

インド体験・交流プログラム 2026 報告書

India Experience & Exchange Program 2026 Report



ワイズメンズクラブ国際協会東日本区
国際・交流事業委員会

Japan East Region, International Association of Y's Men's Clubs
International & Exchange Program Committee

「百聞は一見にしかず」ということわざがあります。どれほど本を読み、映像を見て、インターネットで多くの情報を集めたとしても、実際にその土地に立ち、自分の目で見て、耳で聞き、肌で感じる体験に勝るものはありません。今回の「インド体験・交流プログラム」に参加した学生たちは、まさにそのことを全身で経験してきました。異国の街の空気、人々の表情、言葉の響き、食事の味、宗教や文化の違い、そして現地の若者たちとの交流の中で感じた温かさや活気は、どれも机の上だけでは決して学ぶことのできない、生きた学びであったと思います。

このプログラムを企画・実施するうえで大切にしたいテーマは、「若者に異なる世界を見せたい」という思いでした。今の時代は、世界中の情報が瞬時に手に入る便利な時代です。しかしその一方で、情報だけを通して世界を知ったつもりになりやすい時代でもあります。だからこそ、若者たちには、実際に自分の足で海外へ行き、自分の感覚で世界を受け止めてほしいと願いました。日本とは異なる文化、価値観、生活習慣、人々の考え方に触れるとき、私たちは初めて、自分がこれまで当たり前だと思っていたものを見つめ直すことができます。そしてその経験は、単に「外国を知る」ということにとどまらず、「自分自身を知る」ことにもつながっていきます。

今回、参加した学生たちは、インドという国の持つ圧倒的なエネルギー、多様性、親しさ、温かさ、そして時に日本とは大きく異なる生活環境に触れました。驚いたことや戸惑ったことも少なくなかったでしょう。しかし、それらも含めてすべてが貴重な体験です。自分の予想や先入観がくつがえされる経験、言葉の壁を越えて人と心を通わせる経験、自分とは異なる生き方や価値観に出会う経験は、若い時期だからこそ、なおさら大きな意味を持ちます。そうした経験を通して、視野は広がり、人間としての厚みも増していくのだと思います。

また、このプログラムは単なる観光旅行ではありませんでした。現地の方々の深い理解と支えの中で、大学訪問や学生交流、文化体験など、インドの現実と魅力に直接触れる機会が豊かに用意されていました。その中で学生たちは、ただ「見る」だけでなく、実際に「関わる」ことを通して学びました。現地の学生たちと笑い合い、一緒に踊り、語り合った時間は、国や言葉の違いを超えて、人と人がつながる喜びを教えてくれたはずです。それは、これからの時代を生きる若者たちにとって、何より大切な財産の一つになるでしょう。

この「若者に異なる世界を見せたい」という願いのもとで実施したインド体験・交流プログラムは、参加した学生一人ひとりの心に、確かな何かを残したに違いありません。それはすぐに言葉にできるものばかりではないかもしれませんが、しかし、数年後、あるいはもっと先になってから、この時の経験が自分の考え方や進路、人との向き合い方に深く影響していたことに気づく時がくるはずです。自ら未知の世界に飛び込み、自分の五感で世界を感じ、異なる文化の中で人々と交流してきたことは、本当に誇るべきことです。参加した学生たちは、この経験を自信として胸に刻み、これからの人生をより豊かに歩いてほしいと思います。

最後にこのプログラムを実施するにあたり、多くの人に支えられましたことを感謝いたします。東日本区理事の山下真さん、直前理事の山田公平さん、国際・交流事業委員会の皆様、川越クラブの利根川太郎さん、利根川恵子さん、吉野勝三郎さん、旅行会社ワールドトラベル・仙台青葉城クラブの加藤真子さん、多くの人を紹介してくれた東京江東クラブの皆様、関東東部部長の鈴木雅博さん、富士宮クラブの佐野加奈さんに感謝いたします。そして、インドのホスト委員会の委員長の Dr G. Upender Reddy さん、副委員長の Mr. V. Vijaya Kumar さん、コーディネーターの Mr. K. Chakrapani さん、ハイデラバードクラブの皆様、ハイデラバード広域 YMCA (YMCA of Greater Hyderabad) の皆様に特に感謝いたします。まさにこのプログラムは YMCA、ワイズメンズクラブという国際的組織の組織力の結集で行うことができました。感謝です。

インド・ホスト委員会

		
委員長 Dr. G. Upender Reddy	副委員長 Mr. V. Vijaya Kumar	コーディネーター Mr. K. Chakrapani

On the Implementation of the “India Experience & Exchange Program”

Goshiro Yamamoto

There is a Japanese saying: **“Seeing is believing.”** No matter how many books we read, how many videos we watch, or how much information we gather through the internet, nothing can compare with actually visiting a place, seeing it with our own eyes, hearing it with our own ears, and experiencing it with our whole hearts. The students who took part in this **India Experience & Exchange Program** did exactly that. Through this program, they encountered India not as distant information, but as a living reality.

They experienced the atmosphere of Indian cities, the expressions and kindness of the people, the sound of the language, the taste of the food, the richness of religion and culture, and above all, the warmth and energy they felt through direct interaction with local young people. These were lessons that could never be learned fully from books or classrooms alone. They were living experiences, and I believe they will remain in the hearts of the students for many years to come.

The central idea behind planning and carrying out this program was a simple but important hope: **to show young people a different world.** We live in an age when information from around the world is available instantly. Yet at the same time, it is easy to believe that we understand the world simply because we have read about it or seen it on a screen. That is why I strongly felt that young people should go abroad in person, step into a different environment, and experience the world for themselves.

When young people encounter cultures, values, ways of life, and ways of thinking different from those of Japan, they begin to look again at what they themselves have taken for granted. Such an experience is not only about learning about another country. It is also a journey toward understanding oneself more deeply. I believe that this is one of the greatest values of international exchange.

During this program, the students encountered India’s remarkable energy, diversity, friendliness, warmth, and at times, living conditions very different from those in Japan. Naturally, there were moments of surprise and confusion. However, I believe that even those moments were precious. Experiences that challenge our assumptions, opportunities to connect with others beyond language barriers, and encounters with different ways of life and values are especially meaningful in youth. Through such experiences, young people broaden their horizons and grow in depth as human beings.

This program was never intended to be a simple sightseeing tour. Thanks to the deep

understanding, generous hospitality, and heartfelt support of our hosts in India, the students were given many meaningful opportunities: university visits, interaction with local students, and cultural experiences. Through these opportunities, they did not only “see” India—they truly **engaged** with it. The moments they spent laughing together, dancing together, and talking together with Indian students surely taught them the joy of human connection that goes beyond nationality, language, and background. I believe this will become one of the most valuable treasures in their lives.

This **India Experience & Exchange Program**, carried out with the wish to “show young people a different world,” has surely left something important in the heart of every student who participated. Perhaps not all of it can be expressed in words immediately. However, I am certain that in the years to come, they will realize how deeply this experience has influenced their way of thinking, their future paths, and the way they relate to others. To step into an unknown world, to experience it through one’s own senses, and to build friendships across cultures is truly something to be proud of. I sincerely hope that each student will carry this experience with confidence and let it enrich the rest of their lives.

Finally, I would like to express my heartfelt gratitude to the many people who made this program possible. I am sincerely thankful to **Mr. Makoto Yamashita**, Director of the Japan East Region; **Mr. Kohei Yamada**, Immediate Past Director; the members of the **International & Exchange Program Committee**; **Mr. Taro Tonegawa**, **Ms. Keiko Tonegawa**, and **Mr. Katsusaburo Yoshino** of the Kawagoe Club; **Ms. Masako Kato** of World Travel and the Sendai Aobajo Club; the members of the **Tokyo Koto Club**, who introduced us to many important connections; **Mr. Masahiro Suzuki**, Director of the Kanto Tobu District; and **Ms. Kana Sano** of the Fujinomiya Club.

Above all, I would like to offer my deepest appreciation to our friends and hosts in India: **Dr. G. Upender Reddy**, Chairman of the Host Committee; **Mr. V. Vijaya Kumar**, Vice Chairman; **Mr. K. Chakrapani**, Coordinator; the members of the **Hyderabad Club**; and the members of the **YMCA of Greater Hyderabad**. Their kindness, dedication, and spirit of hospitality made this program truly special and unforgettable.

This program could be carried out only through the combined strength and shared commitment of the **YMCA** and the **Y’s Men’s Club** as international organizations. It was a wonderful example of what can be achieved when people across nations work together with trust, friendship, and a common purpose.

For all of this, I offer my sincere thanks.

インド体験・交流プログラム

日程：2026年2月19日（木）～3月2日（火）

場所：インド・ハイデラバード

参加者：学生7名、ワイズメン1名の8名

- 三浦 優人 (MIURA, YUTO)、
- 中川 健太郎 (NAKAGAWA, KENTARO)
- 二ノ宮 大登 (NINOMIYA, DAITO)
- 岡 翔和 (OKA, TOWA)
- 佐野 理子 (SANO, RIKO)
- 橘田 夢開 (TACHIBANADA, MUA)
- 楠 陽正 (KUSUNOKI, YOSEI)
- 為我井 輝忠 (TAMEGAI, TERUTADA) 東京多摩スマイルクラブ



インド体験・交流プログラム 2026 日程

日目	日付	午前活動	午後活動	宿泊先
1	2/19	14:20成田発 (CX527)	2/20,00:50ハイデラバード着 (CX627)	ハイデラバード泊
2	2/20	ハイデラバード市内観光	歓迎会 (ハイデラバード・クラブ&YMCA主催)	ハイデラバード泊
3	2/21	ヨガ	ハイテクシティ訪問 (T-Hub、T-Works)	ハイデラバード泊
4	2/22	ヨガ	インド伝統舞踊プログラム	ハイデラバード泊
5	2/23	MLRITM大学 (工科経営大学) 訪問	歓迎会・学生交流	大学ゲストハウス泊
6	2/24	MLRITM大学	MLRITM大学	ハイデラバード泊
7	2/25	サラール・ジャング博物館	ビルラ寺院	ハイデラバード泊
8	2/26	伝統的なインドの結婚式	ショッピング	ハイデラバード泊
9	2/27	ヤショーダ看護大学訪問	ショッピング	ハイデラバード泊
10	2/28	自由行動	フェアウェル・パーティー	ハイデラバード泊
11	3/1	ハイデラバード市内観光	ハイデラバード市内観光	
12	3/2	01:50ハイデラバード発 (CX672)	15:35成田着 (CX520)	

往路	2/19	成田14:20 →	香港18:50	CX527便
		香港21:35 →	ハイデラバード2/20,00:50	CX627便
復路	3/2	ハイデラバード01:55 →	香港09:30	CX672便
		香港10:30 →	成田15:35	CX520便

India Experience & Cultural Exchange Program 2026

Schedule

Day	Date	Morning Activity	Afternoon Activity	Accommodation
1	19-Feb	14:20 Depart Narita (CX527)	2/20 00:50 Arrive in Hyderabad (CX627)	Night Stay at Hyderabad
2	20-Feb	Hyderabad Sight Seeing	Welcome Party (By Y's Men's Club of Hyderabad & YMCA)	Night Stay at Hyderabad
3	21-Feb	Yoga	Visit to Hi-tec City T- Hub & T - Works	Night Stay at Hyderabad
4	22-Feb	Yoga	Traditional Indian Dance Programme	Night Stay at Hyderabad
5	23-Feb	Going to MLRITM. (Engineering & Management College)	Welcome & Student Interaction	Night Stay at College Guest House
6	24-Feb	MLRITM College	MLRITM College	Night Stay at Hyderabad
7	25-Feb	Salar Jung Museum	Birla Temple	Night Stay at Hyderabad
8	26-Feb	Traditional Indian Wedding	Shopping	Night Stay at Hyderabad
9	27-Feb	Yashoda College of Nursing	Shopping	Night Stay at Hyderabad
10	28-Feb	Free	Farewell party	Night Stay at Hyderabad
11	1-Mar	Hyderabad Sight Seeing	Hyderabad Sight Seeing	
12	2-Mar	01:50 Depart Hyderabad (CX672)	15:35 Arrive in Narita(CX520)	

Outbound: Japan to Hyderabad

February 19: CX527, departing Narita at 14:20, arriving in Hong Kong at 18:50

February 19: CX627, departing Hong Kong at 21:35, arriving in Hyderabad at 00:50 on February 20

Return: Hyderabad to Japan

March 2: CX672, departing Hyderabad at 01:55, arriving in Hong Kong at 09:30

March 2: CX520, departing Hong Kong at 10:30, arriving in Narita at 15:35

【インド体験・交流プログラム】日々の報告

2月20日（金）の行動

報告者：楠 陽正

- 2:00 インド入国
- 4:00 ホテル到着
- 10:00-11:00 ホテルにて朝食
- 11:30-13:30 ショッピング
- 13:50-14:40 昼食
- 14:40- 昼休憩
- 16:30-17:20 歓迎会
- 17:20-18:30 現地の子供とスポーツ交流
- 18:50- 休憩
- 20:00- 夕食
- 21:40- 街の散策（希望者）
- 22:30 ホテル到着

参加学生からのコメント：

まずは全員無事にインドに入国することができて嬉しく思います。私は今回が初めての海外ということもあり、食事や街の風景、生活習慣など、見るもの全てが新鮮で圧倒されています。しかし、現地の方々の温かさに触れ、文化の違いを肌で感じながらも楽しい時間を過ごせています。これから困難なこともあるかと思いますが、仲間と協力して楽しめればと思います。

Activities on Friday, 20 February:

Reporter: Yohei Kusunoki

- 02:00 – Arrival / Entry into India
- 04:00 – Arrival at the hotel
- 10:00–11:00 – Breakfast at the hotel
- 11:30–13:30 – Shopping
- 13:50–14:40 – Lunch
- 14:40 – Break
- 16:30–17:20 – Welcome reception
- 17:20–18:30 – Sports exchange with local children
- 18:50 – Rest

20:00 – Dinner

21:40 – City walk (optional)

22:30 – Return to the hotel

Comment from a participating student:

First of all, I am very happy that everyone was able to enter India safely. As this is my first time traveling abroad, everything I see — the food, the city scenery, and the way people live — feels new and overwhelming. However, I am enjoying my time here while experiencing the warmth of the local people and directly feeling the cultural differences. I expect there may be challenges ahead, but I hope we can work together and continue to make this a rewarding experience.





2/21 (土) の行動

報告者：二ノ宮大登

6 時頃起床

・午前

公園にて現地の方々と体操&ヨガ体験

その後お招き頂いたホテルにて朝食

・午後

Shilparamam – Arts & Crafts Village にて買い物&散策

T- Hub の見学

カフェで昼食

・夜

インドの伝統的な服を選びにお店へ

その後ホテルに戻り夕食

参加学生からのコメント

2日目ということもありまだまだ文化の違いに圧倒されています。僕が慣れてきたのはトイレの使い方くらいで、道の渡り方もご飯の食べ方もまだまだ慣れません。

今日はインドの伝統的なものとインドの最新のテクノロジーを立て続けに目の当たりにすることができ、驚いてばかりの一日でした。

しかし僕が個人的に印象に残っているのはヨガの体験です。ヨガの時間に瞑想があったのですが、これが僕が以前日本で体験した仏教の坐禅と似た感覚がありました。

遠く離れ文化も全く違う日本とインドですが、通ずる部分もあるのかと感じた瞬間でした。

まだまだ日にちはあるので、文化の違いに圧倒されつつ、所々に隠れた日本との共通点を探しながら毎を送りたいと思います。

あとはゴキブリが部屋に出ないことを祈ります (笑)

Activities on Saturday, 21 February

Reporter: Daito Ninomiya

Woke up around 6:00 a.m.

