



Aaratrika

MOSCOW DURGA PUJA 2023



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सर्वमङ्गलमाङ्गल्ये शिवे सर्वार्थसाधिके ।
शरण्ये त्र्यम्बके गौरि नारायणि नमोऽस्तु ते ॥

As the festive fervor of Durga Puja fills the air and the vibrant colors of autumn paint the cityscape, we extend a warm welcome to the Indian community in Moscow to celebrate the auspicious festival of Durga Puja. This grand celebration of the triumph of good over evil, amalgamated with devotion, and cultural heritage holds a special place in the hearts of millions.

Durga Puja is a time-honored tradition that showcases the rich cultural heritage of India. By celebrating this festival in Moscow, we have the opportunity to preserve and share our traditions with a wider audience. From the mesmerizing rituals and innovative decorations to the captivating music and dance performances, Durga Puja in Moscow serves as a platform to showcase the beauty and depth of Indian culture. For the Indian diaspora in Moscow, celebrating Durga Puja provides a sense of home away from home. It is a time to come together as a community, reconnect with our roots, and strengthen the bonds that tie us. By organizing and participating in Durga Puja festivities, we create a supportive and nurturing environment that makes Moscow feel like an extended family space.

Durga Puja transcends geographical boundaries, bringing together people from all walks of life. Moscow, known for its cultural diversity and openness, presents a perfect setting to celebrate this cherished festival. Every year, the Indian community in Moscow, along with our Russian friends, join hands to create a harmonious and inclusive atmosphere, fostering cross-cultural understanding, promoting dialogue, and building bridges of friendship. This cultural exchange strengthens the bond between India and Russia and promotes mutual respect and appreciation.

Let us come together, celebrate our traditions, and create an atmosphere of joy, harmony, and cultural exchange. May this festival bring happiness, prosperity, and blessings to all, as we embrace the spirit of Durga Puja in the heart of Moscow.

Moscow Durga Puja Committee

*Durga Puja in Kolkata
has been inscribed as*





34th

Shri Shri Durga Puja Celebrations Schedule – 2023



October 20, 2023 (Friday) Sashti

18:00 Puja Starts (Bodhon, Aamantran- Sthapana)

20:30 Pushpanjali / Aarti

21:00 Fruit Prasad distribution



October 21, 2023 (Saturday) Saptami

08:00 Puja Preparations begins

09:00 Puja Starts

11:30 Pushpanjali / Bhog Nibedon & Aarti

11:50 Prasad distribution

18:00-19:00 Evening Arati & Prasad distribution



October 22, 2023 (Sunday) Maha Ashtami

07:30 Puja Preparations begins

08:00 Puja Starts

11:00 Pushpanjali / Bhog Nibedon & Aarti

11:30 Fruit Prasad distribution

17:06-17:54 Sandhipuja

18:00-19:00 Evening Arati & Fruit Prasad distribution



October 23, 2023 (Monday) Maha Navami

08:00 Puja Preparations begins

09:00 Puja Starts

11:30 Pushpanjali / Bhog Nibedon & Aarti

11:50 Prasad distribution

18:00-19:00 Evening Arati & Prasad distribution



October 24, 2023 (Tuesday) Bijoya Dashami

08:00 Puja Preparations begins

09:00 Puja Starts

10:45 Visarjan

11:30 Sindur Khela

12:30 Shantijal

12:45 Fruit Prasad Distribution

Puja rituals ends with Visarjan



October 28, 2022 (Saturday) Laxmi Puja

Puja starts 18:00 onwards

Durga - The Living Mother of All

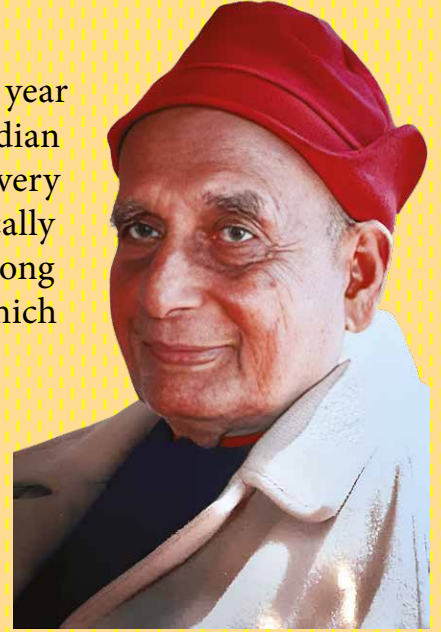
Swami Jyotirupanand

या देवी सर्वभूतेषु मातृ-रूपेण संस्थिता।
नमस्तस्यै नमस्तस्यै नमस्तस्यै नमो नमः॥

*To that Devi Who in All Beings is abiding in the Form of Mother,
Salutations to Her, Salutations to Her, Salutations to Her, Salutations again and again.*

The ritualistic worship of the Universal Mother Durga once a year for 5 days or 10 days is an important item of the social life of Indian people from the Vedic time not less than 5 thousand years. It is very important for us, as our social existence was maintained basically on spiritual ideal. This Indian society was continuing since a long period, only because we are the worshippers of undying Spirit which anybody may call God.

Mother Durga is the Universal Energy through the guidance of which the Universe is continuing so nice under proper Nature's laws. We human beings divide the world into conscious and unconscious. Realization of the Indian Rishis say only one Consciousness is the Supreme Reality, under some illusion you are not understanding this. But for reaching the brighter and deeper state of life our society takes up the Universal Energy for Supreme Mother of the world. Our aim of life is to achieve peace and bliss and for that we need to feel our Mother Durga a living Mother of all.



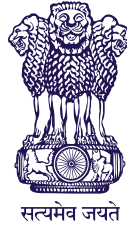
As we are getting that desired result by worshipping God as Mother Durga this ritual is continuing for all time from the Vedic age.

Our level of experience is not confined to sense objects and extracting some conclusion through reasoning. Beyond our body, sense organs and mind our sages reaching the eternal consciousness within the physical body and declared this as the Supreme Truth of life. So, we should strive for reaching that state which is called liberation from the bondage of suffering.

India is alive from that ancient time and will live eternally as they were able to get the Supreme Truth of life and so long they will not miss the ideal their ever existence is guaranteed.

May Mother Durga bless us all is our only prayer.

राजदूत
AMBASSADOR
ПОСОЛ



भारत का राजदूतावास, मॉस्को
EMBASSY OF INDIA
MOSCOW
ПОСОЛЬСТВО ИНДИИ
МОСКВА



Warm greetings from the Embassy of India on the auspicious occasion of the Durga Puja.

I am pleased to note that the Durga Puja Committee has been enthusiastically celebrating the festival for several decades now.

The efforts of the organizers in this endeavor are commendable.

