



**HIGH COMMISSION OF INDIA
BRUNEI DARUSSALAM**

KNOW INDIA

MONTHLY NEWSLETTER

SEPTEMBER 2026

VOLUME 6

29. HANDLOOM PAITHANI & SILK SAREES



MESSAGE FROM THE HIGH COMMISSIONER

Dear Friends,

I am happy to present the sixth edition of our newsletter, KNOW INDIA, for the month of September 2026.

The most important development in bilateral relations was the organisation of the most successful and the first ever NAMASTE BRUNEI FESTIVAL and the GREAT INDIAN BAZAAR in One City Mall on 19 & 20 September 2026. This festival brought together a lot of Indians and Bruneians. They enjoyed the two days event thoroughly. Another highlight of the month was a very successful organisation of the first ever India Brunei Defence Industry Seminar on 22 September.

We continue with our feature of excerpts of Mann ki baat- a monthly radio address of Honourable Prime Minister of India Shri Narendra Modi. In this edition, we included Atoll group of companies, which are glowing examples of India Brunei collaboration and friendship.

As we care for our Brunei friends, we continue to bring the ancient wisdom of Ayurveda (knowledge of life) with the traditional medicine system of India. For the benefit of our Brunei friends, we included a simple yoga practice to maintain a healthy digestive system. Our traditional wisdom says that good health starts with a healthy digestive system.

In the tourism section, we covered beautiful places of Jammu & Kashmir, popularly known as the paradise on earth.

Our other regular features include the Navaratri and Vijaya Dashami festival, which is celebrated over nine days followed by grand celebration. Like Bruneians, Indians want to celebrate life.

On sweet note, we included the recipe of healthy Carrot (GAJAR) Halwa. For our young friends, we included a Panchatantra story titled "Old Tiger and Greedy Traveller."

I hope our Brunei friends will enjoy this edition, and I wish you all happy reading.

Thank you!

(Ramu Abbagani)
High Commissioner

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INDIA-Brunei Darussalam: Bilateral Relations

MET WITH THE PARTICIPANT OF AIEGAF

The High Commissioner met with Mr. Mohammad Amir Isa bin Mahrup, Senior Agriculture Assistant at the Agriculture Department, Ministry of Economic, Trade and Industry (METI), Government of Brunei Darussalam, who was one of the delegates attended the 10th Meeting of the ASEAN-India Working Group on Agriculture and Forestry (AIWGAF), the 9th ASEAN-India Ministerial Meeting on Agriculture and Forestry (9th AIMMAF), and related meetings which were held in New Delhi on 8–9 September 2026.



9TH ASEAN-INDIA MINISTERIAL MEETING ON AGRICULTURE AND FORESTRY

The 9th ASEAN-India Ministerial Meeting on Agriculture and Forestry was successfully organised in New Delhi from 7 to 10 September 2026. A delegation from Brunei Darussalam participated in the meeting.



INDIA-BRUNEI DEFENCE INDUSTRY SEMINAR

High Commission of India organised the inaugural India–Brunei Defence Industry Seminar in Bandar Seri Begawan on 22 September, with active participation by interlocutors from the Government of Brunei Darussalam. Nine leading Indian defence companies showcased their products. The Seminar marked a significant step in advancing defence industrial cooperation, further strengthening the enduring ‘Enhanced Partnership’ between India and Brunei.



ATTENDED NATIONAL DAY RECEPTION OF SAUDI ARABIA

High Commissioner Shri Ramu Abbagani and Spouse Pushpa Abbagani attended National Day Reception of Saudi Arabia at Polo Club in Brunei Darussalam on 23 September 2026.



Activities of the High Commission

CELEBRATION OF HINDI DIWAS 2026

Hindi Diwas 2026 was celebrated with great enthusiasm at the High Commission of India, Brunei Darussalam on 14 September 2026. The celebration brought together participants of different age groups to showcase their love for the Hindi language through Hindi Poem Recitation, Hindi Song Singing and Hindi Speech competitions. The event reflected the beauty, richness and diversity of Hindi, while providing a wonderful platform for the Indian community and friends of India in Brunei to express themselves through the language.



