

AMRIT

PUBLISHED BY EMBASSY OF INDIA, HUNGARY

Mahatma **GANDHI**



MP Budapest 5, 2019. február 18.



आर्य

SARAJEVO
WINTER FESTIVAL

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AMRIT

Vol. 6 Issue 4, February-March 2019
Bi-monthly Journal of the Embassy of India, Hungary

Editor in Chief: Kumar Tuhin

Editor: Tanuja Shankar

Support team: Anna Simon, Eszter Berki

Contributors: Kumar Tuhin, Anita Adamecz, Tanuja Shankar, András Havas, Klaudia Kovács, N. Venkataraman, Ankita Sood, Asmita Wele, Eszter Berki, Ábrahám Judit

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

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From Editor-in-Chief's Desk



During the last two months, I spent considerable time travelling to different cities in Hungary. In Western Transdanubia, strolling in the city centres of Sopron and Győr was such a pleasant experience, as if entering a world that has remained unchanged since the 17th and 18th century. There is a small but bright group of Indian students at the University of Sopron and the Széchenyi István University at Győr, and both universities are striving to attract a larger number of Indian students. Mosonmagyaróvár, which is about an hour's drive from Győr, is home to the Indian automotive components company SMR and I visited its impressive rear-view mirror manufacturing facility.

Moving on to the Lake Balaton region, the spring is beginning to brighten the shores of the lake in Balatonfüred, and the ice flakes which had appeared in the water during the winter months are gone. I was trying to imagine how Gurudev Tagore would have felt walking along the promenade in 1926, especially at the time of leaving the salubrious environs of this beautiful place. His stay in Balatonfüred had indeed captured the imagination of a large number of Hungarians, including mother daughter Brunner painters from the city of Nagykanizsa. This city in Southern Transdanubia has a special connect with India and the paintings of Elizabeth Sass Brunner and Elizabeth Brunner provide unique glimpses of India and the Indian people as seen through their eyes. I saw the temporary exhibition of Brunners' paintings in Nagykanizsa entitled Cseresznyevirágzás-Cherry Blossom. The story of Brunners, who first set foot in India in 1930 and then decided to make it their home, is indeed inspiring and is one of the very strong cultural threads connecting India and Hungary.



A good number of Indian students have chosen the University of Debrecen to pursue higher studies, the reasons for which are obvious given the high reputation of the University and the comfortable living conditions in the city. The main building of the university preserves many memories of Hungary's history, and its rich library also contains about five hundred books gifted by India on Ayurveda medicine translated from Sanskrit to English. The city of Tiszavasvári, which is about 45 minutes drive from Debrecen, is home to the company Alkaloida, a part of Sun Pharma company of India. It was good to visit the factory and meet its senior leadership.

As I was driving back to Budapest from Debrecen, sections of the Hungarian Kelet-Alföld (Eastern Plain region) at times reminded me of my road journeys in India, where you see lush green fields on both sides dotted with village homes and children playing. Looking at the clouds in the sky, I also then thought of the beautiful poem of Dharmvir Bharti:-

गोरी-गोरी सौधी धरती-कारे-कारे बीज
बदरा पानी दे!

(As fresh earthy smell and seeds beckon,
Give us rain, O clouds!)

KUMAR TUHIN

BILATERAL SECTION

During the month of March Ambassador undertook a series of official visits to various major cities of Hungary. The courtesy calls paid on the Mayors also serving as introductory meetings provided the perfect opportunity to discuss the many avenues of cooperation in the fields of trade and economy, culture and education as well. During the talks, Ambassador paid special attention to reassure the continuous cooperation with the cities in organizing the upcoming International Day of Yoga and Ganges-Danube Cultural Festival.

He also made time to visit the local yoga schools, studios and cultural institutes to personally strengthen the ties between the Embassy and its partners in this highly successful venture.

Ambassador also visited the local universities and called on their respective Rectors to discuss matters of education and explore the possibilities of further extending the already well-oiled, churning machine of student's exchange programmes.

Ambassador was accompanied by Ms. Tanuja Shankar, Director of Amrita Sher-Gil Cultural Centre as well.

Sopron and Győr

On 12 March Ambassador Kumar Tuhin accompanied by Ms. Tanuja Shankar, Director (ASCC) and Mr. N. Venkatarman, Second Secretary visited Sopron city and called on Dr. Tamás Fodor, Mayor and Dr. István Simon, Deputy Mayor.

The delegation then proceeded to visit Sopron University where they met its Rector, Prof. Dr. András Náhlik. Following the discussions on



Ambassador Tuhin received by Dr. Tamás Fodor, Mayor and Dr. István Simon, Deputy Mayor of Sopron



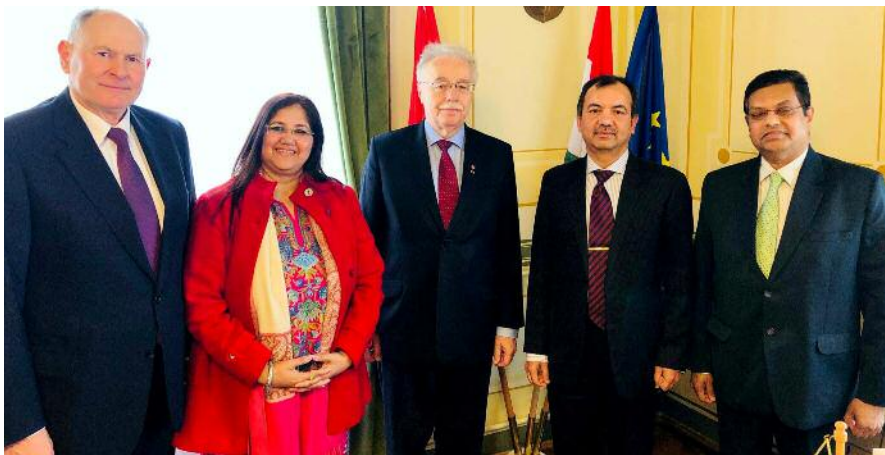
Ambassador, Ms. Tanuja Shankar and Mr. Venkatarman in discussion with Dr. Tamás Fodor, Mayor and Dr. István Simon, Deputy Mayor of Sopron

increasing the number of foreign students, and widening the field of university research programme towards India Rector Náhlik accompanied Ambassador on a guided tour in the University and around the campus.

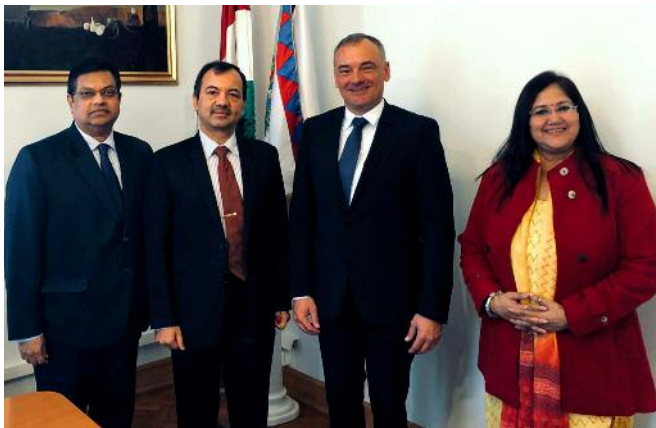
Regarding people to people relations as important as maintaining relations with institutes and their heads, Ambassador then met with Ms.

Erika Wollaston, yoga teacher, founder and head of Erika Jóga, who has been providing great support in organizing a highly successful IDY event in Sopron for the last two years. Further plans for the Embassy and its Cultural Centre taking part in the Body and Soul Festival in November was also discussed.

Ms. Tanuja Shankar then visited the



LEFT: Ambassador, Ms. Tanuja Shankar and Mr. Venkataraman with Dr. Tamás Fodor, Mayor and Dr. István Simon, Deputy Mayor. **RIGHT:** Ambassador welcomed by Mr. Zsolt Borkai, Mayor of Győr



LEFT: Ambassador, Ms. Tanuja Shankar and Mr. Venkataraman with Mr. Zsolt Borkai, Mayor of Győr. **RIGHT:** Ambassador and his delegation with Dr. Péter Földesi, Rector and Dr. Eszter Lukács, Vice Rector of Széchenyi István University



LEFT: Ambassador greeting the yoga students at the Ashram of Yoga in Daily Life in Győr. **RIGHT:** The students lead by Dr. Eszter Lukács joined Ambassador and his delegation for a group photo at the end of the session

Liszt Ferenc Cultural Centre and other cultural institutes of Sopron to explore every possible aspects of future cooperation in the fields of cultural

relations and cultural diplomacy.

The following day the delegation traveled to Győr where Ambassador

called on its Mayor, Mr. Zsolt Borkai. The talks proved to be highly successful with no stones left unturned in exploring all fields of cooperation

and relations not only of economy and diplomacy, but culture and education as well.

The official programme continued at the Széchenyi István University of Győr where Ambassador called on Dr. Péter Földesi, Rector and Dr. Eszter Lukács, Vice Rector for Educational Affairs.

The visit in Győr concluded with a lunch hosted by Dr. Eszter Lukács, Vice Rector and a visit to the Ashram of Yoga in Daily Life to make the preliminary preparations for IDY 2019.

On his way back to Budapest Ambassador and his delegation also visited the plant of SMR Automotive Mirror Technology where they were received by Mr. Pál Levente Tibori, Executive Vice President East Europe & Germany. The official visited ended with a dinner.

Balatonfüred & Nagykanizsa

On 20 March Ambassador Tuhin with Ms. Tanuja Shankar, Dir(ASCC) and Ms. Ankita Sood, yoga teacher visited Balatonfüred, the city with countless and strong ties with the Embassy of India and the Indian culture.

The delegation started the day at the Mayor's office where Ambassador Tuhin called upon dr. István Bóka, Mayor with Mr. László Cserép, Head of Department for Culture, Education, Sport and Tourism also attending the meeting.

