

## #CURTAIN RAISER

# A CULINARY TAKEOVER

Indian Accent brings its globally acclaimed modern Indian flavours to Saffron, Jaipur Marriott, for a two-day pop-up on November 16 and 17, offering an exclusive dining experience for Jaipur's food lovers for the first time.



Ker sangar paneer papad ki sabji.



Kulfi sorbet.

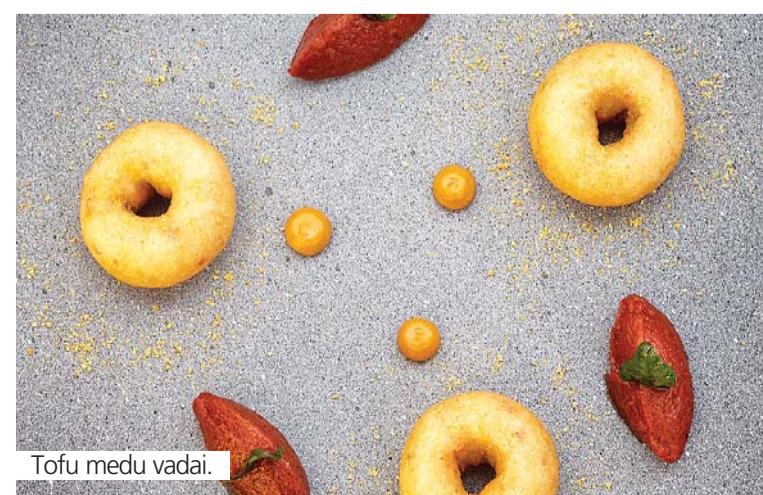


Blue cheese naan mushroom shorba.

The Pink City is set to experience a unique culinary event this weekend, as the globally renowned restaurant from New Delhi, Indian Accent, celebrates its 15th anniversary with an exclusive pop-up at Saffron, Jaipur Marriott Hotel. On November 16 and 17, Jaipur's food lovers will have the rare opportunity to enjoy Indian Accent's inventive take on Indian cuisine, which has earned the restaurant international acclaim.

Indian Accent is celebrated for pushing the boundaries of Indian food, blending traditional flavours with modern techniques and global ingredients. The restaurant has been a fixture on prestigious lists such as Asia's 50 Best Restaurants and the World's 50 Best Restaurants, offering diners a modern interpretation of India's rich culinary heritage. Its success has led to the opening of outposts in New York and Mumbai, further establishing Indian Accent as a leader in the global dining scene.

In Jaipur, Saffron at Jaipur Marriott Hotel, recognized for its well-executed take on Indian cuisine, will play host to this exclusive two-day event. "We are thrilled to welcome Indian Accent to Saffron for this pop-up event," said Gorav Arora, General Manager of Jaipur Marriott Hotel. "This collaboration offers Jaipur a special opportunity to experience a unique fusion of two culinary philosophies, creating a dining experience that will be



Tofu medu vada.

Some of the Germans and Austro-Hungarians in Siam were even close to the royal family. Emil Florio, who was a citizen of Austria-Hungary, headed the Siam Commercial Bank and was well-respected. Oskar Frankfurter, a Sanskrit scholar and Indologist, had been living in the country since 1884. He was best known for helping establish the Siam Society and the National Library of Thailand, where he was the chief librarian. In March 1917, he was awarded the Most Exalted Order of the White Elephant by King Rama VI for his public service.

# World War I German and Austrian civilians imprisoned in India

● Ajay Kamalakaran

In late 1919, a group of 13 Austro-Hungarians sailed out of Bombay on board the SS Egypt, followed, a few weeks later, by 157 Germans on the SS Main. Both times the destination was Europe. The First World War had ravaged their countries but it is safe to assume that the travellers preferred ruins of their homeland to being imprisoned in India.

For nearly two years, they had been incarcerated in Indian civilian prison camps. Their crime was being at the wrong place at the wrong time.

At the beginning of the First World War, most of them were living a happy and comfortable existence in Siamese cities like Bangkok, and were active in their social and cultural life. Back then, Siam, or present-day Thailand, enjoyed good relations with Germany, Russia and Britain and had decided to stay neutral.

No restrictions were placed on Germans and Austro-Hungarians living in cities like Bangkok when the war broke out. The local authorities allowed business and life to continue as usual, while British agents kept an eye on Germans in Bangkok on the suspicion that they were conspiring with Ghadar revolutionaries to liberate India from colonial rule.

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Life for Germans and Austro-Hungarians in Siam was turned upside down in September 1917, when the authorities in Bangkok decided to enter the war in Europe on the side of the Entente or

Allied powers. They were rounded up and arrested, while their money and property were placed under the control of a custodian. All non-diplomatic men were sent to a civilian prisoner-of-war camp, while their spouses, including Siamese subjects, and the children were interned at Bangkok's German Club. In all, 320 non-diplomats were interned by the Siamese government, including Frankfurter and Florio.

