

AMRIT

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56TH ITEC DAY
15 September

CELEBRATION OF ITEC DAY

Ayurveda Day 2020
15th September 2020

Embassy of India Budapest celebrates 56th ITEC Day



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THE NEW NORMAL

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AMRIT

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From Editor-in-Chief's Desk

The year 2020, which was perhaps the most challenging year in our collective memory, has come to a close. Although the hard times are not over yet, but with availability of vaccines now in sight, the light has appeared at the end of the tunnel. As the largest vaccine producing country of the world, India is going to play its due role in helping all humanity fight this crisis. Speaking at the inaugural address of the 16th Pravasi Bharatiya Divas convention, Prime Minister Modi recently said that India was ready to save humanity with two 'Made in India' Covid-19 vaccines and also to roll out the largest vaccination programme in the world.

As the world pressed the reset button last year, it was forced into discovering and re-discovering several things. Software for online platforms/video conference became one of the most essential tools for our work. We could also pull ourselves back from the frenetic pace of activities, spend time doing things that were earlier very difficult, if not impossible.

I am happy to note that the collective contribution and response of my colleagues in the Embassy was extremely good, many of them going above and beyond the call of duty to help fellow Indians and other friends as well as to keep the Embassy's activities running smoothly.

The next year 2021 will be a significant year for India. From 1 January, India will join the UN Security Council for a non-permanent tenure. India is also now the BRICS and SCO President. The membership of International Solar Alliance (ISA), which is headquartered in India and which was set up at India's initiative, has been opened for all UN member countries. Hungary has already announced its decision to join the ISA. All this will entail more frequent and substantive engagement with the friends of the Embassy.

Since I am speaking about the New Year, it would be interesting to note that India's National Calendar, which was adopted on 22 March 1957 upon the recommendations of Calendar Reform Committee headed by eminent Indian astrophysicist Meghnad Saha, is based on Shaka Era (which started in 78 CE) and it starts on 22 March every year. In leap years, the month of March has 31 days and so the National Calendar begins on March 21. The first month of Indian national calendar 'Chaitra' commences on March 21/22. This is the day of vernal equinox, when the Sun is exactly above the Equator and day and night are of equal duration. I am sure most of you already know that even in the Gregorian Calendar, the months of September, October, November and December carry their names which mean 'seventh month', 'eighth month', 'ninth month', and 'tenth month' respectively. It made sense that in ancient times people all over the world generally started their New Year in the month of March, in the spring season, when you see new life burst forth, flowers bloom, etc. And, not in January when it is cold, dry and lifeless.

Well, regardless of whichever Calendar one follows, I am hopeful we will see better days next year. Let me wish you all a very healthy, happy and successful new year.

Kumar Tuhin
Ambassador of India



India-Hungary Webinar, September 23, 2020

Re-imagining the economic partnership: Navigating new challenges and Launch of “India Cares Initiative”

In pursuance of a request from IRIS Business Services, Mumbai, for launch of their proprietary software, IRIS CARBON (iXBRL) which enhances significantly the compliance requirements for the companies in Europe, especially the MSMEs, a Webinar was conducted on September 23, connecting the potential targeted beneficiary companies in Hungary and other important stakeholders with IRIS Business Services, Mumbai. The Webinar saw a wide array of participation from businesses and organizations from both India and Hungary. DPIIT, Invest India, FIEO, ICAI participated from India, whereas from the Hungarian side, targeted beneficiary companies, Hungarian Chambers of Commerce industry, Hungarian Investment and Promotion Agency, Budapest stock Exchange (BSE), Ministry of Foreign Affairs and Trade, etc. were among the prestigious participants. As an outcome of the Webinar, IRIS Business Services, Mumbai has now decided to offer the software to all the companies listed on the Budapest Stock Exchange irrespective of their market

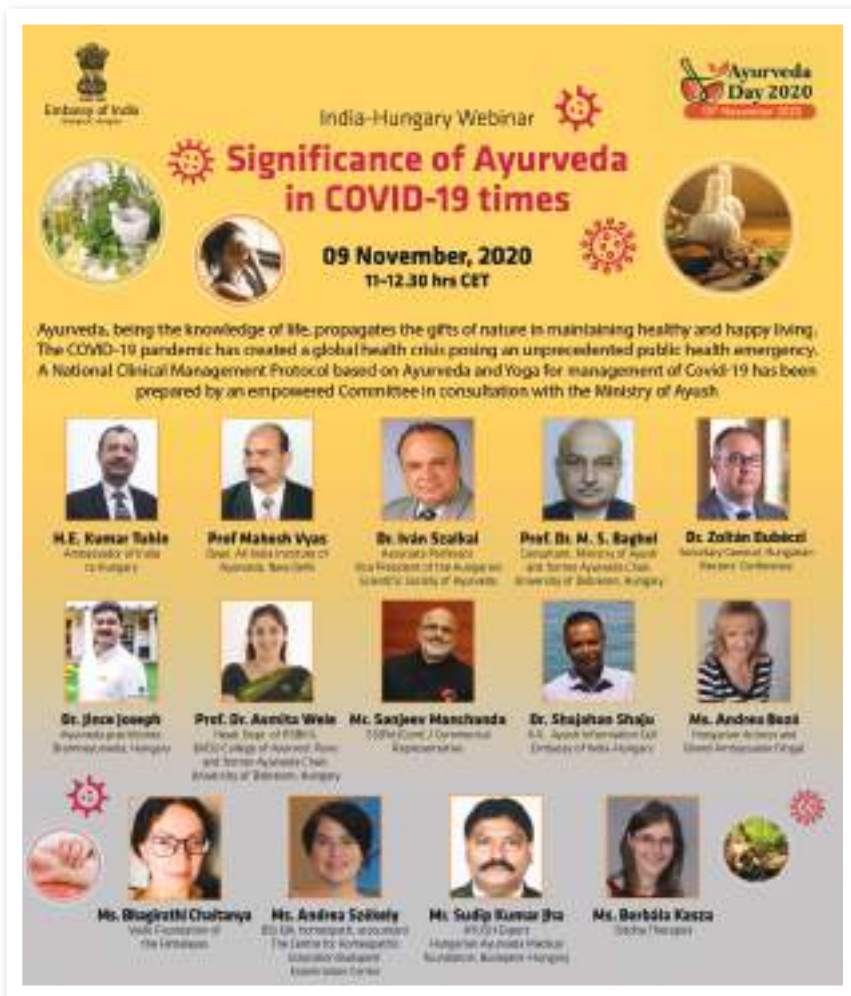


capitalization, implying that all the listed companies would be offered the software free of cost for the initial one year. ■

Felicitation of Ayurveda Quiz winners



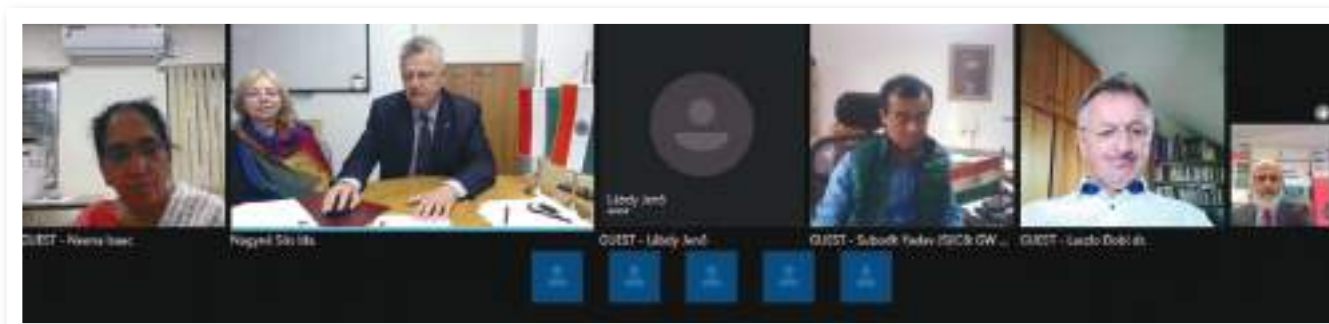
Ayurveda Quiz 2020 winners were felicitated by Ambassador Kumar Tuhin on 03 December.
Congratulations to the winners and thank you all who participated in the quiz!



Celebration of Ayurveda Day 2020

The Embassy of India, Budapest celebrated Ayurveda Day 2020 through a series of activities. In run up to the event on November 13, the Embassy organised an India- Hungary webinar on November 9 which brought together nearly 45 experts from India and Hungary who deliberated on “significance on Ayurveda on covid 19 times.” Apart from the webinar, the Embassy also ran a quiz on Ayurveda in consultation with Ministry of Ayush, posted creatives on Ayurveda on its social media handles, organised live webcast of Ayurveda Day celebrations chaired by Hon’ble Prime Minister of India on November 13, and circulated audio-visual material on Ayurveda through its social media. The National Clinical Management Protocol issued by Ministry of Ayush was widely circulated in both Hungarian and Bosnian languages.

India-Hungary pre-JWG meeting on Water Resources



A virtual India-Hungary pre-JWG meeting in the area of water was held on 20.11.2020 at 1000 CET and 1430 IST. The meeting was held in pursuance of the

MoU signed between India and Hungary during the visit of the then Vice President of India in October 2016. Hon’ble Minister of Jal Shakti of India Mr. Gajender Singh

BILATERAL



Shekhawat had visited Budapest in October 2019 to participate in the Budapest Water Summit. Due to the pandemic situation, the Hungarian side could not visit India for the JWG meeting and same was held virtually. The two sides exchanged views on cooperation in the water and its allied sectors and agreed to take forward a Work Plan for intensifying the cooperation. The meeting was chaired by Mr. Peter Kovacs, Water Director, Ministry of Interior of Hungary and Mr. Subodh Yadav, Joint Secretary (IC&GW), DoWR, RD&GR, Ministry of Jal Shakti, India. The meeting also saw senior experts on the two sides deliberating on the issue of water and the challenges faced in optimal utilization of water. ■

International Committee Meeting of the Hungarian Rectors Conference



Mr. Sanjeev Manchanda, SS (Pol/Com) attending the International Committee Meeting of the Hungarian Rectors Conference

Mr. Sanjeev Manchanda, SS (Pol/Com) addressed virtually the International Committee Meeting of the Hungarian Rectors Conference on 11 November, 2020. He highlighted the recent economic reforms, India-Hungary bilateral relations and spoke on educational exchanges as well as on the ITEC programme. He also highlighted the forthcoming Ayurveda Day celebrations on 13 November and the India-Hungary Webinar on Ayurveda held on November 9, 2020. ■

Expansion of Kischchemicals

On 26th November 2020 a foundation-stone-laying ceremony regarding “Capacity building and product portfolio expansion investment” took place at the manufacturing base of Kischchemicals of India in the city of Sajóbáony with participation of Minister of Foreign Affairs and Trade



Ambassador of India, Mr. Kumar Tuhin is at the foundation-stone-laying ceremony of Kischchemicals

Péter Szijjártó and Ambassador of India Mr. Kumar Tuhin. The investment was in the value of more than EUR 32 million.