The talks covering all areas of diplomatic and cultural relations were followed by a lunch hosted by Mayor István Bóka in an authentic Hungarian restaurant. Then, a guided tour along the Tagore promenade and a visit to the Tagore room in the Cardiology Hospital concluded the official programme.

Following the tour, Ms. Ankita Sood, yoga teacher held a special yoga



Ambassador and his wife, Mrs. Deepa with Mr. Sándor Dénes, Mayor of Nagykanizsa exchanging greetings at the Mayor's office



Ambassador with Mr. Sándor Dénes, Mayor and Mr. Péter Cseresnyés, Minister of State for Parliamentary Affairs and MP for Nagykanizsa at the meeting



Ambassador and his delegation on a guided tour around the city of Nagykanizsa lead by Minister of State, Mr. Péter Cseresnyés and Mayor Sándor Dénes



LEFT: Ambassador in discussion with Minister of State Mr. Péter Cseresnyés and Mayor Sándor Dénes. **RIGHT:** Ambassador, Mrs. Deepa, Ms. Tanuja Shankar and Ms. Ankita Sood visited the 'Blooming Cherry'—The Brunners in Japan exhibition accompanied by Minister of State Mr. Péter Cseresnyés and Mayor Sándor Dénes

and meditation session to the staff of the hospital to extend their knowledge and methods of helping patients recuperate.

Director Tanuja Shankar also visited the Vaszary Gallery, long time partner and provider of excellent venue for the IDY events in June.

On the same day, the delegation proceeded to Nagykanizsa where they were received and invited to a dinner by Mr. Péter Cseresnyés, Minister of State for Parliamentary Affairs, former Mayor of Nagykanizsa, now MP for the city.

The following day awaited Ambassador Tuhin with a full-packed agenda of high-profile visits. First, they paid a courtesy call on the Mayor, Mr. Sándor Dénes, then hold a press conference for the members of the local media. Then, they visited the local exhibition titled 'Cherry Blossoming' – The Brunner's in Japan presenting the notable works of the famous mother-daughter duo of painters. Following the official lunch, Ambassador proceeded to call on the heads of the Nagykanizsa Chamber of Commerce.

The event concluded with a guided tour around the city and a visit to local yoga schools.

Debrecen

On 25 March, on his way to Debrecen, Ambassador accompanied by Ms. Tanuja Shankar, Dir(ASCC) visited the Sun Pharma factory in Tiszavasvári, where he was received by Mr. Mihály Kaszás, CEO who gave a guided tour to the guests presenting the facilities.

The next day, Ambassador and Dir(ASCC) called on Mr. László Papp, Mayor of Debrecen. During the meeting several aspects of cooperation including the delegation of Indian cultural performances to major festivals, such as the traditional and colourful Debrecen Flower Carnival was discussed.



Ambassador calling on Mr. László Papp, Mayor of Debrecen



Ambassador, Mrs. Deepa and Ms. Tanuja Shankar with Mayor Mr. László Papp and officers of the Mayor's office



LEFT: Ambassador and Professor Zoltán Szilvássy, Rector of Debrecen University taking their seats by the table. **RIGHT:** Ambassador, Mrs. Deepa, Prof. Asmita Wele, Ayurveda Chair of Debrecen University and Ms. Tanuja Shankar in discussion with Prof. Zoltán Szilvássy, Rector of Debrecen University

The delegation then drove to the University of Debrecen and, joined by Ms. Asmita Wele, Ayurveda Chair they visited Rector Professor Zoltán Szilvássy and discussed matters of education and the future expansion of the student's exchange programme with possible avenues to further encourage Indian and Hungarian students to participate in the programme. After the lunch hosted by Rector Szilvássy, Ambassador met with Prof. Dr. Norbert Németh, Vice-Dean for Educational Affairs to discuss in depth all the matters related to Ayurveda Chair.

Ambassador then visited the Youth Centre of Debrecen which has been

providing the perfect venue for the International Day of Yoga and Ganges-Danube Cultural Festival from the beginning. A visit to the local Yoga in Daily Life ashram with participation at an ongoing class concluded the day and the delegation's time in Debrecen.

Visit to Corvinus University

Ambassador Mr. Kumar Tuhin paid a courtesy call on Dr. András Láncki, Rector, Corvinus University. The meeting also served as a platform for introductory discussions during which matters of mutual interest was also covered.

Visit to the Antall József Knowledge Centre



Ambassador exchanging gifts with Mr. Péter Antall, Director of Antall József Knowledge Centre during his visit

Ambassador Mr. Kumar Tuhin visited Antall József Knowledge Centre, Budapest on 28 March 2019. Mr. Péter Antall, son of Mr. József Antall, former Prime Minister of Hungary and Director of Antall József Knowledge Centre received Ambassador and showed him around the institute. Issues of future cooperation were discussed during the meeting which continued at lunch. ■



Ambassador calling on Dr. András Láncki, Rector of Corvinus University

Visit of ACMA delegation to Hungary



ACMA delegation was received by Ambassador in the Embassy

An 11-member delegation visited Budapest, Hungary on February 5, 2019 as part of their 3-country tour of Poland, Hungary and Slovakia. Embassy facilitated the visit of the delegation and chalked out an intensive engagement (Flag B) with the government and businesses in Hungary. Automotive sector is the pride of Indian investments in Hungary with leading companies like Apollo Tyres (US\$ 630 million), SMR Automotive Mirror Tech. (US\$ 220 million), SMP (US\$ 105 million), SONA BLW (US\$ 4.7 million) present in the country. India's total investment in Hungary is in the order US\$ 2 billion.



Visit to the Hungarian Parliament

The delegation arrived in Budapest at 10.15 hrs on February 5, and had an initial meeting with Ambassador in the Chancery, wherein they were briefed on the political, social and economic aspects of Hungarian government policies. The delegation then proceeded to the Hungarian Parliament where they were

received by H.E. Mr. Péter Cseresnyés, Deputy Minister of Ministry for Innovation and Technology & Head of the Hungarian-Indian Parliamentary Friendship Group and other senior officials of the Ministry. Mr. Cseresnyés welcomed the delegation and gave an

account of Hungary's liberal investment climate and encouraged the delegation members, who were scouting for possible joint ventures and acquisitions in the automotive sector, to look at Hungary's success stories which has seen all major OEMs like AUDI, BMW,

Mercedes etc. firmly established in the country. The delegation members thanked the Deputy Minister for a comprehensive meeting and also undertook a guided tour in the Parliament building.

The delegation then proceeded to the Hungarian Investment Promotion Agency (HIPA) for meetings with HIPA, and B2B Meetings with the Hungarian Automotive Component Manufacturers Association (MAJOSZ) and the Hungarian Association of Automotive Manufacturers (MAGE). Ms. Tünde Kiss, Vice-President of HIPA gave a presentation on the Hungarian Automotive industry including available incentive opportunities for the investment. From ACMA, Mr. Ram Venkatramani, President, ACMA & Managing Director addressed the event and Mr. Vinnie Mehta, Director General, introduced the Automotive Component Manufacturers Association of India and their objective of the visit. Thereafter, a Letter of Intent was also signed between ACMA and MAJOSZ with a view to re-energizing their cooperation. The programme ended with a small tea reception hosted by HIPA.

To tap into the opportunity of a high-level business delegation present in the city, Embassy also promoted States of West-Bengal, Maharashtra, Andhra Pradesh, and Gujarat during various engagements of the delegation. Roll-ups, backdrop banners were prominently displayed on the economic strengths of



B2B meetings at the Hungarian Investment Promotion Agency (HIPA)

these states. Embassy also brought out an A/3 colored flyer to match the automotive synergies (copy enclosed) of India and Hungary, as India's automotive investments in Hungary are in the range of US\$ 1 billion out of the total investment of US\$ 2 billion.

Trade promotion activities like networking seminars, B2B meetings were also conducted. One hundred pen-drives containing "Make in India" promotional material were especially created and further populated with "Invest in Hungary" highlights to match-make the economic synergies between India and Hungary. These were used also for presentation purposes.

In the evening, Embassy also organised a Networking Seminar where

the members of the delegation interacted with the heads of the Indian businesses in Hungary and the local media. The event was also graced by H.E. Mr. Péter Cseresnyés, Deputy Minister of Ministry for Innovation and Technology & Head of the Hungarian-Indian Parliamentary Friendship Group and Mr. Sándor Dénes, Mayor of Nagykanizsa. Ambassador thanked the Hungarian side for a comprehensive programme for the delegation in view of high importance of automotive sector, which contributes nearly 20% to Hungary's export and caters to 87 % of EU market. Mr. Ram Venkatramani, President, ACMA proposed a vote of thanks towards the end of proceedings.

The delegation departed for Slovakia in the morning of February 6. ■

Meeting with the Ministry of Agriculture



Ambassador Mr. Kumar Tuhin accompanied by Mr. Sanjeev Manchanda, SS (Pol & Com) met with Dr. Péter Bartha, Head of Department for EU and FAO affairs and Mr. Péter Károly, Head of Department for International Relations in the Ministry of Agriculture on 5th February to discuss matters of bilateral and regional interest in the framework of cooperation in Agriculture. ■



Meeting with H.E. Mr. Levente Magyar, Deputy Minister

Ambassador Mr. Kumar Tuhin called on H.E. Mr. Levente Magyar, Deputy Minister of the Ministry of Foreign Affairs and Trade on 15 February, 2019 and discussed bilateral cooperation and exchanges.

