सत्यमेव जयते
Embassy of India
Cairo

Indian Council for Cultural Relations
भारतीय सांस्कृतिक सम्बंध परिषद्

Embassy of India
Cairo
Maulana Azad Centre for Indian Culture
مركز مولانا آزاد الثقافي الهندي

Newsletter
النشرة الإخبارية

Sangam
سنجام

(Cultural Connect Between Two Great Civilizations)
(التواصل الثقافي بين حضارتين عظيمتين)

OCTOBER 2026

Maulana Azad Centre for Indian Culture

مركز مولانا آزاد الثقافي الهندي

Highlights of the October 2026

أبرز أحداث شهر أكتوبر ٢٠٢٦

- **Gandhi Jayanti and International Day of Non-Violence**
- **Viksit Bharat Run/Walk 2026**
- **Cultural Performances and Film Screening**
- **Yoga Seesion at the National Museum of Egyptian Civilization**
- **Kathak Sandhya at Al Gomhuria Theatre**
- **Gurudev Sri Sri Ravi Shankar at India House**

- **ذكرى ميلاد غاندي واليوم الدولي لعدم العنف**
- **سباق/مشي فيكسيت بهارات 2026**
- **عروض ثقافية وعرض فيلم**
- **جلسة يوغا في المتحف القومي للحضارة المصرية**
- **جلسة رقص كاثاك في مسرح الجمهورية**
- **غورودیف سري سري رافي شانكار في دار الهند**





Gandhi Jayanti and International Day of Non-Violence

MACIC marked the 157th birth anniversary of Mahatma Gandhi and the International Day of Non-Violence at India House, Cairo on October 2, 2026. Ambassador Suresh K. Reddy offered floral tributes and delighted to host friends from the Golden Years Foundation, who joined in honoring his timeless message of non-violence, peace and brotherhood.

ذكرى ميلاد غاندي واليوم الدولي للاعنف

أحيا المركز الثقافي الهندي الذكرى السابعة والخمسين بعد المئة لميلاد المهاتما غاندي، بالتزامن مع اليوم الدولي للاعنف، وذلك في منزل سعادة السفير بالقاهرة في الثاني من أكتوبر 2026. وقد وضع السفير سوريش ريدي أكاليل من الزهور، معرباً عن سعادته باستقبال أصدقاء من مؤسسة "السنوات الذهبية"، الذين شاركوا في تكريم رسالته الخالدة القائمة على اللاعنف والسلام والأخوة.

Viksit Bharat Run/Walk 2026

MACIC & the Embassy organised the Viksit Bharat Run/Walk 2026, bringing together members of the Indian community and friends of India in Cairo. The activity celebrated the spirit of unity, fitness and collective participation while reaffirming the shared vision of a developed India (Viksit Bharat).

سباق/مشي فيكسيت بهارات 2026

نظم المركز الثقافي الهندي فعالية "فيكسيت بهارات" (Viksit Bharat) للجري/المشي لعام 2026، والتي جمعت أفراد الجالية الهندية وأصدقاء الهند في القاهرة. وقد احتفت هذه الفعالية بروح الوحدة واللياقة البدنية والمشاركة الجماعية، مع التأكيد في الوقت ذاته على الرؤية المشتركة نحو تحقيق "هند متطورة" (فيكسيت بهارات).



Cultural Performances and Film Screening



MACIC organized cultural programme featured a series of performances showcasing India's rich and diverse cultural heritage, including a yoga demonstration, traditional Kathak dance and vibrant Bollywood dance performances. The celebrations also included a screening of the popular Indian film English Vinglish, which was warmly received by the audience.

عروض ثقافية وعرض فيلم

تضمن البرنامج الثقافي سلسلة من العروض التي سلطت الضوء على التراث الثقافي الهندي الغني والمتنوع، شملت عرضاً لتمارين اليوجا، ورقص "كاثاك" التقليدي، وعروضاً حيوية من رقصات بوليوود. كما تضمنت الاحتفالات عرضاً للفيلم الهندي الشهير "English Vinglish"، الذي لاقى استحساناً كبيراً من الجمهور.

