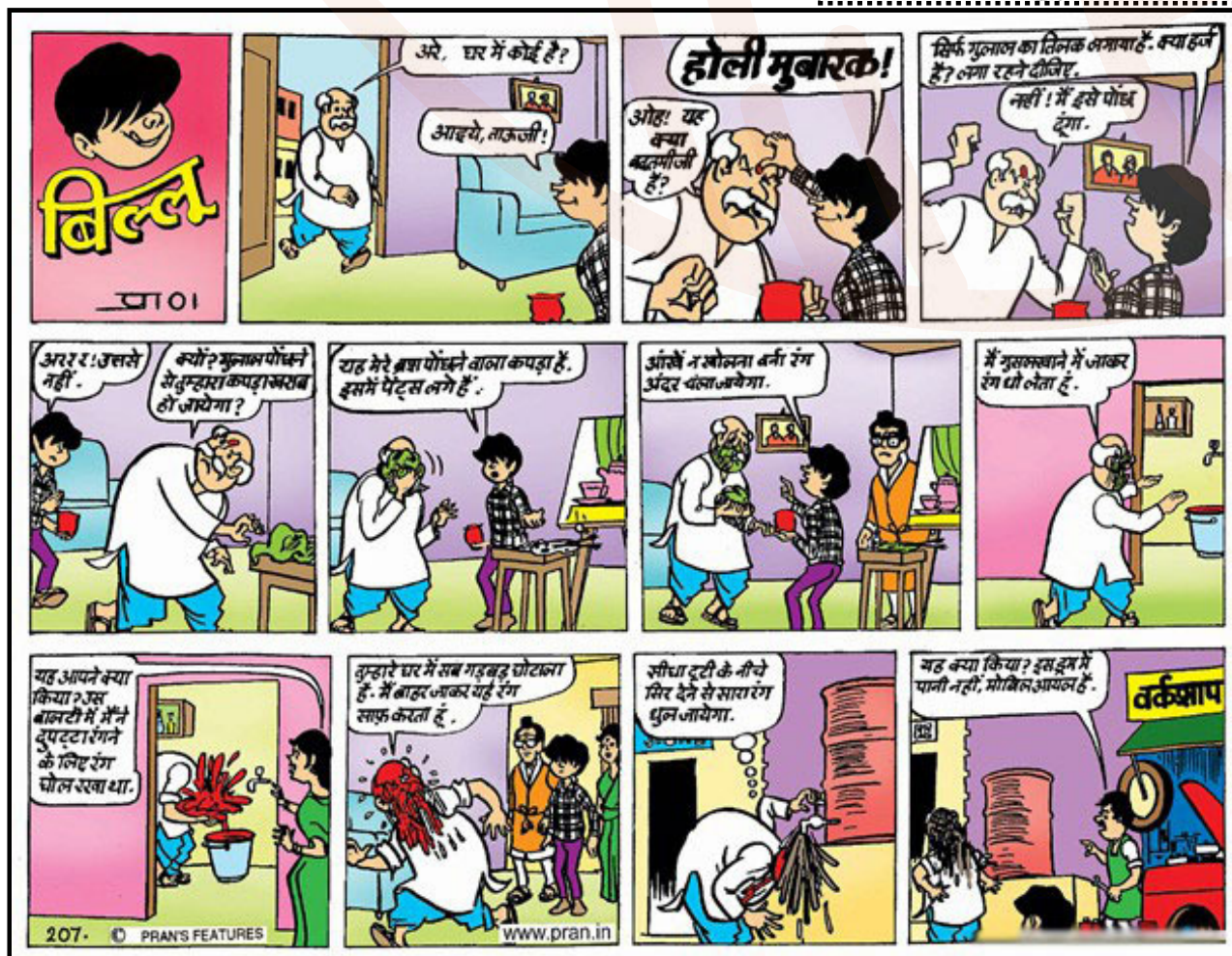
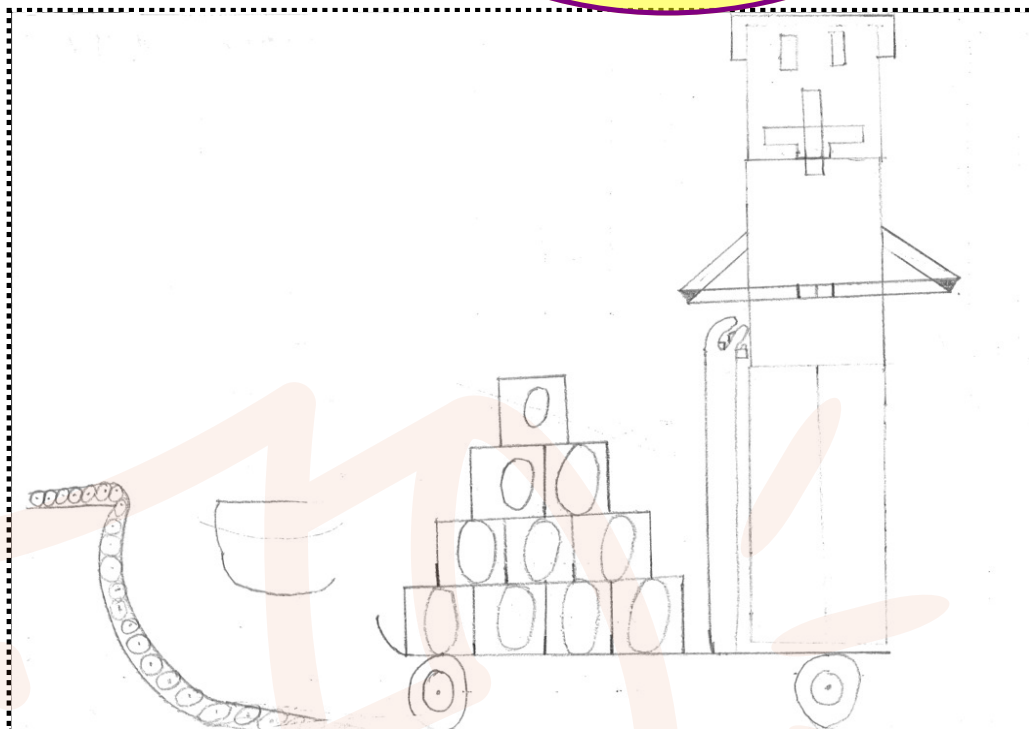
