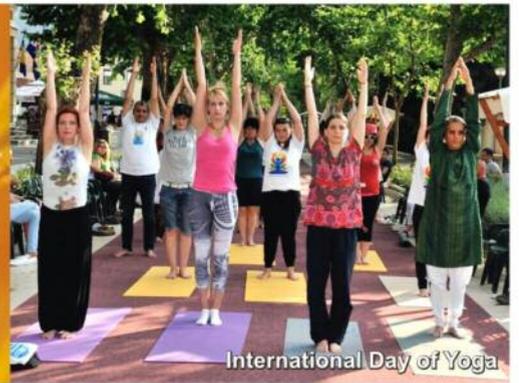


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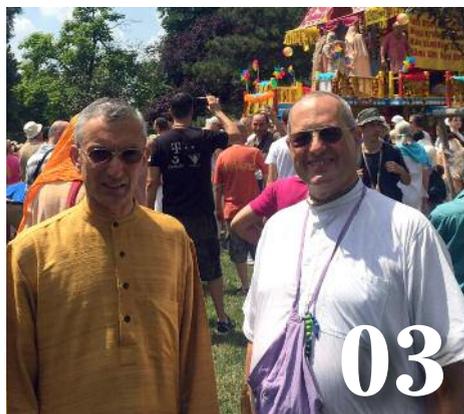


International Day of Yoga



आर्ति

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AMRIT

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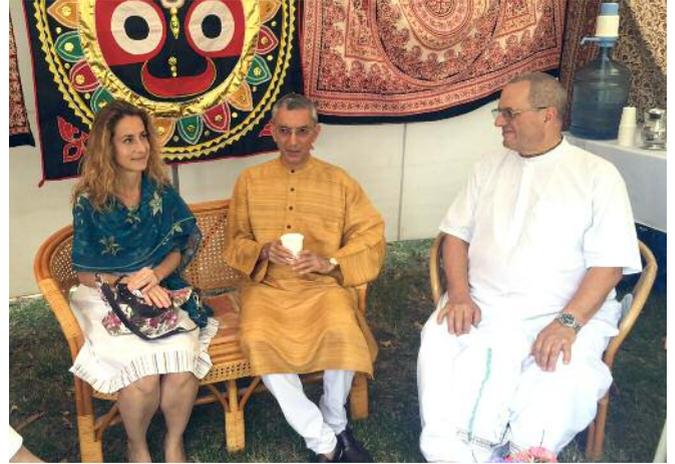
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RATHA YATRA FESTIVAL



LEFT: Ambassador and Mr. Madhupati Dasa (ISKCON) at the Ratha Yatra Festival. **RIGHT:** Ms. Rebeka Szabó, Vice Mayor of the 14th District of Budapest with Ambassador and Mr. Madhupati Dasa

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. ■

AMRITA SHER-GIL MEMORIAL DAY IN KISKUNHALAS



LEFT: Ambassador giving the inauguration speech at the Amrita Sher-Gil Memorial Day in Kiskunhalas.

RIGHT: Ambassador and Madam Chhabra in the company of Mr. Róbert Fülöp, the Mayor of Kiskunhalas and his wife

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 piac' (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 Fülöp.

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. ■

YOGA WEEKEND IN PALOZNAK



LEFT: Ambassador and Madam Chhabra joining in the children's programme in Paloznak.



RIGHT: Hosting the interactive Q&A Session

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. ■

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 &



LEFT: Minister Suresh Prabhu, accompanied by Ambassador Rahul Chhabra and officials from the Embassy, with members of ISKCON Temple, Sarajevo. **RIGHT:** Minister Prabhu being received by Mr. Biju Nair, CEO of ArcelorMittal, Zenica

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



Minister Prabhu and the Indian delegation with the CEO and other officials of the company

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.

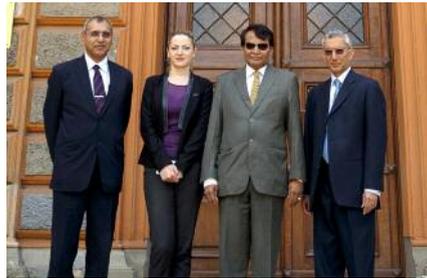
Minister of Railways, Mr. Suresh Prabhu met with Mr Mirko Sarovic, Deputy Prime Minister and Minister of Foreign Trade & Economic Relations. Minister Sarovic was nostalgic about his earlier visit to India in October 2012 to attend a conference on energy. The discussions between the two Ministers focussed 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



LEFT: Signing of the Protocol: Mr Ramesh Abhishek and Dr. László Szabó. **RIGHT:** Mr Ramesh Abhishek and Dr László Szabó

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.