## Arrival in India

Not happy with the internment in Bangkok, the British insisted that the Germans and Austro-Hungarians be sent to India. As many as 184 male internees arrived in India on the SS Pin Samud in February 1918, with the SS Den Samud bringing 90 women and children. Six months later, they were joined by 12 Germans sent from Singapore. They joined their compatriots who were interned in various camps across India.

In August 1914, all Germans and Austro-Hungarians of military age, who were residing in India, were sent to a camp in Ahmednagar. "Men, too old to serve in their nation's army, women and children were put in civilian internment camps under

## At

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the control of the provincial civil governments within weeks of the start of the war," the American Philatelic Society wrote. They were imprisoned in camps in places such as Belgaum, Bellary and Kodaikanal, and mostly housed in cramped bungalows. The British authorities decided to house the women and children in a camp in Sholapur, where they stayed for a year before being relocated to Belgaum. "One hundred forty-nine men of military age were sent to Ahmednagar and 32 civilian men were interned at Yercaud," the Philatelic Society added.



German prisoners in a French prison camp during World War I.

## #HISTORY



The Siamese Expeditionary Force, 1919 Paris Victory Parade.

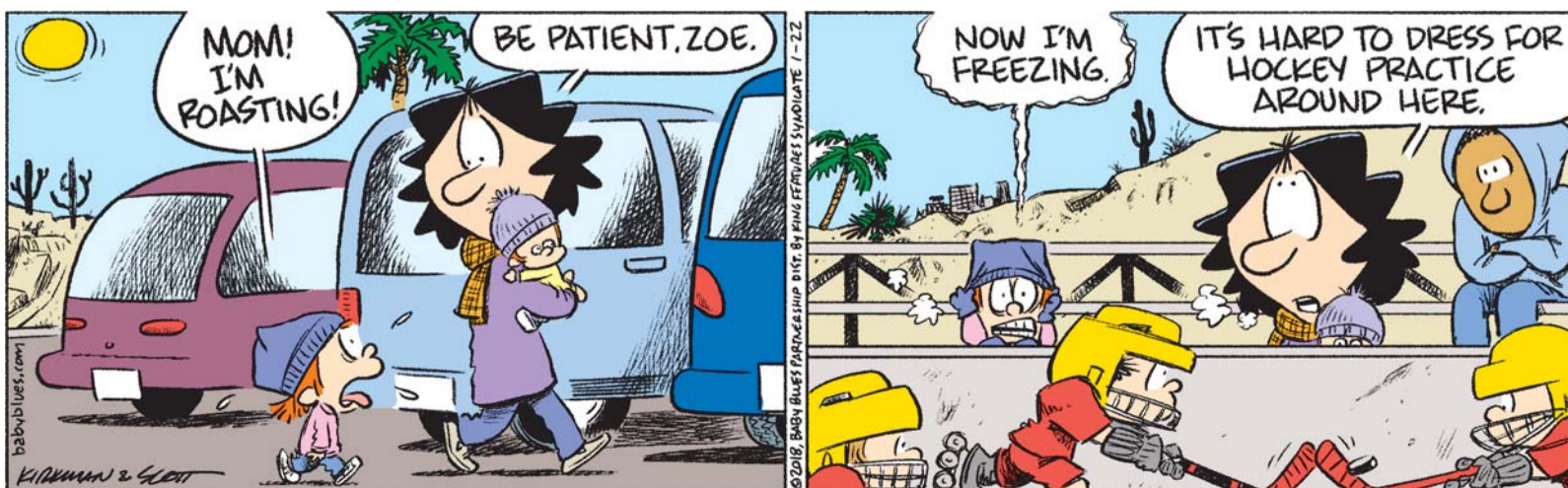
## At

"Ahmednagar has, for many years, been a military station and there are quite a bit of stone built barracks, in which the English soldiers used to live," Ringer wrote. "During the South African war, many Boer prisoners were accommodated in the camp in Ahmednagar. The station itself is considered healthy, although, in summer, rather hot during the daytime, it has the advantage that generally the nights and mornings are fairly cool, whilst in Punjab, in places like Delhi, Lahore etc, the temperature remains almost the same at night as during the daytime, during the hot weather."

To accommodate newer arrivals, the authorities built sheds of galvanised, corrugated iron, easing the pressure on the stone barracks.

"I think the space allotted to each prisoner is sufficient, and where there are complaints in this respect, it is probably due to the prisoners, according to the customs amongst the Europeans in

## BABY BLUES



By Rick Kirkman & Jerry Scott

## ZITS



By Jerry Scott & Jim Borgman

## Kartika Purnima

Kartika Purnima is a vibrant celebration observed on the full moon day of the Kartika month in the Hindu lunar calendar. It is highly significant in both Hindu and Jain traditions. On this day, the moon shines at its brightest, symbolizing purity and inner light. Many devotees take a sacred dip in holy rivers, believing that it brings blessings and washes away sins. Temples and homes glow with the light of oil lamps, filling the air with a sense of devotion and celebration. This day marks the end of various religious events and fasting periods, bringing a sense of completion and spiritual renewal.