During the ceremony FM Péter Szijjártó said:

- ❖ The investment received an additional state support of 4.4 bln (appx USD 12.8 mln), and will create 31 jobs.
- ❖ The Sajóbáony plant will produce the most modern pesticides in the industry and will export 98% of its products, mainly to markets outside of Europe.
- ❖ India and Hungary share very close ties, India is among the top investing nations in Hungary and Indian companies contribute to employment generation, skills addition and technology accretion in Hungary. ■

Student outreach



Interaction with Indian students at the University of Debrecen

A virtual interaction was held by the Embassy with participation of Indian students studying at the University of Debrecen on 17 December, 2020. Currently there are 75 students under the Stipendium Hungaricum Scholarship Programme and as per the data of 2019-2020

2ndsemester a total 239 Indian students were studying at the University. The interaction was attended by SS(Pol/Com) and SS(Cons)/HoC. The students shared their concerns and problems in connection with their academic and consular issues. Similar outreach to other Universities are on the anvil. ■



Celebration of 56th anniversary of ITEC Programme

ITEC Day was celebrated in Hungary with organisation of social media events. Among others, Mission approached the most popular online newsportal “Magyar Nemzet” that carried out a composite article in Hungarian language on India’s Development Partnership Programmes and the ITEC journey of the one of the participants, Ms. Zsuzsanna

BILATERAL

Komjádi, who attended a Special training programme for Yoga trainers in 2020. On 15th September 2020, Mission throughout the day ran social media events on Facebook /

Twitter / Instagram whereby the snippets of the above articles with local language content were posted on an hourly basis on these platforms. ■



LEFT: Mr. Gergely Salát, Senior Research Fellow at the Institute for Foreign Affairs and Trade.

RIGHT: Mr. Rohit Sharma, Director & Head-Europe, Federation of Indian Chamber of Commerce and Industry (FICCI)

The second dialogue between the Indian Council of World Affairs (ICWA), N. Delhi and the Institute of Foreign Affairs and Trade (IFAT), Budapest was held on September 10, 2020. In view of the ongoing pandemic situation, the dialogue was held in an online mode. Ambassador of India to Hungary H.E. Mr. Kumar Tuhin delivered the opening remarks. Director General of ICWA Dr. T C A Raghavan and Director of IFAT Mr. Márton Ugródsy delivered the closing remarks. A number of researchers and scholars from both sides participated in two panels which covered the topics of perceptions about China and the global economic situation. During the panel discussions, the impact of Covid-19 including on how it has served as a catalyst in

changing perceptions about China in Europe and South Asia and the realization that over dependence on China especially for medical supplies was not in their interest was mentioned. The discussions also brought out the severity of impact that the pandemic has created on the global economy and the ongoing changes in global supply chains as well as the challenges therein. It was agreed that ICWA and IFAT would continue their interaction and consider working together on research projects. ICWA and IFAT have signed a cooperation agreement under which the two institutions hold dialogue on topics of mutual interest. The first dialogue between ICWA and IFAT had taken place in January 2019 in India covering major global, regional and bilateral developments. ■

FORTHCOMING EVENTS BY EMBASSY OF INDIA IN HUNGARY

- ❖ **Delegation from India comprising Secretary (West), Mr. Vikas Swaroop, JS (CE), Mrs. Nita Bhushan for significant bilateral talks with Hungarian counterpart**
- ❖ **Launch of Virtual Yoga Course for Bosnia & Herzegovina**
- ❖ **Release of two Books on Shaivism in Kashmir, translated in Hungarian**

Impressions...

By Tanuja Shankar, Director, ASCC

Months passed..seasons changed...a jubilant spring of 2020 crawled into slightly warmer and eerily quiet summer in 2020. Dark clouds of fear and uncertainty marred the landscape. As winters set in, a more cautious lifestyle and social distancing became the new normal that the pandemic forced the mortals to take. In just one stroke, the world was at a standstill. The only mode of communication and connection was through media and virtual platforms. What we realised quite early in this phase was to unlearn and re-invent methods that would connect the Amrita Sher-Gil Cultural Centre with its cultural partners and players in a more regular and structured manner. In order to do that we used all forms of 'transmedia' the emerging methods which conjoined several forms of media at one juncture. This included a mix of live events, virtual events, audio-visuals, writing, publications, electronic media and visual arts. Suddenly, the despondent situation gave birth to new and fresh ideas. In the last few months of Covid19 and its first and second lockdowns, several interesting ideas were experimented with. New technologies of the digital medium helped in making the activities more professional and creative. This also helped the Embassy of India to reach out to more and more people through the social media. The Embassy and India Cultural Centre conducted events at different levels through webinars, films, livestreaming of festivals, musicals, talks, interviews, televised programmes, digital exhibitions, articles in media and so on. In one way the strength of the digital technology was put to use and customised cultural programmes were created. Amrita Sher-Gil Cultural Centre made sure not to miss any significant events from the calendar of events. Thus a Webinar celebrating artist Amrita Sher-Gil's death anniversary collaborated with art historians, researchers, artists, writers and film makers to pay tribute to the legendary Indo-Hungarian artist. The 150 year birth celebrations of Mahatma Gandhi was also done suitably with contests, quizzes, articles, digital exhibitions as well as an appearance on National Television of Hungary in a special programme. A dance drama was created by artists of Cultural Centre to pay tribute to the father of nation. The challenge to have the 6th Indian Film Festival was overcome by collaborating with leading tv channels of Hungary and Bosnia & Herzegovina. Five critically acclaimed Indian Films have been showcased on these channels making it a 'first' of this kind event in these two countries.



It is true that history will remember this year as one of the darkest periods of last many decades, at least in our lifetime. But history will also tell the future generations, that these times brought the world closer. Created novel platforms for expression. Natural world blossomed and rejuvenated. A new day is just round the corner...

I remember a quote at this point:

Sometimes when things are falling apart, they may actually be falling into place

—J. Lynn

—Tanuja Shankar
Director, Amrita Sher-Gil Cultural Centre

AMRITA SHER-GIL CULTURAL CENTRE

INDEPENDENCE DAY OF INDIA CELEBRATED WITH FERVOUR



Flag hoisting ceremony



Ambassador is greeting the audience



Ambassador addressing the diaspora

74th Independence Day of India was celebrated on 15 August with enthusiasm and fervor. Keeping in view the pandemic situation and social distancing norms, the entire celebration was live streamed over internet for the benefit of Indian community and friends of India. Approx. 3000 persons watched it online. Ambassador of India Shri Kumar Tuhin hoisted the tricolour at the Embassy premises, after which he read out the Address to the Nation on the eve of the Independence Day by the President of India. A colourful cultural programme was presented by the artists and teachers of the Amrita Shergil Cultural Centre which included a mesmerizing performance called 'Tabla Tarang' by Dr. Chirayu Bhole



Embassy members at flag hoisting ceremony



Employees of the Embassy celebrating



Tabla jugalbandi



Odissi dance performance



Group photo

and Mr. Tibor Motian. Ms Sriradha Paul gave a captivating Odissi performance. The Embassy had conducted Incredible India videodance blog contests in the run up to the Independence Day and winners were announced during the function. From the pool of Hungarian contestants, two winners have been given a 'Free Trip To India' as a prize by Indian Tourism Office, Paris which they can avail in 2021. ■

EMBASSY STARTS HINDI CLASSES FOR CHILDREN OF DIASPORA

This month, the Amrita Shergil Cultural Centre started an exclusive 'Online Hindi Course' for the children of Indian diaspora which saw a large number of registrations. The course will enable the children to retain their Hindi speaking & writing skills and be connected with their roots. ■



Hindi classes for children

RAKSHA BANDHAN CELEBRATED IN HUNGARY



Rakhis

The 'Raksha Bandhan' festival was celebrated in Hungary this year with great enthusiasm. Ambassador of India Sri Kumar Tuhin distributed eco-friendly 'Rakhis' (wrist bands) to some eminent friends of India in Hungary to mark this occasion. The Raakhis were received from the President of the Indian Council of Cultural Relations (ICCR).

It was a wonderful gesture on the part of the Hungarian friends to click a picture of them wearing these Raakhis.

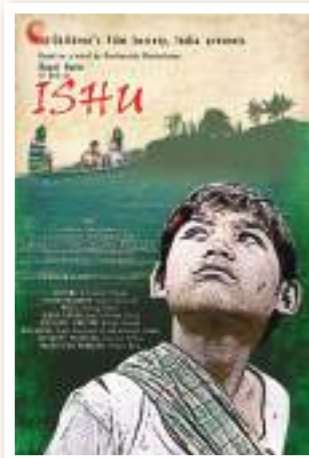


Raksha Bandhan painting contest

Raksha Bandhan is a sweet festival when traditionally sisters tie Raakhis on the wrists of their brothers. In ancient times it was also tied by elders or priests on the hands of everyone to bless them

with health, happiness and security. A Raakhi drawing contest was also organized by the Cultural Centre in which a number of children participated and won prizes. ■

AMRITA SHERGIL CULTURAL CENTRE ACTIVITIES



Puskin Cinema screened the National Film Award winning Assamese children's film, 'ISHU' online which saw many viewers. This has set the ball rolling for the forthcoming online film festival scheduled for December this year.

