Upon the invitation of ISKCON Hungary, Ambassador participated in the Ratha Yatra Chariot Festival, the most well known public event of the organisation which takes place every year in the middle of summer; this year on the 2 July. The Festival originating from Puri is also a religious celebration as the devotees pull the chariot with Jagannatha 'Lord of the Universe', a special form of Krishna in it through the city centre. As the procession reached City Park, the cultural and devotional programmes started which were inaugurated by Ambassador. Ms. Rebeka Szabó, Vice Mayor of 14th district also attended the event.

Upon the request of the city of Kiskunhalas, Ambassador accepted the honour to become the patron of the Amrita Sher-Gil Memorial Day in Kiskunhalas organized on 8 July commemorating the life and work of the famous painter of Indian-Hungarian parents. She and her husband lived in the town for a short while and Amrita
painted one of her most famous piece of art titled 'Vidéki piać' (Country market) here with several iconic buildings of Kiskunhalas depicted on the canvas. Ambassador was accompanied by Madam Kavita Chhabra and they were both received warmly by the Mayor of Kiskunhalas, Mr. Róbert Fulop.

In his inauguration speech Ambassador pointed out that as much as the work of Amrita Sher-Gil bears significance in the world-wide history of art, she also represents a symbolic bridge, both by family and art that connects Hungary and India and brings closer these two, otherwise calligraphically distant countries.

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**YOGA WEEKEND IN PALOZNAK**

Having received an invitation from the members of the regional yoga in daily life society Ambassador and Madam Chhabra visited Paloznak to attend the Paloznak yoga weekend on 9 July organised in co-operation with the Mayor's office of Érd and Paloznak. Upon their arrival the guests were received by Mr. Ákos Czeglédy, Mayor of Paloznak, Mr. József Szakács, President of the Yoga Association of Érd, Mr. Péter Hernádi, President of the Paloznak NGO, and Julianna Pushkar Nagy, chief-organisor of the event.

During the visit Ambassador and Madam held an interactive session with the visitors where everyone was most welcome to ask their questions about Ambassador’s thoughts on the role and importance of yoga, the experiences of the International Yoga Day celebrations in Hungary and BiH and also about the work Ambassador has embarked upon in Hungary.

During their visit they also called upon many eminent members of the community, went on a guided tour around the village, took part in the programmes, including a joyful event for children and enjoyed a lunch with the hosts of the event.

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**Visit of Mr. Suresh Prabhakar Prabhu, Hon’ble Minister of Railways of India, to Bosnia & Herzegovina (BiH) 6 – 8 July 2016**

Mr. Suresh Prabhakar Prabhu, Minister of Railways, visited BiH from 6-8 July 2016, as a Special Envoy of the Government of India.

This was the first ever visit by a Cabinet Minister from India in 20 years of establishment of diplomatic relations. The visit was accorded a very high priority by the Government of BiH. Mr. Prabhu met with several prominent members of the Bosnian political and social life to build and strengthen bilateral relations between the two countries. The visit was extensively covered in both the print and audio-visual media.

At the State level, Mr. Prabhu had meetings with the Deputy Prime Minister and Minister of Foreign Trade &
Economic Relations, Mr. Mirko Sarovic, and with Mr. Amer Kapetanovic, Assistant Minister of Foreign Affairs. At the Entity level, Mr. Prabhu met with the Prime Minister of Federation of BiH, Mr. Fadil Novalic. He also had a meeting with Mr. Mirsad Isakovic, Member of BiH - Asia Parliamentary Friendship Group. The President of the Foreign Trade Chamber of Commerce, Dr. Bruno Bojić, called on Minister Prabhu and offered the services of the Chamber to enhance bilateral commercial and economic engagement.

The visit served to further strengthen bilateral relationship which is rooted in history and common values as India and BiH are both multi-ethnic, multi-cultural and multi-religious societies. It was agreed that the two sides must build on the friendly ties to take the bilateral relationship in political, economic and cultural fields to new heights.

6 July
Paying Tribute to Indian Culture

Minister Prabhu and Ambassador Chhabra accompanied by their respective spouses, Mrs. Uma Prabhu and Mrs. Kavita Chhabra visited the ISKCON Temple of Sarajevo, where they were received by prominent members of the Temple. The distinguished guests took part in a communal spiritual ceremony of chanting, praying and offerings and also partook prasad at the temple.

Minister Suresh Prabhu and the delegation of the Embassy led by Ambassador traveled to the city of Zenica to visit the Bosnian plant of ArcelorMittal, the world’s leading steel and mining company and supplier of quality steel products in all major markets. Upon arrival the delegation was greeted by Mr. Biju Nair, CEO and several Indian and local leaders of the company.

7 July
Mr. Bruno Bojić, President of the Foreign Trade Chamber of Commerce called on Minister Prabhu and discussed possibilities of further enhancement of commercial and economic engagement.

Minister Prabhu, accompanied by Ambassador Rahul Chhabra, met with H.E. Mr. Fadil Novalic, Prime Minister of the Federation of Bosnia & Herzegovina. The discussions focussed on enhanced economic and commercial engagement, including in cooperation in railways sector, skill training programmes and setting up of IT Centres of Excellence.

Minister of Railways, Mr. Suresh Prabhu met with Mr. Mirko Sarovic, Deputy Prime Minister and Minister of Foreign Trade & Economic Relations. Minister Sarovic was nostalgic about his earlier visit to India in October 2012 to attend a conference on energy. The discussions between the two Ministers focussed on ways and means to enhance bilateral economic ties. The two sides agreed that the meeting of the Joint Committee on Trade and Economic Cooperation should meet at an early date and that the two sides should identify specific sectors for enhanced cooperation.

8 July
Minister Suresh Prabhu met with Mr. Mirsad Isakovic,
LEFT: Mr. Bruno Bojic, President of the Foreign Trade Chamber of Commerce with Minister Prabhu and Ambassador Rahul Chhabra. CENTER: Minister Prabhu with H.E. Mr. Fadil Novalic, the Prime Minister of the Federation of BiH. RIGHT: The Indian delegation in discussion with Prime Minister Novalic and members from his office.