The role of such celebrations and festivals is very important in connecting the local Indian diaspora with their roots back in India. Having such celebrations with our Russian friends also helps give them a flavor of some of India's rich diversity and heritage. Hopefully, it would also inspire some to travel to India to get the full experience.

My best wishes to the Durga Puja Committee and the readers of Aaratrika. May Maa Durga bless us all with good health and happiness.

Pavan Kapoor

Ambassador of India to the Russian Federation

ROCKET WOMEN

Chandrayaan-3's 'Nari Shakti'

Chandrayaan has written India's name on the moon forever. India became the first country to reach the south pole of the moon. The commendable efforts of the team of scientists, engineers, and researchers at the Indian Space Research Organization (ISRO) are to be applauded for this feat. Over 100 women scientists and engineers were involved in the mission, which culminated in India landing its lunar rover on August 23, 2023.



Along with the success of the mission, Aaratrika celebrates the "Rocket Women" who broke the shackles of patriarchy and created a space for themselves in the history of space science. Their dedication and expertise have played a crucial role in the

success of the mission. They carry a beacon of hope and inspiration for the younger generation. According to World Bank data, women make up nearly 43 per cent of total STEM graduates in India, one of the highest in the world. However, women comprise just 14 per cent of scientists, engineers, and technologists at research institutions and universities.

Kalpna Kalahasti, the deputy project director, has been instrumental in overseeing the development of sophisticated imaging devices that have captured high-resolution images of Earth's surface.

Reema Ghosh, a robotics specialist, has contributed to the development of the "Pragyan" rover currently operating on the lunar surface.

Ritu Karidhal, a senior scientist and aerospace engineer, has been part of many important space missions, including Chandrayaan-2 and the Mars orbiter

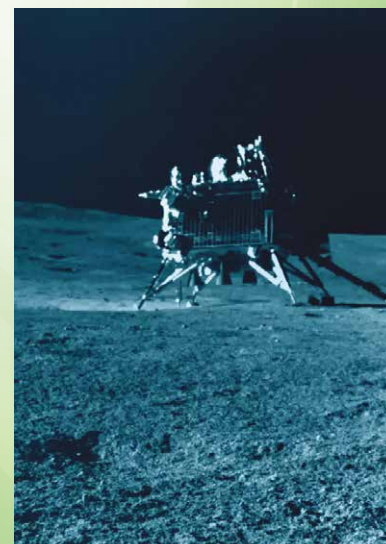
mission.

Nidhi Porwal, another senior scientist at ISRO, has worked diligently for four years to ensure the success of Chandrayaan-3. She describes the lander reaching the lunar surface as "magic" and believes that the contribution of women at ISRO sets a strong example for other fields.

The success of India's historic lunar landing is expected to inspire more young women to pursue careers in science and technology. Prime Minister Narendra Modi has recognized the importance of women scientists in the mission by naming the landing site of Chandrayaan-3 on the moon "Shiv Shakti," after the concept of feminine energy in Hindu mythology. It is important to note that the work of female scientists does not end with the Chandrayaan-3 mission. ISRO continues to be home to several other talented female Indian scientists who are dedicated to bringing glory to the nation through their contributions to space exploration.



The Chandrayaan-3 mission is an example of the immense potential and talent that exists among women in the field of science and technology. Their achievements serve as a reminder that gender should never be a barrier to pursuing one's passion and making significant contributions to society.



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IX INTERNATIONAL YOGA DAY

Celebrations in Moscow

The International Day of Yoga was first proposed by the Prime Minister, Narendra Modi, during his address to the United Nations General Assembly in 2014. The day was unanimously adopted by the UN, recognizing the universal appeal and positive impact of yoga on individuals and communities worldwide. This annual celebration aims to raise awareness about the holistic benefits of yoga and its potential to promote harmony and peace. It has now become a global initiative that promotes physical, mental, and spiritual well-being through the practice of yoga.

In 2023, Tsaritsyno, a historic park and museum complex in Moscow, Russia, hosted the IX International Day of Yoga celebration. This grand celebration was organized by the Jawaharlal Nehru Cultural Centre, Embassy of India, Moscow. It brought together yoga enthusiasts, experts, and curious individuals from various backgrounds and offered a unique opportunity to experience the transformative power of yoga in a beautiful and serene setting.



Tsaritsyno, with its picturesque landscapes and serene ambiance, provided an ideal setting for the International Day of Yoga celebration. This historic park and museum complex offered a peaceful retreat from the bustling city, allowing participants to connect with nature and experience the tranquility necessary for a fulfilling yoga practice. By participating in this event, individuals could deepen their understanding of yoga, cultivate inner peace, and contribute to the global movement towards holistic well-being.

The day commenced with an invigorating sunrise yoga session (Surya Namaskar), followed by informative workshops and seminars, which delved into the philosophy, history, and therapeutic aspects of yoga, providing participants with a deeper understanding of this ancient practice.

Captivating Indian dance, music, and meditation performances created a festive atmosphere and fostered a sense of unity among participants. An array of health and wellness exhibitions offered various alternative therapies, and organic products. This provided valuable insights into complementary approaches to well-being and encourage a holistic lifestyle.





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NAMASTE MOSCOW

Kaleidoscope of Indian traditions

The Indian Women's Organization in Moscow hosted its much-awaited annual summer event after a gap of four years - "NAMASTE MOSCOW" - a celebration that encapsulated the essence of India's rich cultural heritage. From enthralling performances to tantalizing flavors and unique shopping experiences, this vibrant celebration offered Muscovites a unique glimpse into the diverse tapestry of India.

The visitors were captivated by the kaleidoscope of Indian traditions on display, transporting them to the vibrant streets of India, right in the heart of Moscow.

One of the main attractions of "NAMASTE MOSCOW" was the bustling marketplace, offering an array of Indian handicrafts, textiles, jewelry, and home decor. Visitors could indulge in a shopping spree, exploring stalls filled with exquisite handwoven sarees, intricately embroidered textiles, stunning silver jewelry, and unique handicrafts from different regions of India. This was a perfect opportunity to find one-of-a-kind souvenirs or gifts that reflect the vibrant spirit of India.

Food lovers had a good time as it showcased the diverse and delectable flavors of Indian cuisine. A range



of food stalls offered a tantalizing selection of authentic Indian dishes, from spicy street food favorites like samosas and chaat to aromatic biryanis, flavorful curries, and mouthwatering desserts. Visitors savored the taste of India while enjoying live cooking demonstrations and interactive sessions with renowned Indian chefs.

