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INDIAN DIASPORA NEWS & VIEWS



EestiBharat

A magazine by the Indian Association of Estonia

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Indian Association of Estonia

Ambassador's Message

Conversation with the Ambassador

Culture
Activities by the Embassy & Community

Diaspora Excellence

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EestiBharat

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Embassy of India, Tallinn

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Disclaimer

The views expressed in the magazine are those of the respective authors and do not necessarily reflect those of the editor, the Indian Association of Estonia (IAE), or the Embassy of India in Tallinn.

While the editorial team makes every effort to ensure accuracy, errors or omissions may occur. Readers are welcome to bring any corrections to the team's attention.

Some images in this issue, including the cover, were created with the help of AI tools.

Indian Association of Estonia

MESSAGE

Ambassador's *Message*

"Warm Greetings to the members of Indian Community and Friends of India in Estonia."



Embassy of India, Tallinn

It gives me immense pleasure to connect with all of you through the inaugural issue of this publication on the auspicious occasion of Diwali. I congratulate the Association on this thoughtful initiative, which seeks to celebrate the experiences, achievements, cultural heritage and contributions of Indians living in Estonia.

Over the recent period, the Indian community in Estonia has blossomed into a dynamic, talented, and respected bridge reflecting bonds of friendship between India and Estonia. Whether in the fields of emerging technologies, IT, cybersecurity, academia, or entrepreneurship, our professionals and students are making a positive mark while respecting and embracing local Estonian culture. While we celebrate 35 years of establishment of bilateral diplomatic relations after Estonia's re-independence, our ties—anchored in shared democratic values and digital innovation—are stronger than ever, powered in large part by your daily contributions.

The Embassy of India in Tallinn remains deeply committed to supporting, engaging, and working closely with the diaspora. I encourage you to stay connected, participate in our community initiatives, and continue showcasing the best of India's heritage and ethos.

Wishing the magazine and its readers all the very best.

✦

Jai Hind and *Happy Diwali!*

Ashish Kumar Sinha

The Ambassador of India to the Republic of Estonia

भारतीय राजदूत का संदेश

“एस्टोनिया में भारतीय समुदाय के सदस्यों और भारत के मित्रों को हार्दिक शुभकामनाएँ।”



Indian Association of Estonia Team at India House.
Embassy of India, Tallinn

दीवाली के शुभ अवसर पर, इस प्रकाशन के पहले अंक के माध्यम से आप सभी से जुड़कर मुझे बहुत खुशी हो रही है। मैं इस सराहनीय पहल के लिए एसोसिएशन को बधाई देता हूँ, जिसका उद्देश्य एस्टोनिया में रहने वाले भारतीयों के अनुभवों, उपलब्धियों, सांस्कृतिक विरासत और उनके योगदान का जश्न मनाना है।

हाल के समय में, एस्टोनिया में भारतीय समुदाय एक गतिशील, प्रतिभाशाली और सम्मानित समूह के रूप में उभरा है, जो भारत और एस्टोनिया के बीच मित्रता के सेतु का काम करता है। चाहे उभरती हुई तकनीकें हों, आईटी, साइबर सुरक्षा, शिक्षा या उद्यमिता का क्षेत्र हो—हमारे पेशेवर और छात्र स्थानीय एस्टोनियाई संस्कृति का सम्मान करते हुए और उसे अपनाते हुए अपनी एक सकारात्मक पहचान बना रहे हैं। एस्टोनिया की पुनः स्वतंत्रता के बाद हमारे द्विपक्षीय राजनयिक संबंधों की स्थापना के 35 वर्ष पूरे होने के अवसर पर, मैं कह सकता हूँ कि हमारे संबंध—जो साझा लोकतांत्रिक मूल्यों और डिजिटल नवाचार पर आधारित हैं—पहले से कहीं अधिक मजबूत हुए हैं, और इसमें आप सभी के दैनिक योगदान की बहुत बड़ी भूमिका है।

ताल्लिन (Tallinn) स्थित भारतीय दूतावास, प्रवासी भारतीयों को सहयोग देने, उनके साथ जुड़ने और मिलकर काम करने के लिए पूरी तरह प्रतिबद्ध है। मैं आप सभी से आग्रह करता हूँ कि आप हमसे जुड़े रहें, हमारे सामुदायिक कार्यक्रमों में भाग लें, और भारत की समृद्ध विरासत और मूल्यों को इसी तरह दुनिया के सामने लाते रहें।

इस पत्रिका और इसके पाठकों को मेरी ओर से बहुत-बहुत शुभकामनाएँ।

✦

जय हिंद और दीपावली की शुभकामनाएँ!

आशीष कुमार सिन्हा

एस्टोनिया गणराज्य में भारत के राजदूत

FROM THE EDITOR

Editor's *Note*

We are delighted to present the inaugural issue of **EestiBharat** – *Magazine*, a platform dedicated to the voices and experiences of the Indian diaspora in Estonia and beyond, on the auspicious occasion of **Diwali.**

This initiative emerged from a shared vision to create a space where the stories, ideas, and achievements of our community can be meaningfully documented and celebrated. We also acknowledge with gratitude the encouragement received from *the Embassy of India*, which served as an important impetus in initiating this publication.

As Indians living in a new cultural and social environment, we each carry unique journeys that deserve recognition and expression. Through this magazine, we hope to bring together these diverse experiences into a collective narrative that reflects both individuality and shared identity.

This inaugural issue highlights a range of topics—from community life and cultural celebrations to the excellence of the Indian diaspora in Estonia, particularly in the fields of research and entrepreneurship, as well as the emerging connections between India and Estonia. Through interviews, reflections, and feature articles, we aim to capture the evolving story of our growing diaspora.

We are grateful to the *Hon'ble Ambassador of India* for kindly contributing the *Ambassador's Message, also* giving interview to this inaugural issue. We also extend our appreciation to the Indian Association of Estonia (IAE) core team for their support and collaboration, and to all contributors who have shared their insights and experiences.

