



सत्यमेव जयते

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भारत दर्पण

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FROM THE DESK OF CONSUL GENERAL



Dear friends,

It is our pleasure to bring to you the October 2021 edition of our Cultural Newsletter: 'Bharat Darpan'.

Through this edition of newsletter , we are sharing glimpses of our cultural outreach activities and other initiatives for celebrating Azadi Ka Amrit Mahotsav or 75 years of India's independence. On 2nd October 2021, the Consulate paid homage to Mahatma Gandhi, father of the nation. Indian community in Germany also celebrated Navaratri and Diwali Mela during this month in which members of the Consulate General of India also participated.

As a part of our regular feature showcasing various Indian states, we present the state of Gujarat, the home state of Mahatma Gandhi and Sardar Vallabh Bhai Patel. Gujarat is known for its beaches, temple towns, wildlife sanctuaries and hill resorts.

The newsletter also covers an interview with Ayurveda practitioner Dr. Usharani Kanthi Math, in which she has shared her views on increasing interest in Ayurveda in Germany.

I hope you would enjoy our newsletter. We welcome your feedback on the email id [picoffice.frankfurt@mea.gov.in](mailto:picoffice.frankfurt@mea.gov.in).

Yours Sincerely,  
Dr. Amit Telang

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The Hon'ble Prime Minister, Shri Narendra Modi has praised Khadi Village Industries Commissions initiative of world's largest Khadi National Flag (*At a height of 225 feet and 150 feet width*) displayed in Leh, Ladakh as a tribute to Mahatma Gandhi; the Father of Nation.

The India Today Healthgiri Awards 2021 were presented in Delhi on Gandhi Jayanti to salute the invincible spirit of corona warriors who have led the battle against the Covid-19 pandemic. These Awards were given away by Mansukh Mandaviya, Union Minister for Health & Family Welfare, and Aroon Purie, Chairman and Editor-in-Chief, India Today Group.



The Prime Minister, Mr. Narendra Modi, dedicated 35 Pressure Swing Adsorption (PSA) Oxygen Plants established under PM CARES, across 35 States and Union Territories, in an event held at AIIMS Rishikesh, Uttarakhand. With this, all districts of the country will now have commissioned PSA Oxygen Plants (*08<sup>th</sup> Oct 2021*).

On 20<sup>th</sup> Oct 2021, Prime Minister Shri Narendra Modi participated in an event marking Abhidhamma Day at the Mahaparinirvana Temple in Kushinagar. Addressing the event, the Prime Minister noted the auspicious occasion of Ashwin Poornima and the presence of holy relics of Lord Buddha.



On 22<sup>nd</sup> Oct 2021, addressing the nation, Prime Minister Narendra Modi lauded the difficult but remarkable feat of administering 100 crore vaccine doses. He attributed this achievement to the dedication of 130 crore countrymen and said this success is the success of India and the success of every countryman.



On the Police Commemoration Day on 21<sup>st</sup> Oct 2021, Hon'ble PM Shri Narendra Modi acknowledged the outstanding efforts by Indian police forces in preserving law and order, and assisting others in time of need.

Over the past seven years, country has got "freedom from all decades-old hereditary laws", said Prime Minister Narendra Modi in his virtual address to the "Rashtriya Ekta Diwas" or National Unity Day celebrations organised at the Statue of Unity in Kevadia Sunday to mark Sardar Vallabhbhai Patel's 146th birth anniversary.



During the visit to Italy, Prime Minister Shri Narendra Modi met and interacted with several Indologists and Sanskrit experts from Italian universities on 29<sup>th</sup> Oct 2021. Prime Minister noted their interest in Indian culture, literature and practice of yoga & ayurveda and lauded the role played by them in strengthening the ties between India and Italy.

Located in the westernmost part of India, Gujarat is home to several architectural marvels and is famous for its vibrant culture and rich heritage. Offering a broad range of the most spectacular attractions, Gujarat, also known as 'The Land of Legends', presents a perfect blend of art, history, music and culture.



A planned city, Gandhinagar is the state capital with wide streets that are numbered and cross streets named after letters of the Gujarati alphabets. Tourism in Gandhinagar District, Gujarat includes various exciting tourist attractions like Akshardham Temple, Sarita Udyan, Adalaj Stepwell, Indroda Dinosaur and Fossil Park, Trimandir Adalaj and others.

What makes Ahmedabad the top tourist attraction in Gujarat and a UNESCO World Heritage City is its history, heritage and culture. Sabarmati ashram situated directly beside the Sabarmati river, is a quaint and peaceful ashram built by Mahatma Gandhi.



