



सत्यमेव जयते



Indian Council for Cultural Relations
भारतीय सांस्कृतिक सम्बन्ध परिषद्
Maulana Azad Centre for Indian Culture, Cairo

**Embassy of India
Cairo**

**Maulana Azad Centre for Indian Culture
(MACIC)**

Newsletter

Sangam

(Cultural Connect Between Two Great Civilizations)

February 2025

Highlights of the February month

- Yoga Workshop on Management of Back Pain
- Special Meditation Session
- Screening of Movie “Chak De India!”
- Workshop on Madhubani Painting
- Campus Connect: Visit to El Sewedy University
- Campus Connect: Visit to Sohag University
- School Connect: Visit of Schools
- Campus Connect: Visit to Assiut University
- Cultural Evening: ITEC Day
- Kathak Sandhya
- The Celebration of the Indian heritage in Egypt: Surya Namaskara and Konark Sun temple



Yoga Workshop

Yoga Workshop on Management of Back Pain

MACIC organized a Yoga workshop on 'Management of Back Pain' at its premises on February 05, 2025. Egyptian Yoga lovers eagerly participated and gained valuable insights into the practice of Yoga and its benefits.



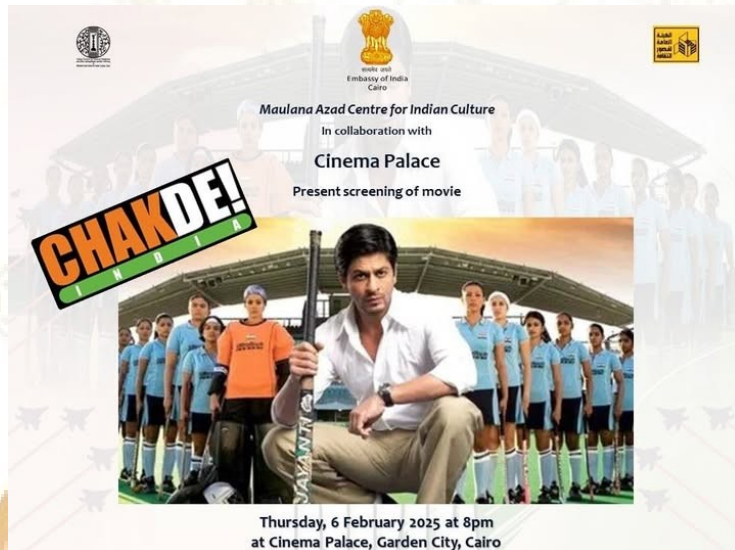
Special Meditation Session

Special meditation session was organized by MACIC, in collaboration with Lotus Meditation House on February 06, 2025 at its premises. The event welcomed participants from Egypt, providing them with an enriching experience in meditation practice.



Screening of movie “Chak De India!”

MACIC screened ‘Chak De India!’ film on February 06, 2025, at Cinema Palace, Garden City, in association with the Egyptian Ministry of Culture. The audience had a delightful experience watching the movie, thoroughly enjoying its engaging story line, captivating performances, and immersive visuals.



Workshop on Madhubani Painting

MACIC organized a workshop on Madhubani Painting on February 14, 2025. The participants were excited to discover Madhubani painting and enthusiastically expressed their desire to explore this art form further.



Campus Connect: Visit to El Sewedy University

Interactive Session with University Students

MACIC organized an interactive session with students at El Sewedy University on February 17, 2025, where an insightful presentation on Incredible India was presented along with engaging discussions on scholarship programs and higher educational opportunities in India.



Meeting of Director (MACIC) with President of University

Director (MACIC) met Dr. Ahmad Hassan, President of El Sewedy University, to explore academic collaboration and discussed further cooperation on faculty exchange programs, university curriculum, seminars and joint research project, aiming to strengthen university partnerships and promote academic engagement.



Campus Connect: Visit to El Sewedy University

India Day Cultural Event

Few highlights from India Day cultural event organized by MACIC at El Sewedy University on February 17, 2025. The celebration showcased a captivating Kathak performance, a high-energy Bollywood dance and an inspiring Yoga demonstration highlighting the richness of Indian art and culture.



Yoga Workshop and Exhibition on Incredible India

A special Yoga workshop was organized for university students, where they enthusiastically participated and experienced the profound benefits of Yoga practice. Alongside the workshop, an exhibition on Incredible India and India-Egypt bilateral relations provided deeper insights into cultural and diplomatic ties.



Campus Connect: Visit to Sohag University

Interactive Session with University Students

An interactive session was held on February 20, 2025 at Sohag University offering students a deeper insight into India's rich heritage and academic opportunities. The Event featured engaging discussions on scholarship programs and higher education prospects in India.



