

# AMRIT

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आम्रित

Vallabhai Patel Day,  
BiH Programmes and ITEC Day

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## AMRIT

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## Vienna Philharmonic Concert conducted by Mr. Zubin Mehta

**M**r. Zubin Mehta, world-renowned Indian conductor of western classical music with the Vienna Philharmonic Orchestra gave a concert in MÜPA, Budapest on 3 October. Born in Mumbai to a father who had founded the Bombay Symphony Orchestra, Mr. Mehta studied in his youth in Vienna and today enjoys a musical friendship of long standing with the Vienna Philharmonic. Ambassador and Mrs. Chhabra attended both the concert and the reception afterwards where they met the maestro and his wife, Mrs. Nancy Kovack, retired American actress of Hungarian origin.



(from left to right) Ambassador, Ms. Elisabeth Ellison-Kramer, Ambassador of Austria, Maestro Zubin Mehta, his wife, Mrs. Nancy Kovack and Mrs. Chhabra at the reception after the concert

## 25<sup>th</sup> World Shotokan Karate-Do Championship in Eger-town



**LEFT:** The Indian team at the 25th World Shotokan Karate-Do Championship in Eger-town. **RIGHT:** Ambassador received Mrs. Mahalakshmi Varun, leader of the Indian team and her spouse for tea at the Embassy



**T**he 25th World Shotokan Karate-Do Championship and the 25th Kohai World Cup took place in Eger town between 4-8 October 2017 in which an Indian team of six athletes lead by Mrs. Mahalakshmi Varun also participated. Her father, Mr. Rajendran, renowned Karate master, who won many championships was amongst the founding members of the Japan Shotokan Karate-Do Federation of India about 30 years back. The team has been competing in the Championship for the last 7 years, which was held in Hungary for the first time this year. We are immensely

proud of its achievements. Mr. Bhuvan came 1st place, while Ms. Desika 3rd place in their respective categories.

Further participants include Ms. Mahalakshmi, Ms. Chaitrashree, Srinegha and Mrs. Kasturi Rajendran (49), mother of Mrs. Mahalakshmi Varun who competed for the first time. After the championship, Ambassador received Mrs. Mahalakshmi and her spouse for tea to chat and congratulate on their amazing performance at the tournament. ■

# By Me Fashion Show

**O**n 10 October Ambassador and Mrs. Chhabra attended the Fashion Show 'Folk art connects nations' organised at the BY ME Fashion Salon. The world famous luxury collections designed by Ms. Tünde Hrivnák feature Slovakian motifs, original Hungarian Kalocsai and Matyó handmade embroidery and Halas Lace. Born into a family of dressmakers going back many generations, while her clothes reflect today's trend adequately, they are richly adorned by folk motives carrying the values and traditions of old times. This harmony then thus creates a timeless elegance.

Her collections have earned recognition not only at home, but in the United States as well as the famous Vendôme Luxury fashion show in Paris. At the Women's Programme on the 22<sup>nd</sup> September 2017 organised by the Ministry of Agriculture, the Hungarian Agriculture Ltd and the Hungarian Women's Union, Ms Andrea Gulyás, Minister of State for Public Administration,



Ambassador and Mrs. Chhabra with Ms. Tünde Hrivnák, designer of the world-famous luxury collection

who also attended the Fashion Show wore one of Tünde Hrivnák's designs. ■

## ISKCON Vegan festival



**LEFT:** Mrs. Chhabra giving her talk on vegetarian Indian cuisine at the Festival.

**RIGHT:** Mrs. Chhabra presenting her cooking demonstration to the audience



**O**n the occasion of Vegetarian World Day, ISKCON Hungary organised a Vegan Festival to present and promote India's traditional culinary art of vegan dishes and the ayurvedic traditions in cooking. Ambassador's wife, Mrs. Kavita Chhabra gave a short talk on the topic titled

'Veganism VS India' and held a cooking demonstration preparing upma, a salty, vegetable dish with tomato and coriander chutney. The Festival was a great success indicating a deep interest from the Hungarian audience for Indian dishes to master a healthy diet for a happier life. ■



## Exhibition opening

Ambassador and Mrs. Chhabra attended the opening of the exhibition 'Between Sky and Earth - The Bible in Hungarian Fine Art' organised by Kovács Gábor Art Foundation and the Debrecen Reformed Theological University in Várkert Bazár as part of the Reformation 500 - 500th anniversary of the Reformation memorial year. ■

Ambassador and Mrs. Chhabra with Ms. Katalin Házi, managing director of KOGART and Mr. Richárd Kosinsky, art historian at the exhibition



## WEDF Forum



**LEFT:** Ambassador along with the CII delegation at the opening ceremony. **RIGHT:** Ambassador with H.E. Mr. Levente Magyar, Minister of State, Ministry of Foreign Affairs And Trade of Hungary, at the Gala Reception

India participated in the World Export Development Forum (WEDF) on 25-26 October, 2017 in Budapest, Hungary. The Confederation of Indian Industry (CII) sent a 4 member delegation led by Mr. Deep Kapuria – Chairman, CII Central Europe Committee, and Chairman of The Hi-Tech Group, India.

Ambassador H.E. Mr. Rahul Chhabra along with the visiting delegation attended the opening ceremony on 25 October in the Budapest Congress Centre. The forum was officially inaugurated by H.E. Mr. János Áder, President of Hungary, H.E. Mr. Péter Szijjartó, Minister of Foreign Affairs and Trade, Government of Hungary and Ms. Arancha González, Executive Director, International Trade Centre.

On the sidelines of the forum the CII delegation attended several B2B meetings. They met with the representatives of the Hungarian Chamber of Commerce and Industry, the Budapest Chamber of Commerce and Industry, the Hungarian Investment Promotion Agency, the Ministry of Foreign Affairs and Trade, and the Autonomous Vehicle Test Track from Zalaegerszeg.

After the meetings, Mr. Deep Kapuria participated in the 'New Regional Trade Routes' plenary session and spoke about technologies.

The day ended with a Gala dinner hosted by the organizers of WEDF at Vigadó. ■

## Visit to Tuzla, Bosnia-Herzegovina



Ambassador, PM of Tuzla Canton Government, Mr. Bego Gutić, Minister of Education, Science, Culture and Sport, Mr. Zlatan Muratović and Minister of Industry, Energy and Mining, Mr. Srđan Mićanović during the official talks



Ambassador presenting a gift to PM of Tuzla Canton Government, Mr. Bego Gutić

Upon receiving an official invitation Ambassador paid visit to Tuzla, BiH on 1st November 2017, where he met Mr. Bego Gutić, Prime Minister of Tuzla Canton Government. The talks were attended by Mr. Zlatan Muratović, Minister of Education, Science, Culture and Sport and Mr. Srđan Mićanović Minister of Industry, Energy and Mining as well. Ambassador and the representatives of the Canton discussed the possibilities of development in bilateral cooperation in the economic and cultural field. Ambassador conveyed his invitation to Tuzla to join the cities of Sarajevo, Mostar and Banja Luka in celebrating International Day of Yoga in June next year. ■

## Tour of Tuzla



The photograph above shows Ambassador and his party being shown a genuine Neolithic pan that was used for salting out the salt water



Ambassador Rahul Chhabra and Madam Kavita Chhabra in Peace Flame House in Tuzla

Ambassador continued his visit in Tuzla and joined by Mrs. Chhabra he took a guided tour of the city during which they visited the only Museum of Salt in Bosnia and Herzegovina, situated in one of the buildings of Salt Factory in Tuzla. The Curator of the Museum received the guests and presented the exhibition himself explaining the content and operation of the museum, as well as methods of exploitation of salt.



# Rashtriya Ekta Diwas Pledge

To commemorate the birth anniversary of Sardar Vallabhbhai Patel on 31st October Ambassador administered the Rashtriya Ekta Diwas (National Unity Day) Pledge to all India-based officials of the Mission. Sardar Patel, also known as the 'Iron Man of India' was the first Deputy Prime Minister of India, a leader of the Indian National Congress and a founding father of the Republic of India. He also played a leading role in the country's struggle for independence and guided its integration into a united, independent nation. ■



Members of the Mission taking the pledge lead by Ambassador

## ArcelorMittal celebrates 125 years of steel making in Zenica



**LEFT:** Ambassador giving his speech at the reception. **RIGHT:** (from left to right) Mr. Šefik Džaferović, Second Deputy Speaker of the House of Representatives, Parliamentary Assembly of Bosnia and Herzegovina, Ambassador and Mr. Fadil Novalić, Prime Minister of the Federation of Bosnia and Herzegovina

The Bosnian branch of the company, ArcelorMittal known as the world's leading steel and mining company and supplier of quality steel products in all major markets, lead by Mr. Biju Nair, CEO celebrated 125 years of steel making in Zenica on 2 November.

Attending the ceremony Ambassador also gave a speech at the event conveying his congratulations on the auspicious anniversary whilst also marking the great achievements and

important work the company has been doing for the economy of the region as well as in the world-wide theatre.

At the reception Ambassador met several dignitaries of the Bosnian economic and political elite including Mr. Fadil Novalić, Prime Minister of the Federation of Bosnia and Herzegovina and Mr. Šefik Džaferović, Second Deputy Speaker of the House of Representatives, Parliamentary Assembly of Bosnia-Herzegovina. ■

## Meeting with Minister of Communications and Transportation

Concluding his tour on 3 November in Sarajevo, Ambassador paid an official visit to Mr. Ismir Jusko, Minister of Communications and Transport of Bosnia & Herzegovina to discuss matters of mutual cooperation between the two countries. ■

Ambassador at the meeting  
with Minister of Communications  
and Transport



## Official visit to the University of Miskolc



**LEFT:** H.E. Mr. Rahul Chhabra (middle-left), Prof. Dr. András Torma, Rector (middle-right), Prof. Dr. Tamás Kékesi (right) and Ms. Krisztina Sándor, International Coordinator (left). **RIGHT:** Ambassador, Prof. Dr. András Torma, Rector and Prof. Dr. Tamás Kékesi, Vice-Rector with the Indian students enrolled in the University of Debrecen

Ambassador paid an official visit to the University of Miskolc on 10 November, 2017 to meet with the University students and to inform them about the possibilities that India could offer for further studies as well as for building a career. A closed session with the Indian students currently enrolled in the university also took place during which Ambassador listened to the students talking about their lives and studies in Hungary while also being informed about the training opportunities of the prestigious educational institute. Concluding the meeting, upon request Ambassador assured the students to take all efforts in arranging internships for them with Indian companies in Hungary.

Prof. Dr. Tamás Kékesi, Vice-Rector of the University along with International students received Ambassador in front of the Main Building immersing in a small discussion before the event during which Ambassador was invited to

attend the Fresher's Ball later in the evening.