LEFT: Minister Suresh Prabhu and H.E. Mr Mirko Sarovic, Deputy Prime Minister & Minister of Foreign Trade and Economic Relations (former Chairman of the Presidency). CENTER: Minister Suresh Prabhu, Ambassador Rahul Chhabra, First Secretary Vijay Khanduja and Ms. Ranka Bogdanovic from the office of Mr. Sarovic, at the Ministry of Foreign Trade and Economic Relations. RIGHT: The Indian delegation with Mr. Mirsad Isakovic, MP in the House of Representatives of the Parliament of BiH and member of the BiH – Asia Parliamentary Friendship Group with members of his office.

LEFT: In discussion. CENTER: Ambassador Chhabra, Mr. Gordan Cahtarevic, office of the Prime Minister of the Federation of BiH, Ms. Jasmina Corovic, India Desk Officer at the Deptt. of Asia and Africa, MoFA, Mr. Amir Kapetanovic, Asst Minister for Bilateral Relations, MoFA, H.E. Mr. Kazuya Ogawa, Ambassador to Japan in BiH. RIGHT: Madam Uma Prabhu and Minister Prabhu with members of ISCKON, Sarajevo.

Member of BiH–Asia Parliamentary Friendship Group, and discussed political matters, including bilateral and cooperation in multilateral fora. Mr. Isakovic thanked India for the support extended during the 2014 floods.

There was warmth and respect about the past relationship with India from the time of Pt. Jawaharlal Nehru and Marshal Tito, and willingness to take the relationship to new heights, reflecting the contemporary realities. The visit was accorded a very high priority by the Government of BiH. Despite the fact that the visit happened during Eid holidays, the Government of BiH went out of its way and arranged meetings both at the State level and at the Entity Government level.

With meetings of both economic and political nature, visit to the Iskcon Temple, and meeting with prominent members of the civil society of BiH at the dinner organized by the India-BiH Friendship Society, provided a well-rounded perspective to Minister Prabhu about the relationship and the way forward.

The visit ended with a dinner hosted by Ambassador in honour of Minister Prabhu, which was attended by prominent members from political and business circles of BiH.
The Fourth Session of India—Hungary Joint Commission on Economic Cooperation took place in Hungary on 2-3 June, 2016

The Indian side was led by Shri Ramesh Abhishek, Secretary, Department of Industrial Policy and Promotion, Ministry of Commerce and Industry, and the Hungarian side was led by Dr. László Szabó, Minister of State for Foreign Affairs and Trade.

The Joint Commission noted that there exist vast opportunities for further investments by Indian companies in Hungary, as well as Hungarian companies in India. The Commission noted that there are complementarities between the two economies, which need to be leveraged. It was decided to explore possibilities of further cooperation in sectors like water management, space sciences, energy transmission systems, science & technology, transport, education & culture, traditional medicines, biotechnology and pharmaceutical industry, IT/ICT, Shared Service Centres, automotive, logistics, renewable energy industry, tourism and food industry. The Hungarian side announced creation of the post of Science and Technology Attache at its Embassy in New Delhi, given the importance of cooperation between the two countries in the areas of science and technology. The Commission also decided to further strengthen cooperation in the educational field by signing agreements and MOUs for mutual recognition of degrees and skill qualifications, as also facilitate tie-ups between Hungarian and Indian vocational training centres.

A meeting of the Joint Business Forum was also held on the sidelines of the Joint Commission meeting, at which a 17-member delegation from India participated and held B-2-B meetings with Hungarian businesses. Shri Ramesh Abhishek in his address to the Forum highlighted various sectors under Make in India and other flagship initiatives of the Government, which present vast opportunities for Hungarian companies. Dr. László Szabó in his address welcomed the fact that Indian investments in Hungary are of the order of $2 billion and Indian companies employ around 10,000 persons in Hungary. India was the largest investor in Hungary in 2014 and third largest investor in 2015. An MOU on Cooperation between FICCI and Hungarian National Trading House was also signed during the meeting.

Shri Ramesh Abhishek also gave an interview to local MTV1.
To further strengthen the bonds of bilateral cultural relations between India and Hungary, Embassy of India organized a cultural festival "Ganges-Danube: Cultural Festival of India" from 17-19 June, 2016, in ten cities of Hungary, including Balatonfüred, Budapest, Eger, Esztergom, Szentendre, Sopron, Nagykanizsa, Szeged, Debrecen, Győr. This year International Day of Yoga was also part of this festival. The aim of the International Yoga Day was to raise awareness of healthy and conscious lifestyle among people.

The symbols of the festival were the two most important rivers of India and Hungary: the sacred Ganges and the historical Danube are representatives of our rich culture, value and traditions. The Festival showcased Indian culture, i.e. dance, music, yoga, films and exhibitions, gastronomy, martial art and puppetry. Over 110 artistes participated in the festival. Government of India sent over 50 leading artistes from all over the country and over 60 local Hungarian artistes proficient in Indian cultural traditions also participated in the Festival. So it has been a true confluence!

Curtain Raiser – 12 June 2016
Embassy of India, Budapest and Art of Living organized a curtain raiser on 12th June 2016 to the upcoming International Day of Yoga in Hungary.

Opening Ceremony in Vigadó Theatre – 17 June 2016
“The Ganga-Danube: Cultural Festival of India” was inaugurated on 17th June, 2016 by H.E. Dr. Mahesh Sharma, MOS for Culture, Tourism & Civil Aviation and H.E. Mr. Istvan Igyarto, MOS for Culture & Science Diplomacy. The inauguration took place in prestigious Pesti Vigado theatre which is Hungary’s finest piece of neoclassical architecture and famous for its splendor of sculpted pillar statues and beautiful frescos.

