



Consulate General of India, Frankfurt

# INDIEN NEWSLETTER

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Consul General  
Ms. Pratibha Parkar

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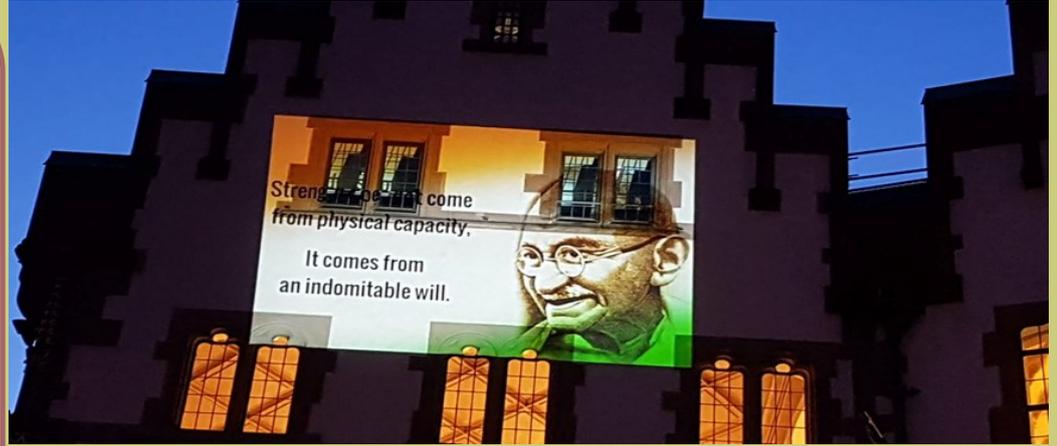
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The Government of India has, through the year, been celebrating **150th Birth Anniversary of Mahatma Gandhi**. The Consulate too organised several events and programs to mark these celebrations. On 2nd October, celebrating [#Gandhi@150](#), the Consulate General of India in Frankfurt organised a digital projection on the life of the Mahatma on the facade of the iconic building of the Römer Rathaus at the historic old town centre of Frankfurt. The Römer has been the City Hall (Rathaus) of Frankfurt for over 600 years. The projection included video clips on the teachings of Mahatma Gandhi. The People gathered in the evening hours of this renowned tourist spot also witnessed the digital projection on Mahatma Gandhi.

Another such spectacular event to mark [#Gandhi@150](#) was organised on 11th October, 2019, at the historic venue of St. Paul' Church where leading Gandhian experts from India arrived to deliver talks. St. Paul's Church is historically important for being the meeting place of the first all- German Parliament.





## QUIZ

Q14. Which of the following did Gandhiji describe as his two lungs?

- A) Ahimsa and peace
- B) Ahimsa and truth
- C) Truth and Peace
- D) Brahmacharya and Aparigraha

Send your answers to  
[picoffice.frankfurt@mea.gov.in](mailto:picoffice.frankfurt@mea.gov.in)

Winners will be  
Awarded !!!



The Consulate General of India, Frankfurt in collaboration with Peace Research Institute Frankfurt (PRIF) organized an event at the premises of the Institute to pay tribute to Mahatma Gandhi on his 150th Birth Anniversary on 2nd October 2019. The institute is one of the special places in Germany which hosts the bust of Mahatma Gandhi.



The event began with opening remarks from Ms. Susanne Boetsch, Member of the Executive Board at PRIF. Consul General Ms. Pratibha Parkar gave a presentation on Gandhi Ji's life and work emphasizing his message of Peace and Non-violence. Consul General Ms. Parkar, Ms. Susanne Boetsch and Dr. Indu Prakash Pandey later paid floral tributes at the bust of Mahatma Gandhi. The guests at the events included members of Indian community and members and employees of Peace Research Institute Frankfurt (PRIF). The guests also saw the exhibition of photos on the life of the Mahatma put together by the Consulate at the PRIF premises.