Prof. Dr. András Torma, the Rector of the University welcomed the head of Indian Mission in Hungary and his delegation in the Senate Room. During the official talks Prof. Dr. Tamás Kékesi introduced the University of Miskolc, whilst Ambassador gave a presentation about the relations between India and Hungary.

As part of the visit, the Amrita Sher-Gil Cultural Center of the Embassy presented a taste of Indian culture to the assembled audience. Pandit Rajesh Gangani, Tabla Artist and Ms. Garima Gabriella Tóth Kuchipudi Dancer amazed everyone with their performances. The programmes were attended by Faculty members and the students alike.

The event ended with a reception hosted by the Rector of the University. ■



# Remembrance Day of the United Kingdom

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

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

The Indian Army contributed a large number of divisions and independent brigades to the European, Mediterranean and the Middle East theatres of World War I. It is estimated that at least 74,187 Indian soldiers lost their lives in the Great War. Honouring their sacrifice, Field-Marshal Sir Claude



Ambassador at the Laying of the Wreath of Remembrance during the ceremony

Auchinleck, Commander-in-Chief of the Indian Army from 1942 asserted that the British "couldn't have come through both wars [World War I and II] if they hadn't had the Indian Army."

The Embassy of the United Kingdom held the Remembrance

Service on 12 November at the Solymár Commonwealth Cemetery. Ambassador attended the service and, upon request of Ambassador Iain Lindsay gave a reading from the Book of Psalms of the Old Testament to pay his respects to those who have lost their lives in armed conflicts. ■

## Agreement for Establishment of European Institute of Ayurvedic Sciences signed

A delegation headed by Dr. Rajesh Kotecha, Special Secretary, Ministry of AYUSH, and Prof. K. S. Dhiman, Director General, Central Council for Research in Ayurvedic Sciences (CCRAS), an autonomous institution under Ministry of Ayush, visited Hungary from 1-4 October, 2017. The MOU for establishment of the European Institute of Ayurvedic Sciences (EIAS) was signed on 01 October 2017 by Prof. K.S. Dhiman, Director General, CCRAS, and Dr. Laszlo Csernoch, Vice Rector for Scientific Affairs, University of Debrecen, in the presence of Dr. Rajesh



Singing of the MOU: (left to right) Dr. Imre Semsei, Dean Faculty of Health Sciences, University of Debrecen, Dr. László Csernoch Vice Rector for Scientific Affairs University of Debrecen, Prof. K.S. Dhiman, Director General of Central Council for Research in Ayurvedic Sciences (CCRAS), Mr. Rajesh Kotecha, Special Secretary of Ministry of Ayush, Mr. Rahul Chhabra, Ambassador of India

Kotecha, Special Secretary, and Ambassador Rahul Chhabra.

The signing of the MOU is an important step in furtherance of bilateral relationship and for promotion of Ayurveda in Hungary. The Indian government will help in providing professional manpower requirements and technical support within the framework of MOU to the proposed Institute.

On 2nd October 2017, a Symposium was organized on Evidence Based Ayurveda with the title of "Integration in Research and Clinical Practice" at the University of Debrecen. Ambassador Rahul Chhabra in his welcome remarks gave an overview of the India-Hungary relations, which are friendly, broad-based and dynamic. Dr. Rajesh Kotecha, Special Secretary, Ministry of Ayush, gave a presentation on the subject "AYUSH Vision for Generation of Evidence, Integration and Collaboration with Universities Abroad". Dr. Bhushan Patwardhan, Director, Centre for Integrative and Complementary Health, Department of Health Services, Savitribai Phule University, Pune, spoke on the issue of "Modern Research on Ayurvedic Concepts and Drugs". Dr. Peter Kovacs, Head of Clinical Pharmacology Unit, Institute of Internal Medicine, University of Debrecen, informed of Hungarian research experiences on "Fenugreek - a novel drug of Ayurveda". Dr. K.S. Dhiman, Director General, CCRAS, informed the audience of the "CCRAS Research Policies and Priorities for Collaborative Programmes in India and Abroad". Dr. Geetha Krishnan, Head of Department of Integrated Medicine, Medanta-Medicity Hospital, New Delhi, gave a presentation on the subject of "Integration of Ayurveda in Modern Medicine Clinical Practice: Examples from India". Dr. Ivan Szalkai, Head of Ayurveda Programme, University of Miskolc, spoke on the subject of "Effect of Panchkarma in various diseases".

The Symposium brought together prominent stakeholders and players in the field of Ayurveda in Hungary. Over 75 researchers, students and medical doctors attended the event.

The Ayurveda Symposium was opened with welcome remarks by Ambassador Rahul Chhabra. Prof. Dr. Asmita Wele, Chair of Ayurveda, at the University of Debrecen, was the moderator at the Symposium. The event ended with Indian Cultural performances organized by the Embassy of India, Budapest.

On 3 October, 2017 the visiting delegation had meeting with Dr. Péter Medgyessy, former Prime Minister and Founder and Head of the Foundation of Traditional Indian Medicine for the Public Health in Hungary. Dr. Medgyessy informed the delegation about two Ayurveda Conferences planned to be held in Hungary in 2018 and in 2019, and requested support of Ministry of Ayush for the same.

The visiting delegation met with Dr. Zoltán Ónodi-Szűcs, Minister of State for Health Care, Government of Hungary, on



(left to right) Dr. Geetha Krishnan, Head of Department of Integrated Medicine, Medanta-Medicity Hospital, New Delhi, Mr. Rahul Chhabra, Ambassador of India, Mr. Rajesh Kotecha, Special Secretary of Ministry of Ayush, Prof. Dr. Asmita Wele, Chairman of the Ayurveda Chair at the University of Debrecen, Prof. K.S. Dhiman, Director General of Central Council for Research in Ayurvedic Sciences (CCRAS) and Prof. Dr. Bhushan Patwardhan, Director of Center for Integrative and Complementary Health (CICH)



Ambassador delivering his welcome address at the University of Debrecen



Audience listening to the talks at the Symposium





**LEFT:** Traditional Indian Cultural Performances were organized by Embassy of India, Budapest. Mr. Rajesh Gangani, Tabla artist, Mr. Szabolcs Tóth Sitarist, Mr. T.P.S. Rawat, Director of ASCC, Prof. K.S. Dhiman, Director General, Mr. Rajesh Kotecha, Special Secretary, Ms Saumya Shukla Kathak Teacher, Ms Avani Wele and Prof.Dr. Asmita Wele, Chairman of the Ayurveda Chair. **RIGHT:** (Left to right) Prof. Asmita Wele, Chair of Ayurveda at the University of Debrecen, Dr. Péter Medgyessy, former Prime Minister, Founder and Head of the Foundation of Traditional Indian Medicine for the Public Health in Hungary, Mr. Rahul Chhabra, Ambassador of India, Dr. Rajesh Kotecha, Special Secretary, Ministry of Ayush, and Prof. K. S. Dhiman, Director General, CCRAS

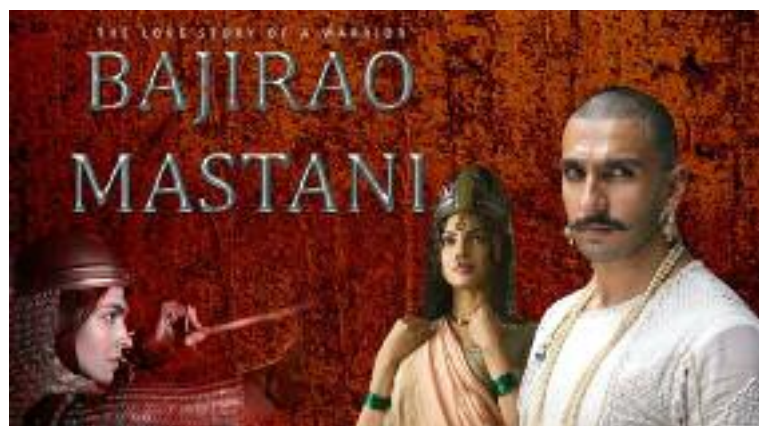
October 3, 2017. The discussions focussed on the ongoing collaboration between the two governments in this field and ways to expand these further. ■



(Left to right) Mr. Rahul Chhabra, Ambassador, Dr. Zoltán Ónodi-Szűcs, Minister of State for Health Care, Government of Hungary, Dr. Rajesh Kotecha, Special Secretary, Ministry of Ayush, Prof. K. S. Dhiman, Director General, CCRAS, Prof. Asmita Wele, Chair of Ayurveda at the University of Debrecen, Dr. Geetha Krishnan, Head of Department of Integrated Medicine, Medanta-Medicity Hospital, New Delhi

## Indian Film Club

On first and third Friday of every month films are screened under the aegis of “Indian Cine Club” at the auditorium of Amrita Sher-Gil Cultural Centre in Embassy Premises for Hungarian fans. In October, only one film was screened on 20 October as at the beginning of the month we organized Indian Film Week from 5-11 October, 2017 in Puskin cinema. On 20 October we screened Bajirao Mastani (2015), which was the inauguration film of the Film Week. This had been chosen due to the great demand, as a lot of people could not watch it due to the full house screening of the film during Indian Film Week. The screening was well-attended by audience.



## OCCASIONAL PROGRAMMES in ASCC



Ambassador speaking on the occasion

A four member delegation consisting of Dr. Rajesh Kotecha, Special Secretary, Ministry of AYUSH, Prof. K. S. Dhiman, Director General, Central Council for Research in Ayurvedic Sciences (CCRAS), New Delhi, Dr. Geetha Krishnan, Head of Department of Integrated Medicine, Medanta Mediciti Hospital, New Delhi, and Prof. Dr. Bhushan Patwardhan, Director of Center for Integrative and Complementary Health (CICH), Pune visited Hungary from 1-4 October, 2017 in connection with the establishment of the European Institute of Ayurvedic Sciences (EIAS) at University of Debrecen.

After the official engagement of the delegation on 2 October in Debrecen, a cultural event was organized in the Aula of Debrecen University. The event was opened by welcome remarks of Prof. Dr. Asmita Wele, Chairman of the Ayurveda Chair at the University of Debrecen and continued with music performance by Mr Szabolcs Tóth (Sitar player) and Pt Rajesh Gangani (Tabla player). They gave classical Indian music show jamming together. They were followed by Ms Saumya Shukla and Ms Avani Wele, both Kathak dancers. They performed in two different styles, showing the classical as well as the contemporary side of the dance too. The cultural programmes were very well-received.



