

# AMRIT

PUBLISHED BY EMBASSY OF INDIA, HUNGARY



अमृत

150<sup>th</sup> Birth Anniversary Celebration of  
**MAHATMA GANDHIJI**



# Contents



6



18



18

Bilateral .....	04
Indian Economy .....	09
Yoga Corner .....	10
Ayurveda .....	13
Impression .....	14
Culture .....	14
Music .....	20
Children's Corner .....	21

## AMRIT

Vol. 6. Issue 2, October-November 2018  
Bi-monthly Journal of the Embassy of India, Hungary

**Editor in Chief:** Kumar Tuhin

**Editor:** Tanuja Shankar

**Support team:** Anna Simon, Anna Szabó, Eszter Berki

**Contributors:** Anita Adamecz, N. Venkataraman, Ankita Sood, Asmita Wele, Tanuja Shankar, Eszter Berki, Rajesh Gangani, Schaferné Földvári Ilona

### Cover, Design and Layout

INDIA EMPIRE Publications  
N 126, II Floor, Greater Kailash Part-I,  
New Delhi – 110 048, India  
M: +91-9899117477, Tel: +91-11-29231515  
E: sayantanc@gmail.com  
Web: www.indiaempire.com

Amrit is a bi-monthly journal published by the Embassy of India, Budapest. It is available online on the Mission's website [www.indianembassy.hu](http://www.indianembassy.hu)

The views expressed are those of the author and not necessarily of the Embassy of India, Hungary.

Reproduction in any manner without prior permission of the Embassy is prohibited.

## *From Editor-in-Chief's Desk*



**I**t has been about two weeks since I reached Budapest, the beautiful capital of Hungary. Many emotions race through my mind as I am attempting to put my thoughts on paper.

To serve as Ambassador of India to Hungary, a country with which we not only enjoy very close and friendly ties, but also a unique relationship that has developed and blossomed over many centuries, is indeed a privilege. To be able to come to the land of personages like György Huszti, Alexander Csoma de Kőrös, Ervin Baktay, Aurel Stein, Károly Fábry, József Schmidt, Elizabeth Sass Brunner (mother daughter painters) and numerous others who contributed so much to building the edifice of friendship and understanding between our two countries, and where the legacies of personalities such as Gurudev Tagore and Amrita Sher-Gil guide us, is overwhelming.

In this background, what I find very heartening is that the work of further strengthening our friendship is being continually taken forward by individuals and institutions alike. Engagements at political, business, cultural, educational and people-to-people levels are increasing as also the quality of such engagement is improving. We will strive to provide more support and encouragement for our engagement in diverse fields.

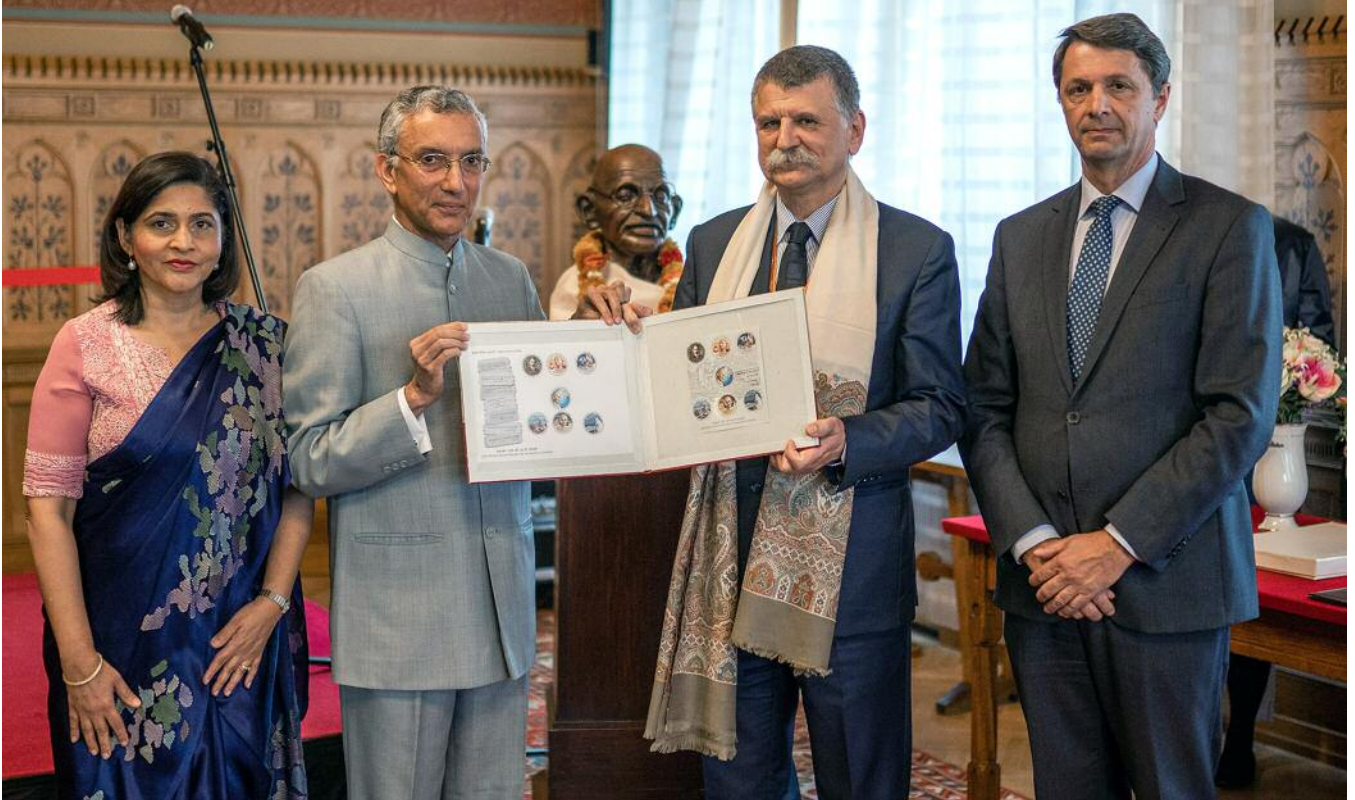
The love and fascination in Hungary for India's cultural and spiritual heritage has always been there. The Amrita Sher-Gil Cultural Centre at the Embassy of India is doing commendable work in this regard. While the regular classes on Yoga, Indian culture, dances, lectures, etc are continuing, the Cultural Centre is starting a broader outreach effort to reach out to more and more people and bring these treasures of India to the wider masses.

I am looking forward to my tour of duty and sojourn here and hope to contribute to the further strengthening of friendship between our nations and peoples.

*Kumar Tubin*  
*Ambassador*  
*Embassy of India, Hungary*

# 150th Birth Anniversary Celebration of Mahatma Gandhiji

**Hon'ble Speaker, Mr. László Kövér Inaugurates celebration in Hungarian Parliament**



Ambassador and Mrs. Kavita Chhabra with Hon'ble Speaker, Mr. László Kövér and Mr. Péter Cseresnyés, Minister of State for Parliamentary Affairs presenting the commemorative stamps issued by the Hungarian Post Service on the occasion of the 150th birth anniversary of Gandhiji

The official events of celebrating the 150th anniversary of the birth of one of the most influential figures of modern history, Mahatma Gandhiji commenced on 2 October 2018 in the magnificent building of the Hungarian Parliament. The joyous occasion marks not only the beginning of the celebration of the Mahatma's birthday, but also the Year of Non-Violence declared by the UN in honour of one of the greatest leaders in modern Indian history.