ORGANISED NAMASTE BRUNEI FESTIVAL 2026 (INDIAN COMMUNITY FUN FAIR 2026)

The High Commission of India organised the first ever Indian Community Fun Fair from 19 to 20 September 2026 at OneCity Shopping Centre in Bandar Seri Begawan, Brunei Darussalam. The High Commission organised this event in collaboration with Indian Associations based in Brunei, Bandar Seri Begawan Indian Association (BSBIA), Indin Association in Belair (IAB), Malayali Association and Telugu Association.

The two main components of the Indian Community Fun Fair were- Namaste Brunei Festival and The Great Indian Bazaar. More than hundred artists performed over twelve hours in two days long Namaste Brunei Festival. The artists presented various art forms of India during the event. The Great Indian Bazaar was organised during the same period by setting up of 55 booths which were offered to Indian Community Memnners who are owners of Indian restaurants, Indian artists and painters and Indian garments, textiles, handicrafts and accessories. The Deputy Permanent Secretary, Ministry of Culture, youth & Sports, Brunei Darussalam graced the occassion as the Guest of Honour.



OBSERVANCE OF 11TH AYURVEDA DAY

The High Commission of India observed the 11th Ayurveda Day on 23 September 2026 at the Multipurpose Hall.

The programme commenced with an address by High Commissioner of India, who highlighted the significance of Ayurveda in contemporary times. Dr. Jyoti Jha, Ayurvedic expert, delivered an insightful presentation on this year's theme, "Ayurveda for Healthier Tomorrow." She discussed the basic principles of Ayurveda, Integrative Ayurveda, and evidence-based studies highlighting the potential benefits of Ayurveda in addressing metabolic disorders. The event was attended by more than 60 participants, including distinguished members of the diplomatic corps from Turkiye, Timor-Leste, Germany, Laos and Indonesia. The programme served as a meaningful platform to promote awareness of Ayurveda and its holistic approach to health and well-being.



SWACHHATA PLEDGE

On 24 September 2026, High Commissioner Shri Ramu Abbagani administered the Swachhata pledge to the Mission officers/ officials as part of the Swachhata Hi Seva Campaign.

Guided by this year's theme, "Swachhata Mein Sahbhag; Swachh Bharat, Viksit Bharat," officers and officials reaffirmed their dedication to collective action.



EYE SCREENING CAMP

The High Commission of India in collaboration with Dr. Helena Huraiah, Vice President of the Brunei Ophthalmic Society and Indian Ophthalmologists working in RIPAS and JPMC, organised an Eye Screening Camp at the Chancery premises from 8:00 am to 11:30 am on Friday, 25 September 2026.

A dedicated team of experienced twelve ophthalmologists and fourteen nurses & technical personnel conducted comprehensive ophthalmic screening for approximately 120 participants who attended the camp. The screening included visual acuity assessment, fundus examination, and clinical evaluation of ocular health, followed by individual consultation with the ophthalmologists. Participants were provided with professional medical advice based on the findings of their examinations, including guidance regarding further ophthalmic evaluation and management, wherever required.





ATTENDED INAUGURATION CEREMONY OF DENTISTREE DENTAL CLINIC

High Commissioner, along with spouse, attended the inauguration ceremony of DENTISTREE dental clinic on 25 September 2026. This is an initiative of Indian doctors with high-quality services. High Commissioner extends best wishes to the success of this initiative by doctors who are enthusiastic to provide quality service to Brunei friends.



ORGANISED VIKSIT BHARAT RUN 2026

The High Commission of India organised the 'India Brunei Friendship Run for Viksit Bharat 2047 and Wawasan Brunei 2035' on 27 September 2026 at Taman Riadah, Jubli Emas, Kuala Belait. The Run was flagged off by the High Commissioner, Shri Ramu Abbagani, with enthusiastic participation from 150+ members of the Indian diaspora and friends of India in Brunei Darussalam. It was heartening to see many Bruneians participated in the Run.

It was a vibrant celebration of fitness, community spirit and collective commitment towards the meaningful initiative to promote the Friendship between India and Brunei and support initiatives of Viksit Bharat 2047 and Wawasan Brunei 2035. In his address high commissioner encouraged participants to contribute to India Brunei friendship, trade & investment & Tourism flows between two countries. He invited Indian tourists to visit Brunei and make 'Visit Brunei 2027' successful and invited Bruneians to explore India by taking advantage of direct flight between Brunei and Chennai.