Ambassador along with H.E. Mr. Levente Magyar, Deputy Minister, Ministry of Foreign Affairs and Trade



Utazás Travel Expo



LEFT: Ambassador accompanied by Mr. Sanjeev Manchanda, Commercial Representative at the India Stand. **RIGHT:** Ambassador along with Mr. Ajit Pal Singh, Assistant Director of the representative tourism office of the Government of India in Frankfurt

Ambassador Kumar Tuhin accompanied by SS (Pol&Com) Mr Sanjeev Manchanda, visited Utazás Travel Expo on 21 February, 2019. Ambassador was received by Mr. Ajit Pal Singh, Assistant Director of the representative tourism office of the Government of India in Frankfurt. Discussions were held on promoting inbound tourism from Hungary. India's ranking has jumped 25

places to 40 in 2017 in the World Economic Forum's Travel and Tourism Competitiveness Index. India is going faster than the world in terms of tourist arrivals and foreign exchange earnings. Travelling to India has become easier with e-Visa provided to 166 countries including Hungary. A mobile app and a new Incredible India website have also been launched to have robust information to potential visitors. ■

Meeting with Dr. Janos Jakos

Dr. János Jákó, Desk Officer in the Ministry of Foreign Affairs and Trade of Hungary called on Ambassador on 8 March, 2019. Dr. Jákó is going to India to participate in the upcoming 67th Professional Course for Foreign Diplomats (PCFD) from 13 March to 12 April, 2019. ■

Ambassador along with Dr. János Jákó,
Desk Officer, Ministry of Foreign
Affairs and Trade of Hungary



“Dream come true”: Hina Jaiswal is IAF’s first woman flight engineer

In an historic moment, Indian Air Force inducted Flight Lieutenant Hina Jaiswal as the first woman flight engineer on Friday. Until last year, the Flight Engineer branch was exclusively the men's domain.

On Friday, the Chandigarh-origin lieutenant, successfully completed the six-month course at the 112 helicopter unit, Air Force Station, Yelahanka, a defence release said. A Flight Engineer is the member of an aircraft's flight crew who monitors and operates its complex aircraft systems requiring a specialised skill set, according to the release.

She was commissioned on January 5, 2015, in the engineering branch of the IAF and had served as the chief of firing team and battery commander in a frontline surface to Air Missiles Squadron, before she was selected for the Flight Engineers Course. During the gruelling training, she displayed unflinching commitment,



dedication and perseverance, the release said.

As a child, she had aspired to become a soldier and aviator. The only daughter of DK Jaiswal and Anita, Ms Hina described her achievement as a "dream come true." "Finally, her dreams have manifested into reality after successfully graduating from the alma mater of Heli-lift," the release said. "As a Flight Engineer, she would subsequently be posted to operational helicopter units of the IAF. Hina Jaiswal would be routinely called upon to operate in demanding and stressful conditions, right from the icy heights of the Siachen Glacier to the seas of the Andamans," it said.

Over the past few decades, the Indian defence forces have taken several strides to become more gender inclusive. The Indian Air Force, since 1993, has commissioned women in the officers' cadre and successfully inducted them as pilots also. ■

Impressions..

By Tanuja Shankar, Director, ASCC

One can feel the onset of spring in the air. The balmy wind, the warm sun, and the fading chill... all this brings in the cool season of Spring as February and March approach. In India people are getting ready for the season of festivities once again, beginning with the **Basant Panchmi** the serene festival devoted to Goddess Saraswati or the Goddess of Knowledge and Arts. The festival also beckons us to the onset of Spring Season...from there to **Mahashivratri**, and moving on to Holi, the festival that is a full blown welcome of the Spring. When thinking of the spectacular festival of Mahashivratri which is celebrated on occasion of Lord Shiva and his wife Sati's marriage, a mantra comes into my mind,

*Om Sarva Mangal Manglaye Shivay Sarvaarth Sadhike
Sharanye Trayambake Gauri Narayani Namostu Te*

which means,

*Oh the divine couple Shiva Parvati!
O ! Thee, the protectors of this universe,
Along with Lords Brahma and Vishnu
We pray to You for our well-being,
prosperity and the enlightenment of our souls.*

People believe that keeping fast on this day and praying to Lord Shiva and Parvati, will bring them love, happiness and contentment in life.

On the other hand the festival of **Holi** is full of fun and frolic, colours and jubilation and is celebrated to welcome the season of Spring which is blooming with colours, fragrance of flowers and a beautiful weather. It is indeed a festival of happiness and fun celebrated with dry and wet colours and flowers all over the country. One place that reminds me strongly of this colourful festival is the city of love, **Vrindavan**, where the streets overflow with people smearing colours on each other. This festival has a deep-seated connection with Lord Krishna, the naughty and playful reincarnation of Lord Vishnu. It is said in folklore that Krishna used to celebrate this festival of colours with his beloved Radha and her lovely friends at Vrindavan. Holi is also associated with a Puranic story

about Lord Vishnu and his devotee Prahlad. Prahlad's father Hiranyakashyap who was the king of demons had been given a boon that he could not be killed by man or woman or animal, or during day or night, or indoor or outdoor, or by a weapon or any arms, neither on land, water or in space. Because of his supreme powers he became so arrogant that he wanted to kill his own son Prahlad. He asked his evil sister Holika to make Prahlad sit on her lap on a burning pyre, which would protect Holika by the magical cloak she was wearing but would burn Prahlad to ashes. But what happened was that the cloak fell from Holika's shoulders on Prahlad. Holika got burnt to death and Prahlad was saved. Thereafter Lord Vishnu took the shape of a 'Narsingh' a half-man half lion shape, took Hiranyakashyap to the doorsteps instead of indoor or outdoor, at dusk, and killed him with his claws and not by any weapon, fulfilling all conditions that had till then protected the evil Hiranyakashyap from destruction.

Since then, a day before Holi, a pyre is burnt by people in India and grains like corn or rice are thrown into the pyre and it is celebrated as victory of good over evil.

Similar to India, Hungary also starts enjoying an early spring atmosphere rejoicing at different levels. Not just the weather starts becoming pleasant, but several activities pick up pace. People visit the thermal baths for that comforting dip and showers. River cruises during the day time is less chilly and balmier. Concerts are lined up at the famous Basilica and Methias Churches with preparations for Spring Festivals on its way. Several Spring Festivals are organised all over Hungary and music and dance abound everywhere. Weathers change, days passing by, winter blending into Spring, and Summer just round the corner. And words of famous poet P.B Shelly resounds in my ears, 'If Winter comes, can Spring be far behind..'. My experiences in Budapest continues. ■

—Tanuja Shankar
Director, Amrita Sher-Gil
Cultural Centre



First woman to climb Kerala's Agasthyarkoodam peak: 'Others have to step out of comfort zone, I'm already there'

For Dhanya Sanal K, the first semblance of what it felt to overcome lofty gender barriers came from her mother, Malukutty. In the early 1970s, when women travelling long distances for studies in Kerala mostly invited scorn, Malukutty, who belonged to a Scheduled Caste (SC) community, did precisely that. Under the tutelage of a feminist father, Malukutty left behind her tiny village in Malappuram district to study nursing at a college in Ernakulam, 170 kms away. Even after her marriage to a government officer, she was adamant on earning for herself.

"Because of my mother doing that at that time, I'm sitting here today," says Dhanya.

On January 15 this year, Dhanya's name got etched into history books after she became the first woman to mount the peak of Agasthyarkoodam, an 1868-metre high mountain in Kerala. Every year, the state forest department conducts treks to the mountain peak, but on paper, women are barred from climbing citing security and safety risks. Add to that, the opposition mounted by the local Kani tribe, which believes that the mountain is the abode of Agasthya, a celibate Vedic sage, and therefore should remain closed to

women. In December last year, though, the unofficial ban was swept aside by the Kerala High Court, paving the way open for women to register for the trek as well.

Dhanya, who is currently serving as the spokesperson of the Defence Ministry in Thiruvananthapuram after entering civil service in 2012, likes to believe it was fate that made her the only woman in the first batch of 100 trekkers that day. Several other women have climbed the hill in the footsteps of the 38-year-old civil service officer, but the honour remains coincidentally reserved for her.

"Officially, I am the first woman. But I believe in fate. Unknowingly, my name has been recorded in history. Maybe the world destined that I should be there that day. Maybe, that's why no other woman registered for the first day. That's fate," smiles Dhanya, as she sits on a couch in her office in Thiruvananthapuram.

As a public officer, Dhanya understands the responsibility of respecting people's sentiments and makes it clear that she would not have climbed the hill if there were massive protests, as seen in the case of Sabarimala, where a similar ban on women, when overturned by the Supreme Court, invited angry reactions. ■

YOGA CORNER

IMPORTANCE OF YOGA IN KID'S DEVELOPMENT

A simple yoga practice has an enormous effect on children. Yoga at an early age, sculpts young minds and bodies, giving tools that will enhance and support children to be balanced, creative, and calm individuals with a strong sense of who they are in relation to the world. It encourages self esteem, concentration and body awareness and the ability to steer your way smoothly through life's challenges. Physically, yoga enhances coordination, it has a powerful effect on brain development, and brings heightened focus.

Increasingly, children are overstimulated, bombarded by stress and the pressure to achieve in a world flooded with information. Yoga is an amazing tool for life that teaches them somatic ways to release stress and bring their body back into equilibrium. With the latest research showing that young adults are the most stressed out age group in the USA, learning simple and fun techniques to combat stress at a young age, is a tremendous way to prevent later breakdowns and anxiety disorders or depression. Yoga builds strength, confidence and resilience, and a strong body is able to digest



food well, breathe better and withstand stress. The practice of yoga can help children to self regulate and is a wonderful aid to mental health conditions and attention disorders.

The practice of yoga:

1. Maintains Flexibility and strengthens growing bodies
2. Enhances concentration
3. Increases Self Esteem
4. Teaches present moment awareness
5. Cultivates a peaceful, relaxed state of body and mind
6. Gives tools for stress management
7. Sparks creativity in ripe imaginations
8. Encourages kind peer and social interactions

9. Enhances body awareness

10. Teaches Discipline and responsibility

Yoga is a wonderful resource for children with untold benefits that can dramatically impact their lives and their future in so many ways.