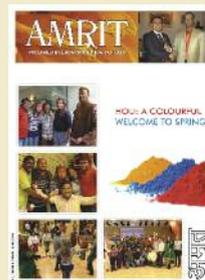
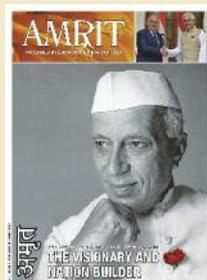
The Joint Commission noted that there exist vast opportunities for further investments by Indian companies in Hungary, as well as Hungarian companies in India. The Commission noted that there are complementarities between the two economies, which need to be leveraged. It was decided to explore possibilities 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. ■

Some of the previous issues of *Amrit*



“Ganga-Danube: Cultural Festival of India”



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 Ijgyarto, MOS for Culture & Science Diplomacy. The inauguration took place in prestigious Pesti Vigadó 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 Íjgyártó, 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



LEFT: Padmashree Shovana Narayan performing. **CENTER:** Kalaripayattu by Attakalari Group. **RIGHT:** Fashion Show organized by Asmita Marwa



Ambassador distributing mementos to the artists

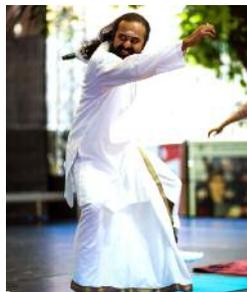
Unique moments of the ten cities' programme 18-19 June 2016



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>
3. Youtube link of Ganga-Danube: Cultural Festival of India: https://youtu.be/dWupHNI_4JE
4. Youtube link for International Day Yoga Video in Hungary: <https://youtu.be/jDd9EOOhAv4>

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 Alaknanda 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



Kalpna – 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-l&feature=youtu.be

ITEC COURSE IN INDIA

MELINDA IRTL

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 government 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 anatomy, 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

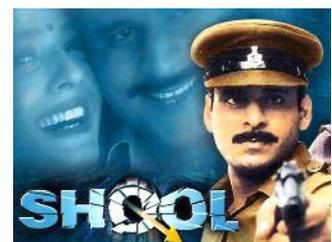
significantly in their scope and coverage in the past few years. These include Lines of Credit, grant assistance, technical consultancy, disaster relief, humanitarian aid, educational scholarships and a wide range of capacity building programmes including short-term civilian and military training courses.

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 voluminosly, 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. ■

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
Prem Ratan Dhan Payo (2015), Hindi	15.07.2016
Shool (1999), Hindi	29.07.2016

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.



The Closing Ceremony of the Orientation Course and the Hindi classes was organized on the 9 June 2016, Thursday in the Auditorium of ASCC. Around 60-70 participants attended the event



Saumya Shukla, Kathak teacher speaking on the occasion



Presenting certifications to students



Pt Rajesh Gangani and his disciples performing



Dr Mária Négyesi and TPS Rawat greeting each other



Refreshments



Odissi students of Ms Virág Túri performing

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



Kuchipudi students performing



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. ■



LEFT: Ms Panni (in the middle) and students around performing. RIGHT: Vandanam item



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

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.

All his memories came back. Loser. Idiot. Dimwit. Emo. Names. That's what they called him.

"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 defences hurting him. His walls closing in, until they hopelessly 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.

"It 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 tenfold 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?"

Silence. Cold. Tick-tock-tock-tock.

"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.*

A bit of India: Village Festival in Krishna-valley



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

Egy darabka India: búcsú fesztivál Krisna-völgyben



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

Magyarország legnagyobb alkohol- és dohányfüstmentes, vagyis valóban egészséges családi fesztiválja. A rendezvényen a kisgyermekes családok, a fiatal párok és a szépkorúak is kiválóan érezhették magukat. A 3 napos rendezvény ideális helyszíne a somogyvámosi Krisna-völgy, Európa legnagyobb ökofalva 270 hektáros zöldellő területével. A Fonyódtól délre, mintegy 20 perc autótúra található völgyben az önfenntartás, a magyar paraszti kultúra és India több ezer éves tradíciója fonódik össze. Az itt élők ezt a természetközeli és Isten-tudatos hangulatot, életük teljességét, elégedettségét, a védikus kultúra ősi hagyományait kívánták átadni az érdeklődőknek. Az idei Búcsúba a nagy hőség ellenére 7300 vendég látogatott el, voltak itt először a völgybe térők és persze visszajáró vendégek is, akik már tudják, hogy a Búcsú mindig július 3. hétvégéjén kerül megrendezésre.

