राष्ट्रदूत

**#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.







ne Pink City is set to

experience a unique culinary event this weekend, as the globally renowned from restaurant New Delhi Indian 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

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 interpreta tion 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 popup 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



Blue cheese naan mushroom

truly memorable." The menu

for the event is carefully

curated, showcasing some of

Indian Accent's signature

dishes. Vegetarian highlights

include tofu medu vadai with

Madras gunpowder and sam-

bar cream, arbi galawat with

crispy sevai and barberry

chutney, and ker sangar

paneer with Rajasthan

papad kadhi. Non-vegetarian

Kanvakumari crab with

Tellicherry pepper, duck

*shaami* with crispy *sevai* and

barberry *chutney*, and *meetha* 

achaar pork ribs with dried

Desserts like daulat ki chaar

with rose petal *chikki* and

doda burfi treacle tart with

vanilla bean ice cream prom-

ise to add a sweet and creative

reflects Indian Accent's signa-

ture style, combining tradi-

tional Indian flavours with

contemporary culinary tech-

niques. For Jaipur's food

enthusiasts, this is an unmiss-

able event, offering a rare

chance to experience Indian

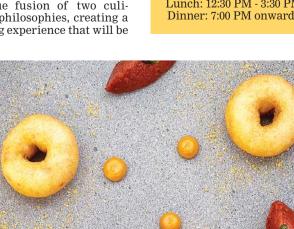
cuisine at its most innovative.

Each dish on the menu

mango and sour apple

shorba.

selections



# World War I

# **German and** Austrian civilians imprisoned in India

Ajay Kamalakaran

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 suspi cion that they were conspiring with Ghadar revolutionaries to liberate India from colonial rule. 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 wellrespected. 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. 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.

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 mili tary 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



## **#HISTORY**

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The Siamese Expeditionary Force, 1919 Paris Victory Parade.

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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.

Life in Camps During the First World War, both sides were accused of ill-treating prisoners-of-war, but non-combat ants and civilians were handled relatively well. The British in India held the missionaries at the Basel Mission with a great deal of suspicion, but eventually, the two governments agreed to release these religious workers from captivity. In 1917, the Swiss Consul in Bombay, K Ringger, was allowed to visit camps housing civilians. A letter, that he wrote to the British authorities, provides a glimpse into the life of internees.

vears, been a military station and there are quite a bit of stone built barracks, in which the English soldiers used to live." Ringger 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 day-

"Ahmednagar has, for many

time, during the hot weather." 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

he camps also had reading rooms and classrooms for children. Despite having the kind of life that ordinary prisoners in India could only dream of, many internees became depressed because of the tropical heat and lack of meaningful activity. There was even a case of suicide. This led the authorities to make arrangements for groups of prisoners to be transferred for periods to hill stations.

the tropics, having an enormous quantity of luggage with them, which, of course, takes up a good deal of space," Ringger added. "The prisoners sleep on iron bedsteads, and no beds are arranged in tiers. There is ample provision for daily baths and washing, and of course the necessary privies are there. The food, which the prisoners receive, is the same as the rations which are issued to the British soldiers in the country."

There was a mechanism in place for the Austro-Hungarians and Germans living in India, who had their assets confiscated to receive a stipend, with which they

with their families, and they enjoy every freedom and can go for long walks as long as they do not go to the bazaars without the Commandant's special permission," he wrote, "Belgaum is a very healthy place and has specially during the winter months, a very bracing climate, so that some

houses even have rooms with

could even buy their own food in

the prison camp. No such provi-

sion existed for those who were

brought in from Siam. "There is

The camps also had reading

The Swiss Consul also seemed

o be impressed with the camp in

practically only married people

# French chimneys.

The First World War came to an end on November 11, 1918, when the Entente and the last holdout. Germany, signed an armistice Despite this, the German and

Austro-Hungarian internees were not freed. Their internment would continue through most of 1919, with arrangements for their release only beginning after signing of the Treaty of Versailles on June 28, 1919. While a large number of internees would have liked to return to their once-luxurious lives in Siam, the authorities there clearly refused to let them back in. An exception was, however, made by Bangkok for Siamese spouses and the children of mixed parentage or Eurasians

The colonial authorities in India compiled lists of those who departed the country on the SS Egypt and SS Main as well as those applying to return to Siam. t would take several months before the sides agreed on who was eligible to return to Bangkok. One internee even made a claim for British citizenship and asked to return to Siam as a subject of the empire. Oskar Frankfurter did not board the SS Main with other Germans and stayed back in India till 1920 before being repatriated to Germany. He chose to live in his hometown of Hamburg, where he taught the Thai language for three semesters, before dying at the age