Rajesh Gangani & Szabolcs Tóth performing



Ms Avani Wele & Ms Saumya Shukla performing



Group photo

### Indian Film Week

**5-11 October, 2017**

On the occasion of the 70th anniversary of India's independence, Embassy of India in collaboration with Puskin Cinema organized the 3rd Indian Film Week from 5-11 October 2017. Besides the last three years' box office hits some older classics of Bollywood movies were also selected for the festival. The Opening Ceremony took place in Puskin Cinema on 5 October 2017. The event started with a Reception hosted by Ambassador in Puskin Café. Dr Imre Lázár, Head of Dept., Department of

Bilateral Relations, Ministry of Human Capacities, other government officials, Ambassadors, representatives of Mayor's Offices, cultural institutes and Hungarian print- and audiovisual media attended the function. The Inauguration Ceremony started with the flower ceremony on stage. In his speech Ambassador dwelt on the 70th year of India's independence and emphasized the importance of events being organized during the memorial year. The Inauguration concluded with the presentation of Indian gift items to winners of the facebook quiz on Indian Cinema which





**LEFT:** Flower ceremony: Flower petals offered to Lord Ganesha by H.E. Rahul Chhabra, Ambassador of India, Madam Kavita Chhabra, Dr Imre Lázár, Mrs Lázár and Mr T.P.S. Rawat, Director of Amrita Sher-Gil Cultural Centre seeking blessings of the God. **CENTER:** Presentation of Indian gift items to winners of the facebook quiz. **RIGHT:** Bajirao Mastani is being screened



**LEFT:** Reception in Puskin Café. **CENTER:** Full-house audience.  
**RIGHT:** Ambassador interacting with guests the Reception in Puskin Café

was specially commissioned for the publicity of Film Week. Two participants were invited on stage and given the presents by Ambassador Chhabra and Madam Kavita Chhabra. Inauguration film Bajirao Mastani was screened to a full-house audience. Other films screened were:

6 October: Maneesh Sharma: Fan (2016, Hindi)

7 October: Aditya Chopra: Mohabbatein (2000, Hindi)

8 October: Ashutosh Gowariker: Jodha Akbar (2008, Hindi)

9 October: Nishikant Kamat: Drishyam (2015, Hindi)

10 October: Ali Abbas Zafar: Sultan (2016, Hindi)

11 October: Raja Krishna Menon: Airlift (2016, Hindi)

### Workshop by Ms Prerna Sujan

**11 October, 2017**

A workshop was held on 11th October 2017 at the Amrita Sher-Gil Cultural Centre of the Embassy of India, Budapest by Ms. Prerna Sujan with the title "Using the Domain of Emotions and Language to Create New Ways of Being". The lecture focused on



**LEFT:** Mr. Vijay Khanduja Counsellor giving welcoming remarks.



**RIGHT:** Ms. Prerna Sujan giving lecture



**LEFT:** (Left to right) Ms. Prerna Sujan, Mrs. Kavita Chhabra, Wife of Ambassador, Mr. Rahul Chhabra, Mrs. Andrea Székely, Director of Centre for Homeopathic Education.



**RIGHT:** Appx 25 persons including Embassy officials listened to the lecture

the BEL model: Body-Emotions-Language, and how one can be more aware of these functions and use these to benefit their lives. Ms. Prerna Sujan PCC

is an ontologically trained coach from the United States who has been living in Budapest for the last 24 years. She originates from India and has lived on

several continents. The lecture was taken with great interest by an audience of appx 30 persons including several Embassy officials.

**Odissi dance performance by Sandhyadipa Kar**  
13 October, 2017



Ms Sandhyadipa performing



Padmini Group performing



Audience watching the show

On 13 October 2017 Ms. Sandhyadipa Kar, Odissi dancer presented a beautiful dance performance accompanied by the Padmini Odissi



Bouquet ceremony

Dance Group (Debrecen) in ASCC.

Sandhyadipa began her Odissi dance training in 1982 under the tutelage of Padma Bibhusan Late Guru Shri Kelucharan Mohapatra. She has since performed on numerous occasions in both India and abroad. Sandhyadipa has been teaching Odissi dance for the last 25 years. Sandhyadipa is currently settled in the United States and is actively involved in performing, promoting and teaching Odissi dance and music.

Ms Sandhyadipa gave a heart-warming show including several aspects of Odissi dance. She started with a Stuti to Jagannath, the Lord of the Universe. The piece depicted Lord Rama, who conquered Ravana with the help of Hanuman to save his Sita's life. There were dance items dedicated to Lord Krishna, one is a pure dance item depicting the joys of spring, the other telling a love story about Radha and his flirtatious Krishna, who spent the night with another Gopi. The last item was about Dashavatara, the ten incarnations of Lord Vishnu.

Sandhyadipa visits Hungary once in a year, as she has students in Debrecen city. This year she came for a 3-week visit, in the frame of which she performed in our Cultural Centre. Her students also contributed to the programme for a few items. The enchanting performances were of high

quality. Around 110 people attended the show.

**Kuchipudi dance performance by Gabriella Tóth and Tarangam Group**  
17 October, 2017



Tarangam Group



Ms Garima performing

On 17 October, 2017, Ms Gabriella Tóth, Kuchipudi teacher in ASCC performed in ASCC presenting her new performance titled 'Om Mangalam OM', which is a dance piece dedicated to Indian Gods. In the course of the presentations of 'OM Mangalam OM' a homage was paid to the most significant Hindu dancing gods and goddesses. The works of dance art composed on sacred poems in praise of the Hindu deities (such as Shloka, Stuti, Bhajan, Sankirtana, Ashtaka, Stotra, Mantra, Arati) displayed the various type of dances of the deities. In the musical compositions the authentic instrumental music alternated with the scoring of light music, fusing the classical and the today-style of spiritual music.

These myths speak of the creation of the world as the dance of God. Rhythmic sound is at the source of all creation and the gods are the power through which the life-force manifests. The creator, unmoved, but at the same time the



moving force behind events, is the central point around which everything turns, as it holds its peace, encircling the movement and the immobility as well. The real peace is the invisible divine centre around which all creation dances.

On the occasion of 'Divali' Festival of Lights, the group dedicated this performance to Lord Ganapati who removes the obstacles and brings light, and Goddess Mahalakshmi who represents the 'Shakti', the divine

female energy.

The graceful movements and outstanding Abhinaya of Ms Gabriella enchanted the audience. Around 50 people attended the event.

## Indian cultural programme series in Bosnia & Herzegovina 17-20 October, 2017 Mostar, Sarajevo, Foca & Banja Luka

**Day of India in Mostar and Siroki Brijeg**  
17 October, 2017



Ambassador Rahul Chhabra is handing over to the Vice Rector for International Corporation, Ms. Sanja Bijaksic books donated to University of Mostar by Embassy of India



Ambassador Rahul Chhabra, Madam Kavita Chhabra, Mr. Stjepan Skoko, Dean of the Art Academy in Siroki Brijeg and Mr. T.P.S. Rawat, Director of the Cultural Centre Amrita Sher Gil at Siroki Brijeg Art Academy



Kathak dance performance by Ms. Saumya Shukla, Kathak performer and teacher at Amrita Sher-Gil Cultural Centre



Indian classical music performance in HD Stjepan Kosaca



Ambassador Rahul Chhabra and Madam Kavita Chhabra handing over the gift and donation of the books on Indian Art to Mr. Stjepan Skoko, Dean of the Art Academy in Siroki Brijeg



Madam Kavita Chhabra speaking



Madam Kavita Chhabra holding a lecture on modern Indian art named Birth of Modern Indian Art- Where Tradition Rules

On the occasion of the 70th Anniversary of India's independence, Embassy of India in collaboration with University of Mostar organized a "Day of India" in HD Stjepan Kosaca and Academy of Fine Arts in Siroki Brijeg. Ambassador Rahul Chhabra prior to the events had a meeting with the Rector of University of Mostar prof.dr.sc. Zoran Tomić. At the meeting they discussed the possibilities of cooperation between India and Bosnia & Herzegovina. At



Madam Kavita Chhabra and students watching the art works of the Art Academy in Siroki Brijeg



**Classical Indian Music workshop**



**Classical Indian Dance workshop led by Ms. Saumya Shukla, Kathak performer and teacher at Amrita Sher-Gil Cultural Centre**

Stjepan Kosača the event was formally inaugurated by Ambassador Rahul Chhabra, Mayor of Mostar Mr. Ljubo Bešlić and Vice Rector for International Relations Ms. Sanja Bijaksic. After the inaugurational ceremony Ambassador Rahul Chhabra held a presentation on India and Bosnia & Herzegovina Relations in a globalizing world. The presentation was accompanied with Classical Indian dance performance of Ms Saumya Shukla and music concert performed by Pt Rajesh Gangani Tabla artist and Mr Szabolcs Tóth Sitar player. The event concluded with book donation to the University of Mostar. Indian Embassy donated over 60 books to the University of Mostar and Ambassador Rahul Chhabra handed it over to Vice Rector for International Relations Ms. Sanja Bijaksic.

At the evening function at Academy of Fine Arts in Siroki Brijeg, Ambassador H.E. Rahul Chhabra and Madam Kavita Chhabra were warmly welcomed by the Dean of the Academy of Fine Arts Mr. Stjepan Skoko and Senior Assistant Mr. Svetislav Cvetkovic. After the welcome speech of the Dean of the Academy of Fine Arts, Madam

Kavita Chhabra held a lecture on Modern Indian Art. After the lecture Mr. Rajesh Gangani and Mr. Szabolcs Toth presented a traditional Indian music composition. The music performance was followed by the beautiful dance performance by Ms. Saumya Shukla, Kathak dance performer and teacher at Amrita Sher-Gil Cultural Centre. The students of the Art Academy of Siroki Brijeg showed a great interest towards the Indian tradition and cultural heritage. 'Day of India' was concluded with Classical Indian Music workshop held by Mr Rajesh Gangani and Mr. Szabolcs Toth and Indian Classical dance Kathak workshop held by Ms. Saumya Shukla. The visitors had the opportunity to jam with the musicians and to dance and learn about Kathak dance.

**Indian classical music concert in Figure Art Gallery, Sarajevo  
18 October, 2017**



**LEFT: H.E. Rahul Chhabra, Ambassador of India and Madam Kavita Chhabra.  
RIGHT: Mr T.P.S. Rawat, Director of Amrita Sher-Gil Cultural Centre**



**LEFT: Audience enjoying the concert. RIGHT: Musicians performing**

On 18 October, 2017, Indian classical music concert was organized in Figure Art Gallery (Atelier Figure) in Sarajevo, which is located in a building that used to be the Masic family's apartment, right in the centre of the town. The gallery opened in 2010 and the unique and minimalist interior, which covers an area of 160 m2, contributes to its special character. The programme started with welcome speech by Mr Slaviša Mašić, retired TV director and owner of this unique place. He introduced the artists to the audience and spoke about Indian music, commemorating the famous late Bosnian Sitar player, Ivan Vrnuch Chapa as well. He was followed by Mr T.P.S. Rawat, Director of Amrita Sher-Gil Cultural Centre, who greeted the audience and dwelt on the importance of cultural relations between India and Bosnia & Herzegovina. After the opening speeches Pt Rajesh Gangani, Tabla artist and Mr Szabolcs Tóth, Sitar player - both teachers of Amrita Sher-Gil Cultural



Centre in Budapest - gave a special and enchanting music performance. The first Raga was offered to the memory of Ivan Vrnuch Chapa. After the one-hour performance, the musicians were requested to give an encore. H.E. Rahul Chhabra, Ambassador of India and Madam Kavita Chhabra also visited the event. The programme concluded with Reception organized by the Atelier. Around 100 people attended the event. The ambience of the place and the concert was very inspiring for all.