## Visit of Dr. Angela Merkel, Chancellor of the Federal Republic of Germany to India for Fifth Round of Inter-Governmental Consultations (IGC)



At the invitation of the Prime Minister of India, Dr. Angela Merkel, Chancellor of the Federal Republic of Germany, visited India on 01 November 2019 for the Fifth Biennial Inter Governmental Consultations (IGC). The Chancellor was accompanied by several Ministers and State Secretaries of the Federal Government, as well as a high-powered business delegation. Under the IGC format, the counterpart Ministers from both countries held initial discussions in their respective areas of responsibility. The outcome of these discussions were reported on at the IGC Co-Chaired by the Prime Minister and the Federal Chancellor of Germany.

2. The two Leaders held a separate engagement with CEOs and business leaders of both countries.
3. The Federal Chancellor called on Hon'ble Rashtrapatiji.
4. India and Germany have established a Strategic Partnership that is characterized by a high degree of trust and mutual understanding. The two Leaders have regularly interacted on the sidelines of multilateral meetings. Germany is a leading trade and investment partner. During the IGC, the two sides discussed the deepening of cooperation in traditional sectors such as transport, skill development and energy, and explore possibilities for cooperation in newer areas like green urban mobility, AI, etc. The two Leaders also exchanged views on regional and global matters of mutual interest.

### Key aspects discussed during the Indo-German Consultations

- Strategic Partnership for Sustainable Growth and a Reliable International Order
- Strengthening Cooperation in the Field of Artificial Intelligence and Digital Transformation
- Expanding frontiers of Trade and Investment through Innovation and Knowledge
- Taking Action for Climate and Sustainable Development
- Bringing People Together
- Sharing Global Responsibility
- Strengthening cooperation in the field of Ayurveda

## Culture

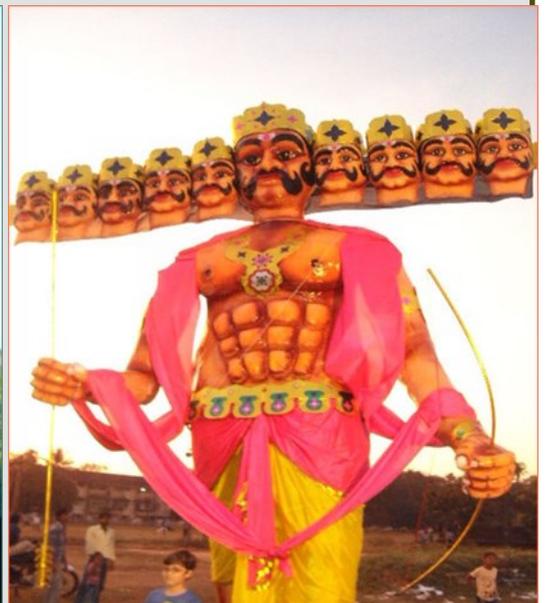
### Hindu Festivals of Durga Puja, Dussehra and Diwali

Durga Puja, Dussehra and Diwali are the most celebrated festivals on Hindu Calendar. It starts with 9 day celebration of divine nights of Durga Puja when prayers are offered to different avatars of Goddess Durga.



### Dussehra

After nine days of prayers, fasting and feasting, the culmination of Durga Puja coincides with celebration of Dussehra (also known as Vijayadashami), when Goddess Durga gets a farewell from her devotees as she returns to her celestial abode. On the same day, Hindus across India celebrate the victory of Lord Ram over Ravana (Triumph of good over evil and light over darkness). Dussehra marks the end of Durga Puja and people start preparing for Diwali.



## Diwali

Diwali is celebrated over a period of five days. The festival is celebrated with the varied interpretation of legends and beliefs all over the country. One such popular belief is associated with the Legend of Lord Ram's return to his kingdom Ayodhya from exile after defeating Ravana. The first of five days is celebrated as birthday of Lakshmi (Dhanteras), the Goddess of wealth and prosperity. Lakshmi prayers are observed at night, during which all families especially business community offer prayers and seek her blessings.



During this festive season, the whole country seems to radiate warmth and tidings of goodwill, with every street and home decked up in lights and flowers, and beautiful colourful designs on the floors of homes. Snacks and sweets are prepared as gifts exchange hands in a flurry of excitement and joy.