Remarks by H.E. Mr. Rahul Chhabra, Ambassador of India
India & Hungary have an excellent friendly relationship rooted in history. The symbolic confluence of the two rivers in the name of this Festival, i.e. “Ganga-Danube: Cultural Festival of India” represents the confluence and understanding of culture of the two countries. India's ancient culture, literature, and spiritual traditions attracted Hungarians towards it since centuries. This was the first time any Indian Cultural Festival on this scale was organized in Hungary.
LEFT: Madam Kavita Chhabra; H.E. Mr. Szabolcs Takács, Minister of State for EU Affairs; H.E. Mr. Rahul Chhabra, Ambassador of India; Madam Krisztina Ivanics; Madam Uma Sharma; H.E Dr. Mahesh Sharma, MOS for Culture, Tourism & Civil Aviation; H.E. Mr István Ígyártó, Minister of State for Cultural & Science Diplomacy, MoFA; Mr. Szilveszter Bus, Deputy State Secretary for Southern Opening, MoFA at Vigadó Theatre. RIGHT: Sadhya Chhau Group


Ambassador distributing mementos to the artists
Embassy of India, Hungary

CULTURE

Unique moments of the ten cities’ programme 18-19 June 2016

LEFT: Mixing of the waters of the Ganges and the Danube: (left to right) H.E. Dr. Mahesh Sharma, MOS for Culture, Tourism and Civil Aviation; H.E. Mr. Rahul Chhabra, Ambassador of India; H.E. Mr. Miklós Nagy-Verseghi, Mayor of Szentendre. RIGHT: Minister of State for EU Affairs, H.E. Mr. Szabolcs Takács; H.E. Dr. Mahesh Sharma, MOS for Culture, Tourism & Civil Aviation and H.E. Rahul Chhabra, Ambassador of India in Városháza Park at the International Day of Yoga and Ganges-Danube Festival on 18 June 2016

LEFT: Bharatanatyam dance performance at Városháza Park on the International Day of Yoga and Ganges-Danube Festival on 18 June 2016. RIGHT: Gujarati folk dance group performing in Nagykanizsa, Erzsébet tér

LEFT: Puppeteer from India performing at Városháza Park, Budapest. CENTER: Swami Vaishampayana (Art of Living) leading a yoga session. RIGHT: Celebrating IDY by Yoga in Daily Life, Győr
LEFT: Indian classical music performance in Sopron city. RIGHT: HE Rahul Chhabra, Ambassador of India, Mrs Kavita Chhabra; Mr Gábor Garnai, Mayor’s Office in Balatonfüred; and Ms Lenke Hári, Deputy Mayor of Balatonfüred with members of the audience in Balatonfüred

LEFT: Yoga class on 19 June 2016 in the park next to the Tagore Esplanade in Balatonfüred. RIGHT: Indian Food Festival at Intercontinental Hotel, Budapest

1. Youtube link for promo video : https://youtu.be/6jz6Xw2PckM
2. Festival’s grand opening at Vigado theatre: https://youtu.be/ZsRb83RrYag
4. Youtube link for International Day Yoga Video in Hungary: https://youtu.be/jDd9E0OhAv4
Celebrating International Day of Yoga in Sarajevo, Mostar and Banja Luka (Bosnia & Herzegovina) 25-26 June 2016

To further strengthen the bonds of bilateral cultural relations between India and Bosnia & Herzegovina, Embassy of India organized International Day of Yoga combined with a cultural festival from 25 to 26 June, 2016. International Day of Yoga was organized for the first time in three cities of the country (Sarajevo, Mostar and Banja Luka) with the aim to raise awareness of healthy and conscious lifestyle among Bosnian people.

The programme showcased yoga practice led by two Indian yoga teachers and included cultural performances as well (Bharatanatyam dance by Ms Panni Somi and the Sivasakti Kalananda group, Kathak dance by Nrityashree Alakananda and Saumya Shukla, Indian classical music by Rajesh Gangani and Szabolcs Tóth).

Remarks by H.E. Rahul Chhabra, Ambassador of India

There are similarities that exist between India and Bosnia & Herzegovina as both are multi-ethnic, multi-cultural, multi-religious societies. Hence, greater exposure in the field of culture was the need of the hour for greater interaction between the people of two countries.

AT SARAJEVO

LEFT & CENTER: Dance performances in City Hall. RIGHT: Yoga session led by the India based yoga teacher

Kalpana – painting exhibition of contemporary Indian art.

Indian classical music by Pt. Rajesh Gangani & Szabolcs Tóth

Ambassador Rahul Chhabra & Mrs Kavita Chhabra in the prestigious City Hall
AT MOSTAR

LEFT: Ambassador joining the yoga session. CENTER: Ms Saumya Shukla performing. RIGHT: Sivasakti Kalananda Theatre

AT BANJA LUKA

LEFT: Yoga led by the Indian yoga teacher. RIGHT: Ambassador, Madame Chhabra & Mr Bhattacharya, Head of Chancery watching the performances

LEFT: Rajesh Gangani and Szabolcs Tóth performing. RIGHT: Local yoga schools’ session

YouTube link for International Day of Yoga at Bosnia & Herzegovina: https://youtu.be/BeYbkVSLs88
Cultural Festival: https://www.youtube.com/watch?v=FBAQI_A-B-I&feature=youtu.be
Yoga for All Nation… Yoga for All…

This year is unique in the history of Yoga in the globalized world. Indian government and the Prime Minister of India, Honorable Mr Narendra Moodiji put great effort last 2 years to highlight the spiritual, social and political benefit of Yoga on humanity. Due to this conscious supportive political activity, the INTERNATIONAL DAY OF YOGA on june 21. has been accepted by more than 170 countries around the world last year (2015). Kép: Nemzetközi jóganap

More over, the governement recently started to work on an educational project related to Yoga. The new perspectives is: how Yoga could be a part of the education system in all level? Another great impact of the increasing awareness of the global need of the knowledge of Yoga was the first announced special yoga training programme by the Government of India.