We hope that the **EestiBharat** evolves into a meaningful platform for dialogue, connection, and inspiration, and we warmly invite members of the community to contribute to future issues.

Wishing all our readers, the Indian diaspora and friends of India a happy and joyful Diwali!

✦

अपने सभी पाठकों, अनिवासी भारतीयों और भारत के मित्रों को दीपावली की हार्दिक शुभकामनाएँ!



Juri Pärik

Dr. Ajai K. Pathak

Editor-in-Chief



Embassy of India, Tallinn

INTERVIEW

In Conversation with *the Ambassador of India*

Since arriving in Estonia in April 2025, Ashish Kumar Sinha, India's Ambassador to Estonia, has met members of the Indian community on many occasions. Some readers may remember him from last year's Diwali celebrations or from Holi earlier this year. Others may have met him at a Gandhi Jayanti gathering, at Republic Day or Independence Day celebrations, or at one of the student and professional meetups.

At a festival or a reception, there is often only time for a quick word. For the first issue of EestiBharat, we wanted to make room for a longer conversation. Just over a year into his time in Estonia, Ambassador Sinha kindly agreed to answer our questions.

Q *Since assuming your role as India's Ambassador to Estonia in 2025, what has impressed or surprised you most about Estonia, its people, and the Indian community here? Is there a particular experience that has stayed with you?*

At the very outset, let me wish all Indians in Estonia and Estonian friends of India a very happy, prosperous and blessed Diwali/ Deepawali. What stands out, during my year and half long stay in this beautiful country, in addition to its interesting people, is country's ability to translate technological innovation into its digital governance. Clubbed with this, a strong sense of national identity and a purpose driven society make Estonia enormously impressive. I thoroughly enjoy the greenery and pure air, forests and bogs, lakes and sea, and of course the islands. No wonder, the Indian community loves Estonia so much and is fully committed to contributing to its prowess while remaining connected to its roots back home.

Q *India and Estonia are approaching 35 years of diplomatic relations in December 2026. How would you assess the evolution of this partnership, and what are your priorities for strengthening it in the coming years?*

As we approach the 35th anniversary of our re-recognition of Estonia and establishment of diplomatic relations, we can draw much satisfaction evolution of our ties through political dialogue, economic engagement, cooperation in technology and growing people-to-people exchanges. Opening of Embassies in each other's capitals has provided further momentum to our engagements, in this year alone we have witnessed visit of Estonian President to India who participated in

the India AI Impact Summit and held meetings with President Droupadi Murmu and Prime Minister Narendra Modi; visit of Commerce and Industry Minister, Shri Piyush Goyal to Estonia along with a strong business delegation, meeting of EAM Dr S Jaishankar and Foreign Minister Margus Tsahkna in New York and India-Estonia Foreign Office Consultations the level of Secretary (West) of MEA.



Embassy of India, Tallinn

Looking ahead, my priorities are to maintain the momentum of high-level engagements and to translate the goodwill between our two countries into tangible outcomes. These include expanding bilateral trade and investment using the India-EU FTA as a springboard, encouraging partnerships between businesses and startups, strengthening cooperation in digital technologies and cybersecurity, promoting academic and research collaboration and deepening cultural and people-to-people links. I would also like to see greater engagement between our institutions, entrepreneurs and young professionals. India brings scale, talent and a dynamic innovation ecosystem while Estonia offers valuable experience in digital governance and technology-driven public services. By combining our respective strengths, we can develop solutions that benefit people of both countries.

"India brings scale, talent and a dynamic innovation ecosystem while Estonia offers valuable experience in digital governance."

AMBASSADOR ASHISH KUMAR SINHA

Q *The visit of India's Commerce and Industry Minister, Shri Piyush Goyal, to Estonia in July 2026 highlighted growing economic engagement between the two countries. What concrete opportunities do you see emerging for businesses, entrepreneurs, and professionals in both countries?*

The visit of Commerce and Industry Minister Shri Piyush Goyal to Estonia in July 2026 was an important step in strengthening our economic partnership. His participation in the India-Estonia Business Forum together with meetings with Estonian government representatives and engagement with the business community, helped identify opportunities for deeper trade, investment and technology cooperation. The

accompanying Indian business delegation also provided a valuable platform for direct business-to-business engagement.

I see opportunities in several areas which will grow exponentially with the implementation of the India-EU FTA, shortly. Digital services, financial technology, cybersecurity, artificial intelligence and software development are natural areas for collaboration. Estonian companies can explore India's large and rapidly evolving market, while Indian technology companies can benefit from partnerships with Estonia's innovative businesses and its connections with the Nordic and Baltic region. There is also potential for cooperation in advanced manufacturing, electronics, engineering, pharmaceuticals, chemicals, food processing, clean energy and green technologies. Indian companies can explore Estonia as a base for developing commercial relationships in Northern Europe, while Estonian enterprises can consider India for market expansion, manufacturing partnerships and access to skilled talent.



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The Embassy will continue to facilitate business engagement by connecting interested companies with relevant institutions, sharing information on trade fairs and business opportunities and encouraging participation in bilateral business events. Ultimately, the goal is to move from identifying opportunities to building enduring commercial partnerships that generate investment, innovation and employment in both countries.

Q *Estonia is internationally recognised for digital governance and cybersecurity, while India has a rapidly expanding technology, innovation, and research ecosystem. Where do you see the greatest potential for collaboration, particularly involving startups, universities, and researchers?*

Technology is one of the most promising pillars of India-Estonia relations. Both countries have strong capabilities in their respective areas, and there is considerable scope to combine Estonia's experience in digital governance and agile innovation with India's scale, technical talent and expanding digital ecosystem. Cybersecurity and digital governance are particularly

important areas. Our countries already have a foundation for cooperation through bilateral agreements on cybersecurity and e-governance and emerging digital technologies. The inaugural India–Estonia Cyber Dialogue, held in Tallinn in June 2024, also provided an institutional platform for exchanging views and exploring cooperation in this field.