Consul General Ms. Pratibha Parkar celebrating Durga Puja (Navaratri) festival in Frankfurt with Indian community from Gujarat state of India.



Consul General Ms. Pratibha Parkar celebrating Dussehra in Frankfurt with Indian Community from West Bengal state of India.

## Tourism

### Have you been to Kolkata during celebration of Dussehra & Durga Puja?

Almost like a colonial matriarch nurturing her heritage roots, the city of Kolkata, the capital of West Bengal, holds culture and tradition close to its heart. While it would give any Indian metropolis a run for its money with its grand structures, bustling markets, vibrant culinary scene, exquisite crafts and cultural sites, its historical legacy reigns supreme. Once the capital of British-India, Kolkata's colonial charm blends with its modern culture.



There cannot be a better time to recommend your travel to Kolkata than when Dussehra and Durga Puja festivals are celebrated.



The opulent and the magnificent preparations and lighting make the celebration of the Dussehra and Durga Puja in Kolkata undoubtedly the best in the whole country when the city lights up to its full glory and literally becomes a 'City of Joy'. Music, dance, colours, culture and foods pervade the streets of Kolkata.

More than 3000 major Durga Puja pandals displaying outstanding creativity and making Kolkata a paradise on earth. Some of the popular pandals come up in Kumurtuli Park, Suruchi Sangha, Jodhpur Park, College Square and Bagbazaar.



Kolkata is always considered a Foodie's delight and Durga Puja festival, streets overflow with all kinds of food. Bengali sweets are famous the world over and are irresistible.

# Flashback of events in October 2019

The Consulate General of India, Frankfurt in collaboration with Peace Research Institute Frankfurt (PRIF) organized an event at the premises of the Institute to pay tribute to Mahatma Gandhi on his 150th Birth Anniversary on 2nd October 2019



On Oct. 11, 2019, Consulate General of India in Frankfurt organized a spectacular event to commemorate the 150th Birth Anniversary of Mahatma Gandhi at the historic venue of St. Paul's Church in Frankfurt.



On 17 & 18 October 2019, Consulate General of India in Frankfurt, with the support of Indian community organized cultural activities and interactions themed around the life and message of Mahatma Gandhi at the Frankfurt Book Fair 2019.



## Flashback of events in October 2019



Consul General Ms. Pratibha Parkar addressing the audience at the Frankfurt Peace Research Institute while commemorating the 150<sup>th</sup> Birth Anniversary of Mahatma Gandhi on 2<sup>nd</sup> October 2019.



On 5th October a Consular Camp was organized by the Consulate in the city of Cologne to provide consular services to Indian nationals living far away from Frankfurt.



Indian Pavilion at Frankfurt Book Fair 2019



A team of Parliamentarians from India, led by Hon'ble Speaker of Lok Sabha Shri Om Birla, held an interaction program with the Indian community at Frankfurt this week. The delegation included members of the Lok Sabha Dr. Shashi Tharoor, Smt. Kanimozhi Karunanidhi, Dr. Bharatiben Dhirubhai Shyal and Smt. Shobha Karandlaje.

## Flashback of events in October 2019



Consul General Ms. Pratibha Parkar attended the event organized by DIG Mainz Association on 18 October 2019 in the Mainz Town Hall to celebrate the 150<sup>th</sup> Birth Anniversary of Mahatma Gandhi. Consul General gave a presentation on the life and freedom struggle of Mahatma Gandhi.

Ms. Ruby Jaspreet, Consul (Commerce, Political and Press) who spoke about the strengths of the Indian economy and the highlights of the Smart Cities initiative at an event organized by the BVMW (Bundesverband mittelständische Wirtschaft, Unternehmerverband Deutschlands e.V.), in association with German federal Ministry of Economic Affairs and Energy.

Organised at Bonn, the event informed the German Businesses about the general framework and business opportunities in the waste and recycling industry in India.