Yoga Session at the National Museum of Egyptian Civilization

MACIC, in collaboration with the National Museum of Egyptian Civilization, organised a yoga session in a first-of-its-kind initiative, commemorating Breast Cancer Awareness Month and World Mental Health Day at the Museum premises on October 19, 2026. The session witnessed the participation of members of the Baheya Foundation and highlighted the benefits of yoga and meditation in promoting holistic well-being, mental health, and a healthy lifestyle.





جلسة يوغا في المتحف القومي للحضارة المصرية

نظم لمركز الثقافي الهندي بالتعاون مع المتحف القومي للحضارة المصرية، جلسة يوغا في مبادرة هي الأولى من نوعها، وذلك تزامناً مع شهر التوعية بسرطان الثدي واليوم العالمي للصحة النفسية، في مقر المتحف يوم 19 أكتوبر 2026. وشهدت الجلسة مشاركة عضوات من مؤسسة "بهية"، وسلطت الضوء على فوائد اليوغا والتأمل في تعزيز الرفاه الشامل والصحة النفسية ونمط الحياة الصحي.







Kathak Sandhya at Al Gomhuria Theatre

Kathak Sandhya, an enchanting evening of Kathak organised by the MACIC at El Gomhouria Theatre, on October 22, 2026. A Kathak Sandhya in Cairo brought alive ancient tales through spins, expressions and rhythm, MACIC students and TIC-Kathak lit up the stage with stunning performances, elegant footwork, and soulful rhythm. Ambassador Suresh Reddy lauded the growing love for Kathak in Egypt and highlighted that over 100 Egyptian students have completed advanced Kathak courses. An enthusiastic audience witnessed the grace, rhythm, and storytelling of Kathak.

جلسة رقص كاثاك في مسرح الجمهورية

أمسية ساحرة لفن الرقص الهندي «كاتاك» - نظمها المركز الثقافي وذلك على مسرح الجمهورية في 22 أكتوبر 2026. وقد أعادت هذه الأمسية إحياء الحكايات القديمة من خلال حركات الدوران، والتعبيرات الأدائية، والإيقاعات حيث تألق طلاب المركز على خشبة المسرح بتقديم عروض مذهلة، تميزت ببراعة حركة القدمين، وقوة التعبير. وأشاد السفير سوريش ريدي بتنامي الشغف بفن «الكاتاك» في مصر، مشيراً إلى أن أكثر من 100 طالب مصري قد أتموا دورات متقدمة في هذا الفن. وقد استمتع الجمهور المتحمس بمشاهدة ما يتسم به «الكاتاك» من رشاقة وإيقاع وقدرة على سرد القصص.

Gurudev Sri Sri Ravi Shankar at India House

MACIC welcomed Gurudev Sri Sri Ravi Shankar on his maiden visit to Egypt, a memorable evening at India House on October 27, 2026. His inspiring presence, profound wisdom, and message of peace, harmony, and spirituality touched everyone present, making the occasion truly special and unforgettable. A beautiful celebration of friendship, spirituality, and cultural connection between India and Egypt.







غورو ديف سري سري رافي شانكار في دار الهند

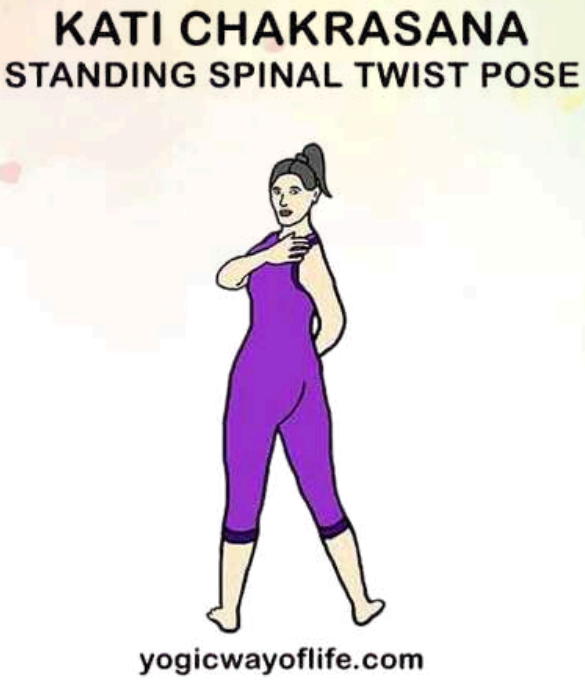
رحب لمركز الثقافي الهندي بـ "غورو ديف سري سري رافي شانكار" في زيارته الأولى إلى مصر، وذلك خلال أمسية لا تُنسى أقيمت في "دار الهند" في 27 أكتوبر 2026. لقد لامس حضوره المُلهم وحكمته العميقة ورسالته الداعية إلى السلام والوئام والروحانية قلوب جميع الحاضرين، مما جعل هذه المناسبة استثنائية بكل المقاييس ولا تُنسى. لقد كانت احتفاليةً رائعةً تجسد الصداقة والروحانية والروابط الثقافية بين الهند ومصر.