The ITEC (It was the very first occasion when Special Yoga Teacher Training course was offered by the Indian Technical & Economic Cooperation Programme (ITEC) on behalf of the Indian Ministry of External Affairs of India. More than 100 people completed successfully the 30 days intensive YIC course at SVYASA YOGA UNIVERSITY near Bangalore, in two months. It was not only a profession developing course but also an international brain-storming event. In the 2nd ITEC YIC group (2016. 16th june-13th july): 52 people, from 38 different countries (Hungary, Jordan, Uganda, Ethiopia, Syria, Kiribati, Armenia, Bhutan, Tunezia, Turkey, Venezuela, Russia, Romania, Indonesia etc.) stayed, studied together from morning 5.30 to late night with no break. Hungary was presented by Mrs Földiné Irtl Melinda who was a former student of the SVYASA University and had successfully completed her Masters degree in Yogic science in 2004-2006 and working for the Indian Embassy since 2010 as a lecturer, consultant and yoga teacher.

Programme included practical (asana, pranayama, cleansing and meditation practises), and theoretical classes (lectures on Indian Culture, spiritual texts, Yoga anathomy, spiritual masters like Swami Vivekananda) etc. The course offered by the deemed university SVYASA clearly emphasize on that all aspects of Yoga, all path of Yoga is equally important in our life (dhyana-, bhakti-, karma-, raja-yoga). To study yoga is not merely an intellectual process by attending lectures on books, sacred texts, or concepts and also not only a physical exercise, by bending or twisting our body for our physical health, fitness or flexibility but understand the individual and global responsibility in our life. As Bhagavad Gita says: „yoga karmasu kausalam”- yoga is a skillful action. How we act, how we speak, how we think…

The ITEC YIC 2016 was a great example about an other important and universal message of Yoga: „Unity in Diversity”!

People from different nation, with different skin colour, with different religions (buddhist, muslim,christian etc.), with different economical backgrounds, with different basic professions (doctor, psychologist, naturopatist, school teacher etc) could understand each other very well by speak easily „one language”, the language of acceptance, tolerance, right understanding, compassion, love and peace what is the „language of YOGA”. They also could share their special approach of Yoga according to the present trends existing in their own countries (in the mirror of the geological, national, political, social, spiritual, education, health-care system factors). Let us hope this “language” can spread all over the globe now and in the future…

S-Vyasa chancellor HR Nagendra said: “Yoga is India’s greatest contribution to the world. Yoga is a way of life that can bring peace and harmony to the world. (source: http://timesofindia.indiatimes.com/city/mysuru/NIE-S-Vyasa-to-collaborate-on-yoga/articleshow/52772511.cms)

Photo: Graduation Ceremony

International IYC 2016 june 16-july 13
SVYASA YOGA UNIVERSITY
Course Brief: TO IMPART TRAINING IN YOGA PRACTICE
Eligibility Criteria: PROFESSIONAL YOGA INSTRUCTORS

Development partnership occupies a paramount place in India's foreign policy. India's external development assistance programmes in developing countries have increased
significantly in their scope and coverage in the past few years. These include Lines of Credit, grant assistance, technical consultancy, disaster relief, humanitarian aid, educational scholarships and a wide range of capacity building programmes including short-term civilian and military training courses.

This development cooperation is based on two main pillars, first, development cooperation incorporating the idea of partnership, i.e. working for mutual benefit and secondly, development cooperation based on priorities determined by the partner. In recent years, the development cooperation programmes have expanded voluminously, both in geographical spread and sectoral coverage. The Development Partnership Administration (DPA) was set up in the Ministry of External Affairs in January 2012. DPA aims to streamline and improve delivery of the various elements of India's development assistance through the stages of conceptualization, launch.

The ITEC Programme, fully funded by the Government of India, has evolved and grown over the years. Under ITEC and its sister programme SCAAP (Special Commonwealth African Assistance Programme), 161 countries in Asia, Africa, East Europe, Latin America, the Caribbean as well as Pacific and Small Island countries are invited to share in the Indian developmental experience acquired over six decades of India's existence as a free nation. As a result of different activities under this programme, there is now a visible and growing awareness among other countries about the competence of India as a provider of technical know-how and expertise as well as training opportunities, consultancy services and feasibility studies. These programmes have generated immense goodwill and substantive cooperation among the developing countries. Training or capacity building is one of the major activities under ITEC. The professionals and people from developing countries are offered unique training courses, both civilian and defence, in different centres of excellence in India which empower them with not just professional skills, but prepare them for an increasingly globalized world.

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ASCC ACTIVITIES

**Film Club**

On every first and third Friday of every month film evenings are arranged at the Amrita Sher-Gil Cultural Centre. Four films were screened at the Cultural Centre in June and July 2016 under the aegis of the Indian Cine Club. Also four films were showcased on 18-19 June 2016 in Puskin Cinema as part of the Ganges-Danube: Cultural Festival of India:

- **Son of Sardar** (2014, Hindi) 10.06.2016
- **Taare Zameen Par** (2007, Hindi) 18.06.2016
- **Manjhi – the Mountain Man** 18.06.2016
- **Drishyam** (2015, Hindi) 19.06.2016
- **Chalte Chalte** (2007, Hindi) 19.06.2016
- **Hawa Hawaii** (2014), Hindi 01.07.2016
- **Shool** (1999), Hindi 29.07.2016
CULTURE

OCCASIONAL PROGRAMMES

Closing ceremony of scholarly lectures on Thursdays, 9 June 2016, ASCC

The program started with an opening Kathak dance item by Saumya Shukla, India-based teacher of ASCC. Welcome address was given to the audience by Mr. T.P.S. Rawat, Director (ASCC). Dr. Mária Négyesi, Head of Dept., Dept. of Indo-European Studies spoke after the welcome address and thanked the Embassy for the opportunity and support that had been given for the classes. After Dr. Mária some of the Hindi students gave bouquets to their teacher and members of the Embassy. The programme concluded with the solo performance of Pt Rajesh Gangani, Tabla player. In the end of the programme certificates and present were distributed to the best students.