At noon, Mr. László Kövér, Hon'ble Speaker of the National Assembly arrived at the breath-taking Széll Kálmán Hall named after the former Prime Minister of Hungary to join the celebration. Paying their respects to the Mahatma, the event started with H.E. Rahul Chhabra, Ambassador of India, Mrs. Kavita Chhabra and Speaker László Kövér performing a



Hon'ble Speaker, Mr. László Kövér paying his respects at the bust of Mahatma Gandhiji





Ambassador Rahul Chhabra addressing the Ministers and MPs gathered together to celebrate the birth anniversary of Gandhiji

floral tribute at the bust of Gandhiji. In his speech, Speaker Kővér emphasized the significance of India's journey to freedom through non-violence headed by Gandhiji and presented this path to lead by example to all the nations currently suffering from conflicts. He also marked the celebration of 70 years of diplomatic relations between India and Hungary this year, and took this opportunity to bid farewell to Ambassador Chhabra and thank him for his tireless work throughout his 3 year tenure in Hungary. Ambassador Chhabra talked about the spirit of Gandhiji breaking through borders and having the power to change all of mankind for the better by stating his thoughts and beliefs were not only for the freedom of his country and for the happiness and betterment of the Indian people, but that for all of mankind. Concluding his address, Ambassador expressed his delight over the first ever celebration by the Embassy of India housed in the halls of the Parliament, in the presence of the head of the National Assembly making this day an important cornerstone in Indo-Hungarian relations.

At the end of the official programme, commemorative postage stamps featuring Mahatma Gandhiji on the occasion of his birth anniversary issued by the Hungarian Postal Service were released by Speaker Kővér and Ambassador.

The event was also attended by several Ministers and Members of Parliament, who eagerly joined the special chair yoga session conducted by Ms Ankita Sood, teacher of Indian culture and yoga of the Embassy of India. The hall filled completely as the Ministers and MPs enjoyed



Yoga session led by Ms. Ankita Sood, Yoga Expert attended by Ambassador, Mrs. Chhabra and Ministers and MPs alike

practicing these simple yet effective yogic techniques which would help them managing their stressful schedules. At the end of the yoga session, mats and yoga T-shirts were presented to these dignitaries to help them continue practice at home as well.

The event also featured the release of the video of Gandhiji's favourite bhajan "Vaishnava Jana Toh" sung by prominent singer, Ms Jennifer Mága along with a photo exhibition on the Life and teachings of Gandhiji. ■

## Led Projection at Buda Castle on the occasion of Gandhiji's 150th birth anniversary

Celebration of 150th birth anniversary of Mahatma Gandhiji continued in the evening on 2 October, when the historical Buda Castle was lit up with the pictures and quotes of the life and teachings of Mahatma Gandhiji, while his favorite bhajan "Vaishnav Jan Toh" played in the background at Vigadó tér. H.E. Rahul Chhabra, Ambassador of India and Mrs. Kavita Chhabra were delighted to see the excited crowd who gathered to see this magnificent showcase of a slice of India's history and the wisdom of one of its greatest figures.



Ambassador and Mrs. Chhabra with people gathered together to enjoy the light painting on the Buda Castle



'An eye for an eye only end up making the whole world blind' – the spirit and thoughts of Mahatma Gandhi reflected on the beautiful landmark on the Danube bank in Budapest, the Buda Castle



## Visit of Sister Didi Sudesh

On 5 October 2018, during her visit to Hungary, the European Director of Brahma Kumaris, Didi Sudesh called on H.E. Ambassador Rahul Chhabra. With her lively sense of humour and generous nature, not only did she share her wisdom with Ambassador, but possessing a youthful desire to learn from every human experience, she was also incredibly open to listen to Ambassador as well. She also tied a rakhi on Ambassador's wrist and gave him her blessing. Sister Didi Sudesh was accompanied by Sister Sophie of the Hungarian Chapter of Brahma Kumaris and Mr. Romas Kairys, spouse of the Ambassador of Lithuania.

Sister Didi also visited all members of the Mission tying a rakhi sharing her wise thoughts and giving her blessings to everyone present. An outstanding lecturer, teacher and broadcaster on human development, meditation and the creative abilities of the mind herself, she has travelled in over 80 countries, addressing national and international conferences and co-ordinating



Ambassador received Sister Didi Sudesh,  
European Director of Brahma Kumaris

workshops and seminars. During her stay in Budapest, later on 5 October, she also gave a lecture on 'Inner crisis and changes – Behind the curtain of loss there is always gain' at MagNet Ház. ■

## Picnic at Krishna Valley

On 6 October, 2018 Ambassador Rahul Chhabra and Mrs Kavita Chhabra together with ISKCON Hungary organized a picnic lunch in Krishna-valley to bid farewell to the Members of the Diplomatic Missions and journalists attending the event. The programme started with a visit to the Gurukul (school) and a dairy-farm by ox carts, which was followed by a cultural programme in the Temple. A presentation on sustainable economy in relevance of ancient Indian culture was held by members of ISKCON. The presentation was followed by vegetarian lunch in the restaurant. After the lunch guests enjoyed the guided tour to the botanical garden and getting their hands henna painted. ■



Ambassador waiting to greet  
the guest in Krishna-Valley



**LEFT:** Ambassador, Mrs. Chhabra and the guests riding the ox cart to the Temple.  
**RIGHT:** The guests enjoying the cultural show inside the Temple

## Farewell visit to Minister Péter Cseresnyés



Ambassador and Minister Péter Cseresnyés at the Parliament on their farewell meeting

Upon the invitation of Mr. Péter Cseresnyés, Minister of State for Parliamentary Affairs, MP and Chairman of India-Hungary Parliamentary Friendship Group, Ambassador called on the Minister at the Parliament on 9 October to bid farewell. Ambassador and Mr. Cseresnyés also discussed issues of bilateral and multilateral interest defined by an underlying spirit of warmth and camaraderie.

## Rashtriya Ekta Diwas



India-based members of the Mission reading the Rashtriya Ekta Diwas pledge

Rashtriya Ekta Diwas (National Unity Day) was celebrated in the Embassy on 31 October 2018. On this occasion, Mr.T.P.S. Rawat, Second Secretary (Consular) and Chargé d'Affaires read out the Rashtriya Ekta Diwas Pledge to all India-based officials of the Mission. Mr Sanjeev Manchanda, Second Secretary (Political & Commercial), Mr N. Venkataraman, Second Secretary (Press & HOC) and new Director of ASCC, Ms Tanuja Shankar were also present.



# Remembrance Day of the United Kingdom

Marking the day of signing the armistice that ended WWI, every year since 1919 'at the 11th hour of the 11th day of the 11th month' Remembrance Day (or sometimes informally known as Poppy Day) is observed in the Commonwealth of Nations and their Missions throughout the world to remember the members of their armed forces who have died in the line of duty.

Although scarcely nation-wide, the day is also remembered in India usually marked by tributes and ceremonies in army cantonments, including at the Delhi War Cemetery.

The Indian Army contributed a large number of

divisions and independent brigades to the European, Mediterranean and the Middle East theatres of World War I. It is estimated that at least 74,187 Indian soldiers lost their lives in the Great War. Honouring their sacrifice, Field-Marshal Sir Claude Auchinleck, Commander-in-Chief of the Indian Army from 1942 asserted that the British "couldn't have come through both wars [World War I and II] if they hadn't had the Indian Army."