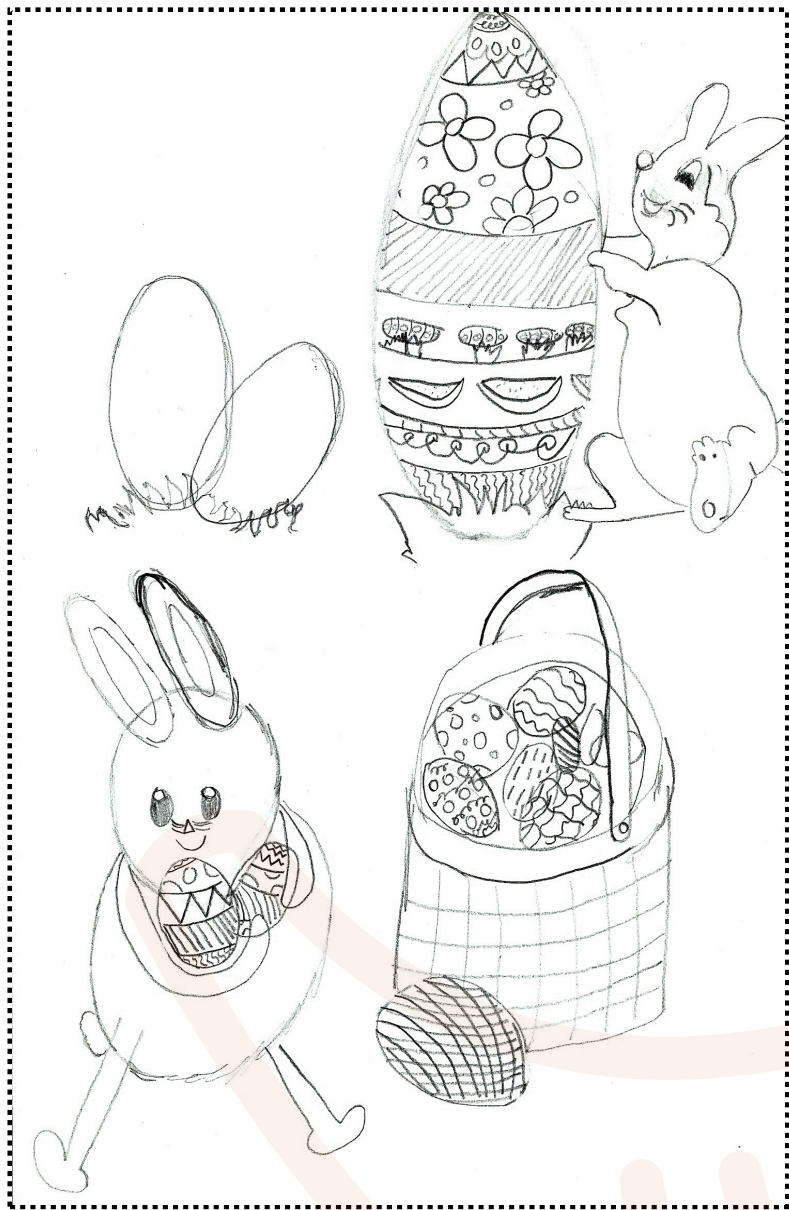
Color it !