Yog Course

A new 'Yog Course' has started with a panel of four Hungarian teachers, who are all Yog Experts from Hungary and are going to take thrice a week Online Sessions and five days a week physical classes. The course would also enable students to get certificates from Ministry of Ayush, Govt of India as teachers of Common Yog Protocol or Trainers on completing their training and appearing for annual exams. Special batches for senior citizens & diplomats have also started. The registrations for Yog Course are continuing, and interested persons can contact the embassy cultural centre through email for further information. The Cultural Centre continued its online presence by conducting live facebook events like 'Jugalbandi' or musical contest of Tabla and Pakhawaj by artists Dr. Chirayu Bhole and Balazs Virag.

AMBASSADOR OF INDIA AND HUNGARIAN ADVENTURE CYCLIST INTERVIEWED BY HIR TV

Ambassador Shri Kumar Tuhin was interviewed on Hir TV with the Hungarian adventure cyclist Victor Zicho who recently came back from India tracing the footprints of Hungarian explorer Sándor Kőrösi Csoma. Victor shared his experiences of India through his comments in the TV programme. Preceding this, Victor was also felicitated by Ambassador recently for his challenging & inspirational journey to India on cycle. ■



Ambassador talking with Mr Viktor Zichó

TEACHER'S DAY, SEPTEMBER 5TH



Odissi students performing



Live Streaming of the programme



ASCC teachers Virag Reka Turi, Panni Somi & Gabriella Garima



Virag Reka Turi with students



Panni Somi with students



Gabriella Garima with students

Teacher's Day is celebrated in India to mark the birthday of philosopher, teacher and 2nd

President of India, Sarvapalli Radhakrishnan. The students of Amrita Sher-Gil Cultural Centre celebrated this

event by a spectacular presentation of dance & music, which was streamed live on social media. The students of

CULTURE



LEFT: Dr. Chirayu Bhole with tabla students Sara Abraham & Neel Annadate.
RIGHT: Director ASCC with the teachers



LEFT: Director ASCC felicitating students & artist Gyorgy Molnar.
RIGHT: Kathak students performing



Group pic of teachers & students

Kathak, Tabla, Bharatnatyam, Odissi, Kuchipudi & Sitar showcased their learning through vibrant performances. Students also paid their tribute through video messages which were posted online. ■

BHARATANATYAM PERFORMANCE BY NOTED DANSEUSE, PAVITHRA SRINIVASAN, SEPTEMBER 6TH



Krishna silver head jewellery



Janmashtami poster

In continuation of the Ganpati Festival, noted Bharatanatyam dancer and mythology expert, Pavithra Srinivasan from Chennai, addressed the audience of Hungary and presented a live Dance depicting 'Glory of Ganesh' through a lecture demonstration. Large number of audience joined the live dance performance.

A webinar was conducted on the occasion of 'Janmashtmi' which marks the birth of Bhagwan Shri Krishna. This was done in collaboration with ISKCON, Hungary. Shri Radha Krishna Das gave a talk, followed by devotional songs, dances and a prayer service. A number of participants including from the Krishna Valley (Krishna-völgy, Somogyvámós) also took part in the functions. ■

INTERACTIVE ARTISTS' MEET AT INDIA HOUSE

On the occasion of Teachers' Day an Interactive Artists' meet at India House happened on 13 September where ideas and concepts were deliberated upon. Over Indian tea & delicious snacks, artists and students of ASCC shared their views about the challenges faced by them during the pandemic and how to utilize the present digital resources effectively. Head of Chancery S. Ramji and Director ASCC were also present. ■



Artists meet Ambassador at India House

'INDIA MY LOVE' PAINTING EXHIBITION BY ILDIKO HALASZ



LEFT: 'India My Love' Exhibition audience. RIGHT: 'India My Love' Exhibition ad



LEFT: Tanuja Shankar director with the painter. RIGHT: Vibrant paintings depicting myriad shades of Incredible India

'India My Love' Exhibition of vibrant paintings depicting myriad shades of Incredible India by artist Ildiko Halasz inaugurated at Mátészalka city by Director, Tanuja

Shankar on behalf of H.E Kumar Tuhin with Hon. Mayor Dr Hanusi Peter, Ambassador Mr. Balázs Bokor, Dr. Cservenyak Laszlo and Andras Halasz. The paintings were

a reflection of the artist's impressions of her stay in India and portrayed her deep understanding of the Indian culture and panorama. ■

HINDI DIWAS (DAY) CELEBRATED IN BUDAPEST

September 14th is celebrated as Hindi Diwas, as on this day Hindi language was adopted as one of the official languages of India. On this occasion several contests were held for the Hindi knowing & speaking people of Hungary. Several artists and students of Hindi gave video messages, sharing their experiences of the Hindi

language. Poetry and Essay contests were organized for the Indians and Hungarians. A Webinar was held on this occasion with President of ICCR, Mr. Vinay Sahasrabudhe was the chief guest who gave an encouraging speech. Ambassador of India, Kumar Tuhin addressed the participants of the Webinar and talked about the

significant contribution of teachers & writers of Hindi in Budapest. A documentary was shown on the influence of Hindi cinema on the people who study Hindi language in Hungary. Indian children of Budapest, who study Hindi at the Embassy, recited Hindi poem. Talks and Interviews were held with precursors



LEFT: Dr Mária Négyesi. CENTER: Author Mamta Kalia talks about Dr Maria Negyesi. RIGHT: Dr Chirayu Bhole



LEFT: Ambassador speaking on the occasion. CENTER: President, ICCR speaking. RIGHT: Children reciting poems

of Hindi in Hungary, Dr. Maria Negyesi, former H.O.D of Dept of India Studies, ELTE University and Prof. Peter Sagi, Hindi Professor at the University. On this occasion the Ambassador also applauded the contribution of pioneer in Hindi in Hungary, Dr. Maria Negyesi who has played an exemplary role in promoting Hindi teaching and translation in Hungary.

Last but not the least, the month started the 10 day celebrations of Gandhi@150, commemorating the 2 years celebrations of Mahatma Gandhi's birth anniversary. A 10-day daily 'Know Gandhi' quiz was launched on social media which will continue till the culmination of the celebration on Oct 2nd 2020. This was followed by two Webinars by Experts on Gandhian Philosophy on Sept 28 & 29. Dr. Jacob Pulickan, philosopher, researcher, writer and teacher of Gandhian philosophy joined from India and shared his valuable views with students of Pecs University on how relevant Mahatma Gandhi is for modern times. On 29th, Mr. Sopan Joshi, journalist & writer gave a talk for students of



Tanuja Shankar, Director

Dharma Gate Buddhist College & Bhakti Vedanta College in Budapest and focused on the Environmental Consciousness and Legacy of Gandhi.

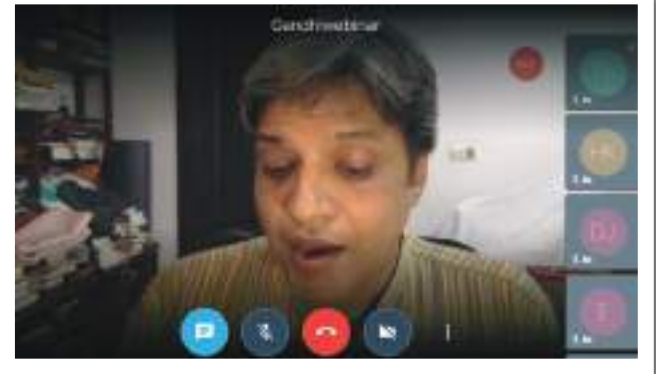
GANDHI JAYANTI

This year the celebrations of Gandhi Jayanti were done to mark the culmination of the two years of commemoration of Mahatma Gandhi's 150th birth anniversary. In the preceding years, Embassy of India held several notable events, starting with the inaugural function at the Hungarian

CULTURE



LEFT: Digital Exhibition of Mahatma Gandhi on Hungarian National Museum Virtual platform.
RIGHT: Gandhi Jayanti – interview in Hír TV



Gandhi Jayanti – interview in Hír TV



Gandhi drama

Parliament to LED lighting of the iconic Buda castle with images of Gandhi Ji, to cycling rallies, outreach programmes at Gandhi School, Pecs University, Vegetarian food festival, Khadi Exhibition, Symposiums and Webinars. This year Embassy concluded the celebrations with a grand finale at the leading TV Channel of Hungary Hír TV, with a live discussion interspersed with a musical dance drama curated by Amrita Sher-Gil Cultural Centre with 11 Indian & Hungarian artists. In the discussion Ambassador Kumar Tuhin, Dr. Gabor Sonkoly, Dean, Dept of Humanities, ELTE University and Ms. Panni Somi, Indologist & Bharatnatyam dancer talked about the relevance of Mahatma Gandhi in today's times. ■



Gandhi drama

NAVRATRI PROGRAMME



Group photo



Garba and Dhunuchi dances



LEFT: Garba and Dhunuchi dances. CENTER: Hungarian Art Academy artists . RIGHT: Mantra chanting



Doodling Contest



South Indian Golu Puja

From 16th-24th October, on the occasion of 9-days of Navratri or Durga Puja, Amrita Sher-Gil Cultural Centre 'live streamed' a series of vibrant musical programmes from the premises of the Embassy in collaboration with members of Indian community, students and Hungarian artists. The daily one hour programme was a medley of classical,

folk and Hungarian musicals which also showcased South Indian Golu Puja, Mantra chanting, group tabla playing, Bharatnatyam dances, Bollywood dances, Garba and Dhunuchi dances. The highlight of the programme was a musical ensemble by students of Egressy Beni Reformed Art School with a blend of European classical,

Hungarian folk music and even a song from the GeetGovind. The 'Live' musical evenings connected the Indian community together during this festive season and helped them celebrate it with fervour in the 'new normal'.

CULTURE



October 23, 2020 was the 64th anniversary of the 1956 revolution. On this occasion, the iconic building in Delhi, Qutub Minar, received red and white ornamental lighting. The modern history of India and Hungary was intertwined at that time.



Qutub Minar being lit up

LAUNCH OF 'INDIA HUNGARY DIALOGUES'



Dr Sonkoly Gábor is being interviewed

The highlight of the month was the launch of 'India Hungary Dialogues', a video series of interviews on significant issues related to India and Hungary, on 18 November, 2020 with the conversation between Ambassador Kumar Tuhin and Speaker of Hungarian National Assembly, Mr.László Kövér at all the social media platforms of Embassy of India in Hungary.