### **Cultural programme at Tourism Fair, Sarajevo**

**19 October, 2017**

India participated as a "Partner



Mr T.P.S. Rawat at the India Stall



Musicians performing



Ms Saumya Shukla performing

Country" in the 39th International Sarajevo Tourism Festival in Sarajevo, Bosnia & Herzegovina, 19-21 October, 2017. On the occasion of the 39th International Sarajevo Tourism Festival, cultural programme was organized in Skenderija Centre, Sarajevo on 19 October, 2017. Pt Rajesh Gangani and Mr Szabolcs Tóth held Indian classical music performance. They were followed by Ms Saumya Shukla Kathak dancer-cum-teacher at ASCC.

### **Cultural programme in Foča, Bosnia & Herzegovina**

**19 October, 2017**



Ms Saumya Shukla performing



Mr Rajesh Gangani and  
Mr Szabolcs Tóth performing

On the occasion of the 70th anniversary of India's independence, on 19 October, 2017, Indian cultural programme was organized in Foča city in the National Theatre of town. Mr.



Audience clapping



Mr Rawat giving interview



Group photo

Radisav Mašić, Municipality Mayor of Foča city also attended the event. Mr T.P.S. Rawat, Director of Amrita Sher-Gil Cultural Centre greeted the audience and spoke about the importance of cultural relations. He was followed by the musicians: Mr Szabolcs Tóth, Sitar player and Pt Rajesh Gangani, Tabla artist, who enchanted the audience with classical Raga compositions. The programme continued with Kathak dance performance of Ms Saumya Shukla, who showcased different dance items based on Indian mythology. The artists were very well received by the audience. The programme concluded with Reception hosted by representatives of the Museum of Foča, and the Tourism Office of the city.

### **Music and Dance performance in Banja Luka on 20th October 2017**

**20 October, 2017**



Cultural programme was organized in Cultural Centre Banski Dvor in Banja Luka, Bosnia & Herzegovina



Mr. Mladen Matovic, the Director of Banski Dvor Cultural Centre greeting the audience



H.E. Mr. István Íjgyártó giving his speech to the audience on ITEC Day Celebration



Music performance of Pt Rajesh Gangani, Tabla artist and Mr Szabolcs Tóth, Sitar player

of the Amrita Sher Gil Cultural Centre at Indian Embassy inaugurated the event and warmly welcomed the audience. The programme started with a music performance of Pt Rajesh Gangani, Tabla artist and Mr Szabolcs Tóth, Sitar player - both teachers of Amrita Sher-Gil Cultural Centre in Budapest. The concert was followed by dance performance of Ms. Saumya Shukla, Kathak dancer and Kathak teacher at Amrita Sher-Gil Cultural Centre. The audience was mesmerized by the performances.



Audience listening to the speech



Music performance

### ITEC Day Celebration 27 October, 2017



H. E. Mr. Rahul Chhabra, Ambassador of India giving his greeting speech to the audience on ITEC Day



Mr. Vijay Khanduja introducing the mobile app of Embassy of India, Budapest



Dance performance of Ms. Saumya Shukla, Kathak performer and teacher at Amrita Sher-Gil Cultural Centre



Launching of the CD of Ms. Judit Ábrahám—H. E. Mr. Rahul Chhabra (second), Ms. Judit Ábrahám (third), H. E. Mr. István Íjgyártó (last one), Mr. T.P.S. Rawat (first on the pic)

On the occasion of the 70th Anniversary of India's Independence a cultural programme was organized in Cultural Centre Banski Dvor in Banja Luka, Bosnia & Herzegovina on 20 October 2017. Mr. T.P.S. Rawat, Director



Mme Kavita Chhabra,  
H.E. Mr. Rahul Chhabra and  
H.E. Mr. István Íjgyártó

ITEC Day was celebrated in Embassy of India, Budapest, on 27 October, 2017. H.E. Mr. Istvan Ijgyarto, Minister of State for Cultural and Science Diplomacy, Ministry of Foreign





**LEFT:** ITEC Day presentation of Ms. Edit and Mr. György Iván Neszmélyi. **CENTER:** Music performance by Rajesh Gangani and György Molnár. **RIGHT:** Ms. Sumedha Bhattacharya performing

Affairs and Trade, was the Chief Guest on the occasion. Ambassador Rahul Chhabra, in his inaugural address, gave an overview of the ITEC programme, stressing that it was an important pillar of bilateral cooperation with Hungary. Ambassador added that apart from training courses, ITEC programme offers expertise in several other areas such as feasibility studies, projects, deputation of experts abroad, which could also be explored to enhance further collaboration with Hungary. The Chief Guest, H.E. Mr. Istvan Igyarto, mentioned that India and Hungary shared an excellent bilateral relationship, encompassing diverse areas. He referred to increased Indian investments in Hungary and the scholarship scheme, which would further enhance bilateral cooperation. The speeches were followed by launch of a music CD (Dil Mastana) of Ms. Judit Ábrahám, who is a well-known Rajasthani dance performer. The CD was released after the summer visit of Dil Mastana group to Hungary and it is a fusion parallel of Rajasthani and Hungarian folk music. After the CD launch Mr. Vijay Khanduja, Counsellor of Embassy of India introduced the mobile application of Embassy of India, which will be available in Google play store as well as in Apple store very soon. This was followed by presentations of three ITEC participants - Ms. Edit and Mr. György Iván Neszmélyi, who participated in PCFD (Professional Course for Foreign Diplomats in Foreign Service Institute) course in 1998 and Dr. Éva Veronika Lőrincz, who took participation in Entrepreneurship Education to Strengthen Emerging Economies course at the Entrepreneurship Development

Institute of India in 2017. They offered positive insights into the training programmes, and also spoke about the wonderful facilities offered by the Government of India and how much they enjoyed their studies in India. After these Ms. Sumedha Bhattacharya, Kathak dancer presented two wonderful compositions of dance performance, which was followed by a short Raga, performed by Pt. Rajesh K. Gangani, teacher cum performer at the Amrita Sher-Gil Cultural Centre and dr. György Molnár, student of Pt. Gangani, who played on Surbahar. The amazing music performance was followed by a dinner reception. Around 80 people attended the ITEC Day celebrations, which included ITEC and ICCR alumnis, prominent members of the ministries, journalists, Professors of universities and members of the Embassy.

**Raga Fusion: Violin concert by Zoltán Lantos, accompanied by Pt Rajesh Gangani on Tabla**  
**7 November, 2017**



**Zoltán Lantos and Rajesh Gangani performing**

On 7 November, 2017 Mr Zoltán Lantos performed in ASCC in front of a full-house audience. Zoltán Lantos is a violinist who is at in various music cultures across the globe—but has



**Mr Rawat presenting bouquets**



**Group photo**

forged a sonic language all his own. He appeared on the Eastern-European jazz scene while studying at the Music Academy in his hometown, Budapest. But shortly after earning his degree in classical violin, Lantos embarked on a remarkable musical journey. Drawn to experimental and eastern music, he traveled to India in 1985 to study classical Indian music. In 1994, after 9 years of studying, traveling, teaching, and performing in India, Lantos returned to Europe. Composing new pieces he began rediscovering his musical roots and found his own language by blending Hungarian and classical traditions with Eastern music and contemporary European jazz. Over the years Lantos' musical voyage has brought him together with many great musicians on stage and in studio.

This was the first time Mr Lantos played with Rajesh Gangani; in spite of this the two musicians showcased a real musical understanding between each other, improvising in a way that was playful, melodious and being a perfect rhythm exercise at the same time. Ambassador Rahul Chhabra also attended the concert. The event was of 90 minutes long, and audience wanted an encore as well. The enchanting fusion music enthralled all the people.

### India Day in Sopron 18 November, 2017



Mr T.P.S. Rawat, Director (ASCC)  
at the India Stall



Odissi workshop led by Virág Túri



Ms Virág Túri performing



Mr Rawat giving gift to organizers



Pt Rajesh Gangani and  
György Molnár performing



Yoga session led by Deepak Anthwal, India

On 18 November, 2017, ASCC visited Sopron city, where Body & Soul Festival was organized by GYIK Rendezvényház. ASCC participated in the programme. ASCC had an India Stall where brochures and Indian clothes were showcased. People interested came to the Stall to ask questions about Indian culture. Ms Anita Rawat held Saree-wrapping workshop for people. Ms Virág Túri, Odissi teacher and performer of ASCC held a 45-minute workshop in the small hall. After the workshop, in the big theatre room Pt Rajesh Gangani held Table performance accompanied by Mr György Molnár on Surbahar. They were followed by the Odissi performance of Ms Virág.

Hundreds of people attended the event.

### Mohiniattam performance by Brigitta Hegedűs 21 November, 2017



LEFT: Ms Brigitta Hegedűs performing.  
RIGHT: Mr Rawat presenting bouquet  
to Ms Brigitta

Amrita Sher-Gil Cultural Centre organized Mohiniattam dance performance by Brigitta Hegedűs on 21 November, 2017. Mohini Attam, one of the most beautiful classical dances of India is rarely seen in Hungary as there are no representatives of this style in the country. Therefore the occasion was unique; moreover, one of the performers, Ms Brigitta Hegedűs is of Hungarian origin (living in Germany). She has already performed in our cultural centre and at Ganga-Danube Cultural Festival of India.

The performance started with a Ganapati Stuti, asking for the God's blessings. It was followed by a pure dance item called Jatiswaram. Then Ashtapati followed, showcasing the beauties of spring through a story of Radha and Krishna. The performance concluded with a Rama Saptam, depicting episodes of Rama.

The audience witnessed a wonderful show full of emotions and very descriptive performance of the skilled artist. Around 100 people attended the event. ■



# INDIAN ECONOMY

## India on course to replace Japan as third largest economy by 2027

India continues to be the fastest growing economy in the world, growing at about 7 per cent, and is on course to become the third largest economy in the world by 2027 outpacing Japan.

The growth is driven by a number of factors where the middle-class is seen to see huge growth in India, according to a report by The Economist Intelligence Unit.

Sharing details of the report on the sidelines of the NEC C&C User Forum & iExpo in Japan on Thursday, Simon Baptist, global Chief Economist of The Economic Intelligence Unit, based on a report on the 'Safe Cities Index 2017,' Security in a rapidly urbanising world, said the global economy is projected to grow at about 2.9 per cent in 2017 as against 2.3 per cent in 2016.

While China's growth is likely to be slow due to the Government reigning in credit and the first US recession in a decade predicted to arrive by 2020, India will be one of the economies that will continue to grow.