The event also provided an opportunity for visitors to engage in cultural workshops and activities that offer a deeper understanding of Indian traditions. From henna tattoo artistry and turban tying demonstrations to yoga and meditation sessions, attendees can immerse themselves in the essence of Indian culture. Additionally, performances of Indian dance forms, such as Kathak, Odissi and also Bollywood allowed participants to experience the joy of Indian dance.

"NAMASTE MOSCOW" served as a platform for fostering cultural exchange and strengthening ties between India and Russia. It brought together people from different backgrounds, promoting mutual understanding, friendship, and cooperation. The event showcased the warm hospitality and multicultural spirit of the Indian community in Moscow, creating a bridge between the two nations and fostering a sense of unity and harmony.



CHEKHOV INTERNATIONAL THEATER FESTIVAL

A Global Celebration of Stage Art

The Chekhov International Theatre Festival was established by the International Confederation of Theatre Associations in the year 1992. From its inception it became the platform for staging theatre productions and workshops from across the globe and a space for exchanging ideas and experiences. The participants included renowned international directors like Peter

Brook, Ariane Mnouchkine, Peter Stein, Otomar Krejca, Giorgio Strehler, besides eminent Russian directors. During the past three decades more than 600 productions have been staged - the works of 437 directors from 54 countries, making it in the words of Giorgio Strehler- 'Art theatre for everyone'.

Rajat Kapoor's Macbeth: A Riveting Rendition of Shakespeare's Classic

From 14-17 June 2023, as part of the Chekhov International Theatre Festival, Muscovites had a unique chance to look at world classics from another part of the world performed by Bollywood stars. Kapoor's troupe Cinematograph presented "What is Done is Done"; a comic adaptation of William Shakespeare's Macbeth. This is his fourth Shakespearean production after "King Lear", "As You Like It", and "Hamlet". Macbeth stands out as a captivating and unique interpretation depicting the timeless tale of ambition, power, and the consequences of unchecked desires.



Kapoor's forte lies in using clowns to narrate the story, they also act as outsiders to give the third-person's perspective of the characters. In his words- "Clowns are able to comment on the play within the play itself. They can stop and say, 'Why is Macbeth doing this? Is he mad? Can't he see, he is going to fall?' This gives the audience the space within the play. So, you can be in the play, come out of it, and go back all in the same scene. That is exciting!



*Sometimes shoes can tell more about a person than you think
Nine pairs of shoes.... Nine different fates of the heroes...*

Drishtikon Dance Foundation's Mesmerizing Performance

The Drishtikon Dance Foundation, a renowned Indian dance group, recently captivated audiences in Moscow with their revating performance on 28–30 July, 2023. Led by the famous Indian dancer and choreographer Aditi Mangaldas, the group presented the play "Utsav — A Celebration of Life" at the Tverskaya Square in Moscow. A colorful, unique dance show, based on the traditions of Kathak with the inclusion of modern elements. Known for their exceptional artistry, technical precision, and evocative storytelling, the group showcased the concept that embraces the divine and human principles: love and freedom, truth and beauty.

Each performance was a visual treat, with intricate footwork, graceful gestures, and emotive storytelling that transported the audience to the vibrant world of Indian dance. Their performance in Moscow not only showcased the beauty and grace of Indian dance but also fostered cultural exchange and appreciation between India and Russia.



Кадила Фармасютикалз Лимитед



Природный защитник печени с двойным действием

Натуральный растительный гепатопротектор с двойным механизмом действия. Способствует очищению печени, улучшению регенерации ее клеток. Приводит в норму печеночные ферменты, обладает прекрасным желчегонным действием. Улучшает желчевыделение, мягко очищает желчные протоки. Одной упаковки Гепасейв достаточно для полного курса.



Природное спокойствие в животе

Смесь уникальных индийских трав для снижения симптомов функциональной диспепсии и купирование симптомов функциональной диспепсии. Прием Гепасейв способствует:

- Снижению тонуса мышц при спазмах и улучшению оттока пищеварительных соков и желчи
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Sarva Mangala Mangalye, Shive Sarvartha Sadhike, Sharanye Trayambake Gauri, Narayani Namostute'

Durga Puja celebrates the victory of Goddess Durga over the demon king Mahishasura. Durga Puja's first day is Mahalaya, which heralds the advent of the goddess. I convey my best wishes to all the students, teachers and coordinators on this auspicious occasion of Sharodotsav. Goddess Durga has saved humanity from the atrocities of the demon king-Mahishasura. We pray to Ma Durga that she unleashes her Shakti in a similar manner to combat the demon of the present times on International platform. Let humanity be saved and happiness, peace and prosperity prevail.

In Embassy of India School we work for holistic development of our students and leave no stone unturned to work for the welfare of students and society. We are working on channelizing student's abilities and potentials with advent of FLN, EBSB, ICT, Sports, Exchange Programs, etc. Our students proudly represent Indian culture at EOIS, Moscow as well as they learn about the culture of Russia. Always remember "When the going gets tough, it is the TOUGH who get going".



Happy Durga Puja to all!
May Maa Durga bless all of us
with happiness & good health.

BIGHNESWAR PATNAIK
Principal, EOI School, Moscow

This year the students of the school have fared with flying colours in CBSE exams-2023.

Durga Puja Committee congratulates the toppers of class-X and class-X. May your future be filled with success and happiness.

EMBASSY OF INDIA SCHOOL (KV), MOSCOW
CLASS XII SCIENCE (2022-23)
OUR TOPPERS

GAURIKA GUPTA 95.60% FIRST POSITION	SHIVANK RAJPUT 95.60% FIRST POSITION	ARNAV KUMAR 94.00% THIRD POSITION

EMBASSY OF INDIA SCHOOL (KV), MOSCOW
CLASS XII COMMERCE (2022-23)
OUR TOPPERS

KASHISH M LAKHPATRI 83.80% FIRST POSITION	RAGANI S KUMAR 78.40% SECOND POSITION	B RAVI JEETHESH 77.00% THIRD POSITION

EMBASSY OF INDIA SCHOOL (KV), MOSCOW
CLASS X (2022-23)
OUR TOPPERS

AARAV PARIN 98.00% FIRST POSITION	PRANAV RAWAT 97.20% SECOND POSITION	JIYA KRUNAL SHAH 94.80% THIRD POSITION

INCREDIBLE RUSSIA

An Excursion to Tsaritsyno Museum



*Tanu Khurana, TGT English
Embassy of India School, Moscow*

"A THING OF BEAUTY IS A JOY FOREVER" rightly quoted by John Keats. A memorable excursion to Tsaritsyno Palace and Museum was organized by the Durga Puja Committee on 20th September 2023 for sixteen students, participating in the



drawing competition. A visit to museum was in search of truth, beauty and tranquility. As we walked into the landscape park students were bubbling with excitement and enthusiasm to see woodland paths and lakes, charming pavilions and follies, statues and fountains. A laureate English speaking guide was also facilitated to students who was explaining them rich gothic art and culture of the Palace. Tsaritsyno is one of the richest and most unique architectural monuments of its time. The palace complex incorporates many architectural styles, intricately rendered in red and white brick. Students learnt about the history of Tsaritsyno, the life and reign of Catherine the Great, and visited interiors of the palace. Last but not the least, me and students were mesmerized by the paintings, sculptures, clothing, decorative and applied art of Russian artist on India and



Indian culture. The aesthetic work of Russian artisans was a treat for our eyes. The experience and memories shall be precious preserved in our hearts and in our photo albums. From the core of my heart, I would like to thank honourable Principal Sir Mr. Bigneshwar Patnaik and the Durga Puja Committee for organising this excursion. "A moment of difference makes a difference in your attitude". I would like to take this opportunity to congratulate all Indians on the auspicious occasion of Durga Puja, which symbolizes the triumph of good over evil.