Since his hometown, Trieste, became a part of Italy after the war, Emil Florio and his wife, Helene, claimed Italian citizenship and moved back to the coun-

While Frankfurter and most Germans received no compensation for their lost assets in Siam. the authorities in Bangkok decided to reimburse former enemy subjects, who had acquired the nationality of an Allied or Associated Power. Under this scheme, 52 former residents of Siam received compensation that was calculated after deducting cash allowances, the cost of maintenance and the cost of repatriation. A list attached to a letter, sent to the British by Siamese Foreign Minister. Devowangse Varoprakar. showed banker. Florio, having a bank balance of 108,679 British pounds. Decades later. Germans and citizens of other 'enemy countries would once again find themselves interned in places, such as Ahmednagar, during the Second World War

rajeshsharma1049@gmail.com

# **#YOGA**

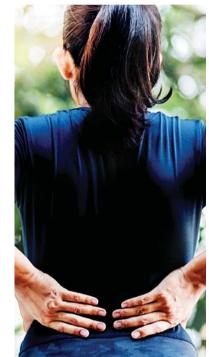
# Say Goodbye To Lower Back Pain

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

ower 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 voga asana to alleviate lower back pain and enhance spinal flexibility

Bhujangasana is a gentle backbend that stretches the spine, strengthens the back muscles, and helps improve posture. Regular practice of this asana can lead to a range of benefits, including reduced back pain, improved flexibility, and better digestion. Let's explore the practice of Bhujangasana, along with tips to perform it effectively, and the many advantages that it offers.



#### **Breathing is important**

B reathing 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

- 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
- Good for diabetes.
- Decreases stiffness of the lower
- Increases flexibility.
- Relieves stress and elevates It stimulates and energises
- heart, improving cardiovascular
- Improves blood circulation and oxygen, mainly throughout the
- spinal and pelvic regions. Improves digestion Reduces belly fat.

#### Don't overexert yourself

## t's important to listen to your lacksquare body and avoid pushing yourself

too hard, particularly if you're deal ing 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 com fortable. This gradual progression will allow you to build strength and flexibility without overstraining vour muscles.

#### How to perform Bhujangasana

Warm up before doing Bhujangasana

 Lie on your stomach with your face facing down. Take deep breaths and relax your spine in Crocodile Pose (Makarasana).

D Bhujangasana, it's crucial to

warm up, particularly for begin-

ners or those dealing with back

pain. Gentle stretches like the cat-

cow pose or child's pose are excel-

lent choices. These stretches help

loosen the spine and back muscles.

relieving any tension and prepar-

- 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, focus ing on your lower back and abdomen, and hold this position for 15-30 seconds

Balance on your lower pelvis

and thighs, spreading your

ing 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

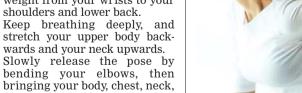
overall benefits of Bhujangasana.

making the practice safer and

more effective.

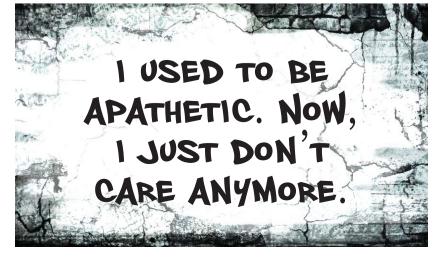
- weight from your wrists to your shoulders and lower back. • Keep breathing deeply, and
- Slowly release the pose by bending your elbows, then bringing your body, chest, neck, and face back to the ground, exhaling as you do so. Relax your spine with deep breathing, and return back to Crocodile

Pose (Makarasana)

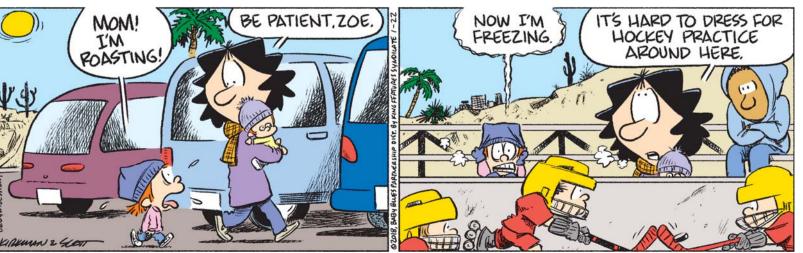




## THE WALL



### **BABY BLUES**



#### By Rick Kirkman & Jerry Scott



By Jerry Scott & Jim Borgman

