



सत्यमेव जयते
Embassy of India
Cairo



Indian Council for Cultural Relations
भारतीय सांस्कृतिक सम्बन्ध 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)

MAY 2026



Highlights of the May 2026

أبرز أحداث شهر مايو ٢٠٢٦

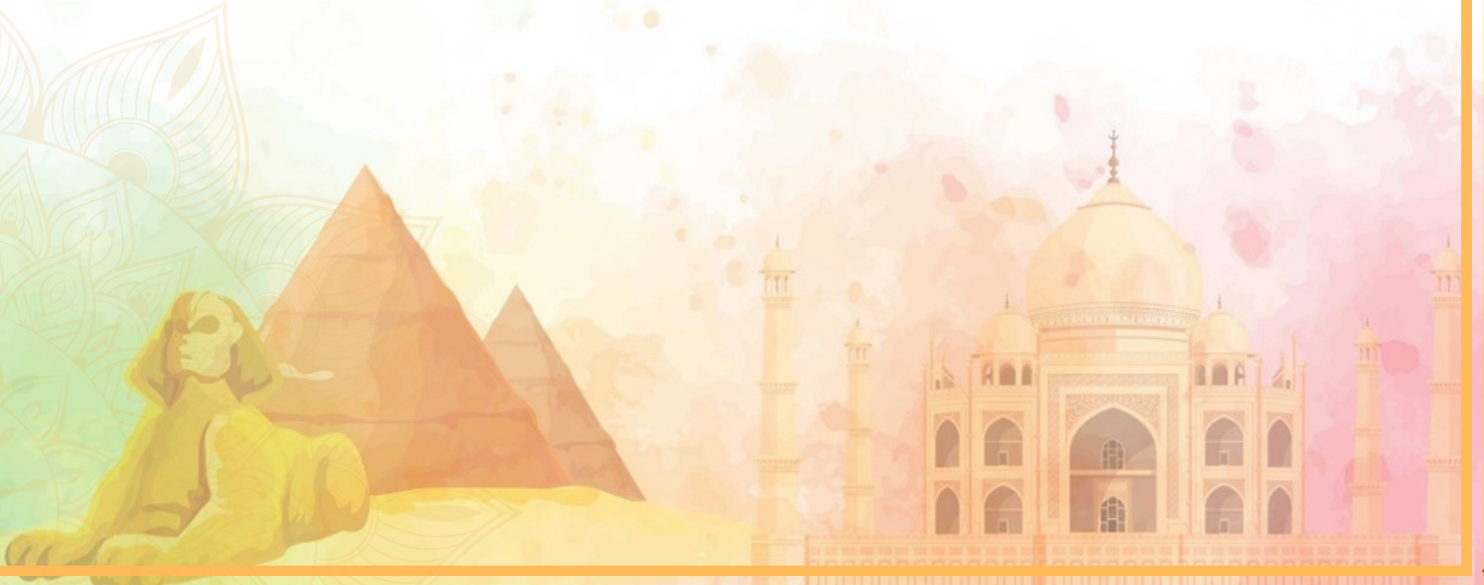


- Indian Culture & Heritage Day
- International Museum Day
- Yoga and Indian Culture Day at el Nasr Club, Heliopolis

• الرقص والتراث الثقافي الهندي

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• يوم اليوجا والثقافة الهندية في نادي النصر، مصر الجديدة



Indian Cultural Dance and Heritage Day

MACIC presented artistic performances showcasing Indian Cultural Dance and heritage at Abbassia Metro Station, Cairo on May 06, 2026 as part of the cultural exchange activities between Egypt and India. The event was attended by Ambassador Suresh Reddy, Mr. Amir Nabih, Adviser to the Minister of Culture, and Mr. Wadii Bouchiha, CEO of RATP Metro Line 3. Passengers gathered in huge numbers as a special Yoga Performance was held with classical Kathak performances, and live Indian music, filled the station with energy, color, and excitement.



الرقص والتراث الثقافي الهندي

قدم المركز الثقافي الهندي عروضاً فنية تُبرز التراث الثقافي الهندي في محطة مترو العباسية بالقاهرة بتاريخ 6 مايو 2026، وذلك ضمن فعاليات التبادل الثقافي بين مصر والهند. حضر الفعالية كلٌّ من السفير سوريش ريدي، والسيد أمير نبيه، مستشار وزير الثقافة، والسيد وديع بوشيه، الرئيس التنفيذي لخط مترو RATP رقم 3. وتوافد الركاب بأعداد غفيرة لمشاهدة عرض يوغا مميز، إلى جانب عروض رقص كاتاك الكلاسيكية، وموسيقى هندية حية، مما أضفى على المحطة أجواءً من الحيوية والبهجة.