There are special Yoga Sessions for kids on Saturday 10-11 am at Amrita Sher-Gil Cultural Center, Embassy of India. Please register your kids and gift them good health. ■

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



World Hindi Day



Guests greeting Ambassador



Ambassador greeting the audience



Lamp lighting ceremony



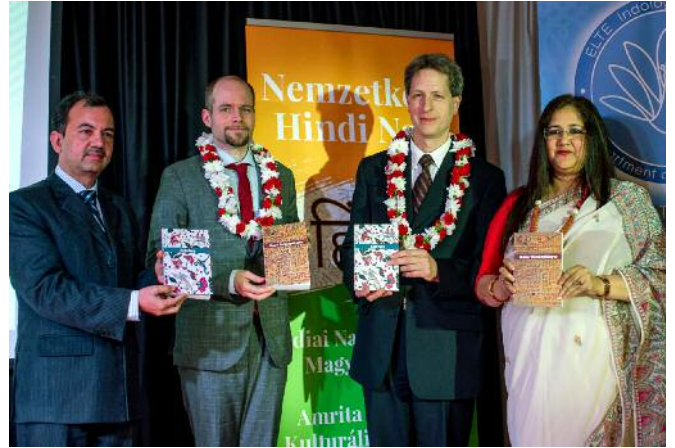
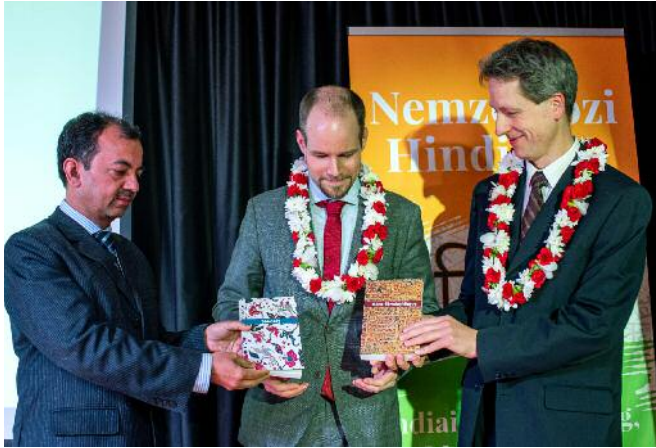
Felicitating chief guests with garland

The Embassy of India in Hungary celebrates The World Hindi Day (January 29) every year. Although the date of World Hindi Day is in January, we celebrated it in March as we involved Hindi students in the programme and they are busy in January during the examination period.

The programme was presided over by H.E Mr. Kumar Tuhin, Ambassador of India. The chief guests were Dr Ferenc Takó, Head of the International Strategy Office of the Rector's Cabinet, ELTE University and Dr Máté Ittész, Head of Department., Indology Department. Eminent Indologists Mrs. Maria Negyesi and Dr. Eva Aradi as well as several other Hindi scholars and learners were also present.

The program began with the auspicious lamp lighting which was followed by the reading of the message of Prime Minister of India on 'Hindi Day' by the Emcee Prof. Peter Sagi. In his address, Ambassador emphasized the importance of using Hindi as a language of communication and academic purposes and also applauded the commendable work done by the Hungarian students of Hindi and Sanskrit at ELTE University and at classes conducted by the Embassy of India.

Ambassador dedicated the Hindi Divas this year to the students of Hindi and the Indology Department at Elte University. To felicitate their work, he presented academic & creative material like department's flyers, brochures, posters, and rollups to the chief guests representing the University.



Inauguration of newly published India Library books



LEFT & CENTER: Kavya Francis and Amarendra Jha reciting poems. **RIGHT:** Hungarian students reciting Hindi poems



LEFT: Dr Éva Aradi speaking about Premchand and his works. **RIGHT:** Audience applauding

On this occasion, the Hungarian translation of two Hindi books namely, 'Manusmriti' and 'Tamas' were released under the India Library project.

The program proceeded with poetry recitation by lovers of Hindi, both Indian and Hungarian. Among the reciters were: Ms Kavya Francis, Mr Zoltán Janka, Mr Amarendra

Jha, Mr Sanjay Gupta, Mr Gábor Hevesi and others.

This was followed by a talk on the renowned Hindi Writer Premchand by Dr. Eva Aradi. A cultural programme then ensued which included sitar and tabla recital and a confluence of poetry, dance and yoga set on a famous poem of Jaishankar Prasad. Ms Tanuja Shankar, Director of ASCC,



LEFT & CENTER: Cultural programme with fusion performance. **RIGHT:** Indian classical music



Talk-show led by Dr Péter Sági, Indologist



Presenting the essay winners



LEFT: Dr Mária Négyesi presented by Ambassador.
CENTER & RIGHT: Presenting the Hindi-speaking local members of Embassy

Mr Zoltán Lantos, world-famous Violinist, Mr Chirayu Bhole, Tabla artist, Ms Ankita Sood TIC teacher, Ms Sonali Roy, Kathak dancer were members of the fusion. Mr Szabolcs Tóth Sitarist performed with Mr Chirayu Bhole and showcased Indian classical music.

Besides the cultural programmes, the highlights of the day were a talk show conducted by Prof Peter Sagi, and a

documentary made by the Amrita Sher-Gil Cultural Centre on the development of Hindi language in Hungary.

The programme ended with prize distribution for the essay and calligraphy contests that took place during the day. The World Hindi Day created a positive feeling towards Hindi and its expansion and propagation in Hungary. ■



Group photo

Ayurveda in Daily Life II

Food: The fifty percent in your hand!

Let's pick up the thread from the last article

The 20 minutes of sun salutations, abhyanga and warm or cold shower, increase the pace of the circulation. The blood flows towards extremities and surface of the body. Vasodilatation takes place. This 20 minute morning ablution also stimulates saman vayu to secrete the digestive juices. After a nice warm shower or bath everyone should feel hungry. If you don't then it is a signal for you to watch your digestive system. This is a simple yet cautionary note from Ayurveda. Many a times that first refreshing cup of coffee or milk-tea is the culprit. Just swapping it with a long herbal tea can resolve the issue. Many people feel hunger as soon as they get out of bed. They should drink herbal tea to pacify it and eat only after 20 minute routine to get better post digestive effects.



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

sour, salt, pungent (hot/spicy), bitter and astringent. Each taste brings out specific response of digestive system and tissues. Sweet does not mean sugary. Sweet is the natural basic taste of many food items like wheat, rice, lentil, meat, fish, figs, apple, cabbage, pumpkin, and many others. Lemons, cherries, strawberries, yogurt are sour while bitter gourd, fenugreek are bitter and spinach, turnip, celery are astringent. It is needless to say that green or red chillies, black pepper are pungent (hot) and all salts are salty. As compared to the substances having predominantly sweet taste others are less in number. Every substance may have one predominant taste and two or more after-tests or subtle tastes. The theory also guides that each meal - breakfast, lunch and dinner - should contain all six tastes.

What to make for the breakfast is the harrowing question everyone deals with every morning. Most of us do not want to think about it on daily basis. They prefer to have cereals, milk, yogurt, veggies, fruits, cold cuts, eggs and coffee. There are some others who snack on a croissant or sandwich and rush to work. Many pick up the coffee on the way and drink while driving or walking. Anyway, you feel fed! Same happens about lunch and dinner on a busy weekday. On weekends, we think of cooking proper meal for the whole family. I am happy to note that in Hungary cooking is not the sole responsibility of the lady of the house. Men are equally good cooks who lead in the kitchen very efficiently.

To have a nice balanced one dish breakfast, lunch and dinner, you need to do 10 to 15 minute preparation on the previous night. Decide what you will cook for the three meals of next day and soak grains or chop veggies or take out flours and necessary utensils on the kitchen top. This saves prep time in the morning.

Let's look at different groups of food articles from Ayurveda viewpoint. The Ayurvedic theory of diet and nutrition is based upon tastes of foods, their properties, post-digestive (metabolism) effect on tissues and also effect of food on mind. There are six tastes which are perceived by different parts of the tongue and also buccal cavity. Sweet,

A simple yet six taste menu for one day can be

Breakfast: Dry fruits of 3/4 types i. e. Almonds, Figs, Cashew, Apricots Walnuts, Dates, Pistachio, Plum etc; Eggs with onion, coriander green chilli and Milk: Overall taste of food is sweet, salt, pungent and astringent.

Lunch: Legumes (cooked babs) or Meat with chilies and spices, whole wheat or seeds bread, salads/pickles and yogurt or buttermilk: The overall taste of food in-cludes all 6 tastes sweet, sour, salt, pungent, bitter and astringent

Dinner: Easy to digest meat (fish/chicken)/some legume, rice or whole wheat pasta, veg eatable soup with flaxseed: Overall taste is sweet, pungent, bitter and astringent.

You must include right amount of water in the form of water, curries or soup or buttermilk in the meal. Never eat dry, oilless food. Garnishes of chilli, spices like cumin and pepper, aniseed, ajowan add the bitter and astringent taste to the meal. Lemon juice adds the sour quotient. Remember to keep it limited. Excess hot, bitter, sour and pungent do harm the tissues just like excess sweet (from sugar) harms. The principle of Ayurveda points towards balancing of food items, dishes, tastes and amounts. Never forget it.

Another theory of compatible and incompatible food

substances also needs to be taken into account. Fresh pasteurised milk is a complete food which is to be consumed separately on daily basis unless those who are allergic to lactose. Ayurvedic texts have described 8 different milks - cow, goat, sheep, mare, camel etc, with their respective nutritional properties and effects on body. Cow milk is the best among all and praised as *rasayana* (rejuvenator) in *Charaksamhita* which is the oldest compendium of medicine. Mixing of fresh raw fruits and milk is not advised because their biological properties are incompatible. Also milk and yogurt should not be mixed. So one can have either take milk or yogurt or fruits for breakfast. Fruit or fruity vegetables like cucumber, carrot, sugar-beet and yogurt which is a compatible mixture, can be consumed at breakfast or with lunch but not after the sunset because its metabolism changes to slight acidic than necessary.