Morning

Exercise & yoga session with local residents at a park

Breakfast at a hotel we were kindly invited to

Afternoon

Shopping & strolling at Shilparamam – Arts & Crafts Village

Visit to T-Hub

Lunch at a café

Evening

Went to a shop to choose traditional Indian clothing

Returned to the hotel for dinner

Comment from a Participating Student

As it is only the second day, I am still overwhelmed by the cultural differences. The only thing I've somewhat gotten used to is how to use the toilet. I'm still not accustomed to crossing the streets or even the way meals are eaten.

Today, I had the chance to witness traditional Indian culture and India's cutting-edge technology one after another, which made for a truly surprising day.

What personally left the strongest impression on me, however, was the yoga session. During yoga, we practiced meditation, and it gave me a feeling similar to the Buddhist zazen meditation I experienced before in Japan.

Although Japan and India are far apart and culturally very different, this was a moment when I felt there may be something that connects us.

There are still many days ahead, so while continuing to be amazed by the cultural differences, I hope to spend each day looking for the hidden similarities between India and Japan.

And lastly, I just hope no cockroaches appear in my room (laugh).





India-Japan people-to-people friendship is unprecedented

- A grand reception for the Japanese delegation that visited India on a cultural tour..

Chikkadapally, February 20 metro udayam : The friendly relations between the people of India and Japan that have continued for more than six decades are unprecedented," said G. Vasundhara, Deputy Secretary, State Treasury and Accounts Department. On the occasion of the visit of a group of 8 young members from Saitama YMCA under the auspices of the Wise Men Clubs of Eastern Japan to the city, Hyderabad Wise Men Club and Hyderabad YMCA jointly organized an introductory program at Narayanguda YMCA on Friday. Vasundhara, who was the chief guest of the program.. The Japanese delegation consisted of Kusunoki Yosei, Miurayuto, Ninomiya Daito, Okatowa, Sanoriko, Tachibanada Mua, Nakagawa Kentaro, Tamegai The leaders were felicitated with garlands and shawls and spoken. He said that such cultur-



al tours enhance friendship and camaraderie between the people of different countries. Dr. G. Upender Reddy, Goodwill Ambassador of Nagoya City, Japan, presided over the program and introduced the Japanese representatives. Vemaraju Vijayaku Mar explained that as part of this tour, the Japanese representatives will

study the culture, traditions, lifestyle of the people, and education and teaching methods of India. He also said that they will visit historical monuments. Hyderabad YMCA General Secretary Priest Gaius, Dr. B. J. Vinaya Swarup, Hyderabad Club President Nishtala Sudhamala, B.V. Narayana Rao and others participated in this program.



2月22日（日）の行動

報告者：三浦優人

午前：ヨガ体験

午後：インド伝統舞踊の鑑賞

今日も昨日に続き朝からヨガをしました。学生も1人お手本として一緒に参加して、現地の子の柔軟性には小さい頃からの積み重ねを感じました。その後はバスでの朝食やチャイを飲んだりし、車で向かった先は子供たちの暮らしている学校です。そこでは牛を飼っており、私達がよく知っているような牛乳やチーズに加え、牛糞や牛尿など、普段馴染みのないものまで知ることができました。また、牛が私たちの暮らしを良くするという考え方には興味も湧き、特に体感できたのは、乾燥させた牛糞が全く臭くなく、燃料になるという説明でした。牛を使ったとても良いサイクルがインドで実践されていることにとても感激しました。昼食は現地の子どもたちと共にとり、ヨーグルトは絶品でした。採れたてのミルクから作っているからかなと思います。夕方にはインドと日本の踊りを見る機会があり、それぞれの文化を実感でき、また、多くの人々の関心の的になっていました。そこで出会った子供達との写真を送ります。今日は子供との出会いが印象的な1日でした。インドの子ども達はとてもフレンドリーで笑顔を見せると笑顔で返してくれるとても良い雰囲気です。明日からは大学生との触れ合いも始まるので、新たな出会いを楽しみにしています。

Activities on Sunday, 22 February

Reporter: Yuto Miura

Morning: Yoga session

Afternoon: Viewing of traditional Indian dance performances

Following yesterday, we began the morning with yoga again today. One of the students joined as a model, and we could truly feel that the local children's flexibility is the result of steady practice from an early age. Afterward, we had breakfast on the bus and enjoyed some chai, then headed by car to a school where children live.

At the school, they keep cows. In addition to familiar products such as milk and cheese, we learned about things we rarely encounter in daily life, including cow dung and cow urine. We also became interested in the idea that cows contribute to improving people's lives. What impressed us most was experiencing firsthand that dried cow dung has no unpleasant smell and can be used as fuel. We were deeply moved by the sustainable cycle involving cows that is practiced in India.

For lunch, we ate together with the local children, and the yogurt was outstanding. We

wondered if its taste comes from being made with freshly collected milk. In the evening, we had the opportunity to watch both Indian and Japanese dances. It was a wonderful chance to experience each culture, and the performances drew great interest from many people. I am sending photos of the children we met there.

Today was a memorable day, especially because of our encounters with the children. The children in India are incredibly friendly, creating a warm atmosphere where smiles are returned with smiles. Starting tomorrow, we will begin interacting with university students, and we are looking forward to these new encounters.







2/23 (月) の行動

報告者：佐野理子

〈朝〉

- ・ ホテルを出発し、MLRITM（工学・技術系の大学）へ移動
- ・ ゲストハウスにて朝食 ・ 大学に移動しセレモニーに参加

〈昼〉

- ・ 学部紹介
- ・ クラブ紹介
- ・ High Tea

〈夜〉

- ・ ゲストハウスで夕食
- ・ 学生と交流

参加学生からのコメント

今日一日を通して特に印象に残っているのは、先生方や学生の皆さんの温かさです。想像以上にフレンドリーに話しかけてくださったり、とても温かく歓迎していただきました。学部紹介ではVRや、学生の皆さんが古いバイクを改造して作った電動バイクなどを体験させていただきました。どちらも私にとって初めての経験で、とても刺激的でした。技術力の高さや発想の豊かさに驚くと同時に、実際に体験させてもらえたこともとても貴重だと感じました。クラブ活動では学生の皆さんがゲームやダンス、音楽などのレクリエーションを用意くださり、それらを通して一緒に楽しむことができました。今日は新しい出会いが多くあり、学生さんたちとのコミュニケーションを通してたくさんの学びを得ることができた一日でした。明日もさらに交流を深められることをとても楽しみにしています。

Activities on Monday, 23 February

Reporter: Riko Sano

"Morning"

Departed from the hotel and traveled to MLRITM (an engineering and technology university)

Breakfast at the guest house

Moved to the university and attended a ceremony

"Afternoon"

Faculty introduction

Club introduction

High Tea

"Evening"

Dinner at the guest house

Interaction with students

Comment from the Student

What left the strongest impression on me today was the warmth of the professors and students. They spoke to us in a far more friendly manner than I had imagined and welcomed us very warmly. During the faculty introduction, we were able to experience VR and an electric motorcycle that students had created by modifying an old bike. Both were completely new experiences for me and very stimulating. I was amazed by the high level of technical skill and creativity, and I also felt that being able to experience these firsthand was truly valuable.

In the club activities, the students prepared games, dance, music, and other recreational events, and we were able to enjoy them together. It was a day filled with new encounters, and I learned a great deal through communicating with the students. I am very much looking forward to deepening our exchanges even further tomorrow.







2/23(月) の行動

報告者：中川健太郎

<朝>

- ・タージマハルホテルを出発→MLRITM へ(バス移動)
- ・寮に到着後、部屋に荷物を置く

<昼>

- ・大学に到着後、花飾りと眉間の赤い印をつけてもらう
- ・名前、専攻、パスポート番号などの記入
- ・学長などの学校関係者の説明、我々の自己紹介
- ・ティータイム
- ・リモート授業やオンデマンド授業を行う部屋の訪問
- ・AR や VR を制作する教室に訪問
- ・student clubs の説明
- ・ランチ

<夕方>

- ・IIC(ドローンやスタートアップを学ぶ教室)を訪問
- ・ティータイム
- ・ディナー

★今日のコメント

MLRITM の学生たちは、外国人を見るのが初めての人が多いようで、我々にとても興味を持って沢山話しかけてくれました。また、VR や AI の技術は同年代の人が作っているとは思えないほど専門的で、インドの IT 教育のレベルの高さを実感しました。英語の聞き取りはやや苦戦しましたが、アニメなどの共通の話題で盛り上がることができました。夕食食べ終えて寮に戻った際に、同じ寮に住んでいるインド人と廊下で話し、私にギターを持って来るから披露して欲しいと言われ、私の部屋で披露することになりました。そうしているうちにどんどん人数が増え、日本人の男子と合わせて 15 人くらいが私の部屋に来て、夜遅くまで一緒に踊ったり話したりしました。ギターで日本の歌を披露したり、ソーラン節を踊ったりと少し日本の文化を伝えることもできました。明日も多くの学生と交流できるよう、努めたいと思います。

Activities on Monday, 23 February

Reporter: Kentaro Nakagawa

"Morning"

Departed from the Taj Mahal Hotel

Traveled to MLRITM (by bus)

After arriving at the dormitory, placed luggage in the room

"Afternoon"

Upon arrival at the university, received flower garlands and a red mark on the forehead

Filled in details such as name, major, and passport number

Explanation by university representatives, including the president, followed by our self-introductions

Tea time

Visited rooms used for remote and on-demand classes

Visited a classroom where AR and VR are developed

Explanation of student clubs

Lunch

"Late Afternoon"

Visited IIC (a classroom for learning about drones and startups)

Tea time

Dinner

★ Comment from the Student

Many of the MLRITM students seemed to be seeing foreigners for the first time. They showed great interest in us and eagerly spoke with us. The VR and AI technologies were so advanced and specialized that it was hard to believe they were created by people of our generation. I strongly felt the high standard of IT education in India.

Although I struggled somewhat with understanding spoken English, we were able to connect through common topics such as anime. After dinner, when I returned to the dormitory, I spoke with an Indian student in the hallway. He asked me to bring my guitar and perform, which led to an impromptu gathering in my room. As time went on, more people joined, and eventually around 15 students, including Japanese participants, gathered. We danced and talked together late into the night.

I was also able to share a bit of Japanese culture by playing Japanese songs on the guitar and dancing the Soran Bushi. Tomorrow, I hope to continue making an effort to interact with many more students.



2/24 (火)の行動

報告者：楠陽正

〈朝〉

- ・学内にて朝食
- ・ヨガ
- ・ハイティー
- ・イントロダクションプログラム
- ・ドローン操縦の見学

〈昼〉

- ・学内にて昼食
- ・学長の秘書を務めている方との挨拶
- ・屋外にて現地の学生とダンス
- ・理事長と対談
- ・ハイティー
- ・送別会

〈夜〉

- ・学内にて夕食
- ・ホテルへ移動し、就寝

参加学生からのコメント

今日は全員でインドの伝統衣装を身にまとい、一日を過ごしました。長袖でありながら風通しが良く、現地の気候に即した機能性を肌で感じることができ、長い歴史の中で培われてきた、気候に適応するための先人の創意工夫に触れる貴重な機会となりました。昨日に続き、現地の学生との交流もさらに深まりました。大音量の音楽に合わせて輪になって踊った際、特に印象的だったのは、彼らが技術の巧拙よりも「心から楽しむこと」を何より大切にしていた点です。その生き生きとした表情からは、他者の評価に捉われず自分を解放するあり方を学んだ気がします。送別会では、しなやかさと力強さを兼ね備えた伝統舞踊や、現代的なポップミュージックのパフォーマンスに圧倒されました。別れの瞬間は名残惜しさが募りましたが、現地の方々と心を通わせた温かな記憶は、私にとって何物にも代えがたい経験となりました。明日以降もこの積極性を忘れず、さらなる異文化理解に努めたいと思います。

Activities on Tuesday, 24 February

Reporter: Yohei Kusunoki

Morning

- ・ Breakfast on campus

- Yoga
- High tea
- Introduction program
- Observation of drone operation

Afternoon

- Lunch on campus
- Greetings with a staff member serving as the President's secretary
- Outdoor dancing with local students
- Meeting with the Chairman
- High tea
- Farewell party

Evening

- Dinner on campus
- Transfer to the hotel and rest

Comment from a Participating Student

Today, all of us spent the day dressed in traditional Indian attire. Despite being long-sleeved, the garments were remarkably breathable, allowing us to experience firsthand their practicality for the local climate. It was a valuable opportunity to appreciate the ingenuity and creativity developed by generations past in adapting to environmental conditions over a long history.

Following yesterday's interactions, our exchange with the local students deepened even further. When we formed a circle and danced together to loud music, what struck me most was their emphasis on "truly enjoying the moment" rather than focusing on technical skill. Their vibrant expressions conveyed a way of being that felt liberating — one not constrained by the judgments of others.

At the farewell party, we were captivated by performances ranging from traditional dances that blended grace with power to dynamic modern pop music. Although the moment of parting was bittersweet, the warm memories of connecting with the local people became an irreplaceable experience for me.

From tomorrow onward, I hope to carry forward this same spirit of openness and continue striving for deeper cross-cultural understanding.



సాక్షి

కళాశాలను జపాన్ బృందం సందర్శన



మర్రి లక్ష్మణరెడ్డి ఇనిస్టిట్యూట్లో జపాన్ విద్యార్థుల బృందంతో కళాశాల అధ్యాపకులు

దుండిగల్: జపాన్ దేశానికి చెందిన పలు విశ్వవిద్యాలయ విద్యార్థులు మర్రి లక్ష్మణరెడ్డి ఇనిస్టిట్యూట్ ఆఫ్ టెక్నాలజీ అండ్ మేనేజ్మెంట్ కళాశాలను సందర్శించారు. దుండిగల్లోని కళాశాలను రెండు రోజుల పాటు జపాన్ విద్యార్థుల బృందం పరిశీలించింది. అంతర్జాతీయ సాంస్కృతిక మార్పిడి ప్రపంచ అవగాహనను పెంపొందించడానికి జపాన్కు చెందిన విద్యార్థులు కళాశాలను ఎంచుకోవడం విశేషం. ఈ పర్యటన ద్వారా మేధస్సు, నైపుణ్యాలను

మెరుగు పరుస్తుందని, ప్రపంచంలో వృత్తిపరమైన అభివృద్ధి, ఆయా దేశాల్లోని సంప్రదాయాలు, విభిన్న విద్యా వ్యవస్థలు, బోధనా పద్ధతులు, కెరీర్ అవకాశాలను పెంచుకోవడంతో పాటు తదితర అంశాలపై అవగాహన కలుగుతుందని పలువురు వక్తలు తెలిపారు. కార్యక్రమంలో కళాశాల చైర్మన్ మర్రి లక్ష్మణరెడ్డి, సెక్రటరీ అనుశ్రేయా రెడ్డి, డైరెక్టర్ పి.శ్రీధర్, ప్రిన్సిపాల్ మురళి ప్రసాద్ తదితరులు పాల్గొన్నారు.