A látogatók a völgybe Sríla Prabhupáda emlékhelyén keresztül, a védikus iskola és a tehenészet érintésével a templomépületig juthattak fel. A júniusban átadott új iskolaépület már önmagában is elnyerte a látogatók tetszését, de a kisgyermekeseknek itt kézműves foglalkozásokkal és filmvetítésekkel készültek a szervezők. A tehenészetben és mellette az Öko-porta zónájában a fenntarthatóság, és a környezettudatos gazdálkodás valamint a környezetvédelem alapelveivel ismerkedhettek meg a résztvevők. Megtapasztalhatták, milyen ökrös szekéren utazni, megérthették, hogy mi a különbség egy szokványos tehenészet és a tehének jogait figyelembe vevő tehenvédelmi központ között, s bepillantást nyerhettek abba is, hogy szükség esetén egy kőolaj és elektromos áram nélküli világban miként maradhatnak fenn a közösségek. Hogyan lehet így élelmiszert előállítani, s a Krisna-hívők biofarmján talán abba is belekóstolhattak, hogy milyen elégedettséget nyújt az, ha az emberek egy egyszerűbb, felesleges tárgytól, és hobbiktól mentes életet élnek.

A vásársoron bio- és kézműves termékek közül válogathattak a vendégek, Krisna-völgyi bioterményekből és virágokból vihettek haza emléket, de megtekinthették a biokertészet üvegház és szabadföldi régióit is. Az egymástól távolabb eső helyszínek között kisvasúttal utazhattak a látogatók.

A Búcsúban az egyik legnagyobb érdeklődést mindig a gasztronómia váltja ki. Ezúttal külön hagyományos magyar-

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

vegetáriánus finomságokkal, külön szabadtűzi, földtűzhelyen készült csemegékkal, mediterrán és vegán menüvel, valamint tradicionális indiai ételekkel várták a vendégeket. Az édesszájúakat vegán fagyalattal és vegán palacsintával is megvendégelték. A védikus filozófia és kultúra mélységeit a Bölcsesség Szigetén ismerhették meg a résztvevők, akik kipróbálhatták a hagyományos viseleteket, a szabadtűzi sütés-főzést, kérdezhettek a szerzetesektől és a védikus asztrológusoktól, de kipróbálhatták a samsára rejtélyeit feltáró reinkarnációs szerepjátékot is. Azok, akik a jóga, a filozófia és teológia iránt mélyebben is érdeklődtek, a Bhaktivedanta Hittudományi Főiskola jogapontjában tájékozódhattak az aktuális akkreditált diplomás képzésekről. A hölgyek az ékszeres és pazar kelmék mellett a Szépség Szigetben tölthetnek fel, itt nem csak felp próbálták, de meg is tanulhatták, a hagyományos indiai díszítés és viseletek pontos jelentését, és a hennafestést és gópi-festést is kipróbálhatták.

A templomtéren óriási sátorban, egész nap változatos színpadi műsorral készültek a látogatóknak. A műsort ünnepélyesen a Somogy megyei Közgyűlés alelnöke nyitotta meg. A színpadon odisszi és bharatanátjam táncok, tradicionális bhadzsanak és kirtanák, színdarabok és gyermekeknek szóló előadások, jógabemutató és harcművészeti bemutató volt a program. Szombaton és vasárnap délben tűzceremóniával egybekötött védikus esküvőt tartottak, a yajñán több ezren vettek részt! A látogatók a völgy szívében természetesen megtekinthették a templomépületet és a mandírt, ahol Srí Srí Rádha Syamasundara, a völgy uralkodó istenségei előtt teheték tiszteletüket. Az Isteni Pár mindenkit lenyűgözött. A kirándulásról vendégeink - a visszajelzések alapján - elégedetten tértek haza, s sokan jelezték, hogy ezentúl rendszeres látogatói lesznek Új Vraja Dhámának, mivel elvarázsolta őket India autentikus és ősi kultúrája. ■

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HUNGARIAN SECTION

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

Publikálva: 2016. augusztus 3.

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.