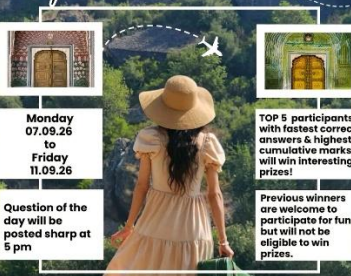


5TH KNOW INDIA QUIZ CONTEST

High Commission organised fifth Know India Quiz Contest from 7 to 11 September 2026. Following are the questions used in the contest. Readers can test their knowledge about India by participating in the quiz.

5TH ROUND
KNOW INDIA QUIZ CONTEST
(7 - 11 September 2026)

Let's Explore INDIA



Monday 07.09.26 to Friday 11.09.26

Question of the day will be posted sharp at 5 pm

TOP 5 participants with fastest correct answers & highest cumulative marks will win interesting prizes!

Previous winners are welcome to participate for fun, but will not be eligible to win prizes.

HIGH COMMISSION OF INDIA, BRUNEI DARUSSALAM

Q 1.

KNOW INDIA QUIZ CONTEST
5TH ROUND (7-11 SEPTEMBER 2026)

Match names and images of monuments



1.  2. 

3.  4. 

A. VIVEKANANDA ROCK MEMORIAL, KANYAKUMARI, TAMILNADU
B. MAHABALIPURAM TEMPLE, TAMILNADU
C. ADIYOG STATUE, COIMBATORE, TAMILNADU
D. BRIHADEESHWARA TEMPLE, TAMILNADU

HIGH COMMISSION OF INDIA, BRUNEI DARUSSALAM QUESTION ON 07.09.2026

Q 2.

KNOW INDIA QUIZ CONTEST
5TH ROUND (7-11 SEPTEMBER 2026)

This Nilgiri Toy Train, runs in which city of Tamil Nadu?



A. CHENNAI C. OOTY
B. TRICHY D. KODAIKANAL

HIGH COMMISSION OF INDIA, BRUNEI DARUSSALAM QUESTION ON 08.09.2026

Q 3.

KNOW INDIA QUIZ CONTEST
5TH ROUND (7-11 SEPTEMBER 2026)

Famous Marina beach is located in which city of Tamil Nadu ?



A. RAMESHWARAM C. MADURAI
B. CHENNAI D. SALEEM

HIGH COMMISSION OF INDIA, BRUNEI DARUSSALAM QUESTION ON 09.09.2026

Q 4.

KNOW INDIA QUIZ CONTEST
5TH ROUND (7-11 SEPTEMBER 2026)

AUROVILLE town is located in which city of India?



A. PONDICHERRY
B. HYDERABAD
C. CHENNAI
D. TRIVANDRUM

HIGH COMMISSION OF INDIA, BRUNEI DARUSSALAM QUESTION ON 10.09.2026

Q 5.

KNOW INDIA QUIZ CONTEST
5TH ROUND (7-11 SEPTEMBER 2026)

India's oldest Mosque - Cheraman Juma Masjid is located in which state of India?



A. KARNATAKA C. KERALA
B. TAMILNADU D. TELANGANA

HIGH COMMISSION OF INDIA, BRUNEI DARUSSALAM QUESTION ON 11.09.2026

Discover India: JAMMU AND KASHMIR – PARADISE IN HIMALAYAS

Jammu and Kashmir, nestled in the majestic Himalayas, is one of India's most enchanting tourist destinations, renowned for its breathtaking landscapes, rich cultural heritage and warm hospitality.



Srinagar captivates visitors with Dal Lake, traditional houseboats and magnificent Mughal gardens. Gulmarg offers spectacular mountain views and winter sports, while Pahalgam and Sonamarg attract nature lovers with lush valleys, rivers and snow-capped peaks.

Jammu is celebrated for its spiritual landmarks, including the revered Vaishno Devi Shrine. With its vibrant handicrafts, authentic Kashmiri cuisine, serene lakes and diverse seasonal experiences, Jammu and Kashmir promises international travellers an unforgettable journey through India's natural and cultural splendour.

