

On October 26, 2023, the Ambassador of the Republic of India A. Srivastava visited Piešťany for the 36th annual India full of colours festival. She had the opportunity to learn about the history of Piešťany and its spas, which is also linked to the stay of the Maharajahs from India and the administrator of the spas in India during the colonization of India by the British. As emphasized by Mr. Bolerázsky from the Balneological Museum, this time the Indian Maharajas wanted to enrich their culture with the kind of management they got to know in Piešťany during their stay in the Spa. "Piešťany has become a city of friendliness and tolerance" - emphasized in his speech the mayor of Piešťany Mr. Jančovič. He added that he was 2 years old at the time of the introduction of yoga in daily life into the Slovak spa industry as a Yoga Rehabilitation Innovation Program in 1986-1988. He did not understand what was happening, that the handful of people who practiced yoga at that time were hiding it so as not to have problems with the communists. Only thanks to Mr. Dr. Galovičová, who arranged officially in Slovakoterm, the directorate of the SPA, a two-year training of doctors and rehabilitation workers from the Slovak SPA in Piešťany under the leadership of the Indian yogi Swami Maheshwarananda, associate professor Jarka Motajová from the Faculty of Physical Education and Sports, and was part of the successful research on the effect of yoga with the Bechterevis in team of doctors M. Sedláková, Z. Rohová and Zelenayová. The greatest response was received by J. Šmíd, a professor at the High School in Piešťany, who has been cooperating with the organizers of this festival for a long time - the Society of Slovak-Indian Friendship. He has been practicing breathing exercises with his students for a long time, especially during the covid pandemic. It also helps students of the University of Piešťany to practice yoga and concentrate on psycho-somatic bonding. As a young man he was able to put his foot behind his head, but times have changed.



The pilot of the legendary Jumbo 474, Peter Galovič, was also his student at the gymnasium, who had a contribution Flying in India, so to speak, a presentation "from above", from space, as he personally could not participate in the festival due to the flight. He started yoga as a child, completed cosmonaut training, and also worked as a captain in India, where he flew for Kingfisher airlines. He visited the Himalayas, rode a motorcycle through the Kullu Valley to Ladakh, where Indian prophets -

rishis wrote the Vedas. Here he also met the 14th Dalai Lama of Tibet. He understood that the world in which we live in time and space, and consider it real, is illusory. As the rishis used to say, "Maja", a mirage. What science, quantum physics, has also proven. This is also why it is necessary to maintain the attitude of an "observer", to remain in a higher level of consciousness.

During the working lunch at Termia Palace, everyone agreed that it is necessary to start strengthening the physical and mental health of young people and seniors through yoga. Ms. Vice-Dean Koišová from the Dean's Office of the Faculty of Health Sciences of the UCM confirmed the great interest in establishing cooperation with an Indian university within the Erasmus project. And so a partnership is being prepared with the help of the Indian ambassador Madam Srivastava. It brings new energy and many incentives to strengthen cooperation between Slovaks and Indians. It was possible to arrange the continuation of the festival India full of colours in Nitra, where now a days are hundreds of Indians working at Jaguar Land Rover. Here, it follows on from the once organized Medacta, in which yoga became a new dimension of pedagogy. And Swami Maheshwarananda received the "Viribus Unitis ad Astram" medal from the Ministry of Education of the Slovak Republic in 1993.

As mentioned by Mr. manager of the Piešťany spas, D. Křenová, is interested in stays with yoga in our Piešťany spas from Scandinavia. By the way, PhDr. A. Galovičová, a member of the European Yoga Federation committee, confirmed that Finland and Sweden are researching the impact of yoga on higher nervous activity, and like other Western European countries, they are cooperating with the British parliamentary committee for yoga and Ayurveda in introducing yoga into education within the EU. We are grateful to Swami Maheshwarananda, today Vishwaguru = world teacher, for his 50-year effort to teach us yoga in the former Czechoslovakia.