# #YOGA Say Goodbye To Lower Back Pain

Bhujangasana or the cobra pose is a powerful yoga asana that can help alleviate lower back pain and improve spinal flexibility.

Lower back pain is a widespread issue that disrupts daily life, often stemming from a variety of causes such as a sedentary lifestyle, poor posture, muscle strain, insufficient physical activity, or underlying medical conditions. This discomfort can range from a mild ache to severe, debilitating pain. While medications provide temporary relief, yoga and targeted exercises offer more effective, long-term solutions for easing back pain. Among these exercises, Bhujangasana, also known as the Cobra Pose, stands out as a powerful yoga asana to alleviate lower back pain and enhance spinal flexibility.



## Breathing is important

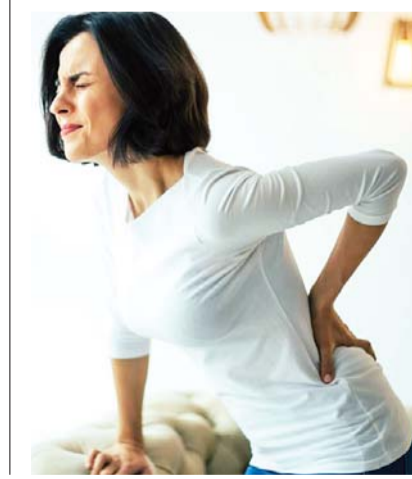
Breathing is a key component of performing Bhujangasana effectively. Deep, slow breaths help you relax and maximize the stretch during the pose. As you lift and lower your torso, focus on breathing deeply, allowing the oxygen to flow to your muscles, which promotes relaxation and reduces tension. This mindful breathing not only enhances the benefits of the pose but also helps you stay aware of any discomfort or strain. By paying attention to your breath, you can adjust your posture as needed, ensuring a more comfortable and effective practice.

## Other Benefits of Bhujangasana

- Stimulates the abdominal organs, including reproductive organs and digestive organs.
- Improves the efficiency of the respiratory system.
- Good for Inflammatory Bowel Disease (IBD).
- Helps treat PCOS and irregular menstruation.
- Good for diabetes.
- Decreases stiffness of the lower back.
- Increases flexibility.
- Relieves stress and elevates mood.
- It stimulates and energises heart, improving cardiovascular health.
- Improves blood circulation and oxygen, mainly throughout the spinal and pelvic regions.
- Improves digestion.
- Reduces belly fat.

## Don't overexert yourself

It's important to listen to your body and avoid pushing yourself too hard, particularly if you're dealing with lower back pain. Start Bhujangasana gently by bending your elbows and refraining from lifting your chest too high initially. As your back muscles become stronger and more flexible with regular practice, you can gradually straighten your arms and lift your chest higher. Hold the pose for a few seconds at first, and slowly increase the duration as you grow more comfortable. This gradual progression will allow you to build strength and flexibility without overstraining your muscles.



## Warm up before doing Bhujangasana

Before performing Bhujangasana, it's crucial to warm up, particularly for beginners or those dealing with back pain. Gentle stretches like the cat-cow pose or child's pose are excellent choices. These stretches help loosen the spine and back muscles, relieving any tension and preparing

the body for the deeper back-bend. Warming up also reduces the risk of strain or injury during the pose. A few minutes of gentle stretching can improve flexibility, reduce stiffness, and enhance the overall benefits of Bhujangasana, making the practice safer and more effective.

## How to perform Bhujangasana

- Lie on your stomach with your face facing down. Take deep breaths and relax your spine in Crocodile Pose (*Makarasana*).
- Keep your arms and elbows close to your body for support, and place your palms on the floor near your upper abdomen.
- Then, keep your legs hip-width apart, tightening your legs and lower back as you breathe.
- As you inhale, press your palms into the floor and stretch your upper body off the floor. Keep your elbows close.
- Exhale, then, again inhale and lift your chest, shoulders, arms, elbows, and upper abdomen, straightening your arms.
- Once comfortable, raise your neck backwards and gaze upwards, maintaining slow, rhythmic breathing.
- Tighten your entire body, focusing on your lower back and abdomen, and hold this position for 15-30 seconds.
- Balance on your lower pelvis and thighs, spreading your weight from your wrists to your shoulders and lower back.
- Keep breathing deeply, and stretch your upper body backwards and your neck upwards.
- Slowly release the pose by bending your elbows, then bringing your body, chest, neck, and face back to the ground, exhaling as you do so. Relax your spine with deep breathing, and return back to Crocodile Pose (*Makarasana*).

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