"Irrespective of any changes in the economy, we believe India will grow at over 7 per cent over the next decade and achieve higher growth rates. While the growth of the middle class will be key to driving this transformation in India, in China the transformation will be due to the growth of the middle-class to higher income groups," he said.

The study shows that there would be steady growth in urbanisation by 2050 and this would be pronounced in Asia and Africa.

Referring to investments flowing into countries, he said investments are often made due to the promise a city holds rather than a country or a state in particular.

—V Rishi Kumar, *Business Line*, Thu, 09 Nov, 03:38pm

## Here is why these 5 incredible women cracked the Forbes 100 Most Powerful Women List for 2017

The 14th edition of the annual "World's 100 Most Powerful Women" released by Forbes featured five Indian women leaders – namely ICICI Bank's MD & CEO Chanda Kochhar (ranked 32); Roshni Nadar Malhotra (57), executive director and CEO of HCL Enterprise; Kiran Mazumdar-Shaw (64), founder, Chairman and MD of Biocon; Shobhana Bhartia (92), Chairperson and Editorial Director, HT Media Ltd and finally Bollywood actress and global celebrity Priyanka Chopra just making the cut at number 97.

This list spans achievers from seven categories or "power bases": billionaires, business, finance, media, politics, philanthropists/NGOs and technology, according to Forbes.

All regular fixtures on the list, Chanda Kochhar laid her claim to a spot on this prestigious list this time after becoming the first Indian woman to receive the prestigious Woodrow Wilson Award for Global Citizenship, joining the ranks of Hillary Clinton and Condoleezza Rice, amongst other things, writes Forbes. The success of another community outreach program spearheaded by her – ICICI Digital Village – was also a contributing factor. Lastly, just this September, Chanda "made history when she took the bank's insurance business public, the first IPO of a general insurer in India," notes Forbes. After receiving a 63 percent hike, she is now one of India's highest paid private bank CEOs.

The next highest ranking India power woman, Roshni Nadar Malhotra has been the CEO of HCL Corporation since 2009 when she was all of 27 years old and became executive director as well, a year later. Besides steering all strategic decisions for the \$7.5 billion enterprise, Roshni dons many other hats, including serving as a trustee of the Shiv Nadar Foundation, which has established some of India's top colleges and schools.

Kiran Mazumdar-Shaw, Managing Director of Biocon Limited, also from the tech sphere, has been described by Forbes as "India's richest self-made woman," and the company she founded in 1978 is Asia's largest insulin producer with a factory in Malaysia's Johor region.

Shobhana Bhartia helms media major HT Media – India's largest listed media company – as chairperson and editorial director. Under her tutelage, the business weekly MintAsia was launched in Singapore in 2013 – and the group even bought Webitude, a social and digital media outfit.

Lastly, Priyanka Chopra, an actress with humble beginnings in Bollywood after she was crowned Miss World, has risen to Global fame by bagging roles in multiple Hollywood big banner films and TV shows -including ABC's *Quantico*, the latest film in the *Baywatch* franchise, amongst others. is also the UNICEF Global Goodwill Ambassador. She's one of TV's highest-earning actresses and the first Indian actor to lead a drama series on American television. "Passionate about protecting children's rights, she's a global UNICEF Goodwill Ambassador and United Nations Foundation Girl Up Champion, and her nonprofit The Priyanka Chopra Foundation for Health and Education provides schooling and medical care," notes her Forbes bio.

"The 100 women on the list represent a new dynamic of

influencers and are transforming industry culture. They're women who are building billion-dollar brands, calling the shots in the financial markets, and crisscrossing the globe to broker international agreements," said a Forbes statement issued on November 1.

German Chancellor Angela Merkel managed to retain the number one position seven years in a row and has, in fact, held the spot 12 times in total. UK Prime Minister Theresa May came in second. Who is leading her country through Brexit —

a historic and transforming time for the European Union?

The four criteria that Forbes takes into account while determining the worthiest candidates are money (either net worth, company revenues, assets under management, or GDP); media presence; spheres of influence; and impact, analysed both within the context of each woman's field (media, technology, business, philanthropy, politics and finance) and outside of it. ■

—Binjal Shah, *Your Story*, Thu, 09 Nov, 03:12pm

## TRAVEL

# The 70 Year Old India

## Part IV

By Adam Lazar



'Have you ever been frightened this much?' – I ask my photographer colleagues. 'No, not this much' come back the joint answer. The driver and three of us are in a car on our way from Delhi to Mandawa. We took off late from Delhi. The night suddenly fell on us somewhere in the middle of our journey on the winding roads. On the top of it a blanket of fog so thick came down that when outside the car we could not see each other even only a few yards away. When we stopped for a few minutes one of my colleagues shown an ultrasound picture from his telephone to me. I could not work out what the image was, so he helped: 'that is my child to be. He is a three months old embryo now. I would have still liked to see him when he is born if we ever get back in one piece'. But once back in the car in the pitch black and in the thick fog our driver did not slow down from 80 miles. All in vain we asked him to reduce our speed. We tried not to look to the front but there was nothing to see on the side because of the dense fog. So, I just explained to my friends yet again what was waiting for us when we arrive. I don't know how but the driver got us to the

palace / castle of the Maharaja of Mandawa. When we finally stopped that was when we realized the enormous difference between a tip and what we were about to give to our driver. That would be, gratuities for allowing us to survive the journey. It was 11 o'clock in the evening already, everything is quiet, the castle lit up with lights and torches, but the restaurant was open, five waiters waiting for the three of us.

My friends only saw and appreciated fully the magnificence of a Maharaja's palace next day. This is the India Westerners read and dream about with its elegance and grandeur. We were in the Shekhawati region of Rajasthan, the most eastern extent of the Thar Desert, the home of the painted houses, the 'Havelis'. From the terrace outside our rooms we saw the roofs of the town below us. All day we walked about to find the three different stages of these very special houses. Mandawa a station of the former Silk Road was like an Open Art Gallery when the rich businessmen kept their families here. The dominant merchants built fortified castles for their families. They had the



marvels of the world in this part of India unknown yet, so they had them painted on the outside walls of their houses. They wanted to show to their wives such curious Western inventions like telephones, a European woman in a chauffeur-driven car or the Wright Brothers attempting their flight. The wives were rarely allowed to leave their homes. The painted houses possess a richness unparalleled in other parts of India. For the women these Havelis attempted to ward off loneliness while the men were away on their business trips. The men with the painted walls wanted to bring colour to the parched desert landscape of the Shekhawati region. A more mundane theory is that the rich businessmen were keen to demonstrate their wealth. The houses were built of grand proportions and they were decorated with murals, Moghul influenced floral arabesques and geometric designs. The major themes are Hindu mythology, history, folk tales like Rama and Sita chauffeured in a car or people listening to a gramophone. For the delight of the younger travellers there are some erotic images also, but most are defaced or destroyed by simply white washed over. The painters of these pictures often have not seen the inventions they painted about but only recreated what the merchants told them. Some but not many of these houses are redecorated and are operating as hotels or antique shops. In the 1930's unfortunately most of the owners moved away with the business to Calcutta leaving the houses behind that are in very bad need of repair by now. And this brought about the third stage, the tourists desire for antiques. That started with taking doors, windows, statues but by now even stones from the buildings are being carried away and sold.

'I hope you have a good insurance because mirrors you don't have any left' – I sum up the situation as our driver stops abruptly. In 20 minutes we were hit twice by speeding cars on the narrow serpentines. Once overtaking us and cutting in sharp to avoid a major accident and once coming opposite and just missing us. Each time we lost a mirror and the cars did not even slow down either time.

From the reasonably flat countryside, we start climbing towards one of the most popular and exquisite hill stations 'Nainital' in the state of Uttarakhand. It is a distinct and famous tourist destination of India. 2000 metres high in the Himalayan Mountains it is like a dazzling jewel. Narrow, winding road is leading up to the hill station once a favourite summer location of the British escaping the heat of Delhi, Bombay or Calcutta. On the road towards Nainital the peace of the whole area with lakes, valleys and nature's bounty captures the traveller. The mansions, palaces, villas, guesthouses and hotels are set around the Naini Lake, or Naini 'tal' this is where the place got its name from. Driving around the town looking for a parking place we pass Hindu, Buddhist and Sikh temples, and a few Mohamedan mosques. We are told that the now flat Mall that was part of the steep hillside until a major landslide flattened it in the late 19th century. In the middle of the town the market place is called 'Tibet Bazaar' but the faces are





Indian. After a whole day of travelling in the car it is obvious that we are looking at the open-air restaurants, preparing magnificent looking and smelling dishes. We don't consider it for long but give in and each of us purchases half a chicken cooked with onions, potatoes, paprika, chilly and who knows what other delicacies. While devouring the first-rate, tasty supper we don't mention even once the dangers of eating meals cooked on the streets. And since we don't talk and don't think about it there are no penalties either. With the tummy full we are much more relaxed looking at the sights all just before closing except the market place. It is around nine in the evening and the bazaar is crowded with Indian tourists. The vendors and the mostly unemployed guides are all bitterly complaining that the place is not only peaceful but far too quiet compared to other years. True enough apart from us we don't see other foreign visitors at this place. We are told it is because of the monetary policies of abolishing some of the old notes and not issuing enough new ones in time. Our presence is not just noted; Indian youngsters ask and line up for selfies with us.

