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FROM THE DESK OF CONSUL GENERAL



Dear friends,

It is our pleasure to bring to you the March edition of our Cultural Newsletter: Bharat Darpan of 2022.

Through this edition of newsletter, we bring you the glimpses of GOI activities such as 92nd Anniversary of Salt Satyagrah (Dandi March) and Martyrs Day that were commemorated this year as part of Azadi Ka Amrit Mahotsav. Other activities include celebration of Women's Day, establishment of Centre for Traditional Medicine in Jamnagar, World Water Day and Padma Award Ceremony.

As part of our regular feature showcasing various Indian states, we present Nagaland, one of the northeast states of India well known for its tribal culture, flora and fauna.

The newsletter also covers an interview with Mr. Mark Rosenberg , Managing Director and Founder of European Academy for Ayurveda .

I hope you would enjoy our newsletter. We welcome your feedback on the email id picoffice.frankfurt@mea.gov.in.

Yours sincerely,

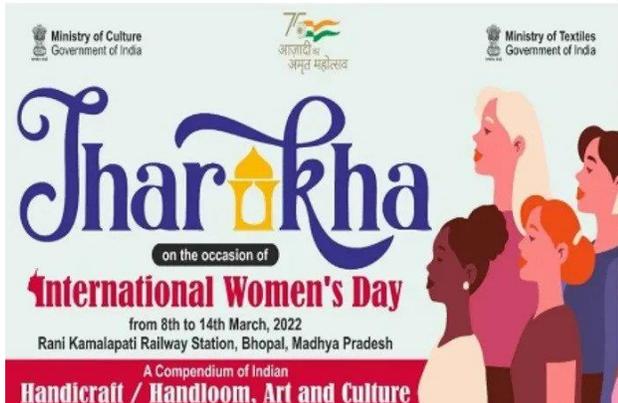
Dr. Amit Telang





On the occasion of 92nd Anniversary of Dandi March on 12 March 2022, the Prime Minister Shri Narendra Modi paid tributes to Mahatma Gandhi and all the eminent persons who marched to Dandi in order to protest injustice and protect our nation's self-esteem.

Also on 12th March, the Prime Minister declared open the 11th Khel Mahakumbh at Ahmedabad and addressed the 1st convocation of Rashtriya Raksha University in Gujarat.



As part of the Azadi ka Amrit Mahotsav celebrations of 75 years of India's independence, Ministry of Culture and Ministry of Textiles organised "Jharokha-Compendium of Indian handicraft/handloom, art and culture" at various locations all over India at 16 locations in 13 states and UTs.

The first event under this celebration is being organized in Bhopal, Madhya Pradesh starting from 8th March 2022 on the occasion of International Women's Day to celebrate womanhood and the contribution of women in the field of art, craft and culture.

On the occasion of World Water Day, the Prime Minister urged people to take the pledge to save every drop of water on World Water Day. He appreciated all those individuals and organizations who are working towards saving water. In a series of tweets, the Prime Minister said, "Over the last few years, it is heartening to see water conservation become a mass movement, with innovative efforts taking place in all parts of the nation. I would like to appreciate all those individuals and organizations who are working towards saving water."





The Prime Minister attended Padma Awards ceremony which were conferred on distinguished people from different walks of life on 21st March 2022. The Padma Awards are one of the highest civilian honours of India announced annually on the eve of Republic Day. The award seeks to recognize achievements in all fields of disciplines where an element of public service is involved. The Padma Awards are conferred on the recommendations made by the Padma Awards Committee, which is constituted by the Prime Minister every year. The nomination process is open to the public. Even self-nomination can be made.



The Prime Minister paid tributes to Bhagat Singh, Sukhdev and Rajguru on the occasion of the Shaheed Diwas (Martyrs Day). Every year, March 23rd is observed as Shaheed Diwas in India to pay tribute to Bhagat Singh, Sukhdev, and Rajguru, who laid their lives for freedom of India on 23rd March 1931.

On 26 March 2022, the Prime Minister welcomed WHO Global Centre for Traditional Medicine as Ayush Ministry signed host country agreement with WHO. The Prime Minister conveyed India's happiness to be the home of WHO Global Centre for Traditional Medicine. He expressed the hope that the center will contribute towards making a healthier planet and leveraging our rich traditional practices for global good.