The inaugural episode was shown on the Hatoscsatorna TV and M1

Channel together with the interview of Ambassador. The series will also be featured on India's public service broadcaster DD News. Experts in Hungary from different fields like political, diplomatic, economic, academic & cultural are invited to share their ideas and experiences on India-Hungary ties. The Talk Show is conducted by experienced researchers, teachers and professionals from similar fields who have done extensive work on the respective fields. ■

VIRTUAL DIWALI CELEBRATIONS



Puja and music performance

November was the festive season of India thus, the Amrita Sher-Gil Cultural centre organised some vibrant, musical programmes on the occasion of Diwali Festival of Lights which was streamed on the social media platform for the Indian and Hungarian audience. A

vibrant musical ensemble was presented once again through live streaming. This programme was started with a 'Live' streaming of Hom (Fire ceremony) for the prosperity & health of people, followed by Devotional songs & dances, Bollywood dances as well as Sufi vocal music. ■

RETRO BOLLYWOOD DANCES

On this occasion special video message was made by ASCC with friends of India in Hungary sharing their pictures with candles and diyas.



Retro dance



Members and colleagues of ASCC celebrating Diwali

CULTURE



On the occasion of 71st Constitution Day, Amrita Sher-Gil Cultural Centre conducted a full day picture quiz based on the constitution of India which received immense response. Films and slide shows were also shown on this occasion. The Hindi Courses of Embassy of India had special webinar on Dr. B. R Ambedkar and Constitution of India.



Besides this, 'Bharat Ko Janiye' Quiz conducted by the Ministry of External Affairs, India has many participants in the first two rounds in Hungary as well as Bosnia & Herzegovina. The winners would be given a chance to visit India.

INDIAN FILM PANORAMA



LEFT: Ambassador with Lila Paor during shoot . **RIGHT:** Live-streaming of film festival opening

The 6th Indian Film Festival called 'Indian Cinema Panorama' launched on two Hungarian TV channels: on Szegec TV and Hatoscsatorna TV with spectacular five films. A special treat for the Indian Cinema Lovers as real blockbusters came on screen.

LIVE Opening of 6th Indian Film Festival which goes on television channels of Hungary and Bosnia! Tune in at 1 pm sharp to see top film directors & producers and channel



Indu Sarkar by noted director Madhur Bhandarkar (left) shown in festival



heads talk about the films and forthcoming festival. Tonight at Hatocsatorna Channel, film THINKING OF HIM launches and Curtain raiser Mumbai Mist by Madhur Bhandarkar.



The lecture series organized by ELTE Indology Department in collaboration with Embassy of India continued in November with Hungarian experts talking about Indian cultural topics.



Amrita Sher-Gil Cultural Centre celebrated Christmas with a Tabla duett performance performed by Dr. Chirayu Bhole, his son Samarth Chirayu Bhole and Dr. Gyorgy Molnar, Sitar & Surbahar Player. The Jugalbandi was screened through live-streaming on 24 December and also organized online musical event for New Year celebrations.



India új Nemzeti Oktatási Politikája

By Dr. Habil. Wilhelm Zoltán

Indiában a tudás átadásának intézményesült hagyománya több ezer évre tekint vissza. Az ismeretanyag birtokosa, a guru- tanító – és a tanítvány közti kapcsolat (paramará) egy olyan köteléket, megszakíthatlan „leszármazási” sort alkot, amely biztosítja az eredeti, de a láncolatba belépő, újabb és újabb tanítványok által folyamatosan korszerűsített tudás átadását. Az idő múlásával hatalmasra duzzadt szellemi kincs magas színvonalú közvetítésére Indiában jöttek létre a történelem első egyetemei, 427-ben Nándában, a mai Bihár tagállam határain belül, vagy még ennél is korábban, a mostani Pakisztán területén feltárt Taxilában.

Indiában a XIX. század elejétől kezdve alapították a nyugati értelemben vett modern felsőoktatási intézményeket (pl. Serampore, Calcutta, Bombay, Madras, Aligarh, Lahore stb.). A Lahore-ban életre hívott University of the Punjab-ot ráadásul a magyar Gottlieb Vilmos szervezte meg 1882-ben, de ennek az egyetemnek volt egyik vezetője a világhírű keletkutató, Stein Aurél is. A függetlenség kivívásától kezdve – időszakonként változó minőségben – a közoktatás is fejlődési pályára állt. Ez azért is kiemelkedően fontos, mert az ország kedvező demográfiai szerkezetének köszönhetően India gazdasági fejlődésének kilátásai sokkal jobbak annál, mint amit az előrejelzések jósolhatnak. A kormányzati szándékok fókuszában a gazdaság felpörgetése, befektető-barát környezet megteremtése, az infrastruktúra fejlesztése, ezáltal pedig a XXI. század egy új, globális gazdasági és politikai erőcentruma kialakításának határozott szándéka áll, melynek egyik sarokköve az oktatás fejlesztése.

Mіндеzen célok mielőbbi elérését szolgálja az Emberi Erőforrások Fejlesztésének Minisztériuma által kidolgozott és idén nyáron publikált új Nemzeti Oktatási Politika, amely a több mint három évtizede (1986-ban) kialakított oktatási politikát váltja fel. Egyúttal a minisztérium neve Oktatási Minisztériumra változott (2020. július 29-től). Az új politika kihirdetését megelőzően széles körű társadalmi vita zajlott, a koncepcióhoz több, mint kétszáz ezer hozzászólás, javaslat érkezett. Az átfogó, holisztikus szemléletű dokumentum az óvodától a felnőttoktatásig határozza meg az oktatás-nevelés sarokpontjait, kiemelve, hogy az oktatáshoz való igazságos hozzáférés a legfontosabb alap az egyenlő emberek által

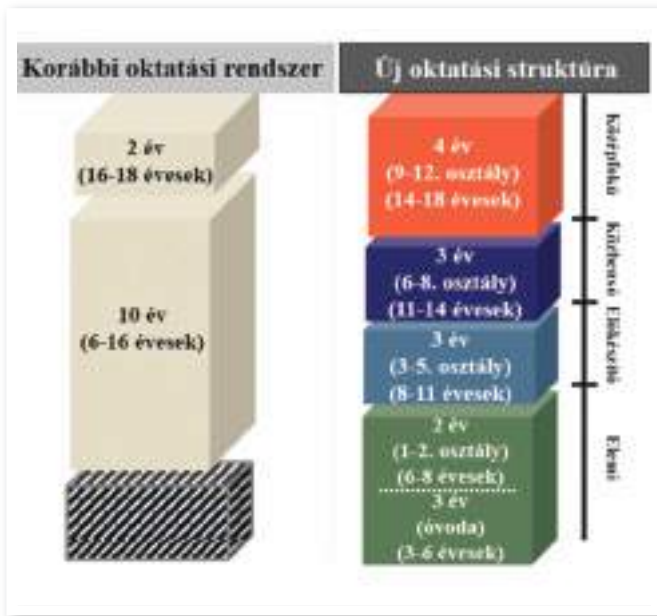


alkotott, demokratikus társadalom megteremtéséhez és a fenntartható fejlődés, valamint a nemzeti integráció megvalósításához. Az új politika a több ezer éves indiai oktatási tradícióra építve célozza meg a kritikus, problémamegoldó gondolkodás terjesztését, a lexikális tudás minőségének javítását, egyúttal az alapprobléma, a még mindig nagyarányú analfabetizmus egyidejű felszámolásával.

Az oktatási rendszernek úgy kell működnie, hogy jó emberek hagyják el az iskolapadot, akik képesek racionálisan, de empátiákkal gondolkodni és cselekedni, bátrak, megfelelő ellenálló képességgel rendelkeznek, a tudományos eredmények iránti érdeklődéssel és kreatív fantáziával, illetve szilárd etikai értékekkel bírnak. Végső célja, hogy elkötelezett, produktív és közreműködő polgárok hozzájáruljanak a létrehozásához az igazságos, inkluzív és plurális társadalmat, amint azt

az Alkotmány is megfogalmazza. A dokumentumban kifejezett, rendkívül szimpatikus alapelvek a fentiekén túl tükrözik az indiai toleráns gondolkodás legszebb hagyományait, pl. a nyelvi korlátok lebontását (az országban csak hivatalos nyelvből 22 van), vagy a fogyatékkal élőkre a „Divyang = isteni test” elnevezés használatát, de a sokféleség tiszteletét éppen úgy, mint a lokális értékek tantervekbe illesztését is.

Az új célok eléréséhez új pedagógiai és tantervi szerkezet szükséges. Ennek fényében, az eddigi hat éves korról három évesre csökken a tankötelezettség korhatára. Az óvodai fejlesztés a vidéki hátrányos helyzetű csoportoknak is széleskörűen elérhetővé válik a „korai gyermekkori gondozási és oktatási” (ECCE) rendszeren keresztül – legkésőbb 2030-ig –, szem előtt tartva azt a tényt, hogy a kisgyermek halmozott agyi fejlődésének több, mint 85%-a hat éves kor előtt alakul ki, amely döntő hatással van későbbi készségeikre és képességeikre. Így az új rendszer az óvodai képzés három évével és 12 éves iskolázással számol. Az iskolai tantervek 10 + 2 évfolyamos felépítését felváltja egy 5 + 3 + 3 + 4 évfolyamos tervezett tantervi struktúra, amely megfelel a 3-8 (elemi oktatás), 8-11 (előkészítő oktatás), 11-14 éves (középső oktatás) kornak, illetve a 14-18 éves (középfokú oktatás) korcsoportnak (1. ábra).