Shri D.V. Sadanand Gowda, Hon'ble Minister of Chemicals and Fertilizers of India visited Germany to inaugurate the India Pavilion at the International Trade Fair for Plastics & Rubber in Dusseldorf (K Show -2019). The Hon'ble Minister was accompanied by a 8-member delegation representing both public and private sector enterprises.

## Flashback of events in October 2019



Consul General Ms. Pratibha Parkar visited the Technical University of [Darmstadt](#) on 9th October and met Prof. Dr. Ralph Bruder, Vice President, Academic Affairs along with Ms. Regina Sonntag-Krupp, Dean of International Affairs. They discussed about furthering cooperation between TU Darmstadt and Indian Universities.



Seeking to provide a platform to leading women from different fields, Consulate General of India in Frankfurt launched on 18th October a Women Professionals' Network. The Network brought together Indian and German women professionals from chambers of commerce, business establishments, MNCs, medical fields and legal professions.



Taking forward commercial engagements between India and Germany, Ms. Ruby Jaspreet, Consul (Commerce) visited on 23rd October the headquarters of Samson in Frankfurt where she met Dr. Andreas Widl, CEO of Samson AG.



Mr. Tumke Bagra, Minister, Dept of Industries, Government of Arunachal Pradesh and Mr. Manoj Kumar, Principal Secretary, Dept. of Industry, Govt. of Chhattisgarh inaugurated the Pavilion of Agricultural and Processed Food Products Export Development Authority (APEDA) at the 36<sup>th</sup> ANUGA 2019, trade fair for food and beverages held in Cologne, from 5-9 Oct. 2019

## Upcoming Events



### *Consulate General of India Frankfurt*



In cooperation with  
Council for Leather Exports (CLE)  
& Messe Offenbach

Invites you to the Inaugural Program  
of the

# INDIA LEATHER DAYS FASHION SHOW

*exhibiting Indian Leather Products*

Date: 27<sup>th</sup> November 2019

Time: 10:00 hrs

Venue: Messe Offenbach GmbH, Kaiserstraße 108-112, 63065 Offenbach  
am Main

RSVP: [events@cglfrankfurt.de](mailto:events@cglfrankfurt.de)



## SHUKTO

*Shukto is the one of the main dishes served to the goddess Durga during the festival of Diwali.*

**Ingredients:** 2 cup potato, 1 cup bitter gourd, 1 cup banana, 1/2 cup carrot, 1 cup red potato, 1.5 cup egg plant, 1 cup green beans, 1 cup drumstick, 1 cup milk, 1 teaspoon curry powder, 1/2 teaspoon mustard seeds, 1 teaspoon turmeric, 2 bay leaves, 1/2 cup ginger garlic paste, 2 green chilli, 2 red chilli, 1 tablespoon caraway seeds, salt

**Method:** Cut all the vegetables and keep aside. Fry the bitter gourd until it becomes crispy and keep it aside. Fry curry powder and mustard seeds until they become a paste and keep it aside. Add ginger paste, bay leaves, caraway seeds, red chilli and fry for a while in little oil. Then, add chopped vegetables, turmeric, salt to it. Add milk and 1/2 cup water and cook over medium flame for 10 min. Add fried bitter gourds and paste made earlier and mix. Let it cook until all the vegetables are done. Shukto tastes the best with rice.

# YOGA ASANA



## *Tādameans palm tree or mountain.*

This asana teaches one to attain stability and firmness and forms the base for all the standing asana.

### Technique

Stand with feet 2 inches apart.

Inhale, lift your arms up to the shoulder level in the front. Interlock the fingers, and turn the wrist outwards.

Now inhale, raise the arms up above your head. Raise the heels off the floor and balance on the toes as you raise your arms.

Stay in this position for 10-30 seconds.

Bring the heels down. Exhale, release the interlock of the fingers and bring the arms down and come back to standing posture.

### Benefits

This āsanabrings stability in the body, helps to clear up congestion of the spinal nerves and corrects faulty posture.

### Caution

Avoid lifting the heels in case of arthritis, varicose veins and vertigo.