



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)

March 2025

## Highlights of the March month

- School Connect: Visit of Schools
- International Women's Day 2025 Celebration
- Yogic Management of Diabetic (Mellitus)
- Upa Yoga for Joints and Muscle Health
- Sarod Recital and Semi Classical Music
- Mehndi
- Dhyana Yoga and Kathakali Indian Classical Dance



## School Visit

As part of school-visit program a group of 40 students from Kayan international College, Cairo, visited MACIC on March 06, 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.



## International Women's Day Celebration

Mission celebrated International Women's Day at MACIC on March 10, 2025, with enthusiastic participation from members of Egyptian and Indian Community and diplomatic corps. The Cd'A, Ms. C. Sushma highlighted the various initiatives of Government of India aimed at women-led development and women empowerment, with a theme of "Stronger her, Healthier Future", 'Chair Yoga' Session was held with various Yoga poses to improve flexibility and fitness. An exhibition showcasing medicinally useful plants and nutritious millets was organized as a part of Fit India Movement Mission.





## Yoga Workshop

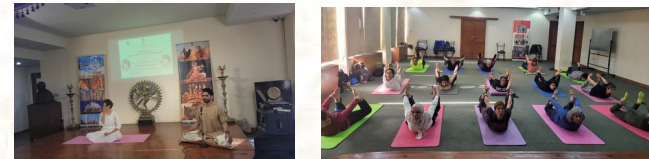
### Yogic Management of Diabetic Mellitus

MACIC organized a Yoga workshop on 'Yogic Management of Diabetic Mellitus' at its premises on March 24, 2025. Egyptian Yoga lovers enthusiastically participated and gained valuable insights into the practice of Yoga and its benefits.



### Upa Yoga for Joints and Muscle Health

MACIC organized a Yoga workshop on 'Upa Yoga for Joints and Muscle Health' led by Indian Yoga practitioner Mr. Narendra Kumar Mahala at its premises on March 25, 2025. Enthusiastic Egyptian Yoga lovers actively engaged in the practice, gaining valuable insights into Yoga and its many benefits.



## Sarod Recital

MACIC organized a special Sarod Recital at its premises. Sarod maestro Mayukh Gangopadhyay and vocalist Payal Bhar delivered a mesmerizing performance of Sarod and semi-classical music at ICCR-Egypt on March 20, 2025, leaving the audience spellbound.



## Mehndi

The word "mehndi" originates from the Sanskrit term mendhika, which refers to the henna plant known for releasing a natural red dye. Mehndi is a traditional ceremonial art form widely practiced across the South Asian subcontinent. It is most commonly applied during weddings, particularly for Sikh, Muslim, and Hindu brides.

In South Asia, mehndi holds cultural significance in both Hindu and Muslim communities. Hindu women often adorn their hands with mehndi during festivals such as Karva Chauth, Vat Purnima, Diwali, Bhai Dooj, Navratri, Durga Puja, and Teej. Similarly, Muslim women apply mehndi to celebrate occasions like Eid al-Fitr and Eid al-Adha.





# Dhyana Yoga



Dhyana or meditation is an act of continuous contemplation.

**Position:** Any comfortable posture.

## Technique

- Sit in any comfortable posture.
- Keep your spine comfortably erect.
- Adopt Jnāna mudra or Dhyana mudra as in the figure.
- Touch the tip of the thumb to the tip of the index finger, forming a circle. The other three fingers are straight and relaxed. All three fingers are side-by side and touching.
- Keep your palms facing upwards upon the thighs.
- Arms and shoulders should be loose and relaxed.
- Close your eyes and sit with a slightly upturned face.
- You need not concentrate. Just maintain a mild focus between the eyebrows and be conscious of your breath.
- Dissolve your thoughts and try to attain single and pure thought.
- Meditate.

## Benefits

- Meditation is the most important component of Yoga practice.
- It helps the practitioner to eliminate negative emotions like fear, anger, depression, anxiety and to develop positive emotions.
- Keeps the mind calm and quiet.
- Increases concentration, memory, clarity of thought and willpower.
- Rejuvenates the whole body and mind giving them proper rest.
- Meditation leads to self-realisation.



## Kathakali Indian Classical Dance

The term Kathakali is derived from katha: (Sanskrit) which means "story or a conversation, or a traditional tale", and kalī which means "performance" or "play". The dance symbolises the eternal fight between good and evil.

Kathakali: Kathakali pronunciation is a traditional form of Indian Classical Dance, and one of the most complex forms of Indian theatre. It is a play of verses. These verses are called Kathakali literature or Attakatha. Mostly played in the courts of kings and temple festivals. Hence it is known as suvarna art forms. This performance uses the navarasas from the Natya Shastra text, authored by sage Bharata. Makeup and costumes are unique and large. It represents one of Kerala's traditional theater art forms. It is native to the Malayalam-speaking state of Kerala and is almost entirely practiced by Malayali people.