**Wishes happy Durga Puja
and Dushera to all Indian
community in Moscow!**

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NURTURING THE CREATIVE SPIRIT

Drawing Competition 2023

The Moscow Durga Puja Committee organized the "2023 Drawing Competition" with a special excursion for the participants to the historic park Tsaritsyno. The aim was to provide the children with a vibrant experience of Russian history and architecture, as well as an opportunity to explore the museum's works and collections.

The competition witnessed a dazzling display of beautiful entries, showcasing the participants' creative fantasies.

The Durga Puja Committee extends its heartfelt

gratitude to all the participants for their enthusiastic participation in this new venture. Their artistic contributions added color and vibrancy to the event, making it a memorable experience for everyone involved.

The Durga Puja Committee also expresses deep appreciation to the Principal and teachers of the EOI school for their unwavering support and assistance throughout the competition. Their guidance and encouragement played a crucial role in making the event a resounding success.



KASHIKA BHOJWANI
1st prize



LARA KOTWANI
2nd prize



JANVI GUPTA
3rd prize



CHARISMA MANGHWANI
3rd prize



сеть индийских
ресторанов

गुजराति

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AMRUS

Indian Mango Festival in Moscow

Moscow's love affair with Indian cuisine reached new heights with the highly anticipated Indian Mango Festival - "AmRus" at the central exhibition complex "Expocentre" (Moscow). This festive extravaganza was organized by the Embassy of India and the Russian-Indian Friendship Society - "DISHA" to showcase the diverse culinary delights and cultural richness of India. The festival was a paradise for mango lovers, offering an extensive variety of mangoes from different regions of India. Visitors could indulge in the succulent sweetness and aromatic flavors of Alphonso, Kesar, Dasher, Langra, and many more mouthwatering mango varieties.

The beloved 'King of Fruits' is the national fruit of India and about 1,500 varieties of mango are grown including 1,000 commercial varieties. Each of the main varieties of mango has a unique taste, flavor and rich in vitamins. The most expensive variety in India is Kohitur and its price can go up to INR 1,500-2,000 per piece. What makes it special is that it is only grown in West Bengal, and was grown only for the royals in the earlier times.

The event was attended by dignitaries, including Mr. Dinesh Pratap Singh — Minister of Horticulture & Agricultural Exports, Uttar Pradesh, India, Mr. Pawan Kapoor — Ambassador of India to the Russian Federation, Mr. A.G. Ognitsev — Chairman of the Non-Governmental National Security Council of Russia, and Dr. Rameshwar Singh — Founder and President of the Indo-Russian Friendship Society "DISHA" and others.

Food stalls by the "Dhaba" restaurant offered a wide range of mango-infused dishes, from refreshing mango



lassis and mango smoothies to savory mango chutneys, mango salads, and even mango-based main courses and desserts. Other stalls offered a range from mango-scented beauty and skincare products to mango-flavored teas, jams, and pickles. Visitors immersed themselves in the live performances of music and dance, which showcased Indian classical and contemporary genres reflecting the rich artistic heritage of India.

The festival was organized as a gesture of friendship and goodwill between India and Russia, encouraging bilateral trade and bringing peace and prosperity to our nations.

The tale of mango diplomacy dates back to the Mughal era. The fruit was a symbol of power and prestige. Aurangzeb during the time of his rule in the 17th century, used mangoes as both currency and a form of diplomacy. He is believed to have offered mangoes to Shah Abbas of Persia to placate the king after he had proclaimed himself Emperor. Later on, the King of Balkan too had offered Aurangzeb 200 camel loads of dry fruits and mangoes as a peace treaty.

In modern era, examples include Jawaharlal Nehru presenting mangoes to Mao Zedong, Dr. Manmohan Singh to US President George Bush and many such events.



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INDIA DAY FESTIVAL

Magnificent Shades of Bharat



Dream Island Park, one of Moscow's premier entertainment destinations, hosted the much-awaited India Day 2023 festival organized by the Indian National Cultural Centre SITA. This vibrant celebration of Indian culture was a sensory extravaganza, immersing visitors in the sights, sounds, and flavors of India. From colorful traditional dance performances, such as Bharatanatyam, Kathak, and Bhangra, to melodic music concerts featuring Indian folk, and contemporary genres, visitors were enthralled by the artistic expressions of India. The festival served as a platform for both local and international artists to showcase their talents, fostering cultural exchange and appreciation.

No Indian celebration is complete without its tantalizing cuisine, and the India Day festival at Dream Island Park was no exception. Visitors could indulge their taste buds in the diverse and vibrant flavors of Indian

gastronomy, experiencing the culinary delights that make Indian cuisine renowned worldwide.

An array of stalls showcased intricate handwoven sarees, vibrant textiles, intricately designed jewelry, and traditional handicrafts from different regions of India. From henna tattoo artistry and turban tying demonstrations to yoga and meditation sessions, visitors could immerse themselves in the essence of Indian culture. The festival culminated in a grand finale featuring a mesmerizing display of fireworks, illuminating the night sky and adding a touch of magic to the festivities. Visitors enjoyed live music performances, DJ sets, and dance parties that showcased the vibrant and energetic spirit of India. The atmosphere was filled with joy, excitement, and a sense of unity as people came together to celebrate the cultural bonds between India and Russia.



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Happy Durga Puja

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ग्रहपीडासु चोग्रासु माहात्म्यं शृणुयान्मम ॥

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Fax : +91 22 3802 3084

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POWER OF DEVOTION

A Spiritual Journey



Dr. Mitali Sirkar, a well-known and respected member of the Moscow Durga Puja committee, has been an integral part of the Puja celebrations for many years. Her dedication, punctuality, and responsible nature have made her an invaluable asset, particularly in overseeing the Puja ritual arrangements. From morning till evening, Mitali can be seen tirelessly working to ensure that every aspect of the Puja is executed flawlessly.