Travel Route Options:

- Brunei – Chennai – Delhi
- Brunei – Singapore – Delhi
- Brunei – Kuala Lumpur – Delhi

THE BEST TRAVEL ROUTES

KEY INDIAN CITIES WITH DIRECT FLIGHTS FROM SINGAPORE:

AHMEDABAD
AMRITSAR
BENGALURU
CHENNAI
COIMBATORE
DELHI
GOA
HYDERABAD
KOCHI
KOLKATA
MUMBAI
THIRUVANANTHAPURAM
TIRUCHIRAPPALLI
VISAKHAPATNAM

KEY INDIAN CITIES WITH DIRECT FLIGHTS FROM MALAYSIA:

AHMEDABAD
AMRITSAR
BENGALURU
CHENNAI
CHANDIGARH
DELHI
KOCHI
KOLKATA
LUCKNOW
MUMBAI
NAGPUR
PUNE
THIRUVANANTHAPURAM
TIRUCHIRAPPALLI



Prime Minister's Mann Ki Baat

MODHERA, GUJRAT: FROM SUN TEMPLE TO SOLAR VILLAGE

In the 138th episode of *Mann Ki Baat*, broadcast on 27 September 2026, Prime Minister Shri Narendra Modi highlighted the remarkable heritage of Modhera, Gujarat, and its transformation into India's first 'Surya Gram' or Solar Village.

The Prime Minister recalled that the famous Modhera Sun Temple, built by King Bhimdev I in 1025 AD, was attacked and destroyed in 1026 AD, the same year as the destruction of the Somnath Temple. He highlighted King Bhimdev I's resilience in confronting the forces of Mahmud of Ghazni and rebuilding the Sun Temple within a short time. The temple was later destroyed again during the invasion of Alauddin Khilji.

Today, Modhera represents the enduring connection between India's cultural heritage and sustainable development. The village runs entirely on solar energy, setting an example of sustainability. It also offers enhanced tourist attractions and amenities. The annual Modhera Dance Festival, held in January after Makar Sankranti, showcases India's rich cultural and classical dance traditions.

The Prime Minister encouraged people to visit Modhera and experience its glorious heritage, where the timeless legacy of the Sun Temple meets the promise of a sustainable future.

“

हम भारत के लोग सूर्य की उपासना केवल वास्तु और मंदिरों के जरिए ही नहीं करते, हमारी सूर्य उपासना, उसका एक अर्थ ये भी होता है प्रकाश, ऊर्जा, विज्ञान और निरंतरता की प्रेरणा ।



इसीलिए, मोढेरा भी आज ना केवल सूर्य मंदिर के लिए जाना जाता है, बल्कि गुजरात का ये गांव देश का प्रथम सूर्य ग्राम, solar village बन चुका है ।

मन की बात, 27 सितंबर 2026

“

जब इतना बड़ा आक्रमण हुआ हो, सोमनाथ मंदिर जैसा आस्था का इतना बड़ा केंद्र खंडित किया गया हो और कई जगहों पर भी हमले हुए हों तो किसी भी समाज या शासन का मनोबल टूट सकता था ।



लेकिन, राजा भीमदेव प्रथम ने न केवल गजनी का मुकाबला किया था बल्कि, कुछ ही समय में मोढेरा सूर्यमंदिर का पुनर्निर्माण भी करवा दिया ।

मन की बात, 27 सितंबर 2026

THE FESTIVAL OF VICTORY

Vijaya Dashami

A celebration of courage, righteousness and the triumph of good over evil.



The Significance

Vijaya Dashami, also known as Dussehra, is a significant Hindu festival that marks the victory of good over evil. It celebrates Goddess Durga's triumph over the demon Mahishasura and Lord Rama's victory over Ravana. The day symbolizes courage, righteousness and the power of truth.



The Message

Vijaya Dashami reminds us that:

- Goodness and truth always prevail
- Courage helps us overcome challenges
- Inner strength leads to success
- We must strive to remove negativity and spread positivity in society



Let Us Carry Forward

The spirit of Vijaya Dashami inspires us to follow the path of honesty, compassion and self-discipline, and to work towards a better, brighter future for ourselves and for the world.