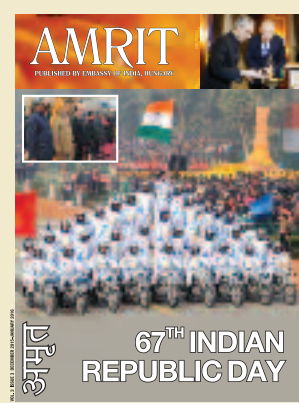
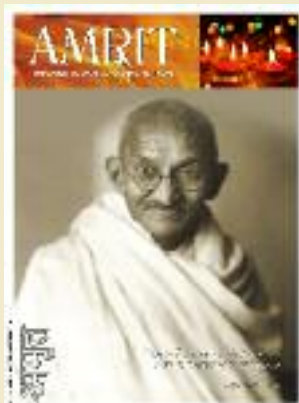
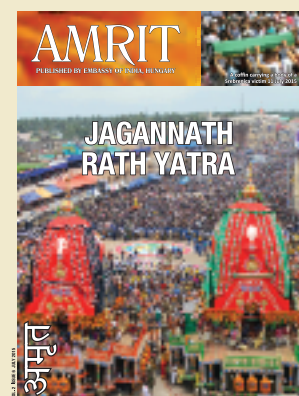
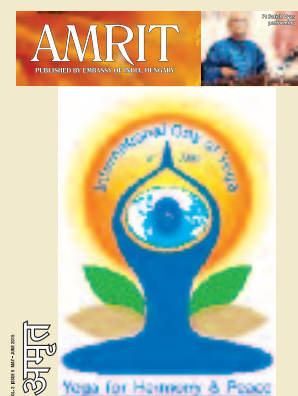
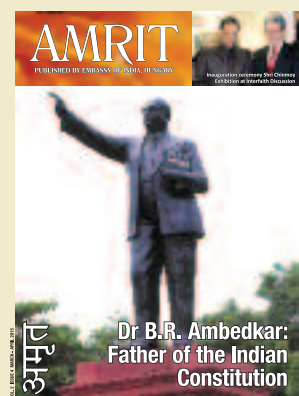
Finally, dead tired we retire to our room in a hotel still further up in the hills away from the lake that is housing a few hundred students. It is bitterly cold in our room. After all it is January and we are 2000 metres high up in the Himalayas. We ask for some electric heaters. About half an hour later it is beginning to be warm enough so that after sipping some brandy to make sure that we have no lasting effects of our street food adventure we fall asleep. But not for long! One of us jumps up coughing, choking, pulls the connector out of the wall socket and tears the windows open. One of the heaters was burning leaving the room full of smoke and ice cold even after the airing. The next day as if the lakeside wanted to compensate us for the fire we appreciate what this popular area can offer. On the way there we admire the beautiful valleys, and at place the ferocious rocks threateningly hanging over and above the serpentine. At the lakeside we see some colourful boats. Some on the water some half under water. At one of the piers a huge deflated pink ball is placed. A girl steps into the

ball, a man zips her in and starts pumping air in the ball. When the ball is inflated the girl starts first dancing, then walking and a bit later running in it. A few yards away a wire rope track is stretching between the two sides of the lake. With a wheel rolling on the wire rope people can slide from one side to the other. Until the rope operator starts shaking the rope and the passenger are dipped in the ice-cold lake. Laughs and great screams follow depending whether the person is in or out of the see-sawing rope.

We are standing on a bridge and contemplating in which ashram the Beatles stay did when they visited Rishikesh. The town is located where the Ganges comes down from the Himalayas. It catapulted into Western fame when in the 1960' the four pop musicians from Liverpool dropped by for a visit to Maharishi Mahesh Yogi's ashram. Since that time the small town is known as the Yoga Capital of the world. As we walk about the rocks and gravel on the shores of the Ganges we notice a Brahmin clad in his orange robe sitting in a plastic armchair reading his paper. We don't have to guess for long. He looks over the pages and calls out to me. 'If you are looking for the Beatles ashram it is closed now'. As we look around in a squint we can see the history of the last 40-50 years in this town. Following the Beatles' visit thousands of Westerners engulfed the quiet place surrounded by hills on three sides. To accommodate the tourists many ashrams were built. Perhaps too many because over the years the interest dwindled, and many ashrams closed, or have not even been completed. We enjoy the view of the Lakshman Jhula suspension bridge that looks towards a huge temples complex. The river is clean here. Pilgrims dip, young kids dive into the holy river, we just put a foot into the Ganges so that we can tell, it is very cold coming down from the Himalayas. We don't have to look for long to find among the many ashrams one that is beautiful and obviously flourishing. Here if one can get a place- as they are fully booked- the first three days are free of charge. After that a double bedroom, food-lodgings and yoga course costs 600 Rupees a day. The course lasts for two weeks. ■



## Some of the previous issues of *Amrit*



# Benefits of Yoga for Depression

*“Yoga teaches us to cure what need not be endured and endure what cannot be cured”*

–B.K.S. Iyengar

People are said to be depressed when they are feeling sad, empty, hopeless, dejected, helpless, worthless, guilty and do not want to partake in any activity due to loss of interest. Insomnia or hypersomnia, difficulty in concentration, making decisions and memory, general pessimistic outlook, irritability and restlessness, lack of sex drive and at worst, suicidal thoughts or attempts are all said to be symptoms related to depression. It is a general state of low mood in which our thoughts, feelings, actions and sense of well-being is affected. (Clinical depression should not be taken lightly, so please seek professional help if needed).

Yoga is a group of physical, mental and spiritual practices originating in India over 2000 years ago and listed as UNESCO's intangible cultural heritage in 2016. It can generally be referred to as the union or harmonizing system of the body, mind and spirit. When we do yoga, the body's movement and breathing are in a focused and controlled way. There is a mind-body connection which brings about alignment, balance, release from suffering and inner peace. The body becomes strong and flexible, the respiratory, circulatory, digestive and hormonal systems are greatly improved and there is emotional stability and clarity of mind.

Physically and mentally, these activities lead to the secretion of hormones by the brain and the nervous system called endorphins (endogenous morphine), the body's natural feel good chemical. Endorphins activate opiate receptors in the body, inhibiting the transmission of pain signals, causing an analgesic or pain-relieving effect and producing a feeling of euphoria (experiencing pleasure and intense feelings of well-being and happiness). Changes in the levels of serotonin, a neurotransmitter that regulates mood and helps to reduce depression and anxiety, can also be seen.

It can be said that the parasympathetic nervous system or the 'rest and digest' system is mostly activated during yoga. This brings about a general calming effect on the mind and body. The heart rate is reduced, blood pressure lowered and respiration is made easier. Some yoga poses (known as *asanas*), for example the downward-facing dog, dolphin pose and the headstand, promote slow deep breathing that causes an increase in the level of carbon dioxide, a natural sedative that produces a soothing or calming effect. In contrast, there is a decrease in the level of the stress hormone, cortisol, thus reducing the body's stress response. There is a general vasodilation which causes increase in blood flow and oxygen to the brain and other tissues that need it together with the calming of nerves and



muscle relaxation. Relaxation is an integral part of yoga that helps the body to release tension and the mind to slow down and eventually settle.

Depression is often followed by low self-esteem. Yoga teaches self-acceptance, self-love and self-respect. These all are then directed outwards in the acceptance, love and respect for others creating peace and harmony. The art of learning about our body and its many functions in such an intimate way, guiding it in various poses and feeling good about its many sometimes surprising capabilities while doing so, is truly magical. In this act of self-development and self-realization, we also learn more about the mind and how to direct our thoughts and reactions in everyday life. There are noticeable changes in our attitudes and the way we approach life in general. People who do yoga regularly are said to be more positive and optimistic in contrast to the negative and pessimistic characteristics associated with depression. And of course, we can agree that when you look better, you feel better. Doing yoga testifies to this by building the body up, strengthening and toning the muscles, making you fit in a really healthy limber way, thus, boosting self-confidence.

While in states of depression, people may find it difficult to focus on the good in their lives. Yoga helps us to live in the present moment. What we learn from concentrating on the pose and our breathing is helpful in directing our thoughts throughout the day. We apply the knowledge of healthy breathing techniques to ease and calm the mind and get through frustrations that may appear in our daily lives. Practicing the art of yoga creates an awareness of the stored emotions in our body that are not being expressed. The



stretches help to release the sadness, anger, guilt and other emotions that we may be carrying which are all related to feeling depressed. For example, the eagle pose has been said to force our concentration on the present, keeping the mind on the here and now.

Dealing with insomnia can often be really tiring and stressful and make us irritable but practicing yoga helps to resolve the poor sleep quality often associated with depression. Yoga poses like the standing forward bend and the *Sukhasana* (easy pose) can help to wind down for a good night's sleep. Practicing yoga regularly has been proven to increase libido by improving sexual function through poses that increase circulation to the pelvic region, make us more flexible, aware and present in the moment. Improving and maintaining a healthy body image and self-esteem are advantages of yoga that also makes us more comfortable in our own skin which is beneficial in sexual relationships. Examples of poses are the cat/cow flow that help to strengthen the kegel muscles that contract during orgasms and the bound angle pose that stretches the inner thighs and opens the hips in addition to

increased blood flow to the pelvis for greater energy and vitality.

Yoga keeps you intrigued, enticed and challenged. There are so many poses to learn every day, new levels of flexibility and balance to attain all infused with the fun knowledge of growing, being active and feeling useful. These can leave us feeling vibrant, energetic, enthusiastic and full of life. The body's ability to react to stress more flexibly is increased with increasing heart variability. The therapy for depression greatly involves figuring out the issues underlying the feelings and working them out layer by layer. There are yoga *asanas* for basically every characteristic or symptom associated with depression that induces a feeling of calm, relaxation, reduced anxiety and inner peace which eventually makes us feel unstuck and motivated. ■

—Olubukola Rita Adeosun, University of Debrecen, Hungary, 6<sup>th</sup> Year Medical Student

## References

\*Some of the points and ideas were gotten from numerous online articles by yogis on the doyouyoga.com community.

## HINDI SECTION

# फिल्म-निर्देशन गुरुदत्त के घर की कहानी

विमल मित्र मशहूर बांग्ला उपन्यासकार थे। उनके कालजयी उपन्यास 'साहब बीबी और गुलाम' के नाम से सभी वाकिफ़ हैं। इधर कुछ दिन हुए गुरुदत्त पर लिखी उनकी किताब का हिन्दी अनुवाद 'बिछड़े सभी बारी-बारी' पढ़ गया। 'साहब बीबी और गुलाम' पर गुरुदत्त ने इसी नाम से फिल्म बनायी थी। विमल मित्र फिल्म के पटकथाकार भी थे। फिल्म बनी। अच्छी चली। कई पुरस्कार मिले। 1963 के बर्लिन फेस्टिवल में गोल्डन बीयर अवार्ड के लिए नामांकित भी हुई थी। आज हम उसे क्लैसिक फिल्मों में शुमार करते हैं लेकिन यह तो इस किताब को पढ़कर ही जाना कि गुरुदत्त के लिए इस फिल्म के मानी क्या थे और क्यों वे विमल मित्र को फिल्म की पटकथा लिखे जाने के बाद भी किसी किसी नयी फिल्म के लिए कहानी की तलाश के बहाने बॉम्बे बुलाते रहे। यह भी कि गीता दत्त क्यों नहीं चाहती थीं कि यह फिल्म बने।

कुछ किताबें आपको पहले पन्ने से ही अपनी गिरफ्त में लेने लगती हैं। विमल मित्र की यह किताब ऐसी ही किताब है। इस किताब में महज 38 साल की उम्र में स्लीपिंग पिल्स खाकर आत्महत्या आत्महत्या कर लेने वाले अद्भुत फिल्मकार गुरुदत्त की जिन्दगी के आखिरी वर्षों का वह सफरनामा है जिसके साक्षी विमल मित्र रहे। यह किताब इस बात की मिसाल है कि एक जीनियस दूसरे जीनियस की जिन्दगी को किस दिलचस्पी से देखता है। विमल

मित्र एक जीनियस लेखक थे और गुरुदत्त एक जीनियस फिल्म-निर्देशक। दो जीनियस प्रतिभाओं के मौन और मुखर संवाद को सामने लाती यह किताब किसी भी फिल्म रीडर या लेखक को जरूर पढ़नी चाहिए। विमल मित्र की किस्सागोई का ही कमाल है कि किताब एक आत्मीय संस्मरण की तरह खुलते हुए भी अपनी कहन में उपन्यास का सा लुत्फ देती है।