Looking ahead, I see opportunities in artificial intelligence, secure digital infrastructure, financial technology, digital public services, data protection, and the development of technology solutions that can be adapted to different markets. Cooperation in clean energy, smart manufacturing, robotics and other emerging technologies could also be mutually beneficial. Universities and research institutions have an equally important role to play. Partnerships that bring together researchers, entrepreneurs and investors can help translate innovative ideas into practical solutions. I would particularly encourage Indian and Estonian startups to explore each other's ecosystems, participate in technology events and develop joint ventures.

Q *The Indian community in Estonia includes professionals, entrepreneurs, researchers, students, and families. How do you view their contribution to Estonian society and to India–Estonia relations? What could the community do to strengthen its positive impact and visibility?*

The Indian community is an important bridge between our two countries. While the Indian professionals and entrepreneurs bring skills, ideas and enterprise to Estonia's economy, their contribution also include knowledge-sharing, research, education, entrepreneurship, cultural exchange and everyday interactions that build mutual understanding between our people. Students and researchers enrich academic and intellectual life, while families and community members help create meaningful connections between the two societies.

I would encourage community members to engage even more with local institutions, learn the local language, participate in neighbourhood and civic initiatives and share Indian culture and values through inclusive events. Indian community has been a bedrock of Embassy's cultural activities, I look forward to their even more actively championing of strengthening bilateral ties through Indian culture, values and the spirit of innovation.

> "A community magazine can be much more than a publication; it can become a living record of the community's journeys."
>
> AMBASSADOR ASHISH KUMAR SINHA

Q *What are the Embassy's key priorities in supporting Indian citizens & families living in Estonia, especially students, newcomers, and those residing outside Tallinn? Are there particular services, outreach initiatives, or resources that you would encourage community members to make greater use of?*

The welfare of Indian citizens in Estonia is the priority for the Embassy. We aim to provide accessible and responsive consular services, share reliable information, facilitate engagement with the relevant authorities and assist Indian nationals in distress. Indian nationals who require emergency assistance can contact the Embassy's 24-hour emergency helpline (+372 5631 3997).

Students and newcomers deserve particular attention. We encourage prospective students to verify the accreditation and recognition of their chosen educational institution, confirm course fees and admission conditions and of course check the applicable visa requirements. I encourage Indian nationals to register their details with the Embassy and follow official announcements, use the Embassy's website for updated information and for any assistance reach out to the Embassy.

To Indians who have made Estonia their home, I would say: continue to uphold the values, traditions and cultural richness of India while embracing the opportunities and responsibilities that come with being part of Estonian society. Take pride in your heritage, contribute actively to your local communities and build relationships based on mutual respect, understanding and shared purpose.

To the younger generation, I encourage you to remain curious about both India and Estonia. Learn about India's extraordinary diversity and its evolving role in the world, while developing a strong understanding of Estonia's language, history and culture. You have the opportunity to draw strength from both backgrounds

and become a generation of globally minded individuals who can connect with societies, generate new ideas and create opportunities across borders.

Q *Organisations such as the Indian Association of Estonia (IAE) seek to preserve Indian cultural heritage while encouraging active participation in Estonian society. How do you envision community organisations and the Embassy working together to promote cultural exchange, integration, and stronger people-to-people connections?*

The Indian Association of Estonia is a critical bridge between two countries, an essential partner along with the Embassy in bringing people together, preserving cultural traditions and providing a much-needed sense of belonging to the Indians in Estonia. IAE provides a platform for Indians to celebrate their heritage while opening doors for Estonians and other communities to experience India's diversity, traditions and contemporary achievements. The Embassy values IAE's initiatives like celebration of important Indian festivals, bringing together all Indian professionals and students through meetups, promoting yoga and Indian cultural traditions. Events such as Diwali, Navaratri-Dandia, Ganesha Chaturthi, Holi are not only occasions for the Indian community to celebrate; they are also opportunities to introduce our traditions to a wider audience and build friendships across cultures. I'd raise my ambition that all the Indians and friends of India in Estonia eventually get associated with the IAE.

Going forward, as IAE grows, I would like to see it to reach beyond their immediate membership and collaborate with Estonian schools, universities, cultural institutions, local authorities and other community groups. Our shared objective should be to nurture a community that is proud of its Indian heritage, actively engaged in Estonian society feel a sense of collective confidence.

Q *Finally, as the EestiBharat begins its journey, what message would you like to share with Indians who have made Estonia their home, particularly the younger generation, and with our Estonian friends who are interested in India?*

I warmly congratulate the Indian Association of Estonia on launching EestiBharat. A community magazine can be much more than a publication; it can become a living record of the community's journeys, achievements, aspirations and contributions to the society in which it lives.

I hope EestiBharat will help share the many stories that connect our communities and inspire new relationships and collaborations. My best wishes to the Indian Association of Estonia for the success of this initiative. May EestiBharat grow into a vibrant platform that celebrates our community, strengthens India– Estonia friendship and brings people closer together. I would eagerly look forward to continuation of this great initiative. Once again, I wish all the readers enjoy the festivities together.



Embassy of India, Tallinn

Indian Association of Estonia

The Indian Association *of Estonia (IAE)*

Building Community, Culture, and Connection

Since its establishment in 2022, the Indian Association of Estonia (IAE) has rapidly grown into a central platform for the diaspora, fostering cultural expression, community engagement, and meaningful connections between India and Estonia.



Holi Celebration in Tallinn (2026). Indian Association of Estonia

The Indian Association of Estonia (IAE), established in 2022, represents a significant milestone in the evolving journey of the Indian diaspora in Estonia. Emerging from the collective need for connection, representation, and cultural continuity, the association has rapidly grown into an important platform uniting Indians across cities such as Tallinn and Tartu.