Gajar Ka Halva

A traditional treat, full of flavour and warmth

Simple ingredients • Easy steps • Delicious result



Ingredients

-  Carrots (grated) – 1 kg
-  Full cream milk – 1 litre
-  Sugar – $\frac{3}{4}$ to 1 cup
-  Ghee – 3–4 tbsp
-  Khoya (optional) – $\frac{1}{2}$ cup
-  Dry fruits (almonds, cashews, raisins, pistachios) – as per taste
-  Cardamom powder – $\frac{1}{2}$ tsp

Method / Steps

1



Wash, peel and grate the carrots.

2



Heat 1–2 tbsp ghee in a thick pan. Add grated carrots and sauté for 5–7 minutes.

3



Add milk and cook on medium flame, stirring occasionally, until the carrots become soft and the milk reduces.

4



Add sugar and continue cooking, stirring well.

5



Add khoya (if using) and cook until the mixture thickens. Add remaining ghee.

6



Finally, add cardamom powder and mix well. Garnish with dry fruits. Serve hot or warm.



Why It's Special

- Rich in vitamins (especially A)
- Good source of energy
- Perfect winter comfort food
- Loved by all ages



Tips

- Use fresh, juicy red carrots for the best flavour and colour.
- Stir continuously to avoid burning.
- Adjust sweetness as per taste.
- You can add a pinch of saffron for extra aroma and richness.



Serving Suggestion

Enjoy Gajar Ka Halva as a dessert, a festive treat, or simply when you crave something warm and wholesome.

Yoga Practices for Digestive Wellness

LAGHU SHANKHA PRAKSHALANA



Yoga for Healthy Digestive System

Cleanse • Balance • Rejuvenate



A Healthy Digestive System Builds a Healthy You

A clean and well-functioning digestive system helps in better absorption of nutrients, improves immunity and maintains overall well-being.

Yoga offers simple yet powerful practices to keep the digestive system strong and balanced.

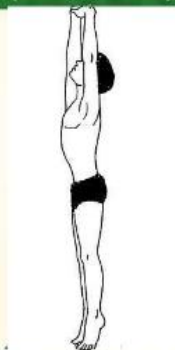
Laghu Shankha Prakshalana (Mini Intestinal Cleansing)

Laghu Shankha Prakshalana is a simple and effective yogic technique to cleanse the entire digestive tract. It involves drinking lukewarm salt water and performing a series of five Asanas, which help the water move through the intestines and cleanse the system naturally.

Laghu Shankha Prakshalana

The Five Asanas

1. Tadasana (Palm Tree Pose)



- Stand tall, interlock fingers, raise arms overhead.
- Rise up on your toes to stretch the alimentary canal.

2. Tiryak Tadasana (Swaying Palm Tree Pose)



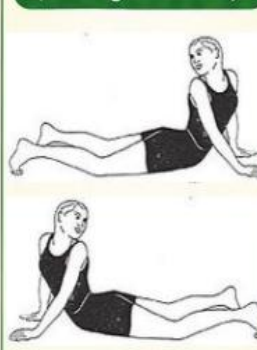
- Stand with feet apart and side-bend the torso alternately to the left and right.

3. Kati Chakrasana (Waist-Rotating Pose)



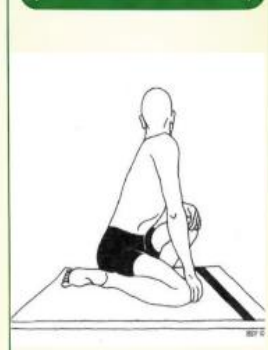
- Stand with feet apart, twist the upper body and waist side-to-side, looking over the shoulder.

4. Tiryak Bhujangasana (Twisting Cobra Pose)



- Lie prone or in a cobra position, then look back toward your opposite heel on each side to twist the abdomen.

5. Udarakarshanasana (Abdominal-Contortion Pose)



- Squat with feet apart, twist the torso, and press one knee toward the opposite foot to squeeze and massage the lower abdomen.

Preparation

- Do the practice in the morning on an empty stomach.
- Prepare lukewarm water with rock salt (about 1 teaspoon per litre).
- Keep 3–5 litres of this water ready, depending on your body weight and comfort level.

The Practice

- 1 Drink the salt water (3–5 litres) slowly.
- 2 Perform the five Asanas in the given sequence (Tadasana → Tiryak Tadasana → Kati Chakrasana → Tiryak Bhujangasana → Udarakarshanasana).
- 3 Repeat the sequence 2–3 times if required.
- 4 After completion, have a light meal.
- 5 Rest and avoid strenuous activity for the rest of the day.

