

INDIEN NEWSLETTER

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Consulate General of India,
Frankfurt



Consul General
Ms. Pratibha Parkar

Inside

Indien Fest Frankfurt	1-5
Visits & Outreach Activities	6-10
Culture	11
Tourism	12
Upcoming Events	13

*After the grand success of **Indien Fest 2018**, the Consulate along with the members of Friends of India group (an initiative of the Consulate to bring together all the Indian Associations under one common roof) organized **IndienFest 2019** in great grandeur at Cologne and Frankfurt which was marked by more than 20000 spectators. Some impressions of the event in Frankfurt that took place on 31st August 2019.*



Indien Fest, Frankfurt



Indien Fest, Frankfurt



Indien Fest, Frankfurt



Indien Fest, Frankfurt

Spectators enjoying
the long sunny day at
'Indien Fest' !!



Visits and Outreach Activities

INTERVIEWS WITH CONSUL GENERAL



CG was interviewed by Ms. Petra Klaus from Indian Vibes Neue Generationen e.V.



CG was interviewed by Team Apna Frankfurt on the occasion of Indien Fest Frankfurt.



A Consular Camp was organised at Gurudwara Nanaksar in Essen.



Bharat Verein e.V. one of the oldest Indian Association celebrated 73rd Independence Day of India. Ms. Ruby Jaspreet, Consul (Comm., Press & Pol.) attended the event on behalf of the Consulate.



CGI had organised a lecture on Discourse on “Veda and Ayurveda – The Indian medical science”. The key speaker was Dr. Sivakaran Namboothiri (a trained Vedic scholar as well as a professional Ayurvedic chief physician at Sreedhary Ayurvedic hospital in Kerala.)

Visits and Outreach Activities



CG Ms. Parkar visited the Centre of Empirical Studies in Goethe University in Frankfurt where Hindi, Sanskrit, Prakrit and Ardha-Magadhi are taught.



CG Ms. Parkar met Lord Mayor of Bonn Mr. Ashok-Alexander Sridharan at her office.



CG Ms. Parkar met Sister Shivani, motivational speaker from Brahmakumaris organisation, who was on an Awakening Tour in Europe.



Acting CG Ms. Ruby Jaspreet and the Comm. team visited the headquarters of The European Academy of Ayurveda in Birstein and took a tour of the campus with founder Director Mr. Mark Rosenberg.



Consul (Eco, Comm & Pol.) Ms. Ruby Jaspreet visited Siegen University & met Prof. Dr. Bhaskar Choubey, Chair of Analogue Circuits and Image Sensors.

Ms. Jaspreet later met Prof. Dr. Peter Haring-Bolívar, Vice Rector for Research and Prof. Hannah Schramm-Klein, Pro-Rector for Internationalization.



Acting CG Ms. Ruby Jaspreet hosted an interaction with a group of young Indian Scientists. The young Indian boys and girls were participants of the Post Lindau Tour 2019.

Visits and Outreach Activities

The 73rd Independence Day celebrations at the Consulate:

CGI celebrated the 73rd Independence Day celebrations at the Consulate premises on 15th August. The event began with the unfurling of Indian flag by the Consul General, Ms. Pratibha Parkar followed by the National Anthem. CG read the message delivered to the nation by the Honorable President of India, Shri Ram Nath Kovindji. As we celebrate, #Gandhiat150 this year, two trained Indian classical singers, Ms. Aankita Agarwal and Ms. Molly Chakrabarti sang patriotic songs and Gandhiji's favourite Bhajan, Vaishnava Janato on this occasion. Around 350 members of Indian Diaspora and Friends of India Group attended the celebrations. A Madhubani workshop was organised by Bhavishya- Sapnoo ki Udan. Some of the impressions of the event follow.



Visits and Outreach Activities

Biking Queens-Ride for Women's Pride!

A complete package of informative and interactive session with the BikingQueens took place today at the Consulate premises.

Dr. Sarika Mehta & Ms. Rutali Patel are on a bike tour riding 25000 km set out to spread the message of Women empowerment & Women Pride to the world.

Consul General Ms. Parkar along with her Team & the members of Indian diaspora welcomed these young and adventurous ladies at the Consulate and wish them all the very best for their further journey.



2nd Quarterly meeting for Friends of India group (FOI):

The 2nd Quarterly meet took place at the Consulate premises. The discussions generally revolve around the events, programs organised by the consulate in co-op with the FOI group.

This meet focused on the Indian Fest which was to take place on 31st Aug at Rathenau Platz and Rossmarkt.



BHARATKOJANIYE QUIZ:

Consul General Ms. Parkar presented the medals to the (medals by Government of India) to the 1st Round winners of BHARATKOJANIYE (Know India) QUIZ, Mr. Amit Kumar, Gold Medal and Mr. Antariksh Bhardwaj, Silver Medal organised by the Government of India for Non-Resident Indians (NRIs) and Overseas Citizens of India (OCIs) between the age of 18 and 35 years.

Visits and Outreach Activities

Furthering business ties between India and North Rhine Westphalia:

The Economic Minister Prof. Dr. Andreas Pinkwart (North Rhine Westphalia), visited several leading Indian companies present in NRW in August.

The Minister was accompanied by Consul General Ms. Pratibha Parkar along with representatives of NRW Invest. Dr. Pinkwart started off with Tata Consultancy Services where he interacted with Managing Director – Central Europe, Mr. Sapthagiri Chapalapalli and other senior members of TCS. He then visited, Tech Mahindra and held meetings with Country Manager Mr. Marcel Buchner. The group wrapped up the day with a visit to Wipro office where Country Head Mr. Mukul Dhyani briefed the Minister about their operations in Germany and in Europe.