One may ask “what is the best time and way to have milk then?” It is best to have the turmeric latte with a pinch of cardamom or saffron and honey at bedtime. It works as best

It gives me 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 the 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. It came to the table after lots of meaningful debates similar to the churning of great oceans by the innumerable scientist. I propose to write in each issue on one topic of health or disease. Here is the second article. If you have some general queries, please write to me. I will try to respond as soon as possible

immunomodulator. Whenever you don't have time to make a sumptuous breakfast you can switch to the mixture of milk, ghee, honey, sugar and yogurt in equal amounts of 1 spoon and after mixing add it to 1 cup (200 ml) of warm milk. This is known as *panchamrita*. It has similar rejuvenating effect on body and mind both.

Sense organs play the most important role in the process of digestion. That's why the food should not only be nutritious but also has to be colourful and full of flavours. The gastronomic tour beginning each day has to be tasty and pleasurable. The saying goes “you are what you eat!” It means your food not only nourishes your body but it also nourishes your soul.

Ayurveda emphasizes “Medicine is not needed for him who takes balanced (six taste) meals and medicine is not useful for him who does not take a balanced meal.” Food is medicine in this sense and hence it is everyone's 50 percent to be healthy and happy. ■

—Prof. Asmita Wele, M. D.
ayurveda.dept@unideb.hu

RELIGION

TO INDIA AND BACK—TRULY ENCHANTED

By Selma Hadžihalilović

I have been planning for years to visit India, but somehow the time has never been right. As a dedicated human rights and social justice activist I often fall into the trap that my own wishes are often put aside, as there are always other priorities to take care of. So when I got the message from Ms. Dunja Mašić, President of the Association of Indian – Bosnian friendship I simply froze. The message read “Do you want to go to India to attend Kumbh Mela? It will be a short trip, just a few days. We would like you to represent us”. I still didn't know what to answer. Yes, I am somehow involved in the work of the Association, I try to be a support as much as I can, attending and helping to organize Yoga days, but still the invitation came as surprise. At the end of the day, I accepted the

nomination to represent the Association.

The days that followed brought more light of the adventure that will come. I had a chance to talk with the Indian Ambassador to Bosnia and Herzegovina, and the new director of the Indian cultural center in Budapest Ms. Tanuja Shankar. The members of the small Indian community in Bosnia and Herzegovina were all smiling when I said that I will be attending the Kumbh Mela, but it was the conversations with Ms. Shankar that opened my eyes to the honor that I was given. The invitation to attend the Kumbh Mela was issued by the Ministry of Foreign Affairs on behalf of the Prime Ministers of India. Oh my goodness!



Ms. Shankar gave me all the necessary insights and assistance during the process of my preparation. I have to praise her support and willingness to make my stay in India as memorable as possible, as she truly made sure that I learn about India, and that I get introduced to India's heart and soul and people in the best possible way.

Needless to say that I spent nights over my computer googling and reading everything I could find about Kumbh Mela and India. With every new click – I new dimension has been discovered.

So the day of my travel came, I took a deep breath and opened my eyes and mind as wide as I could.

Arriving to India – Welcome to New Delhi

We tend to forget how the world is small. Somehow, we

get into the trap that our world, the world in which we actually live in is the World. When we read about other civilizations, I do not think that we actually know how close we are. My travel lasted less than 12 hours, and at the airport I was welcomed by a group of young men, representing the welcome committee for the International delegates attending Kumbh Mela 2019. Little did I know at that moment.

Arriving at the hotel – and there are more and more people coming. People of different colors, cultures, all smiling. “Oh, hi! I am from Bosnia, and you?” “I am from Jordan, I am from Algiers. Hey there – I am from Argentina. Hello – I am from Chad”. OK, I said to myself, what is going on?

That very day, I could all the answers I needed. There were 186 of us. 186! Representing 186 countries! From the North to the South, from the East to the West, AND from Bosnia



and Herzegovina. I was there, with all those amazing, amazing people. We shared our stories, we talked about our countries. We, for once, were all proud that we World came together.

And that was the point, that was the idea of the Prime Minister of India – for the World to come together. And we came, united.

The Indian Council of Cultural Relations was the main governmental body responsible for our journey. I cannot find enough words of gratitude and praises for the entire team of the Cultural Council for everything that they have done for us. Not only the logistics, but their approach to each and every one of us, willingness to answer all of our questions and demands (that were sometimes silly I have to admit), hospitality, security and above all – friendship.

The delegates were divided into 5 groups, each bearing the names of one of the great Indian rivers. My group was Brahmaputra, and there were 24 of us in it.

Kumbh Mela

Kumbh Mela festival took place in the state of Utah

Pradesh, in Prayagraj. It is an Intangible Heritage of Humanity, recognized as such by UNESCO in 2017. It is a place of spiritual gathering, narrative exchanges and ritual bathing at the banks of Ganges, Yamuna and the invisible and mythical river Saraswathi. It gathers up to 230 millions of people. It takes your breath away and enchants you with the Wind.

So we arrived in Prayagraj with a charter flight provided by Air India. We are welcomed by officials from the Utah Pradesh state. We are welcomed by dancers and musicians. We are welcomed by school children waving the flags of our countries, aligned alongside the roads that we passed by. We are welcomed by smiles and millions of namastes. We are welcomed, and we really feel welcome. I was crying by the honor that was given to us.

Everything was just like a dream. From that beautiful dream I will share few things.

The River Ganges. It is beautiful. It is peaceful. It is powerful. We crossed the River to reach the Allahabad fort, and we visited the Ancient Tree. We had the privilege to





touch the Tree. I cannot describe how peaceful it felt.

We were provided an opportunity to perform an ritual dip into the Ganges. I have not bathed, but I meditated, and it was Beautiful. There are not sufficient words to express my feelings.

Logistical organization, coordination and security. We have few things to learn from Indian, and how to organize events such as Kumbh Mela is one of them. From sanitation to accommodation to the millions of visitors, water supplies, food, telecommunications, transportations. Security. I really, and I really have to applaud every single member of the security, both women and men for their tremendous efforts to make us feel safe. I was particularly impressed by the level

of involvement of women in all aspects of security, and that is another thing that we should all learn about.

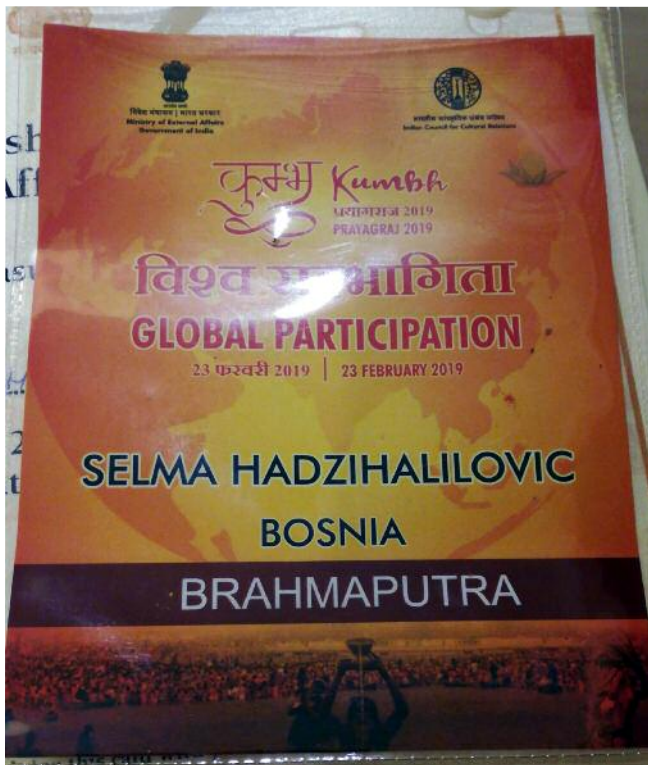
I still have to process all the memories.

Meeting with the Prime Minister Modi and the Minister of Foreign Affairs of India

In those turbulent times, having the opportunity to met one of the most powerful man in the world is a rare honor. But to hear him speak about the necessity of Peace building and cultural exchange is even more important. His words still resonate.

And did you know that India for the first time ever has a woman to lead its foreign policy? As an activist for women's





rights, for me that is really important, as I believe that women bring a different perspective in everything peace negotiation processes and bring a different perspective in policy shaping.

Here, I have also to mention the food. We have been introduced to the amazing Indian cuisine in a way that you cannot imagine. I have put aside all of my manners, and often took a second serving. Cultural exchange also involves learning about food, and I have been introduced to such a variety of dishes, often involving fruits and vegetables and the most incredible tastes that I have never known before.

The daily life of India

After the official program, I had the opportunity to stay two days more in New Delhi. Here, I have to express my gratitude to Ms. Shankar, who introduced me to my incredible New Delhi host – Ms. Sabita Pillai. Sabita, a person who I now call a dearest friend, welcomed me into her home. Amazing and incredibly talented artist, Sabita has been a true Ambassador of India. She was the one explaining me in details all about the ways the societies in India work. I was amazed by her explanation of the extent of social inclusion and how actually everyone who wants, may have a chance to find a decent work and provide for the family. She was the one who explained to me in details all of the efforts of the Prime Minister Mr. Modi in regards to cleanliness and Green India. Such efforts in combating pollutions and preserving our planet got a completely different perspective – and I sincerely applaud his policies. We visited together some of the historical sites in New Delhi such as the Qutub Minar, visited Delhi haat where I was introduced to the amazing art works of various states in India. I met with her friends, amazing and so welcoming people. I also had a chance to speak with students at the Indian institute for mass communications and had the opportunity to meet with Ms. Rashmi Singh from the New Delhi authority. I believe that we have established good communication that could possibly lead to future cooperation.

