

In the last days I was writing and thinking about the topic of food and hunger in the world. Statistics in the newspaper read that in India 46% of the children between zero and three years are affected by hunger. Daily 6000 children die and of these, 50% die because of hunger. It is just sad and especially when you see in other parts of the world that food is not respected at all.

People here need to learn again that you should eat together and make it something special. Let food be something special. In India it is still usual that a family eats together. One person comes home from work at one time, another person comes at another time but still everybody will wait until all are sitting together at the dinner table. In this way eating together becomes a ritual that connects the family. It is a daily meeting point where they do something together. It is nice because the family learns to be a family, to be together and to support each other. And it gives respect to food.

Today Yashendu had a yoga workshop and everybody enjoyed it very much.

A handwritten signature in green ink, appearing to be 'Yashendu', with a large, sweeping underline.