The Embassy of the United Kingdom held the Remembrance Service on 11 November at the Solymár Commonwealth Cemetery. Representing the Mission, Mr. T.P.S. Rawat, Second Secretary, Chargé d'Affaires attended the event and paid his respects to those who have lost their lives in armed conflicts. ■

## IMF predicts India will grow faster than China in 2018 to regain the fastest-growing economy tag

The International Monetary Fund (IMF) has said India should grow at 7.3% in 2018-2019, up from 6.7% last year but lower than its earlier projection earlier this year. In April, IMF had projected India's growth rate to be at 7.4%, which it has now revised down given the recent increase in global oil prices and tightening global financial conditions, IMF has said in its World Economic Outlook report.

For 2019-20, India's growth is projected to be at about 7.4%, on the back of the rebound from the shocks of demonetisation and the goods and services tax (GST), and improving private consumption and investment climate.

In comparison, China is expected to grow at 6.6% in 2018 and 6.2% in 2019. China's growth projections have been lowered in part due to the impact of US tariffs hitting Chinese exports and slowing external demand growth and

financial regulatory tightening, according to the report. China was the fastest growing economy in the world in 2017.

According to India's central bank the Reserve Bank of India, in 2018-19, India's GDP is expected to grow at 7.4%, a figure the Indian government said it would exceed. IMF has said that India's medium-term growth prospects are strong at 7.75% attributable to structural reforms.

Inflation warning

However, the recent hike in oil prices and weakening rupee is expected to affect India's inflation numbers, according to IMF, which has called for a tighter monetary policy.

IMF has warned that India's inflation rate is expected to increase to 4.7% in 2018-19 compared to 4.5% in 2016-17 because of rising fuel prices and accelerating demand.

Comparing India to trends in Argentina, IMF has urged India to “re-anchor expectations” where inflation continues to be high and increasing higher due to a sharp currency depreciation.

Last week, RBI’s monetary policy committee (MPC) kept interest rates unchanged at 6.5% partly on expectation that inflation was manageable, preferring instead a “calibrated tightening of monetary policy.”

—Rimin Dutt, *Business Insider*

YOGA CORNER

## WHY IS BREATH SO IMPORTANT IN YOGA?

**W**hy is there so much focus on the breath in yoga? What is the link between yoga and breath, and why is it so important (besides the fact that it keeps us alive)?

In a typical yoga class, we are instructed to consciously breathe, connect to our breath, breathe deeply, retain our breath, etc. What impact does the breath have on us, and our yoga practice?

### Breath and Length of Life

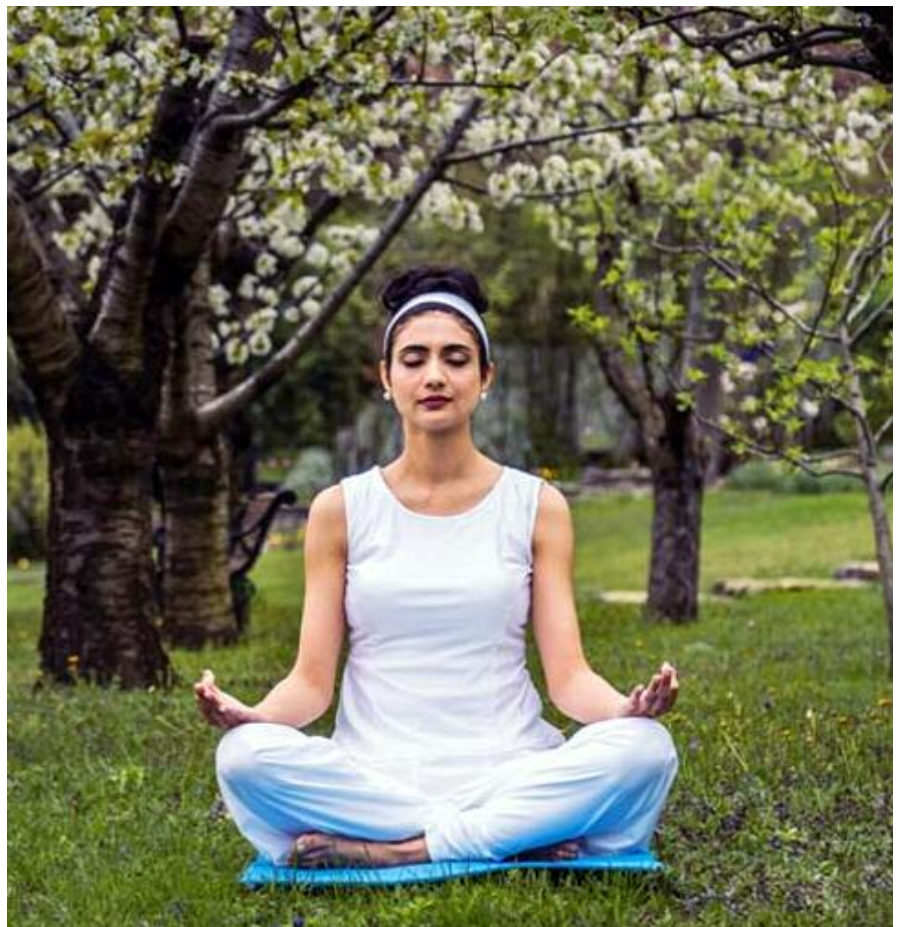
*A yogi measures the span of life by the number of breaths, not by the number of years.*

—Swami Sivananda

It is said that if you breathe 15 times per minute, you will live to 75 or 80 years. If you breathe 10 times per minute you will live to 100. The speed at which you breathe will dictate the length of life. If you breathe fast, your life will be shortened. This is why dogs have short lives.

### Conscious Breathing

We are continually instructed to “breathe consciously” when we are in yoga class. Breathing consciously is the essence of yoga as it assists us in connecting with the subtle energy within. It is through the breath that we are able to navigate different levels of consciousness. Moreover,



breathing consciously has a biological effect on our mental, emotional, and physical state.

Firstly, connecting with your breath is a method for being in present. When you concentrate on each aspect of the breathing process, you are in present; you let go of the

past and future and are focused on the moment inside the breath. This is why breathing consciously is its own meditation. But this is just the beginning of why conscious breathing is important.

When you breathe consciously you activate a different part of your brain.



Unconscious breathing is controlled by the medulla oblongata in the brain stem, the primitive part of the brain, while conscious breathing comes from the more evolved areas of the brain in the cerebral cortex. So conscious breathing stimulates the cerebral cortex and the more evolved areas of the brain. Consciously breathing sends impulses from the cortex to the connecting areas that impact emotions. Activating the cerebral cortex has a relaxing and balancing effect on the emotions. In essence, by consciously breathing, you are controlling which aspects of the mind dominate, causing your consciousness to rise from the primitive/instinctual to the evolved/elevated.

### Controlling the Breath

By changing the breathing pattern, you can produce different states of mind. Slowing down the breath has an impact on your emotional state. The cerebral cortex is activated through consciously slowing down the release of breath. Then the cerebral cortex sends inhibitory impulses to the respiratory center in the midbrain. These inhibitory impulses from the cortex overflow into the area of the hypothalamus, which is concerned with emotions, and relax this area. This is why slowing down the breath has a soothing effect on your emotional state.