2月25日(水)の行動

報告者：岡翔和

〈朝〉

9:00 ホテルで朝食

10:00 サラー・ジャング博物館(Salar Jung Museum)へ出発

11:00 博物館見学開始

〈昼〉

13:00 博物館出発

14:30 ホテルへ,ホテルで昼食

15:30 休憩

17:30 Zoom でミーティング

〈夜〉

18:30 ヒンズー寺院(Birla Temple)へ

19:00 ヒンズー寺院到着

20:30 夕食(Paradise Biryani へ)

23:00 ホテルへ

参加学生からのコメント

サラー・ジャング博物館(Salar Jung Museum)への道のりは、バスでオールドタウンを通りました。普段のホテル周辺とは違う、人間味を強く感じる街なかに圧巻されました。博物館は、個人の所有物で成り立っており、アジアやヨーロッパから取り寄せたコレクションが多くありました(日本画のホッキョクグマや犬の屏風など、不思議なものも数多くありました)。昼食を食べたあとは、時間があったので、男子学生グループは、リフレッシュも兼ねてホテル周辺を散策しました。そろそろ慣れてきたこともあり、全体的に冒険欲が上がってきています。慣れてきた頃に、危険は高まることを意識してこれからの滞在を楽しみたいです。ヒンズー教寺院は、坂と階段を登った先にあり、建物自体も珍しく全体が大理石でできており、荘厳な雰囲気醸し出していました。

夜はビリヤニを食べました。有名なチェーン店で、ハイデラバードについてYouTubeで検索した時に見ていた店で、肉入りのビリヤニとタンドリーチキンを食べました。ビリヤニのフワッと香る香辛料と久しぶりのガッツリとした肉を前にして、一同お腹いっぱいになるまで食べることができました！ 今日、様々な人と出会いました。インドの方の心温まる雰囲気に包まれながら、精一杯視野を広げて日本に帰りたと思います。

Activities on Wednesday, 25 February

Reporter: Towa Oka

Morning

9:00 – Breakfast at the hotel

10:00 – Depart for the Salar Jung Museum

11:00 – Begin museum visit

Afternoon

13:00 – Depart from the museum

14:30 – Return to the hotel, lunch at the hotel

15:30 – Rest

17:30 – Zoom meeting

Evening

18:30 – Visit to Birla Temple

19:00 – Arrival at Birla Temple

20:30 – Dinner (at Paradise Biryani)

23:00 – Return to the hotel

Comments from a Participating Student

On the way to the Salar Jung Museum, we traveled by bus through the Old Town. We were overwhelmed by the vibrant atmosphere of the city, which felt very different from the area around our hotel and gave us a strong sense of everyday life there.

The museum itself is based on a private collection and houses many items gathered from across Asia and Europe. There were also numerous intriguing exhibits, including some rather mysterious pieces such as Japanese paintings featuring polar bears and folding screens depicting dogs.

After lunch, we had some free time, so the group of male students took a walk around the hotel area to refresh ourselves. As we gradually become more accustomed to our surroundings, our sense of adventure has definitely grown. At the same time, we want to remain mindful that risks can increase once we feel comfortable, and we hope to continue enjoying our stay with that awareness.

The Hindu temple was located at the top of a hill, reached by climbing slopes and stairs. The structure itself was remarkable, being entirely made of marble, and it created a truly solemn and majestic atmosphere.

In the evening, we had biryani at a well-known restaurant chain that we had previously seen on YouTube when researching Hyderabad. We enjoyed biryani with meat and tandoori chicken. The fragrant spices of the biryani and the hearty meat dishes allowed all of us to eat to our hearts' content.

Today, once again, we encountered many different people. Surrounded by the warm and welcoming spirit of the people of India, we hope to broaden our perspectives as much as possible before returning to Japan.





2月26日(木)の行動

報告者：橘田夢開

<朝>

9:00 ホテルで朝食

10:00 インドの伝統的結婚式

12:00 昼ごはん

<昼>

13:00 結婚式場出発

14:30 休憩

16:00 ホテル出発

<夜>

18:30 ショッピング

19:00 カフェ

20:30 ご飯

22:30 帰宅

00:30 就寝

○参加学生からのコメント

インドの結婚式は日本と違うところが多かったです。服装は伝統的な服装をしている人もいれば、ガジュアルな服装の人もいてラフな感じでした。また、1時ほど黄色、白色、緑色、赤色、青色のお米を頭からかけるといいう儀式があり興味深かったです。その後のランチではビュッフェタイプで最後の葉っぱに包まれたアフターミールは青臭さがあり美味しく食べられませんでした。まだ、インド人にはなれないようです。インドのショッピングモールでは大きさが規格外で服装もリッチな服装の人が多く可愛い人もいっぱいいました。心も目を癒されました。ディナーではビリヤニが美味しいお店でビリヤニを食べて、辛くていっぱい水を飲んだ後に水を多く飲むとお腹が緩くなると聞き明日が楽しみです。明日も元気にインドを楽しみたいと思います。おやすみなさい。

Activities on Thursday, 26 February

Reporter: Mua Tachibanada

<Morning>

9:00 Breakfast at the hotel

10:00 Attend a traditional Indian wedding ceremony

12:00 Lunch

<Afternoon>

13:00 Depart from the wedding venue

14:30 Rest

16:00 Depart from the hotel

<Evening>

18:30 Shopping

19:00 Café

20:30 Dinner

22:30 Return home

00:30 Go to bed

● Comments from a Participating Student

There were many differences between Indian weddings and Japanese weddings. Some people wore traditional attire, while others were dressed casually, so the overall atmosphere felt quite relaxed. There was also an interesting ritual in which yellow, white, green, red, and blue coloured rice was poured over the couple's heads for about an hour.

At the lunch afterwards, it was served buffet-style. The after-meal item wrapped in a leaf had a strong grassy taste, and I could not enjoy eating it very much. It seems I am not quite used to Indian tastes yet.

At the shopping mall in India, the scale was extraordinary. Many people were dressed in rich and fashionable clothing, and there were many cute people as well. It was soothing both to my heart and to my eyes.

For dinner, we ate biryani at a restaurant famous for its delicious biryani. It was very spicy, so I drank a lot of water. Afterwards, I heard that drinking too much water can upset your stomach, so I am looking forward to seeing what tomorrow brings.

I would like to continue enjoying India with energy tomorrow as well.

Good night.



2月27日（金）の行動

報告者：中川健太郎

<午前>

- ・ホテルで朝食
- ・ホテル出発→看護学校へ(バス移動)
- ・看護学校着、学校の紹介、案内
- ・看護学校でランチ

<午後>

- ・看護学校出発
- ・お土産屋さんで買い物
- ・スーパーで買い物
- ・ホテルでディナー

○参加学生からのコメント

今日はホテルからバスで1時間ほど移動したところにある、看護学校を訪れました。到着した後に、学校についての説明とインドの伝統的な踊りを見させてもらいました。踊りはとてもしなやかで、表情や動きが繊細で圧倒されました。その後は、人体模型や手術で使用する器具がある部屋などを案内してもらいました。校内は清潔感があり、落ち着いた雰囲気がありました。看護学生の方々は前に訪れた大学と同様、我々に興味津々でとてもフレンドリーでした。看護学校を出発した後は、お土産屋さんで買い物をしました。腕輪やネックレス、木彫りの像などハンドメイドのお土産が沢山ありました。私は少しお腹の調子が良くなかったため、途中からバスの中で待機し、その後のスーパーでのショッピングでもバスの中で休んでいました。何でお腹を壊したのかはよく分かりませんが、少し疲れが出たのかもしれない。しっかり観光できるのは明日が最後なので、今日はしっかり寝て明日に備えたいと思います。

Activities on Friday, 27 February

Reporter: Kentaro Nakagawa

<Morning>

- Breakfast at the hotel
- Depart from the hotel → Travel by bus to a nursing school
- Arrival at the nursing school, introduction and campus tour
- Lunch at the nursing school

<Afternoon>

- Depart from the nursing school

- Shopping at a souvenir shop
- Shopping at a supermarket
- Dinner at the hotel
- Comments from a Participating Student

Today, we visited a nursing school located about one hour from the hotel by bus. After arriving, we were given an explanation about the school and had the opportunity to watch a traditional Indian dance performance. The dance was very graceful, and the performers' facial expressions and movements were delicate and impressive.

After that, we were shown around the campus, including rooms with anatomical models and surgical instruments used in medical procedures. The school was clean and had a calm atmosphere. The nursing students, like the university students we visited earlier, were very interested in us and extremely friendly.

After leaving the nursing school, we went shopping at a souvenir shop. There were many handmade items such as bracelets, necklaces, and wooden carved statues.

As I was not feeling very well and had a slight stomach problem, I waited on the bus partway through and also rested on the bus during the supermarket visit. I am not sure what caused my stomach trouble, but perhaps it was due to some accumulated fatigue.

Tomorrow will be our last full day for sightseeing, so I would like to get plenty of rest tonight and prepare for the final day.







2月28日（土）の行動

報告者：三浦優人

- ・自由行動
- ・フェアウェル・パーティー（Farewell party）
- ・夕食会

参加学生からのコメント

今日はインド側からの心遣いから、夕方までは各自自由行動の時間が与えられ、それぞれがホテルで休憩や周辺の探索などして過ごしました。連日の疲れを癒し、夕方からのお別れ会に備えました。ホテルで休憩している間、ハトが卵を温めているのを見つけ心も癒されました。

お別れ会には初日から携わってくださった方々がお見えになり、このプログラムがたくさんの人に支えられて成り立っていることに改めて感謝の気持ちでいっぱいになりました。その後の食事会も今までインドで出会ってきた料理が数多く並び、この旅のことを思い返しながら食事をする良い会でした。

明日でインドを出発するため、最後まで気を抜かないで過ごしたいと思います。

Activities on Saturday, 28 February

Reporter: Yuto Miura

Free time

Farewell party

Dinner gathering

○Comments from a Participating Student

Today, out of thoughtful consideration from our Indian hosts, we were given free time until the evening. Each of us spent the time resting at the hotel or exploring the surrounding area. We were able to recover from the fatigue of the past few days and prepare ourselves for the farewell party in the evening. While resting at the hotel, we noticed a pigeon warming its eggs, which brought us a sense of peace and comfort.

At the farewell party, many of the people who had been involved with the program since the very first day came to see us. We were once again filled with gratitude, realizing how many people had supported and made this program possible. At the dinner gathering that followed, a wide variety of dishes we had encountered throughout our stay in India were served. It was a wonderful opportunity to reflect on our journey while sharing a meal together.

As we will be departing from India tomorrow, we hope to remain attentive and make the most of our time until the very end.











3月1日（日）の行動

このプログラムもいよいよインドでの最終日。夜中（日付が変わって3月2日午前1時50分）にハイデラバードを出発する飛行機に乗り、インドを離れます。香港経由で日本に帰国するのだが、香港での乗り継ぎは1時間しかありません。（先ほど連絡があり、無事に香港発成田行に乗り継ぎができたとのこと。良かった。良かった。）最終日はハイデラバードのチャーミナル（Charminar）などを観光し、日本に向けて荷造りをしました。パスポート、チケットなどを確認し、夜にホテルを出発。空港にて食事をし、いよいよ出発。最後までインド側ホストの皆様が付き添ってくれて、ありがとうございました。感謝でいっぱい。日本到着は3月2日、午後3時35分に成田空港着です。

Activities on Sunday, 1 March

Today marks the final day of our programme in India. Late at night (technically 1:50 a.m. on 2 March), the group boarded a flight departing from Hyderabad and left India. They are returning to Japan via Hong Kong, with only a one-hour layover there. (We just received word that they were able to successfully transfer to the Hong Kong–Narita flight. What a relief!)

On the final day, they visited the Charminar and other sights in Hyderabad before packing their bags for the journey home to Japan. After carefully checking their passports and tickets, they left the hotel in the evening. They had a meal at the airport, and then it was finally time for departure.

We are deeply grateful to the Indian hosts who accompanied the group all the way to the end. Our hearts are full of appreciation.

They are scheduled to arrive in Japan at Narita Airport at 3:35 p.m. on 2 March.





「インド体験・交流プログラム」報告

名前：岡 翔和

・インドに行くきっかけは何ですか？（誰かの紹介・自分の興味関心）

江東ワイズメンズクラブの紹介

2026年度より、ODA事業を行っているIT企業に入社予定。

社会人になる前に、世界についての視野を広げたいと考えた。

・インドに行く前のインドの印象は？

格差が大きい、民族の多様性が尊重されている。ヒンズー教が多くを占める一方で実は1億人のイスラーム教徒を抱えるイスラーム大国でもある。

・着いた時、もしくは2日目ぐらいの印象は？

とにかく活気あふれる国である。早朝から人の移動は激しく、良く働き、休む時は良く休む。アジアの新興国を含む7カ国を訪問したが、インドの活力を超える国はなかった。

・一番、思い出に残ったことは何ですか？

現地学生との大学寮での交流。自分の時間を割いて寮の周りを案内してくれた。寮の廊下で話しかけられたことが発端となり、日本人の部屋に15人以上の現地学生が集結し、音楽に合わせて踊ったり、談笑を楽しんだ。その間に、困ったり、嫌なことがあったりしたらなんでも俺に言ってくれ！と言われたことがとても印象に残っています。

・一番、嫌な思い出（困ったこと）は何ですか？

外を散策する十分な時間がなかった(安全面が徹底されていたので仕方ないと思う)

・日本と比べてどうでしたか？

日本は安心して暮らすことができる反面で、多くの日本人が、競争に勝つことが今の正しい生き方であると考え。インドも急激に似た志向が求められているように感じた。

・食べ物はどうでしたか？（食べられましたか？）

辛いもの、辛くて酸っぱいもの以外は食べる事ができた。

お世話をして頂いた現地の方が辛さを調節してくれていた。

多くのものがカレーに似た味だったが、飽きずに食べる事ができていたし、今はそれらが恋しく感じる。

・宿泊先はどうでしたか？

設備が整ったホテルや寮に宿泊した。

・インドの服はどうでしたか？

涼しく、とても快適だった。

・日本に帰ってきて、インドの印象はどう変わりましたか？

「エネルギーがすごい」「若さと勢いがある国」特にハイテク企業が集まる地域では、これから伸びる感をリアルに感じた。日本人にとっては外見カオスでも、人は親切。距離が近く、よく話しかけてくるし、とにかく世話焼きでホスピタリティに満ち溢れている。

・それぞれのプログラムについての思い出は？

どのプログラムでも、感情を実直に出す現地の方がとても印象的で、一緒にいて愉快的な気持ちになれる。



“India Experience & Exchange Program” Report

Name: Towa Oka

What led you to go to India? (Someone’s introduction / your own interest, etc.)

I was introduced to the program by the Koto Y’s Men’s Club.