Important Points

- Do not practice during pregnancy, menstruation, high blood pressure, stomach ulcer, hernia or any serious illness.
- Beginners should do it under the guidance of a qualified yoga teacher.
- If you feel discomfort, stop the practice and rest.

Benefits

- Cleanses the entire digestive tract.
- Relieves constipation and bloating.
- Improves digestion and absorption of nutrients.
- Boosts energy and supports overall well-being.



A clean gut leads to a healthy mind and a joyful life



Laghu Shankha Prakshalana

Laghu Shankha Prakshalana is a traditional yogic cleansing practice intended to support digestive wellness and bowel regularity. It involves drinking lukewarm, lightly salted water, followed by a sequence of five specific yoga postures that encourage movement and stretching of the abdominal region.

Practice and Postures

The practice generally includes drinking the prescribed amount of lukewarm saline water, followed by the following five postures in sequence:

1. **Tadasana** (Palm Tree Pose): Stretches the body upward and encourages movement through the digestive tract.
2. **Tiryaka Tadasana** (Swaying Palm Tree Pose): Provides lateral stretching of the trunk and abdominal region.
3. **Kati Chakrasana** (Waist Rotating Pose): Involves gentle twisting of the torso.
4. **Tiryaka Bhujangasana** (Swaying Cobra Pose): Combines spinal extension with gentle twisting movements.
5. **Udarakarshanasana** (Abdominal Stretch Pose, sitting): Involves squatting and rotating the knees to apply gentle pressure to the abdomen.

Benefits

- The coordinated movements stimulate intestinal activity and support bowel regularity.
- The postures also improve trunk mobility and gently mobilise the abdominal region.
- When practised appropriately, the technique helps individuals experiencing occasional constipation.

Precautions

- This practice should be learned under the guidance of a qualified yoga therapist.
- It should be avoided by individuals with kidney or heart disease, high blood pressure, intestinal obstruction, active gastrointestinal disorders, or those advised to restrict salt or fluids.
- Pregnant individuals and people recovering from abdominal surgery should not practise it without medical clearance.
- Stop immediately if pain, dizziness or unusual discomfort occurs.

Wisdom of Ayurveda:

HEALTHY EATING AND HEALTHY LIFESTYLE IN AYURVEDA

Dr Jyoti Jha (B.Ayurveda, MD, OB/GYN)

Healthy Eating and a Healthy Lifestyle in Ayurveda

Ayurveda, the traditional system of medicine originating in India, emphasises the importance of a balanced diet and a disciplined daily routine for maintaining health and well-being. According to Ayurvedic principles, health depends not only on the food we eat but also on our digestion, daily habits, physical activity, mental well-being, and the harmony between the individual and the surrounding environment. The concepts of *Ahara* (diet) and *Dinacharya* (daily routine) therefore occupy an important place in Ayurvedic living.

Healthy Eating According to Ayurveda (*Ahara*)

Ayurveda considers food an essential source of nourishment for the body and mind. A balanced diet should support digestion, nourish the body's tissues, and contribute to overall vitality. The traditional Ayurvedic approach to nutrition gives importance to six tastes, known as *Shad Rasa*: sweet (*Madhura*), sour (*Amla*), salty (*Lavana*), pungent (*Katu*), bitter (*Tikta*), and astringent (*Kashaya*).

Each taste is traditionally understood to influence digestion and the three doshas—*Vata*, *Pitta*, and *Kapha*—in different ways. Including a variety of tastes in meals can encourage dietary diversity. However, the appropriate combination and quantity of foods depend on individual needs, digestive capacity, activity levels, and health conditions.