### Channels of Subtle Energy

Breath controls the body, mind, and emotions. There are 72,000 nadis, or channels where the subtle energy flows throughout the body. Of the 72,000, there are 3 that are the most important: Ida, Pingala, and Sushumna.

The Ida Nadi begins at the Muladhara Chakra, courses through the chakras and ends in the left nostril. Ida is aligned with the moon energy and has a calming and cooling effect. The Pingala Nadi originates at the Muladhara Chakra, courses through the chakras and ends in the right nostril. It is associated with the sun energy and has a heating effect. The Sushumna Nadi is the central channel. This is the nadi that the Kundalini energy travels. It is associated with balance.

During the course of the day, the left and right nostril alternate in which one dominates. This is accomplished through erectile tissue in the nasal passage that inflates with blood to cut off, or reduce the flow of air. One of the nostrils will dominate based on your mental, emotional, and physical state. They alternate throughout the day. As they change over, the Sushumna is activated, but only for a couple minutes. The key is to activate Sushumna for a longer period of time. This is accomplished when both the Ida and Pingala are flowing evenly.

### Prana And Pranayama

In yoga we learn to control prana, the vital force, through pranayama. We use the breath in pranayama to

learn to control prana, but don't confuse prana with breath. Prana is the energy that animates the lungs. It is NOT the breath. Using the breath is the easiest method for training prana. Once you are able to control prana through pranayama you are better able to control the movement of prana to other organs and areas of the body. The breath being the mode of pranayama, we focus on the three stages of respiration: inhalation (pooraka), retention (kumbhaka), and exhalation (rechaka). However, according to yogic texts, pranayama is retention. Inhalation and exhalation are methods for affecting retention.

Kumbhaka, or retention of the breath has a physiological effect on the brain. First, it provides more opportunity for the cells to absorb oxygen, and eliminate more carbon dioxide. This has a calming effect on the mental and emotional body. In fact, scientific studies have proven that slight increases in carbon dioxide for a short amount of time reduce anxiety levels. However, it is only beneficial up to a certain level. Carbon dioxide becomes very harmful, even fatal at high levels.

Furthermore, when the breath is retained, the brain panics because the carbon dioxide levels increase. Increased carbon dioxide levels stimulate the brain's capillaries to dilate. In this way, more capillaries in the brain are opened up to improve cerebral circulation. This builds up an immense amount of nervous energy in the brain, forcing the creation of new neural pathways and the activation of dormant centers; the brain is activated and awakened!

### Breath and Sound

Every vibration has sound. Breath, a vibration, also has sound. The Yoga Chudamani Upanishads states that the breath has a sound that is heard at a particular level of consciousness. According to the Upanishads, the sound of the breath is "So" during inhalation, and "Ham" during exhalation. When you withdraw your senses from the external, you are then tuned into the internal sound and can hear the breath. By mentally chanting—So-ham, the mantra manifests as an audible sound in the inner ear. In Kundalini Yoga, we mentally chant Sat on the inhale, and Nam on the exhale which serves the same purpose.

### Mind, Prana, and Breath

Basically we can look at the breath like the oil in a car, prana as the gasoline, and the mind as the engine. By understanding their relationship to one another you are better equipped to navigate your life to a higher elevation, and repair it when it breaks down. The yoga mat is just the starting point of your journey. ■

—Ankita Sood, Yoga and Lifestyle Expert,  
ASCC, Embassy of India

# FIRST YOGA TEACHER TO CONDUCT YOGA SESSION AT HUNGARIAN PARLIAMENT



**F**irst Ever Event organized in the magnificent premises of Hungarian Parliament on 2 October, 2018 noon started with floral tribute to Mahatma Gandhiji by Speaker of National Assembly of Parliament, László Kövér and H.E. Rahul Chhabra, Ambassador of India. There were Ministers & Members of Parliament present on this special occasion. Commemorative Postage stamps on Mahatma Gandhiji were released by Speaker and Ambassador.

Ms Ankita Sood our Yoga and Lifestyle Expert conducted a very Special Chair Yoga Session for the Ministers & Members of Parliament. It was a full house and the Ministers enjoyed practicing these simple yet effective Yogic techniques which would help them in managing their stressful schedules. Yoga mats and Yoga T-shirts were presented to these dignitaries. The event was organized in Széll Kálmán Hall which is named after the Former Prime Minister of Hungary. ■



# Ayurveda in daily life!

Dear Friends,

It gives me a pleasure to meet you through the pages of Amrit which has the vision to maintain a consistent dialogue between you and India. The heritage of India is huge in terms of Vedic knowledge, diversity of interwoven cultural threads and practical wisdom. Ayurveda imbibed very consciously in daily lives of millions of Indians, holds eternal principles of health and disease cure. So we at Indian Embassy, Budapest have decided to unfold the secrets of Ayurveda-Amrit for the Hungarian readers, regularly. The symbolism of receiving Amrit or nectar from Dhanvantari - doctor of the Gods - for the mortal humans; is the secrets for longevity in the form of Ayurveda, which came to the table after lots of meaningful debates like churning of great oceans by innumerable scientist. I propose to write in each issue on one topic of health or disease. Let's begin with the first in the series.

## My 20 Minutes Journey towards Health and Happiness

Do you care for your work more than your life? Yes, at the peak of the career everyone has to. But then what about happiness and health when you turn 50? Here's a simple 20 minute help can be derived from Ayurveda.

On the busy work day wake up with alarm but do not get out of the bed immediately. Instead open and close your eyes 10 times. Stretch your legs five times. Stretch your hands five times. Then stretch the whole body for six breaths and then get down for morning ablutions. Does this sound in tune with nature? Have you seen the birds waking up in the morning or a cat after her intermittent naps? They do the shaking due to the nature's rhythm imbibed in them. It is within us as well but our busy modern intellectual life has forgotten it over the past decades. Let's get back to



Prof. Asmita Wele. M.D.  
Ayurveda Chair, Pharmacology and  
Pharmacotherapy, School of Medicine,  
University of Debrecen

the nature with Ayurveda.

Morning ablutions include brushing with sweet teeth whitening toothpaste. Have you tried the astringent toothpastes available in the market? Teeth cleaning and mouth washing using astringent bitter and spicy pastes or Triphala decoction takes care of buccal mucosa, tongue and gums. It not only keeps away bad breath but also rejuvenates salivation process and helps regulating the digestion. Try it for a week and check for the difference.

Instead of coffee, would you try a warm long herbal tea? Anything having ginger, mint, turmeric, clove, cinnamon, cardamom in different combinations. It will replenish water requirement and also help bowel movement. Irregular bowel movements, unsatisfactory defecation, constipation, indigestion is the root cause of many non-communicable diseases like diabetes, heart disease, insomnia, joint diseases and allergies.

The simple Ayurveda tea in 300 to 500 ML quantity starts taking care of the digestion process smoothly.

Here comes my 10 minutes extra in your daily routine. On the empty stomach do six Sun salutations. If you do it faster, they can be even eight or 10 cycles and you will sweat. The sun salutation cycles include 12 different postures which strengthen and stretch almost all big and small muscles and tendons in your body. You might feel about the long muscles of legs and arms but the intercostal muscles between your ribs are also stretched. In the serpent position during sun salutation the thyroid and supra-thyroid glands are the stimulated too. These 10 minutes make your body fresh for taking any hard work in the office.