From its inception, IAE has been guided by a clear and purposeful vision—to create a space that not only fosters cultural belonging but also strengthens the bonds within the diaspora while contributing positively to Estonian society. Whether through cultural celebrations, community initiatives, or collaborative engagements, IAE continues to play a meaningful role in enhancing both identity and integration.

At its core, the association is committed to multiple objectives. These include promoting diaspora representation, creating opportunities to showcase Indian culture and cuisine, and organizing festivals that provide a sense of home for community members living abroad. Beyond cultural celebrations, IAE actively works toward community welfare, supporting members in need and facilitating greater engagement among individuals from diverse backgrounds.

A key aspect of IAE's mission is also to support students and young professionals navigating life in Estonia. By creating networks and offering guidance, the association helps bridge the gap between newcomers and established members of the community. In doing so, it contributes to a stronger and more cohesive diaspora experience.

Since its establishment, IAE has successfully organized and sustained several annual flagship events, particularly Holi and Diwali celebrations, which have become eagerly anticipated gatherings for the community. These events not only bring people together but also serve as vibrant expressions of Indian culture in an international setting.

> "In a short time, the Indian Association of Estonia has emerged as a vital bridge—bringing together culture, community, and cooperation to strengthen the Indian diaspora and its connection with Estonia."

In addition to these major festivals, the association has played an active role in supporting and organizing other cultural and religious events such as Dussehra and Ganesh Chaturthi, further enriching the cultural calendar of the Indian diaspora in Estonia.

The association has also made meaningful contributions beyond celebrations. In collaboration with the Embassy of India, IAE has participated in charitable initiatives, including organizing food stalls in Tallinn, combining cultural outreach with social responsibility.

In recent years, IAE has expanded its engagement to a wider international audience by participating in multicultural events across Estonia. Notably, the association showcased Indian culture at events such as the Tartu Tigi Spring Family Event and Colors of Tallinn, presenting Indian food, dance, and traditional art forms such as henna painting. These efforts have played an important role in fostering intercultural understanding and appreciation.

The association has also been instrumental in organizing the International Day of Yoga, particularly in cities like Tartu and Tallinn, in collaboration with the Embassy. These events highlight India's global cultural contributions and promote wellness within the broader community. IAE's growing impact is further reflected in its success in securing institutional support. The association has received grants not only from the City of Tartu but also from the Integration Department of the Estonian Ministry of Culture, enabling it to organize events such as Holi and Diwali on a larger and more inclusive scale.

Most recently, IAE participated in a multicultural exhibition organized by the City of Tartu, where representatives from 17 countries came together to showcase their cultural heritage. The Indian pavilion stood out with its rich display of books, traditional ornaments, spiritual texts, devotional artefacts, and culinary elements such as Indian spices, offering visitors a glimpse into the depth and diversity of Indian culture.

In a relatively short period, the Indian Association of Estonia has established itself as a vital bridge—connecting individuals within the diaspora, linking communities across cultures, and strengthening ties between India and Estonia. As the Indian presence in Estonia continues to grow, the role of IAE becomes increasingly important in shaping a vibrant, inclusive, and connected community.



Tartu Diwali 2025: Indian Association of Estonia core members and volunteers. Indian Association of Estonia



IAE Team Members at Tallinn Diwali 2025. Indian Association of Estonia



Diwali Celebration in Tartu (2025). Ahto Laur



Registered members of the Indian Association of Estonia. Indian Association of Estonia

SECTION V.

Embassy & *Community News*

Some of the year's gatherings will be familiar to readers; others may have taken place a few towns away. In this first issue, we look back at Lok Chhanda's performances in four Estonian cities, yoga in Tartu's Town Hall Square and student meetups in Tartu and Tallinn. We also bring you news of the Embassy of India, the Indian Association of Estonia and the occasions they organised together.

In January, the dancers of Lok Chhanda began their tour in Narva. Over the next three days, they performed in Tartu, Pärnu and Tallinn, giving audiences in four cities a chance to see the troupe during its Republic Day visit. That tour opens our first Embassy & Community News section.

There was plenty to talk about at the smaller gatherings, too. At the professional meetup organised by the Embassy of India and the Indian Association of Estonia, participants discussed everything from school guides for parents to music classes for children. In the pages that follow, we look back at these conversations alongside the festivals, student gatherings and community activities that readers across Estonia took part in this year.

"Sometimes we meet to watch a performance. Other times, we pull up a chair and talk about what would help a family/student new to Estonia. Both belong in the story of our community."

Celebrating India's Cultural Heritage: *77th Republic Day*

Captivating cultural performances by Lok Chhanda, a 12-member Indian cultural troupe, marks the 77th Republic Day Celebration in Estonia.

Contribution supplied by **the Embassy of India, Tallinn**



Embassy of India, Tallinn

This year's reception hosted on the occasion of the 77th Republic Day of India in Estonia was enriched by captivating cultural performances by Lok Chhanda, a 12-member Indian cultural troupe sponsored by the Indian Council for Cultural Relations (ICCR), Ministry of External Affairs, Government of India, at the request of the Embassy of India in Estonia. The troupe visited Estonia from 23 to 26 January 2026, bringing the vibrancy and diversity of India's cultural traditions to audiences across four Estonian cities.

Led by **Ms. Maitreyee Pahari,** the troupe presented four performances during its visit, commencing in Narva on 23 January, followed by Tartu on 24 January and Pärnu on 25 January, and concluding in Tallinn on 26 January, coinciding with India's Republic Day. The troupe and the artists, through their engaging presentations, showcased the richness of Indian performing arts and the diversity of the country's cultural heritage.

The performances were thoroughly enjoyed by members of the Estonian and Indian communities, the diplomatic corps, local dignitaries, heads of business organisations and institutions, and other invitees. All the cultural performances presented by visiting troupe received an enthusiastic response at all four venues, with its vibrant presentations appreciated by audiences in Narva, Tartu, Parnu and Tallinn. The warm reception reflected the appeal of Indian culture and its ability to bring people together across geographical and cultural boundaries.



