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High Commission of India

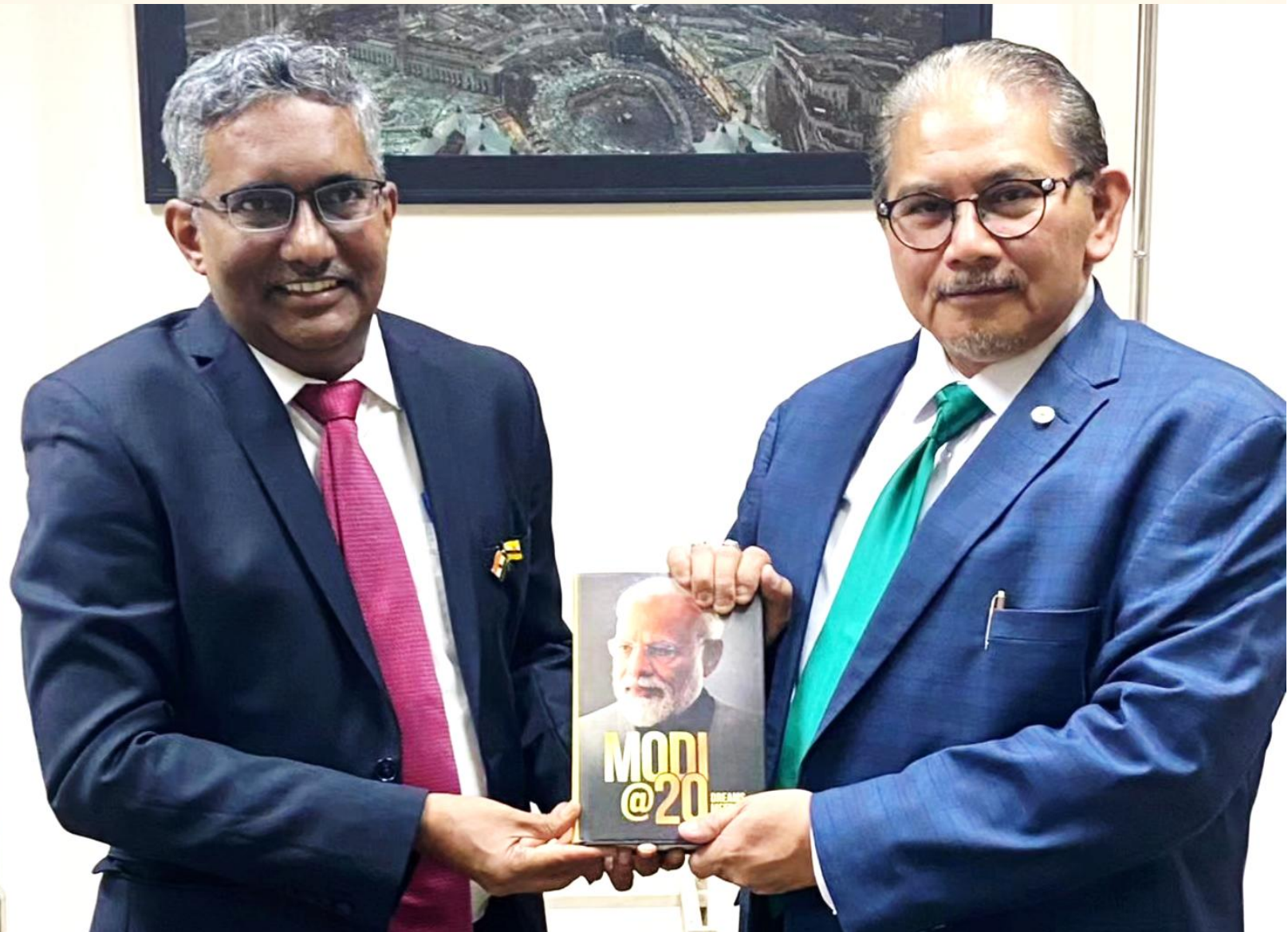
Brunei Darussalam

KNOW INDIA

MONTHLY NEWSLETTER

APRIL 2026

VOLUME 1





MESSAGE FROM THE HIGH COMMISSIONER

I am very happy to inform our Brunei friends that High Commission of India has decided to bring out a monthly Newsletter titled “Know India”, covering important developments in bilateral relations and activities of High Commission of India.

The Newsletter will also have recipe of Indian cuisine for Indian food lovers. In this issue, a recipe for South Indian snack ‘Dosa’ is being included. The publication will also include one Incredible India destination and an Indian festival. For our young friends, we have included a story based on ancient Indian Wisdom.