My next 10 minutes extra are for *abhyanga*. It means quick application of fragrant herbal oil to the whole body. A simple principle is to apply oil in the direction of heart. It is very comfortable and natural tendency of stroking. Everyday oiling makes the skin supple, smooth and elastic. It keeps the wrinkles away, maintains tone of muscle and nourishes small joints.

After that enjoy a nice warm to hot shower with some refreshing fragrance of rose, lavender, sandalwood, musk or amber. These fragrances subtly work on your mind and refresh you to take on the new (quite boring) work day. Now you are ready for breakfast. Shower before eating and not after, brings in a very important change in metabolism of food.

More about breakfast and meals in the next issue. Do let me know how the 20 minutes of Ayurveda make you happy everyday! ■

—Prof. Asmita Wele. M.D.  
[ayurveda.dept@unideb.hu](mailto:ayurveda.dept@unideb.hu)

# IMPRESSIONS

**H**ungary like India is very deep rooted in tradition and ancient heritage. Before coming to Budapest, I did a lot of study and research, and one thing that stood out was the chequered past that both India and Hungary share. Both the countries have suffered shells of war on their chest, both the countries have lost brethren in bloodshed; both the countries rebuilt its fabric of democracy and rose from ashes just like the phoenix. Today standing on the banks of Danube, Budapest revels in its past glory, and pays homage to its war heroes, just like we Indians, bow our heads to thousands of martyrs who laid their lives for the freedom of India.

On first sight, Budapest is strewn with historical sites, architectural marvels jostling with efficient and fast paced city life, with excellent transport system. As one draws deeper into the psyche of the day to day life, one can smell the fragrance of goodness, serenity of well-being, and atmosphere of friendliness that envelops any outsider coming into this bustling city. Right from the roadside cafes and eateries spilling with cuisines from all over the world, to the myriad shades of ethnicity bubbling over from the lanes and bylanes, to the cheerful personas of people pulling you closer to the city, the city Budapest is a welcome haven for any person coming here. To add to this list is the smile that lights up everyone's countenance as soon as they are introduced to you as an 'Indian'. Their love for India and Indian culture knows no barriers. Undoubtedly the two iconic figures that connect them instantly to the Indian identity are the great Mahatma Gandhi and the resplendent Rabindranath Tagore. The spiritual philosophy &

Ahimsa Dharma of Gandhiji has connected many Hungarian philosophers, writers, artists to the timeless Indian philosophy. Similarly Tagore is indelibly connected with Hungary through the last 100 years or so. Tagore had come to recuperate, probably strolled in Balatonfured on the banks of the immense Lake Balaton and took a dip in one of the many hot springs, got cured, and left an indelible impact through his presence so much so that today his visit is preserved in a memorial.

Last but not the least, how can one forget the artistic connection of the Indian Frida Kahlo, Amrita Sher-Gil, the painter, who shares the strongest ever Hungarian-Indian connection. A painter par excellence, Sher-Gil has left a unique legacy that proudly gives her name to the Indian Cultural Centre, here at Budapest. As first impressions go, mine have been full of expectancy, positive vibes and a welcoming atmosphere in a very beautiful city beckoning me to explore its annals of history and conjoin them to create new inroads into the cultural relationship of my country India and Sher-Gil's alma mater Hungary. New paths to take, new journeys to partake, new chapters to write and build some holistic milestones: that's in the offing.

As Robert Frost said, 'Miles to go before I sleep...'

—Tanuja Shankar  
Director, Amrita Sher-Gil  
Cultural Centre



## CULTURE

# AMRITA SHER-GIL CULTURAL CENTRE

**Details of the activities of the Amrita Sher-Gil Cultural Centre, Budapest, during the month of October & November, 2018 are as under:**

### Indian Film Club

On first and third Friday of every month films are screened under the aegis of "Indian Cine Club" at the auditorium of Amrita Sher-Gil Cultural Centre in Embassy Premises for Hungarian fans. From September-December some feature films will be screened in ASCC and some of the films will be screened in Ferenc Hopp Museum as per the agreement released with the museum hosting the exhibition titled Goddess – Woman – Devi



Kamla ki Maut

cults and traditional female roles in India. In October ASCC organized Indian Film Festival in Puskin cinema from 4-10 October (details in following section) and in Ferenc Hopp Museum Kamla ki Maut (1989, Hindi) was screened on 26 October.

993 people attended the Film Festival and around 50 persons attended the screening in the Museum.



# OCCASIONAL PROGRAMMES in ASCC

## Indo-Hungarian Cultural Evening 3 October, 2018

On 3 October, 2018 Indo-Hungarian Cultural Evening was organized at ASCC with colorful dance performances. The event was prelude to the celebrations of the Indian Film Festival being organized in Puskin Cinema from 4 to 10 October, 2018. Mr. T.P.S. Rawat, director of ASCC greeted the audience. Captain Rahul Bali, curator of the Indian Film Week introduced Imtiaz Ali, Umesh Shukla and Rahul Mitra, prominent directors from India, visiting Budapest on the occasion of the Indian Film Week. The first dance performance was presented by Judit Ábrahám Rajasthani dancer. The second group came from India and held a contemporary Mizoram dance performance. The Classical Indian Dance show of ISKCON group closed the cultural programme. During the reception held by Embassy of India audience had the chance to meet and have a chat with directors. Ambassador Mr. Rahul Chhabra and Madam Chhabra briefly joined the event at the end.

## Opening Reception and Opening Ceremony of Indian Film Week 2018

4 October, 2018

On 4 October, 2018, H.E. Rahul Chhabra, Ambassador of India to Hungary along with the Curator of the Indian Film Festivals Worldwide, Captain Rahul Bali, officially announced the Indian Film Festival Hungary open in Puskin Cinema, Budapest. Around 220 people attended the Opening Ceremony. Before the official announcement a Reception was organized in Puskin Café with VIPs attending the function.

The Indian Film Festival Hungary was jointly organised by Embassy of India in Hungary and Indian Film Festivals Worldwide (IFFW) to spread the fragrance of India via cinema. During the festival 7 Indian films:



Ambassador speaking on the occasion



Opening Ceremony in Metropolis room



Opening Ceremony in Puskin cinema



Imtiaz Ali speaking at the QA session



Metropolis room full of audience

Bahubali - The Beginning, Bahubali - The Conclusion, Saheb Biwi aur Gangster 3, 102 Not Out, Jab Harry met Sejal, Wrong Side Raju & Rustom were screened. The curator's thoughts connected to Hungary's Indian Film Festival; he dwelt on the selection of films and explained the reason of bringing these films with an aim to spread sheer happiness and depict



QA session questions

great virtues like love, bonding and various human emotions on a larger than life canvas through songs, dance and music. The Curator also presented trophies to Ambassador, to Amrita Sher-Gil Cultural Centre, to directors and other prominent artists.

Special feature of this year's festival was the visit of 3 film directors from India: Imtiaz Ali, Umesh Shukla and Rahul Mittra visited Hungary whose films were the first 3 days' speciality. There were QA sessions organized after the screenings with them. Several articles have appeared in Indian news about the event.

**Karma the game of life by Sivasakti Kalananda Dance Theatre**  
**9 October, 2018**



Karma, the game of life

On 9 October, 2018, Panni Somi and her group gave a fantastic performance in ASCC. The performance titled Karma, the game of life is about a parlour game of Indian origins, which teaches life itself in compliance with traditions. The game is not “fair”, not predictable: sometimes it is fun, sometimes annoying and baffling, but always exciting and thought provoking. Each player reaches the finishing line provided he realises that the real goal



Karma, the game of life Panni Somi and Sivasakti Kalananda Dance theatre

is the game itself.