Embassy of India, Tallinn



Embassy of India, Tallinn

The visit held additional significance as the Embassy was observing the 150th anniversary of Vande Mataram. In keeping with this important commemorative occasion, the ICCR-sponsored troupe also presented performances associated with the celebration, paying tribute to a composition that holds a special place in India's national heritage.

Furthermore, a cultural performance in Tartu on 24 January commemorated the 77th Foundation Day of Uttar Pradesh, highlighting the cultural traditions of one of India's prominent states.

The troupe's visit also received coverage on local web portals and social media platforms, extending the reach of the celebrations to a wider audience. Through this four-city cultural programme, the Embassy of India reaffirmed the importance of cultural diplomacy in fostering mutual understanding and strengthening people-to-people ties between India and Estonia.

The visit was a celebration of India's rich cultural heritage and demonstrated how artistic expression can serve as a meaningful bridge between the two countries, nurturing friendship, appreciation and closer connections between their peoples.

"Artistic expression can serve as a meaningful bridge between the two countries."

EMBASSY OF INDIA, TALLINN



Embassy of India, Tallinn



Embassy of India, Tallinn

EMBASSY & COMMUNITY NEWS

Yoga Beyond Borders: *Mindful Living from Ardu to Saaremaa*

The celebration of yoga and holistic wellness across Estonia reached milestone after milestone this year, taking ancient Indian mindfulness and health practices into diverse communities nationwide, from rural village halls to island shores, professional forums, and dedicated community workshops.

Contribution supplied by **the Embassy of India, Tallinn**



Embassy of India, Tallinn

Historic Gathering at the Mahatma Gandhi Statue

Adding a milestone moment to this year’s celebrations, the capital city saw a symbolic first as yoga practitioners gathered near the Mahatma Gandhi Statue in Mustamae, Tallinn. Under the theme of "Yoga for Healthy Ageing," community members, students, and local residents came together in the peaceful green surroundings around the newly installed monument to practice the Common Yoga Protocol. Conducting the main session at this landmark location honored Mahatma Gandhi’s enduring legacy of peace and non-violence while fostering a deep sense of harmony and reflection among participants. The event also featured an Ayush Lounge, introducing participants to India's holistic healing traditions and the benefits of Saatvik Aahar.

Celebrating Women & Wellness Through Chair Yoga

The wellness movement kicked off with a special focus on women’s health during the International Women’s Day celebrations in Tallinn. Organized by the Indian Empowered Women Society (IEWS) in partnership with the Embassy of India, the event featured an accessible and inclusive Chair Yoga session. Designed specifically to encourage simple, impactful wellness practices for

busy routines and corporate lifestyles, the session highlighted practical postures, breathing exercises, and stress-relief techniques tailored for women of all age groups and mobility levels.



Embassy of India, Tallinn

> "From our historic gathering at the newly installed Mahatma Gandhi statue and Chair Yoga sessions empowering women in Tallinn to breathing practices for professionals, our countdown in Ardu Community Hall, and celebrations on the shores of Saaremaa, yoga continues to transcend boundaries, bringing health, harmony, and togetherness to every corner of Estonia."
>
> EMBASSY OF INDIA, TALLINN

Breathing Yoga Practices at the 2nd Diaspora Professional Meetup

Wellness and mindful living were also seamlessly integrated into professional networking during the 2nd Diaspora Professional Meetup in Tallinn, organized by the Indian Association of Estonia (IAE). The event uniquely incorporated guided breathing yoga practices (pranayama) and mindfulness exercises alongside corporate discussions. The session provided Indian tech leaders, researchers and working professionals with practical tools for stress management, focus, and work-life balance in demanding corporate environments.

Countdown & Rural Outreach: From Ardu to Saaremaa

In the run-up to the official International Day of Yoga (IDY) celebrations, momentum continued with a special pre-event hosted at the Community Hall in Ardu, Harju County. Marking the 60-day countdown to IDY, the gathering brought together local village residents and enthusiasts to promote physical health, mental clarity, and preventive well-being through practical guided yoga routines.



Embassy of India, Tallinn

Nationwide Celebrations in Tartu, Parnu, and Haapsalu

Complementing the momentum in the capital and rural counties, official celebrations unfolded seamlessly across Estonia's major regional centers. In Tartu, the iconic Town Hall Square (Raekoja Plats) transformed into an open-air pavilion of peace as students, academics, and residents practiced together in the heart of the historic university city. Along the coastal retreat of Parnu, wellness enthusiasts gathered to practice mindfulness, while in Haapsalu, serene sessions brought together local yoga communities and visitors alike. Celebrated across these key urban hubs, the events emphasized yoga's growing popularity and its capacity to unite communities across all regions of Estonia.

The initiative underscored yoga's transformative power as an inclusive, universal bridge for health and unity across Estonia.

EMBASSY & COMMUNITY NEWS

Embassy and IAE Host *2nd Diaspora Professional Meetup in Tallinn*

Bridging Expertise & Well-Being: Six working groups, ideas for the community and a moment to breathe.

Contribution supplied by **the Embassy of India, Tallinn**



Embassy of India, Tallinn

TALLINN —: Highlighting the exceptional caliber and active contribution of Indian talent powering Estonia's digital, tech and corporate ecosystem, the Embassy of India, in collaboration with the Indian Association of Estonia (IAE), organized the 2nd Diaspora Professional Meetup in Tallinn on 14 June 2026.

Following the successful launch of the inaugural professional meetup in 2025, this second edition continued to cement a dedicated networking and knowledge-sharing platform for working professionals, tech leaders, software engineers, domain experts and academic researchers residing in Estonia. The initiative has quickly established itself as a vital forum for connecting top Indian talent across diverse industries in the Baltic region.