Taste	Role	Key Benefits	Dosha Impact (In Excess)
Sweet (<i>Madhura</i>)	The Lover	Nourishes body and mind; builds tissue and strength; promotes love and joy.	Pacifies <i>Vata</i> & <i>Pitta</i> .
Sour (<i>Amla</i>)	The Appetiser	Boosts appetite and digestion; increases body moisture.	Balances <i>Vata</i> ; aggravates <i>Pitta</i> & <i>Kapha</i> .
Salty (<i>Lavana</i>)	The Enhancer	Enhances flavors; aids digestion; moisturizes tissues.	Balances <i>Vata</i> ; aggravates <i>Pitta</i> & <i>Kapha</i> .
Bitter (<i>Tikta</i>)	The Cleanser	Curbs sweet cravings; cleanses toxins from liver, skin, and channels.	Cleanses body; scrapes toxins.
Pungent (<i>Katu</i>)	The Burner	Burns toxins; stokes digestive fire; brings mental clarity.	Balances <i>Vata</i> & <i>Kapha</i> ; aggravates <i>Pitta</i> .
Astringent (<i>Kashaya</i>)	The Dryer	Absorbs excess fluids; has a subtle drying and cleansing effect.	Balances <i>Pitta</i> & <i>Kapha</i> ; aggravates <i>Vata</i> .

Along with these traditional principles, a practical approach to healthy eating is to include a variety of vegetables, fruits, whole grains, and protein-rich foods in daily meals.

A simple guide for arranging a meal is:

- **Half the plate:** Cooked Vegetables, Salad and greens.
- **One-quarter of the plate:** Protein-rich foods, such as lentils (*dal*), beans, legumes, paneer, eggs, fish, or chicken, according to individual dietary preferences.
- **One-quarter of the plate:** Grains and other starchy foods, such as rice, chapati, millets, ragi, idli, dosa, or potatoes. Whole-grain options can be included regularly.

The Importance of a Daily Routine (*Dinacharya*)

In Ayurveda, *Dinacharya* refers to a set of daily practices intended to support health and maintain regularity in bodily functions. A consistent routine can also help establish healthy patterns of sleep, eating, personal hygiene, and physical activity.

1. Waking Up at an Appropriate Time

Traditional Ayurvedic texts recommend waking early, often before sunrise, as part of a disciplined daily routine. This practice may help individuals establish a regular sleep-wake cycle when it is accompanied by sufficient sleep and a consistent bedtime.

2. Drinking Water in the Morning (*Ushapan*)

Drinking water after waking up is a simple way to begin the day and replenish fluids after the night's sleep. In Ayurveda, this practice is known as *Ushapan* and is traditionally associated with supporting elimination and digestive health.

3. Elimination and Oral Hygiene

Ayurveda places importance on regular elimination and personal cleanliness as part of the morning routine. Allowing adequate time for bowel movements, maintaining hydration, and consuming fibre-rich foods can support normal bowel function.

Oral hygiene is equally important. Cleaning the tongue gently with a suitable tongue scraper may help remove surface coating and improve oral freshness. Brushing twice daily with bitter or astringent herbs.

4. Oil Massage (*Abhyanga*)

Abhyanga is the Ayurvedic practice of massaging the body with oil. Traditionally, warm sesame oil is often associated with *Vata* and *Kapha*, while coconut oil is commonly used for its cooling qualities in *Pitta*-oriented practices.

5. Physical Activity (*Vyayama*)

Regular physical activity is an important component of a healthy lifestyle. Ayurveda refers to exercise as *Vyayama* and traditionally recommends adjusting its intensity according to an individual's strength, age, season, and health status. Ayurveda recommends exercising to only 50% of your maximum capacity to build stamina without depleting vital energy (*Ojas*).

Integrating Ayurvedic Principles into Modern Life

The principles of *Ahara* and *Dinacharya* encourage a balanced approach to everyday living. Eating a varied diet, maintaining regular meal times, drinking adequate water, practising personal hygiene, engaging in suitable physical activity, and obtaining sufficient sleep are practical habits that support overall well-being.

ATOLL Group of Companies



ABOUT US

ATOLL GROUP's story began with a spark, a small team dedicated to supplying life-giving oxygen and industrial gases across Brunei. What started in cylinders and cryogenic tanks soon grew into something much bigger. A belief that quality, care, and innovation could reach beyond industry. That belief led Atoll to expand into agriculture, cold storage, and eventually the world of flavour with **MANTAP**, its proudly local F&B brand. From fueling industries to feeding communities, Atoll Group continues to grow with one purpose, to serve Brunei and the world with heart, precision, and passion.

GLOBAL PRESENCE



“Breathing EXCELLENCE into BRUNEI”

Established on March 26, 2011, **ATOLL OXYGEN Sdn Bhd** is a trusted partner to Brunei's oil and gas, marine, fabrication, and healthcare sectors. We are fully approved by both the Ministry of Development and the Ministry of Health, and we operate as a registered vendor for Brunei Shell Petroleum (BSP) Sdn Bhd.