1. ábra: Az indiai közoktatási rendszer felépítése a reform előtt és után – a National Education Policy 2020 alapján szerk. a szerző

Az elemi fázisban az ingyenes óvodai oktatás és nevelés a hároméves Anganwadi keretei között zajlik majd, mely inkább egyfajta általános gondoskodás, fejlesztés irányába mutat, de ötéves kortól iskola-előkészítő csoportok (Balvatika) alakulnak. Az ebben a rendszerben

foglalkoztatott pedagógusok speciális képzést kapnak. Szintén az elemi oktatás része az 1-2. iskolai osztályokban folytatott alapozó munka, az írás-olvasás és számolás alapismereteinek elsajátítása. Az előkészítő fázisban (3-5. osztály) a játék, a felfedezés és az aktív tanulás kap kiemelt szerepet. A középső periódus (6-8. osztály) a tapasztalati tanulás időszaka a természet- és társadalomtudományok, valamint a művészetek területén. Ekkortól kaphatnak szakképzést is a diákok, egy tíznapos gyakorlati etappal kiegészítve. A középfokú oktatás multidiszciplináris tanulást tesz lehetővé, széleskörű, kritikai gondolkodásra nevel, rugalmas tanulói tantárgyválasztást tesz lehetővé. Az oktatás nyelve az 5. osztályig mindenképpen, de lehetőleg a 8. évfolyamig – de esetleg az után is – az anyanyelv (otthon használt nyelv) vagy a helyi hivatalos nyelv lesz.

A viszonylag alacsony, és évfolyamonként nagy eltérést mutató, beiskolázási arányt növelni kell, 2030-ra a 14 éves korosztályig el kell érni a 100%-ot, annál is inkább, mert a felsőbb évfolyamokhoz közeledve egyre több tanuló hagyja ott az iskolát. A közelmúlt felmérései szerint a 17-18 éveseknek (11-12. osztály) csak alig több, mint a fele jár már iskolába. Mindez azt is jelenti, hogy a 2017-18-as tanévben a 6-17 éves korosztályból 32,2 millióan elvesztek az oktatás számára.

A közoktatás mellett az indiai felsőoktatás is komoly reformok elé néz. Irányításának és szerkezetének átalakítása, minőségének folyamatos javítása, illetve egyenletesebb területi struktúrája mellett, a munkaerőpiacon versenyképes diplomások számának növelése is cél (2035-ig 35 millió új felsőoktatási férőhellyel 50%-osra kívánják növelni a beiskolázási arányt). Mindezt úgy, hogy a teljes iskolarendszert végigkísérje az indiai kultúra vívmányainak, az ország művészetének és nyelveinek elsajátítási lehetősége. A képzők képzése hangsúlyozott állami figyelmet élvez a következő évtizedben és a felsőoktatás színvonalának emelése érdekében a világ száz legjobb egyeteme kampuszokat létesíthet az országban.

Az új, széleskörű társadalmi egyeztetésen kikristályosodott, rugalmas és modern Nemzeti Oktatási Politika megvalósulása esetén a tudás globális szuperhatalmává emeli Indiát. A több ezer éves parampará továbbra sem szakad meg, csak kiteljesedik, és új minőségekkel gazdagodik. ■

—Dr. habil. Wilbelm Zoltán
egyetemi docens, igazgató,
Pécsi Tudományegyetem, Ázsia Központ

Forrás: National Education Policy 2020:
https://www.mbrd.gov.in/sites/upload_files/mbrd/files/NEP_Final_English_0.pdf

The Covid-19 Epidemic and Teaching Hungarian in Delhi University

By Margit Köves

Remote Teaching Close-by

After fifty years of Hungarian teaching in Delhi University the greatest test is to answer the challenges of the digital age. In March Delhi University decided to close all its educational institutions because of the spread of Covid-19, vacate its hostels and advised the Departments to keep contact with the students on internet. In this phase, which we thought to be temporary, classes were held in smaller media groups on WhatsApp and GoogleDuo. Apart from the three levels of Hungarian language groups, beginners (certificate), intermediate (diploma) and advanced (advanced diploma) there was also a group of MA Russian students in their fourth semester who selected Hungarian as their optional subject. There were disturbances in the classes, the fluctuation of the internet and the noises of homes. But many students still insisted that the classes should go on until we had the examinations in June. The oral and written examinations were also held online and it was a scary and liberating experience at the same time.

One of the beginners told me that they wanted classes because the Hungarian class in the middle of uncertainties was a firm, dependable part of their lives. The language classes of the Hungarian Cultural Institute held in the building of Triveni Kala Sangam also closed down in March after Triveni requested the director to discontinue them. The examinations of the two—beginner and intermediate courses of the Cultural Centre—were held only after the long break in the end of September.

In principle the language courses in the Department of Slavonic-Finno-Ugrian Studies in Delhi University are based on communicative language teaching, but the tradition of teaching is based on the grammar-translation method of teaching. Traditions of learning also support this method. This form of teaching is different from the digital language tools like Duolingo, Google Translate, which are very popular among our students. In the past our students could get jobs as language experts-translators specially if besides Hungarian they also learned another language for example Russian, Spanish or Portuguese.

Language teaching, similarly to the use of mobile phones is going through enormous change in India. According to statistics there are 480 million mobile phones in the country and 390 million people use the internet on their phones that

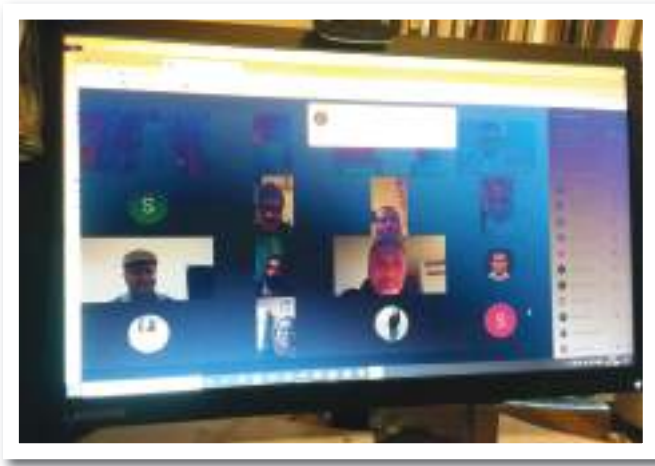


makes out 75% of the overall use of internet. 290 million people use Facebook that makes the country the greatest Facebook user of the world. (<https://www.thehindubusinessline.com/info-tech/delhi-ranks-top-in-internet-penetration-kerala-comes-second/article31516751.ece>) The Facebook App with all the other apps is in the students' mobiles. In class students do not take out their coursebook and workbook but work on their mobiles.

Collaboration in the Digital space

The emergency created by the epidemic brought unexpected happiness too. With my MA Russian optional students who chose Hungarian language and literature as an optional subject we read Kálmán Mikszáth's story *Zsófi Tímár's Widowhood* (*Tímár Zsófi özegysége*) together with Krisztina Tóth's *Zsófi Tímár's Geranium* (*Tímár Zsófi muskátlija*). We read the story part by part and the students needed some help because they had been learning Hungarian only for the second year. It was great help that Mikszáth's short story was also published in Hindi in a book translated by Indu Mazaldan. One of the students, Anurag Kumar surprised me by the Hindi translation of Krisztina Tóth's story *तीमार जोफ़ी का अभीषप्त पौधा*. Since in India there is no geranium, Anurag gave the title to his translation "Tímár Zsófi's cursed plant", suggesting that Zsófi's husband Péter's death was brought about by a plant that brings misfortune.

Facebook can be an excellent space for cooperation. I can see how eagerly my students look at and read my Facebook entries written in Hungarian. To complement the university



classes in 2018 we created the “Magyarul csiripelő” “Chirping in Hungarian” Facebook group (<https://www.facebook.com/groups/354311295344527/user/100000518817769>). The group has forty seven members who write about their experiences in Hungarian or reply the entries and pictures of the others. Facebook can be used at alternative timings, at times when the internet service is better. The lessons of the book can be extended by using the lessons of the book, applying the vocabulary to their conditions. The visuals can often bridge difficulties of expression and the replies support the cooperation of the group.

In September we started online classes again now a little more prepared using GoogleMeet that the University

suggested. We follow various rituals online like greeting with the video on and going on without the video for the sake of more even internet supply. Actually the classes of the Cultural Institute were joined by students from Bengaluru, Nagpur and Varanasi. These are students who are happy that classes can be accessed from such distance. Of course we are missing physical contact but I am glad I have enthusiastic students who go on with classes inspite the difficulties

The epidemic, illness, the economic slump mean various challenges for every student. We teachers also have to face challenges, but it is visible that digital education has come close to us in the last few month. It depends on us, teachers to a great extent how we can use the opportunities. ■

1000 szó Bollywoodról

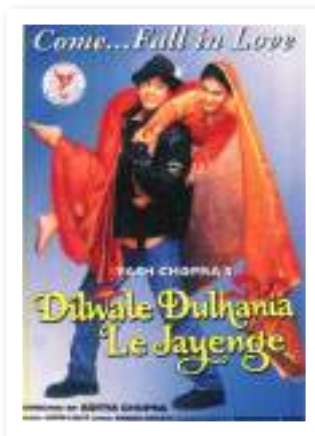
By Fejes-Jancsó Dorottya

Bollywood. Zene, sztárok, csillogás. Mindenki hallott már India legnagyobb filmiparáról, ahonnan évente több, mint ezer film lát napvilágot. Ugyanakkor ezen felül kevés dolgot tudunk igazán arról, hogy hogyan is néz ki a filmkultúra, amelyet akár többes számban is említhetnénk, mivel egy kontinensnyi országról beszélünk, ahol számos különböző nyelvel, kultúrával és vallással találkozhatunk. Ez pedig mind befolyásolja az adott régió művészetét, így a filmkészítést is. Akik tehát Bollywoodot az indiai filmiparral azonosítják, hibát követ el, hiszen annak ellenére, hogy valóban ez a legnagyobb és legnépszerűbb (nemzetközileg is), viszont nem feledkezhetünk meg a hindi nyelven beszélő bollywoodi filmek mellett akár a tamil, a telugu vagy a bengáli nyelvű filmkultúráról sem.

De miről is szól valójában Bollywood? Igaz lenne, hogy a filmek csak híres amerikai filmek remake-jei? Vagy az, hogy minden film ugyanarról szól és csak furcsa színes ruhába öltözött szereplők véletlenszerű táncait nézhetjük több órán keresztül? Valójában ettől sokkal többet rejt magában ez a nyugati kultúrák számára egzotikusnak tűnő filmkultúra, hiszen nem szabad elfelejtenünk, hogy a világ egyik legnagyobb, legnépesebb és legősibb múltra visszanyúló örökséggel rendelkező térségéről beszélünk. Emellett pedig ugyanúgy, ahogyan bármelyik országban, India esetében is a művészetek (és így a filmek is) olyan társadalmi, politikai és kulturális jelenségekre reagálnak, amelyek éppen zajlanak az ország életében.