Mitali arrived in Russia in January 1993 and graduated from Belgorod State University. She then moved to Moscow in 1996 and pursued her Ph.D. from the renowned People's Friendship University (PFU). Her involvement with the Durga Puja celebrations in Moscow began in 1997, and she has actively participated every year, except for one occasion when she had to miss the initial days due to a conference. However, her dedication was such that she managed to reach the Puja venue straight from the railway station on the final day of Dashami Puja, ensuring her presence and involvement till the very end.

With her unwavering devotion and commitment, Mitali has earned the trust and admiration of the entire community. Her presence brings a sense of reassurance



and comfort, as everyone knows that she will go above and beyond to make the Puja a memorable experience. Mitali's contributions extend beyond the logistical aspects of the event. She actively participated in cultural programs, showcasing her talents in singing and recitation, adding a touch of elegance and artistry to the celebrations.

Outside of the Puja committee, Mitali worked as the Head-librarian at the Embassy of India in Moscow. Her career at the library began in June 1997, where she meticulously systematized and managed the huge collection of books. She also actively participated in various socio-cultural events organized by the Embassy, further strengthening the bond between India and Russia through the promotion of literature and art.

After spending 30 years in Russia, Mitali is preparing to return to India. Her departure leaves a void that will be deeply felt by the community. Her dedication, warmth, and contributions have left an indelible mark on the hearts of those who have had the pleasure of knowing her. As she embarks on a new chapter in her life, the Durga Puja Committee wishes her the best of luck in all her future endeavors and expresses heartfelt gratitude for her unwavering dedication. May the spiritual and cultural bond she helped nurture between India and Russia continue to thrive, leaving a lasting legacy for generations to come.



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CHAI WITH RITU

(Life stories)



"Finally, I was expecting you!"

Faint sangeet comes in from the living room and delicious wafts of...unmistakable...khichuri!

"Let me go put the kettle on, black with a little doodh right?"

"How have you been? Oh, Rishikesh? It was a delight! Let me tell you, the three of us arrived with the most serious of intentions. First few days we were fully immersed."

"And then it dawned upon us..."

Are we not the luckiest to have been born free in this world with the ability to live rent free facilities in our physical bodies. And in such a beautiful guest house — Earth!

"Life is great. What a wonderful place, what delicious food and on the Ganges! When will we find ourselves here again?!"

"I must admit a careless wave washed upon us to skip class. And we had phenomenal fun."

"Oh, would you look at that my favourite mug has a chip in it. Shame! But you know what they say, for luck! Kintsugi? No, I have not heard. Oh Japanese? And they fix the cracks with gold? How excellent! Will you send me a link?"

"Listen, I hope you don't think me a truant? I remember absolutely everything from those intense days in Rishikesh...those two studious days." Laughs

"I don't just remember; it goes beyond positive thinking but really, positive being for me."

Our mortal bodys with their immortal souls in serene coordination and tandem await a new emotion every morning. An emotion of joyful or sorrow, meaningful or meaningless, full of gain or pain arriving as an unexpected and disguised visitor.

Should we not welcome and entertain such guest? Even if they at times arrive in hordes as a crowd of sorrows, violently sweeping and emptying our frail bodily home. Should we still not treat each and every such visitor honourably? Believing that the Almighty in his own wise manners is clearing out our rusty junk?

We should in fact willingly and happily prepare ourselves to meet them at the door, laughingly invite them in. We must embrace gratitude for whatever or whoever comes, remembering that each such guest has been sent as a guide from beyond for our supreme betterment.

So, gratitude is my new best friend. For everything we were, are, and will be. For everything we had, have and will have. Even for those around us who pay us no attention.

"Are! I can't believe I almost didn't offer you the shondesh I made, you absolutely must try it." Laughs

"Yes yes, I still talk to my ingredients, these guys really listened! Actually, I also have some fresh kulfi, let's have both? You know I am a big fan of choice, even when things get tough. Like choosing between treats."

"Actually, especially when things get tough. One is lonely, two is company, even for problems. If you don't navigate the rough how can you appreciate the smooth!"

"Tell me about the charity drive you mentioned last time. Oh great, the link is live? Let me donate now, what is your target? Ok great let me send you the full sum."

Sternly "No I insist, Ponchu laughs every time I am back at home. Says he can soon retire just from my spending. Or I will just keep on buying ingredients and making shondesh and become one myself."

"Listen I got you some fireworks for Diwali, you'll send me your videos again, yes? No no, please take them. Asthma prevented me from being able to enjoy Diwali and Holi as a child but this way I still get to experience it!"

"My next adventure? Oh, I have a few ideas, maybe you would like to join me? What do you think about..."



SECRET RECIPE

Our key ingredients...

In the grand tapestry of Durga Puja celebrations, there are individuals who work tirelessly behind the scenes, adding flavor and essence to the festivities. Meet our Salt, Pepper, Turmeric, Cumin, Coriander and Chili - the individuals, who are the key ingredients of our Durga Puja celebrations. Talented, yet modest, year on year they play a crucial role in making the event a resounding success.

Salt: The Foundation of Unity



Moises Garzon

Born in the faraway land of Columbia, Moises Garzon came to the USSR and was a terrific student, he became a biochemist. Is he a biochemist now?

No. Even better.

He became the Head of a successful business venture. He also became the Heart of his family.

In the meantime, he also learnt how to make dreams come true. Now every morning he heads to his dream, his Café. The most wholesome café in all of Moscow.

Absolutely be sure to ask him about this.

Unique desserts and authentic Columbian dishes, all handmade lovingly by Moises himself. Oh, and he makes the most wonderful coffee in all Moscow, naturally.

What else?

For the last 20 years he has also done a terrific job in making sure Moscow Durga Puja is in the most beautiful of spaces by decorating the Puja mandap.

Thank you, Moises!

Pepper: The Spice of Creativity

Don't be misled by Alok Srivastav's silence, he is one of the most dedicated members of the Durga Puja committee. Though a successful businessman by profession, Alok's true passion lies in astrology. This passion fuels his creative spirit and brings a unique approach to organizing events.

Alok never fails to bring up a fresh perspective to the table. Instead of following safe conventional methods, he consistently comes up with innovative proposals that add excitement and anticipation to the celebrations. His creative ideas breathe new life into our favorite raffle draws and make them an engaging and a memorable experience for all.

Alok's understanding of the cosmic forces and their influence on us results in a spiritual dimension to his input. This depth enriches our Puja experience and fosters a deeper connection between us and the divine.

Thank you, Alok!