The ballet piece depicted ‘Snakes & ladders’ game, where the course of game (or life) depends on the decisions of individuals as to what kind of experience they will have in the game. Conflicts, victory, defeat, teamwork, and individual deeds - all are included in the game, which the dancers showcased with great skills and professionalism. This piece was a fusion of classical Bharatanatyam and modern contemporary dance.

**9 Dreams by Dóra Bittner & József Csaba Fülöp flamenco dancer**  
**16 October, 2018**

On 16 October, 2018, Ms Dóra Meenakshi Bittner performed in ASCC with Mr József Csaba Fülöp flamenco dancer. The performance depicted the autumn season, when everything changes and new energies emerge in the Universe. On the occasion of Navaratri festival, the ballet piece depicted 9 dreams, showcasing different aspects of mythology, love, poetry, human relations etc. For example the 4. and the 9. items depicted Shiva and his power and Kalidasa’s poem respectively, while the 5. and 7. dream



Flamenco-Bharatanatyam fusion by Dóra Meenakshi Bittner and Csaba Fülöp



Anna Simon presenting bouquets to artists

were about male-female emotions, including the fantastic and dynamic flamenco dance performed by Mr Csaba. Audience was enchanted by the performance.



**Sopron Body and Mind Festival**  
27 October, 2018



Duett by Rajesh Gangani and Sonali Roy



Group photo



Rajesh Gangani performing solo



Audience applauding

On 27 October, 2018 ASCC participated in II. Body & Soul Festival organized in Sopron city. Ms Erika Wollaston and Mr Lee Wollaston have been collaborated with us for a few years with regard to International Day of yoga programmes. This festival was inaugurated last year and now is becoming a tradition in Sopron. The festival is a one-day programme where focus is being given to healthy lifestyle and fitness. Therefore different yoga classes and lectures are held during the day. There are smaller rooms for meditation, workshops, handicraft programmes as well. On the corridor there are stalls where healthy food, jewellery, gift items, sports goods are being sold to people. Amrita Sher-Gil Cultural Centre showcased Indian classical duett programme given by Rajesh Gangani Tabla player and Sonali Roy Kathak dancer. They performed on stage for 45 minutes and showcased a tempestuous rhythm and dance session. ASCC also had a stall in the corridor where yoga books, brochures on India, T-shirts, small gift items were presented to people.

**Diwali celebration in schools**  
8 & 9 November, 2018

On the occasion of Diwali celebrated in India from 6-10 November, 2018, Amrita Sher-Gil Cultural Centre visited two schools in Budapest which gives education to physically / mentally handicapped children. On 8 November ASCC organized a 60-min programme in Pető András School for 20 children and on 9 November for 40 children in Török Béla



Children enjoying the programme



Director interacting with children



Director presenting books to schools

School (where hearing impaired children study). The programme started with a small lecture-picture demonstration about Diwali, its history, its meaning and the importance of the celebration. The lecture was given by Ms Tanuja Shankar, new director of ASCC. This was followed by a short music performance presented by Pt. Rajesh Gangani, Tabla teacher of ASCC. He was followed by a performance given by Ms Sonali Roy, Kathak teacher of ASCC who showcased a piece on the Goddess. Her colourful dance was followed by gift presentation to children. They have been given chocolate, books and small gift items by us.

The purpose of the events was to celebrate Indian Diwali in a special way, giving not only information but help socially & physically challenged children in an educative and still playful way.

**Evening Ragas by Sebastian Dreyer & Akash Paul**  
20 November, 2018

On 20 November, 2018, a Sitar player from Germany, Mr Sebastian Dreyer arrived at our Centre





Sebastian Dreyer and Ashish Paul performing



Bouquet ceremony



Audience enjoying the performance

accompanied by Ashish Paul Tabla player. It was the first time he performed on our stage. Mr Dreyer is one of few European instrumentalists who picked up Indian Raga music in its traditional form. He learned the art of playing Sitar in Berlin, Jaipur and Kolkata. Through studies under renowned artists as well as regular visits to India he has become an accomplished musician. Sebastian Dreyer teaches at various musical institutions in Berlin. He gave a very pleasant concert showcasing classical Indian style set up in the mood of evening Ragas. Musical lover audience enjoyed the performance and explanations a lot. The musicians gave tribute also to Mahatma Gandhi with playing his favourite bhajan Vaishnava Jana Toh.

**Exhibition 'Hidden Stories the life reform movements and the arts'**  
22 November, 2018



On 22 November, 2018 H.E Ambassador Mr Kumar Tuhin visited the exhibition titled 'Hidden Stories the life reform movements and the arts' where finest paintings & photos



of Amrita Sher-Gil, Tagore & Gandhi were showcased. Madam Tanuja Shankar, Director of Amrita Sher-Gil Cultural Centre was also present at the event. At the exhibition melodious and classical rendition was done by Melinda and her troupe on Violin, Sitar and Guitar which was very soulful and befitting the occasion.

**550th birth Anniversary Celebration of Guru Nanak Dev Ji**  
25 November, 2018



On 25 November, 2018, on the occasion of the celebration of 550th birth Anniversary of the first Guru Nanak Dev Ji, H.E Ambassador Mr. Kumar Tuhin gave the closing remarks





at the event. The Ambassador participated in the 'Paath & Kirtan' and expressed his views about the importance of the occasion and talked about the Initiatives that the Govt. of India has taken to celebrate this special occasion. Ms Tanuja Shankar Dir(ASCC), Mr. T.P.S. Rawat SS(pol), Mr. Venkataraman (HOC) and other members of Embassy & ASCC were also present and had the auspicious 'langar' (community meal).

#### **East-West/classical music concert 27 November, 2018**

On 27 November, 2018, a special and innovative musical programme was organized in ASCC. We had been approached by Ms Éva Bodrogi, a

soprano singer to organize a fusion programme prepared by her and her musicians, so ASCC hosted the event with pleasure. The event was a fusion music concert by Ms Éva Bodrogi vocalist, Mr Péter Szalai Tabla player and Mr Iván Kónya Lutist and consisted of a mixture of western and eastern classical music.

The musicians also spoke about the background of their fusion: the cradle of lute music and the songs accompanied by lute is the ancient East. The first emergence of the European short-slewed lutes originated in Asian cultures, and have been developing into their latest shape from the beginning of the Millennium.

Their earliest portraits are from the 1-5. century B.C. in Gandhara Culture. This "ancient lute" later met with other cultures in the 3rd century AD, getting a new name in China as p'i-p'a, in Japan as biwa, and at the Persians as barbat. In the 7th century, the Arabs take over from the Persians under the name Ud, and from there develops the European instrument in the 14th century.

In the concert, European medieval, Renaissance and Baroque songs accompanied with different lutes and Indian percussion instruments were showcased, showing how they could meet in the past and also now in the 21st century. ■

## **JOKES**

*Albert is driving down a remote road in the mountains.*

After a curve he notices a street sign that says, 'Watch For Fallen Rock'.

A couple of miles of careful driving later, Albert spots some pebbles on the road and stops to pick up a few.

Arriving in the next town, he walks into the road maintenance office.

Placing the pebbles on the counter, Albert says to the official: "Here are your fallen rocks. Now where's my watch?"