Erre tökéletes példaként említhetők az 1980-90-es évek

FILM



Indiájának morális bizonytalansága és identitáskeresése és az erre reflektáló családi masalafilmek. Ezek között olyan kasszasikerek említhetők, mint a *Dilwale Dulhania Le Jayenge* (Aditya Chopra, 1995) vagy a *Hum Aapke Hain Koun..!* (Sooraj Barjatya, 1994). Ezek a filmek amelltt, hogy valóban a bollywoodi filmművészet leghosszabb alkotásai, olyan értékek hirdetését vállalták magukra, ami a korabeli indiai közönség számára a gyökerekhez való visszatérést, az „indiaiáság” szeretetét, a családi normák és hierarchia, valamint a nemi szerepek fontosságát jelentette. Ezen felül pedig ezek a filmek egy másik célja kifejezetten a már nem az anyaországban élő indiai lakosság hazaszeretetének és a hagyományokhoz, hindu vallási értékekhez fűződő kapcsolatának megerősítése volt.

De ugyanez mondható el a kortárs éra és napjaink populáris filmjeiről is, amikor sorra születnek női főszereplős, vagy nőket a középpontba állító filmek, amelyekben már nemcsak mint anya vagy háziasszony, hanem a cselekmény aktív szereplőjeként találkozhatunk velük. Ez a téma egy a mai napig deklaráltan patriarchális alapokon nyugvó társadalomban akár problematikus is válhatna, ugyanakkor érezhető a változás szele, hiszen olyan filmek láttak napvilágot az elmúlt öt évben, mint a *Lipstick Under My Burkha* (Alankrita Srivastava, 2017) vagy a *Veere Di Wedding* (Shashanka Gosh, 2018). Az említett filmekben azt láthatjuk, hogy a női szereplők kibújva az évszázadok alatt kialakult és rájuk rótt szerepből, szabadon, önfeledten élék életüket, gyakran mit sem törődve a bíráló tekintetekkel.

És sorolhatnánk még azokat a témákat, amelyekkel gyakran, sőt egyre gyakrabban találkozhatunk már nem csak a művészfilmek világában, mint az iskolarendszer problémája Indiában, politikai indíttatású filmek, vagy éppen a kulturális, nyelvi és vallási diverzitásból fakadó különbségek és akár tettelegességig fajuló megmozdulások. Ami mégis elmondható, hogy népszerű filmek és az 1990-es évek bollywoodi hagyományaihoz híven gyakran a filmek amelltt, hogy felhívják a figyelmet a problémákra, azt az üzenetet közvetítik a közönség felé, hogy ezek a konfliktusok feloldhatók, ha együtt teszünk érte, így egyfajta

pedagógiai szerepet is magára vállalnak a filmek.

Ez azért kiemelkedően fontos, mert az indiai mozikultúra merőben eltér attól, amihez Európában megszoktunk. A mozi élménye és a filmek befogadása egy sokkal inkább aktív folyamat, a közönség nem megnézi, hanem megéli a filmeket. Barátok, munkatársak, sőt teljes családok járnak együtt moziba mint közös program vagy kikapcsolódás, és együtt izgulják, éneklnek és táncolják végig a filmeket. Ehhez mérten pedig maguk a filmek – kifejezetten a családi masala filmek – is olyan irányvonalak alapján, szinte patikamérlegen kimérve vegyítik a romantikus, komikus, drámai és akciójeleneteket, hogy több generációnak nyújtsanak egyszerre meghatározó élményt és a közönség legtöbb rétegének igényeit szolgálhassák ki egyszerre. Ehhez pedig elengedhetetlen az írók, a rendező, a producer, a színészek, a playbackénekesek és a teljes stáb hatékony együttműködése.

Egy személyes történettel szeretném zárni cikkemet. Az európai tájak és városok nyújtotta egzotikumot már régóta felfedezték Bollywood legnagyobb szakemberei, több film(részlet) játszódik Nagy-Britanniában, Spanyolországban vagy Svájcban, az utóbbi néhány évben pedig hazánk és Budapest is felkerült erre a térképre. Volt szerencsém több bollywoodi forgatásba is betekinteni és teljesen ledöbbentett az, hogy mennyi embernek tud munkát nyújtani egy-egy produkció elkészítése. Hazai viszonylatokban elképzelhetetlennek tűnhet, amikor a főszerepet játszó színész körül kilenc ember legyeskedik, ugyanakkor mégsem felesleges munkát végezve vagy pusztán rajongásból. Mindenkinek feladata volt, még ha az csak annyit is jelentett, hogy teát hoz neki, megigazítja a ruhájának a gallérját, vagy segít neki német szavak kiejtésében.

Egyszerűen, Bollywood sokkal többet rejt magában, mint azt első ránézésre gondolnánk, és annak ellenére, hogy a globalizáció hatására egyre többet tudunk erről a világról, ez még mindig csak a jéghegy csúcsa. Hiszen kulturálisan a világ egyik legmegosztottabb országának egyik filmművészetéről beszélünk, ami összetettségével, mélységeivel és emellett a benne található végtelen szórakoztatófaktorral messze túlnő a sztereotípiákon. ■

Akár már egy gyakorlás után is érezheted a jóga jótékony hatásait

Eszedbe jutott márnéhányszor, hogy kipróbálnád a jógát, de inkább erősíteni vagy tornázni jársz? Talán el is határoztad, hogy a jövő héten lemegy a közeli jóga stúdióba? De a jövő hét mindig a következő hétre toródik...Ha ismerted volna a jóga nagyszerű hatásait, bizonyára rögtön nekilátsz a gyakorlásnak, melyet jól képzett, gyakorlott oktatóval már online is biztonságosan végezhetesz.

By Révai-Bere Anita

Kíváncsi vagy, hogy mi történik benned, ha elkezdted a jóga gyakorlást? A jógának, csakúgy, mint minden testmozgásnak, rengeteg jótékony hatása van rövid és hosszú távon is. Most megismerheted a jóga szinte azonnal jelentkező hatásait, melyeket megtapasztalhatsz testi, lelki és mentális szinten is.

Stresszcsökkenés

Kevesebb stresszre vágysz? Ha szeretnéd a stresszt természetes módszerrel csökkenteni, vagy akárteljesen megszüntetni, jógázz! A pózokon kívül a gyakorlás fontos részét képezi a helyes légzés elsajátítása és a jógaóra végén végzett relaxáció. Ezek az idegrendszerünket pihenő üzemmódba kapcsolják. Ennek köszönhetően már az első alkalom után érezni fogod a feszültség, a szorongás enyhülését és képes leszel könnyebben megbirkózni a mindennapok kihívásaival.

Fájdalomcsillapítás

Feszülő, sajtó testrészeidben csökkentenéd a fájdalmat? Azórákon gyakorolt testtartások átmozgatják az egész testet, finoman mozgó és stabil ízületeket eredményeznek, erősítik és rugalmassá teszik az izmokat. A tudatos, finom mozgások és a kontrollált légzés hatékonyan csillapítják a fájdalmat. A jóga különösen a megelőzésben és kiegészítő kezelésként játszik nagy szerepet. Olyan krónikus állapotoknál, mint a migrén, artritisz, hátfájás a megfelelően felkészült jógaoktatóval végzett speciális pózok fokozatosan idéznek elő a fájdalom mérséklődését. Tapasztald meg, hogy a gyakorlás után mennyivel szabadabb és könnyebb leszel!

Vérkeringésjavulása

Vérnyomásproblémáid vannak, javítanád a vérkeringésed, erős, egészséges szívet szeretnél? A jóga pózok és alégyógy gyakorlatok élénkítik a vérkeringést, tehát több oxigén jut



el sejtjeinkhez, így azok működése javul. A fordított testhelyzetek, mint például a gyertya, a lábak és a medence vérkeringését javítják. Így sokkal frissebbnek, egészségesebbnek érezheted magad.

Némelyik jóga fajta ugyan képes olyan mértékben felgyorsítani a szívverést, mint egy kiadós edzés, a legtöbb azonban a tudatos, léggel összhangban végzett mozdulatok segítségével csökkenti a vérnyomást, így megelőzheted a szívbetegségeket és a keringési problémákat. Sokkal hosszabb ideig élhetsz egészségesen.

Nyugodtabb alvás

Problémáid vannak az alvással? Nehezen nyom el az álmot? Nyugtalanul forgolódsz és gyakran felébredsz az éjszaka közepén? Csak néhány célzott légzőgyakorlatot és pár nyugtató hatású jóga pózt kell elvégezned és máris észlelheted a belső nyugalmat és a békességet. Napi rendszerességgel folytatott jóga gyakorlással hamarabb el tudsz majd aludni és jobb minőségű is lesz az alvásod. Ki ne szeretne pihenten, energikusan ébredni?

Ezek után nem csoda tehát, hogy a jóga már Magyarországon is egyre ismertebb és népszerűbb. Hiszen nem csupán egy egyszerű testedzésről vagy gyakran lenyűgöző akrobatikus mutatványként bemutatott bravúrról van szó. A végeredmény az a rengeteg testi, lelki és mentális egészséget javító hatás, melyek közül néhány azonnal jelentkezik, néhány azonban csak hosszabb gyakorlás után érezhető. Jóga közben ugyanis egyre inkább megtanulunk a testünkre összpontosítani, a mozgásunkat tudatosítjuk, a pózokat saját testünk állapotához szabva gyakoroljuk, a légzésünket elkezdjük szabályozni, szellemileg is kikapcsolunk, képesek leszünk a pillanatot megélni.