And yes, I even managed to find some time to do a little shopping. At the end, I can only say– thank you! It has been an incredible experience. ■



PEACE PRAYER

Peace Prayer and Commemoration in the National Park of Budapest for the 44 Indian soldiers who suffered a Heroic Death

The "Yoga in Daily Life The System" Hungary and OM Vishwa Guru Deep Hindu Mandir organized a commemorative program and peace prayer on March 2, 2019 in Budapest at the Sas-hegy National Park by the 11 Peace Trees planted by Vishwaguru Paramhans Swami Maheshwarananda Ji in 2013, for world peace and for the victims of the recent terrorist attack that killed 44 soldiers of the Indian Central Reserve Police Force in Indian Kashmir. The Embassy of India was represented at the Peace Program by Mr. T. P. S. Rawat Ji, Secretary and Mr. N. Venkataraman Ji, Secretary & HOC. Other prominent personalities present were Raman Sudaram Ji, President of Bharatiya Samaj Hungary, János Kremnicsán, Director of National Park - Sas-hegy, Abhayanand Ji Ervin Nagy, President of the OM Vishwa Deep Hindu Mandir, and Krishnanand Ji Károly Kovács, Head of the Yoga in Daily Life in Hungary, the organizer and narrator of the commemorative program



The program went as follows:

- Krishnanand Ji, in his introductory speech told about the terrorist attack and read the message of Swamiji.
- The guests of honour and main organizers lit the Peace Candles at the altar, while the participants sang the Peace Mantra.
- Secretary of the Embassy of India, T. P. S. Rawat Ji told his commemorative speech.
- Raman Sudaram Ji, president of the Society of Indians living in Hungary, said on behalf of the Community that if there is peace in the heart, violence will cease. He also praised the common activities of the Hungarian disciples of Vishwaguru Ji and the Indians in Hungary. He commemorated the deceased 44 Indian soldiers.
- János Kremnicsán, director of the National Park - Sashegy Visitor Center told about the planting of the Peace Trees, highlighting his experience that the presence of Vishwaguru Ji deepened the atmosphere of peace existing in the National Park. He expressed sympathy for the victims.
- Abhayanand Ji Ervin Nagy, President of OM Vishwa Deep Hindu Mandir, regretted all the violence in his speech and highlighted the many decades of cooperation between the Embassy of India and the Hindu Mandir.
- Krishnanand Ji Károly Kovács, leader of Yoga in Daily Life Hungary reminded us that we owe thanks to Vishwaguru Ji Paramhans Swami Maheshwarananda, our Spiritual Master and the Guru Param Para (chain of spiritual masters) that Swami Ji brought India's wonderful culture 40 years ago to Hungary, together with the principle of love and understanding, which is a principle capable of making miracles and contributes to the World Peace. He also talked about the deep and peaceful friendly cooperation between Swami Ji's disciples and Indian people living in Hungary.
- Krishnanand and the guests of honour ornamented the altar with flowers and watered the central Peace Tree.
- For the memory of the 44 soldiers who suffered a heroic death the 70-80 peace-loving participants held a one minute silent prayer, then we sang the Peace Mantra as the closing ceremony of the program.
- Krishnanand Ji the main organizer of the event thanked the remarkably beautiful commemorative speeches and also thanked everyone for their participation, on behalf of the Yoga in Daily Life Fellowship, the Sri Swami Madhavananda World Peace Council, the Hungarian National YIDL Ashram, and the Hindu Mandir. ■

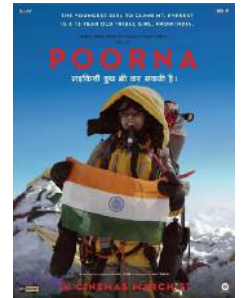
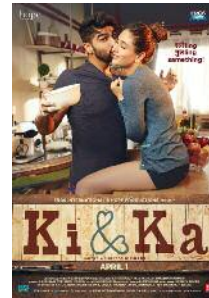
AMRITA SHER-GIL CULTURAL CENTRE

Cultural programmes in February & March, 2019

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. In February the following films were screened: on 1 February, 2019 Ki & Ka (2016) was screened and on 15 February, 2019 Poorna (2017). In March the following films were screened.

Attendance was very good for all the films.



OCCASIONAL PROGRAMMES in ASCC

Opening Ceremony of Sarajevo Winter Festival, 2019

7 February, 2019



Mme Tanuja Shankar, Director of ASCC speaking on the occasion



Sonali Roy (Kathak) and Rajesh Gangani (Table) performing

International Sarajevo Festival "Sarajevo Winter" is traditional crossroad where the artists and

citizens of the World meet. One of the most prestigious festivals of Europe was opened this year on 7 February, 2019 titled "Noise & Fury". Amrita Sher-Gil Cultural Centre of Embassy of India also participated in the programme. Before the official opening ceremony organized in City Hall of Sarajevo, delegations from over the world went on a sightseeing tour organized by Mr Ibrahim Spahic, Director of SWF. First we had been taken to enjoy the view from the famous Sarajevo cable car (Sarajevska žičara, reconstructed recently) connecting the old part of the city with the mountain Trebević. Ms Panni Somi, Bharatanatyam artist gave interview to BHT1 Tv in the cable car. She spoke about Indian dance forms and their specialities. Then all groups visited the White Fortress, which is situated atop a hill that offers a fantastic view of Sarajevo and its surroundings. The delegations had a photo session and thereafter the Greek artists and Antiquity choir of the Sarajevo Music School, Students of the First Gymnasium School and of Sarajevo Music High School gave a fantastic performance titled Antigone. The Opening Ceremony took place in City Hall of Sarajevo, where Ms Tanuja Shankar, Director of ASCC spoke about cultural relations and their importance with related to SWF. Pt Rajesh Gangani and Ms Sonali Roy graced the audience with their duett.

Indian cultural programme, Sarajevo Winter Festival, 2019

7 February, 2019



Mr. Ibrahim Spahic, Director of SWF and Ms. Tanuja Shankar, Director, ASCC at the opening of Sarajevo Winter Festival



Audience watching the performance

The stand-alone Indian cultural programme was organized in House of Army Hall of Sarajevo in the evening.



Fusion dance performance by Panni Soma (Bharatanatyam), Sonali Roy (Kathak), Virág Túri (Odissi)



Pt Rajesh Gangani performing

The programme was inaugurated by Mr Ibrahim Spahic, Director of the Festival, who spoke about the importance of cultural relations and strong bonds between Bosnia-Herzegovina and India. He was followed by Ms Tanuja Shankar, who greeted the audience and introduced the programme, dwelling on the differences and connections of traditional art forms. Ms Jasmina Corovic, SS from Foreign Ministry and other dignitaries were also present. The programme consisted of a fusion of three art forms: Bharatanatyam, Kathak and Odissi. Pt Rajesh Gangani and Sonali Roy gave a solo Jugalbandhi performance on stage. After the Indian cultural programme, the opening ceremony continued at the National Theatre with the performance of the Hungarian State Folk Ensemble.

CD-release—Pt Rajesh Gangani, Dr. Molnár György 12 February, 2019



Ambassador Kumar Tuhin releasing the CD



Pt Rajesh Gangani performing



Jugalbandhi with Sonali Roy

On the occasion of CD-release of Pt Rajesh Gangani, teacher of ASCC, a concert was organized on 12 February, 2019 in the Auditorium of Amrita Sher-Gil Cultural Centre. Pt Rajesh Gangani performed with Dr György Molnár (Surbahar). One of the 2 CDs is a Surbahar and Tabla CD showcasing three classical Indian ragas in unique Taals (Raga Durga in 9 1/2, Raga Desh in 12 and Raga Bhatiyar in 17 beats),



Presentation of gifts in the end of the performance

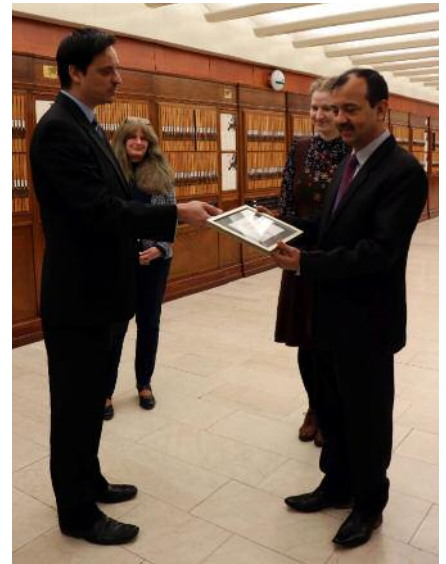
and the other one is Pt. Rajesh Gangani's solo Tabla recording which shows the different beautiful Tabla playing styles with the known virtuosity of Rajesh Gangani. The show began with the lamp lighting ceremony by H.E. Kumar Tuhin, Ambassador of India, Madam Tanuja Shankar, Director of ASCC and the artists. Surprise performance was given by Sonali Roy, Kathak teacher of ASCC who made a Jugalbandhi with Pt Rajesh Gangani in the end of the show.

Gandhi stamp release 21 February, 2019

On the occasion of the 150th birth anniversary of Mahatma Gandhi, Magyar Posta has issued a commemorative miniature sheet in Hungary on 21 February, 2019.



Miniature stamp sheet & envelope issued on 21 February by Hungarian Post



LEFT: Attila André Elekes, graphic designer introducing himself. **CENTER:** Gabriella Nikodém receiving gift from Ambassador. **RIGHT:** Tamás Mikola presenting a copy of miniature sheet to Ambassador



Showcases displaying old relics of post services

On this occasion H.E. Kumar Tuhin, Ambassador of India to Hungary visited the Stamp Museum, where he was provided a guided tour. The event started with presentation of gifts. On behalf of the Hungarian Post Office Mr Tamás Mikola, deputy director of marketing communication handed over a copy of the stamp miniature to Ambassador.

Guided tour was led by Ms Gabriella Nikodém. The following people were also present at the tour: Ms Zsuzsa Győrik, PR and event organizer of Hungarian Post Office; Mr Attila André Elekes, graphic designer and art director of Stamp Museum; Madam Tanuja Shankar, director of Amrita Sher-Gil Cultural Centre; N. Venkataraman, head of chancery at Indian Embassy.