# Popular Beliefs on the Tabla

*A Lecture by Pandit Rajesh Gangani*  
 lector/translator Gina Rubik

## TABLA

Tabla is one of the most developed, dynamic, sophisticated and spiritual percussion instruments of India. TABLA is developed in close connection with the ancient Vedic culture of India, and it gradually became one of the leading percussion instruments of the country. It gradually became one of the country. Tabla consists of two different drums: the larger one on the right is called Dayan. The Dayan constructed from shisham wood and covered by goat or cow skin, and it is played by the right hand. The larger metal Bayan is usually played by the left hand and provides a deeper bell-sound. Both drums contain a metal portion on the top called Shyahi which is made with iron oxide, ash, ghee and flour. Shyahi makes possible to tune the instrument to History of Tabla.

## Development of Tabla

Between the 11th and 17th centuries tabla was not a widely-recognized percussion instrument. The tabla compositions we hear today are invented by Ustad Sidar Khan Dhari who lived 300 years ago, and after whom a particular tabla-style is named Delhi gharana. Today there are 6 tabla schools in India, which have their own gharana names, and which all derived from the main Delhi gharana: Ajrada gharana, Lucknow gharana, Farrukhabad gharana, Benares gharana, Punjab gharana, etc. These schools are very important for Indian musicians and artists. Each gharana has its own founders, artists, organizers, disciples, heritage and traditions. All gharana names developed from their own geographical locations where its performers and tabla artists resided.



## What is the meaning of tabla?

According to Pandit Rajesh Gangani's personal understanding:

TA is taal which means beats  
 BA is bol which means words  
 LA is lay which means tempo

Taal is tandav and lasha, the names of the two dances danced by Lord Shiva on Himalaya Parvat (mountain).

“Dambro se bol banne” (“sounds originated from dambro”): God Shiva after his pooja ceremony started dancing tandav and lasha while he played the “dambro”, a percussion instrument. Mishrajati lay or tempo therefore, created the origins of tabla bols.

So it is very difficult to find the exact place and development of the Tabla, but let it be as it is, and we only need to be thankful to the great masters who were part of the development of this wonderful instruments.

## Pt. Rajesh Gangani's Biodata

Pandit Rajesh Gangani is a highly

respected Tabla artist from India, reputed all over the world for his virtuosity and extraordinarity.

Rajesh Gangani comes from the traditional Tabla Gharana of Ajarada and the Jaipur Gharana of Kathak, six generations in music. He is the disciple of his father, the great tabla maestro, late Guru Pandit Madanlal Gangani who was a Professor of Tabla at the Faculty of Performing Arts of M.S. University in Vadodara, Gujarat, India.

Rajesh graduated in music with Tabla and Kathak dance Diplomas at the Faculty of Performing Arts, M.S. Univeristy. He was awarded “Tabla Master of Kalanagari Swarnim Vadodara Gaurav Puraskar Swarim Gujarat” in the Year of 2011.

Rajesh Gangani has given Tabla Solos, accompanied and played with renowned artists, musicians, dancers in the Bollywood Cinema Music Industry, and also gave classical performances and concerts at various places, festivals, samaroh conferences all over India & and many more abroad, with artists such as Pt. Jagdish Prasadji, Pt. Jasrajji, late Pt. Govind Prasadji, Late Guru Pt. Sundarlal Gangani, Guru Pt. Birju Maharajji, Pt. Bhawani Shankarji, Pt. Ronu Majmundar, Pt. Rajendra Gangani, Sushri Padma Vibhusan (Queen of Kathak) Sitara Devi, Sushri Padma Vibhusan, Uma Sharmaji, Padma Shri Shovana Narayanji and Zoltán Lantos.

At present Pt. Rajesh Gangani is working at Amrita Sher-Gil Cultural Centre (ASCC) as a Tabla teacher and Performer at the Indian Embassy of Budapest. ■



# Az aranyfarkú kígyó

**M**esse-messze, Aszám államnak egyik pici falujában, élt egyszer egy nagyon szegény paraszt, feleségével és hét fiával. A paraszt és felesége, akit Szudzsátának hívtak, keményen dolgozott, hogy megszerezze a mindennapi betevő falatot a családnak. A paraszt reggeltől estig a földeken dolgozott, Szudzsátá a háztartást látta el. Kisöpörte a házat, vizet hozott a folyóról, tűzfát gyűjtött a dzsungelben, hazacipelte, és megfőzte az ebédet. Legnagyobb fajdalmuk az volt, hogy mióta világ a világ, nem született ilyen lusta fiú, mint amilyen ez a hét volt. Csak a napot lopták, szórakoztak, de eszükbe se jutott, hogy segíteniük kellene keményen robotoló szüleiknek. Nagyon sokat szomorkodott szegény asszony, és bánatában így fohászzkodott: - Istenem, adj nekem egy olyan gyermeket, aki segít majd rajtunk! A falucska lakói azzal biztatták őket, hogy a nyolcadik gyermekkel biztosan szerencséjük lesz, s az újszülött nem hasonlít majd hét fivérére. De mikor a gyermek megszületett, fájdalommal látták, hogy az újszülött nem gyermek volt, hanem kígyó! Ahogy a világra jött, kikúszott a házból, és eltűnt a dzsungelben. Szudzsátá még szomorúbb lett, hogy most meg kígyót szült, de azt is fájalta, hogy kígyónak született gyermeke elfutott. Sok-sok napon át siratta balszerencséjét. Egy éjjel álmában megjelent a kígyó. Az ölébe kúszott, és így szólt: - Ne szomorkodj miattam, anyám, elátkoztak engem, azért születtem kígyónak! - Miért átkoztak el? - kérdezte Szudzsátá. - Nagyon gazdag ember voltam, rengeteg aranyat gyűjtöttem össze. Soha senkinek nem adtam belőle, még anyámnak sem. Számtalanszor koplalnia kellett, miközben én nagy vagyont halmoztam fel. Ezért arra ítéltettem, hogy vétkemért büntetésül kígyóként szülessék újra meg. Most úgy fogok