Kezdd el te is mielőbb a gyakorlást, hogy ezeket a nagyszerű hatásokat minden nap megélhesd! ■

A jóga története és filozófiája

By Melinda Irtl



Ardhamatsyendra



Garuda



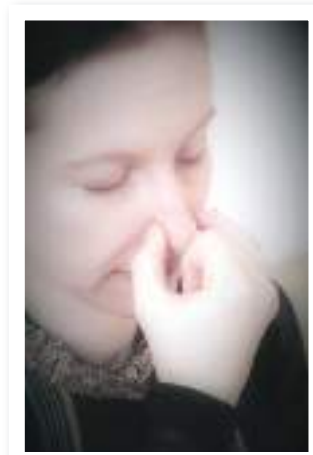
Trikóna



Baka

A jóga mára már szinte minden korosztály számára ismerősen csengő fogalom, jóllehet sokan egészen eltérő jelentéstartalommal ruházzák fel magukban a szót. A lelkes tömegek számára első körben csupán valamiféle wellness irányzatnak tűnik és legtöbbször testmozgással kapcsolatos, alternatív szabadidős programként tekintenek rá. A médiában gyakran találkozhatunk látványos testi gyakorlatokkal, melyek dinamizmust és rugalmasságot sugároznak. Ha a divatos fitness stúdiók fiatal, frissen végzett tornadresseszes jóga instruktorai ellenére sikerül ösztönösen megéreznünk, hogy valami többről, lényünk legmélyebb rétegeihez illetve a tudatossághoz kapcsolódó mélyebb tanításokról van szó, akkor kis erőfeszítéssel, ma már könnyen rátalálhatunk a hagyományos mester-tanítvány tradíciókat közvetítő gyakorlati módszerekre.

Sokak szerint a jóga tudománya egyidős az emberiséggel, hiszen elsődleges törekvése az emberi léttapasztalás megismerése, a tudati folyamatok uralása, a valósággal való összekapcsolódás és a szenvedés megszüntetése. A judzs szógyökéből eredő jóga szó szanszkrit eredetű és legtöbbször



Pránájama



Kőszöntés



Hand feet

egyesülésként fordítják. Az egyesülés, vagy összekapcsolódás jelentések nyugati szempontból legegyszerűbben az egyéni és legfelsőbb lélek egyesüléseként, a test-lélek-tudat vagy a magyar nyelv szépsége nyomára test-lélekzet-tudat összekapcsolódásaként értelmezhető. Jelentései között szerepel továbbá az igázás, igába fogás, mely finoman utal az érzékszerveink és a tudatunk zabolázatlan természetére irányuló jóga praxis által elnyerhető önuralomra és a gyakorlatok ún. szelídítő funkciójára. Az iga vagy járom jelentés további izgalmas tartalommal gazdagítja a jóga kifejezést, ha arra gondolunk, hogy a járomba fogott ökrök egy irányban terelve jól szolgálják a gazda örömét és közvetetten uralt tetteik által bőséget teremtenek, mint ahogyan az önmagán uralkodó, tudatos ember is sikeresebb és boldogabb élet birtokosa lehet.

Számos kultúra őrizte meg a jóga szellemi törekvéseinek és az ezekhez tartozó gyakorlati, megvalósítási módszereknek a nyomait, de rögzített és kidolgozott formában elsődlegesen Indiában maradt fenn és hagyományozódott át megszakítatlanul az elmúlt évezredekben. A védikus kulturális közegben kibontakozó jóga, a történelmi Buddha korára (i.e.V.-IV. század tájéka) már a klasszikus hat hindu filozófiai nézet (darsana) közül az egyik legnépszerűbb aszketikus szellemi-gyakorlati ösvény volt, mely sokrétű, univerzális, vallástól független tanításaival, azóta is jelentős értéket képvisel az emberiség történetében. A hagyomány és a tudományos kutatások (régészet, nyelvészet) néhány ponton eltérő véleménnyel vannak a jóga keletkezésének idejéről, eredetéről, de mindez nem befolyásolja a tényt, hogy egy hozzávetőlegesen 5000 éves, precízen kidolgozott rendszerről van szó, ami ma is hozzásegíthet bennünket hétköznapijainkban a testi és mentális egészség helyreállításához valamint a békés, boldog állapotunk tartós fenntartásához. A magyar nyelven is hozzáférhető klasszikus

irodalmi források (Védák, Upanisadok, Puránák, Bhagavad Gítá stb.) gazdag forrásként szolgálnak mind az elmélet, mind a gyakorlatok tekintetében (légzés, mantrák, mudrák, meditáció).

A legnépszerűbb összefoglaló munka a klasszikus hindu jóga kapcsán Patandzsali Jóga Aforizmái, mely a jóga legfontosabb céljainak és technikáinak összefoglalásán túl komplett pszichológiai térképként is szolgálhat számunkra. Az általa ismertetett nyolc-rétű ösvény (asta-anga jóga) nagyszerűen érzékelteti velünk, hogy az etikai, erkölcsi alapok, a testhelyzetek (ászanák), a légzés, az érzékszervek befelé irányítása, a koncentráció, a meditáció és az elmélyedés elválaszthatatlan egységet képeznek. Bárhogyan is kezdünk bele a jóga gyakorlásba, hamar tapasztalhatjuk áldásos hatásait, hiszen aki kezdetben csak az ászanával ismerkedik, az is rövid időn belül megtapasztalhatja a külső, belső rugalmasságának, nyitottságának fejlődését, a nyugalmat és a békét. ■

MY ETERNAL LOVE, MYSTERIOUS INDIA

THE LIVING LEGACY OF ERVIN BAKTAY—INTERVIEW WITH DR. ISTVÁN SZÉKELY

By Stanczik Edina

Part II

You ask me why hasn't Amrita's family ever returned to India? Why did they live in Ella's house in Dunaharaszti for years? It was the Great War that cut in. Since Umrao was an English citizen – as India was an English colony – he was considered to be on the enemy's side and was not allowed to leave the country.

The same happened to Kálmán Kittenberger, a classical writer in Hungarian hunting literature, who had been hunting and collecting in Africa as a Hungarian citizen when the war broke out. The English had not let him

to come back to Hungary neither. In one of his books, he wrote that he had been interned by the British authorities and taken to India. He was there for years as a prisoner of war camp, from which he was released in 1919.

The same scenario applied to Umrao and his family, they couldn't go back to India. Their children were born; the younger one, Indira, in 1914, was born already in Ella's house. Umrao went to yoga in the meadow – I can show you this on a photograph – the people were fascinated by him. However, as soon as they had the opportunity, they returned to India in 1921 or '22. Their marriage,

however, has deteriorated as Umrao began to turn inwards, towards different Indian religions, and he started to ignore his wife. After a while Aunt Mici (the family called her that way) has become independent, she took the two children and moved to Paris. She could do it, they were wealthy.

At this time Amrita already painted and won the Grand Prix of the Paris Salon at the age of 16 with one of her paintings. Although they lived in Paris, the two girls regularly came to Hungary. During the 1920s, my grandparents had bought a hillside property in Zebegény, an 800 square

yards of huge gardens reaching into the woods, where my grandfather has built a large house. At first, it was designed with three rooms for the family – Ella and their two children; Klári – my mother – and Gyuri.

Gyuri had only peripheral vision from birth. The parents were worried they didn't know how he would stand. That's when my grandfather decided to build a big house that would run as a guesthouse. But he didn't have the money to make it as big as he wanted, so he pulled up a few rooms on the hillside and added one more room each year. By 1947 the house had grown to have 13 rooms. It had a nice, large garden.

That was the place where Amrita regularly stayed through the summers. Sometimes Ella's daughter, Klári – my mother – also stayed with them. She could not be there all the time, because she was a professional ballet dancer and in 1930, she went to Italy, and she danced in Rome and Naples. In summers, through the holidays she came home – unless she had to go on tour – and spend her time with Amrita and family by the Danube, they paddled and swam.

As Amrita and Indira was born and lived in Hungary till Amrita turned 9 and Indira 7, and they also talked to their mother in Hungarian, they spoke Hungarian perfectly, on a native level, but they also spoke Hungarian to their mother.

The happy summers of Zebegény passed quickly, and the great house built by the very hands of my grandfather, Lajos Szepessy, got lost. In 1949, three men appeared at the house and said they are about to nationalize the building. The family had to leave in a few days with two suitcases. The building was a SZOT resort (National Council of Trade Unions) until the change of regime. The huge rooms were divided into 2×3 meters of holes, two beds in each room, a washbasin, a table with two chairs and a closet.



Amrita Sher-Gil

In the summers, however, until they owned the house, the siblings and cousins played together. The older sister of Amrita's mother, Blanka also lived in Dunaharaszti. She married the son of an Irish noble family who settled down in Hungary. Viktor O'Egan, an official, simplified his name to Egan.

Their children, Viola and Viktor were similar in age to their cousins, and they spent a lot of time together. Amrita really liked Viktor.

Later, as a young woman, Amrita met again her cousin Viktor Egan in the holiday home in Zebegény. They hadn't seen each other for a long time. Viktor was a medical student at the time. They got close to each other once again, and that was fostered by the fact that Amrita had long been chased with intention of marriage by a Muslim man

Yusuf Ali Khan, though Amrita did not like the idea of a Muslim marriage for different reasons.

In 1938, to everyone's astonishment, she announced that she would marry her cousin, Viktor Egan. The marriage was opposed by all parents: they feared that being cousins they would have sick children. Amrita and Viktor, however, agreed that they would not have children, they did not want to.

I had no chance to know Amrita. She died in '41, and I was born in '47. There are some rumors concerning her death. Allegedly, she became sick after eating dinner. She suffered for two days, and no doctor except Viktor saw him. Then she fell into a coma and died. Although Amrita got her Hindu name from Amritsar, the holy city of the Sikhs, she was still baptized under

the name of Dalma. Nevertheless, her body was burned the day after her death with a traditional Indian ceremony, and her ashes were scattered into the river Ravi. There was a theory that she had committed suicide, but I think the chance of this is zero, because within days she would have had a big exhibition in India she was very enthusiastic about. She was unlikely to commit suicide right before the exhibition, when she was so excited for months because of the event.

The cause of her death is still in question. The family never commented this, and my mother didn't ask Indira when they were here, and neither did I. They didn't talk about her. Amrita's parents were devastated by their daughter's death. Her mother fell into a deep depression, and soon afterwards she committed suicide. Umrao Singh Sher-Gil lived a few more years. In New Delhi, a street already bears Amrita's name, and they appreciate her work much more, cherish her memory much better than in Hungary. She is called „Indian Frida Kahlo.”