किताब का पहला ही वाक्य है "इधर कुछ दिनों से मन में अनेक यादें उमड़ आयी हैं। जैसे कोई नितान्त प्रियजन अचानक चला जाए, तो पीछे छूट गए दिन, एकदम से आंखों के सामने जीवन्त हो उठते हैं।" गुरुदत्त की जिन्दगी के फ्लैशबैक में प्रवेश करते हुए लेखक इन्हीं पीछे छूट गए दिनों की मार्मिक वृत्तांत सुना रहा है। इस मार्मिक वृत्तांत के आखिर का एक अंश बताता है कि क्यों गुरुदत्त की फिल्मों में किताब की तरह पठनीय मालूम देती हैं "हम दोनों ही दो अलग-अलग दुनिया के लोग थे। इसके बावजूद हम दोनों में कहीं अतिशय मेल था। वह था - किताबें पढ़ना। जैसे मुझे देश-विदेश की सैंकड़ों किताबें पढ़ने का नशा है, मैंने देखा गुरुदत्त को भी किताबें पढ़ने का नशा था। वह जगह-जगह से किताबें मंगाता था और रात-रात जागकर, वे सब किताबें पढ़ता रहता था। यहां तक कि जिस दिन गुरुदत्त का इन्तकाल हुआ, उस दिन भी उसके बिस्तर पर अधूरे पढ़े हुए हिन्दी उपन्यास का पन्ना खुला हुआ था।"

गुरुदत्त की फिल्मों की तरह उनकी जिन्दगी पर भी दुख की गहरी छाया सदैव भारी रही। लेकिन इस दुख की गहरी छाया के पीछे सुख की अभिलाषाओं के दृश्य का पता भी उनकी फिल्में देती हैं अगर गौर से देखी जाएं। विमल मित्र की यह किताब यही जानने की कोशिश है कि गुरुदत्त की जिन्दगी में सुख की ये कौन की अभिलाषाएं थीं कि तमाम ऐश्वर्य और समृद्धि के बाद भी जिनके न मिलने पर गुरुदत्त इतने विकल हो गये कि उन्होंने आत्महत्या की ली।

गुरुदत्त ने मशहूर गायिका गीता दत्त से प्रेम किया और फिर विवाह। विवाह के बाद उन्होंने मुंबई के पाली हिल पर बड़ी हसरतों से अपना घर बनाया था। सुख दुख के अनेक दौर इस घर में देखे लेकिन ऐसा क्या हुआ कि यही घर एक दिन गुरुदत्त और गीता दत्त की हसरतों का मकबरा बन विमल मित्र इस घर के बारे में लिखा “वह कोठी नहीं रही, मगर वे ऊंचे ऊंचे पेड़ अब भी अपनी जगह सिर झुकाए खड़े थे। बिल्कुल सही सलामत थे। मैं जिस कमरे में सोता था उसकी बगल में कटहल का एक पेड़ था। उस पेड़ में कटहल तो नहीं लगे थे मगर उसमें नए नए पत्ते, नयी डालें जरूर नजर आ रही थीं। जिस कमरे में गुरु सोया करता था अब उस जगह ईंटों का ढेर पड़ा हुआ था। बाथरूम की जगह वही इतालवी नीले मार्बल पड़े हुए थे और कुछ भी नहीं था। सामने की तरफ के फूल के बाग, कांटेदार झंखाड़ों से पटे हुए थे। मेरे और गुरु की ढेर सारी रातें, ढेरों दिनों की यादों के हस्ताक्षर, इस घर की ईंट-ईंट में, हर पेड़ में दर्ज हैं।”

विमल मित्र ने गीता दत्त से पूछा कि गुरुदत्त ने यह बंगला

क्यों तोड़ा। गीता के पास इस सवाल का कोई जवाब नहीं था और शायद गुरुदत्त के पास भी। विमल मित्र गुरुदत्त से पूछते हैं “लेकिन वह बंगला तोड़ने का असली कारण तो बताएं। क्यों वह बंगला...?” बंगला तोड़ने का असली कारण गुरुदत्त शायद खुद भी नहीं जानता था। गाड़ी चलाते-चलाते ही उसने जवाब दिया, ‘गीता की वजह से’ मैं अचकचा गया ‘यह कैसी बात?’ गुरु ने सिगरेट का लम्बा कश लेकर, धुआं छोड़ते हुए कहा ‘घर न होने की तकलीफ से, घर होने की तकलीफ और भयंकर होती है। यह आप जानते हैं?’

यह कितनी हैरानकुल त्रासदी है कि गुरुदत्त ने खुद ही पाली हिल के विशाल बंगले को बाकायदा तुड़वाकर मिट्टी में मिला दिया और जुहु के सन एंड सैंड होटल में रहने लगे। फिर उसे भी छोड़ दिया और किराए का घर ले लिया। फिर वह भी छूट गया और गीता दत्त भी। जिस रात गुरुदत्त ने एक होटल के कमरे में नींद की गोलियां निगल ली थीं, उस रात वह नितांत अकेले थे। क्या अनिद्रा की तकलीफ और अकेलापन की छाया वास्तव में जिन्दगी को इतना असहनीय बना देती है कि सामाजिक रूप से प्रतिष्ठा के चरम पर पहुंचकर भी इन्साफ एकाएक उस जिन्दगी को अलविदा कह देता है जिसे उसने दिन-रात की कड़ी मेहनत से हासिल किया होता है। गुरुदत्त की यह छोटी मगर बड़ी जिन्दगी की त्रासदी हिन्दी सिनेमा के इतिहास का एक मर्यादित सच है। उनकी फिल्मों की कामयाबी इस त्रासदी का सबसे सुन्दर हासिल है। ■

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## CHILDRENS CORNER

# A víziördög

Amikor a Mester Kószala tartományban alamizsna-kérő vándorútja során Nalakapána, azaz Nádszálból ivó nevű faluba érkezett, és a falu melletti lótosz-tó partján fekvő kétaka-erdőben időzött, a nádszálakkal kapcsolatban mondta el az alábbi történetet. Ugyanis akkortájt történt, hogy a Nalakapána melletti lótosz-tóban megfürdő szerzetesek a szerzetesnővendékekkel bambusz-nád-szálakat hoztak, hogy tűtartót készítsenek belőlük maguknak. De mikor látták, hogy minden nádszál belül végig üreges, bogok nélkül, a Mesterhez járultak, és megkérdezték:

- Urunk, bambusz-nád-szálakat



hozattunk, hogy tűtartót készítsünk belőlük, de ezek a nádszálak tövüktől hegyükig végig üregesek, bogok nélkül. Mi ennek az oka?

- Szerzetesek, ez egy régebbi rendelésem következménye - szólt a Mester, és elmondta a múltbeli

történetet:

Valaha ez az erdőszéli táj sűrű erdőség volt. Az itt lévő lótosz-tóban egy víziördög lakott, amelyik mindenkit felfalt, aki a vízbe belépett. Abban az időben a Bódhiszattva majomkirály volt, akkora, mint egy őzgida. Nyolcvanezer majom élén ebben az erdőben lakott, népét őrizve. Ővta a majom-csapatot:

- Kedveseim, ebben az erdőben méregfák és démonok-lakta tavak is vannak. Mielőtt olyan gyümölcsöt fogyasztanátok, amelyből még nem ettetek, vagy olyan vízből innátok, amelyből még nem ittatok, először



engem kérdezzetek meg.

- Jól van - ígérték meg azok. Egy napon olyan helyre érkeztek, ahol még nem jártak. Egész nap kóboroltak vizet keresve, és végül egy lótusz-tóra bukkantak. Azonban nem ittak a vízből, hanem leültek, és a Bódhiszattva érkezésére vártak. Megérkezett a Bódhiszattva.

- Miért nem ittatok, kedveseim? - kérdezte.

- A te érkezésedre vártunk.

- Helyes, kedveseim - felelte a Bódhiszattva, körüljárta a tavat, és vizsgálta a lábnyomokat. Láta, hogy csak odavezető nyomok vannak, visszatérők nincsenek. Kitalálta, hogy szörnyetegek szállták meg a tavat.

- Jól tettétek, kedveseim, hogy nem ittatok a vízből. Szörnyetegek szállták meg.

A víziördög látta, hogy nem ereszkednek le a vízhez. Meghasította a vizet, kiemelkedett belőle rémítő alakban, kék hassal, sápadt arccal, vérvörös kézzel és lábbal, és megkérdezte:

- Miért ültök itt? Ereszkedjete le a vízhez, igyatok!

Ekkor a Bódhiszattva megkérdezte:

- Te vagy-e az itt lakó víziördög?  
- Igen, én vagyok.

- Aki leereszkedik a vízhez, azt ugye elfogod?

- Igen, elfogom. Aki ide leereszkedik, a madaraktól elkezdve, azt nem ereszttem el. Benneteket is mindnyájatokat fel foglak falni.

- Mi nem fogjuk hagyni, hogy felfalj.

- De inni akartok a vízből.

- Igen, inni fogunk a vízből, de mégsem fogunk zsákmányodul esni.

- Hát akkor hogyan akartok inni a vízből?

- Te azt hiszed, hogy le fogunk ereszkedni a vízhez, úgy fogunk inni belőle. Mi azonban nem megyünk oda, hanem mindegyikünk, mind a nyolcvanezren, fogunk egy-egy nádszálat, s mintha lótusz szárán szívnánk vizet, úgy fogunk azzal vizet szívni a te tavadból. Így te nem tudsz felfalni bennünket.

A Mester tehát megoldást talált, és ezt a verset mondta:

Odamenő nyomot látok, de visszatérő nyom sehol.

Hát nádszálon szívjunk vizet, hogy ne vesszünk oda mi is.

Így beszélt a Bódhiszattva, és szólt, hogy hozzanak neki egy bambusz-nádszálat. Felidézte a Tökéletességeket, hivatkozott az Igazság erejére, és befűjt a nádszáalba. A nádszál véges-végig

üregessé vált, anélkül, hogy a bogok megmaradtak volna benne. Így egymás után hozatta a nádszálakat, beléjük fűjt, úgy adta tovább. Ezután körüljárta a lótusz-tavat, és megparancsolta:

- Minden itt növény nádszál végig üreges legyen!

Ez idő óta a tó körül növény nád mind üreges belül.

A Bódhiszattva a parancs kimondása után fogott egy nádszálat, és leült a parton. A nyolcvanezer majom mindegyike szintén fogott egy-egy nádszálat, és körbeülték a tavat. Amikor a Bódhiszattva a nádszálon vizet szívott, a többiek szintén a parton ülve szívták a vizet. Így inni tudtak, anélkül, hogy a víziördög egyet is el tudott volna fogni közülük. Ekkor dühösen tanyájára távozott. A Bódhiszattva is visszatért az erdőbe kísértőivel.