From fiscal year 2026, I am scheduled to join an IT company engaged in ODA-related work. Before starting my career, I wanted to broaden my perspective on the world.

What impression did you have of India before going there?

I thought India had a large wealth gap, and that ethnic diversity was respected there. Although Hinduism is the majority religion, I also knew that India is in fact home to around 100 million Muslims, making it a major Islamic country as well.

What was your impression when you arrived, or around the second day?

It was an incredibly vibrant country. People were already on the move from early morning, working hard, and when they rested, they rested well.

I have visited seven countries, including emerging nations in Asia, but none of them surpassed India in terms of energy and vitality.

What was the most memorable experience for you?

Interacting with local students at the university dormitory was the most memorable experience. They took time out of their own schedules to show us around the dormitory area. It all started when one of them spoke to me in the hallway, and before I knew it, more than 15 local students had gathered in the Japanese students’ room. We danced to music and enjoyed chatting together. What especially stayed with me was when one of them said, “If you have any trouble or if anything unpleasant happens, tell me anything.”

What was the most unpleasant memory or the biggest difficulty?

We did not have enough free time to explore outside on our own.

(Though I understand it could not be helped because safety precautions were taken very seriously.)

How was it compared with Japan?

Japan is a country where people can live with a strong sense of security, but at the same time,

many Japanese people seem to believe that winning in competition is the correct way to live today. I felt that India, too, is increasingly being driven toward a similar mindset.

How was the food? Were you able to eat it?

I was able to eat everything except very spicy foods and foods that were both spicy and sour.

The local people who took care of us adjusted the level of spiciness for us.

Many dishes had flavors similar to curry, but I never got tired of them, and now I even find myself missing them.

How was your accommodation?

I stayed in well-equipped hotels and dormitories.

How were the Indian clothes?

They were cool and very comfortable.

After returning to Japan, how did your impression of India change?

I came to see India as “full of energy” and “a country of youth and momentum.” Especially in areas where high-tech companies are concentrated, I could really feel that the country is going to continue growing. Even if the appearance may seem chaotic to Japanese people, the people themselves are kind. They are close, talk to you a lot, and are full of hospitality and a caring spirit.

What are your memories of the individual programs?

In every program, I was especially impressed by how honestly and openly local people expressed their emotions. Being with them made me feel cheerful and happy.

「インド体験・交流プログラム」報告

名前：楠陽正

・インドに行くきっかけは何ですか？（誰かの紹介・自分の興味関心）

レディーさんの紹介

・インドに行く前のインドの印象は？

カレーを沢山食べる

人口やGDPが急激に高まっている

・着いた時、もしくは2日目ぐらいの印象は？

ほんとに何もかも違うと感じた。車は車線の数より多く並んでおり、風呂は桶で体を洗い、街中に犬・ヤギ・牛など様々な生き物がいるなど、本当に異世界に来たような感じがした。

・一番、思い出に残ったことは何ですか？

人々の優しさ。2つの大学に訪問し、多くの学生と交流したが、私達を歓迎してくれている事がとても伝わってきて、中々英語を聞き取れなかった時も何とか伝えようとしてくれた。また、インド側の引率の方々も欲しいものや、やりたい事を何度も聞いてくださった。そして、何も言わなくても様々なものを買ってくださりとてもありがたく思いました。

・一番、嫌な思い出（困ったこと）は何ですか？

裸足で外を歩いたこと。寺などに行く場合は、靴を脱いで裸足で外を歩く必要があった。だからといって、寺に行かないのではなく、出発前に一言伝えてくれれば、サンダルにしたり、除菌シートを用意したりできたので、出発前の一言があれば特に問題はないです。

このプログラムのあとに個人的に残った1週間の出来事も含めると、3月3日の断食がいちばん大変だった。水を飲もうとしたら急に呼び止められ、今日は断食で飲まず食わずだと言われさすがに困った。

・日本と比べてどうでしたか？

何もかも違いました。衛生環境などもまだまだ発展途中で治安も良いとは言えない。しかし、十分に気をつけながらもあまり気にしすぎると精神が参ってしまうので、そこを早めに意識出来ると良いと思う。特に、潔癖気味の人はそのをいかに早く順応出来るかで気の持ちようがかなり変わると思う。

しかし、似ているなど感じる部分もあった。ヴェーダの全ての人や生き物はみな等しく平等

であり、他者に優しくしなければいけないという考え方は、神道の全てのものに神が宿っており、全ての物を大切にしなければならないという考え方に似ているなど感じた。

・食べ物はどうでしたか？（食べられましたか？）

基本的には食べれたし、意外と飽きなかった。ただ、個人的に食べれなかったのは、Curd rice（その他ヨーグルトに野菜など、何か他のものを混ぜた料理全般）・upma の2つ。特にCurd rice は日本人は苦手な人が多いと思う。

・宿泊先はどうでしたか？

基本的には特に問題はなかった。

ホテルでは、最初の部屋はシャワーが出なくて、桶で体を洗うのに苦労した。しかし、インドのいい洗礼になったと思う。

学生寮は、夜に多くの学生が部屋を訪れて夜な夜な踊ったので、そういった事が苦手な人は早めに部屋に行って、鍵をかけた方がいいと思う。

クマールさんの家は、他のメンバーが日本へ出発した日に1日だけ泊めてもらったが、本当に良くしてくれて何も文句はない。とても感謝している。

・インドの服はどうでしたか？

インドの服装は、日本で滅多に見ることができないので、今回着ることができて良かったと思う。また、日本から持っていく服については、雲ひとつない快晴が続いたので、薄い上着やアームカバーがあるといいと思う。

・日本に帰ってきて、インドの印象はどう変わりましたか？

数字で見れば、かなり発展してきているので、日本と違うと言っても少しくらいだと思っていた。しかし、実際に来ると想像の10倍は違っていた。食べ物、交通、週間、衛生環境など、本当に全てのものが違っていた。

・それぞれのプログラムについての思い出は？

MLRITM への訪問では、全ての学生が心からダンスを楽しんでいることに感心した。音楽をかければ、皆が動き出し、笑いながら楽しく踊っていた。もし日本でダンスをすることになれば、皆が顔を見合せて誰が踊ると戸惑い、中々踊り始める人は出てこないと思う。少ししたらダンス経験者が踊り出したとしても、未経験の人の多くは踊らないと思う。なのでそこはとてもいい文化だと思う。

“India Experience & Exchange Program” Report

Name: Yosei Kusunoki

What led you to go to India?

I was introduced to the program by Dr. Reddy.

What impression did you have of India before going there?

That people eat a lot of curry,
and that the population and GDP are rising rapidly.

What was your impression when you arrived, or around the second day?

I felt that absolutely everything was different. Cars were lined up in numbers greater than the lanes available, people washed themselves using buckets in the bath, and there were dogs, goats, cows, and many other animals throughout the city. It really felt as though I had come to another world.

What was the most memorable experience for you?

The kindness of the people. We visited two universities and interacted with many students. I could strongly feel that they were truly welcoming us, and even when I could not understand their English very well, they still tried hard to communicate with me. The Indian coordinators also repeatedly asked us what we wanted and what we wanted to do. They even bought us various things without us saying anything, for which I was very grateful.

What was the most unpleasant memory or the biggest difficulty?

Walking outside barefoot. When visiting temples and similar places, we had to take off our shoes and walk barefoot outside. I am not saying we should not go to temples, but if we had just been told in advance, we could have worn sandals or prepared disinfectant wipes, so it would not have been a problem.

Including the additional week I stayed after the program ended, the hardest experience was fasting on March 3. When I was about to drink water, I was suddenly stopped and told that it was a fasting day and that I should neither eat nor drink anything. That was honestly very difficult.

How was it compared with Japan?

Everything was different. The sanitation conditions are still developing, and it cannot be said that public safety is very good. However, if you worry too much about these things, it will wear you down mentally, so I think it is better to become aware of that as soon as possible. Especially for people who are somewhat obsessive about cleanliness, their mindset may change greatly depending on how quickly they can adapt.

That said, there were also aspects that felt similar to Japan. The Vedic idea that all people and living things are equally valuable and that one should be kind to others reminded me of the Shinto belief that gods dwell in all things and therefore everything should be treated with care.

How was the food? Were you able to eat it?

Basically, I could eat most of it, and I did not get tired of it as much as I expected. However, the two things I personally could not eat were curd rice (and, in general, dishes that mix yogurt with vegetables or other ingredients) and upma. I think many Japanese people would find curd rice difficult.

How was your accommodation?

Basically, there were no major problems.

At the hotel, the shower in my first room did not work, so I struggled to wash myself using a bucket. Still, I think it was a good initiation into India.

At the student dormitory, many students came to our room at night and danced late into the evening, so if someone is not comfortable with that kind of thing, I think it would be better to go to the room early and lock the door.

I stayed at Mr. Kumar's house for just one day, on the day the other members left for Japan. He treated me extremely well, and I have absolutely no complaints. I am very grateful.

How were the Indian clothes?

Indian clothing is something you rarely see in Japan, so I was glad to have the chance to wear it. As for clothes to bring from Japan, since the weather stayed perfectly clear without a single cloud, I think it would be good to bring a light jacket or arm covers.

After returning to Japan, how did your impression of India change?

Judging only by numbers, I thought India had developed quite a lot and that the differences from Japan would only be minor. But when I actually went there, everything was ten times more different than I had imagined. The food, transportation, customs, sanitation, and really

everything else were completely different.

What are your memories of the individual programs?

During the visit to MLRITM, I was impressed by how all of the students genuinely enjoyed dancing. Whenever music was played, everyone started moving and danced joyfully with smiles on their faces. If dancing were to happen in Japan, people would probably look at each other awkwardly, wondering who would go first, and hardly anyone would begin dancing. Even if an experienced dancer started first, most people without experience probably would not dance. In that sense, I think it is a very good part of the culture.



「インド体験・交流プログラム」報告

名前： 佐野理子

・インドに行くきっかけは何ですか？（誰かの紹介・自分の興味関心）

ワイズメンズクラブのメンバーである母からの紹介です。

決め手となったのは、以前ニュージーランドに3ヶ月の短期留学をしていた際に現地でインド人の方とお話をする機会があり、インドの文化や食べ物などについて教えていただいたことです。その経験からいつか実際にインドに行き、自分の目でインドを見たいと考えていた時に今回のプログラムを知ったため、参加を決めました。

・インドに行く前のインドの印象は？

ニュージーランドでの体験や、以前インドに行ったことのある方からお話を聞く機会があり、「インドの人はとても優しく、温かい」と教えていただいたことから人々がとても親切、という印象がありました。その一方で、治安や安全面については日本と比べると少し不安も感じていました。

・着いた時、もしくは2日目ぐらいの印象は？

実際にインドに到着するとすぐに日本とは全く異なる独特の雰囲気を感じました。街の建物や看板、周囲の人々の動きや声のトーンから、活気とエネルギーが溢れているように感じました。また、出迎えてくれたハイデラバードワイズメンズクラブの方々もとても温かく歓迎してくださり、事前に聞いていた、インドの人々の温かさをすぐに実感しました。

・一番、思い出に残ったことは何ですか？

MLRITM という現地の工科大学を訪問し、寮に一泊二日滞在しながら学生たちと交流をした経験です。到着してすぐに先生方や学生が温かく迎えてくださり、インドのホスピタリティに感動しました。

初日は学部やクラブの紹介などをしていただきました。学部の紹介では学生たちが自分たちで考案し、作成した新しいシステムや機械、また問題を解決するための新しい案についてのプレゼンテーションなどを説明していただきました。学生一人ひとりが自身のプロジェクトに強い熱意を持って取り組んでいたことが強く印象に残る経験でした。クラブの紹介では音楽やダンスなどのパフォーマンスやゲームなどのレクリエーションも用意してくださり、それらを通して学生たちとの交流を深めることができました。

また二日目には大学の授業を中止し、バトゥカマ、という色とりどりの花を積み重ねて作った飾りの周りを囲んで踊り、お祝いをするインドの伝統的なイベントを開いてくださいまし

た。学生たちと一緒に踊った時間はとても楽しく印象的で、インドの文化に触れられたと同時に、国や言葉が異なっても、音楽やダンスを通じて自然と心を通わせることができるのだと強く感じました。

・一番、嫌な思い出（困ったこと）は何ですか？

最初は入浴の方法に関して少し戸惑いがありました。インドでは、日本のようにシャワーを使うのではなく、大きなバケツのような容器にお湯をため、小さな手桶ですくって体を洗う方法が一般的でした。日本とは異なる、慣れない入浴方法に最初は少し驚きましたが実際に使ってみるとすぐに慣れ、またシャワーのように水を出し続けることがないため、水を大切に使うことができる、環境にも配慮された方法なのではないかと感じました。日本での生活ではあまり意識することのなかった水の使い方について考えるきっかけになり、生活習慣の違いから多くの気づきを得ることができた経験でした。

・日本と比べてどうでしたか？

日本と比べて特に印象的だったのは、人と人との距離の近さや温かさです。初めて会う人でもとてもフレンドリーに接してくれ、まるで以前から知り合いだったかのように歓迎してくれる場面が多くありました。大学を訪問した際にも学生たちがさまざまな活動を通して積極的に交流してくれたことで、短い時間でも自然と距離が縮まりました。

日本では初対面の人と打ち解けるまでに少し時間がかかることもありますが、インドでは人とのつながりをとても大切にしているように感じました。この経験を通して、人との関わり方やコミュニケーションの大切さについて改めて考える良い機会になりました。

・食べ物はどうでしたか？（食べられましたか？）

インドの料理はどれも辛いという印象が強く、普段日本ではあまり辛いものを食べないため、出発前は少し不安もありました。しかし、現地の方々が私たちに配慮してくださり、スパイスを控えめにした料理を用意してくださったおかげで、辛さを強く感じることなくおいしく食べることができました。

また、少し辛いビリヤニなどの料理でも、ライタと呼ばれるヨーグルトを使ったソースをかけることで辛さが和らぎ、味がマイルドになることなど、現地ならではの食べ方も教えていただきました。このような体験を通して、日本とは異なる食文化に触れることができ、大変興味深く感じました。

中でも特に印象に残っているのは、渡航の前にインド人の方に教えていただき、インドで絶

対に食べてみたかった料理の一つであるパニプリです。現地で屋台料理として親しまれており、小さな丸い生地の中に具材を入れ、スパイスの効いた水を加えて食べるのですが、その味の中に日本の出汁にどこか通じるような風味を感じ、異なる食文化の中にも共通する要素があるのではないかと感じたことがとても興味深かったです。今回の経験を通してインドの食文化の奥深さを実感することができたため、今後はインド料理についてもさらに理解を深めていきたいと思いました。

・宿泊先はどうでしたか？

今回のプログラムの中で私は、クマールさんご夫妻のお宅にホームステイをさせていただきました。クマールさんと奥様のラマさんはとても親切で、滞在中はさまざまなお話をしてくださり、温かく迎えてくださいました。

