



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

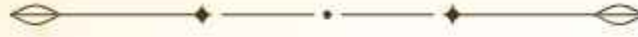
سنگام Sangam

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

JULY 2025



Highlights of the July 2025 أبرز أحداث شهر يولية ٢٠٢٥



- Trataka Yoga Workshop
 - Yoga for Working Women
 - Yoga for Stress Management
 - Indian Cultural Performances
in Alexandria
 - Mural Art Exhibition
 - Hindi Club: Interaction
Session with Students
- ورشة عمل تراتاكا يوجا
 - يوجا للنساء العاملات
 - يوجا لإدارة التوتر
 - العروض الثقافية الهندية
بالأسكندرية
 - معرض الفن الجداري
 - النادي الهندي: جلسة تفاعلية مع
الطلاب





Yoga Workshop "Trataka Yoga"



Yoga enthusiasts joined a special Trataka Yoga workshop at MACIC on July 02, 2025, learning techniques to enhance focus and inner clarity through steady gaze meditation.

ورشة عمل يوجا "تراتاكا يوجا"

انضم عشاق اليوجا إلى ورشة عمل تراتاكا يوجا الخاصة في المركز الثقافي الهندي يوم 2 يوليو 2025، وتعلموا تقنيات لتعزيز التركيز والوضوح الداخلي من خلال التأمل بالنظرة الثابتة.



Yoga Workshop "Surya Namaskar"

A special Yoga workshop on Surya Namaskar was organized by MACIC on July 07, 2025, where Yoga enthusiasts explored the benefits and techniques of the 12 dynamic asanas. A rejuvenating experience for body and mind.

ورشة عمل يوجا "سوريا ناماسكار"

نظم المركز الثقافي الهندي ورشة عمل يوجا خاصة حول سوريا ناماسكار في 7 يوليو 2025، حيث استكشف محبو اليوجا فوائد وتقنيات الأسانا الديناميكية الاثنتي عشرة. تجربة مُجدّدة للجسم والعقل.





Yoga for Working Women

Special Yoga workshop organized by MACIC on 14, July 2025, for working women in Egypt. Participants explored the powerful benefits of Yoga for wellness, balance, and stress relief in their daily lives.



ورشة عمل يوجا للنساء العاملات

ورشة عمل يوجا خاصة نظمها المركز الثقافي الهندي في ١٤ يوليو ٢٠٢٥، للنساء العاملات في مصر. استكشفت المشاركات فوائد اليوغا القيمة للصحة والتوازن وتخفيف التوتر في حياتهن اليومية.

Yoga for Stress Management

Egyptian Yoga enthusiasts gained valuable insights into stress management through Yoga during a special workshop organized by MACIC on July 15, 2025 at its premises. A step towards holistic well-being.

ورشة عمل يوجا لإدارة التوتر

اكتسب محبو اليوجا المصريون رؤى قيّمة في إدارة التوتر من خلال اليوغا خلال ورشة عمل خاصة نظمها المركز الثقافي الهندي في 15 يوليو 2025 في مقره. خطوة نحو تحقيق صحة وعافية شاملة.





Indian Cultural Performances in Alexandria

Indian cultural performances added vibrant charm to Alexandria's National Day celebrations on July 26, 2025. Kathak and Bollywood dance mesmerized the audience with their rhythmic elegance in addition to Incredible India exhibition showcased India's rich heritage.

العروض الثقافية الهندية بالأسكندرية

أضافت العروض الثقافية الهندية سحرًا نابضًا بالحياة إلى احتفالات الإسكندرية باليوم الوطني في 26 يوليو 2025. وقد أذهلت رقصات الكاتاك والبوليوود الجمهور بأنافتها الإيقاعية بالإضافة إلى معرض الهند المذهلة الذي استعرض التراث الغني للهند.



Mural Art Exhibition

ICCR alumni, Dr. Sherin Mokhtar, showcased a thought-provoking Mural Art exhibition at the Faculty of Art and Design, Pharos University, Alexandria on July 26, 2025, reflecting deep intellectual and cultural dimensions, enriching the human experience through art.

معرض الفن الجداري

أقدمت الدكتورة شيرين مختار، خريجة المجلس الهندي للعلاقات الثقافية، معرضًا فنيًا جداريًا مثيرًا للتفكير في كلية الفنون والتصميم، جامعة فاروس، بالإسكندرية في 26 يوليو 2025، يعكس أبعادًا فكرية وثقافية عميقة، ويثري التجربة الإنسانية من خلال الفن.






Hindi Club: Interactive Session with Students



Hindi Club: Uniting India and Egypt through the power of language. An interactive session with Ms. Sneha Reddy at MACIC on July 31, 2025, brought fresh ideas to make Hindi learning engaging for Egyptian students. Language, culture and collaboration united through Hindi.

النادي الهندي: جلسة تفاعلية مع الطلاب

انادي اللغة الهندية: توحيد الهند ومصر من خلال قوة اللغة. قدّمت جلسة تفاعلية مع السيدة سنيها ريدي في المركز الثقافي الهندي في يوم 31 يوليو 2025 أفكارًا جديدة لجعل تعلم اللغة الهندية تفاعليًا للطلاب المصريين. توحدت اللغة والثقافة والتعاون من خلال اللغة الهندية.