International Museum Day

MACIC proudly participated in the celebration of International Museum Day at the Grand Egyptian Museum (GEM) on May 18 2026, showcasing the vibrant spirit of Indian culture through Kathak dance, Bollywood performances, a Yoga Flash-mob, and soulful singing. A beautiful celebration of cultural harmony and artistic exchange.

يوم تأسيس المجلس الهندي للعلاقات الثقافية

شارك المركز الثقافي الهندي بكل فخر في الاحتفال باليوم العالمي للمتاحف في المتحف المصري الكبير بتاريخ 18 مايو 2026، حيث قدمت عرضاً رائعاً للروح الثقافية الهندية النابضة بالحياة من خلال رقص الكاتاك، وعروض بوليوود، وفعالية يوغا مفاجئة، وأغانٍ مؤثرة. كان احتفالاً بديعاً بالوئام الثقافي والتبادل الفني.



Yoga Day at El Nasr Club, Heliopolis

MACIC celebrated "Yoga and Indian Culture Day" on May 22, 2026 at El-Nasr Club, Heliopolis, Cairo bringing together participants for a vibrant morning of wellness and cultural exchange. The event featured the Common Yoga Protocol, an energetic yoga flash mob, showcasing the spirit of India through yoga.

يوم اليوجا في نادي النصر، مصر الجديدة

احتفل المركز الثقافي الهندي بيوم "اليوجا والثقافة الهندية" في 22 مايو 2026 في نادي النصر، مصر الجديدة، القاهرة، حيث جمعت المشاركين في صباح مفعم بالحيوية والنشاط، مزجت فيه بين الصحة والتبادل الثقافي. وتضمن الحدث عرضاً بعنوان "بروتوكول اليوجا المشترك"، وهو عرض حيوي لليوجا، جسّد روح الهند من خلال اليوجا.



Indian Culture Day at El Nasr Club, Heliopolis

MACIC celebrated "Yoga and Indian Culture Day" on May 22, 2026 at El-Nasr Club, Heliopolis, Cairo bringing together participants for a vibrant morning of wellness and cultural exchange. The Kathak and Bollywood dance mesmerized the audience with their rhythmic elegance and soulful singing—showcasing the spirit of India through music, and dance.

الثقافة الهندية في نادي النصر، مصر الجديدة

احتفل المركز الثقافي الهندي بيوم "اليوجا والثقافة الهندية" في 22 مايو 2026 في نادي النصر، مصر الجديدة، القاهرة، حيث جمعت المشاركين في صباح مفعم بالحيوية والنشاط، وتبادلوا فيه الثقافات. وقد أبهرت رقصات الكاثاك والبوليوود الحضور بأناقته الإيقاعية وأغانيها العذبة، مُجسدةً روح الهند من خلال الموسيقى والرقص.



Yoga for Children

Yoga is a valuable activity that offers many physical, mental, and emotional benefits for children. In today's fast-paced world, children often face academic pressure, excessive screen time, and limited physical activity. Practicing yoga can help them develop healthy habits and improve their overall well-being.

One of the main benefits of yoga is improved physical fitness. Yoga postures help children build strength, flexibility, balance, and coordination. Regular practice supports healthy growth and improves posture by strengthening muscles and increasing body awareness. It also encourages children to stay active in a fun and engaging way.

Yoga is also beneficial for mental health. Breathing exercises and relaxation techniques help children reduce stress and anxiety. By focusing on their breath and movements, children learn how to calm their minds and manage their emotions more effectively. This can be especially helpful during challenging situations, such as exams or social pressures.



Another important advantage of yoga is improved concentration and focus. Many yoga activities require children to pay attention to their movements and breathing patterns. As a result, they develop better attention spans, which can positively affect their performance in school and other activities.

Yoga also promotes emotional well-being and self-confidence. As children learn new poses and achieve personal goals, they gain a sense of accomplishment. Yoga teaches patience, self-discipline, and self-acceptance, helping children develop a positive attitude toward themselves and others.

In addition, yoga encourages healthy social interactions when practiced in groups. Children learn cooperation, respect, and empathy while participating in yoga classes with their peers. These social skills contribute to stronger relationships and a more supportive environment.

In conclusion, yoga offers numerous benefits for children, including improved physical health, better concentration, reduced stress, and enhanced emotional well-being. By incorporating yoga into their daily routine, children can develop important life skills and enjoy a healthier, happier lifestyle.