ラマさんは毎日チャイを淹れてくださり、時には食事も作ってくださいました。特にラマさんが作ってくださったチャイや料理はとてもおいしく、今回の滞在の中でも強く印象に残っています。また、チャイの淹れ方も教えていただき、日本に帰国してからも教えていただいた方法で実際にチャイを淹れてみました。さらに、マーケットや公園へ散歩に連れて行っていただいたり、おすすめのお土産について教えていただいたりするなど、現地での生活を身近に感じられる貴重な経験をさせていただきました。その際、ラマさんはバングルやアंकレット、ヘアクリップなどをお土産として買ってくださいました。その温かい心遣いがとても嬉しく、いただいたお土産はホームステイの思い出として大切にしています。また、クマールさんも常に私のことを気にかけてくださり、「何か困ったことがあったら遠慮せずに言ってください」と何度も声をかけてくださいました。その言葉にとっても安心し、心から感謝しています。今回のホームステイを通して、インドの家庭の温かさや人々の優しさを直接感じることができ、とても貴重な経験となりました。

・インドの服はどうでしたか？

今回の体験の中で、ハイデラバードのワイズメンズクラブの方々が、お土産としてインドの伝統的な服を買ってくださいました。その温かい心遣いにとっても感謝しています。

私がいただいたのは、クルタと呼ばれる長めのトップスにパンツを合わせ、ドゥパタというストールを身に着ける、インドの伝統的な服装でした。ところどころにスパンコールで装飾が施されており、控えめながらも華やかでとてもきれいなデザインでした。

服を選ぶ際には、お店の店員さんがとても親切に、私が選んだクルタに合うパンツやドゥパタの色を一緒に考えてくださいました。私は日本で着物の着付けを習っているのですが、着物でも帯や小物の色合わせを考えるため、その感覚とどこか似ているように感じました。文化は違っていても、色の組み合わせを楽しむという点に共通するものを感じ、親しみを覚え

ました。実際にその服を、大学で行われたバトカマのイベントや結婚式の際に着る機会がありました。普段日本ではなかなか着ることのない服装だったため最初は新鮮に感じましたが、着てみると生地がとても薄いため通気性が良く、インドの暑い気候の中でも快適に過ごすことができ、インドの気候や生活にとってもよく合った服なのだと思えました。また、現地の人々と同じような服を身に着けることで、インドの文化をより身近に感じることができました。実際に着て体験することで、服装もその国の文化の一部であるということを実感し、とても印象に残る貴重な経験となりました。

・日本に帰ってきて、インドの印象はどう変わりましたか？

研修に参加する前から、インドの人々はとても優しく温かいという話を聞いていました。しかしその一方で、日本とは文化や生活環境が大きく異なる国であるという印象も強く、実際に現地で生活することや治安面については、少し不安に感じていた部分もありました。

しかし、実際にインドを訪れて生活してみると、その印象は大きく変わりました。空港での出迎えをはじめ、大学での交流やバトカマのイベント、ホームステイでの生活など、さまざまな場面で多くの方々が温かく迎えてくださり、常に周りの方々の優しさを感じながら過ごすことができました。慣れない環境の中でも多くの方が気にかけて声をかけてくださり、その温かさに何度も助けられました。そうした周囲の支えのおかげで、不安な気持ちも次第に和らぎ、安心して研修に参加することができました。

また、この研修では多くの方々との出会いにも恵まれました。ハイデラバードのワイズメンズクラブやYMCAの方々をはじめ、今回の研修を支えてくださった多くの方々に温かく迎えていただき、さまざまな場面で支えていただきました。特に、私が関わる機会の多かったクマールさんご夫妻には、ホームステイの受け入れをはじめ、さまざまな面で大変お世話になりました。クマールさんご夫妻や大学で出会った学生たちなど、研修プログラムを通して出会った多くの方々とは、日本に帰国した今でも連絡を取り合っています。こうした出会いを通して生まれたつながりが今も続いていることをとても嬉しく感じています。今回の経験を通して、人との出会いやつながりがどれほど大切なものであるかを改めて実感しました。この10日間の研修を通じて、インドが温かい人々と豊かな文化を持つ魅力的な国であることを身をもって感じるすることができました。今回出会ったの方々とのつながりをこれからも大切にしていきたいと思うとともに、今後もインドについてさらに理解を深めていきたいと考えています。今回の研修で得た経験や出会いは、これからの自分にとって大きな財産になると感じました。

そして、今回の研修で経験した出来事や出会いの一つ一つは、どれも私にとって忘れることのできない大切な思い出となりました。

また、機会があればもう一度インドを訪れ、今回の研修でお世話になった方々に再会し、改

めて感謝の気持ちを直接伝えたいと考えています。

・それぞれのプログラムについての思い出は？

インド舞踊は、今回の研修で特に印象に残った体験の一つです。実は、幼少期に数回インド舞踊を拝見したことがあり、その華やかな衣装や、日本には見られない独特の踊りの表現は、今でも強く印象に残っています。今回の研修では、北インドと南インドの舞踊の違いについても教えていただき、それぞれの舞踊を実際に鑑賞することで、地域ごとの特色や美意識の違いを肌で感じることができました。

南インドの舞踊は、色鮮やかで金の装飾が施された衣装や濃いメイクが特徴で、ポーズや手の形、目や表情を駆使して物語や感情を表現するのが印象的でした。これに対して北インドの舞踊は、衣装は洗練され優雅で、回転やしなやかなポーズ、細やかな手の動き、表情を使った表現が非常に美しく、舞全体の流れと動きの優雅さに心を打たれました。

両方の舞踊を鑑賞することで、インドの伝統文化の多様性や奥深さを肌で感じることができ、大変貴重な経験となりました。

・その他、何でも自由に

インドでの時間はあっという間に過ぎてしまいましたが、とても濃い内容の経験をさせていただき、日々、安心して過ごすことができました。

今回のプログラムに参加させていただけたことに、心より感謝申し上げます。

ありがとうございました。



“India Experience & Exchange Program” Report

Name: Riko Sano

What led you to go to India?

I was introduced to the program by my mother, who is a member of the Y's Men's Club.

What ultimately convinced me to join was that, during a three-month short-term study abroad program in New Zealand, I had the opportunity to speak with Indian people there and learn about Indian culture and food. Since that experience made me want to visit India someday and see it with my own eyes, I decided to participate when I learned about this program.

What impression did you have of India before going there?

From my experiences in New Zealand and from hearing stories from people who had previously been to India, I had the impression that “Indian people are very kind and warm-hearted.” At the same time, compared with Japan, I also felt a little uneasy about safety and security.

What was your impression when you arrived, or around the second day?

As soon as I arrived in India, I felt a unique atmosphere completely different from Japan. From the buildings and signs in the streets to the movements of the people around me and the tone of their voices, everything seemed full of vitality and energy. The members of the Hyderabad Y's Men's Club who came to welcome us were also very warm and kind, and I immediately felt the warmth of the Indian people that I had heard about beforehand.

What was the most memorable experience for you?

The most memorable experience was visiting the local engineering university called MLRITM and staying in the dormitory for one night and two days while interacting with the students. As soon as we arrived, the teachers and students welcomed us warmly, and I was deeply moved by Indian hospitality.

On the first day, they introduced us to their academic departments and clubs. During the department presentations, the students explained new systems and machines they had designed and created themselves, as well as new ideas for solving problems. It left a strong impression on me to see how passionately each student was working on their own project.

During the club presentations, they also prepared performances such as music and dance as well as recreational games, through which we were able to deepen our interaction with the

students.

On the second day, classes at the university were canceled and they organized a traditional Indian event for us in which people celebrate by dancing around a colorful floral arrangement called Bathukamma. Dancing together with the students was an extremely fun and memorable experience. At the same time, it made me strongly feel that even when countries and languages are different, music and dance can naturally connect people's hearts.

What was the most unpleasant memory or the biggest difficulty?

At first, I was a little confused about the bathing method. In India, instead of using a shower as we do in Japan, it is common to fill a large bucket-like container with hot water and wash yourself using a small scoop. At first, I was a little surprised by this unfamiliar bathing style, but once I actually tried it, I got used to it quickly. Since water is not left running continuously like with a shower, I also felt that it was a method that conserved water and was considerate of the environment. It made me think about how water is used in daily life, something I do not usually pay much attention to in Japan, and it was an experience that gave me many insights through differences in lifestyle.

How was it compared with Japan?

What struck me most compared with Japan was the closeness and warmth between people. Even those meeting for the first time treated us very friendly, and there were many moments when we were welcomed as if we had known each other for a long time. When we visited the university, the students actively interacted with us through various activities, which allowed us to grow close naturally even in a short period of time.

In Japan, it can sometimes take a little time to become friendly with someone you have just met, but in India, I felt that human connections are valued very highly. Through this experience, I had a valuable opportunity to reflect once again on the importance of human relationships and communication.

How was the food? Were you able to eat it?

I had a strong impression that all Indian food would be spicy, and since I do not usually eat very spicy food in Japan, I was a little worried before leaving. However, the local people thoughtfully prepared dishes with milder spices for us, so I was able to enjoy the food without feeling the heat too strongly.

Even with slightly spicy dishes such as biryani, I learned local ways of eating them, such as

adding a yogurt-based sauce called raita to make the flavor milder. Through these experiences, I was able to experience a food culture different from Japan's, which I found very interesting. What impressed me most was pani puri, one of the dishes that an Indian person had told me about before the trip and that I absolutely wanted to try. It is a popular street food in India, where ingredients are placed inside a small round shell and eaten with spicy flavored water. I felt that there was somehow a flavor in it that reminded me of Japanese dashi broth, and I found it fascinating that even among different food cultures there may be elements in common. Through this experience, I realized the depth of Indian food culture and came to want to deepen my understanding of Indian cuisine even further.

How was your accommodation?

During this program, I had the opportunity to homestay at the home of Mr. Kumar and his wife. Both Mr. Kumar and his wife, Rama, were very kind, talked with me about many things during my stay, and welcomed me warmly.

Mrs. Rama made chai for me every day, and sometimes she also cooked meals. In particular, the chai and dishes she prepared were very delicious and remain some of the strongest memories of my stay. She also taught me how to make chai, and after returning to Japan I actually tried making it using the method she taught me.

In addition, she took me for walks to markets and parks, and told me about recommended souvenirs, giving me a valuable opportunity to feel local life up close. At that time, she also bought me souvenirs such as bangles, anklets, and hair clips. I was very touched by her kindness, and I treasure those gifts as memories of my homestay. Mr. Kumar also constantly looked out for me and repeatedly told me, "If anything troubles you, please do not hesitate to tell me." His words reassured me greatly, and I am truly grateful. Through this homestay, I was able to directly feel the warmth of Indian families and the kindness of the people, making it an extremely valuable experience.

How were the Indian clothes?

During this experience, the members of the Hyderabad Y's Men's Club kindly bought us traditional Indian clothes as souvenirs, for which I am very grateful.

What I received was a traditional Indian outfit consisting of a long top called a kurta, pants, and a stole called a dupatta. It was decorated here and there with sequins, and though understated, it had a bright and beautiful design.

When choosing the clothes, the shop staff kindly helped think together with me about what

colors of pants and dupatta would match the kurta I had chosen. In Japan, I study how to wear kimono, and since kimono dressing also involves thinking about how to coordinate the colors of the obi belt and accessories, I felt that the experience was somehow similar. Even though the cultures are different, I felt a sense of familiarity in the shared enjoyment of coordinating colors.

I had opportunities to wear these clothes at the Bathukamma event at the university and at a wedding. Since it was clothing I would hardly ever wear in Japan, it felt fresh at first, but when I actually wore it, I realized that the thin fabric made it very breathable and comfortable even in India's hot climate. I truly felt that it was clothing perfectly suited to India's climate and way of life. By wearing clothes similar to those of local people, I also felt closer to Indian culture. Experiencing it firsthand made me realize that clothing, too, is part of a country's culture, and it became a very memorable and valuable experience.

After returning to Japan, how did your impression of India change?

Before joining the program, I had already heard that Indian people were very kind and warm-hearted. At the same time, however, I also had a strong impression that India was a country very different from Japan in terms of culture and living environment, and I felt some anxiety about actually living there and about safety.

But after actually visiting India and spending time there, that impression changed greatly. From the welcome at the airport to our interactions at the university, the Bathukamma event, and daily life during my homestay, many people warmly welcomed me in many different situations, and I was constantly surrounded by kindness. Even in an unfamiliar environment, many people looked out for me and spoke to me, and their warmth helped me over and over again. Thanks to the support of those around me, my anxiety gradually faded and I was able to take part in the training with peace of mind.

I was also blessed to meet many people during this training. Beginning with the members of the Hyderabad Y's Men's Club and the YMCA, I was warmly welcomed and supported by many of the people who made this training possible. In particular, Mr. and Mrs. Kumar, with whom I had many opportunities to interact, took wonderful care of me in many ways, beginning with hosting me for the homestay. Even now, after returning to Japan, I am still in contact with many of the people I met through this program, including the Kumars and the students I met at the university. I feel very happy that the bonds formed through these encounters are still continuing. Through this experience, I once again realized how precious human encounters and connections are.

Over the course of these ten days of training, I was able to experience firsthand that India is a fascinating country with warm-hearted people and a rich culture. I want to continue cherishing the connections I made with the people I met there, and I also hope to deepen my understanding of India even further in the future. I feel that the experiences and encounters I gained through this training will become a great asset in my life going forward.

Each and every event and encounter during this training has become an unforgettable and precious memory for me.

If I have the opportunity, I would love to visit India again, reunite with the people who took care of me during this training, and personally express my gratitude once more.

What are your memories of the individual programs?

Indian dance was one of the most memorable experiences of this training. In fact, I had seen Indian dance a few times when I was younger, and the gorgeous costumes and the unique style of expression unlike anything seen in Japan left a strong impression on me even then. During this training, I was also taught about the differences between North Indian and South Indian dance, and by actually watching both, I was able to physically sense the differences in regional character and aesthetics.

South Indian dance was characterized by brightly colored costumes adorned with gold decorations and bold makeup, and I was impressed by the way stories and emotions were expressed through poses, hand shapes, eyes, and facial expressions. In contrast, North Indian dance had refined and elegant costumes, and its turns, graceful poses, delicate hand movements, and expressive facial expressions were all very beautiful. I was especially moved by the elegance of the overall flow and movement of the dance.

By watching both styles, I was able to feel the diversity and depth of India's traditional culture firsthand, making it an extremely valuable experience.

Anything else you would like to add?

My time in India passed very quickly, but it was a truly rich experience, and I was able to spend each day feeling safe and supported.

I sincerely appreciate having been given the opportunity to participate in this program.

Thank you very much.