Closing Ceremony of dance and music courses, 28 June 2016, ASCC

On the occasion of the closing of the April-June semester of the dance and music courses, Amrita Sher-Gil Cultural Centre organized an evening show where all the students of the courses showcased what they had learnt during the semester. The evening started with the music performance of Tabla students. Pt Rajesh Gangani escorted the students and beat the rhythm. All the
Beginner Kathak students in their costumes performing

students were well prepared and showed their best to the audience.

The Tabla students were followed by the Odissi girls. The master of the students, Ms Virág Túri is in India at present, so the group had been prepared by the deputy teacher Ms Anita Szegedi. The wonderful Odissi performance was full of grace and flexible movements and the students did the choreographies with full harmony with each other.

Kuchipudi students of Ms Gabriella Tóth followed the Odissi performance. The teacher, Ms Gabriella sang the rhythm and the words and Pt Gangani beat the Taal as the base for the items. There were beginners and more advanced students involved in the show.

The Bharatanatyam students of Ms Panni Somi were the following performers.

The last section was given to Kathak students of Ms Saumya Shukla, India-based teacher of the Centre. In spite of the short time period (classes started in March) the students were very well prepared and confident on stage. This was the first occasion that Kathak was showcased as there have been no Kathak classes held in Hungary before.

The evening was a wonderful journey of styles and rhythms; not only the family members and friends of the students came to see the performances but other interested people enjoyed the show. The room was totally filled up with thunderous applause from the audience. The evening concluded with Indian refreshments.

THERAPY

By Eshanee Bhattacharya

He held the blade with white knuckles. It was the same knife his mother used to prepare dinner with. *Wonder if she’d mind me borrowing it for tonight.* Well, it wasn’t like she would have the opportunity to interrogate him afterwards, anyway.

His music was turned off. An unusual phenomenon. His note was dispatched on his desk, lodged under his history book. The clock was ticking, tick-tock-tick-tock. The acoustics of the rapidly moving hands made him think of that song, *Pendulum*, by Pearl Jam.

*We are here and then we go,*

*My shadow left me long ago.*

*To and fro, the pendulum throws.*

The lamp on his desk was dim and yellow. His shadow was wearing a black hoodie and black rugged jeans. On one hand, it held a quivering blade. The other hand was bare, his blue veins protruding from the pale skin that almost looked
like it had never encountered sunlight. The blade made its way to the bare wrists, about to sink into the skin.


“What’s wrong with you?”
“You’re a creep!”
“Go kill yourself!”

I guess it's better for everyone when I'm gone, he thought. No more suffering...Unless we meet in hell again.

As if this wasn’t hell enough. The rain was pattering hail hard on the windows, but there wasn’t enough water or ice in the world to distinguish the fires of his rage. So what, he had people who cared, right? People that cared enough to prescribe Prozac and give saintly Cosmopolitan advice, but not enough to talk to his demons at night.

“Rest well.”
“Things will change.”
“Sticks and stones may break your bones, but words can never hurt you.”

That’s the point. There were no sticks and stones. He was too filthy to be touched, and adult’s eagle eyes. Instead there were daggers of insults, batons of slurs and boulders of shame. They would pierce through his porous and feeble self, giving into thoughts of self deprecation and hate. Hate for them. Hate for himself.

There was thunder. The storm wasn’t going to end tonight. The lamp flickered, but stabilized. There was a branch scraping his windows from outside, just like the blades scraped at the windows of his skin at night.

Nobody noticed, though. If you were a girl, people would question your fully clothed attire. They’d get under your layers and try to see your darkness. They’d notice if you were distraught, sad or “tired”. But as a boy nobody noticed that the shades of your clothes got darker, that your sleeves grew longer or that you smiled less. Societal double-standards. Nobody bothered about how he felt.

That’s why he grew a hard shell of spikes, thorns, fire, and glass shards, to fend off anyone who tried to get too close to his soft-jelly inner self. Ones who’d try getting too close would be left wounded, their blood on his defences clearly an alert signal to ward off any other to-be trespassers. His defences containing him in his confined melancholy. His walls closing in, until they hopefully compress him to oblivion.

He heard the car pull into the driveway. The sound of a gurgling exhaust in the rain.

Oh no, he thought. His head a whirlpool, obscuring all rationality. She’ll see me like this, again.

She’ll send me to the psychiatrist again. She’ll be hurt... again.

“I’m sorry for disappointing you,” he’d written.
“I love you,” he’d written.
“I think you’ll be happier when I leave,” he’d written.
“TYRONE, where are you? Look what I got...your favorite, Baldini’s pizza,” she yelled, jingling keys landing on the table.

Baldini was the local pizzeria. The best he’d ever had.

He buried the knife in the debris inside his drawer. He felt ashamed. A fool who can’t even end his own misery. He didn’t want to see the blades again; they’d mock his cowardice.

He unlocked his doors and went downstairs. The cold rain seeped through the run down home, but the living room smelled of pepperoni and cheese. His mother was sitting with her elbows at the kitchen counter, head in palms.

“How was your day?”, he asked.
“I was usual. The rain isn’t helping me much,” she said, smiling with her mouth. Her eyes told a different story. Her jaded look. Was he the cause? He wanted to tell her everything, but he was too scared. Her pain would tenfolds of his. They didn’t spend much time together. She was the only one running the family. She was busy, but nonetheless tried her best to accommodate him. If only she knew that the medicines the clinics and the counselling she pays for don’t really help – unless you yourself want to change, unless you can be intimate with someone, unless they show you empathy instead of diagnostic sheets.

“What’s wrong?”, she asked. She could see his ashen face.
“You know, your therapist said you were doing well.... Where’s the knife?”

“I’m sorry I couldn't be a better mother,” she croaked.