A Kathakali repertoire is an operatic performance where an ancient story is playfully dramatized. Traditionally, a Kathakali performance is long, starting at dusk and continuing through dawn, with interludes and breaks for the performers and audience. Some plays continued over several nights, starting at dusk every day. Modern performances are shorter. The stage with seating typically in open grounds outside a temple, but in some places, special theaters called Kuttampalam built inside the temple compounds have been in use.



## April - June Classes

# حصص يوجا ورقص كلاسيكي كاتاك خلال شهر أبريل - يونية في المركز الثقافي الهندي



Maulana Azad Centre for Indian Culture  
Embassy of India, Cairo

### New Kathak Dance Courses

The Centre will commence new Kathak Courses for 3 months starting from **Tuesday, 8 April 2025** as per the following schedule:

Class	Beginners Level			
Days	Sundays & Tuesdays (1hr/class)	Mondays & Wednesdays (1hr/class)		Mondays & Wednesdays (1hr/class)
Timings	5:00 – 6:00PM	5:00 – 6:00PM		4:00 – 5:00 PM (ONLINE)
Duration	From 08/04/25 to 29/06/25	From 09/04/25 to 30/06/25		From 09/04/25 to 30/06/25
Fees	LE 800.00 (non-refundable and non-adjustable)			
class	Intermediate Level		Advance Level	
Days	Fridays (2hrs/class)	Sundays & Tuesdays (2hr/class)	Mondays & Wednesdays (1hr/class)	Fridays (2hr/class)
Timings	3:00 – 5:00PM	6:00 – 8:00PM	7:00 – 8:00PM	11:00AM – 1:00PM
Duration	From 11/04/25 to 27/06/25	From 08/04/25 to 29/06/25	From 09/04/25 to 30/06/25	From 11/04/25 to 27/06/25
Fees	LE 800.00 (non-refundable and non-adjustable)			

#### Indian Dance Class \*Weekend Class\*

Class	Fridays from 5:00 – 7:00 PM (2hrs)
Days	From 11/04/25 to 27/06/25
Timings	From 11/04/25 to 27/06/25
Duration	From 11/04/25 to 27/06/25
Fees	LE 800.00 (non-refundable and non-adjustable)

#### Free Kids Dance Classes

Class	Mondays & Wednesdays from 6:00 – 7:00 PM (1hr)
Days	From 11/04/25 to 27/06/25
Timings	From 11/04/25 to 27/06/25
Duration	From 11/04/25 to 27/06/25
Fees	Free

1. Interested persons can apply by filling the following Google form till **Monday, 7 April 2025**:

Google form link: <https://forms.gle/CaJTeKo2pb1nyNBc6>

2. The following are required to be submitted after filling the form:

- One recent passport size photograph 4 X 6 (Not older than 1-year photo).
- Fees required (L.E.800)

Fees MUST be paid in cash after filling the form to complete your registration at MACIC Premises on 6 & 7 April 2025 from 10am– 12pm.



Maulana Azad Centre for Indian Culture  
Embassy of India, Cairo

### New Yoga Sessions

The Centre will commence new Yoga courses (for ten weeks each) at three levels – Beginners, Intermediate & Advance starting from **Sunday, 13 April 2025** as per the following schedule:

Beginners			
Sessions	Sunday & Tuesday		Monday & Wednesday
Days	12.00 – 1.00pm (Online)		4.30 – 5.30pm
Timings	From 13/04/25 to 17/06/25		5.00 – 6.00pm
Duration	From 13/04/25 to 17/06/25		From 14/04/25 to 18/06/25
Fees	LE 500.00 (non-refundable and non-adjustable)		
Intermediate		Advance	
Sessions	Monday & Wednesday		Sunday & Tuesday
Days	6.00 – 7.00pm		6.00 – 7.00pm
Timings	From 14/04/25 to 18/06/25		From 13/04/25 to 17/06/25
Duration	From 14/04/25 to 18/06/25		From 13/04/25 to 17/06/25
Fees	LE 500.00 (non-refundable and non-adjustable)		

Interested persons must apply through the following Google form till **Monday, 07 April 2025**:

Google form link: <https://forms.gle/NE5MSaNVqeHJG7dW7>

Fees MUST be paid in cash after filling the form to complete your registration at MACIC Premises

From **06 – 09 April 2025** between 10am – 12pm.

1. ALL APPLICANTS WILL HAVE TO COME PERSONALLY OR SEND SOMEONE ON THEIR BEHALF TO PAY THE FEES AND SHOULD HAVE SUFFICIENT TIME AT THEIR DISPOSAL TO COMPLETE THE FORMALITIES. There are only **35 vacancies** per batch. Registration will be on a first-come-first-served basis.

2. The following are required to be submitted after filling the form:

- One recent passport size photograph 4 X 6 (Not older than 1-year photos).
- Fees required (L.E.500)



## 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 10<sup>th</sup> 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](mailto: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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