Meeting of Director (MACIC) with President of University

Director (MACIC) met Dr. Hassan ElNouman, President of Sohag University, to explore collaboration with Indian universities. Their discussions focused on potential faculty exchange programs, short term study tours and joint research initiatives, aiming to strengthen academic partnerships and foster cross-cultural engagement.



Campus Connect: Visit to Sohag University

India Day Cultural Event

Few glimpses of India Day cultural event, organized by MACIC at Sohag University on February 20, 2025. It was a vibrant celebration of India's rich artistic heritage. The event featured a vibrant Kathak dance, energetic Bollywood dance and Yoga Demonstration.



Yoga Workshop and Exhibition on Incredible India

A special Yoga workshop was organized for university students, where they enthusiastically participated and experienced the profound benefits of Yoga practice. An exhibition on incredible India was also organized showcasing rich art and culture heritage of India.



School Connect: Visit of Schools to MACIC

As part of school-visit program a group of 35 students from Zamalek National School, Cairo, visited MACIC on February 23, 2025. To know more about India and its rich culture, a power point presentation on India, special Yoga and Kathak workshops were organized for them apart from screening of documentaries on India.

Students of the El Malik Faisal School, Cairo visited MACIC on February 24, 2025. The visit featured a Yoga and Kathak workshop, a documentary screening on Incredible India, a library tour, and a presentation on Indian art and culture.



Campus Connect: Visit to Assiut University

Interactive Session with University Students

MACIC organized an interactive session with students at Assiut University on February 26, 2025, providing students with a deeper understanding of India's rich cultural heritage and academic opportunities. The event included insightful discussions on scholarship programs and higher education prospects in India.



Meeting of Director (MACIC) with President of University

Director of MACIC met Dr. Ahmad El Menshawy, President of Assiut University, to discuss strengthening collaborations with Indian universities. Their conversation explored opportunities for student exchange programs and joint research initiatives, fostering deeper academic and cultural ties between institutions.



Campus Connect: Visit to Assiut University

India Day Cultural Event

India cultural day was organized with great enthusiasm at Assiut University, celebrating India's rich heritage. The event featured a mesmerizing Kathak performance, energetic Bollywood dance and Yoga demonstration.



Yoga Workshop and Exhibition on Incredible India

Few highlights of an exhibition, showcasing India's vibrant art and culture heritage and Yoga workshop at Assiut University campus, where students enthusiastically participated and experienced the profound benefits of Yoga practice.



Cultural Evening: ITEC Day

A vibrant cultural evening at ITEC Day reception on February 25, 2025 at Conrad Hotel, Cairo, showcasing the rich heritage of Indian art and culture. MACIC's Kathak team presented a graceful performance and Ms. Fanny Wiard performed a mesmerizing Bharatnatyam rendition. The cultural performances reflected not just the essence of India's diverse heritage but also the vibrant cultural exchanges between India and Egypt.



Kathak Sandhya

A stage performance by the students of MACIC was held at Maulana Azad Centre for Indian Culture on February 28, 2025. The mesmerizing performances enthralled the audience, showcasing the grace and beauty of Kathak.



Surya Namaskara



Surya Namaskara: Surya Namaskara, or Sun Salutation, is a sequence of 12 Yoga poses (asanas) performed in a flowing manner, synchronized with deep breathing. It is a fundamental practice in yoga that enhances flexibility, strength, and mindfulness.

Key Benefits:

- **Physical Health:** Improves blood circulation, digestion, and muscle strength.
- **Mental Well-being:** Reduces stress, enhances focus, and promotes inner calm.
- **Energy Boost:** Activates the solar plexus, increasing vitality.

12 Steps of Surya Namaskara:

1. Pranamasana (Prayer Pose)
2. Hasta Uttanasana (Raised Arms Pose)
3. Padahasthasana (Hand-to-Foot Pose)
4. Ashwa Sanchalanasana (Equestrian Pose)
5. Dandasana (Plank Pose)
6. Ashtanga Namaskara (Eight-Limbed Pose)
7. Bhujangasana (Cobra Pose)
8. Adho Mukha Svanasana (Downward Dog Pose)
9. Ashwa Sanchalanasana (Equestrian Pose – opposite leg)
10. Padahasthasana (Hand-to-Foot Pose)
11. Hasta Uttanasana (Raised Arms Pose)
12. Pranamasana (Prayer Pose)

Regular practice of Surya Namaskara enhances overall health, flexibility, and mental clarity, making it a powerful part of Yoga and daily wellness routines.



Konark Sun temple

Konark Sun Temple: The Konark Sun Temple is a magnificent 13th century Hindu temple located in Odisha, India. Built by King Narasimhadeva I of the Eastern Ganga Dynasty around 1250 CE, the temple is dedicated to the Sun God, Surya.