Tökölön egy óra adatott meg a fiatalokorú fogvatartottak számára, hogy Földi Melinda jógaoktató vezetésével átsegíthessen 17 embert a hétköznapi nehézségein és a bezártság érzésének elviselésén. A

Nemzetközi Jóga Nap alkalmából kivitelezett programon az egyébként – élethelyzetükből és korosztályi jellegzetességükből eredően – nehezebben irányítható fiatalokorú fogvatartottak pontosan követték a jógaoktató instrukcióit és mozdulatait. Egységes csapatá formálódva, mégis egyénileg végrehajtott feladatokkal egy órányi felüdülésben lehetett részük. Ennek eredményeképpen lelkileg megnyugodva térhettek vissza a fiatalokorú körletek zárkáiba. Bízunk benne, hogy a programnak a jövőben folytatása is lesz. ■

forrás: [http:// bv.gov.hu](http://bv.gov.hu)



Az indiai klasszikus műfajok létjogosultsága a világzenei 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 helyszínen mutatta 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 folyt a világ minden szegletéből odasereglett muzsikusokkal. A workshop jellemzője, hogy a résztvevők aktívan közreműködnek, együtt hoznak létre egy közös produkciót. Ennek megfelelően hol afrikai dobosok, hol egy olasz szaxofonos, hol pedig a kolumbiai, latin Grammy díjas Dely család kapcsolódott be abba a zenei forgatagba, aminek az alapja tála, az indiai ritmus rendszere volt, sőt olyan melodikai finomságokra is maradt idő, hogy a csatlakozó zenészek a ritmusban, a táncban 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 sétájaként jellemzett tihai:

A fesztivál sokszínűségét mutatja, hogy a fesztiválközpont területén tett egyszerű séta is olyan volt, mintha kiváló világzenei csatornák között tekergetnének a rádiókat. A balkáni tánc ház 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 megszólaló szitárjának hangjával.

<http://www.babelsound.hu/>
Tóth Szabolcs
raga.hu

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बुदापैष्ट के छोटे महल और किले

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

ज़िछि-किला

यह किला तीसरे इलाके में मिलता है। उसकी इमारत 1746 और 1752 के बीच कारोय बैबो मूर्तिकार के द्वारा बनवा गया है। किले का विचार पेंतेर ज़िछि के दिमाग में आया, लेकिन इस विचार के प्राप्ति से उसके मृत्यु हो गई। इसके कारण पेंतेर के बेटे मिक्लोष के योजना से किला समाप्त हो गया। मिक्लोष ज़िछि का 1758 में स्वर्गवास हो गया। उसकी विधवा ने 1766 में किला वार्षिक वेतन के बदले में राष्ट्र को वापस दिया। 19वीं शताब्दी में किले को सैनिकों के कपड़ों के गोदाम स्वरूप इस्तेमाल किया जाता था। 1950 के दशक में उस में फ्लैट्स बना दिये गये। 1974 में पुनर्निर्माण के बाद किले में सामुदायिक केन्द्र स्थापित किया गया। आजकल ज़िछि किले में तीन संग्रहालय भी हैं जो कष्पाक के, ओबुदा के और वाजारेली के संग्रहालय हैं।

किष्पैल्ल का किला / शिमदत-किला

यह किला भी तीसरे इलाके में मिलता है। उसकी इमारत मोनास्ट्री के इमारत से 18वीं शताब्दी में बारोक शिल्प में बना गया है और बुदापैष्ट के सबसे बड़ी इमारतों में से एक है। 1702 में पेंतेर ज़िछि ने अपने भाई के साथ तीर्थयात्रा से लौटकर मारिआसैल्ल के मादोन्ना के काफी किला के चैपल में रखा लिया। 1724 में ड्यूक पेंतेर ज़िछि ने अपने किला के पास ओबुदा के ऊपर एक स्वयं चैपल बनवा दिया जिस में वह मूर्ति रखा हो गया। उस चैपल को वहाँ रहने वाले जर्मनी भाषा बोलने वाले लोग क्लेइन मारिआसैल्ल कहते थे। 18वीं शताब्दी के अंत से 1890 तक किला के इमारत 2 योजैफ के आदेश जैसे बैरक, कपड़ों के गोदाम और अस्पताल के प्रयोग किया गया था। 1910 में मिक्षा शिमदत, एक विएन्ना से आने वाला फर्नीचर फैक्ट्री वाले ने खाली किला खरीदा। 1914 की सर्दियों में मिक्षा की प्रेमिका एल्ज़ा मागनाष को गला घोटकर मारा गया। इसके कारण मिक्षा ने औरत की याद के लिए एक चैपल बनवाया। इसके इच्छापत्र में लिखा था कि उसकी मृत्यु के बाद किला शहर को देकर और उसकी वसीयत की मदद से उससे हस्तशिल्प का संग्रहालय बन जाएगा। यह अमल में नहीं लाया गया। शहर ने किले में अपना संग्रहालय रख लिया। आज किले में किष्पैल्ल संग्रहालय होता है जिसके अंदर मूर्तियाँ, चित्रशाला और फर्मीसी संग्रहालय भी मिलते हैं।