Statue of Unity is a memorial to The Iron Man of India, Sardar Vallabhbhai Patel at the the banks of River Narmada on the River Island of Sadhu Bet. The Bronze statue of the founding father of the Republic of India stands 182 metres tall grabbing the attention of the whole world as the 'Tallest statue in the World'.

Somnath, literally meaning 'lord of the moon' is a pilgrim center and is home to one of the 12 Jyotirlingas. Architecturally, the temple displays magnificence. The temple impresses visitors with its intricate carvings, silver doors, the famous Nandi idol and the prime attraction, the Shivlinga.





Rani ki Vav Patan, a UNESCO World Heritage Site, is another of the tourist places in Gujarat, is a fine example of the kind of water conservation practiced in India during the ancient times.

Known for one of the most lavish palaces in India- the Lakshmi Vilas Palace and plenty more legendary monuments, Vadodara is the cultural capital of Gujarat. No city in India celebrates the festival of Navratri with as much zeal and exuberance as Vadodara does.



If you have the faintest knowledge about Hindu mythology, you would know about Dwarka's association with Lord Krishna, one of the incarnations of Lord Vishnu. Considered to be the ancient kingdom of Lord Krishna and the first capital of Gujarat, it's considered to be one of the four most sacred char dham Hindu pilgrimage sites.

Laxmi Vilas Palace is one of the must visit tourist attractions in Gujarat, and a testament to unparalleled opulence and grandeur. Built in the Indo-Saracenic school of architecture, Laxmi Vilas Palace is almost four times the size of Buckingham Palace.



Gir National Park and Wildlife Sanctuary is the only remaining home for the Asiatic Lions. Located in Talala Gir in Gujarat, the Sanctuary is a part of Kathiawar- Gir dry deciduous forests ecoregion.

## Navratri - The Famous Festival of Gujarat

The most celebrated festival in Gujarat, Navratri is a festival of nine nights and on the tenth day, Goddess Durga, who is worshipped throughout the nine days, is immersed in holy water after performing a pooja. Three things sum up Navratri; Dandiya, Garba and lots of fun. Loud music, exciting competitions, flea markets and exhibitions, delicacies that are a treat for your tongue and large crowds dressed in the most beautiful, most lively clothes is what you will witness during Navratri in Gujarat.

This year, Gujarat celebrated Navratri from 7<sup>th</sup> October till 15<sup>th</sup> October 2021.



**Food of Gujarat :** A traditional and authentic Gujarati meal consists of dal, roti, rice, vegetables, salad, chaas, farsan followed by a sweet dish. Most of the Gujaratis are vegetarian. Some of the famous Gujarati delicacies include dhokla, fafda, khandvi, dhal Dhokli, Undhiyu, handvo, Ganthia, dal Wada, khakhra, and Thepla.



**Art & Craft :** Gujarat has an array of a rich variety of crafts. Its embroidery, bead work, wood crafts, printed and woven clothes, pottery and tribal art are expression of the folklore and festivals.





Consul General Dr. Amit Telang visited the Peace Research Institute in Frankfurt and offered floral tribute to the bust of Mahatma Gandhi. Consul General also met with experts from the Institute under the leadership of Dr Nicole Deitelhoff, Director, and held discussions on a range of issues.

Consulate General of India, Frankfurt in collaboration with the City of Trier paid homage to Mahatma Gandhi on his 152 birth anniversary. Speaking on the occasion, H.E. Ms Elvira Garbes, Mayor of the ancient City of Trier underlined Mahatma Gandhi's message of peace and non-violence and also conveyed her good wishes for commemorative events related to 75 years of India's independence.



To celebrate the role of Indian women achievers in Germany, CGI Frankfurt brought to you the second edition of the Conversation Series 'Let's connect: 9 women 9 success stories.'

To watch series visit our You tube channel:

<https://www.youtube.com/channel/UCoJpbvE59boMHlj6BL5p4A/videos>





Festive colours of India: Indian community in Paderborn celebrated Navratri with traditional Garba bringing out the spirit of Navratri. CGI, Frankfurt joined the festivities and conveyed greetings from the Consulate team.

The Indian Cultural Club for Heritage & Entertainment (ICCHE), an Indian community organization based in Düsseldorf, NRW celebrated durgapuja. CGI, Frankfurt joined the festivities and conveyed warm greeting to all the members of ICCHE and other community members in NRW on the occasion of Durga Puja and navratri 2021.