‘“Katichakrasana”’

Kati means waist or lower back.Chakra means rotation or circle.Asana means posture.Katichakrasana is a standing twisting posture that improves spinal mobility, flexibility and body coordination.

Procedure

- Keep your spine erect and shoulders relaxed.
- Raise both arms forward to shoulder level, keeping them parallel to the ground.
- Keep your palms facing each other.
- Inhale deeply and While exhaling, gently twist your waist and upper body towards the right.
- Allow your arms to swing naturally around your body.
- Keep your hips relatively stable and turn your head gently in the direction of the twist, if comfortable.
- Inhale and return to the centre.
- Exhale and twist towards the left.
- Repeat 5–10 times on each side with slow, controlled movements.





Awareness During Practice

Physical& Mental Benefites

- Improves flexibility and mobility of the spine.
- Helps reduce stiffness in the waist and back.
- Improves mobility of the shoulder joints.
- Stretches the muscles around the abdomen and waist.
- Improves body coordination and balance
- Promotes relaxation and body awareness.
- Helps reduce physical tension associated with stress.
- Improves concentration and coordination.
- Encourages mindful breathing.

Precautions

- Avoid jerky or forceful twisting.
- People with acute back pain, spinal injuries or recent abdominal surgery should avoid this posture unless cleared by their healthcare professional.
- Keep movements gentle if you have cervical or lumbar problems.

The Classical Dance of India

Kathak

Kathak is one of the major classical dance forms of India. The word Kathak originates from the Sanskrit word Katha, meaning “story.” It has a rich history spanning thousands of years, evolving from ancient temple storytelling traditions to royal court performances. Kathak is known for its graceful movements, intricate footwork, rapid spins, expressive gestures, and rhythmic patterns. Dancers use facial expressions and hand movements to narrate stories, often inspired by Indian mythology and culture. Accompanied by traditional instruments such as the tabla and sitar, Kathak beautifully combines rhythm, expression, and storytelling. Today, it is celebrated worldwide.