**Részletek:**

**Szerkesztette**  
Schäferné Földvári Ilona

**Könyv címe**  
Mese a lótuszvirágról

**Kiadó**  
Móra Könyvkiadó

**Kiadás helye**  
Budapest

**Kiadás éve**  
1980

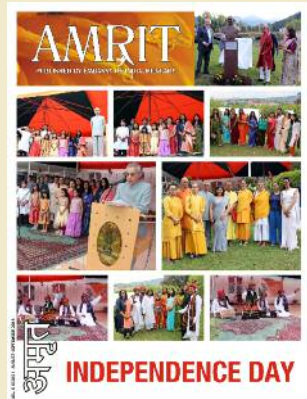
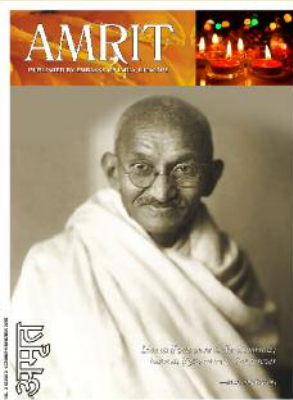
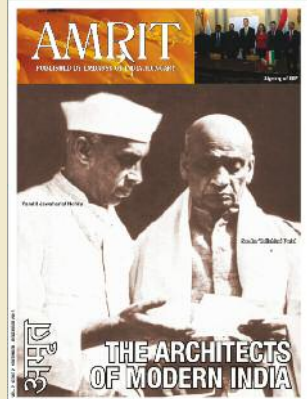
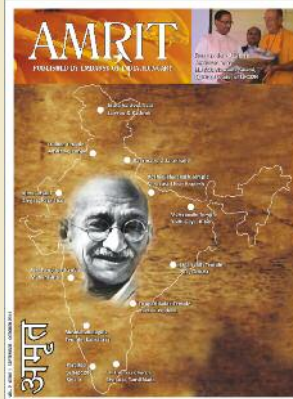
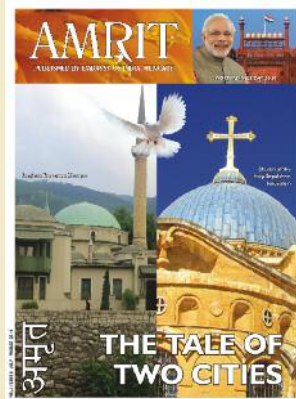
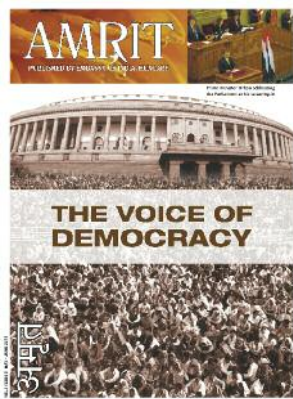
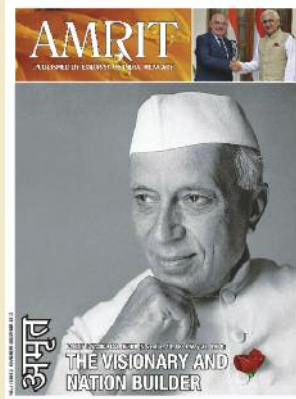
**Forrás helye**  
Indiai



vezekelni bűneimért, hogy minden áldott nap adok neked egy ujjhosszúságú aranydarabkát! - Hogyan tudsz te nekem ekkora darab aranyat adni naponta? - kérdezte Szudzsátá. - Minden reggel eljövök hozzád egy bögre tejért, és ha megittam, vágj le pontosan egyujjnyit a farkamból. Azonnal arannyá fog változni. - De az fájni fog neked, fiacskám! - féltette Szudzsátá. - Nem, anyám, semmi fájalmat nem fogok érezni - mondta a kígyó. Az álmának vége volt, az asszony felébredt. Körülpillantott a szobában, de a kígyónak híre-hamva sem volt. Ennek ellenére hitt álmának, és bizonyos volt benne, hogy valóra válik. Reggel letett egy bögre tejet az

ágya mellé, és türelmesen várt a kígyó érkezésére. Hamarosan meg is jött, kiitta a tejet, és anyjára nézett. Szudzsátá tudta, a kígyó arra kéri őt, hogy vágjon le egyujjnyit a farkából. Remegett a kést tartó keze, de emlékezett álmára, és gyorsan levágott egyujjnyit a kígyó farkából. A levágott darab azonnal arannyá változott, az állat újra eltűnt a dzsungelben. Ettől a naptól kezdve a kígyó minden reggel eljött. Először megitta a tejet, azután Szudzsátá levágott pontosan egyujjnyit a farkából. A család nem volt többé szegény. Elegendő ennivalójuk volt, és jó ruhákat viseltek. A hét fiú élvezte az életet. Gondtalanul szórták a pénzt, és egyre jobban tékoztak. Kevesellni kezdték a napi aranydarabkát, és pénzért gyötörték anyjukat. - Mindennap egyujjnyi arany üti a markunkat. Addig nyújtózkodj, ameddig a takaród ér - mondta a bölcs anya. A legidősebb fiú azonban így szólt: - Biztos vagyok benne, hogy kígyó öcsénk nem bánna, ha kétujjnyi darabot vágnál le mindennap a farkából. Hiszen azért jön, hogy segítsen rajtunk. Nem - felelte Szudzsátá -, nem lehet egyujjnyinál többet levágni! De a fiai nem hagyták őt békében. Nap-nap után zaklatták, kérlelték, könyörgöttek neki, hogy vágjon le egyujjnyival többet a kígyó farkából. Végül is Szudzsátá engedett. „Talán nem okozok neki fájalmat” - gondolta reménykedve. A következő reggelen, mikor a kígyó megérkezett, szokás szerint elé tette a bögre tejet. Aztán fogta a kést, és kétujjnyit vágott le a farkából. A kígyó azonnal vérezni kezdett, és pár percen belül meghalt. Szudzsátát mélyen megrendítette az eset, szörnyű bánat tört rá. Hét fia keserves zokogásban találta anyját. Felvették a földről a kétujjnyi kígyófarkat, de bizony az nem változott arannyá. - Ó, jaj, ó, fájdalom - kiáltották-, nincs aranyunk, és a kígyónk is meghalt! S a tétlenek is zokogni kezdtek. ■

# Some of the previous issues of *Amrit*





# TATA & TATA WILD GEESE FESTIVAL



**Lake Öreg** (meaning "old lake") is a lake near Tata, Hungary. The lake is situated in the middle of the town of Tata. Adjoining the South-east quarter of the lake is a wooded area. It is fed by the Által-brook (Hungarian: *Által-ér*) from the south-east, which then leaves it in a Northerly direction through the town until it eventually reaches the Danube. On the lake's shores lie Tata Castle and the Esterházy Palace. **Tata Castle**, built at the end of the 1300s on the Shore of Old Lake, is one of the jewels of Tata, Hungary. Its blooming can be dated to the reign of Zsigmond Luxemburg and Mátyás Hunyadi as the summer resort of the king. The walls of the castle reflect the marks of romantic style which is due to the Esterházy family used to live here.

## Wild Geese Festival in Tata

The theme of our series of daily events is to greet the migrating wild geese, who are coming to us from the far north regions.

This is not a loud festival with music and merchant's fair, but still it has its own special flavor. This is an affair,

where the many thousands of wild goose provide the entertainment, and we, the visitors are the audience. The Wild Goose Festival of Tata" is not only a cavalcade of wild geese, but the gathering of fowlers, birdwatchers and conservationists.

What makes this a Europe-wide "unique of its kind attraction" is the "Öreg-Tó" (Old Lake) itself. This is the only bird resting location, which is surrounded by a whole town. And it is not just any city! Tata is the "City of Water" with the most significant water castle in Hungary. There are several historic monuments of baroque architecture mixed with modern age constructions, that creates a special "must see" background for bird watching!

This unusual encounter of nature and culture is what makes the city of Tata so special and magical.

The "Wild Goose Festival of Tata" is organized by the Komárom-Esztergom county chapter of the Birdlife Hungary, the National Park Authority of Duna-Ipoly and the Nature Conservation of Száz Völgy, since 2001.

Published by

**The Embassy of India, Hungary**

1025 Budapest Búzavirág utca 14, Hungary

Telephone: 325-7742, 325-7743 Fax: 325-7745

Email: [cultural.centre@indianembassy.hu](mailto:cultural.centre@indianembassy.hu), [cultur@indianembassy.hu](mailto:cultur@indianembassy.hu)

Website: [www.indianembassy.hu](http://www.indianembassy.hu) Facebook: [www.facebook.com/IndiaInHungary/](https://www.facebook.com/IndiaInHungary/),  
[www.facebook.com/ICCBudapestHungary/](https://www.facebook.com/ICCBudapestHungary/) Twitter: [@IndiaInHungary](https://twitter.com/IndiaInHungary)