“I’m sorry for being a disappointment,” he croaked back.
“It’s just...it all doesn’t work. I don’t want this. Can’t I just get better? Can’t people around be change, love me, accept me...not antagonize, ignore, and spite? Can’t my efforts not be thrown away?”. He poured himself. After all these years of keeping it dammed. His anger at his bullies, at Dad for leaving him misguided so young, at himself for not owning up to things...
She listened to every word. She was not like the paid professionals, who somehow had a way of milking everything but not really doing anything about anything. Her eyes were not cold and grey like theirs’. She looked at him with compassion, not bills. Her eyes brimmed with tears. They embraced. Her hair smelled of lack of care, but her face was warm and soft against his. He hadn’t noticed there were tears rolling down his face. The last time they were in this position was when his father died, eleven years ago.

She simply hugged him back, tighter.

He had never opened up to her before. But now he could see she cared. She wasn’t just paying for his prozac and education; she cared. She had cared all along – only he hadn’t noticed. He was too blinded by his own misery, confined by his shell.

The hail kept pattering, but the sobs subsided. His own vision cleared.

“Thanks for listening,” he whispered.

They sat in silence. The pizzas were cold by now, but Baldini’s was delicious at all temperatures, so he opened a box and dug into a slice.

They started talking, catching up years of missed conversations. They talked about Dad, he talked about his therapists and school, she talked about her work. Lost memories started digging up.

“Remember when you were little, you used to steal my green dress and wear it like a cape and fly around the house shouting ‘I’m captain watermelon’,” she laughed.

“And my superpowers used to be shooting seeds and exploding water,” he recalled, embarrassed yet amused at the memory. It felt like reclaiming a faded part of himself back. Who he used to be is not now, but will help him before.

He had himself usually locked in his room at this time of evening, isolated in his cave of misery. He had wallowed in the darkness, disguising itself as safety and security, familiar – hiding the lustrous stars. But this was worth changing for. Warm conversations over pizzas. The smell of gentle rain. A warm hand to guide and hold you. It was worth it. Making his mother smile. It was worth it. Standing up to his oppressors, rising above, like a phoenix… It was worth the try. And there was sooo much, much, much more to be explored…he had just begun his journey in life. So many memories to create…so much potential.

He remembered the first lines of the song:

Can’t know what’s high,
Till you’ve been down so low.

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The Krishna-valley Village Festival was held the 21st time by the Hungarian Society for Krishna-consciousness.

21. alkalommal rendezte meg a Magyarországi Krisna-tudatú Hívők Közössége a Krisna-völgyi Búcsút, amely...
This festival is the largest scale, alcohol and smoke free festival in Hungary, ideal for a healthy family. The function was an excellent entertainment for families with small children, young couples and the elderly alike. Krishna-valley, which was the background for the festival, is the largest ecovillage in Europe with its lush green area of 270 hectares. Self-sustenance, the Hungarian peasant culture and the tradition of the millenia of Indian culture gives a very peculiar alloy at the Valley which is located south of Fonyód on the Lake Balaton. The residents of the valley intended to pass on their mood which is close to Nature and is God-conscious at the same time; to show the wholesomeness of their lives, their satisfaction, and the ancient traditions of Vedic culture at the same time. In spite of the extremely hot weather, 7300 visitors came, many of whom were returning guests who already know that the Village Festival (Búcsú) is organised the third weekend of July every year.

The route of the visitors lead along Srila Prabhupada’s memorial, passing the Vedic school and the dairy farm, and reached the temple building. The new school building that was inaugurated last June was an attraction itself, but those visitors who had small children much appreciated the activity corner and the movie room. At the cow protection centre and the nearby Eco-zone the visitors could learn about the principles of sustainability, the eco-friendly agriculture and the environment protection. They could try travelling on an ox-driven chariot, and could appreciate the difference between the usual airy farm and a cow-protection centre which takes into account also the rights of the cows. They could also taste a way of life not depending on fossil fuel and electricity and see how a community can survive without those, producing its own food. They could also appreciate a simple lifestyle without unnecessary objects and hobbies.

The market row offered organic food, hand-made artefacts, produce and flowers of Krishna-valley; they could also visit the greenhouses and pastures of the organic farm. The more distant places were connected by a small train.

One of the main attractions of the festival is gastronomy. Traditional Hungarian vegetarian food was on
offer as well as delicacies made on earthen fireplaces, mediterranean and vegan fare and, of course, traditional Indian preparations. Those with a sweet tooth could taste vegan ice cream and pancakes. The depths of Vedic philosophy and culture were presented on the Island of Wisdom; they could also try on the traditional Indian attire, try cooking in open space, could put questions to the monks and Vedic astrologers and could participate in the role play game of reincarnation. Those interested in yoga, theology and philosophy, could get information of the accredited courses of the Bhaktivedanta College tent. At the Beauty Island, ladies could try on the jewels and clothes and also learn about the deeper meaning of traditional Indian makeup and dresses and could try henna and gopy face makeup as well.

In front of the temple, a huge tent housed the stage programme which was offering various shows all through the day. The programme was ceremonially opened by the Vice Chairman of the Assembly of Somogy County. The viewers could see Odissy and Bharat natyam dance, traditional bhajans and kirtanas, dramas and children's theatre plays, Yoga presentations, martial art shows. Those coming on Saturday and Sunday could see a Vedic wedding ceremony as well. Thousands attended the Yajña! Last but not least, the wonderful forms of Sri Sri Radha Syamasundara on the altar of the mandir (temple) enchanted the visitors with their transcendental beauty. Many who returned from their excursion to New Vraja Dhama (Krishna-valley) said they would come back as regular visitors, as they were enchanted by the authentic presentation of the ancient culture of India.

