

Parkstraat 99 (1st Floor), 2514 JH,



Newsletter

November-December: Volume 34, NR 11-2016

The Gandhi Centre, Cultural wing of Indian Embassy,
cordially invites you to witness the upcoming events.

Entry: Free

Programmes & Classes

Saturday 26th November 2016

'Constitution Day' of India

[Start: 1500 hrs.]

Inauguration of the new premises of The Gandhi Centre & Celebration of Constitution Day of India

The Embassy of India in The Hague is organizing a function to inaugurate the new premises of The Gandhi Centre at Parkstraat 99 (1st Floor), 2514 JH, The Hague by Hon'ble Mr Rabin Baldewsingh, Deputy Mayor of The Hague on 26 November 2016 (Saturday) at 1500 hrs.

The inauguration will be followed by celebration of the Constitution Day of India. Prof. Pralay Kanungo, ICCR Chair for the study of Contemporary India at Leiden University will deliver the key-note address. Documentary films will be screened during the event. Light refreshments would also be served at the conclusion of the event.

All members of the Indian Diaspora are cordially invited to participate in the function at the new premises of The Gandhi Centre.



YOGA CLASSES

What is Yoga?

Yoga is both a science and an art of living a healthy life. It is a gift of India's cultural and civilizational heritage to the world. It is a holistic approach to health that promotes the harmonious collaboration of the human beings' three components: body, mind and spirit.

Teacher: Mr. Amit Khanna.

YOGA CLASSES SCHEDULE

| Type of class | Days | Timing |
|---|----------------|---------------------|
| Beginners | Tue to Fri | 09.30 am - 10.30 am |
| General Yoga Practice | Tue to Fri | 09.30 am - 10.30 am |
| General Hath Yoga | Mon, Wed & Fri | 11.00 am - 12.00 pm |
| Sun Salutations, Pranayama & Meditation, YogNidra | Mon, Wed & Fri | 12.15 pm - 13.15 pm |
| Yoga Therapy for Cardiovascular Disorders | Mon, Wed & Fri | 02.00 pm - 03.00 pm |
| Yoga therapy for musculoskeletal disorders | Mon to Fri | 15.30 pm - 16.30 pm |
| Yoga for diplomats | Tue and Thu | 11.00 am - 12.00 pm |

HINDI CLASSES

We are very glad to announce that The Gandhi Centre is starting Hindi Classes.

Please find the detailed schedule of the classes. We are also flexible on the timings.

If the given time is not suitable to learn please meet the Hindi teacher with your availability.

| Level | Days | Time |
|--|----------------------|-------------------|
| I- Prarambhik, Prathama (beginners) | Tue & Thu | 0500 pm - 0600 pm |
| | Fri (on skype) | 0500 pm - 0600 pm |
| | Sat | 1000 am - 1100 am |
| II – Madhyama | Tue, Wed & Thu | 1130 am - 1230 pm |
| | Fri (on Skype) | 1130 am - 1230 pm |
| III – Uttama | Tue, Wed & Thu | 0130 pm- 0230 pm |
| | Fri (on Skype) | 0130 pm- 0230 pm |
| IV- Praveshika | Fri | 1000 am - 1100 am |
| V- Parichay | Thu | 1000 am - 1100 am |
| VI- Kovid | Wed | 1000 am - 1100 am |
| VII- Ratna | Tue | 1000 am - 1100 am |
| Grammar | Wed | 0330 pm - 0430 pm |
| | Fri (on skype) | 0330 pm - 0430 pm |
| | Sat | 1130 am -1230 pm |
| Conversation | Tue & Thu | 0330 pm - 0430 pm |
| Teachers Training | Sat | 0130 pm- 0230 pm |
| Hindi Club | Tue , Wed, Thu & Sat | 0230 pm -0330 pm |

Hindi Teacher – Dr N Kanta Rani

TABLA CLASSES

TGC welcomes you to Tabla Classes

Every Tuesday

Timings:

1800 – 1900 hrs. Children from 6 to 12

1900 – 2000 hrs. Others

For all age groups, from beginner to advanced.

Teacher: Heiko Dijker, an internationally acclaimed Tabla-player.



December (Programme)

Friday 02nd December

Monalisa Ghosh (Odissi and Bharatanatyam)

Walk-in: 1800 Hrs.

Start: 1830 Hrs.





Embassy of India

The Hague, The Netherlands

Directions to reach The Gandhi Centre

The address of The Gandhi Centre is: Parkstraat 99 (1st floor), 2514 JH DEN HAAG

BY PUBLIC TRANSPORT: Bus # 22, bus # 24 & tram # 1

The Gandhi Centre can easily be reached by bus # 22 direction DUINDORP (Please note: NOT direction DUINZIGT!), bus # 24 direction KIJKDUIN & tram # 1 direction SCHEVENINGEN. The name of the stop is MAURITSKADE.

Bus # 22 and # 24 start on the bus platform above the CENTRAL STATION in The Hague.

Tram # 1 rides alongside train station THE HAGUE HOLLANDS SPOOR (DEN HAAG HS) through the City Centre.

When you get out of the bus or tram at the stop MAURITSKADE, the Gandhi Centre is about 100 meters in the direction of the City Centre at your left hand side.

PARKING NEAR THE GANDHI CENTRE (PAY PARK)

ParkBee - Lange Voorhout: Parkeergarage Parkstraat 15-25 (020 893 2610) Open 24 hours

Noordeinde Parking Garage: Heulstraat 21 (070 363 0404) Open till 0100 hours