> "Building on our inaugural meetup launched in 2025, our 2nd Diaspora Professional Meetup brings together leadership, economic collaboration, and personal well-being. Integrating breathing yoga practices into our professional gatherings reflects our commitment to nurturing both career success and personal health."
>
> EMBASSY OF INDIA, TALLINN

A unique highlight of this year's gathering was the seamless integration of professional networking with holistic health. The event incorporated guided breathing yoga practices (pranayama) alongside strategic business and career discussions. This special wellness segment provided participants with practical tools for stress management, mental clarity and maintaining work-life balance within demanding tech and corporate environments.

To translate ideas into concrete outcomes, participants divided into six specialized working groups with active participation from the Ambassador. The Entrepreneurship group focused on supply chains, industrial automation, local business know-how sharing, an Estonian service platform concept, and a community "buddy program" for resource sharing.

Simultaneously, the General Well-Being team proposed newcomer orientation systems, health clubs, language integration, and parents' meetups, while the IT & Cyber Security group emphasized AI-era cyber threat mitigation, free community tech workshops, and bilateral healthcare tech transfers.

The Education group aimed to streamline school guides for parents and build a unified scholarship platform for students, as the Emerging Technologies team explored university research partnerships, semiconductor coding using Vedic mathematics, robotics, and green hydrogen.

Finally, the Cultural group outlined regular community events, children's music classes for traditional Indian instruments and leveraging Embassy venue spaces to foster deeper diaspora engagement.

Throughout the interactive sessions, attendees exchanged valuable insights on cross-sector collaboration, mentoring emerging talent, and building robust innovation links between Indian and Estonian enterprises. By combining professional networking with mindful living practices, the gathering showcased the diaspora's powerful role as dual drivers of economic growth and holistic well-being.

India's 80th Independence Day: *Celebrating Heritage and Unity*

Contribution supplied by **the Embassy of India, Tallinn**



Embassy of India, Tallinn

The Embassy of India in Estonia celebrated India's 80th Independence Day with great enthusiasm and patriotic fervour, bringing together members of the Indian diaspora, the Embassy family and invitees to commemorate this significant national occasion. The celebration reflected India's rich cultural heritage, artistic traditions and enduring spirit of unity.

> "From the opening notes of Vande Mataram to the Warli and Madhubani paintings on display, Tallinn's Indian community marked India's 80th Independence Day in song, dance and colour."

The programme commenced with the singing of Vande Mataram, followed by the unfurling of the Indian Tricolour and the singing of the National Anthem. The gathering also witnessed the reading of the Hon'ble President of India's Address to the Nation. Vibrant cultural performances by members of the Indian diaspora and the Embassy family added colour and warmth to the occasion, showcasing the diversity and richness of India's cultural traditions.

Addressing the audience, Ambassador Ashish Sinha highlighted recent major developments in India–Estonia bilateral relations, underlining the importance of continued engagement and mutual understanding. He also encouraged attendees to visit the India Corners established by the Embassy and explore the books available there, offering an opportunity to discover India's history, culture and diverse perspectives.

Community participation and cultural engagement formed an important part of the celebrations. Ambassador Ashish Sinha felicitated the winners of the Bharat Ko Janiye Quiz with certificates and cash prizes. Participants in Viksit Bharat 2047 painting competitions, My India Story, Warli and Madhubani painting workshops, and cultural programmes during the Independence Day celebration were also honoured with certificates of participation in recognition of their involvement and enthusiasm.



Embassy of India, Tallinn



Embassy of India, Tallinn

An exhibition featuring paintings created during the Warli and Madhubani workshops, alongside displays on Viksit Bharat 2047, provided a glimpse into India's traditional artistic expressions and its vision for the future. A dedicated selfie booth further encouraged invitees to share their photographs on the Har Ghar Tiranga platform, extending the spirit of the celebration beyond the event itself.

The Independence Day celebration was a memorable occasion honouring India's heritage, creativity and achievements. It also highlighted the valuable role of cultural activities, community participation and people-to-people connections in strengthening friendship and understanding between India and Estonia.



Embassy of India, Tallinn

Swachhata Mein Sahbhag: *India's Journey from Cleanliness to Collective Responsibility*

A clean street, a well-managed waste system and a healthy community may appear to be simple everyday aspirations. Yet achieving them at the scale of a country as vast and diverse as India requires something deeper: a change in behaviour, institutions and, above all, public participation.

Contribution supplied by **the Embassy of India, Tallinn**

This is the spirit behind India's **Swachh Bharat Mission (SBM)**, launched on 2 October 2014. The logo of SBM represents the spectacles of Mahatma Gandhi, who envisioned Swachhata as the principle that "Cleanliness is next to godliness." The logo helped in creating the brand value and representing the emotion for cleanliness worldwide. It also helped people associate themselves easily and quickly with the SBM. Over the past twelve years, the Mission has evolved from a focus on sanitation and toilet access into a comprehensive movement encompassing waste management, public spaces, behavioural change and citizen participation.



Embassy of India, Tallinn

At the heart of this transformation is **Swachhata Hi Seva** (SHS), observed annually since 2017. It embodies the principle of *Jan Bhagidari* —people's participation— and recognises that cleanliness cannot be delivered by governments alone. It becomes sustainable when citizens, communities, institutions and businesses see it as a shared responsibility.

The 2026 campaign, with the theme **"Swachhata Mein Sahbhag; Swachh Bharat, Viksit Bharat"**, takes this philosophy further. Its focus on young people, responsible waste management, clean public spaces, the dignity and welfare of sanitation workers, and the principles of Reduce, Reuse and Recycle reflects an important evolution: from *Swachhata as an activity to Swachhata as a habit.*

> "The India we aspire to build is not created by government alone, but by every citizen who chooses to contribute."

India's experience also offers a wider development lesson. Infrastructure matters, but lasting transformation requires ownership by society. When citizens participate, segregate waste, protect public spaces and encourage others to do the same, cleanliness becomes part of community culture.

As India works towards a cleaner and more developed future, **Swachhata Mein Sahbhag** is ultimately a call to participation: a reminder that the India we aspire to build is not created by government alone, but by every citizen who chooses to contribute.