As yoga is immensely beneficial to health, we decided to include one yoga pose every month including explanation of how to do and benefits of the yoga pose.

The publication also includes upcoming activities of High Commission and events in India. The most important forthcoming activities of High Commission are “Threads of India – A showcase of Textile Fashion” on 12th June and “International Day of Yoga” on 21st June, both the activities will be held at the High Commission. We look forward to your participation in these activities.

This is our first Newsletter for the month of April 2026. Hope our Brunei friends find it useful. I will be happy to receive your feedback at my email hc.brunei@mea.gov.in. Your feedback will be immensely useful for improvement of this publication.

Wish you all a happy reading.

(Shri Ramu Abbagani)

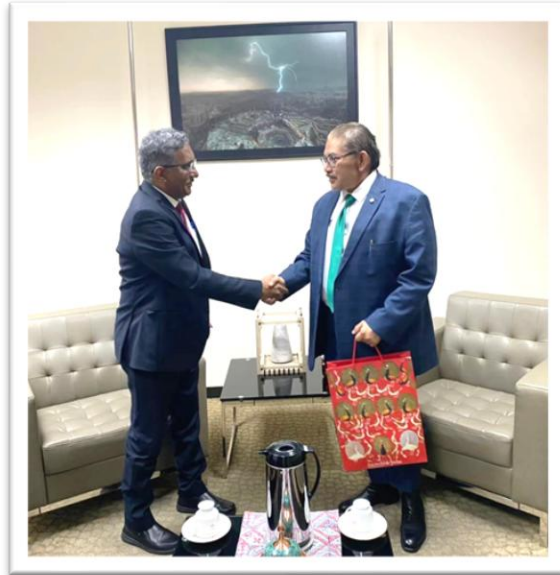
INDEX

Sl. No.	Particulars	Page No.
1	India-Brunei Darussalam: Bilateral Relations	4-7
2	Activities of the High Commission	8-11
3	Discover India: Konark	12
4	Best Travel Routes to India	13
5	Indian Festival: Holi	14
6	Indian Cuisine: Masala Dosa	15
7	Yoga Essence: Mandukasana	16
8	Panchatantra Story – The Camel, The Jackal & The Lion	17
9	Forthcoming activities	18
10	Publisher Details	19

INDIA-BRUNEI DARUSSALAM: BILATERAL RELATIONS

COURTESY MEETING WITH MINISTER OF FOREIGN AFFAIRS II

High Commissioner paid a Courtesy Call on The Honourable Dato Seri Setia Haji Erywan bin Pehin Datu Pekerma Jaya Haji Mohd. Yusof, Minister of Foreign Affairs II on 20 April 2026, to reaffirm the long-standing ties between both countries and to discuss avenues for further cooperation.



ATTENDED 38TH SESSION OF FAO REGIONAL CONFERENCE FOR APRC

On 23 April 2026, High Commissioner attended the Inauguration Ceremony of the 38th Session of the Food and Agriculture Organisation (FAO) Regional Conference for Asia and the Pacific (APRC) in Bandar Seri Begawan.

The ceremony featured the official launch by His Royal Highness the Crown Prince, alongside remarks by FAO Director-General Qu Dongyu, highlighting regional cooperation towards sustainable agriculture and food security.



HARI RAYA PARTICIPATION

The High Commissioner and Spouse attended the Hari Raya Open House hosted by the Ministry of Foreign Affairs on 11 April 2026.

The event was graced by Her Royal Highness Princess Hajah Masna, Ambassador-at-Large at the Ministry of Foreign Affairs, and Yang Amat Mulia Pengiran Lela Cheteria Sahibun Najabah Pengiran Anak Haji Abdul Aziz bin Pengiran Jaya Negara Pengiran Haji Abu Bakar. Also in attendance was the Minister of Foreign Affairs II, The Honourable Dato Seri Setia Awang Haji Erywan & Spouse.

HRH Princess Hajah Masna and The Honourable Dato Haji Erywan also visited the Indian booth, catered by Spice Palace, which featured a delightful spread of Biryani, Pani Pouri, Almond Barfi, and Dry Fruit Chandrakala.

The Chief of Protocol, Mr Haji Fakhri and Spouse also stopped by the stall to sample the offerings.



ATTENDED THE ANZAC DAY DAWN SERVICE

High Commissioner attended the ANZAC Day Dawn Service on 25 April 2026 at the Brunei–Australia Memorial, Pantai Muara organized by the Australian High Commission in Brunei Darussalam.