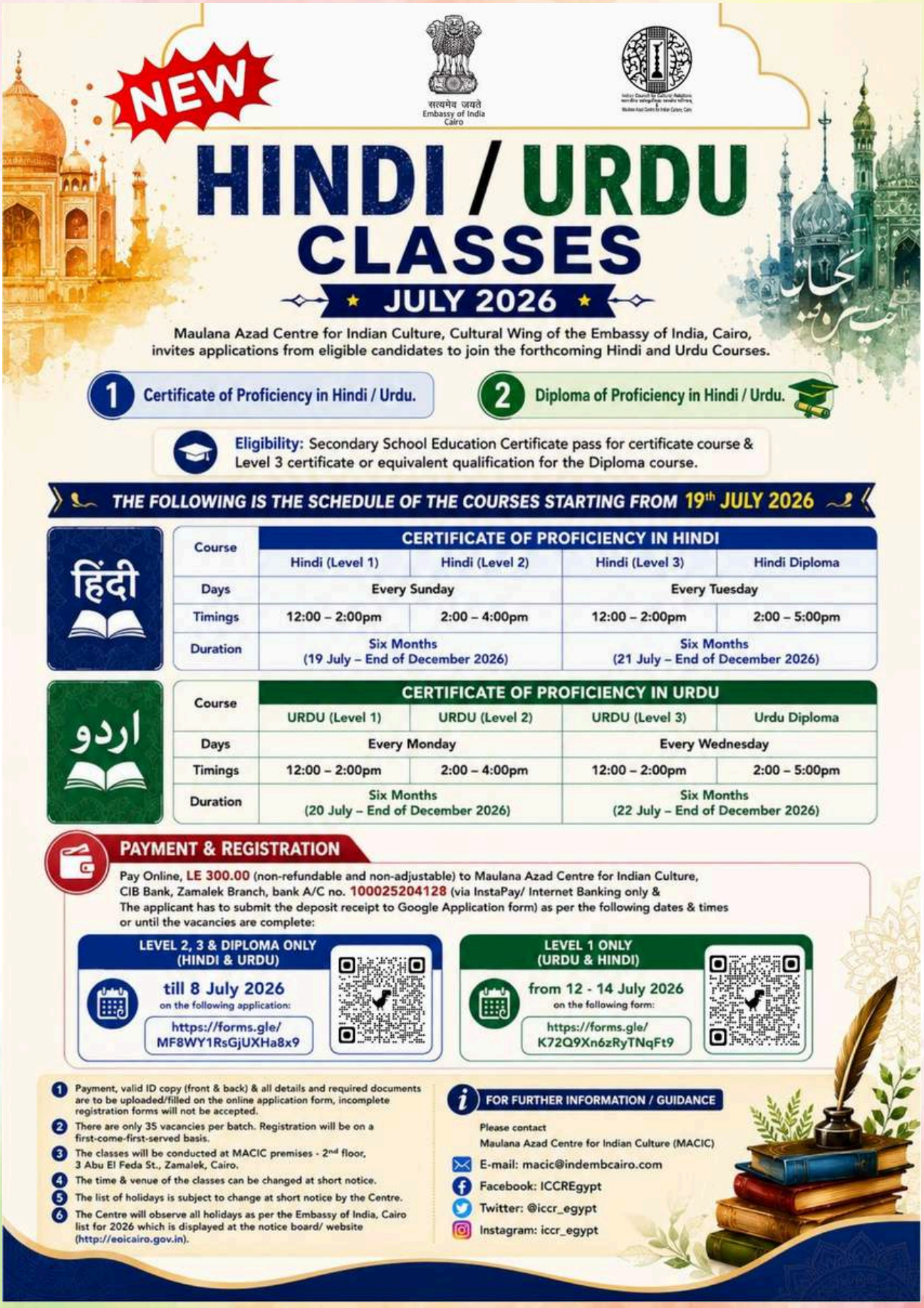
الرقص الكلاسيكي الهندي

الكاتاك:

الكاتاك أحد أهم أنواع الرقص الكلاسيكي في الهند. كلمة "كاتاك" مشتقة من الكلمة السنسكريتية "كاتا" التي تعني "قصة". يتمتع الكاتاك بتاريخ عريق يمتد لآلاف السنين، متطورًا من تقاليد سرد القصص في المعابد القديمة إلى عروض البلاط الملكي. يشتهر الكاثاك بحركاته الرشيقة، ودقة خطواته، ودورانه السريع، وإيماءاته المعبرة، وإيقاعاته المتناغمة. يستخدم الراقصون تعابير الوجه وحركات اليد لسرد القصص، المستوحاة غالبًا من الأساطير والثقافة الهندية. وبمصاحبة آلات موسيقية تقليدية مثل الطبلة والسيتار، يجمع الكاثاك ببراعة بين الإيقاع والتعبير وسرد القصص. واليوم، يُحتفى به في جميع أنحاء العالم.


Embassy of India, Cairo
Maulana Azad Centre for Indian Culture
New Yoga Sessions
For 12 weeks starts from 23 June 2026
Beginners
Batch 1
Sun & Tue: 5:00-6:00pm
Batch 2
Mon & Wed: 12:00-1:00pm
Batch 3
Mon & Wed: 5:00-6:00pm
Intermediate
Mon & Wed: 6:00 - 7:00pm
Advance
Sun & Tue: 6:00 - 7:00pm
Online Sessions
(For Beginners only)
Batch 1
Sun & Tue: 12:00-1:00pm
Batch 2
Thursdays: 5:00 - 6:00pm
Payment:
Pay Online LE 500 to Maulana Azad Centre for Indian Culture, CIB Bank, Zamalek Branch, A/C no. 100025204128 (via InstaPay/Internet Banking only).
The student /individual is to submit the deposit receipt on the Google Registration form before Thursday, 18 June 2026.
Please register on the following Google form:
https://forms.gle/t8w3M22DsJTZcQ83A
ICCREgypt
iccr_egypt
iccr_egypt