Alok Srivastav

Turmeric: The Symbol of Purity



Jitendra Kumar

Parents of Jitendra Kumar (Dhiru) were convinced theirs was truly a Brilliant Boy.

He was always reminded of this, at home, at school, on a day-to-day basis.

Eventually what is one to do but accept their great fate of brilliance.

Diamonds...and more (!) surround Dhiru daily. Shimmering with the full spectrum of the rainbow, these precious stones bring joy to Dhiru and then to their new owners.

But these seemingly hard stones demand a lot of care and attention.

This care and attention can be seen with how Dhiru treats us all. So, naturally, we trust him to take care of and pay attention to the necessary Durga Puja fundings.

Thank you, Dhiru!



Pranab Bose

Cumin: Bringing Energy and Light

For over a decade, Pranab Bose has been an integral part of our Puja committee, ensuring that all our ritual arrangements are executed with care and precision.

Pranab's presence during the Puja is like a breath of fresh air. His positive energy and enthusiasm are contagious, spreading joy and excitement among us, the community members. Whether it's his warm smile, friendly demeanour, or his ability to bring people together, Pranab has a way of making everyone feel welcome and included.

But Pranab's contributions go beyond the Puja mandap. In his day-to-day job, he is responsible for electrical supplies and management to Moscow buildings.

We can certainly agree that he brings energy and light to us at Durga Puja.

Thank you, Pranab!

Chilli: The Fire of Enthusiasm

Hritesh Baruri's grandma jokingly named him a hooligan. Though his aunties and uncles failed to see the joke. Even at school there were concerns he would turn out to be a Real Hooligan. Hritesh of course grew up and now excels at organizing hooligans.

Wherever he is, there is order. He knows exactly where each knife and ladle needs to be. He knows exactly how to motivate a team member. He knows the exact "Laddoo limit" for a child. He knows, he does and he excels.

So, whenever you spot Hritesh, you can be sure that the seemingly upon first glance chaos is impeccably organized.

In the last 18 years, all Moscow Durga Puja's organized chaos has been managed by Hritesh.

Thank you, Hritesh, for nurturing the hooligans in all of us!



Hritesh Baruri



Ullash Choudhury

Coriander: Adding Flavour and Fragrance

Ullash Choudhury is not just a name. Ullash is the epitome of a cheerful spirit that radiates positivity wherever he goes. It's no wonder really, as his name literally means 'cheers'!

If you're in need of a pick-me-up or require assistance, you can always find him at the Puja mandap, ready to lend a helping hand. He is known for going above and beyond to support those in need, and it seems that the word 'No' simply does not exist in his vocabulary.

With an MS in computer science and a successful business in computer hardware, Ullash is not only a knowledgeable professional but also a dedicated member of our community.

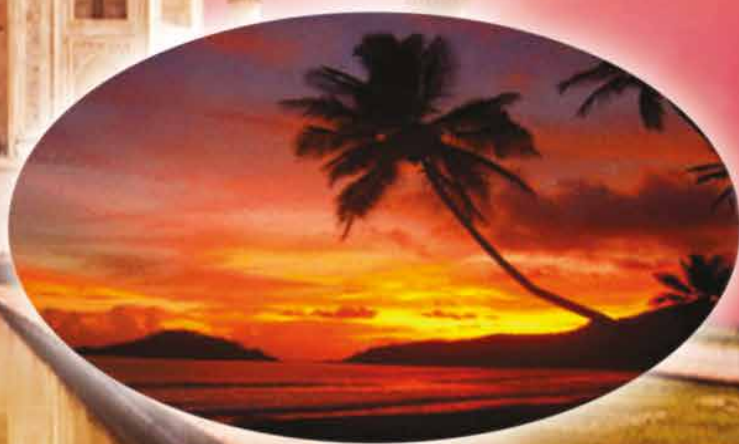
Thank you, Ullash!

As we celebrate Durga Puja, let us not forget to acknowledge and appreciate our precious ingredients that make our festivities complete. Their talent, dedication, and selflessness deserve our utmost respect and gratitude. Without them, our celebrations would lack the essential flavors that make Durga Puja a truly special occasion.

P.S.: In our next edition of Aaratrika we will feature the ladies, who make our celebrations so vibrant and colourful!

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PROUD MOMENTS

“Aab ki Baar, 100 Paar”



‘Aab ki Baar, Sau Paar’ (which translates to crossing 100 medals this time) has been India’s catch line for the Hangzhou Games. India’s 655-strong contingent wrapped up the 14-day Asian Games with a record-breaking 107 medals, marking a historic achievement for the nation.

This remarkable feat has solidified India’s position as a powerhouse in Asian sports, surpassing all previous records in a single edition of the quadrennial showpiece.

The Indian team achieved a remarkable feat, securing a total of 28 gold, 38 silver, and 41 bronze medals. This monumental accomplishment has shattered India’s previous best haul of medals, which stood at 70, achieved during the Jakarta 2018 Asian Games.