The Indische Gemeinde Dusseldorf e.V celebrated Durga Puja. CGi, Frankfurt conveyed greetings on the occasion of navratri 2021 on behalf of the Consulate and appreciated the efforts made by the Indian community in Germany for preservation and promotion of Indian culture and traditions in Germany.

Rhein Main Bengali Cultural Association (RMBCA e.V.), Frankfurt organised durgapuja 2021 celebrations in Frankfurt. Consulate General of India, Frankfurt conveyed best wishes to the Bengali community on this auspicious occasion.





Celebrating Azadi Ka Amrit Mahotsav, Indian Ladies Club in collaboration with Consulate General of India, Frankfurt organised Diwali Mela on Saturday, 23 October 2021 bringing the colours, flavours and traditions of Indian festivities to Frankfurt.



Consulate General of India, Frankfurt is delighted to present the third episode of series मेरी भाषा मेरी पहचान – My Language My Identity. In this episode, we showcase the Bengali language and its rich cultural heritage.

<https://youtu.be/wB6u549V3RA>

On 31<sup>st</sup> Oct 2021, Frankfurt Indian Scholars Association in collaboration with Consulate General of India celebrated National Unity Week to commemorate Azadi Ka Amrit Mahotsav. A flashmob was organised in Frankfurt city centre with FISA members performing on patriotic songs celebrating India's multifaceted culture and diversity, underlining India's unity and integrity.



As part of Azadi Ka Amrit Mahotsav, Consulate General of India, Frankfurt concluded the National Unity Week celebration by taking the National Unity Day pledge and offered floral tribute to Sardar Vallabhbhai Patel.



**Dr. Usharani Kanthi Math**

***What inspired you to study Ayurveda?***

The inspiration to study Ayurveda came very early during my childhood years, when I would see my mother reach out to her home remedies to cure all illnesses, by preparing herbal concoctions (kashayam) or altering our diet to allow the body to heal. Just like most south-Indian households, a weekly oil massage was a regular routine in our house. Ayurveda was ingrained in our daily lives, without me realizing it back then.

Gradually, my curiosity in exploring the wonders of Ayurveda grew along with a deep desire to serve the people, this eventually led me to pursue a bachelor's degree in Ayurveda medicine and surgery. A natural progression in this direction was learning the preparation of medicines, through a master's degree in Rasa Shastra (Pharmaceutical branch of Indian Medicine).

***What challenge that you face as an Ayurveda practitioner in Germany?***

The first and the foremost challenge in Germany is the non-recognition of Ayurveda Professionals as doctors (Vaidyas). There is no forum acknowledging the Ayurvedic graduates with the degree of " Bachelors of Ayurvedic Medicine and Surgery" which is a minimum five and half year's degree from Indian Universities. The educational department here in Germany doesn't certify our degree at least as a bachelor's degree and the prospect of finding a job are bleak, as one can't practice Ayurveda, nor prescribe Ayurvedic medicines or even pursue a master's degree to continue their pursuit for learning! This leads to accomplished and capable Ayurveda doctors being reduced to mere wellness consultants at the most! There are no organizations that actively lend support to the cause of Ayurvedic doctors.

### ***How do you see the future of Ayurveda in Germany?***

The future of Ayurveda looks positive, if enough awareness and support is offered by the authorities in addressing the challenges stated above. Ayurveda is the "Science of life", it is globally well regarded and even in Germany, people are very keen to explore and benefit from this holistic approach towards better health. The ongoing pandemic has shifted people's mindset from being disease-conscious to being health-conscious and many people are turning to the benefits of Ayurveda as they look for long-term lifestyle changes rather than short-term cures.

The Indische Fachgesellschaft für Ayurveda Deutschland (IFAD.e.V.) was formally founded on 11th August 2020, with the aim of providing a forum to all Ayurvedic professionals in Germany, to share their concerns, to conduct collaborative discussions and to engage with the authorities in highlighting the challenges and to seek pragmatic solutions for all.

### ***What advice would you like to give to Ayurveda aspirants?***

Ayurveda is the oldest science of life which comprises thousands of medical concepts and hypotheses. The deeper you learn, the more you understand about this ancient Indian medical science.

In Ayurveda, there is always an opportunity to explore and make modifications according to situational needs and requirements. A strong foundational knowledge is essential in order to get to the root of the problem and to identify a solution based on the individual needs. There is a high need for evidence-based research for global recognition and acceptance of Ayurveda. It is important to recognise that only a healthy root can give a sweet fruit!

\*Pictures courtesy : <https://www.gujarattourism.gov.in/> & [www.holidify.com](http://www.holidify.com)

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Danke schön

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