Drawings by

Rhea Velusamy (left)

Vishu Bhadauriya (right)

(both 8 yr)



Upcoming events/activities for kids in Belgium

Sea life Blankenberg: Spider crab invasion
Thursday, March 24 will open a new temporary exhibition at SEA LIFE Blankenberge, called CLAWS. Here you'll come face to face with the Japanese spider crab, which can reach a wingspan of 3.5 meters. He is the largest crab species in the world.

The Royal Greenhouses of Laeken
From 15 April till 6 May 2016 in the Castle of Laeken.

Every spring, the Royal Greenhouses of Laeken are open to the public for 3 weeks. It is an excellent opportunity to see the wonderful architecture of Alphonse Balat, the mentor of Victor Horta, and the many plants in the greenhouses. You can also visit the studio of Queen Elizabeth.

Additional info: entrance and exit through the main gate of the Castle of Laeken. parking: opposite the Castle of Laeken

21 May 2016

Brussels' great multicultural and artistic parade will take place on 21 May 2016. The theme this time is FRAGIL and it will engage with the delicate balance of the world's ecosystem. Children, adults, grandparents, schools, communities, artists, it's the moment to take part in this beautiful event, which is centred on diversity and encounters.

Weekend school for kids

As most of you are already aware, we have started a 'Weekend school for kids' under India Education Centre Belgium (IECB) since Jan 2016. So far we have conducted several sessions and kids are enjoying this activity. We received very positive feedback from parents and suggestions for improvement. But not all of you have visited our activities. Soon we will start admission process for academic year from Sept 2016 onward. Admissions are limited to 30 kids for coming school year and thus 'first come first serve basis' is applied. If your kids are interested in joining our weekend school or free trial lesson then let us know as soon as possible.