The visit helped showcase to the NRW government the achievements of these leading Indian companies especially in the fields of digitalization as well as their contributions to the German society.



PASCH badge to the Goethegymnasium School, Frankfurt:

Consul General Ms. Parkar was invited as Guest of Honour at the event of handing over of the PASCH badge to the Goethegymnasium School, Frankfurt, for its international commitment as well as for the establishment of the PASCH partnership with the Springdales School in New Delhi on 23rd Aug. The PASCH badges are awarded to those schools in Germany that have an active school partnership with a PASCH school abroad with mutual school trips.

Minister of Culture and Education in Hessen, Prof. Alexander Lorz presented the PASCH badge to the Headmaster of Goethegymnasium Frankfurt, Mr Claus Wirth, in presence of the Consul General.



Consul General Ms. Pratibha Parkar met Didi Sudesh, Director of Brahma Kumaris Schools in Europe at the Consulate.

BK Sudesh Didi tied her Rakhi in an annual tradition to Ms. Parkar and the Consulate officials while offering her blessings to everyone.



Yoga Pose

Viparita Salabhasana



- Lie on your stomach with your toes flat on the floor & your chin resting on the ground.
- Keep your legs close together with your feet lightly touching each other.
- Now stretch your arms to the front as far as you can.
- Take a deep breath in and now lift your chest, arms, legs and thighs off the floor.
- Rather than making an effort to raise your hands and legs more, make a gentle effort to stretch your arms and legs away from your torso. So, feel the pull that is occurring at both ends. Ensure that your elbows and knees are not bent.
- Keep breathing with awareness; keeping your attention on the stretch. As you exhale, gently lower your chest, arms and legs.

Benefits

Strengthens the muscles of the chest, shoulders, arms, legs, abdomen and the lower back

- Tones the abdomen and lower back
- Massages the spine and keeps the back supple
- Helps stretch the chest
- Improves blood circulation

Can be a good workout for the abs and stomach

* Do not practice this **yoga posture** if you have had an abdominal surgery recently or if you are pregnant.

Culture

Mount Abu, Rajasthan

With a title of one and only hill station of Rajasthan, the place gains its prominence in the monsoon for taking a respite from the scorching heat of plains of nearby cities. The city is famous for architecture classic of Dilwara Jain temple apart from the lush green valleys and sky-high mountains. One can enjoy the breathtaking sunset and lovely weather making the location a beautiful place to visit in India.

Things to do: Offer your prayers at Diwara Jain temple, meditate at Brahma Kumari ashram and pop up some vendor food while boating at Nakki lake.



Lonavala, Maharashtra

Settled in the proximity of Mumbai and Pune, this weekend destination gets its greenery boost up in monsoonal months and hence, a must to visit place in India. With a number of viewpoints and trekking trails, the town gets foggy and misty with downpours. This gem of Western Ghats also presents itself with waterfalls, dams, caves and old fort that provides the option for hitting the spot with family and friends.

Things to do: Experience trekking at a different tone at Lonavala and relish some good 'chikki' (a freshly handmade sweet from the region) for which the town is famous for.



QUIZ

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 Aparigriha

Send your answers to

Picoffice.frankfurt@mea.gov.in



Winners will be Awarded !!!

Tourism

History Of Fashion In India

Garments worn in India have evolved over time. Influences from the Gupta period, establishment of Islam, and British colonization have been visible in Indian costumes throughout history. Fashion in India became a widespread phenomenon after independence, especially in the late 1980s through to the 1990s. During this period, India was exposed to global fashion, and an economic boom fuelled the growth of the industry. Emerging Indian designers merged both old and western elements and perfected the art of embroidery to make statement garments. The thriving Bollywood industry also contributed much to the boom of India's fashion industry.

Lehenga Choli

The cradle of the Lehenga Choli is in the regions of Gujarat, Rajasthan, and Kutch. The dress is a long, cut and flared skirt. The skirt is paired with the choli a blouse tightly fitted at the waist. The garment is made in various colors and shades.

The outfit is characterized by intricate and exquisite embroidery and it is most commonly worn in weddings and festivals. The lehenga choli is often accompanied with a chunri that is a long piece of bright and colorful cloth, often bordered with lace, that is wrapped around the head and trails down the back, similar to a veil worn in Christian weddings.



Dhoti

Dhoti garment is the traditional dress for Indian men. The dhoti is a long unstitched garment, mostly 5 yards in length. The clothing is tied at the waist and ankles, with a knot at the waist. The dhoti is mostly paired with the kurta, the combination which is known as dhoti kurta in eastern India. The dhoti is also paired with an angavastram in the south. The ensemble is regarded both as formal and informal wear and has evolved over time to become an elegant cultural symbol. The famous Indian freedom fighter, Mahatma Gandhi always wore a dhoti on all public occasions, popularizing this attire beyond the Indian borders.



Upcoming Events



CONSULAR CAMP

The Consulate General of India is organising a Consular Camp to provide Consular services to the Indian citizen / People of Indian origin from Essen in North Rhine-Westphalia

Date : 13.10.2019 Time : 10:30 hrs to 15:30 hrs

@

Gurdwara Nanaksar, Essen

Special thanks to Sardar Amrik Singh Jee and the Gurdwara Nanaksar management committee.

AGENDA :

- Acceptance of Passport, OCI, Visa and other Consular Applications,
- Guiding & helping the applicants in filling the Applications,
- Briefing on Consular Services & requirements,
- Interacting with Indian Diaspora to familiarize them with the schemes/provisions of Government of India.

For queries related to Venue, may kindly contact Sardar Amrik Singh 015774583411