The Embassy of India in Tallinn also reaffirmed its commitment to the ideals of Swachhata and Jan Bhagidari through its participation in the Swachhata Hi Seva campaign. Embassy officials, together with members of the Indian community in Estonia, participated in a special cleanliness drive at the statue of Mahatma Gandhi in Tallinn, paying tribute to the Father of the Nation and his enduring message of cleanliness, civic responsibility and service.



Embassy of India, Tallinn

EMBASSY & COMMUNITY NEWS

Student Meetups Expand to Tallinn *Alongside Tartu Annual Tradition*

Strengthening ties with India's vibrant academic and student community across Estonia, the Embassy of India, in collaboration with the Indian Association of Estonia (IAE), organized Student Meetups in both Tartu (3rd October) and Tallinn (7th October).

Contribution supplied by **the Embassy of India, Tallinn**

In Tartu, the event took place on 3rd October, gathering Indian undergraduate, postgraduate, and doctoral researchers from the University of Tartu and surrounding institutions. Celebrated consistently as an annual tradition since 2024, the Tartu meetup has become a cornerstone of student outreach, providing a warm, familiar space for scholars to engage directly with diplomatic leadership, share academic experiences, and strengthen peer networks in Estonia's historic university city.

"Our students and young researchers represent the vital intellectual bridge between India and Estonia. Continuing our annual tradition in Tartu while launching the meetup for the first time in Tallinn reflects our dedicated support for India's vibrant youth community nationwide."

EMBASSY OF INDIA, TALLINN

Tallinn Milestone: Hosting the Student Gathering for the First Time

Building on the long-standing success in Tartu, this year marked a major milestone as the Embassy and IAE officially brought the Ambassador-led student meetup to Tallinn for the very first time on 7th October. Indian scholars and young researchers from top institutions across the capital including Tallinn University of Technology (TalTech) and Tallinn University gathered to connect, raise community-relevant topics, and engage in interactive discussions with H.E. the Ambassador.

During both sessions, the Ambassador addressed the students, sharing valuable insights on navigating higher education abroad, exploring emerging professional opportunities, and maintaining strong cultural roots. The meetups offered a vital forum for students to discuss student welfare, consular support and community initiatives.

By expanding these interactive gatherings from their established home in Tartu to the capital city of Tallinn, the Embassy and IAE reaffirmed their commitment to supporting and uniting Indian students, researchers, and young professionals across every corner of Estonia.



Embassy of India, Tallinn



Embassy of India, Tallinn

COMMUNITY · IAE

Holi: Tallinn *Indian Festival of Color*

A little colour from home — Holi in Tallinn



Indian Association of Estonia

The Indian Association of Estonia (IAE) invited people to celebrate Holi 2026 in Tallinn. For anyone missing Holi back in India, it offered a chance to enjoy familiar music and food, meet other community members and share the festival with friends in Tallinn.

Around 150 members of the Indian diaspora and friends of India gathered for Holi 2026 in Tallinn. The Indian Ambassador, Embassy staff and their family members also joined the celebrations. With Holi colours and music filling the afternoon, the gathering gave those far from home a chance to enjoy a familiar festival and share it with friends in Estonia.

Bollywood, Bhangra and Holi favourites kept the festive mood going as participants played with colours and enjoyed the music together. Food vendors brought a taste of Indian cuisine to the celebration, with street food and other dishes to enjoy between the dancing and colour play. For newcomers and long-time residents alike, it was an afternoon to meet, catch up and celebrate Holi in good company.





Indian Association of Estonia

COMMUNITY · IAE

Holi: Tartu *Indian Festival of Color*

Tartu celebrates Holi in many colours



Indian Association of Estonia

Holi 2026 brought together the Indian diaspora and friends of India from a wide range of backgrounds, around 140 participants in total, for an evening of colour and music in Tartu. Organised by the Indian Association of Estonia (IAE) with support from the City of Tartu, the celebration was also attended by the Indian Ambassador and the Deputy Mayor of Tartu, alongside University staff and their families. It was a chance to

share a much-loved Indian festival with the wider community, welcoming both familiar faces and people discovering Holi for the first time.

Bollywood, Bhangra and Holi favourites provided the soundtrack as participants joined in the dancing and colour play. Cultural workshops and live performances added to the programme, while Indian food and street food from vendors gave guests plenty to enjoy throughout the afternoon. Between the music, food and handfuls of colour, there was time to catch up with friends and get to know someone new.







Indian Association of Estonia

COMMUNITY · IAE

Colors of Tallinn – Multi-national Cultural Event

Indian music, dance and food at Tallinn's multicultural festival

The Indian Association of Estonia (IAE) joined communities from different cultural backgrounds at the Music Food People multicultural festival at Kultuurikatel in Tallinn. The event brought international food, music and live performances together under one roof, with members of the Indian community taking part alongside other residents and visitors. The wife of the Indian Ambassador also attended, together with Embassy staff and their family members.

IAE's contribution included Indian classical and Bollywood dance performances, as well as flute music, giving visitors a taste of India's varied performing traditions. Indian restaurants helped showcase the country's cuisine alongside food from Georgia, Armenia, Uzbekistan and elsewhere. For IAE, the festival was an opportunity to share Indian culture with a wider audience and take part in a day where people could enjoy one another's food, watch performances and meet over a shared table.









Indian Association of Estonia

COMMUNITY · IAE

Tartu Multi-national *Spring Festival*

Sharing Indian traditions at Tartu's spring family celebration

The Indian Association of Estonia (IAE) took part in a spring family celebration organised by the City of Tartu at Tiigi Seltsimaja. Marking the end of the community centre's season, the event brought together Estonian, Indian and other communities for a day of performances and activities for all ages. Regular groups, former participants and guest performers joined the gathering, with music, theatre and dance on the programme.