सत्यमेव जयते
Embassy of India
Maulana Azad Centre for Indian Culture
Embassy of India, Cairo
presents
NEW CLASSES
KATHAK DANCE
For 24 weeks starting from
Sunday, 22 March 2026
Beginners
B1:
Sun & Tue
from 5:00 - 6:00 pm
B2:
Mon & Wed
from 5:00 - 6:00 pm
Intermediate
Thursdays
from
5:00 - 7:00 pm
Advance
A1:
Sun from 6:00-8:00pm
&
Wed from 7:00-8:00 pm
A2:
Mon from 7:00-8:00 pm
&
Tue from 6:00-8:00pm
Indian Dance
Thursdays
from
7:00 - 9:00 pm
Payment:
Pay Online LE. 800 to Maulana Azad Centre for Indian Culture, CIB Bank, Zamalek Branch, A/C no. 100025204128 (via InstaPay/Internet Banking only).
The student /individual is to submit the deposit receipt on the Google Registration form before 17 march 2026
Please register on the following Google form:
https://forms.gle/gPDDuoEc4RGS1mXG9
ICCREgypt
iccr_egypt
iccr_egypt


NEW
सत्यमेव जयते
Embassy of India
Cairo
HINDI / URDU
CLASSES
JULY 2026
Maulana Azad Centre for Indian Culture, Cultural Wing of the Embassy of India, Cairo, invites applications from eligible candidates to join the forthcoming Hindi and Urdu Courses.
1 Certificate of Proficiency in Hindi / Urdu.
2 Diploma of Proficiency in Hindi / Urdu.
Eligibility: Secondary School Education Certificate pass for certificate course & Level 3 certificate or equivalent qualification for the Diploma course.
THE FOLLOWING IS THE SCHEDULE OF THE COURSES STARTING FROM 19th JULY 2026
हिंदी
Course | CERTIFICATE OF PROFICIENCY IN HINDI | | | |
Hindi (Level 1) | Hindi (Level 2) | Hindi (Level 3) | Hindi Diploma
Days | Every Sunday | | Every Tuesday | |
Timings | 12:00 – 2:00pm | 2:00 – 4:00pm | 12:00 – 2:00pm | 2:00 – 5:00pm
Duration | Six Months (19 July – End of December 2026) | | Six Months (21 July – End of December 2026) | |
اردو
Course | CERTIFICATE OF PROFICIENCY IN URDU | | | |
URDU (Level 1) | URDU (Level 2) | URDU (Level 3) | Urdu Diploma
Days | Every Monday | | Every Wednesday | |
Timings | 12:00 – 2:00pm | 2:00 – 4:00pm | 12:00 – 2:00pm | 2:00 – 5:00pm
Duration | Six Months (20 July – End of December 2026) | | Six Months (22 July – End of December 2026) | |
PAYMENT & REGISTRATION
Pay Online, LE 300.00 (non-refundable and non-adjustable) to Maulana Azad Centre for Indian Culture, CIB Bank, Zamalek Branch, bank A/C no. 100025204128 (via InstaPay/ Internet Banking only &
The applicant has to submit the deposit receipt to Google Application form) as per the following dates & times or until the vacancies are complete:
LEVEL 2, 3 & DIPLOMA ONLY (HINDI & URDU)
till 8 July 2026
on the following application:
https://forms.gle/MF8WY1RsGjUXHa8x9
LEVEL 1 ONLY (URDU & HINDI)
from 12 - 14 July 2026
on the following form:
https://forms.gle/K72Q9Xn6zRyTNqFt9
1 Payment, valid ID copy (front & back) & all details and required documents are to be uploaded/filled on the online application form, incomplete registration forms will not be accepted.
2 There are only 35 vacancies per batch. Registration will be on a first-come-first-served basis.
3 The classes will be conducted at MACIC premises - 2nd floor, 3 Abu El Feda St., Zamalek, Cairo.
4 The time & venue of the classes can be changed at short notice.
5 The list of holidays is subject to change at short notice by the Centre.
6 The Centre will observe all holidays as per the Embassy of India, Cairo list for 2026 which is displayed at the notice board/ website (http://eoicairo.gov.in).
FOR FURTHER INFORMATION / GUIDANCE
Please contact
Maulana Azad Centre for Indian Culture (MACIC)
E-mail: macic@indembcairo.com
Facebook: ICCREgypt
Twitter: @iccr_egypt
Instagram: iccr_egypt