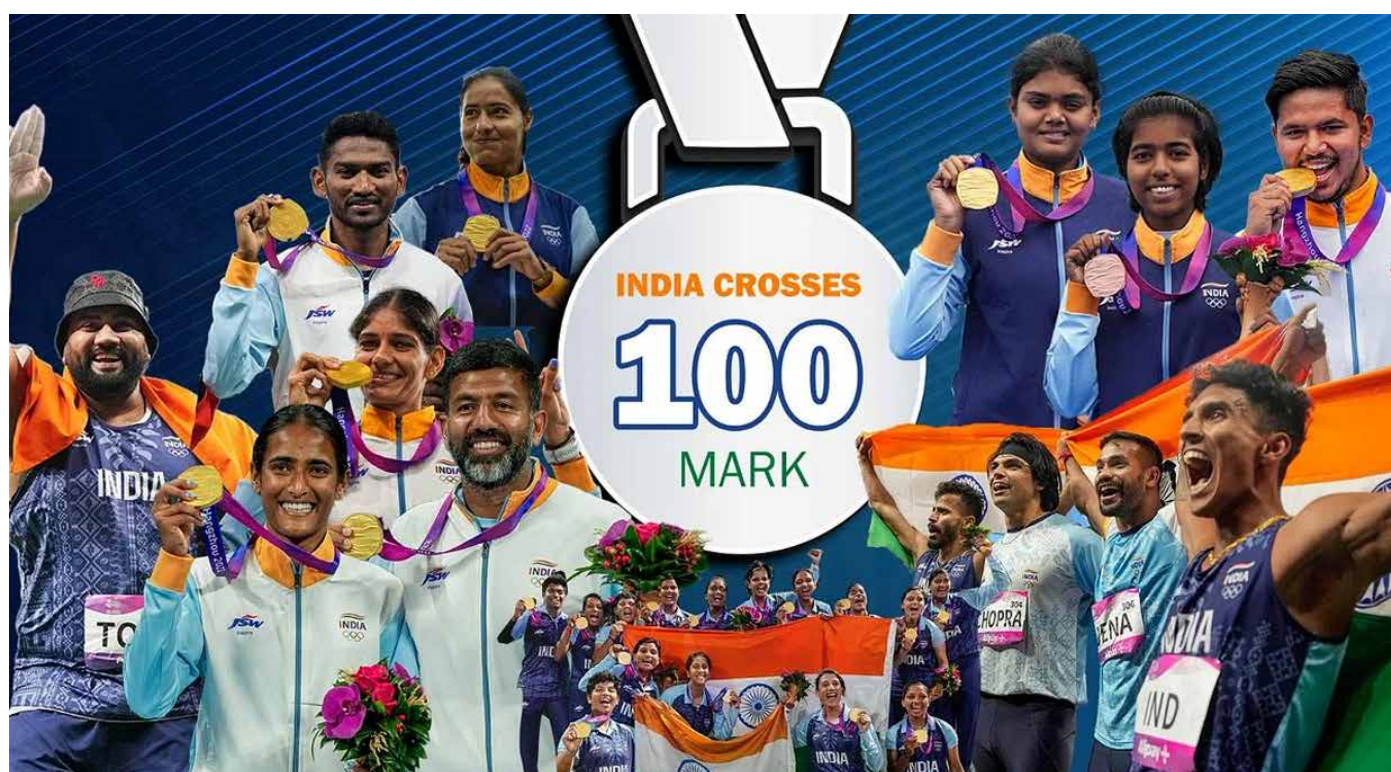
The success of the Indian contingent at the Hangzhou Games can be attributed to the hard work and dedication of the athletes, as well as the support and infrastructure provided by various sports authorities in the country. The athletes have shown tremendous skill, determination, and resilience in their respective sports, making the nation proud. The increased investment in sports infrastructure, training facilities, and coaching programs has played a vital role in nurturing and developing the talents of Indian athletes. The government’s initiatives such as the Target Olympic Podium Scheme (TOPS) and Khelo India have also contributed to the success by providing financial support and incentives to athletes.

The record-breaking medal haul at the Hangzhou Games has put India on the map as a force to be reckoned

Rank	Nation	Gold	Silver	Bronze	Total
1	China	201	111	71	383
2	Japan	52	67	69	188
3	South Korea	42	59	89	190
4	India	28	38	41	107
5	Uzbekistan	22	18	31	71



within Asian sports. The success is not only a cause for celebration but also serves as a motivation for Indian athletes to aim even higher. It instills a sense of belief and confidence that they can compete and excel on the global stage. It showcases the potential and talent that exists within the country and highlights the bright future that lies ahead for Indian sports.



Knowing India better (67th Know India Program)



Yash Dasgupta

India has always intrigued me from childhood with its rich cultural heritage, diverse landscapes, and vibrant traditions. So, when I got the opportunity to participate in the 67th "Know India Program" (KIP), I eagerly packed my bags and embarked on a three-week journey from 14th August — 1st September 2023 to explore the incredible country. As it happened, I was the sole

participant from Russia and little did I know that this trip would not only exceed my expectations but also leave me with lifelong memories and friendships.

The "Know India Program" (KIP), organized by the Ministry of External Affairs of India, is a three-week orientation program for overseas students and young professionals of Indian origin. It promotes awareness on different facets of life in India and the progress made by the country in various fields e.g. economic, industrial, education, science & technology, communication & information technology, culture.

Over the course of three weeks, we had the privilege of visiting four cities: Delhi, Mumbai, Pune, and Agra. Each city had its own unique charm and offered a plethora of attractions and experiences. Our adventure began in Delhi, the bustling capital of India. The city welcomed us with open arms, and we were immediately immersed in its bright energy and the grandeurs just before the G20 summit. From exploring the historical Red Fort on the 77th India's Independence Day to visiting the iconic Indian Parliament, every moment was filled with

admiration for the country's rich history and democratic values. We also visited the Institute of Foreign Affairs, the newly renovated PM's museum, National museum, and other historical monuments. At the renowned National Yoga Institute, we learned about the significance of the ancient practice in Indian culture.

Next on our itinerary was Mumbai, the city of dreams. Mumbai's fast-paced lifestyle and cosmopolitan vibe fascinated me. From the grandeur of the Gateway of India overlooking the Arabian Sea to the ancient Elephanta Caves and the architectural marvels of CST and Rajabai Clock Tower, these historical sites provided a window into Mumbai's diverse heritage. One of the highlights of our time in Mumbai was visiting the Bombay Stock Exchange and the Sanjay Gandhi National Park. The park's serene surroundings and abundant wildlife provided a much-needed respite from the city's hustle and bustle. It was a humbling experience to witness the efforts made towards conservation and environmental preservation.

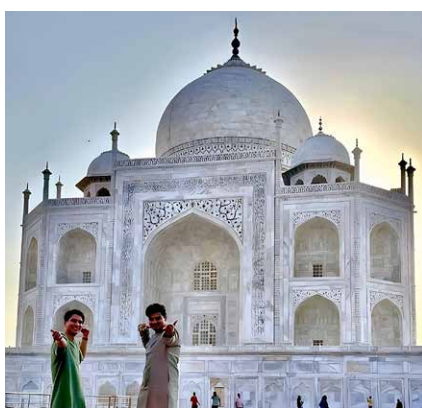
In Pune, we delved into the world of technology and innovation. Our visit to the Centre for Development of Advanced Computing (C-DAC) left us in awe of the cutting-edge research and development taking place in India. We had the privilege of witnessing the landing of the Chandrayaan-3 satellite in real-time, which was an exhilarating experience. A visit to the prestigious Pune Film Institute offered an enriching and immersive experience, allowing us to explore





India's cinematic heritage and gain insights into the world of filmmaking. The city's vibrant cultural scene and warm hospitality made our stay in Pune truly memorable.

Finally, our journey culminated in Agra, where we had the privilege to witness the architectural marvels of the Agra Fort and Taj Mahal.



The grandeur and beauty of iconic Taj Mahal left me speechless. It was a surreal experience to stand in front of Taj at dawn, bathed in the soft pink rays of the early morning sun, presenting

a truly spectacular view. Its ethereal beauty and intricate craftsmanship, highlighted by the interplay of light and shadow, evoked a sense of wonder and reverence. This iconic monument which stands as a testament to love and serves as a reminder of the timeless beauty.