Ms Zsuzsa Győrik, PR and event organizer of Hungarian Post Office; Tamás Mikola, Deputy Director for Marketing & Communication; H.E. Kumar Tuhin, Ambassador of India; Madam Tanuja Shankar, Director of Amrita Sher-Gil Cultural Centre; N. Venkataraman, Head of Chancery at Indian Embassy at the guided tour



Stamp of J. Nehru and the copperplate by which it had been made.
Stamp of M. Gandhi from the Hungarian collection (100th anniversary)



LEFT & CENTER: Seeing the Indian stamp collection. **RIGHT:** Ambassador signing the guest book



Group photo



Copy of the miniature sheet issued on 21 February



Ambassador signing

The stock of the museum is huge; we had an opportunity to have a glimpse of the most interesting and famous part of the collection starting from the first stamps in the world through the most expensive ones to the Indian collection.

Forty thousand copies of the miniature sheet designed by the graphic artist Eszter Domé were produced by the printing company Pénzjegynyomda Zrt. The miniature sheet is available from Filaposta, philately specialist services, certain post offices and www.posta.hu. The miniature sheet issued on 21 February contains four identical stamps on which Mahatma Gandhi is giving a namaskar, the greeting of respect made by pressing the palms together. The first day cover and the special postmark likewise depict Gandhi conducting activities typical of him: walking and weaving. The latter is interesting as he himself wove and encouraged the revival of traditional crafts in India including weaving.

5th Bharatiya Mela 24 February, 2019



Ambassador speaking on the occasion



Audience enjoying the show



Kathak students performing



Yoga practice led by Ankita Sood

On 24th February 2019 Bharatiya Samaj of Hungary with the contribution of Amrita Sher-Gil Cultural Centre and Embassy of India, Budapest organized the 5th Bharatiya



Indian gastronomy contest

Mela in Fonó Budai Zeneház. In the front hall of the Fonó at the stall of the ASCC, visitors had the opportunity to see and smell Khadi products provided by the Ministry. At the other stall members of the Indian community and members of Yoga in Daily Life Organisation were selling their products. At the beginning of the event H. E. Mr. Kumar Tuhin, Ambassador of India greeted the members of the Indian community, and after the lamp lighting ceremony and the homage to the recently departed martyrs of the Pulwama attack H. E. also gave a welcome speech to the audience. The programme started with a song and Yoga performance. Among the colourful cultural programmes the Kathak students of Ms. Sonali Roy performed wonderful dances, which were well received by the audience. During the break between the performances H. E. Ambassador Kumar Tuhin also visited the food stalls as well as Madame Deepa, Ms. Tanuja Shankar, Director of Amrita Sher-Gil Cultural Centre and Mrs. Venkataraman as part of the jury tested the dishes of the Cooking Competition. Later H. E. Mr. Kumar Tuhin and her spouse presented the prizes to the winners of the competition. At the second half of the programme Ms. Tanuja Shankar and Ms. Ankita Sood held a quiz game, where the participants received small prizes in exchange for the correct answers. The event concluded with the dance performance of Ms. Judit Ábrahám, Rajasthani dancer, and also the visitors could try out this dance form with the help of the artist.

Ganges Ragas 26 February, 2019



Stepan Christianov, Yuri Lebedev and Sonali Roy performing



Madam Tanuja Shankar, Director with the artists



Artists performing

On 26 February, 2019, Stepan Christianov (Sitar) és Yuri Lebedev (Tabla) from Russia performed in ASCC. The performance started with a surprise: the musicians showcased a jugalbandi with Sonali Roy, Kathak teacher of ASCC, after a short meeting in the afternoon. The performance was followed by a longer, traditional classical Raga. The artists finished the concert with a shorter piece based on Indian folk tradition.

Celebrating Women's Day in Rábahídvég 9 March, 2019



Ambassador meeting with Mayor of Rábahídvég and his wife, director of Bertha György Cultural Centre



Indian dance and music fusion



Saree wrapping



Guests enjoy Henna painting



Children on stage with Ankita Sood TIC teacher



Audience doing yoga

On the occasion of International Women's Day (8 March), Amrita Sher-

Gil Cultural Centre of Indian Embassy visited Rábahídvég on 9 March, 2019 to celebrate womanhood with Indian

cultural programme.

It's incredible and unbelievable that a woman plays various roles and that too with love and full enthusiasm. "Woman": she is a mother, a sister, a wife, a daughter and the most dedicated employee at her work place. She is indeed the pillar of the society on whose shoulder there is the onus to take forward the existence of mankind in a smoother way. Not only she is externally beautiful but her inner strength is the most beautiful thing on

the earth. She is the one who gives life to a life. International Women's Day is one of those occasions that gives an opportunity to celebrate the valour of women and her inner strength. Like many other countries India also celebrates Women's Day with similar fervour and zeal.

The programme started with the meeting of H.E. Kumar Tuhin, Ambassador of India and Mayor of Rábahídvég, Mr Zoltán Tamás Borsits. Madam Tanuja Shankar, Director of ASCC also participated in the meeting and the following lunch. The cultural programme started with the speeches of Mayor and Ambassador. Ambassador greeted the audience and dwelt on the importance of cultural relations between India and Hungary, emphasizing the new initiatives and reaching people through cultural bonds.

The programme started with Indian music: Pt Rajesh Gangani Tabla player and Szabolcs Tóth Sitarist gave an exciting performance to the audience, demonstrating features of Indian classical music. They were followed by Sonali Roy and the musicians' duett (Jugalbandhi), which was followed by the beautiful performance of Sonali Roy and her students. The programme continued with yoga demonstration led by Ankita Sood, teacher of Indian culture. She taught some useful mudras to audience, which are connected to the five elements. After the stage show women learnt how to wrap saree and children could wear Indian cloths for photo shooting. Henna painting was also provided throughout the programme.

Dhrupad tradition – concert by Meghana Sardar 12 March, 2019

On 12 March, 2019, Meghana Sardar Dhrupad singer visited the cultural centre. Dhrupad concerts are very rare occasions in Hungary so this was a really special event attended by 80 people. Dhrupad (or Dhruvpad) is an ancient form of classical music, described in the

Hindu text Natyashastra. It is one of the core forms of classical music found all over the Indian subcontinent. The main goal of dhrupad is not to entertain, but to move the listener to a peaceful state, where he can connect with God himself.

Meghana Sardar Kenjale is learning this form of Indian classical music under the guidance of her guru, Pandit Uday Bhawalkar for the 14 years, in the traditional Guru-shisya parampara system. She achieved a master's degree 'Sangeet Alankar' in Indian classical music, and has been a visiting lecturer in the Salisbury University of Maryland, USA. She was accompanied by Balázs Virág on Pakhawaj. Balázs is learning the art of Pakhawaj under the guidance of Guru Pandit Mohan Shyam Sharma, who is one of the leading Pakhawaj exponents of India. In the past he has started learning the art of Tabla from the Hungarian tabla virtuoso, Tibor Mótýán, later he got the opportunity to learn under the guidance of Pandit Rajesh Gangani (Amrita Sher-Gil Cultural Centre's teacher).

The concert was a beautifully composed demonstration of a traditional Dhrupad performance. Meghana Sardar enchanted the audience with her fantastic voice.

Gurudruh—puppet show by Soap Theatre 26 March, 2019

On 26 March, 2019, Soap Theatre visited the Cultural Centre and performed an Indian puppetry tale for children and their parents. The tale which they showcased is an ancient story from Shiva Purana, by which we



Gurudruh puppets on stage

There once lived a hunter in ancient India called Gurudruh. He hunted animals every day in a forest and fed his family with meat of the hunted animals. One day the hunter heard people chanting "Om Namah Shivaya" in a temple deep within the forest. He walked towards the temple and listened to the chanting for some time. However, he could not make out anything as he was a hunter. He started walking deeper into the forest as he was not able to kill any animal that day...Gurudruh's route goes through patience, compassion and faith



Children enjoying the show



Lion shouting



Shiva arriving

can understand or at least we can have an idea of the Indian beliefs. ■

Utam a rádzsasztháni táncokig



Abrahám Judit vagyok, Budapesten élek, Erdélyből származok, táncsal és zenével foglalkozok. 2000 óta kezdtem el tanulni indiai klasszikus táncot és zenét. Előtte magyar népzenevel és táncsal foglalkoztam. Az udvarhelyi Benedek Elek tanítóképzőben végeztem, mint tanító, azután utam Budapestre vezetett, ahol a táncházakban gyimesi, illetve moldvai csángó zenék és táncok rajongója, majd kutatója, később művelője lettem. Gyakran jártam vissza csángó falvakba tanulni, és gyűjteni. Itt tettem szert néprajzi gyűjtés-i tapasztalatra, akkoriban, még a civilizációtól igencsak elmaradott falvakat jártunk be. Ezek a gyűjtőutak kiválóan felkészítettek a későbbi, Rádzsaszthánban végzett falusi gyűjtősekre, tanulmányutakra.

A gyimesi gardony és a moldvai táncok mellett szerettem volna magamat mindkét téren továbbfejleszteni, valami bonyolultabb stílusban. Így találkoztam a klasszikus táncsal, és indiai mesterrel *Anuradha Shinde* személyében, ami után az indiai tánc műfajnak teljes rajongója lettem. Lenyűgözött, mennyire sokrétű az indiai klasszikus táncmesterek tudása, nemcsak technikai téren, de pszichológiai, és akár filozófiai vonatkozásban is. A klasszikus követelmény szerint a táncos tíz féle tulajdonsága közül az egyik: az ének. Ezért folytattam már Indiába való utazásom előtt zenei tanulmányokat dél-indiai Karnátaka stílusban, Vidiya Vaidyanatan énekművésszel. Mivel érdekelt a tánc- és zene mellett a *bölcsesség szeretete* is, ezért Yogát, szanszkrit-alapokat és Upanisád-előadásokat hallgattam Dr.