वैन्कहैम महल

यह महल 8वीं इलाके में महल वाले भाग में काल्विन चौक के पास मिलता है। उसे ड्यूक फ्रिज़ैफ वैन्कहैम ने पैष्ट में आराम करने के समय के लिए बनवाया। 1927 में फ्रिज़ैफ के वारिस लोगों ने इमारत शहर को बेच दिया। 1931 में महल में राजधानी का पुस्तकालय खोला गया। 2001 सितंबर में यहाँ राजधानी का ऐर्विन सबो पुस्तकालय खोला गया। इमारत का महल वाला संरक्षित होता है। महल के बाहरी भाग का शिल्प नेओबारोक है नेओरेनेसांस तत्वों के साथ। अंदर 15वीं लयोंष वाली शैलिया का है।

क्लोतिल्द रानी की महलें

ये दो महल फ़ैरैसिएक चौक में एंजेबैत पुल के सामने हैं। एक है मतिल्द जो बायीं ओर है और दूसरा क्लोतिल्द दायीं ओर है। उनके लोहे के बनावट खुदी हुई पत्थर उपलब्ध से ढका गया है। सबसे पहले इन दो इमारतों में एलेवेटर थी। उसे शीक्षे मिक्षा रोथ ने बनाया, जिसने हंगेरियन संसद भवन के शीक्षे भी बनाया। महलें अडुतालिस मीटर ऊंचे हैं और उनके चोटी पर ग्रैंड ड्यूक के ताज का कॉपी दिखा जाते हैं। 1914 में महलें बेच दी गयी थी। 1900 में मतिल्द में कैफे खुल गया, जो बाद में कैसिनो में बदला गया। 2012 में क्लोतिल्द से होटल बुद्ध

बार बनवा गया है। 17वीं इलाके में 3 प्रसिद्ध किले हैं। एक है पोद्यनिज़्कि-विजाजो किला, दूसरा फुक्स किला और तीसरा रैनेए ऐर्दोष का घर है।

पोद्यनिज़्कि-विजाजो किला

उसकी इमारत 1760 में बारोक शिल्प में ऐलैक बुयनोव्स्कि, एंजेबैत पोद्यनिज़्कि के पति ने बनवाया। किले का नाम दो परिवारों का नाम है। 1864 में ड्यूक शान्दोर विजाजो ने जुजा पोद्यनिज़्कि से शादी की, और 1873 में ये दो किले एक हो गये। उस साल से किले का नाम पोद्यनिज़्कि-विजाजो किला है। शान्दोर ने अपने इच्छापत्र में किला हंगेरियन वैज्ञानिक अकादमी को पहुँचाया। दूसरे विश्वयुद्ध के बाद किला राष्ट्र का संपत्ति हो गया। 1993 में उपवादी लोगों ने आगजनी किया। इमारत का छत जला गया, बाकी भाग आग बुझाने से नष्ट हो गया। 2005 में एक ठेकेदार ने किला खरीदा और नवीकरण शुरू किया। किले के बगीचे में बुजुर्ग लोगों का घर बनवा गया है। 2011 में उस में कैफे, होटल और रेस्टोरेंट खुल गया है।

फुक्स किला

फुक्स परिवार रेलवे बनाने से अमीर हो गया। उन्होंने पेरिस विश्व प्रदर्शनी में एक इमारत देखकर उसके नमूने जैसा अपना किला बनवाया। पहले इमारत में पोस्ट ऑफिस और हेयर सैलून था, 1946 में किले में स्त्री रोग भी थी।

रैनेए ऐर्दोष का घर

यह घर 1895 में सेंट मेरी और सेंट जॉर्ज की मदद से बनवाया गया। 1927 में उसे रैनेए ऐर्दोष ने खरीदा और 1944 तक उस में रहती थी। 1990 से घर में स्थानीय इतिहास का संग्रहालय और चित्रशाला मिलता है तथा बेसमेंट में कैफे रैनेए है। 22वीं इलाके में भी तीन किले हैं। ये हैं बुदाफोक में तोलैई किला और सज़ैल्लारि किला, तथा नजतेतेत्र में सारज रूद्राँसिक किला।