Amikor a Mester befejezte a tanulságos történetet, mondván: "Szerzetesek, egy régebbi rendelésem következménye az, hogy ezek a nádszálak végig üregesek" -, utána a kapcsolatot is feltárta a születések között:

- Akkor Dévadatta volt a víziördög, Buddha gyülekezete volt a nyolcvanezer majom, a találekony majomkirály pedig én voltam. ■

Forrás: <http://mek.oszk.hu/00200/00223/html/dzsata1.htm>

## RIDDLES / JOKES / QUOTES

**When does an Indian Potato change its nationality?  
When it becomes french fries.**

*"All that we are is the result of what we have thought.  
The mind is everything. What we think we become."*

**—Gautama Buddha**

*"The tree laden with fruits always bends low.  
If you wish to be great, be lowly and meek."*

**—Sri Ramakrishna Paramahansa**

## Important Information for all PIO Cardholders

This is to inform that the last date for registration for conversion of PIO card into OCI card is December 31, 2017. All PIO cardholders are advised to apply for issuance of an OCI card in lieu of the PIO card before the expiry of the deadline. A new OCI card in lieu of a PIO card is issued on gratis/free of charge basis.

**If you are a Student:** Create your profile in MADAD if you are planning to go (or already staying) abroad for studies:-

- Click on Manage Profile to add/ update your details
- Click on Manage Course Details to add/update the course/institute details

For more details please visit quick guide:

**Link for Student Registration in MADAD:** <https://www.slideshare.net/passportindia/student-registration-at-madad-64161368>

**Student Registration with Embassy of India, Budapest:** Please note that the Embassy of India, Budapest has also created a form for Indian Students studying in Hungary. You are also requested to fill the Embassy form as it enables us to connect with you in case of any event organized by the Embassy. Please register here as well at the following link: [https://docs.google.com/forms/d/e/1FAIpQLSdHeG5GJ5R-sg0oiNld\\_zEzQPUjN8RxCLJFn6forZlrREHDCg/viewform](https://docs.google.com/forms/d/e/1FAIpQLSdHeG5GJ5R-sg0oiNld_zEzQPUjN8RxCLJFn6forZlrREHDCg/viewform)

## Mahatma Gandhi Pravasi Suraksha Yojana (MGPSY)

The Ministry has introduced a Pension and Life Insurance fund scheme called Mahatma Gandhi Pravasi Suraksha Yojana (MGPSY) for the Overseas Indian workers having Emigration Check Required (ECR) passports.

The objective of MGPSY is to encourage and enable the overseas Indian workers by giving government contribution to:

- Save for their Return and Resettlement (R&R)
- Save for their old age,
- Obtain a Life Insurance cover against natural death during the period of coverage.

The government contribution available under the MGPSY

is for a period of five years or till the return of subscribed worker back to India, whichever is earlier. The main attractions of MGPSY are:

- Government contribution of Rs.1,000 per annum in line with Swavalamban platform for all MGPSY subscriber who save between Rs.1,000 and Rs.12,000 per year in NPS-Lite.
- An additional government contribution of Rs.1,000 per annum by MOIA for the overseas Indian women workers who save between Rs.1,000 to Rs.12,000 per year in NPS-Lite.
- A special government contribution of Rs.900 by MOIA towards Return and Resettlement (R&R) of the overseas Indian workers who save Rs.4,000 or more per annum.

## Overseas Workers Resource Centre & Migrant Resource Centres

Ministry of Overseas Indian Affairs (Media & Grievance Division) Overseas Workers Resource Centre & Migrant Resource Centres Ministry of Overseas Indian Affairs has set up the Overseas workers Resource Centre (OWRC) in Gurgaon. It is a Helpdesk that runs 24x7x365 attending to queries in eleven (11) languages (Hindi, English, Punjabi, Malayalam, Tamil, Telugu, Gujarati, Marathi, Odia, Kannada, and Bengali) through toll free number 1800-11-3090 in India and +91-124-2341002 for Indian emigrants working overseas. OWRC is linked to the Migrant Resource Centres (MRCs) in Kochi, Hyderabad, Gurgaon and Chennai. The Walk in Counseling in these MRCs are available between 1000 hours to 1700 hours (Monday to Friday).

**Services of OWRC & MRCs:** Facilitate and provide support

services to workers who intend to go abroad for employment.

OWRC/MRCs also act as a single point window source for the following:

- Registering, responding to and monitoring complaints/ Grievances;
- Collection and dissemination of information on matters relating to emigration; o Knowledge Centre & Counseling Center;
- Walk-in counseling centre for emigrants;

Work as institutional arrangement to provide information and assistance to intending migrants and overseas workers relating to all aspects of overseas employment. Counseling/Crisis Centre to handle complaints on recruitment and employment contract, first aid remedies to overcome crisis situations involving migrants and their families.



## PRAVASI BHARTIYA KENDRA (PBK)

The Indian Diaspora constitutes a significant economic, social and cultural force in the world today. Overseas Indians estimated at over 28 million are spread across the world. Their industry, enterprise, education, expertise and economic success are widely recognized. A High Level Committee on Indian Diaspora, headed by Shri L. M. Singhvi, had recommended in January 2002 that the Government must renew and strengthen linkages of overseas Indians to their place of origin and with each other. The committee recommended that a Pravasi Bharatiya Bhavan should be set up to emerge as the focal point for networking between India and its overseas Indian community; and as a suitable place which would commemorate the trials, tribulations, the evolution and achievements of the Indian Diaspora. Taking this recommendation forward in January 2004, at the second Pravasi Bhartiya Divas (PBD) organized in Delhi, then Prime Minister Shri Atal Bihari Vajpayee announced that the Government will set up the Pravasi Bhartiya Kendra in New Delhi. The Foundation Stone of the Kendra was laid by the then P.M. Dr. Manmohan Singh at 9th PBD in January, 2011. Ground Breaking was done by then Minister of Overseas Indian Affairs on 28.04.2011 and construction started in April, 2013. Contract for construction of PBK was awarded to National Building Construction Corporation (NBCC) on turnkey basis. Pravasi Bharatiya Kendra located at the heart

of the Capital in Plots No.15A, 15B and 15D, Dr. Rizal Marg, Chanakypuri, New Delhi is a tribute to the overseas Indian community; and commemorates their migration to various parts of the world, the challenges they faced abroad, their achievements and contributions. Over time, the Kendra is expected to develop into a hub of activities for sustainable, symbiotic and mutually rewarding economic, social and cultural engagement between India and its Diaspora. Activities, seminars, events, workshops pertaining to the Indian Diaspora are expected to be organized in PBK. The Museum in the Kendra will depict the history of migration of the overseas Indian community; their experiences and contributions. In the Kendra's state-of-the-art auditorium, multi-purpose halls, Conference and seminar halls – workshops and conferences with overseas Indians and on issues pertaining to them would be organized on a regular basis. The Kendra will also house the autonomous bodies India Centre for Migration, a think-tank working on issues pertaining to Indian migrant workers and the India Development Foundation for Overseas Indians, a not-for-profit Trust promoting contributions to flagship programmes in India. The Library in PBK is a valuable repository of material about the Indian Diaspora including books written by overseas Indians in different languages. With an emphasis on digital material, the library will provide access to online journals and prestigious library resources.

## Scholarship Programmes for Diaspora Children

Scholarship Programme for Diaspora Children (SPDC) was introduced in 2006-07 to make higher education in Indian Universities/Institutes in different fields (except medical and related courses) in India accessible to the children of overseas Indians (PIOs) and Non-resident Indian students (NRIs) and promote India as a centre for higher studies.

Under the Scheme, PIO/NRI students are awarded scholarship of up to US\$ 4000 per annum for payment of tuition fee, admission fee and post admission services for Under Graduate courses in Engineering, Technology, Humanities, Liberal Arts, Commerce, Management, Journalism, Hotel Management, Agriculture, Animal Husbandry and some other courses.

A revamped SPDC was launched from academic year 2016-17 with extension from 40 to 66 countries (including 17 ECR countries); enhancing number of scholarships

from 100 to 150 with 50 earmarked for Children of Indian Workers in ECR countries. Of these 50 scholarships, 1/3rd are reserved for children of Indian workers in ECR countries studying in India. The entire process of applying, processing etc. is now through a portal (spdc.gov.in).



Scholarship is offered for pursuing courses in Central Universities of India offering Under Graduate Courses, including those pertaining to Information Technology, B.Sc (Nursing) and B.Pharm in Institutions accredited "A" Grade by NAAC; and Institutions covered under DASA Scheme, National Institutes of Technology (NITs), Schools of

Planning and Architecture (SPAs), Indian Institutes of Information Technology (IIITs) etc. Applications are submitted and processed through a portal spdcindia.gov.in. Nearly 800 candidates were awarded scholarships since inception.

## KNOW INDIA PROGRAMME



Know India Programme (KIP) is a flagship initiative for Diaspora engagement which familiarizes Indian-origin youth (18-30 years) with their Indian roots and contemporary India, through a three-week orientation programme organised by the Ministry. In 2016, the scheme was revamped to increase duration from 21 to 25 days, with a 10-day visit to one or two States and preference given to PIOs from Girmitya countries. Since 2004, 40 KIPs have been organized in partnership with State Governments with a total of 1293 participants. From 2016, six KIPs a year are being organised. For the first time, four KIP groups participated in the Youth Pravasi Bharatiya Divas and the 14th Pravasi Bharatiya Divas Convention from 7 to 9 January 2017 in Bengaluru.

Indian-origin youth submit their applications for participation in the KIP to the Indian Missions/Posts abroad. A maximum of 40 Indian Diaspora youth are selected for each programme and provided full hospitality in India. 90% of the total cost of international airfare is also paid by the Ministry. The entire process of applying, processing etc. is now through a portal ([kip.gov.in](http://kip.gov.in)).

The content of the programme broadly includes the

following:

- Presentations on the country, political process, developments in various sectors.
- Interaction with faculty and students at a prestigious University/College/Institute
- Presentation on the industrial development and visits to some Industries
- Visit to a village to better understand the typical village life
- Exposure to Indian media
- Interaction with NGOs and organizations dealing with women affairs
- Visit to places of historical importance/Monuments
- Taking part in Cultural programmes
- Exposure to yoga
- Call on high dignitaries, which may include President of India, Chief Election Commissioner of India, Comptroller and Auditor General of India, and Ministers in-charge of The Ministry, Youth Affairs and Sports.

So far MOIA has organized 24 Know India Programmes in which 729 Overseas Diaspora Youth have participated in these programmes.



# TALES OF TWO HOUSES



**O**n 26 October, 2017, under the “Thursday Lecture Series – Orientation Courses on India”, Mrs Kavita Chhabra held a lecture about the history of India House & Chancery building. After the lecture audience was invited to India House for a guided tour. Reception was held in the dining room of India House. Around 60 people attended the event.



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