「インド体験・交流プログラム」報告

名前：橘田夢開

・インドに行くきっかけは何ですか？（誰かの紹介・自分の興味関心）

友人の二ノ宮くんからプログラムのお話をもらい、インドは個人の旅行では選ばないと思いきくことを決めました。また、話ではインドはクレイジーな国だと聞いていたので自分の五感で感じたいと考えて決めました。

・インドに行く前のインドの印象は？

インドに行く前は、危険、詐欺師が多い、お腹を壊す、カレーばかり食べるなどあまり良い印象ではなかったです

・着いた時、もしくは2日目ぐらいの印象は？

自分が思っていたより匂いがせず、人も優しい人が多いと思った。

・一番、思い出に残ったことは何ですか？

工業系の大学に行ってその生徒とダンスをしたり、コミュニケーションを取ったりしたことが一番思い出に残ってます。

・一番、嫌な思い出（困ったこと）は何ですか？

ホテルの部屋で大量にゴキブリが出たのは良い思い出でもあり嫌な思い出だと思います。

・日本と比べてどうでしたか？

日本に比べてやはり、水周りは大変なことが多かったです。

・食べ物はどうでしたか？（食べられましたか？）

とても辛いものが多かったですがインドでしか味わえない味だったのでよかったです。

・宿泊先はどうでしたか？

ホテルはいい部屋もあったが、汚い部屋やシャワーが出ない部屋などもあった。

・インドの服はどうでしたか？

インドの服は日本ではないものだったのでとてもよかったです。

・日本に帰ってきて、インドの印象はどう変わりましたか？

インドの人は優しい人、フレンドリーな人が多くとてもいい国だと思う。

・それぞれのプログラムについての思い出は？

大学の寮に泊まった 1 日目の夜インドの学生が部屋に来てダンスをしたのは最高の思い出です。

街中で自分たちで行きたいところや時間を考えて行動したのもいい経験になった。



“India Experience & Exchange Program” Report

Name: Mua Tachibanada

What led you to go to India?

A friend of mine, Ninomiya-kun, told me about the program, and I decided to go because India was not a place I would normally choose for personal travel. I had also heard that India was a crazy country, so I wanted to experience it with my own five senses.

What impression did you have of India before going there?

Before going to India, I had a rather negative image of it: dangerous, full of scammers, bad for your stomach, and a place where people eat curry all the time.

What was your impression when you arrived, or around the second day?

It did not smell as much as I had expected, and I thought many of the people were kind.

What was the most memorable experience for you?

The most memorable thing was going to an engineering university, dancing with the students there, and communicating with them.

What was the most unpleasant memory or the biggest difficulty?

The large number of cockroaches in the hotel room was both a bad memory and, in a way, also a memorable one.

How was it compared with Japan?

Compared with Japan, dealing with water facilities was often difficult.

How was the food? Were you able to eat it?

A lot of the food was very spicy, but it had flavors that could only be experienced in India, so I am glad I tried it.

How was your accommodation?

Some hotel rooms were good, but others were dirty or had showers that did not work.

How were the Indian clothes?

Indian clothes were something you do not find in Japan, so I really liked them.

After returning to Japan, how did your impression of India change?

I came to think that India is a very good country full of kind and friendly people.

What are your memories of the individual programs?

One of my best memories was when Indian students came to our room on the first night we stayed in the university dormitory and danced with us.

It was also a valuable experience to go around the city by ourselves, thinking about where we wanted to go and how to spend our time.

「インド体験・交流プログラム」報告

名前：中川健太郎

・インドに行くきっかけは何ですか？（誰かの紹介・自分の興味関心）

YMCA に所属している祖父からの紹介がきっかけです。海外は何ヶ国行ったことがありましたが、インドは行ったことがなかったため参加してみようと思いました。

・インドに行く前のインドの印象は？

治安があまりよくない、不衛生で食後にお腹を下すなどあまりいい印象は持っていませんでした。また、手で食事したり、料理は辛いものが多いなど日本と大きく異なる文化を持っているという印象がありました。

・着いた時、もしくは2日目ぐらいの印象は？

空港について外に出たときとにかく暑いと感じ、立っていると蚊が集まってきてまるで日本の夏にいるようでした。また、車の運転が荒いものも多く、クラクションも常に鳴っている状態でした。ホテルの周りは、道端にゴミがかなり捨ててあり、臭いもしていたため不衛生という印象は間違っていないのではと思いました。

・一番、思い出に残ったことは何ですか？

マリ・ラクシュマン・レディ工科大学を訪れた際に、学生たちと一緒にダンスを踊ったことです。大学の外の広場に沢山の学生が集まり、大人数で一緒に踊りました。踊り方は現地の学生が教えてくれ、ほぼ休まずに1時間くらい踊り続けました。

・一番、嫌な思い出（困ったこと）は何ですか？

トイレをした後に、シャワーを当てながら手でおしりを洗ったことです。用を足したあとのおしりを手で洗うのは最後まで抵抗がありましたが、毎回腹をくくって我慢しました。

・日本と比べてどうでしたか？

不便に感じることも少なくはなかったのですが、それもインドらしくていいと思えるようになりました。インドに行ったことで、日本での暮らしがいかに便利かを知ることができました。

・食べ物はどうでしたか？（食べられましたか？）

インドに来る前は食べ物が口に合うか心配でしたが、ほとんどの料理をおいしく食べられま

した。また、パニさんたちがお店の人に辛さを抑えるようにと伝えてくれ、辛さも抑えてくれました。しかしたまにそれでも辛い時があり、次の日はお腹の調子がよくありませんでした。

・宿泊先はどうでしたか？

タージマハルホテル：最初は4階の部屋に住んだのですが、エアコンがなくトイレもちゃんと流れないなど、不便に感じるが多かったです。一週間後くらいに1階の部屋に移り、そこはエアコンもついていて部屋の中もきれいで快適でした。

学生寮：部屋はかなり広く、エアコンはなかったですが夜は比較的涼しかったので気温もちょうどよかったです。しかし、部屋に蚊が沢山入ってきて寝ている時に何回か起きました。

・インドの服はどうでしたか？

パニさんたちがクルタを我々全員に買って来てくれ、大学や結婚式に行ったときや着用しました。長袖だったのですが、生地が薄かったのであまり暑さを感じませんでした。

・日本に帰ってきて、インドの印象はどう変わりましたか？

インドはおもしろい国だという印象に変わりました。インドに行く前は危険という印象があったのですが、もちろんそういう側面は少なからずあるとは思いますが、日本では経験できないようなことができるので毎日が刺激的で楽しい日々を過ごすことができました。さらに、外国人を見ることがめったにないのか、公園などを歩いていると遊んでいる子供たちが話しかけてきたりします。こうやって現地の人とコミュニケーションをとるのも非常に楽しかったです。

・それぞれのプログラムについての思い出は？

T-Hub、T-works：IT系のスタートアップが沢山あり、専門的なことは詳しくは分かりませんが、世界の最先端の技術が集約されていることを実感しました。

ヨガ：ヨガをし終わった後は、身体が軽くなり心も落ち着きました。朝食をとる前に、何も口にしない状態でヨガをしないといけないということを初めて知りました。

“India Experience & Exchange Program” Report

Name: Kentaro Nakagawa

What led you to go to India?

I was introduced to the program by my grandfather, who belongs to the YMCA. I had been to several countries overseas before, but I had never been to India, so I decided to participate.

What impression did you have of India before going there?

I did not have a very positive impression. I thought public safety was not very good, that it was unsanitary, and that I might get an upset stomach after meals. I also had the impression that the culture was very different from Japan, such as eating with one's hands and having a lot of spicy food.

What was your impression when you arrived, or around the second day?

When I arrived at the airport and stepped outside, the first thing I felt was the heat. Mosquitoes gathered around me as I stood there, and it felt just like summer in Japan. Also, many drivers drove recklessly, and horns were constantly blaring. Around the hotel, there was a lot of trash thrown on the roadside and there was also a smell, so I felt that my impression that it was unsanitary was probably not wrong.

What was the most memorable experience for you?

The most memorable experience was dancing together with the students when we visited Marri Laxman Reddy Institute of Technology and Management. A great number of students gathered in the plaza outside the university, and we all danced together in a large group. The local students taught us how to dance, and we kept dancing for about an hour with almost no break.

What was the most unpleasant memory or the biggest difficulty?

After using the toilet, I had to wash myself with water from a shower while using my hand. I resisted washing myself with my hand until the very end, but each time I braced myself and endured it.

How was it compared with Japan?

There were certainly things that felt inconvenient, but I gradually came to feel that those

aspects were part of what made India what it is. Going to India made me realize just how convenient life in Japan is.

How was the food? Were you able to eat it?

Before coming to India, I was worried whether the food would suit my taste, but I was able to enjoy almost all of it. Also, Mr. Pani and the others asked the restaurant staff to reduce the spiciness, which helped. Still, sometimes it was spicy even then, and the next day my stomach was not always in the best condition.

How was your accommodation?

Taj Mahal Hotel: At first, I stayed in a room on the fourth floor, but it had no air conditioner and the toilet did not flush properly, so there were many inconveniences. About a week later, I moved to a room on the first floor, which had air conditioning and was clean and comfortable. Student dormitory: The room was quite spacious, and although there was no air conditioning, the nights were relatively cool, so the temperature felt just right. However, many mosquitoes came into the room, and I woke up several times while sleeping.

How were the Indian clothes?

Mr. Pani and the others bought kurta outfits for all of us, and we wore them when we went to the university and to the wedding. Although they had long sleeves, the fabric was thin, so I did not feel too hot.

After returning to Japan, how did your impression of India change?

My impression changed to seeing India as an interesting country. Before going there, I had the image that it was dangerous, and of course there are probably still such aspects to some extent. But I was able to experience many things that would be impossible in Japan, so every day was stimulating and enjoyable. Also, perhaps because it is rare to see foreigners there, when we walked in places like parks, children who were playing would come up and talk to us. Communicating with local people in that way was also very enjoyable.

What are your memories of the individual programs?

T-Hub / T-Works: There were many IT startups there. I did not understand the technical aspects in detail, but I could really feel that cutting-edge technologies from around the world were concentrated there.

Yoga: After doing yoga, my body felt lighter and my mind became calmer. It was the first time I learned that yoga should be done before breakfast, with nothing eaten beforehand.



「インド体験・交流プログラム」報告

名前：二ノ宮大登

・インドに行くきっかけは何ですか？（誰かの紹介・自分の興味関心）

父親の知り合いがワイズメンズクラブのメンバーの方で、その方から今回の話を頂いたことがきっかけです。

・インドに行く前のインドの印象は？

怪しい人が多い、衛生環境が悪い、食べ物が口に合わないなど

・着いた時、もしくは2日目ぐらいの印象は？

着いた時に感じたことは、まず空気感が違った事です。何とというかスパイスの香りなのか、今まで嗅いだことのない匂いを感じた為、ああこれがインドかと思ったのが第一印象でした。その後ホテルまで車で送迎をしてもらったのですが、信号も何も誰も守っておらず、平気でクラクションを鳴らしまくる様子に気が気ではなかったです。この先の滞在が不安で仕方が無かったですが、ここまではかなり自分の想像していたインドの印象にいろんな意味で近かった気がします。

・一番、思い出に残ったことは何ですか？

1番印象に残った所は、大学に招いて頂いた際にみんなでダンスをしたことでした。最もインドっぽさを感じた場面というわけではありませんが、言葉も文化も違う、ダンスの経験のない僕たちでも、一緒にリズムに乗っているだけでそんなの関係ないと言わんばかりの一体感が生まれてくる所に、インドの人たちのフレンドリーさエネルギー感を肌で感じれた瞬間でした。

・一番、嫌な思い出（困ったこと）は何ですか？

そもそも言葉が分からないことや無秩序に走る大通りの渡り方、トイレの使い方など、困ることはたくさんありましたが、中でもご飯を食べる時が1番苦労しました。手で食べることにかなり抵抗があったのも勿論ですが、何より僕は左利きだった為、右手のみを使って食事をすることに難しさを感じました。右手で食べていても何か取りづらいものがあった時に気づいたら左手でスプーンを持ってしまっていたなど、ついつい左手を使ってしまった場面が多くありました。

・日本と比べてどうでしたか？

日本と比べると、やはり便利さ、暮らしやすさは日本人の僕からするとまだまだ日本の方が過ごしやすいように感じます。しかしインドの人々の暮らしを見てみると、そもそも今の日本のようにただ便利さを求めていくような感覚とは少し違う気がしました。むしろそこまで便利さを求めていないようにも感じます。それ以上に自分たちの暮らしてきた中での習慣を大事にしており、慣れ親しんだその習慣に暮らしやすさを感じているように思えました。どちらが良いなどは分かりませんが、日本の文化や風習を大事にしようと思えた瞬間の一つです。

・食べ物はどうでしたか？（食べられましたか？）

日本で食べたことのあるカレーの味とは全く違って、体験したことのない味の物ばかりで意外にも最後まで飽きずに食べることができました。難しい味がするものや、口に合わないものなどもありましたが、食べたかったビリヤニなども食べることができ、全体的に楽しむことができました。基本的に何でも辛かったので、辛いものが苦手なくて良かったと思っています。また初めの方はベジタリアンのレストランでの食事が多く、初めは特に思わなかったのですが段々とお肉が恋しくなってくる時もありました。

・宿泊先はどうでしたか？

どこの場所もすごくサービスを良くしてくれて、正直申し訳ないくらい至れり尽せりだったと思います。部屋にもものすごい数のゴキブリが出たり、お湯をもらった時にもものすごくぬるま湯だったり、どこか抜け目ある感じもまた面白かったなと思います。

・インドの服はどうでしたか？

僕の服はその地の気候と密接に関わっているイメージがあり、実際着て街中を歩いてみると、自分で持ってきた服よりも断然過ごしやすいことを実感できたことが良かったです。

・日本に帰ってきて、インドの印象はどう変わりましたか？

最もイメージと大きく違ったのは、インドはそこまで発展していないだろうという思い込みでした。実際に訪れてから感じたのは、勿論びっくりするほどに発展している場所もあるのですが、それ以上に、発展する、今以上に便利な暮らしをする、ということを求めすぎないような印象を街の人々から受けた事です。パニさんも「インドの人にはどんな給料でも暮らせる」などと言っておりましたし、今楽しく生活できればそれで良い、と言う

・それぞれのプログラムについての思い出は？

全てとても新鮮でした。やはり大学で、歳の近い人たちと関わる時の方が、こういう所は意

外と同じなんだな、こういう所は違うんだななど共通点や違いがわかりやすかった気がします。

自由行動でも最後は大通りを渡れるようになりましたし、ホテル近くのチャイティーのお店の人と仲良くなれたのも楽しかったです。

個人的には goshala? という子供達が修行をしている所がすごく印象的で、わちゃわちゃとした街の印象が強かったインドでしたが、街から離れた所で牛を飼いながら、自然に近い暮らしをしているのを見て、少しながらインドの人々の原点を知れたような気にもなりました。言葉が基本テルグ語だったのであっているかは正直わかりませんが。そこでは電波も繋がらず、自然と共に暮らしていくというヒンドゥー教の教えをそのまま見ているような気分になりました。

・その他、何でも自由に

インドから帰ってきて思った事は、もっと日本の文化を大事にしようということです。インドで会う方々は日本の文化にすごく良い印象を持っていたり、とても興味津々な様子で聞いてきたりします。それは単に違う文化だから興味があるだけでなく、インドの方々が文化や慣わしというものをすごく大切にしているからこそそのものだと思います。レディさんが日本の文化とインドの文化はすごく似ている、と言っていたのがすごく印象的で、僕から見たインドは全く違う文化のイメージがまだ強いのですが、インドの方からすると日本の文化はまた違って見えているのだと思います。インドの方々が日本の文化にこれだけ興味を持っているのは、このような側面もあるのではないかと思います。

そもそもこれだけ興味を持ってくれるような文化を自分たちが持っていることを実感したため、より一層自国の文化を大切にし、よく知り、レディさんの言っていた日本とインドの文化が似ている、というのはどういう事なのか考えていきたいと思っています。



“India Experience & Exchange Program” Report

Name: Daito Ninomiya

What led you to go to India?