As part of WHO's overall traditional medicine strategy, the Centre for Traditional Medicine has a strategic focus on evidence and learning, data and analytics, sustainability and equity, and innovation and technology to optimize the contribution of traditional medicine to global health and sustainable development. At the same time, respect for local heritages, resources and rights is a guiding principle.



The State of Nagaland was formally founded in 1963 as the 16th State of India. It is bounded by Assam in the West, Myanmar (Burma) on the east, Arunachal Pradesh and part of Assam on the North and Manipur in the South. The State consists of 16 (Sixteen) Administrative Districts, inhabited by 17 major tribes along with other sub-tribes who are very protective towards their cultural identity.

Each tribe is distinct in character from the other in terms of customs, language and dress. Being predominantly a tribal state, music is an integral part of life. Therefore, colourful costumes, spicy cuisines, traditional villages, beautiful dance forms and lyrical songs are all that define the state. Like many other north east states of India, Nagaland is a paradise for nature lovers full of flora and fauna and offers good opportunity for activities like trekking, camping and motorbiking etc.



Dimapur is known to be the largest and fastest growing city of Nagaland. Some of the few attractions here are: Triple Falls, Kachari Ruins, the Nagaland Science Center and the Zoological Park.

Kohima is the hilly capital of Nagaland. Situated at a height of 1500 metres above the sea level, Kohima is known for many beautiful sites, one of the most famous ones is the Commonwealth War Cemetery, the final resting place of soldiers killed during World War II.



An ambitious project of converting a whole tribal village into an eco-friendly, conservation based village certainly also yields fantastic views. It is a Green Village, where all forms of hunting have been abolished for a more sustainable ecosystem.



Kohima Zoo, the zoo houses the state bird, the rare Tragopan bird, and the state animal, the wild buffalo. The golden langurs and the Blythe's tragopan are the biggest attractions of the zoo. The zoo is created on a hill and the hill has been beautifully used to provide natural landscapes for the animals.

On a green and verdant hillock, lies the township Touphema Village. Touphema Village is a collection of small huts built and decorated in traditional Naga design sensibilities. The village intends on giving the tourists the feel of living in a Naga tribal house.



In the beautiful and calm surroundings of the Patkai Range in the easternmost corner of Nagaland is situated a small and exquisite lake known as Shilloi. Shilloi Lake is shaped in the form of a human foot and is about four meters deep.

The Japfu Peak standing tall at 3048 meters is the second highest peak in Nagaland. Dzukou valley is also known as the "Valley of Flowers of the east" and is quite a sight to behold, when in full bloom.



The Kohima Museum portrays the traditions and culture of the many tribes of the state. The museum holds many unique artifacts related to different tribes of the region.



Nagaland is land of festivals with all the tribes celebrating their distinct festivals. Linguistically, Nagaland has very rich culture with as many languages as there are tribes. The Hornbill Festival, a yearly feature taking place on the first week of December is a modern day cultural extravaganza of all Naga tribes to showcase Naga culture and the spirit of unity in diversity. This Festival is held at the heritage village of Kisama, about 12 km from Kohima.

The State is replete with festivities throughout the year, as all tribes celebrate their own festivals with a pageantry of colour, music and dance. A common feature is that the festivals revolve around agriculture, the mainstay of Naga economy. Although some religious and spiritual sentiments are interwoven into secular rites and rituals, the pre-dominant theme of the festivals is offering of prayers to a Supreme Being having different names in different Naga dialects.



A typical Naga platter would consist of a meat item, a dish or two containing boiled vegetables, rice, as already mentioned before as the staple and a chutney which they call Tathu. Fish rice, bamboo shoot fry and roasted duck are some of the common food items. A very common dish of the Nagas is the fermented bamboo shoot with pork and fish.

Zutho is a famous rice beer that is made all over North East and is especially famous in Nagaland.



On 5th March 2022, CGI Frankfurt paid tribute to Bharat Ratna Lata Mangeshkar ji who moved and motivated the nation through her melodious voice. We are thankful to Ms. Nihira Joshi and members of Marathi Mitra Mandal Deutschland who joined hands with Consulate in paying the tribute.