ATOLL AGRO & COLD STORAGE Sdn Bhd was officially established on February 3, 2025, as a direct, strategic response to the severe supply chain disruptions and critical food security vulnerabilities exposed globally during the COVID-19 pandemic. Recognizing Brunei Darussalam's historical reliance on imported essential goods, the company set out to build a robust, self-reliant infrastructure capable of buffering the nation

against future global crises. Under our brand “**MANTAP**” we are deeply dedicated to strengthening Brunei's national food security framework by expanding local manufacturing capabilities,

reducing import dependence, and fostering a resilient, sustainable agricultural ecosystem. By bridging the gap between local primary agricultural yields and high-quality, consumer-ready products, we proudly contribute to the nation's economic diversification goals and empower the local workforce to build a more secure food future.

“The TASTE of BRUNEI”



Panchatantra Story: THE OLD TIGER AND THE GREEDY TRAVELLER

Once, there was a tiger, who was very old and had no strength left to hunt for food. Holding a golden bracelet, he stood in the mud and started shouting, "Look, everyone! Come and take this beautiful piece of gold jewellery."

A man passing by was tempted, but was also scared to approach a tiger.

"How can I trust you?" he asked from a safe distance. "You may eat me up if I try to take that bracelet."

The tiger replied, "I used to kill others. But now I lead a pious life."

The traveller came close to the tiger but got stuck in the mud. The old tiger had been waiting for this chance. He pounced on him and dragged him through the mud.

The man lamented, "Oh no! In my greed, I forgot the simple rule that a killer will always remain a killer."



Pantun of the Month:

Roti canai bersama kari,
Dihidang panas di waktu pagi;
Brunei dan India sehati,
Menjalin persahabatan setiap hari.

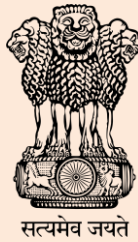


Malay-Indian Languages Similarities

- 1) Rasa (Malay) – Rasa (Taste)/ रस (Sanskrit)
- 2) Wira (Malay) – Veera (Hero)/ वीर (Sanskrit/Hindi)
- 3) Suara (Malay) – Swara (Voice)/ स्वर (Sanskrit/Hindi)
- 4) Puja (Malay) – Puja (Worship)/ पूजा (Sanskrit/Hindi)
- 5) Menteri (Malay) – Mantri (Minister)/ मंत्री (Sanskrit/Hindi)
- 6) Melati (Malay) – Malati (Jasmine Flower)/ मालती (Sanskrit)
- 7) Syabas (Malay) – Shabash (Well Done)/ शाबाश (Hindi/Urdu)

FORTHCOMING ACTIVITIES

Sl. No.	Name of the Event	Description	Date
IN BRUNEI			
1	Celebration of Jan Jatiya Gaurav Divas	Birthday Celebration of Bhagwan Birsa Munda	To be Decided
2	Indian Film Festival	Times Cineplex, Kuala Belait	To be Decided
3	Celebration of Diwali	Venue: Multipurpose Hall, HCI	14 Nov. 2026
IN INDIA			
1	91st Edition of the Know India Programme (KIP)	For Scholars and Innovators in the age group 18-23 years	15-28 November 2026
2	11th World Ayurveda Congress & Arogya Expo, Bhubaneshwar, Odisha, India	The event will bring together the “Who’s Who“ of the Ayurveda sector and thousands of Ayurveda stakeholders from across the world.	11-13 December 2026
3	5th Edition of India Energy Week in Kolkata, India	Discussions and exhibitions will center on balancing global energy security, affordability, and climate goals, with deep-dives into oil and gas, LNG ecosystems, green hydrogen, biofuels, energy transition technologies, and predictive AI maintenance.	28-31 January 2027



HIGH COMMISSION OF INDIA BRUNEI DARUSSALAM

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HOW TO APPLY FOR INDIA VISA

Apply for **Regular Visa** at - <https://indianvisaonline.gov.in/visa/index.html>
Apply for **Electronic Visa** at - <https://indianvisaonline.gov.in/evisa/tvoa.html>

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TOURISM

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