The Indian community offered mehndi and rangoli workshops, where visitors could try henna painting and rangoli decorations, and introduced traditional Indian clothing. An Indian community café gave guests a chance to sample Indian food while spending time with friends and neighbours. Alongside yoga, juggling, craft stalls and performances by local groups, IAE's participation gave families an opportunity to get to know Indian traditions as part of the city's community life.






Indian Association of Estonia

SECTION VI.

Diaspora *Excellence*

Awards, grants & recognitions, and recent PhD awardees (2025–2026).

Awards, Grants *& Recognitions*



Dr. Renu Geetha Bala

Dr. Renu Geetha Bala, at the Estonian Life Science University, Tartu, was awarded with the distinguished **Baltic Women in Science** fellowship 2025 by the Baltic National Academies of Sciences and National Commissions for UNESCO.



Dr. Katyayani Sukhavasi

Dr. Katyayani Sukhavasi, at University of Tartu, was selected for the prestigious **Estonian Society of Cardiovascular Research** award 2025 by the Estonian Society of Cardiology. She also earned **Diploma of Research** Excellence 2025 from the Estonian Academy of Sciences, and Junior Investigator Grant from the Leducq Foundation.



Mr. Lakshya Raj

Mr. Lakshya Raj, CEO of the organization EUnexus, won the esteemed European Charlemagne Youth Prize in Aachen, Germany. The award was presented jointly by the European Parliament and the International Charlemagne Prize Foundation.



Dr. Ajai K. Pathak

Dr. Ajai K. Pathak, at Genomics Institute of Tartu University, was awarded with the reputed competitive **KOHTO Adaptation grant** 2026 from the Estonian Research Council (ETAg).

Recent PhD *Awardees (2025–2026)*

01 Katyayani Sukhavasi

DOCTOR'S DEGREE (2025)

Thesis Title: Single-cell RNA sequencing analysis integrated with human gene-regulatory networks provides mechanistic insights of advanced atherosclerosis in men and women, University of Tartu, Institute of Clinical Medicine. *The thesis was* awarded with Doctoral Defense Award (Kliinikumi preemia) by Tartu University Hospital and Tartu Kultuurikapital and Diploma of Research Excellence in National Student Research Competition by the Estonian Academy of Sciences (2025).

02 Ankita Sunil Lawarde

DOCTOR'S DEGREE (2025)

Thesis Title: "Integrative omics approaches for analyzing endometrial pathologies and cancer classification", University of Tartu, Institute of Clinical Medicine.

03 Sanu Bifal Maji

DOCTOR'S DEGREE (2025)

Thesis Title: "Synthesis and luminescence investigation of nanoparticles doped with Pr3+ ions in selected fluoride and phosphate hosts", University of Tartu, Institute of Physics.

04 Aditya Savio Paul

DOCTOR'S DEGREE (2025)

Thesis Title: "Advancing the study of small solar system bodies through multi-agent mapping and characterization", University of Tartu, Tartu Observatory.

05 Sandeep Thayamkottu

DOCTOR'S DEGREE, 2025

Thesis Title: "Ecosystem scale modelling of carbon and nitrogen cycles in peatlands", University of Tartu, Institute of Ecology and Earth Sciences.

06 Keerthana Chithanathan

DOCTOR'S DEGREE (2025)

Thesis Title: "Distinct roles of miR-146a and miR- 146b in neurons and microglia", University of Tartu, Institute of Biomedicine and Translational Medicine.

07 Laxmipriya Pati

DOCTOR'S DEGREE (2025)

Thesis Title: The effects of non-Riemannian connection in teleparallel gravity, University of Tartu, Institute of Physics.

08 Harleen Kaur

DOCTOR'S DEGREE (2026)

Thesis Title: "Performance of antimicrobial surfaces under application-relevant conditions", University of Tartu, Faculty of Science and Technology, Institute of Molecular and Cell Biology.

09 Shivasubramanian Gopinath

DOCTOR'S DEGREE (2026)

Thesis Title: "Advanced Multidimensional Incoherent Imaging Systems with Reconfigurable Axial and Spectral Resolutions", University of Tartu, Faculty of Science and Technology, Institute of Physics.

10 Shrikant Shivaji Pawade

DOCTOR'S DEGREE (2026)

Thesis Title: "Metrological aspects of sampling and water/moisture determination on the example of lignin", University of Tartu, Faculty of Science and Technology, Institute of Chemistry.

11 Tarun Khajuria

DOCTOR'S DEGREE (2026)

Thesis Title: "Scene Understanding in Human and Computer Vision", University of Tartu, Institute of Computer Science.

12 Vineesh Nedumpally

DOCTOR'S DEGREE (2026)

Thesis Title: "Assembling the phylogenetic tree of northern European macroheteroceran moths", University of Tartu, Institute of Ecology and Earth Sciences.

DIARY

Upcoming *Events*

November 2026 to January 2027.

13.11 2026	Janjatiya Gaurav Diwas
14.11 TARTU	Diwali — the Festival of Lights — Celebration
21.11 2026	Christmas Bazaar
21.11 2026	Karnataka Rajyotsava
26.11 2026	Constitution Day
Dec 2026	Indian Film screening
10.01 2027	World Hindi Day
Jan 2027	Uttar Pradesh Day
26.01 2027	Republic Day of India
30.01 2027	Martyrs Day

Details and registration: **indians.ee**

THANK YOU

Closing *Note*

Thank you for reading the inaugural issue of EestiBharat. This magazine is a platform for the Indian community in Estonia to share stories, ideas, and experiences. We hope you have enjoyed this look at our community's activities. **We warmly invite contributions** for future issues.

We welcome articles, personal stories, photographs and ideas for future issues from the Indian community and friends of India in Estonia.

To contribute, write to namaste@indians.ee or ajaipath@gmail.com

You can also stay in touch through our website and social media pages.



Indian Association of Estonia

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EestiBharat

A Magazine by Indian Association of Estonia

वसुधैव कुटुम्बकम्

The world is one family — and Estonia is part of ours.

Indian Association of Estonia

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