Find me in migration

Lekha Warrior

International Migration is a fascination, People in millions exiting their home nation Pulling out your roots, stripping you of physical bonds A new life elsewhere, on the other side of the pond



Such is the way, we choose to live, Away from family cherished so dearly Making new friends often, And deeper friendships rarely

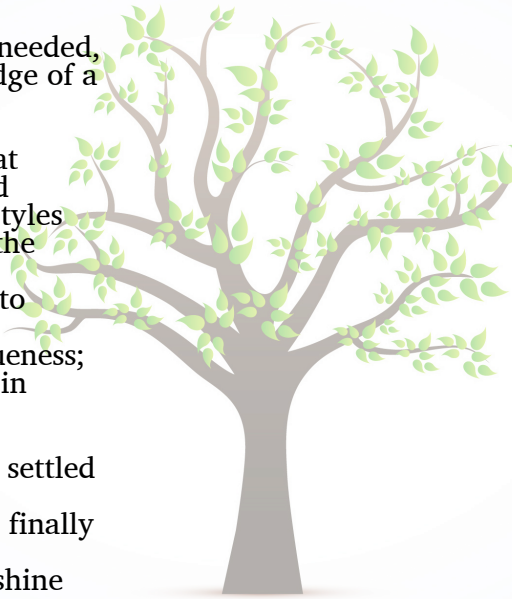
Settling in into new ways of life, Languages we would have once chanced upon Rolling out of our mouths Sweet as sugar if needed, Or sharp as the edge of a knife.

Today we eat what yesterday was bad Shocked are our styles and changed are the ways we are clad Do what you can to blend in Retain your uniqueness; you are beautiful in brown skin.

When do you feel settled and in bliss? When is nostalgia finally given a miss? Does yesterday's shine

make dull our here? Or is tomorrow's allure strong enough for doubts to disappear?

What we all hold onto is a feeling, that's all. Be capable of sculpting it and rejoicing the now. Tomorrow may come soon But listen to today's call.



Sanskrit in Belgium

Founded by Shantala Sriramaiah, Sanskrit Belgium offers traditional chanting, studies and events designed for new and experienced Sanskrit enthusiasts and practitioners.

Born and raised in Bangalore, India, Shantala studied Sanskrit in school, learning the script, grammar as well as important epics and scriptures. Sanskrit chanting has been part of her upbringing and she credits much of her knowledge to her mother who taught regular classes in their home for over 30 years. While continuing her own studies in Sanskrit & Vedanta, she aims to follow her family tradition and is keen to make this practice accessible to an international audience.

www.SanskritBelgium.com
<https://www.facebook.com/SanskritBelgium>
SanskritBelgium@gmail.com



Recipes with local and seasonal ingredients

Quiche with warmoes

Ingredients

- A dozen walnuts
- Five stems of warmoes
- One tablespoon olive oil
- 1 clove garlic
- 4 eggs
- 200 ml of cream or whole milk
- 100 g grated cheese
- Shortcrust pastry for a typical cake pan

Make a shortcrust pastry or buy it (Its available in all supermarkets called 'Kruimeldeeg')

Wash and cut the warmoes leaves and stem. Stir-fry it in olive oil. Chop finely garlic cloves or press them and add. Add the seasoning as needed (salt, pepper and nutmeg). Spread the shortcrust pastry sheet into the cake pan and spread the warmoes mixture on it once it is slightly cooled. Chop the walnuts into pieces and spread over the warmoes mixture. Beat the eggs and mix with the cream/milk. Add grated cheese. Pour this mixture over the warmoes in a cake pan and place into the pre-heated oven (200 degrees for 30 to 40 minutes.



Salad of kale with warmoes and lemon

Boerenkool (Kale) and warmoes are typical Belgian vegetables. They are available all year round. They are supposed to be very healthy green vegetables.

Ingredients

- 1 teaspoon fresh lemon juice
- 1 teaspoon olive oil
- 1/2 teaspoon sugar
- 1/2 teaspoon pepper
- 1/4 teaspoon salt
- 4 cups kale, leaves torn
- 2 cups warmoes, leaves torn
- 4 teaspoon pumpkin seeds
- 2 spring onions, finely sliced
- 30 g Pecorino Romano cheese

Add the first five ingredients together and stir until the sugar dissolves. Add kale and warmoes and let it stand for

10 minutes. Roast pumpkin seeds over medium-high heat until brown. Add roasted pumpkin seeds, spring onions and cheese on the rest.