Marine Drive

Marine Drive is one of the most famous landmarks in Mumbai, India. Officially known as Netaji Subhash Chandra Bose Road, it is a 3.6-kilometer-long boulevard that stretches along the Arabian Sea. Built in the 1920s, Marine Drive connects Nariman Point in the south to Malabar Hill in the north and serves as a major recreational and tourist destination.

The road is lined with palm trees and elegant Art Deco buildings, many of which are recognized as part of Mumbai's UNESCO World Heritage-listed Victorian Gothic and Art Deco ensemble. Marine Drive is often called the "Queen's Necklace" because, when viewed at night from an elevated point, the streetlights resemble a sparkling necklace along the coastline.

As a symbol of Mumbai's charm and vibrant urban life, Marine Drive reflects the city's unique blend of natural beauty, historical architecture, and modern culture. It remains one of India's most iconic waterfront destinations.



كورنیش مارین

يُعدّ كورنیش مارین درایف أحد أشهر معالم مدينة مومباي في الهند. يُعرف رسميًا باسم شارع نیتاجی سوبهاش تشاندرا بوس، وهو عبارة عن جادة تمتد على طول 3.6 كيلومترات بمحاذاة بحر العرب. بُني كورنیش مارین درایف في عشرينيات القرن الماضي، ويربط بين ناريمان بوينت جنوبًا ومالابار هیل شمالًا، ويُشكّل وجهة سياحية وترفيهية رئيسية.

يُزيّن الكورنیش بأشجار النخيل ومبانٍ أنيقة على طراز آرت ديکو، يُصنّف العديد منها ضمن مجموعة المباني الفيكتورية القوطية ومباني آرت ديکو المُدرجة على قائمة اليونسكو للتراث العالمي في مومباي. يُطلق على كورنیش مارین درایف غالبًا اسم "قلادة الملكة" نظرًا لأن أضواء الشوارع، عند مشاهدتها ليلاً من نقطة مرتفعة، تُشبه قلادة متألّئة على طول الساحل.

يُمثّل كورنیش مارین درایف رمزًا لسحر مومباي وحيويتها الحضرية، ويعكس مزيجًا فريدًا من الجمال الطبيعي والعمارة التاريخية والثقافة الحديثة. ولا يزال يُعتبر من أبرز الوجهات السياحية على الواجهة البحرية في الهند.





 Embassy of India, Cairo
 Maulana Azad Centre for Indian Culture

New Yoga Sessions

For 12 weeks starts from 23 June 2026

Beginners	Intermediate	Online Sessions
Batch 1 Sun & Tue: 5:00-6:00pm Batch 2 Mon & Wed: 12:00-1:00pm Batch 3 Mon & Wed: 5:00-6:00pm	Mon & Wed: 6:00 - 7:00pm Advance Sun & Tue: 6:00 - 7:00pm	(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>

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New Hindi & Urdu Courses

Six months starts from 18 January 2026

Hindi Language	Urdu Language
Level 1: Sun at 12 PM Level 2: Sun at 2 PM Level 3: Tues at 12 PM Diploma: Tues at 2 PM	Level 1: Mon at 12 PM Level 2: Mon at 2 PM Level 3: Wed at 12 PM Diploma: Wed at 2 PM

Payment:
 Pay Online LE 300.00 (non-refundable and non-adjustable) to Maulana Azad Centre for Indian Culture, CIB Bank, Zamalek Branch, 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 January 2026 on the following application:
<https://forms.gle/H4qJPrFerR76k3eZ7>
 ✓ Level 1 only (Hindi & Urdu):
 from 12 - 14 January from 10am-12pm on the following form:
<https://forms.gle/fr4BPM3waLTzXZT5A>

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 सत्यमेव जयते
 Embassy of India
 Maulana Azad Centre for Indian Culture
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 presents

NEW CLASSES KATHAK DANCE

For 24 weeks starting from
Wednesday, 10 September 2025

Beginners	Intermediate	Advance	Indian Dance
B1: Sun & Tue from 5:00 - 6:00 pm B2: Mon & Wed from 5:00 - 6:00 pm	Fridays from 3:00 - 5:00 pm	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	Fridays from 5:00 - 7:00 pm

Payment:
 Pay Online LE 300.00 (non-refundable and non-adjustable) 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 9 September 2025
 Please register on the following Google form:
<https://forms.gle/H2hceb8rDmjhN7JS9>

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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
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

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