Indira, on the other hand I had the chance to meet. We got to know each other adventurously. I graduated from high school in 1965, got into law school with pre-admission, had my score, but due to the headcount I couldn't get started until the next year. I started college in September of '66. That year, I worked at Ganz Mávag (a famous heavy industrial factory in Budapest at that time) as an unskilled worker. We've been stockpiling in warehouses, covered by oil up to the neck.

In the spring of 1966, our boss called the warehouse – I was counting the screws – that a car is coming for me, I had to go home. I told that I should go to headquarters to change clothes. I was told there was no time for that, the car was there already. I had no idea what this was about. I went out and a big black Chaika with a car driver from the ministry was waiting for me. I got in the car full of oil and dirt, and it took me home.

At home my mother was all excited. She quickly told me what happened. Indira called us on the phone to say they were here in Hungary, in Budapest, and they wanted to visit us. They were guests of the government. In the meantime, my father arrived home, and being a doctor, he arrived in a white robe in the same car. Everyone showed up in their work outfit.

But how did they become government guests? At the time, Kádár (Hungarian Communist leader) had a light-industry minister named János Késérű, who was abroad with a government delegation in Moscow. At the same time Indira Gandhi had visited Moscow with her government delegation as Prime Minister of India. A reception was held at the Indian Embassy, all high-ranking personnel appeared. János Késérű was also invited there and she was introduced to the Indian guests. They shook hands with all member of the delegation one after the other. Next to Indira Gandhi was a short bald man, the Minister of Economy, Sundaram, they said. Next to him stood a lady, wearing sari and a dot on her forehead. János Késérű was about to shake her hand, when the lady said in good Hungarian: „Good Evening!” The Hungarian delegation was astonished, along with the minister. They drew her aside immediately, and began to ask her of her perfect Hungarian. She told them she was born here in Dunaharaszti and who she was. Madam Minister immediately invited Sundaram and her wife, Indira as a guest on behalf of the Hungarian Government – by that time she had already taken the name Indira Sundaram.

They visited Hungary the following year at the invitation of the government. That's how they got here. They spent a week in the country, my parents showed them around, they took the for dinner, for sightseeing; Fisherman's Bastion, Matthias Church, Margaret Island, Heroes' Square and more. They also took the guests to Zebegény, where Indira spent a lot of time when she was young. That's how I

met Indira and Navira, their daughter, who came with them. Their son Vivan didn't join them. This is how we met, I have a photograph of us sitting on Margaret Island in the sun, on the terrace of the great hotel.

At that time, the only thing we knew about Vivan that he existed. Sometime in the mid-1980s, he reached out to my mother, telling her that he was here in Budapest. We didn't know him personally, we only knew his name. He said they would love to pay us a visit with an Indian film group because they were planning to make an American-Indian-Hungarian co-production film about Amrita Sher-Gil.

They came to my mother's, sat in the living room, and outlined that the experiences of Amrita in Hungary would be in the feature film, and maybe Éva Almási would impersonate my mother. In the end, nothing happened, because the Hungarian government did not give money for it, and allegedly the Americans have restrained the support as well, so they couldn't realize their plans. It would have been filmed by Sándor Sára, but since it failed, many years later Sára went to India and made a three-part film, titled Amrita Sher-Gil. It was several times on television. Its genre was not a feature film, it rather brought up Indian moods; the Indian people, the environment, the lifestyle, in short, the film was made of impressions, in which the lead motif was Amrita Sher-Gil.

Vivan showed up again a few years later after the feature film failed, because he organized an exhibition at the Dorottya Gallery on Dorottya Street. He took pictures, he did montages, and he also painted. He arranged a photo montage exhibition from family memories, that's why he returned to Hungary. We met again. And then he came to visit together with Navira one more time, I keep photos of these meetings too. We haven't seen him since then.

Vivan didn't tell me any old family stories, he didn't even had the chance to

know Amrita since she died so early, so he couldn't have a direct relationship with her.

I'm not the only living relative, I have a younger brother. We are the only living descendants of Klára Szepessy. From the family there is still Áron Hegymegi Kiss and his half-brother. They're from the family's Egan-line. Ernő Gottesmann's wife was Viola Egan. With Viola, whose family name was Aunt Baba, they were cousins, too. Viola's marriage to Uncle Ernő is her second. Earlier she was married to Áron Hegymegi Kiss, and her son is also called Áron Hegymegi Kiss. He's 86 years old, he's full of strength, his family nickname is Roni.

Ernő worked as a film production manager and producer, Sándor Sára learned about Amrita from him, that's how he has got interested in Amrita. Aunt Baba had a child from Uncle Ernő, Viktor Gottesmann. He was one of the first to finish the jazz faculty at the Liszt Academy, before that he attended a conservatory. And by the way, he also graduated in film editing because his father wanted him to have some additional profession. He started a music band. At that time, they had the opportunity to go abroad to play music for six months. He usually played on ferries between Sweden and Finland. After six months, they had to come back for six months, and then they could go out again. Then Viktor went back, and around '73-'74, he forgot to come home, he settled down in Switzerland. Now he lives in Hungary, in a tiny village in Somogy county, and he occasionally visits Switzerland.

The preservation of Amrita's memory in Hungary is largely due to the art historian Katalin Keserű; she wrote the book *Amrita Sher-Gil*. The book premiere was in the 2000s on the first floor of the Alexandra book store at Nyugati Square. Kati invited us to the premiere, we've got a dedicated copy. The moderator was Gyula Sárosi, art historian, television and radio presenter, and he conducted the talk with Kati on stage. Sárosi told many

times that he was in love with Amrita. Kati Keserű couldn't stand it long, and cried out loudly:

- How could you be in love with her? You never even met her, and she would be way older than you.
- I am in love with her spirituality, with her artwork; I am deeply under her influence – he retorted.

So, Amrita has lover in our present time too.

Kati Keserű organized a grand exhibition; fifty huge banners were suspended to the national museum fence. Later we requested these from the Museum and in Zebegény we also exhibited the giant pictures on the street. (Amrita Sher-Gil fence exhibition on the occasion of the 100th anniversary of the artist's birth, from the archive photo collection of the Ferenc Hopp East Asian Art Museum. The author.)

Nehru was also displayed on one or two of the banners, with Amrita. There is a debate whether he was only a close friend of her, or there was more between them. Nehru visited Amrita's exhibitions, they had a frequent correspondence, but Amrita never painted him, even though Nehru really wanted her to do that. She said she wouldn't do it because Nehru was way too handsome. Umrao burned Nehru's letters when Amrita left for a long time. Amrita really didn't like this.

Coming back to the exhibition, later we figured we should organize an event in Zebegény because this is where Amrita grew up. We set up a small group to take care of Amrita's memory, we got these banners, and we placed them everywhere in the village starting at the Calvary. It's all thanks to Dóra Elek. I was involved as a relative, and we talked about how we should do this.

Dóra Elek is an extremely lively, smart, sympathetic lady, among others the artistic director of the Baltazar Theatre,

she invented it all. She „discovered” me when she moved to Zebegény. She learned that Amrita has relatives in Zebegény – my brother also lives there.

This is how we formed a company, at first without a legal framework, and then later in the form of a limited company. Dóra became the driving force behind the whole thing, she invented the banner exhibition, she arranged for us to get it for free from the National Museum. In general, she organized everything. I just helped her from the background now and then. In Hungary, only one exhibition was held, at Balatonfüred in the Vaszary Villa. A couple of paintings and other materials for the exhibition were brought from India.

A former Indian ambassador was the only one who took up the case, and he even visited us as Amrita's relatives, but it was just a visit of respect, nothing else. Then six months later, he went back to India as his mandate expired.

A book from the pen of a Spanish writer was published two years ago under the title *Amrita*. It was translated to Hungarian and published for a good price before Christmas. Only a small part of the book covers the Hungarian period, the rest is about India. He writes about Amrita's life in form of a novel, but obviously no one can know for sure what Amrita was talking to his father, Umrao Sher-Gil in 1929. What I can verify about its credibility is the Hungarian part of the book, but it is full of factual mistakes, false statements and nonsense. One has to be careful with incompetent authors.

Have we been to India? So far we haven't. We're planning it however. ■

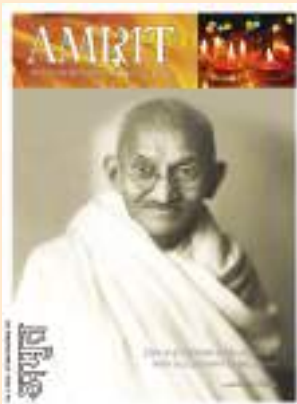
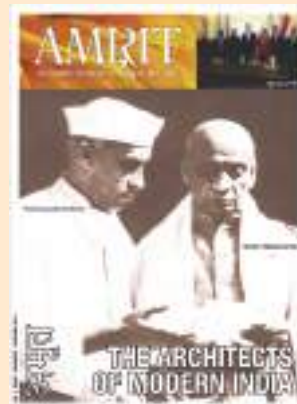
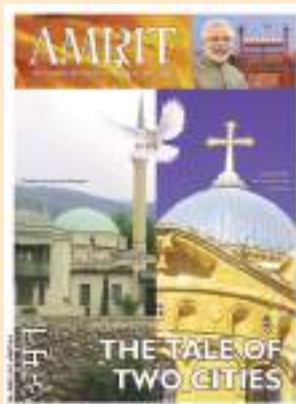
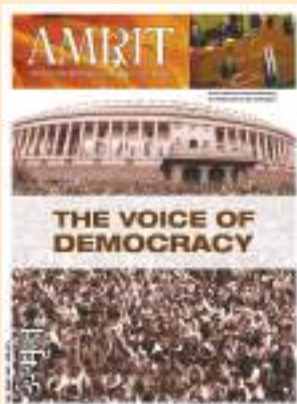
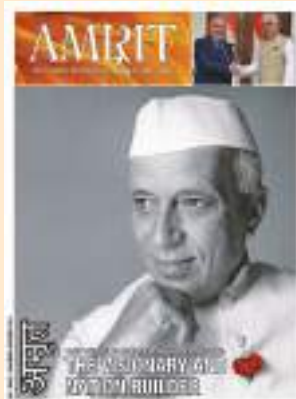
Written by Edina Stanczik based on the narrative of Dr. István Székely

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