Link for the Same -

<https://fb.watch/catKdvgDAO/>

As part of AKAM celebrations, Indian Council for Cultural Relations and CGI, Frankfurt brought you talk titled "Salt Satyagraha -The Power of Non-violent Action" by eminent Gandhian Smt. Shobhna Radhakrishna to commemorate the 92nd Anniversary of Salt Satyagraha and its contribution in India's freedom struggle.

Link - <https://fb.watch/cau5siiEeZ/>



As part of Azadi Ka Amrit Mahotsav , AHKV Cultural Association e.V Köln brought together enthusiastic members of Indian community and friends of India for celebration of Holi festival. This was a welcome initiative by AHKV to celebrate festival of colours after much awaited relaxation in Covid-19 norms.



Mark Rosenberg

(Managing Director and Founder of an European Academy for Ayurveda)

You are a director and the founder of an Ayurveda Academy. Please tell us about your journey with Ayurveda.

I was interested as a 16-year-old in the possibilities and limitations of the mind and the question of the purpose and goal of being human in the nature of God. Focusing and aligning the unsteady movements of the mind is what fascinated me most about the teachings of yoga. I studied yoga and Samkya at a young age from an experienced yoga master in Frankfurt, which led me further to the body of knowledge of Ayurveda during my training as a yoga teacher (Bihar School of Yoga / Iyengar). My aim is to promote Ayurveda as a comprehensive traditional medicine and to build and maintain bridges between our cultures: in medicine, in science and in art. In the meantime, we have gathered a wealth of experience in adapting this ancient teaching to our German/European environment, which we are now incorporating into our training and therapy offers.

What challenges do you face and how do you see the future of Ayurveda in Germany and other European countries?

It is necessary to fit Ayurveda into the legal framework and the existing nature and climate. This is a challenge, but I see it more as an exciting task, which we have been doing for over 30 years now. A particular challenge seems to me to be overcoming the scepticism towards this ancient traditional healing art. Many people in India as well as in Europe still think that Ayurveda has its strengths and its justification in the field of wellness and prevention. Not only! It is a complex holistic system of medicine which offers ingenious and effective therapy concepts, especially for chronic diseases, which can help us especially today. As the director of an Ayurveda health and treatment center with more than 1000 patients per year, I experience this every day anew. I see it as our task to communicate these positive experiences and with them I foresee a blossoming of the future of Ayurveda. Just these days, the first Global WHO Centre for Traditional Medicine is being opened in Jamnagar (Gujarat). Another beacon for the AYUSH systems that are on the rise worldwide. With our Centre of Competence for Ayurveda in Germany, we again offer a role model of how Ayurveda can be taught, lived and successfully applied in Germany and Europe.

What advice would you give to those who would like to choose Ayurveda as a profession?

I would like to advise all those who would like to incorporate Ayurveda into their profession, or who would like to train in an Ayurvedic profession, to first obtain a classical professional qualification and then to choose the Ayurvedic training courses as a further training or as an alternative to the prior profession. Thousands of graduates of our academy now make a full-time living from their fulfilling work with Ayurveda, whether as health and nutrition advisors, ayurvedic mental and lifestyle coaches, panchakarma and massage therapists, alternative practitioners or doctors. 70% of them as a self-employed person, 30% as an employee. I advise to develop the career with Ayurveda step by step and to leave the former profession only after some time, if necessary, when one has established oneself with one's own practice.

India is celebrating 75 years of independence. India and Germany are celebrating the 70th anniversary of the establishment of diplomatic relations this year. These are historic occasions in our history. What message would you like to give to the Indian diaspora in Germany on these occasions?

It is indeed a meaningful occasion! I think our countries have a lot in common. Our shared values are each based on an intense history that has grown over centuries. For many people in both our countries, life has always been a living philosophy with a spiritual basis. Be it in poetry or music or even in the sciences: both our cultures have given themselves and the world a great deal of immaterial and thus lasting wealth. I always look forward to the encounters between us that emphasize these commonalities and celebrate them as the basis of our countries' friendship. In this sense, we should congratulate ourselves that we, as the "old" democracies of this times, cultivate and further develop trusting relationships with each other. And here I am thinking not least of the peace that we have been able to experience and consolidate on this basis over so many years.

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Danke schön

<https://cgifrankfurt.gov.in/>