MACIC was inaugurated on 14th January 1992 and it was named after Maulana Abul Kalam Azad, a distinguished scholar, educationist and statesman, who was the first Education Minister of India. MACIC is one of the International Cultural Centres under Indian Council for Cultural Relations (ICCR) with the primary objective of establishing, reviving and strengthening cultural relations and mutual understanding between India and Egypt.

MACIC conducts regular classes for Hindi & Urdu languages, Kathak and Yoga in addition to India Day events, film shows, exhibitions on Indian art & culture, special Yoga workshops, caricature activities, sports tournaments and cultural festivals in Egypt.

The 29th edition of the "Glimpses of India" painting competition was organized, in collaboration with the Egyptian Ministry of Education from 02-24 November 2025 in the 23 Governorates of Egypt with enthusiastic participation of over 29,134 Egyptian school children who made amazing paintings on a wide range of themes related to Indian art and culture.

Yoga has gained popularity in Egypt with over 100 Yoga centres operating in Egypt. The 11th edition of the International Day of Yoga was celebrated with great enthusiasm across Egypt with participation of over 3500 Yoga enthusiasts. This year's celebration was marked by a series of curtain raiser Yoga events in Fayoum, Red Sea, South Sinai, Assuit, Sohag, Port Said & Ismailia as well as vibrant Yoga Marathons in Cairo & Alexandria

In cooperation with the Egyptian Ministry of Culture, MACIC organized the Indian Film Festival in August 2025 at Hanager Theater, Cairo. MACIC boasts an extensive library with over 7000 books on a wide range of subjects, which serves as a vital resource for many Egyptian students to know about India. MACIC celebrates the Foundation Day of ICCR every year by highlighting the important role being played by ICCR in strengthening cultural connectivity between India and Egypt.

MACIC hosts a vibrant Indian Cultural Festival featuring Indian dance and music performances, a food festival, movie screenings, an Incredible India exhibition, and a documentary on Indian tourism across Egypt. Other MACIC outreach events included a Tagore-Mahfouz Caricature Exhibition on 8 May 2024 and an India-Egypt Friendship Kabaddi Tournament on 30 July 2024 at Helwan University Club with 12 men's and women's teams.

For any inquiries about various classes and admission, please contact us:

Ms.Sahitya Pusapati, Director
Maulana Azad Centre for Indian Culture
Address: Second floor, 3, Abu El Feda Street, Zamalek, Cairo
Tel. No. : 2737-1995 / Fax No.: 2737-1996
Email: sa.cairo@mea.gov.in

Maulana Azad Centre for Indian Culture offers the following regular classes at its premises:

يقدم مركز مولانا آزاد للثقافة الهندية الدورات التدريبية المنتظمة التالية في مقره

Hindi and Urdu language classes
فصول للغة الهندية والاردية

Under four categories-
Level I, II, III & Diploma
(Course duration is six months at each level)

Kathak classes
فصول كاتاك

Beginners level
Intermediate level
Advanced level
Indian Dance
Per week 2 hrs class
(Course duration is six months/ 48 hrs at each level)

Yoga classes
فصول يوجا

Beginners level
Intermediate level
Advanced level
Online Yoga Classes
(Course duration is six months/ 48 hrs at each level)

For any inquiries and information about various classes & admission, please contact us:
لأي استفسارات ومعلومات حول الفصول الدراسية المختلفة والقبول، يرجى الاتصال بنا

Maulana Azad Centre for Indian Culture
Address: Second floor, 3, Abu El Feda Street, Zamalek, Cairo
Tel. No. : 2737-1995 / Fax No.: 2737-1996
Email: sa.cairo@mea.gov.in

ICCREgypt iccr_egypt iccr_egypt