Thanks to Prime Minister N. Modi, the UN approved in December 2014 the International Day of Yoga - June 21 and Resolution 69/131 the right of everyone to a top standard of physical, mental and social health. Apart from Pakistan, all UN member countries, including Slovakia, approved it.

As emphasized by Mr. IF. Dixit, one of the longest collaborators of this festival, it is important to let people know that today's India is a developed world power under the leadership of Prime Minister Modi. Prime Minister Modi's teacher, prof. Nagendra had the opportunity to personally meet Prof. Šmída, as he mentioned in his speech. They negotiated the possibility of cooperation in the training of future yoga therapists, alongside physiotherapists who are training at the University of Piešťany. We are looking forward to further activities, strengthening Slovak-Indian friendship and mutually enriching cooperation, especially in the field of health and art.



In the afternoon, the festival continued in the Spa Hall in cooperation with Aksen - a club for active seniors and other guests. In addition to dancing, singing bhajans, Quiz about India and playing the sitar, those present had the opportunity to enjoy Indian specialties prepared by cooks from the Hare Krishna movement.

The unforgettable event is part of the G20 programs.

PhDr. Anna Galovičová

Dňa 26. októbra 2023 zavítala do Piešťan na 36.ročník festivalu India plná farieb pani veľvyslankyňa Indickej republiky A.Srivastava. Mala možnosť zoznámiť sa s históriou Piešťan a jej kúpeľov, viazanou aj na pobyt Maharadžov z Indie a správcu kúpeľov zasa v Indii za čias kolonizácie Indie Britmi. Ako zdôraznil p. Bolerázsky z Balneologického múzea, tentokrát zasa Indickí Maharadžovia chceli obohatiť svoju kultúru o manažment, aký spoznali v Piešťanoch počas pobytu v Kúpeľoch. "Piešťany sa stali mestom ústretovosti a tolerancie" - zdôraznil vo svojom prejave primátor mesta Piešťany p. Jančovič. Dodal, že v čase zavádzania jogy v dennom živote do slovenského kúpeľníctva ako Program inovácie rehabilitácie jogou v rokoch 1986 - 1988, mal 2 roky. Nechápal, čo sa deje, že hŕstka ľudí, ktorí cvičili v tom čase jogu, to zatajovali, aby nemali s komunistami problémy. Až vďaka p. doktorke Galovičovej, ktorá vybavila oficiálne v Slovakoterme, riaditeľstve kúpeľov, dvojročné školenie lekárov a rehabilitačných pracovníkov zo slovenských kúpeľov v Piešťanoch pod vedením indického jogína Swamiho Maheshwaranandu, docentky Jarky Motajovej z Fakulty telesnej výchovy a športu, a bola súčasťou úspešného výskumu účinku jogy u Bechterevikov v tíme lekárk M. Sedláková, Z.Rohová a Zelenayová. Najväčší ohlas zožal J. Šmída, profesor Gymnázia v Piešťanoch, ktorý dlhodobo spolupracuje s organizátormi tohto festivalu - Spoločnosťou slovensko-indického priateľstva.



Dlhodobu cvičí so svojimi študentami dýchacie cvičenia, najmä počas pandémie covidu. Pomáha aj študentom VŠ v Piešťanoch cvičiť jogu a koncentrovať sa na psycho-somatickú väzbu. Ako mladý dokázal dať nohu za hlavu, ale časy sa zmenili. Jeho žiakom bol na gymnáziu aj pilot legendárneho lietadla Jumbo 474, Peter Galovič, ktorý mal príspevok Lietanie v Indii, takpovediac prezentáciu "zhora", z vesmíru, keďže sa osobne nemohol kvôli letu zúčastniť festivalu. S jogou začal už v detskom veku, absolvoval kozmonautický výcvik, a ako kapitán pôsobil aj v Indii, kde lietal v Kingfisher airlines. Navštívil Himaláje, motorkou prešiel Kullu Valley do Ladhaku, kde indickí proroci - rišiovia písali Védy. Tu sa stretol aj so 14. Dalajlámom Tíbetu. Pochopil, že svet, v ktorom žijeme v čase a priestore, a považujeme ho za reálny, je iluzórny. Ako hovorievali rišiovia "Maja", fatamorgána. Čo dokázala aj veda, kvantová fyzika. Aj preto si treba udržať postoj "pozorovateľa", zotrvať vo vyššej úrovni vedomia.