भारत सरकार
Embassy of India
Cairo

announces



“Netaji Subhas – ICAR International Fellowships”

ICAR invites application for International Fellowship for pursuing
Doctoral degree in Agriculture and allied Science.

For detailed guideline please click the following link:
<https://www.eoicairo.gov.in/page/netaji-subhas-icar-international-fellowship/>

Application forms are available on ICAR website:
www.icar.org.in

**Last date for submission of
the applications is August 31, 2025**



BHUJANGĀSANA (The Cobra Posture)

Position: Prone posture or Makarāsana

Technique:

- Lie down on your stomach, rest your head on your hands and relax the body.
- Now join your legs and stretch your arms.
- Keep the forehead on the ground.
- Now place your hands just beside the body;
- keep palms and elbows on the ground.
- As you inhale slowly, lift the chin and chest come up to navel region.
- Stay there comfortably.
- Now come back and place your forehead on the ground.
- Keep your palms besides the chest where your elbows were and raise the elbows where they are.
- Inhale; slowly lift the chin and chest up to the navel region.



Note:

- Keep the legs firm so that no load or strain is felt on the lumbar spine.

Benefits

- This āsana is best for stress management.
- It reduces abdominal fat and alleviates constipation.
- It also helps to remove backache and bronchial problems.

A word of caution

- Those who have undergone abdominal surgery should avoid this āsana for 2-3 months.
- Those who suffer from hernia, ulcers should not practice this āsana.





Qutub Minar

The Qutub Minar, situated in Mehrauli, Delhi, is a magnificent example of Indo-Islamic architecture and a prominent UNESCO World Heritage Site. Built in 1193 by Qutb-ud-din Aibak and later expanded by his successors, including Iltutmish and Firoz Shah Tughlaq. Rising to about 73 meters (240 feet), it is the tallest brick minaret in the world, built with red sandstone and marble. The tower has five distinct storeys, each marked by a projecting balcony, and is decorated with intricate carvings and inscriptions from the Quran. The surrounding Qutub complex houses other historical treasures such as the Quwwat-ul-Islam Mosque, the Alai Darwaza, and the famous Iron Pillar, which has remained rust-free for over 1,600 years. This architectural marvel is not just a symbol of victory but also a testament to the artistic brilliance of medieval India.

مئذنة قطب منار

قطب منار، الواقع في ميهاولي، دلهي، هو مثال رائع على العمارة الهندية الإسلامية وموقع بارز للتراث العالمي لليونسكو. بُني عام 1193 على يد قطب الدين أيبك ووسّعه لاحقاً خلفاؤه، بمن فيهم إلتتمش وفيروز شاه تغلق. يبلغ ارتفاعه حوالي 73 مترًا (240 قدمًا)، وهو أطول مئذنة من الطوب في العالم، مبنية من الحجر الرملي الأحمر والرخام. يحتوي البرج على خمسة طوابق مميزة، يتميز كل منها بشرفة بارزة، وهو مزين بنقوش وكتابات دقيقة من القرآن الكريم. يضم مجمع قطب المحيط كنوزًا تاريخية أخرى مثل مسجد قوة الإسلام، ودار علاء الدين، والعمود الحديدي الشهير، الذي ظل خاليًا من الصدأ لأكثر من 1600 عام. هذه التحفة المعمارية ليست مجرد رمز للنصر ولكنها أيضًا شهادة على التألق الفني للهند في العصور الوسطى.





Maulana Azad Centre for Indian Culture
Embassy of India, Cairo

New Yoga Sessions

The Centre will commence new Yoga courses (for 11 weeks each) at three levels – Beginners, Intermediate & Advance starting from Wednesday, 16 April 2025 as per the following schedule:

Sessions	Beginners			
Days	Sunday & Tuesday		Monday & Wednesday	
Timings	5:30 – 6:30pm (Online)	5:30 – 6:30pm (Offline)	12:00 – 1:00pm	5:00 – 6:00pm
Duration	From <u>28/ 07/ 25</u> to <u>30/ 09/ 25</u>		From <u>16/ 07/ 25</u> to <u>29/ 09/ 25</u>	
Fees	LE 500.00 (non-refundable and non-adjustable)			
Sessions	Intermediate		Advance	
Days	Monday & Wednesday		Sunday & Tuesday	
Timings	6:15 – 7:15pm		6:30 – 7:30pm	
Duration	From <u>16/ 07/ 25</u> to <u>29/ 09/ 25</u>		From <u>28/ 07/ 25</u> to <u>30/ 09/ 25</u>	
Fees	LE 500.00 (non-refundable and non-adjustable)			



Maulana Azad Centre for Indian Culture
Embassy of India, Cairo

New Hindi/Urdu Classes July 2025

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 13th July 2025.

THE FOLLOWING IS THE SCHEDULE OF THE COURSES STARTING FROM 15 JULY 2025

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 (13 July – End of December 2025)		Six Months (15 July – End of December 2025)	
Fees	LE 300.00 (non-refundable and non-adjustable)			

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 (14 July – End of December 2025)		Six Months (16 July – End of December 2025)	
Fees	LE 300.00 (non-refundable and non-adjustable)			

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 "Glimpses of India" painting competition is the annual painting competition organized in association with the Egyptian Ministry of Education. The 28th edition of this 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 11th edition of the International Day of Yoga 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 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 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: 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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