Designed in the shape of a giant chariot, the temple features intricately carved stone wheels, horses, and pillars, symbolizing the Sun God's celestial journey. The temple is an outstanding example of Kalinga architecture, showcasing exquisite carvings that depict mythological stories, celestial beings, animals, and daily life.

Though partially in ruins due to natural decay and invasions, Konark Sun Temple remains one of India's most significant cultural and architectural landmarks. It was designated a **UNESCO World Heritage Site** in 1984 and continues to attract historians, architects, and tourists from around the world.

Konark Sun Temple is depicted on the reverse side of the Indian currency note of 10 rupees to signify its importance to Indian cultural heritage.



Special Ramadan Classes

حصص يوجا ورقص كلاسيكي كاتاك خلال شهر رمضان المبارك في المركز الثقافي الهندي



Maulana Azad Centre for Indian Culture,
Embassy of India, Cairo
Offers

Kathak Classes during the Holy Month of Ramadan

حصص للرقص كاتاك الكلاسيكي خلال شهر رمضان المبارك

From Sunday, 02 March till 27 March, 2025

Classes will be from Sundays to Thursdays (Open Level)	
10 AM- 12 PM	8 PM - 10 PM

Fees: LE 300

Interested applicants may apply by filing the following Google form before 22 February, 2025

على الراغبين بالإشتراك، يرجى ملئ إستمارة الجوجل التالية قبل يوم ٢٢ فبراير ٢٠٢٥م

Google form link:

<https://forms.gle/iqZ8Gjg1aJ7ZSBzU8>

Interested candidates must pay after filling the Google form on 23 – 25 February 2025 from 10am-12pm

f ICCREgypt

@iccr_egypt

iccr_egypt



Maulana Azad Centre for Indian Culture,
Embassy of India, Cairo
Offers

Free Ramadan Yoga Classes

حصص يوجا مجانية خلال شهر رمضان المبارك

From Sunday, 02 March till 26 March, 2025

Online classes at 12pm & Offline Classes at 2:30PM	
Sunday & Tuesday	Monday & Wednesday

Interested applicants may apply by filing the following Google form before 25 February, 2025

على الراغبين بالإشتراك، يرجى ملئ إستمارة الجوجل التالية قبل يوم ٢٥ فبراير ٢٠٢٥م

Registration is a must via Google form

Google form link:

<https://forms.gle/vYkDN4j8h1RMKNuF6>



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@iccr_egypt

iccr_egypt

Maulana Azad Centre for Indian Culture (MACIC)

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 and the founding President of the Indian Council for Cultural Relations. 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 dance, and Yoga in addition to academic seminars, India Day cultural events, film shows, exhibitions on Indian art & culture, special Yoga workshops, caricature activities, sports tournaments and cultural festivals/fairs from time to time.

The Glimpses of India painting competition is the annual painting competition organized in association with the Ministry of Education of the Arab Republic of Egypt. The 28th edition of the "Glimpses of India" painting competition organized from 20 October to 13 November 2024 in the 17 Governorates of Egypt with enthusiastic participation of over 22,500 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 10th edition of the International Day of Yoga organized by MACIC on 21 June 2024 at Al-Horreya Park, Zamalek, Cairo. This year's celebration was marked by a series of curtain raiser Yoga events across Egypt, including in Luxor, Hurghada, Alexandria, Minya, and Ismailia.

In cooperation with the Egyptian Ministry of Culture, MACIC screens Indian films in Hanager Theater, Cairo Opera House and Cinema palace, Garden city every month. MACIC boasts an extensive library with over 7000 books on wide range of subjects, which serves as a vital resource for many Egyptian students, offering them a gateway to understanding Indian art and culture authentically. 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.

The Maulana Azad Centre for Indian Culture organized 'Tagore-Mahfouz Caricature' Exhibition on 8 May 2024 to commemorate the birth anniversary of Indian nobel laureate, Rabindranath Tagore, in collaboration with the 'Fayoum Caricature Museum' and 'Egypt Cartoon Blog'. MACIC organized India-Egypt Friendship Kabaddi tournament to promote Indian sports in Egypt in cooperation with the Egyptian Kabaddi Federation at Helwan University Club on 30 July 2024. A total of 12 teams (both men and women) participated in this tournament.

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

Dr. Prakash Choudhary, 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: macic@indembcairo.com

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

Yoga classes

Beginners level
Intermediate level
Advanced level
Online Yoga Classes
(Course duration is 20 hours at each level in 10 weeks)

Kathak classes

Beginners level
Intermediate level
Advanced level
Per week 2 hrs class
(Course duration is 24 hours at each level in 12 weeks)

Hindi and Urdu language classes

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

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