A person my father knows is a member of the Y's Men's Club, and it was through that person that I heard about this opportunity.

What impression did you have of India before going there?

That there were many suspicious people, poor sanitation, and food that would not suit my taste.

What was your impression when you arrived, or around the second day?

The first thing I noticed when I arrived was that the atmosphere felt different. I do not know whether it was the smell of spices or something else, but I sensed a smell I had never experienced before, and I thought, “So this is India.” Then we were driven to the hotel, but nobody seemed to obey traffic lights or anything else, and everyone was honking their horns without hesitation. I was very uneasy about the rest of my stay ahead. Up to that point, India had in many ways matched the image I had imagined beforehand.

What was the most memorable experience for you?

The most memorable part was when we danced together after being invited to the university. It was not necessarily the moment that felt the most “Indian,” but even though our languages and cultures were different and we had no dance experience, just moving to the rhythm together created a sense of unity as if none of that mattered. That was the moment when I truly felt the friendliness and energy of the Indian people firsthand.

What was the most unpleasant memory or the biggest difficulty?

There were many difficult things, such as not understanding the language, figuring out how to cross the chaotic main roads, and learning how to use the toilets. But the thing I struggled with the most was eating. Of course I found it difficult to eat with my hands, but above all, because I am left-handed, I found it hard to eat using only my right hand. Even when I tried to use my right hand, I would unconsciously pick up the spoon with my left hand when something was difficult to take, so there were many moments when I ended up using my left hand without thinking.

How was it compared with Japan?

Compared with Japan, as a Japanese person I still felt that Japan is easier to live in in terms of convenience and comfort. However, when I looked at the way people in India live, I felt that their sense of life is somewhat different from simply pursuing convenience as in modern Japan. Rather, I had the impression that they do not necessarily seek convenience to that extent. More than that, they seem to value the customs they have lived with, and to feel ease and comfort within those familiar habits. I cannot say which is better, but it was one of the moments that made me want to value Japanese culture and customs as well.

How was the food? Were you able to eat it?

It tasted completely different from the curry I had eaten in Japan, and unexpectedly I was able to keep eating it without getting tired of it. There were some difficult flavors and some dishes that did not suit my taste, but I was also able to eat things I had wanted to try, such as biryani, so overall I enjoyed it. Basically everything was spicy, so I was glad that I do not dislike spicy food. At the beginning, we often ate at vegetarian restaurants, and at first I did not mind, but little by little I sometimes began to miss meat.

How was your accommodation?

Every place treated us extremely well, and honestly it felt almost too much. There were huge numbers of cockroaches in the room, and when we were given hot water it was surprisingly lukewarm, but even that kind of imperfectness ended up feeling amusing in its own way.

How were the Indian clothes?

I have the impression that clothing is closely connected to the climate of the place, and when I actually wore Indian clothes while walking around the city, I realized that they were far more comfortable than the clothes I had brought from Japan.

After returning to Japan, how did your impression of India change?

The biggest difference from my original image was my assumption that India would not be very developed. After actually going there, I felt that while there are certainly places that are astonishingly developed, even more than that I got the impression from the people in the city that they do not excessively seek development or a more and more convenient lifestyle. Mr. Pani also said things like, "Indian people can live on any salary," and I felt that many people

think that as long as they can live happily now, that is enough.

What are your memories of the individual programs?

Everything was very fresh and new. Especially at the university, interacting with people close to our own age made it easier to notice similarities and differences, such as “This is unexpectedly the same here,” or “This is different.”

Even during our free time, by the end we were able to cross main roads, and it was also fun to become friendly with the man at the chai tea stand near the hotel.

Personally, the place called “goshala?” where children were doing their training was especially memorable. Until then I had had a strong impression of India as a bustling and chaotic place, but seeing people raising cows and living close to nature away from the city made me feel as though I had glimpsed something of the roots of Indian life. I am not completely sure if that is the correct word, since the language there was basically Telugu. There was no mobile signal there, and it felt as if I were seeing Hindu teachings about living together with nature in their original form.

Anything else you would like to add?

After returning from India, one thing I thought was that I should value Japanese culture more. The people I met in India had a very positive image of Japanese culture and asked about it with great curiosity. I do not think that is simply because it is a different culture; rather, I think it is because Indian people themselves place great value on culture and custom. Mr. Reddy said that Japanese culture and Indian culture are very similar, and that left a strong impression on me. From my perspective, India still feels like a completely different culture, but I think Japanese culture may appear different from the Indian perspective as well. I feel that this may be one reason why people in India show so much interest in Japanese culture.

Simply realizing that we ourselves possess a culture that can attract this much interest made me want to value my own country’s culture even more, learn about it more deeply, and think about what Mr. Reddy meant when he said that Japanese culture and Indian culture are similar.

「インド体験・交流プログラム」報告

名前：三浦優人

- ・インドに行くきっかけは何ですか？（誰かの紹介・自分の興味関心）

鈴木社長の紹介

- ・インドに行く前のインドの印象は？

危険なところ（すり、衛生面など）

- ・着いた時、もしくは2日目ぐらいの印象は？

少し蒸し暑く、到着を実感した。車でホテルまで移動する時、日本では味わえないドライブを味わって死を覚悟した。ただ、インド側の歓迎ムードはすごく花で作られた首飾りは今まで掛けたことすらないのに、今回のプログラムで一生分かけたと思う。料理も思ったより口に合い、とてもおいしくいただいた。

- ・一番、思い出に残ったことは何ですか？

大学への訪問が一番思い出に残っている。寮に泊まった夜は疲れるまで踊り、日中もみんなで踊ったりと、とてもインドを感じられた。彼らはとてもダンスがうまかったのも印象的である。みんなフレンドリーでこれ以上ない歓迎をしてくれた。

- ・一番、嫌な思い出（困ったこと）は何ですか？

街を歩いているときに匂ってくる独特な臭いが印象的だ。川や卵を売っている店の前などは臭いがすごかったのを覚えている。

- ・日本と比べてどうでしたか？

出会う人たちは皆優しく、チャイの店に行った時も友達のようによくしてくれた。また、学生たちはやりたいことが明確で、それぞれが自身の夢に向かって頑張っていた。

- ・食べ物はどうでしたか？（食べられましたか？）

スパイスが想像以上に入っていたが、意外とすぐ慣れた。食べたかったものは全部食べることが出来た。特にドゥーサとビリヤニは好きになってしまった。

- ・宿泊先はどうでしたか？

とてもよく対応してくれた。フロントにいる人も丁寧に対応してくれた。学生寮も過ごし

やすかった。

・インドの服はどうでしたか？

通気性が良く、インドの気候に合っているなと感じた。インドの服も含めて、インド側からのプレゼントにはとても驚いた。

・日本に帰ってきて、インドの印象はどう変わりましたか？

ぜひまた行きたい。確かに渡航前に抱いていた印象はあるかもしれないが、対策をきちんとしていけば安全に楽しめると思う。人柄もよく、とてもいい国だと思う。

・それぞれのプログラムについての思い出は？

ヨガは実際に本物を見て、体験することが出来てうれしく思う。3人から教わったが少しずつ違い、面白かった。T-Hub ではインドで働く日本人と出会い、いろいろなお話を聞くことが出来、良い経験になった。工科大学の歓迎はすごく、学生との交流も楽しかった。彼らの学んでいることには興味が湧いたし、説明する彼らの姿はうらやましいくらい楽しそうだった。

・その他、何でも自由に

渡航前はインドはこれが最初で最後だろうくらいに考えていたが、いざ行ってみると、現地の人たちの温かさや特有の文化、美味しい食べ物に触れ、帰国後(これを書いている今も)またインドに行きたいなと思っている。ほぼ初の海外で、あまり行く機会のないインドに行くことが出来て、とても良い経験になった。



“India Experience & Exchange Program” Report

Name: Yuto Miura

What led you to go to India?

I was introduced to the program by President Suzuki.

What impression did you have of India before going there?

That it was dangerous, with risks such as pickpocketing and poor sanitation.

What was your impression when you arrived, or around the second day?

It was a little hot and humid, and that made me really feel that I had arrived. On the drive from the airport to the hotel, I experienced a kind of driving that I could never experience in Japan, and I was prepared for death. Still, the welcoming atmosphere on the Indian side was amazing. I had never even worn a flower garland before, but during this program I feel like I wore enough for a lifetime. The food also suited my taste much better than I had expected, and I enjoyed it very much.

What was the most memorable experience for you?

My visit to the university was the most memorable part. On the night we stayed in the dormitory, we danced until we were exhausted, and during the daytime as well we all danced together, which made me feel India very strongly. I was also impressed by how good they were at dancing. Everyone was very friendly and welcomed us as warmly as possible.

What was the most unpleasant memory or the biggest difficulty?

The unique smell I noticed while walking around the city left a strong impression on me. I remember the smell being particularly strong near rivers and in front of shops selling eggs.

How was it compared with Japan?

Everyone I met was kind. When we went to a chai shop, they treated us like friends. Also, the students were very clear about what they wanted to do, and each of them was working hard toward their dreams.

How was the food? Were you able to eat it?

There were even more spices than I had expected, but I got used to them surprisingly quickly.

I was able to eat everything I had wanted to try. In particular, I came to really like dosa and biryani.

How was your accommodation?

They treated us very well. Even the people at the front desk were polite and helpful. The student dormitory was also comfortable.

How were the Indian clothes?

They were breathable, and I felt that they suited India's climate very well. I was also very surprised by the gifts from the Indian side, including the clothes.

After returning to Japan, how did your impression of India change?

I would definitely like to go again. The impressions I had before traveling may not have been entirely wrong, but I think that if you prepare properly, you can enjoy the country safely. The people are kind, and I think it is a very good country.

What are your memories of the individual programs?

Yoga: I was happy to be able to see and experience the real thing. Three different instructors taught us, and each style was slightly different, which I found interesting.

T-Hub: I met a Japanese person working in India there and was able to hear many interesting stories, which was a valuable experience.

Engineering university: The welcome there was amazing, and interacting with the students was very enjoyable. I became interested in what they were studying, and I was envious of how much they seemed to enjoy explaining their work.

Anything else you would like to add?

Before traveling, I thought this would probably be my first and last time going to India. But once I actually went, I experienced the warmth of the local people, the unique culture, and the delicious food, and ever since returning home, even now as I write this, I find myself wanting to go back again. It was almost my first trip abroad, and being able to go to India, a place I would rarely have the chance to visit, turned out to be a truly wonderful experience.

「ユースのインド体験・交流プログラム」を引率して

名前：為我井 輝忠

2月19日から3月2日までワイズメンズクラブ国際協会東日本区主催の12日間、7名のユース（大学生6名と高校生1名）たちとインドのテランガーナ州ハイデラバードへ行って来ました。インドはこれまで複数回出掛けていますが、再度、広大な国土と多様な民族に触れ、今回はこれまでとは違う緊張感で異文化を体験することができました。

ハイデラバードのワイズメンズクラブとYMCAの協力で様々なプログラムを用意いただき、同地に滞在することができました。特に、私の最も強く印象に残ったことは2つの大学を訪問したことです。Marri Laxman Reddy Institute of Technology and Management（M.LR. 工科経営大学 / MLRITM）と Yashoda College of Nursing（Yashoda 看護大学）です。どちらも私立大学です。インドではこの時期大学は学年末ということで試験や行事等立て込んでいたようですが、私たちのために多くの時間を割いていただき、学生との交流、授業見学、大学関係者との会見、また MLRITM では学生たちが取り組んでいるドローン製作現場の見学や機械工学の実践現場等見せていただきました。Yashoda 看護大学は将来医療の現場に携わるための女子だけの大学ですが、看護、出産、保育、栄養面等多方面にわたって教育がなされていて、興味深いものがありました。

大学訪問以外にもハイテク関連施設見学、文化体験（博物館見学やインド舞踊）、宗教施設（ヒンズー教及び仏教寺院）訪問、ヨガ体験、結婚式への招待等の多くのプログラムが組み込まれていました。いずれも学生の興味を引くようなものばかりで、好ましく思えました。

次に、今後の参考に困ったことや改善してほしいことを数点述べたいと思います。

1. 宿泊したホテル（Taji Mahal Hotel）はかなり設備が古く、お湯が出なかったり、ゴキブリや虫が発生した部屋があったことです。こうした部屋は変えてもらいましたが、今までツインベッドの部屋からダブルベッドの部屋になったりして学生側は少々戸惑っていました。

2. 同じくホテルのことになりますが、ここはベジタリアン向けのようで、ホテル内のレストランは全てベジタリアン料理で、肉や魚類は一切ありませんでした。最初は気がつきませんが、後に外での食事の際には意識的にチキンやマトンや魚を大いに摂ったことは言うまでもありません。

3. 予定が次から次へと変わったことです。MIRITM での寮滞在2泊が1泊になり、ホームステイがなくなったり、その他にも予定変更がいくつもありました。

4. 時間の概念が違うせいかスタートが30分や1時間の遅れは毎日でした。インド側ホストの皆さんもインドでは12時と言ってもそれは「12時頃」であって、厳密に12時ということは意味しませんとのことで、妙に納得してしまいました。

5. 帰路、ハイデラバードから香港での乗り継ぎに1時間しかなく、ぎりぎりセーフで成田便に乗ることができました。最初、15分手続気が遅れるとの案内があり、これではもうダメかと思いましたが、香港には定時の到着となり、出口でグランドスタッフが待ち構えて案内してくれたので、何とか乗ることができました。通常ならば、とても不可能だったでしょう。2時間の余裕は欲しかったです。

ユースの参加者たちはすでに欧米への渡航経験があり、外国事情には十分精通しているようですが、今回のインド研修はこれまでの体験では得られない、より多くのものがあったと確信します。いずれ報告会を開き、インドで得た様々な研修と体験を報告できると思います。最後になりましたが、今回の研修旅行に際してはインド側のハイデラバードワイズメンズクラブの3人の方々（Dr. Reddy、Kumar さん、Pani さん）に特にお世話になりました。連日時間を割いてエスコートしていただきました。心から感謝いたします。



Accompanying the “Youth India Experience and Exchange Program”

Name: Terutada Tamegai

From February 19 to March 2, I accompanied seven young participants (six university students and one high school student) on a 12-day program organized by the East Japan Region of Y’s Men International to Hyderabad, Telangana, India.

Although I have visited India several times before, I was once again struck by the vastness of the country and the diversity of its people. This time, however, I experienced intercultural exchange with a renewed sense of tension and awareness, different from my previous visits.

With the generous cooperation of the Y’s Men’s Club of Hyderabad and the YMCA, we were able to stay in Hyderabad and participate in a wide range of programs. Among these, the most memorable for me were visits to two universities: **Marri Laxman Reddy Institute of Technology and Management (MLRITM)** and **Yashoda College of Nursing**. Both are private institutions.

Although it was the end of the academic year in India and the universities were busy with exams and events, they kindly devoted a great deal of time to us. We had opportunities for interaction with students, observation of classes, meetings with university officials, and at MLRITM, visits to facilities such as drone development sites and practical mechanical engineering workshops.