तोलैई किला

यह किला 19वीं शताब्दी में योजैफ तोलैई ने बनवाया रैजो रय की योजनाओं से। किले के अंदर योजैफ की मृत्यु के बाद समाप्त हो गया। तिला उसके भतीजे का वारिस हुआ, उन्होंने निर्माण आगे किया। दूसरे विश्वयुद्ध के बाद किला राष्ट्र की संपत्ति बन गया। उस जमाने में किले के अंदर और बगीचा पूरी तहर नष्ट हो गया था। 1956 में किले कि इमारत में राष्ट्रीय आंकलोजिकल संस्था रेडिओबायोलोजिकल विभाग था। 1947 में यहाँ केन्द्रीय रेडिओबायोलोजिकल संस्था आ गया। आज किले में फ्रेडेरिक जोलिए-कुरिए रेडिओबायोलोजिकल और रेडिओमेडिकल का केन्द्र चलता है। बिना इजाज़त उसके जगह में जाना कठोरता से मना है। किला की देख नेओगोतिक सजावट के साथ मध्य युग की है। उसका छद्म अंग्रेजी किलाओं का छद्म नकल करता है। किले के बाग में योजैफ तोलैई की समाधी है जो उसकी पत्नी रैजो रय की योजनाओं से बनवायी गई।

सज़ैल्लारि किला

यह किला आर्ट नोव्यू का शिल्प में जॉर्ज सज़ैल्लारि ने अपनी बेटी, इरेन के लिए 1895 से 1899 के बीच में बनवाया। इरेन 1885 में योजैफ तोलैई की पत्नी हो गयी, लेकिन उनके दो किले संयुक्त कभी नहीं हो गये, क्योंकि उनके भूखंड दीवारों से अलग थे। इरेन सज़ैल्लारि का मनपसंद पौधा होर्सचस्टन था, इसलिए किले के बाहर पर यह पौधा जैसे सजावट है। किले का बाग 20000 वर्ग मीटर हैं जो होर्सचस्टन के पेड़ों से भरा है। किले के अंदर की आर्ट नोव्यू का शिल्प की है। मिक्षा रोथ ने हॉल के झब्बावाला कांचे बनाया। 1925 में इरेन सज़ैल्लारि की मृत्यु हो गयी। किला उसके दो भाई की संपत्ति बन गया, जिन्होंने

1926 में पोस्ट आफिस को बेच दिया। किले कि इमारत में फेफड़े का स्वास्थ्यालय चलता था। राष्ट्र की संपत्ति बन जाने के समय में यह स्वास्थ्यालय तेतत्र मार्ग वाली अस्पताल की संपत्ति था। 1987 में हंगेरियन साख बैंक ने किला खरीदा तथा सेजार हरैर की योजनाओं से उसका नवीकरण किया। 1920 से 1980 तक किले में फेफड़े के स्वास्थ्यालय के साथ कुछ समय स्कूल चलता था। 2002 से किला एक निजी व्यक्ति के हाथ में चला गया। किले का बाग 1940 के सालों के अंत में होर्सचस्टनट पेड़ों के अलावा नष्ट हो गया।

सारज-रूदत्रॉस्क किला

यह किला नज्तेत्र में लेट-बारोक शिल्प में बनवाया गया है। किले के पेडिमेंट में सारज और रूदत्रॉस्क परिवार का शिखा है। इसके स्थान 1-2 शताब्दी में एक रोमन किसान का घर था। मध्य युग में घर के अवशेषों को किले की दीवारों में संपूर्ण किया गया। आधुनिक किले की मूल एक 13वीं सदी में गोतिक शिल्प में तेतत्र परिवार के लिए बनवाया गया किला है। तेतत्र

परिवार हंगरी का संस्थापक आर्पाद परिवार रिश्तेदार था। 1541 से 1686 तक तुर्की अधीनता के समय में तेतत्र सुल्तान के सर्वोच्चता में था, और उसमें महत्वपूर्ण पद पर होनेवाला तुर्की आफिसर्स रहते थे। 1686 में जोर्ज सारज ने किला तुर्की लोगों से धन देकर बचाया। 1716 में उसने खेटी करना और किले का पुनिर्माण शुरू किया। उसके मृत्यु के बाद अपने दामाद योजैफ रूदत्रॉस्क ने शुरू हुआ काम आगे किया। 1778 तक किले का बाहर और अंदर पुनिर्माण समाप्त हो गया जिससे वह स्वामी निवास में बदल गया। योजैफ की पत्नी यूलिनना सारज की 1798 वाली मृत्यु के बाद किला तीन भाग में बांटा गया और परिवार से सीधे नहीं वंशज के संपत्ति हो गया। विल्मा हुगोन्ड पहली महिला चिकित्सक 1947 में इसी किले में पैदा हुई। 1904 में किला जल गया, उसका अंदर का भाग नष्ट हो गया। 1948 में कृषि मंत्रालय संग्रहालय बनाने के लिए देता है। 1989 में वह बंद हो गया। 1997 में उसका नवीनीकरण शुरू हुआ तथा 2000 में किले में संग्रहालय खुल गया।