(Source: <http://www.dewittebeek.be/recepten/>)



Children books by Sudha Murty : Book review

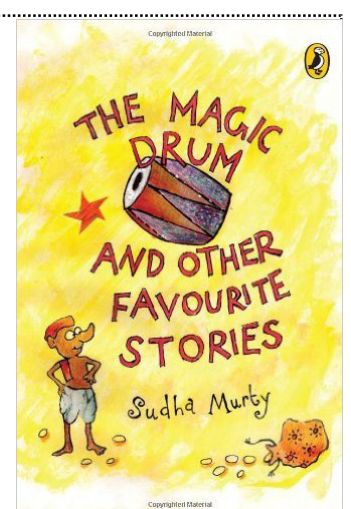
Prabhat Avasare

Isn't it fascinating to get into the world of children's imagination and look at amazing things happening there? That magical world is governed by stories and connections bound together with simple principles. The inquisitive nature of children is to continuously ask questions and try to fit gathered pieces of information, into a of stellar connections. This all makes it challenging to find an entertaining children story which is written in a simple language without using any deeper abstract concepts.

When my daughter was reaching the age of listening to the stories, I was surprised to realize that it isn't that easy to find simple but good Indian story books for her. We all ourselves remember stories from Amar Chitra Katha, Isapniti, Panchatantra, Ramayana, Mahabharata from childhood. Those stories and books are still there. However, those stories of valor, intelligence and righteousness are also filled with violence and more complex human values. I could see my daughter struggling hard to fit those contradictions into her simple world.

During a visit to a bookshop in my India trip, I was pleasantly surprised to find two children books written by Sudha Murthy-"Grandma's Bag of Stories" and "The Magic Drum and Other Favourite Stories". Excelling in her fluid but simple story-telling approach, Sudha Murthy has opened a bag full of beautiful stories. The stories are set with her grandchildren spending summer holidays together and after every lovely dinner, being treated with a lucid story from their grandmother. The story would often be based on a particular issue/ topic they discussed with their grandmother.

The stories often are illustrating power of good over evil without taking refuge in any violence. The stories are catchy but unconventional - about monkeys and mice, princess and onions, a coconut that costs a thousand rupees and a shepherd with a bag of words, a drum that speaks, kings and scorpions and so on. In some stories, one might observe feel digressing from the story line, but even then most of the stories in the books are exhilarating. Along with my daughter, I had spent numerous magical hours savoring those witty tales. I do certainly wish that this magic drum from Sudha Murthy's bag be beaten in every house.



Marathon dream

Presented by Venu Gopal Goru and Lekha Warrior on 13 Feb 2016

My experience of Brussels 20km

Ruta Kapre

In the 'Marathon dream' session listening to Lekha, Venu and others was truly motivating. It's amazing to see that how self-realization, self-actualisation and discipline can infuse positive changes in ones' life. These talks inspired and ignited listeners' minds.

I was oblivious to the history of marathon and even the fact that women were banned to run in Olympic games until 1960s! If Venu hadn't shared this fact, I would have remained ignorant forever. Living in Belgium and seeing people running at any time in any weather made me think 'it is a very easy business'. And suddenly, with Lekha, when I put on my running shoes almost after 20 years, I was shocked to realize I could barely run 500m! But thanks to Lekha's constant motivation, my journey to run re-started.

Brussels 20 km is a kind of dream for many living in and around Brussels. So was mine. However, I never took a step further. But on 31st May 2015 I did it. Seeing thousands of people running with and around me was overwhelming. It's a life time experience for sure! The only goal was to reach the finish line without falling down and I did it... It was such a fulfilling moment..neither because I did it in good time, nor because I got a medal :) ...but because I found way back to my potential! Hope many others like me who are besotted with myriads of self-doubts would find their potential once again and soon.

Is natyashastra genesis of physiotherapy?

Presented by Krithika Iyer on 27 February 2016

Natya-Shastra & Physiotherapy - A proven connection!