www.krisna.hu

A templeteméré óriási sátorban, egész nap változatos színpad műsorral készültek a látogatóknak. A műsorok ünnepélyesen a Somogy megyei Közgyűlés alelnöke nyitotta meg. A színpadon odisszi és bhudraszánok és kírtanák, színdarabok és gyermekeknek szóló előadások, jóga bemutató és harcművészeti bemutató volt a program. Szombaton és vasárnap dédelben tűzceremoniával egyebkörtött védikus esküvőt tartottak, a yajña más ezen a vetett rész! A látogatók a völgy szívében természetesen megtékinthették a templommépeletet és a mandirt, ahol Sri Sri Radha Syamasundara, a völgy uralkodó istensége előtt tehettek tiszteletüket. Az Isteni Pár mindenki lenyűgöző. A kirándulásról vendégeink - a visszajelzések alapján - elégedetten tértek haza, s sokan jelezték, hogy ezentúl rendszeres látogatói lesznek Új Vraja Dhámanak, mivel elvarázsolta Őket India autentikus és ősi kultúrája.

www.krisna.hu

Relaxáció és meditáció, avagy jóga a Fiatalkorúak Büntetés-végrehajtási Intézetében


A címben megjelölt fogalmak fontos tartalmat takarnak. Egy börtönben, zárt közegben nem elhanyagolható annak jelentősége, hogy ha csak néhány percre, negyed órára, de elmélyülhessenek és magukba nézhessenek a fogvatartottak.


forrás: http://bv.gov.hu
Az indiai klasszikus műfajok létjogosultsága a világvilág színtéren

szerző: Tóth Szabolcs

2011 óta kerül megrendezésre a Balaton déli partján a Babel Sound Fesztivál, ahova idén 20 országból több mint 83 előadó érkezett. Az Amrita Sher-Gil Kulturális Központ egy saját helyszínén mutatja be az indiai előadóművészeti kultúra sokszínűségét. A gazdagon díszített, központi helyen álló sátorban Saumya Shukla kathak tánc workshopokat, Rajesh Gangani tabla, míg Tóth Szabolcs szitár és indiai zene workshopokat tartott, hol pedig szabad zenélés fölyt a világ minden szegletéből odasereglett muzsikusokkal. A workshop jellemzője, hogy a részvevők aktívan közreműködnek, együtt hoznak létre egy közös produkciót. Ennek megfelelően hol afrikai dobosok, hol egy olasz szaxofonos, hol pedig a kolumbiai, latin Grammy dijas Dely család kapcsolódott be abba a zenei forgatagba, aminek az alapja a tokaji, indiai ritmus rendszere volt, sőt olyan melodikai finomságokra is maradt idő, hogy a csatlakozó zenészek a ritmusban, a tánceken és a dallamban is használható és az indiai előadóművészetekre oly jellemző frázist is megtanuljanak, mint a világhíres Birju Maharaj által az őz, a szarvas és a tehén sétákaként jellemzett tihai:

A fesztivál sokszínűségét mutatja, hogy a fesztiválközpont területén tett egyszerű séta is olyan volt, mint tha kiváló világvilág csatornák között tekergetnénk a rádiónkat. A balkáni táncház lassan átfolyt flamencóba, amibe belecsengett a magyar Romengo autentikus cigány muzsikája és már meg is jelent a djembével és cora-val színesített Afrika. Ebben a zenei áradatban folyton utat tört magának India. Hol Saumya Shukla flamenco táncosokkal együtt, autentikus zenére bemutatott kathak szólója, hol Rajesh Gangani egy mesejátékban felbukkanó ritmusjátéka, vagy épp Tóth Szabolcs különböző zenei formációkban megszőláló szitárjának hangjával.

http://www.babelsound.hu/
Tóth Szabolcs
raga.hu
बुदापेश्ट के छोटे महल और किले

बुदापेश्ट में 18वीं और 19वीं शताब्दी के बीच में न्याय किले और महल बनाये गये थे। उदाहरण के लिए:

क्यूक्स किला / शिशुकूर किला

उन्होंने इसका इमारत 1728 से 1735 तक किया। चारों ओर से कवच बनाया गया। इसका नाम धृतरास्त्र नाम से आया। 18वीं शताब्दी में जब यह किला बनाया गया था, तब यह बड़ा एक बालिका के रूप में बनाया गया था। इसके पूरे में चित्रण होने के लिए सामग्री सम्पन्न गया। इसके अवशेष इसके छोरों के रूप में फणिज्ञान करवाये गये। 19वीं शताब्दी में इसके सैनिकों के कार्यों के भीतर में घाट को घाट करने के लिए इसका नाम विवेक राजा ने दिया था। 1900 के दशक में इस किले के भीतर में बालक बनाये गये। 20वीं सदी में इसे होटल के रूप में बदला गया।

क्यूक्स पूर्व किला

यह रहस्यमयी एक दरवर्ष किला है। इसमें बड़ा एक बालिका के रूप में बनाया गया। 18वीं शताब्दी में जब यह किला बनाया गया था, तब यह बड़ा एक बालिका के रूप में बनाया गया। इसके पूरे में चित्रण होने के लिए सामग्री सम्पन्न गया। इसके अवशेष इसके छोरों के रूप में फणिज्ञान करवाये गये। 19वीं शताब्दी में इसके सैनिकों के कार्यों के भीतर में घाट को घाट करने के लिए इसका नाम विवेक राजा ने दिया था। 1900 के दशक में इस किले के भीतर में बालक बनाये गये। 20वीं सदी में इसे होटल के रूप में बदला गया।

हेन्रे और एरेवन का प्रवर्तक

यह एक 1895 में एस्टोन में स्थापित किला है। 1927 में रहती थी। 1990 से पहले समय के पत्रकारों का साहित्य और विशेष ज्ञान दिखाई देता है। इसमें चित्रण होने के लिए सामग्री सम्पन्न गया। इसके अवशेष इसके छोरों के रूप में फणिज्ञान करवाये गये। 1944 में इसे रूस रूसी विशेष ज्ञानी किला राखा गया। 2005 में इसे चीन राखा गया।