Aside from the wonderful attractions, what truly made this trip unforgettable were the people I met

along the way. The warmth of Indian people not only enhanced the travel experience but also left a lasting impact, fostering friendships and memories that endure long after the journey has ended. Besides, the 67th "Know India Program" brought together 55 participants of Indian origin from all over the world. We shared stories, exchanged cultural insights, and formed friendships that transcended borders. The program also provided us with the opportunity to interact with speakers from various institutions, further enriching our understanding of India's diverse society and its contributions to the world.

As I reflect on my journey through the Know India Program, I am filled with gratitude for the experience and knowledge gained. This trip not only allowed me to explore the beauty of India but also broadened my perspective on global connections and cultural exchange. I am determined to carry the lessons learned and the friendships made into the future, fostering engagement and collaboration with India in various capacities. I am grateful for the Know India Program for providing me with this wonderful experience to immerse myself in the beauty and diversity of incredible Bharat. I am also very thankful to the Indian embassy officials in Moscow, who encouraged and supported me on this wonderful trip.

OUR COVER ARTIST

Unveiling Young Talents



Anushka Soni

In a world filled with diverse talents and passions, there is a young girl in Moscow who stands out for her exceptional talent and unwavering dedication to the art of painting. From a very young age, Anushka Soni discovered her love for art, and her talent bloomed like a delicate flower in full bloom.

Despite being a diligent and accomplished student at school, this young girl's true passion lies in the strokes of her paintbrush. With each stroke, she weaves a story, expressing her thoughts, emotions, and dreams onto the canvas. At such a tender age, this budding artist has already achieved remarkable milestones. Last year, she won the 1st prize of the Durga Puja drawing competition in her age category.

So, to this young talented girl who loves painting, we say: continue to follow your dreams, continue to let your paintbrush be the instrument of your imagination, and continue to inspire us all with your incredible talent. The world is your canvas, and we wait to see the masterpieces you create as you journey through life.

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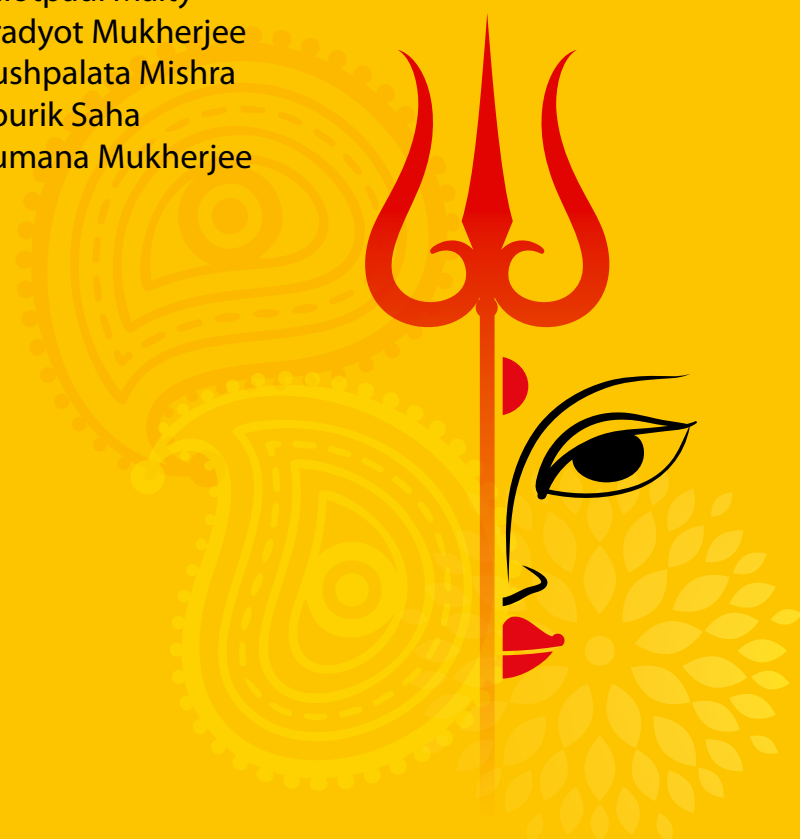
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- ❖ Shipra Kumari
- ❖ Sreenivas Rao
- ❖ Subodh & Gunjan Poddar
- ❖ Sujatha Ravi
- ❖ Sumit Dev
- ❖ Supriya Gupta
- ❖ Vandana Sharma

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- ❖ Ramkrishna Mission & Vedanta Centre, Moscow – Mr. Aleksei Alkhazov
- ❖ EOI School - Teachers and Technical staff

**AND TO ALL WHO HELP US MAKE THE CELEBRATION
A SUCCESS EVERY YEAR!
JAI MA DURGA!**



ДЕЛАЙ ТЕЛО С ЖИВИ!

СПЕЦИАЛЬНОЕ ПРЕДЛОЖЕНИЕ:

12 МЕСЯЦЕВ **ВИДЕОТРЕНИРОВОК СО СКИДКОЙ 50%**
ПО ПРОМОКОДУ **ARATRIKA**
БЕЗЛИМИТНЫЙ ДОСТУП ПО ТАРИФУ «ЦЕЛЫЙ ГОД»



БАЗОВЫЙ

30 дней

- ✓ 6000+ видеотренировок
- ✓ 60+ направлений программ: йога, танцы, пилатес, стретчинг, табата, кроссфит, бодифлекс и др.
- ✓ Уроки 165 звездных тренеров международного класса
- ✓ Премьеры новых программ
- ✗ Онлайн-трансляция телеканала "ЖИВИ!"

199 Р

МАКСИМАЛЬНЫЙ

30 дней

- ✓ 6000+ видеотренировок
- ✓ 60+ направлений программ: йога, танцы, пилатес, стретчинг, табата, кроссфит, бодифлекс и др.
- ✓ Уроки 165 звездных тренеров международного класса
- ✓ Премьеры новых программ
- ✓ Онлайн-трансляция телеканала "ЖИВИ!"

249 Р

ЦЕЛЫЙ ГОД

365 дней

-50%

- ✓ 6000+ видеотренировок
- ✓ 60+ направлений программ: йога, танцы, пилатес, стретчинг, табата, кроссфит, бодифлекс и др.
- ✓ Уроки 165 звездных тренеров международного класса
- ✓ Премьеры новых программ
- ✓ Онлайн-трансляция телеканала "ЖИВИ!"

999 Р

~~1999 Р~~

Безлимитный доступ на 12 месяцев по тарифу «Целый год» ко всем программам, премьерам и онлайн-трансляции телеканала «ЖИВИ!» на сайте www.jv.ru. Акция действует до 31 декабря 2023.

12+



Wishes happy Durga Puja and Dushera to all Indian community in Moscow!

**Мы знаем всё о регистрации
лекарств в Российской Федерации**

**We know everything about registration
of medicaments in Russian Federation**





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