-अन्ना शिमोन

हौसलों की उड़ान

अशहर पढ़ाई में बहुत होशियार था। अब वो पांचवीं क्लास में था। एक दिन उसके टीचर ने बताया कि स्कूल में 2 माह बाद खेलकूद की प्रतियोगिता होने जा रही है और जो बच्चा दौड़ में प्रथम आयेगा उसे एक साइकिल ईनाम में मिलेगी। यह सुनकर अशहर खुश हो जाता है। उसका बहुत दिनों से मन था कि उसके पास भी एक साइकिल होती जिससे वह रोज समय पर स्कूल पहुँच पाता। असल में अशहर रोज पैदल ही अपने घर से स्कूल जाता था, ये दूरी ज्यादा होने के कारण कई बार वह थक जाता था तो रास्ते में सुस्ता लेता जिससे उसे स्कूल पहुँचने में देरी हो जाती थी और उसे टीचर से डांट खानी पड़ती। अशहर सोचने लगा कि अगर वह इस दौड़ प्रतियोगिता को जीत लेता है तो ईनाम में उसे साइकिल मिल जायेगी और वो रोज समय पर स्कूल आ सकता है। उसने मन ही मन ठान लिया कि यह दौड़ प्रतियोगिता जीतने के लिए वह बहुत मेहनत और अभ्यास करेगा। यह बात वह अपने अम्मी और अब्बू को बताता है। वो भी अशहर का हौसला बढ़ाते हैं।

दूसरे दिन ही वह स्कूल पहुँचकर खेलकूद के सर से मिलता है। दानिश सर बच्चों के चहेते सर है क्योंकि वो बच्चों से दोस्तों जैसा व्यवहार करते हैं। अशहर को भी वो अच्छे लगते हैं। जब भी स्कूल में सर से मुलाकात होती तो वो उससे पढ़ाई के बारे में जरूर पूछते और हमेशा कहते 'जो भी काम करना पूरी तरह से मन लगा कर करना। अधूरे मन से कोई भी काम सही तरीके से नहीं होता है।' अशहर उनके पास जा कर अपनी इच्छा बताता है, उनसे मदद मांगता है और कहता है 'सर अगर आप मुझे अभ्यास करायेंगे तो मैं यह दौड़ जरूर जीत लूँगा।' दानिश सर उसके आत्मविश्वास को देख कर खुश होते हैं और कहते हैं 'अशहर, तुम्हें इस प्रतियोगिता को जीतने के लिए कड़ी मेहनत करनी पड़ेगी। पूरी जान लगानी होगी।' 'सर मैं मेहनत करने के लिए तैयार हूँ।' यह बोलकर अशहर निश्चय से भरा अपने घर की ओर चल पड़ा।

अशहर के प्रतियोगिता जीतने के सपने को पूरा करने के लिए उसके अम्मी और अब्बू भी जुट जाते हैं। अम्मी उसे रोज सुबह 5 बजे उठाने लगती हैं। अशहर के अब्बू रोज सुबह उठकर उसे खेल मैदान ले जाने लगते हैं। जहाँ वह दानिश सर के साथ जमकर दौड़ का अभ्यास करता और जब कभी थक कर चूर हो जाता तो उसे वह चमचमाती साइकिल दिखायी देने लगती जो प्रतियोगिता जीतने के बाद मिलने वाली है, तो उसकी थकान गायब हो जाती और फिर से वह जोश के साथ अभ्यास में जुट जाता। परंतु होनी को कौन टाल सकता है। प्रतियोगिता से ठीक एक हफ्ते पहले का इतवार का दिन। अब्बू को जरूरी काम

से नानी के यहाँ जाना पड़ गया था। अम्मी और दादी घर में कब से अशहर का नाश्ते प इंतजार कर रहे थे। पर छुट्टी होने के कारण सुबह से ही अशहर दौड़ का अभ्यास किये जा रहा था। वो कोई कसर नहीं छोड़ना चाहता था। परंतु ये क्या उसका पैर अचानक से फिसला, शायद रात की बारिश से गीली हो चुकी जमीन के वजह से और वह मुह के बल गिर पड़ा। सर और मुह में उसे चोट लगी। सुबह से वो कुछ खा भी नहीं सका था और अब ये चोट। शुक्र था के पास में कुछ और बच्चे खेलकूद कर रहे थे। उनमें से एक रेहान दौड़ा दौड़ा अशहर की अम्मी को बुला लाया। पीछे पीछे दादी भी अपने लाल को देखने को भागती चली आयी। सब मिलकर अशहर को उठा कर पास के अस्पताल में ले गए। शुक्र था के पैर में बिलकुल भी चोट नहीं आयी थी सिर्फ चार टाँके सर में लगे। इस घटना ने अशहर की हिम्मत को जरा भी कम नहीं होने दिया। अगले दिन से ही वो फिर से अभ्यास में जी जान से जुट गया। अब अब्बू उसके साथ खुद दौड़ में शरीक होते और दानिश सर तो थे ही उसके साथ हर पल। दोनों मिलकर अशहर की हौसलाअफजाई करते रहते।