यह इस 19वीं शताब्दी में योगी कोल्काता के बनाये गये राज्य की दुर्लक्ष शीर्षक किला है। इसमें बड़ा एक बालिका के रूप में बनाया गया। 18वीं शताब्दी में जब यह किला बनाया गया था, तब यह बड़ा एक बालिका के रूप में बनाया गया। इसके पूरे में चित्रण होने के लिए सामग्री सम्पन्न गया। इसके अवशेष इसके छोरों के रूप में फणिज्ञान करवाये गये।
1926 में पांच आफिस का खंड दिया। किले के इमाम में फंके के स्वाम्यान्य चलता था। राजू की संख्या बराबर बनने के समय में यह स्वाम्यान्य तेजसक मात्र अपस्तान की संभंधित था। 1987 में हंगरियन साहित्य ने किले खोजी और सेंटर होर इसे योजनाओं से उद्योगी किया। 1920 से 1980 तक किले में फंके के स्वाम्यान्य के साथ कुछ समय स्तंभ चलता था। 2002 से किले एक निखिल विश्वकालीन है में पलायन का। किले का बाग 1940 के सालों के अंत में होस्सेनस्टेंट पेठों के अलग नत हो गया।

सारा-रुद्राक्षा किला

यह किला नवाबाद में लेट-बायोक शिलाएं में बनाया गया है। किले के पेंटाइंटर में सारा और रुद्राक्षा परिसर की तारीख है। इसमें स्तंभ 1-2 शास्त्री में एक रूप है किला का वर्तमान। मध्य पूर्व में बर्द प्राचीनतम को किले की दीवारों में संपूर्ण किया गया। अधुनिक किले को मुक्त एक 13वीं सदी में भौगोलिक शिलाएं में तेजसक परिचय के लिए बनाया गया किला है। तेजसक परिसर हंगरी का संस्थान आर्थिक परिवार रिलेडर्ड था। 1541 से 1686 तक तुर्की अभियान के समय में तेजसक सुलतान के संवाहन का स्थान था, और उसमें महालपुरूष पद पर होनेवाला तुर्की अभियान होता था। 1686 में ज्यादा सराहन ने किले मूलकों से भय के बजाय चलाया। 1716 में उन्होंने खोजा और फिर किले का निर्माण शुरू किया। उसके मुख्यालय के बारे में फिर दाक्तार योजक स्वाम्यान्य थे और जाना जाता है कि जाना जाता है। किलो गुलामा चक्रवर्ति गुलामा महला विचलकर्ता 1947 में इसी किले में पहुंचे हैं। 1904 में फिर जाना जाता था, उसका अंत का भाग नत हो गया। 1948 में विश्व मंत्रालय संहारान्याय कंट्रोल में लगा रहा है। 1989 में यह बंद हो गया। 1997 में उसका नवीनीकरण शुरू हुआ तथा 2000 में किले में संहारान्याय खुला।

-अन्य यात्री

Szakadt koldus álruhát öltött magára és a palota legszebb benső kertjének közepén leheveredett. Tudta, hogy az uralkodó nemsokára lejön sétálni, gyönyörködni kertjében.

Így is lett. Ahogy Akbar meglátta a koldust kertjé közepében heverészni, igen csak felháborodott, és üvöltve szólt hozzá:- Hát te mi az ördögöt keresel itt?!!! Azonnal kelj fel, és takarodj a kertemből!

A koldus kinyitotta a szemet, de nem mozdult, álmos hangon válaszolta:- Valóban a te kerted ez Uram? Hát persze üvöltötte a császár. Akkor olyasmi ez mint a vándorok menedékhelye. Vagy mint az útszéli fa árnyéka. Megpíhenünk alatta egy ideig, aztán tovább megyünk. Nem így van?

De így- felelte csendesen a császár. Minden bizonnyal igazad van, az egész világ csupán egy menedékhely, ahol a földi halandók időznek egy darabig. Erről beszélz, nem? Semmit, de semmit nem mondhatunk magunknál ezen a földön, ahol csak árutazunk, egy napon pedig tovább állunk.

A bölcs helyesően bölöntött a császárnak, majd földig hajolt, lehúzta álruháját. Uram ne haragudj, így szerettelek volna rávenni, hogy gondolkodj el ezeken a dolgozókon.

Akbar meglepetten és örömmel ölelte magához bölöstanácikadóját, és megkőszönte neki a bölcs példázatot, és helyreigazítást.

forrás: mese-tan.mindenkilapja.hu
Hévíz is a spa town in Zala County, Hungary, about 8 kilometres (5 miles) from Keszthely. The town is located near Lake Hévíz, the world’s second-largest thermal lake, but biologically the biggest active natural lake. Its temperature is affected by the combination of hot and cold spring waters, coming from 38 meters underground. The water breaks out from a spring cave, at approximately 410 liters per second, with a temperature of 40 °C (104 °F). The biological stability of the lake is shown by the temperature of the water, which has not changed for years and even on the coldest winter days doesn’t drop below 24 °C (75 °F). That makes bathing possible in the lake year round. In the summer, the water temperature can reach 37 °C (99 °F).

The lake’s healing properties have been well known for centuries people lived here even at the end of the Stone Age. The foundation of bath culture was laid by the Romans in the 2nd century. The city and the bath began developing significantly in the 18th century, related to the Festetics family, who started scientific research about using the water for healing.

The city provides facilities for visitors seeking to use the medicinal waters of the lake, including entertainment, hotels, parks, and sports. The gentle and smothering touch of the water, the feeling of floating, the swinging lotus flowers, the odour of the healing water and the green leafy crown of the surrounding trees all have a calming effect on the nervous system, and evoke the psychological feeling of healing. The medicinal lake of Hévíz not only provides the feeling of bathing, but also means the basis of traditional medical and healing wellness treatments. Thus, bath treatment means the basis of the healing effects of Lake Hévíz, but it is also important to emphasise such unique medical treatments as mud-pack, the famous weight bath, different types of medical and drinking cure.

Besides healing, Hévíz naturally provides other facilities as well to preserve the active physical condition of the body, strengthen mental fitness, and find peace and soul harmony (even if for a few days…). Active sports programs such as Nordic walking, bike tours, walks in the town, or near the outlet besides the lake or trips to the wine cellars all strengthen the body and the soul.

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