Yashoda College of Nursing, a women’s college preparing students for careers in healthcare, provides education in a wide range of fields including nursing, childbirth, childcare, and nutrition, which I found particularly interesting.

In addition to the university visits, the program included tours of high-tech facilities, cultural experiences (such as museums and Indian dance), visits to religious sites (Hindu and Buddhist temples), yoga sessions, and even participation in a wedding ceremony. All of these activities were highly engaging for the students and were very well received.

Points for Improvement and Consideration for the Future

I would like to mention several issues and suggestions for improvement:

1. **Accommodation:**

The hotel we stayed at (Taj Mahal Hotel) had quite old facilities. Some rooms had no hot water, and there were issues with cockroaches and insects. Although we were able to change rooms, there was some confusion among students when room types changed from twin beds to double beds.

2. **Meals:**

The hotel appeared to cater primarily to vegetarians, and all restaurant meals were vegetarian, with no meat or fish available. We did not realize this at first, but later made sure to consume chicken, mutton, and fish when eating outside.

3. **Frequent Schedule Changes:**

The schedule changed frequently. For example, a planned two-night stay at the MLRITM dormitory was reduced to one night, and the homestay program was canceled. There were several other changes as well.

4. **Time Management:**

Due to differences in the concept of time, delays of 30 minutes to one hour were common every day. The Indian hosts explained that “12 o’clock” in India often means “around 12,” rather than exactly at 12:00, which I found quite understandable in context.

5. **Return Flight Connection:**

On our return journey, we had only one hour for transit in Hong Kong, which was extremely tight. At one point, we were informed of a 15-minute delay, and I feared we would miss our flight. Fortunately, we arrived on time, and ground staff were waiting to assist us, allowing us to make the connection. Under normal circumstances, this would have been very difficult. Ideally, at least a two-hour layover would be preferable.

The youth participants had already traveled to Europe and the United States and were familiar with international environments. However, I am confident that this experience in India provided them with insights and learning opportunities beyond anything they had previously encountered. We plan to hold a report session in the future to share the various experiences and lessons gained during this program.

Finally, I would like to express my heartfelt gratitude to the three members of the Y’s Men’s Club of Hyderabad—**Dr. Reddy, Mr. Kumar, and Mr. Pani**—for their exceptional support throughout this program. They devoted their time daily to accompany and assist us, and I am deeply thankful for their hospitality.

～「インド体験・交流プログラム」の楽しくも有意義なレポート～（Facebook より）

名前：為我井輝忠

2月19日から3月2日までインドのテランガーナ州（Telangana）のハイデラバード（Hyderabad）を大学生6人と高校生1名のユースの方々と訪ねてきました。これはワイズメンズクラブ国際協会東日本区の主催による「インド体験・交流プログラム」ツアーで、12日間の日程で実施されました。

～Report on the India Experience and Exchange Program～

Under the auspices of Y's Men's International East Japan Region, a 12-day youth exchange program was conducted in Hyderabad, India, from February 19th to March 2, 2026. The delegation included six university students and one high school student.

ここに紹介する新聞記事は20日に開催されたハイデラバード Y's Men's Club と YMCA の共同歓迎会の記事です。英語（上）、ヒンディー語（中）、テレグ語（下段）でそれぞれ紹介されています。

The program featured a formal welcoming ceremony on February 20, co-hosted by the Y' Men's Club of Hyderabad and the YMCA. This event was widely publicized in the local news media across three languages: English, Hindi, and Telugu. These publications serve as a testament to the successful integration and the strong partnership between the Y' s Men's International and the YMCA in promoting international youth development.

METRO UDAYAM
Newspaper in English
epaper.metroodayam.in
21 Feb 2026 - Page 2

India-Japan people-to-people friendship is unprecedented

- A grand reception for the Japanese delegation that visited India on a cultural tour.

Chikkadapally, February 20 metro udayam : The friendly relations between the people of India and Japan that have continued for more than six decades are unprecedented," said G. Vasundhara, Deputy Secretary, State Treasury and Accounts Department. On the occasion of the visit of a group of 8 young members from Saitama YMCA under the auspices of the Wise Men Clubs of Eastern Japan to the city, Hyderabad Wise Men Club and Hyderabad YMCA jointly organized an introductory program at Narayanguda YMCA on Friday. Vasundhara, who was the chief guest of the program.. The Japanese delegation consisted of Kusunoki Yosei, Miurayuto, Ninomiya Daito, Okatowa, Sanoriko, Tachibanada Mua, Nakagawa Kentaro, Tamegai The leaders were felicitated with garlands and shawls and spoken. He said that such cultur-



al tours enhance friendship and camaraderie between the people of different countries. Dr. G. Upender Reddy, Goodwill Ambassador of Nagoya City, Japan, presided over the program and introduced the Japanese representatives. Vemaraju Vijayaku Mar explained that as part of this tour, the Japanese representatives will

study the culture, traditions, lifestyle of the people, and education and teaching methods of India. He also said that they will visit historical monuments. Hyderabad YMCA General Secretary Priest Gaius, Dr. B. J. Vinaya Swarup, Hyderabad Club President Nishtala Sudhamala, B.V. Narayana Rao and others participated in this program.

ఉంటుందనే సందేహంతో సలోజ్ హిందీలో చదివిన ఖుద్ హర్షం వ్యక్తం చేశారు.

సాంస్కృతిక పర్యటనలు సంబంధాలను పెంపొందిస్తాయి



నవతెలంగాణ-హిందీలో నగర్

సాంస్కృతిక పర్యటనలు వివిధ దేశాల ప్రజల మధ్య స్నేహ సంబంధాలు, మైత్రిని పెంపొందిస్తాయని రాష్ట్ర ఖజానా, లెక్కల శాఖ ఉప సంచాలకురాలు జి.వసుంధర అన్నారు. జపాన్ తూర్పు ప్రాంతం వైజ్ మెన్ క్లబ్ ల నిర్వహణలో సాయిత్మా వైఎంసీపీ నుంచి 8 మంది యువ సభ్యుల బృందం హైదరాబాద్ నగర పర్యటనకు విచ్చేసిన సందర్భంగా హైదరాబాద్ వైజ్ మెన్ క్లబ్, హైదరాబాద్ వైఎంసీపీలు సంయుక్తంగా శుక్రవారం నారాయణగూడలోని వైఎంసీపీ కార్యాలయంలో వారి

● రాష్ట్ర ఖజానా, లెక్కల శాఖ ఉప సంచాలకురాలు జి.వసుంధర

పరిచయ కార్యక్రమాన్ని నిర్వహించారు. ఈ సందర్భంగా వసుంధర మాట్లాడుతూ భారత్, జపాన్ దేశ ప్రజల మధ్య స్నేహ సంబంధాలు 6 దశాబ్దాలకు పైగా కొనసాగడం అపూర్వమైన విషయమన్నారు. జపాన్ లోని నగోయ నగరం గుడ్ విల్ రాయబారి డాక్టర్ జి.ఉపేందర్ రెడ్డి జపాన్ ప్రతినిధులను పరిచయం చేశారు. వేమరాజు విజయ్ కుమార్ మాట్లాడుతూ ఈ పర్యటనలో భాగంగా జపాన్ ప్రతినిధులు భారతదేశ సంస్కృతి, సంప్రదాయాలను, ప్రజల జీవన విధానం, విద్యా బోధనా పద్ధతులను అధ్యయనం చేస్తారని, అదేవిధంగా చారిత్రాత్మక కట్టడాలను సందర్శిస్తారని తెలిపారు. ఈ కార్యక్రమంలో హైదరాబాద్ వైఎంసీపీ ప్రధాన కార్యదర్శి ప్రీన్స్ లీ గైయాస్, సలహాదారులు డా.బి.జె.వినయ్ స్వరూప్, హైదరాబాద్ క్లబ్ అధ్యక్షురాలు నిష్పల సుధామాల, బి.వి.నారాయణరావు తదితరులు పాల్గొన్నారు.

సాక్షి

భారత్, జపాన్ తో దశాబ్దాల స్నేహబంధం

జపాన్ ప్రతినిధుల నగర పర్యటన

కాచిగూడ: భారత్, జపాన్ ప్రజల మధ్య స్నేహ సంబంధాలు ఆరు దశాబ్దాలకు పైగా కొనసాగడం అపూర్వమైన విషయమని రాష్ట్ర ఖజానా, లెక్కల శాఖ ఉపసంచాలకురాలు జి.వసుంధర అన్నారు. జపాన్ తూర్పు ప్రాంతం వైజ్ మెన్ క్లబ్ ల నిర్వహణలో సాయిత్మా వైఎంసీపీ నుంచి 8 మంది యువ సభ్యుల బృందం నగర పర్యటనకు విచ్చేశారు. ఈ సందర్భంగా శుక్రవారం హైదరాబాద్ వైజ్ మెన్ క్లబ్, గ్రేటర్ హైదరాబాద్ వైఎంసీపీలు సంయుక్తంగా పరిచయ కార్యక్రమాన్ని నారాయణగూడలోని వైఎంసీపీలో నిర్వహించారు. ఈ కార్యక్రమానికి ముఖ్యఅతిథిగా హాజరైన వసుంధర జపాన్ బృందం కుసునోకి యోసెయి, మియూరాయతో, నినోమియాదాయితో తదితరులను పుష్పగుచ్ఛం అందజేసి స్వాగతం పలికారు.

◆ అనంతరం ఆమె మాట్లాడుతూ.. ఇలాంటి సాంస్కృతిక పర్యటనలు వివిధ దేశాల మధ్య స్నేహ సంబంధాలు, మైత్రిని పెంపొందిస్తాయని అన్నారు. జపాన్ లోని నగోయ నగరం గుడ్ విల్



జపాన్ ప్రతినిధులను సత్కరించిన ఖజానా, లెక్కల శాఖ ఉపసంచాలకురాలు వసుంధర

రాయబారి డాక్టర్ జి.ఉపేందర్ రెడ్డి కార్యక్రమానికి అధ్యక్షత వహించి జపాన్ ప్రతినిధులను పరిచయం చేశారు. ఈ పర్యటనలో భాగంగా జపాన్ ప్రతినిధులు భారతదేశ సంస్కృతిని, సంప్రదాయాలను, ప్రజల జీవన విధానాన్ని, విద్యా బోధనా పద్ధతులను అధ్యయనం చేస్తారని వేమరాజు విజయ్ కుమార్ వివరించారు. అలాగే చారిత్రక కట్టడాలను సందర్శిస్తారని తెలిపారు. ఈ కార్యక్రమంలో గ్రేటర్ హైదరాబాద్ వైఎంసీపీ కార్యదర్శి ప్రీన్స్ లీ గైన్, డాక్టర్ బీజే వినయస్వరూప్, హైదరాబాద్ క్లబ్ అధ్యక్షురాలు నిష్పల, బీవీ నారాయణరావు తదితరులు పాల్గొన్నారు.

2月19日成田を出て、香港を経由して翌日真夜中にハイデラバード空港に到着しました。空港にはハイデラバードワイズメンズクラブの3人の方々に出迎えていただき、期待に胸を膨らませて、インドの地に第一歩を踏み出しました。

Departing from Narita on February 19th, we traveled via Hong Kong and reached Hyderabad Airport at midnight the next day. Three representatives from the Y's Men's Club of Hyderabad were there to welcome us. It was with great excitement and high expectation that we took our first step in India.



3日間早朝のヨガエクササイズに参加しました。初めての体験でしたが、なかなかいいですね。朝のさわやかな空気に触れて、心が軽やかになり、その後の朝食が美味しく感じられました。朝食はあるホテルのレストランで取りました。たまたま居合わせたホテルのオーナーが誕生日ということで、みんなでケーキをいただき、その上記念写真まで撮りました。

We took part in yoga exercises early in the morning for three days. It was my first experience, but I found it very refreshing and enjoyable. Breathing in the fresh morning air made me feel lighter in spirit, and breakfast afterwards tasted especially good. We had breakfast at a restaurant in a hotel. As it happened, it was the hotel owner's birthday, so we all shared some cake together and even took a commemorative photo.



公式訪問の間にいろいろなところへ案内していただきました。ハイデラバードで人気のあるコーヒーショップ、日本から来られたインド舞踊団の公演会、結婚式、Caminar (チャミンナル/イスラム教の歴史的建造物) 等、学生たちにとって興味ある所ばかりでした。もちろん小生にも興味ある所ばかりです。

During the official visit, we were taken to many different places. These included a popular coffee shop in Hyderabad, a performance by an Indian dance troupe from Japan, a wedding ceremony, and Charminar, the historic Islamic monument. All of them were places that greatly interested the students. Of course, they were all very interesting to me as well.



ハイデラバードはインドの中でもハイテク産業が発達している都市（Hi-Tec City）のひとつで、IT 産業が世界中をリードしていると言っても過言ではないでしょう。そんな IT 企業の「T-Hub」を見学しました。ここで働いている日本人技術者の方に案内していただきました。日本との協力関係が密で、JICA や日本各地の大学との提携をされていて、常に日本からの研修や見学が絶えないそうです。

Hyderabad is one of India's leading high-tech cities, and it would not be an exaggeration to say that its IT industry is helping lead the world. We had the opportunity to visit **T-Hub**, one of the centers of this IT ecosystem. We were guided there by a Japanese engineer working on site. We learned that T-Hub has close ties with Japan, including cooperation with JICA and partnerships with universities across Japan, and that training programs and study visits from Japan take place there on a regular basis.



今回のプログラムの中でハイライトとも言うべき2つの大学への訪問についてレポートしたいと思います。訪問した大学は次の2つです。いずれも私立大学です。

1. Marri Laxman Reddy Institute of Technology and Management (MLRITM/MRL 工科経営大学)

2. Yashoda College of Nursing (ヤショーダ看護大学)

前者は、2025年度全国の工科大学の中で200位台、ハイデラバードの大学ランキングでは20位前後に位置しているそうです。後者は看護師養成の女子専門大学です。訪れた時はちょうど期末(?)試験の真最中でした。

どちらの大学も最大級の歓迎ぶりです、そのすごさにはわが学生たちも圧倒されてしまいました。しかも、いろいろな歓迎行事や交流プログラムを通して多くのことを学ぶとともに最大限楽しむことができました。

I would now like to report on what may be called the highlight of this program: our visits to two universities. The universities we visited were the following, both of them private institutions:

1. **Marri Laxman Reddy Institute of Technology and Management (MLRITM)**
2. **Yashoda College of Nursing**

The former is said to rank in the 200s among engineering colleges nationwide in 2025, and around 20th among universities in Hyderabad. The latter is a women's college specializing in nursing education. When we visited, final examinations were apparently taking place.

At both universities, we received an extraordinary welcome. The scale and warmth of the reception were so impressive that our students were truly overwhelmed. At the same time, through the many welcoming events and exchange programs, we were able to learn a great deal and enjoy ourselves to the fullest.







これで最後のレポートになります。12日間のハイデラバード滞在は普通の旅行では味わえない貴重な体験をたくさんすることができました。これもみなハイドラバードのワイズメンズクラブとYMCAのご協力の賜物と感謝いたします。参加された皆さんも健康を害することなく、元気で帰国しました。