Mugdha Baviskar



On 27th February Krithika gave a very inspiring and practical session about "Physiotherapy" and "Natya Shastra". She started with Sanskrit shlokas from the making us wonder how the "Natya Shastra", an old surviving text believed to be written between 200 AD and 200 BC. Sage Bharata Muni, could anyhow be connected to the fairly recent "Physiotherapy". And by the end of the session Krithika had successfully made us realise this correlation through the 'shlokas' and the various 'exercises' mentioned in the Natyashastra.

Everyone has experienced, at some point in their life, one or more kinds of joint pains. Mostly unaware of the implications, we strongly rely on excessive use of medications for immediate relief. However, there are simple exercises derived from the 'mudras' in Bharatnatyam which can be done at one's convenience and help cure pain without any side effects.

Krithika guided us through traditional aspects of Bharatnatyam including 'mudras' (hand positions) 'abhinaya' (facial expressions) and 'padams' (dance) and later showed us exercises involving movements of the head, neck, eyes and legs. These movements help in dealing with muscular pain and lead to tightening of the muscles.

When I researched a little further, I found an article associated with physiotherapy. About 20 years ago Dr. Ashok Johri, professor of orthopaedics at the renowned J.J. group of hospitals, revealed this correlation and his findings won him the biggest research award from the Orthopaedic Association in 1999.

They say pleasure and pain goes hand in hand. But after Krithika's talk, my perspective has been changed. I hope these gracious dance mudras can help all of us get rid of the excruciating pain, and indeed it would be more pleasure than pain!!!



Upcoming IECB activities/sessions

24 April 2016

Sport facilities in Belgium

by Sunil Bhadouriya

10h45 to 11h45

Location: Berkenhof, Beekstraat 25, Kortenberg 3070

8 May 2016

Group running at '15km Woluwe'

This year we are planning to run as a group. We have chosen a 6 km run in '15km woluwe' as our first running event on 8th May. We will running as a IECB group. Those of you who wish to test their capabilities should surely join us in this group running event. Please let us know about your participation as soon as possible.

22 May 2016

Health and nutrition guidance

10h45 to 11h45

Location: Berkenhof, Beekstraat 25, Kortenberg 3070

Vijaya Bhagvat

M.Sc. Food technology, Belgium (RU GENT), Diploma 'Voeding en dieetkunde' Hogeschool Vesalius in Belgium.

In her talk Vijaya Bhagvat will give us guidance about general health and nutrition issues. She will also give some guidance for kids nutrition. She has worked 12 years in UZ Gent and then preferred working for two local health centres where she is still working. She is a guest lecturer at UG medical college.

Organic myth

By Steven Desmet on 5 March 2016

You are what you eat!

Sunil George



Local farmer Steven Desmet explained how community supported organic farming brings the community closer to each other and nature. Steven started off his career in biotechnology, moved on to different conventional jobs before aligning with his passion for farming.

Organic farming is all about using natural products and processes for farming. Seeds that are not genetically modified, use of manure instead of fertilizer and pesticides, application of permaculture are requisites of organic farming. Organic farming reduces the carbon footprint related to agriculture. A few examples; growing legumes, alongside other vegetables, allows fixation of atmospheric nitrogen into the soil; presence of certain insects like earthworm prevent pests from destroying crops. Governing bodies like the EU commission have similar requirements for produce to be classified as 'organic food'. People who are customers of organic farms can vouch for the quality and taste of the produce.

As Steven introduced himself as a farmer, I was surprised to hear that someone in this day and age could be interested in farming. He then explained how farming was unprofitable in the '70s and hence people moved away from natural methods to genetically and chemically assisted farming. Today CSA (community supported agriculture) is a flourishing trade that grows local food for local people at affordable prices. Additionally, a trip to the farm allows the family, especially the kids, to spend time together and explore nature. It's a great way to encourage local business, support the environment, foster relations in the local community in exchange for fresh, healthy and tasty food.

Advertisement (Non IECB event)

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If you are interested to participate or contribute in the activities of IECB or have any questions regarding IECB activities, do write us on indi.edubel@gmail.com

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