Počas pracovného obeda v Termia Palace, sa všetci zjednotili, že treba začať posilňovať fyzické a mentálne zdravie najmä mladých ľudí a seniorov, senioriek jogou. Pani prodekanka Koišová z dekanátu Fakulty zdravotníckych vied UCM potvrdila veľký záujem v rámci projektu Erasmus nadviazať spoluprácu s indickou univerzitou. A tak sa pripravuje partnerstvo za pomoci indickej veľvyslankyne Madam Srivastava. Tá vnáša novú energiu a veľa podnetov na posilnenie spolupráce Slovákov a Indov. Stihlo sa dojednať pokračovanie festivalu India plná farieb v Nitre, kde t.č. býva stovky Indov, pracujúcich v Jaguar Land Rover. Tu sa nadviaže na kedysi organizovanú Medactu, v ktorej sa joga stala novou dimenziou pedagogiky. A Swami Maheshwarananda získal medailu "Viribus Unitis ad Astram" ministerstva školstva SR r. 1993.

Ako spomenula p. manažérka piešťanských kúpeľov D. Křenová, je záujem zo Škandinávie o pobyty s jogou v našich kúpeľoch Piešťany. Mimochodom, PhDr. A. Galovičová, členka výboru European Yoga Federation, potvrdila, že Fínsko i Švédsko bádajú v oblasti vplyvu jogy na vyššiu nervovú činnosť, a ako i ostatné západoeurópske štáty spolupracujú s britským výborom parlamentu pre jogu, ajurvédnu pri

zavádzaní jogy do školstva v rámci EÚ. Sme povďační Swamimu Maheshwaranandovi, dnes Vishwaguru = svetový učiteľ, za 50-ročné úsilie naučiť nás jogu v bývalom Československu.



Vďaka premiérovi N. Módimu OSN schválilo v decembri 2014 Medzinárodný deň jogy - 21. júna a Rezolúciu 69/131 právo každého na top-štandard telesného, duševného, sociálneho zdravia. Okrem Pakistanu to schválili všetky členské krajiny OSN, aj Slovensko.

Ako zdôraznil aj p. A.K. Dixit, jeden z najdlhších spolupracovníkov tohto festivalu, je dôležité dať ľuďom vedieť, že dnešná India je vyspelou svetovou veľmocou pod vedením premiéra Módiho. Učiteľa premiéra Modiho, prof. Nagendru mal možnosť stretnúť v Střílkach osobne aj prof. Šmída, ako spomenul vo svojom prejave. Dojednali možnosť spolupráce pri výcviku budúcich jogaterapeutov, popri fyzioterapeutoch, ktorí sa školia na VŠ v Piešťanoch. Tešíme sa na ďalšie aktivity, posilňujúce slovensko-indické priateľstvo a vzájomne obohacujúcu spoluprácu, najmä v oblasti zdravia a umenia.



Popoludní pokračoval festival v Kúpeľnej dvorane v spolupráci s Aksenom - klubom pre aktívnych seniorov a ďalších hostí. Popri tanci, speve bhadžanov, kvíze o Indii a hre na sitár mali možnosť si prítomní pochutíť na indických špecialitách pripravených kuchármi z Hare Krišna hnutia. Nezabudnuteľná akcia bola súčasťou G20.

PhDr. Anna Galovičová