देखते ही देखते वो दिन भी आ गया जिस दिन यह प्रतियोगिता होनी थी। अशहर हो घबराहट हो रही थी। उसके अब्बू ने उसे घबराता देखकर कहा 'बेटा तुमने बहुत मेहनत की है और मेहनत कभी जाया नहीं होती है। तुम अगर ये दौड़ जीत नहीं पाओगे तो भी निराश मत होना क्योंकि कम से कम तुमने प्रयास तो किया और यही सबसे बड़ी बात है, प्रयास करने का जज्बा ही जीवन भर तुम्हारे साथ रहेगा जो आगे बढ़ने में मदद करेगा। तुम बिना डरे केवल अपने गोल पर ध्यान दो। हम सब तुम्हारे साथ हैं।' यह सुनकर अशहर फालतू की चिंता और डर छोड़ दौड़ पर ध्यान देता है।

थोड़ी ही देर में दौड़ प्रतियोगिता शुरू हो जाती है। अशहर अन्य बच्चों के साथ दौड़ लगाता है। आखिर इतने दिनों की कड़ी मेहनत रंग लाती है और अशहर दौड़ में प्रथम आता है। उसे चमचमाती साइकिल ईनाम में दी जाती है। सभी बहुत खुश हो जाते हैं। वह दानिश सर को धन्यवाद देता है और कहता है 'सर अगर आप मुझे नहीं सिखाते तो ये प्रतियोगिता जीतना मुश्किल था।' सर कहते हैं 'ये सब तुम्हारी मेहनत और लगन का नतीजा है' और उसे गले से लगा लेते हैं। अम्मी और दादी के आँखों में खुशी के आंसू थे तो अब्बू का सर फख से ऊँचा। अशहर के हौसलों को नयी उड़ान मिल चुकी थी। अब अशहर रोज अपनी चमचमाती साइकिल से स्कूल जाने लगा है।

-हेना जौहर (स्वतंत्र रचनाकार)

A Bölcs



Bírbal nagyra értékelte az alázatosságot. Maga is hű példája volt ennek. Akbar császár 13 évesen került a trónra. Ezt követően a világ egyik leghatalmasabb birodalmát építette fel. Fényes pompában élt. Ennek tudatában talán nem érthető, hogy a császár néha olyan felfuvalkodott módon viselkedett, mintha az egész világ az övé lenne. Egy nap Bírbalnak elege lett ebből.

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 kertje 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 szemét, de nem mozdult, álmos hangon válaszolta:- Valóban a te kerted ez Uram?

Hát persze üvöltötte a császár- A kert a szökőkutak, a rózsaligetek, a palota, az egész birodalom, mind az enyém!

A koldus lassan feltápáskodott. - És te előtted Uram kié volt mind ez?

Hát természetesen az apámé. Válaszolt meghökkenően a császár. Dúhe most kicsit alább szállt, mert tanult embert sejtett a rongyok mögött.

Na és kié volt mindennek előtt?- kérdezte a koldus csendesen

A nagyapámé.

Tehát a kert, a palota, a birodalom és itt minden, mindez csak születésed óta a tied, s ha meghalsz a fiadra száll, aztán az ő fiára. Így van?

Természetesen- felelte elmélázva a császár

Tehát ha jól értem, mindannyian itt vagytok egy darabig, aztán meg tovább mentek, ugye?

Igen.

Akkor olyasmi ez mint a vándorok menedékhelye. Vagy mint az útszéli fa árnyéka. Megpihenünk alatta egy ideig, aztán tovább megyünk. Nem így van?

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

A bölcs helyeslően bólintott a császárnak, majd földig hajolt, lehúzta álruháját.

Uram ne haragudj, így szerettelek volna rávenni, hogy gondolkodj el ezeken a dolgokon.

Akbar meglepetten és örömmel ölelte magához bölcstanácsadóját, és megköszönte neki a bölcs példázatot, és helyreigazítást. ■

forrás: mese-tan.mindenkilapja.hu

HÉVÍZ



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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