Uma Shankar Upadhyay magán jellegű óráin. Mindez a felkészülés kilenc évre terjedt ki, amikor is a zene tánc és a szemlélődésen kívül semmi más nem volt az életemben. Ekkor kaptam lehetőséget első indiai utamra, 2009-ben. Az indiai „terep” nem olyan volt, mint elképzeltem, az elején főképp nagyon furcsának és nehéznek bizonyult. Sok-sok váratlan fordulattal találtam szembe magam, de sikerült túllépnem minden nehezebb helyzeten. A kanyargós út végül Rádzsaszhánba vezetett, ahol valami különös otthonosság érzés fogott el, és tudtam, hogy megérkeztem a számomra kijelölt területre. Mind földrajzi éretlemben, mind művészi tovább fejlődésem és kibontakozásom szempontjából igaz volt ez. Itt találkoztam a langa és kálbéliya közösséggel, akiknek táncát és zenéjét elkezdtem kutatni, tanulni, és gyűjteni. Azóta nyolc éven át voltam Indiában, három-négy hónapokat töltök ott, azóta rendszeresen hívok Magyarországra rádzsaszháni zenekart, azóta vezetek tánckurzust, és fellépek, mint előadóművész.

A következőkben (a eljesség igénye nélkül) néhány főbb rádzsasztáni táncot szeretnék bemutatni.

1. Elsőként kezdem a *Mátkei* táncal. Ez a tulajdonképpeni igazi, falusi néptánc. Ezek a táncmotívumok minden más Rádzsaszháni táncban fellelhetőek. Lassú, négyes ritmusú, a láb apró lépésekben vált jobb-bal lépéseket, és a kéz jobbra és balra formál L alakú, vagy kitárt motívumokat. Az

elnevezést a langa közösség szerint használom, máshol egyszerűen rádzsaszháni táncnak hívják, melynek vidékenként különböző variációja létezik.

2. A *ghoomar* (ejtsd: gúmmör) tánc ami az előző, *alap-táncból* fejlődött ki a rádzsput királyi udvarok női táncaként. A szó bolyongást, vagy forgást jelent. A táncot eredetileg, és sokszor manapság is kendővel takart arccal járják, amely a rádzsaszháni kultúra egyik jellegzetessége: a nő bizonyos személyek előtt, és bizonyos helyzetekben nem mutatkozhat kitakart arccal, hanem, ún. *gunगत*ot hord. A lány táncolni indul, felelősenfelékesíti magát, különböző versszakokban anyjától kéri a szemkihúzó “kádzsöl”-t, fejdíszét, a “tiki”-t; majd a “gagra” bőszojnyát, mely forgásközben kerül, melyben jól lehet pörögni, ghúmmör táncot járni.
3. *Chari* tánc (Csári)
Fejtetőre helyezett vizeskorsóval táncolják, melyben láng ég. Zenéje a „*Csirmi*”, mely a kislány, beceneve. Különböző versszakokban bontakozik ki Csirmi története, melynek különböző variációi lelhetőek fel rádzsasztán-szerte: néhány sort idézve: Csirmi háza előtt egy fa nő, melynek négy ága van. Csirmi felmászik a fára, és letörik az ág alatta. Ahogyan letörik az ág, eltörik a kislánykarkötője, a “csuri”..., aztán Csirmi elutazik a nagyvárosba, mentében látja Mértavárosát,



jöttében Ádzmért, ...

4. Kálbéliya

talán a legismertebb rádzsasztháni tánc. A Kálbéliya kasztról kapta elnevezését, amely tulajdonképp a radzsasztháni cigány törzs, más néven *dzsógin*, vagy *szapéra*. Ők a kígyóbűvölők, akik régen házak körül feltűnő merges kígyók, kobra befogásával, táncoltatásával „*ghumakkád*” keresték a megélhetésüket. Ezt a tevékenységet a kormány betiltotta, így kerültek a kígyók helyére táncos lányok, akik a mozgását imitálták, így alapvetően ezek a motívumok dominálnak ebben a táncban. A kígyó mozgását ebben a táncban inkább átvitt értelemben utánozzák, attitűdjét imitálják inkább. A táncos ruhájának fekete színe és a mintája a kobra színét és bőrének mintázatát utánozza, az évek során a dekoráció mindig változott, sőt napjainkban is ez egy élő folyamat. A tánc virtuóz, az alapok ismeretében spontán, improvizatív jellegű, táncos mindig újra alkotja a táncot. Három nagyobb stílust különböztethetünk meg ebben a műfajban: a dzsodhpuri, a dzsaipuri és a pushkari stílust. A legkíméltebb technikájú a dzsodhpuri stílusú kálbéliya tánc, melynek egyik kiváló képviselője a Lacho Drom filmben szereplő Sua Devi. A dzsodhpuri kálbéliya táncot Kalunáth Kálbéliya kezdte el, aki pungen (*tökbéjsíp*) játszik, kígyóbűvöléssel foglalkozott, és nomád életmódot folytatott. Én magam is főképp az ő családjában tanultam a táncokat.

5. Nágín

Kígyótánc más néven. Ez a tulajdonképpeni kígyótánc, melyben a táncos konkrétan utánozza a kígyó kúszó mozgását. A delhi-I kálbéliya közösség repertoárjába tartozó tánc, melynek zenei- és tánc-motívuma a bollywoodi filmekben is népszerű.

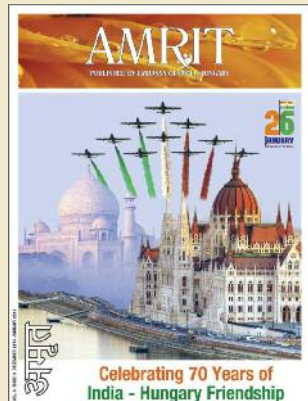
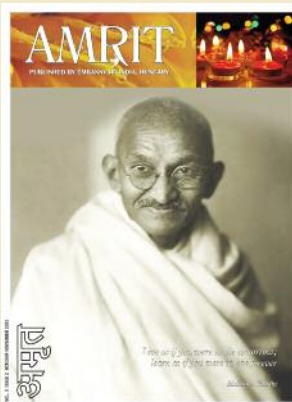
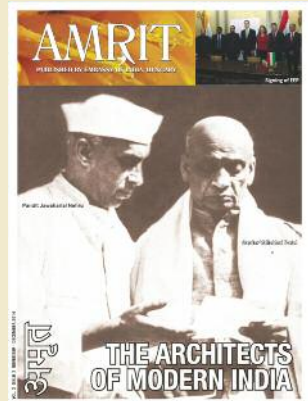
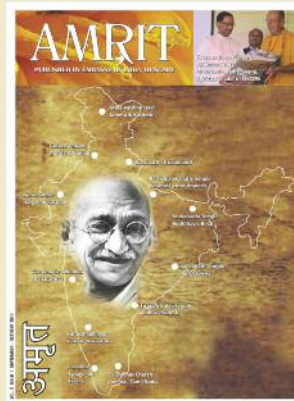
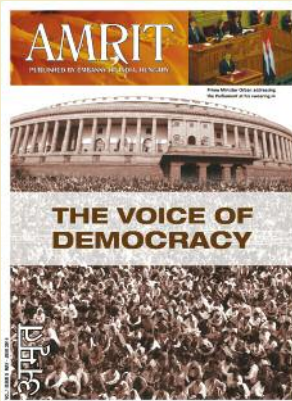
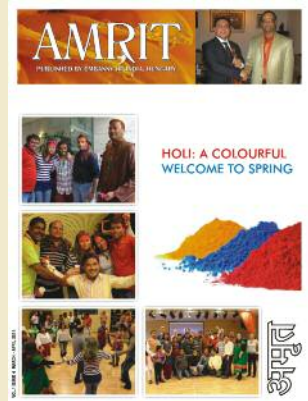
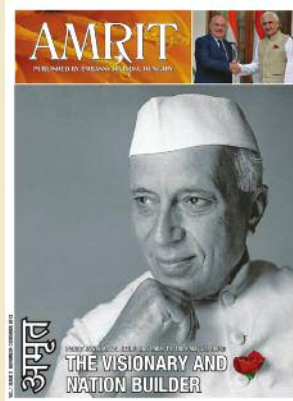
6. Bhawai tánc

Fejre helyezett sorozatos, egyre kisebbedő edényekkel táncolják. Mátki táncmotívumok dominálnak benne. Az edények kiegyensúlyozása a szöges deszkalap és kardéleken való egyensúlyozás nagyfokú ügyességet követel meg a táncostól. Látványos, szórakoztató jellegű tánc.

7. Más, improvizatív jellegű táncok

A táncos a zene jellegének és ritmusának megfelelően kombinálja a különböző motívumokat. Eszerint alakul a tánc ghúmar alapú, vagy kálbéliya alapú improvizatív tánc, így kerülhetnek bele a táncba klasszikus, főképp kathakos elemek is. Ilyen koreográfiákat láthatunk félklasszikus *Keseriye balam*, a rádzsasztháni szúfi zenére, a *Mebendi*, a *Rumál*, a *Pánibári*, a *Chámáke*, és még sok más Rádzsasztháni zenére. Az indiai népzene és néptánc stílus ma is élő, és folytonosan változó műfaj, mely ottani megfogalmazással szabad műfaj.

Some of the previous issues of *Amrit*



Barsana in Mathura: The birthplace of Radha



It is believed that Barsana is the childhood home of Radha. The town is also the only place in India where lath mar Holi is played.

Barsana is located at around 20 km away from Kosi. It is the centre of the Nagar panchayat in the Mathura District. Prepaid cabs and UPSRTC buses are available to reach the town from the airport.

HolidayIQ reviewer Laxmikant says, *"The crowd's enthusiasm for their beloved Lord Krishna can only be seen to be believed. Holi, the festival of colours that brings in unfettered joy, fun and play, music and dance with a myriad of bright colours! With winter left behind, it is time to look ahead to the spring season and enjoy this colourful and lovely occasion!"*

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, cultur@indianembassy.hu

Website: www.indianembassy.hu Facebook: www.facebook.com/IndiaInHungary/,

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