It is the occasion for Australians and New Zealanders to remember and honour those who have served in all conflicts - reflecting on the shared wartime experiences during Allied operations on Borneo in World War II.

MEETING WITH THE MEMBERS OF INDIAN CHAMBER OF COMMERCE

High Commissioner met Mr Nazeer Ahmed, President and executive members of Indian Chamber of Commerce, on 21 April 2026 to discuss increased business collaboration between India and Brunei Darussalam.

He encouraged Chamber to play an active role in promoting business by working in close association with High Commission and also expand membership of Chamber by bringing in more Indian companies.



HIGH COMMISSIONER MET WITH CHAIRMAN OF MHCB-RRP FOODS SDN BHD



The High Commissioner met with Mr Rahul Ramesh, Chairman of MHCB-RRP Foods Sdn Bhd, a joint venture established in Brunei Darussalam aimed at advancing agricultural development and supporting the nation's long-term food security goals.

VISIT OF MHCB-RRP FOODS SDN BHD FARM



High Commissioner and Spouse visited MHCB-RRP Foods Sdn Bhd farm, a joint venture in Brunei Darussalam advancing agricultural development and supporting long-term food security.

With their first pilot project nearing a successful harvest of tomatoes and chillies, the farm reflects innovation, resilience, and dedication. The diverse team, including Indian nationals, highlights the strong people-to-people ties between our two nations.

ACTIVITIES OF THE HIGH COMMISSION

77TH FOUNDATION DAY OF THE INDIAN COUNCIL FOR CULTURAL RELATIONS (ICCR)

The 77th Foundation Day of the Indian Council for Cultural Relations (ICCR) was celebrated on 09 April 2026 at the High Commission of India, Brunei Darussalam with great enthusiasm and participation.

The event was attended by over 75 participants, including members of the Indian community and Friends of India, and was graced by the presence of the High Commissioner and his spouse.



The programme commenced with welcome and opening remarks by the High Commissioner Shri Ramu Abbagani, who highlighted the various cultural initiatives and activities of ICCR undertaken by the High Commission. He invited Brunei youth to avail ICCR Scholarship. He also encouraged the gathering to participate in the regular yoga classes conducted by the Yoga Teacher.

The celebration featured a series of vibrant cultural performances, including a classical dance recital by Ms. Sushmi and Ms. Preethi. This was followed by an insightful presentation on ICCR activities by Dr. Ujjwal Arun Maske. The highlight of the event was the beautifully synchronised Musical Yoga Demonstration by the Yoga students of the High Commission—Ms. Bhuvaneshwari, Ms. Evelyn, Ms. Doris, Ms. Khushi, and Ms. Jia—under the guidance of Yoga Teacher.

The programme also included a semi-classical dance performance by Ms. Mahitha, Ms. Hanvika, Ms. Nithunya, and Ms. Nandika. The event concluded with the High Commissioner felicitating all performers with certificates and tokens of appreciation.



VISITED H.SKY TRADING COMPANY

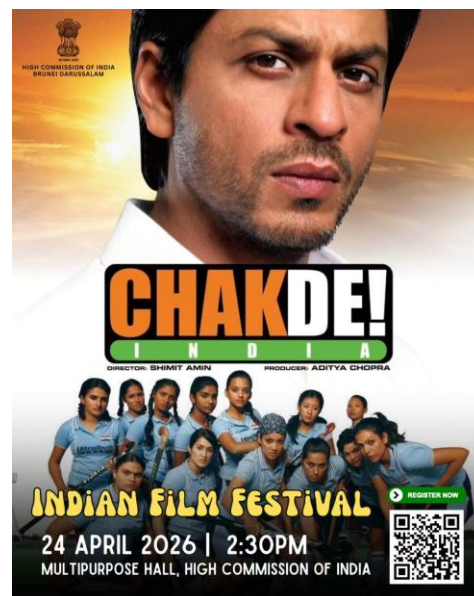
High Commissioner Shri. Ramu Abbagani visited the office and warehouse of H.SKY trading company owned by Shri Chandru Punjabi, Shri Haresh Punjabi, Shri Gul Punjabi and Shri Gautam Punjabi on 20 April 2026.

He congratulated the company for doing good work and encouraged the company to do more business with India and bring good quality products from India for Brunei market. High Commissioner interacted with local staff working with the company and encouraged them to visit India, follow High Commission social media platforms and participate in programmes organised by High Commission such as Indian Film Festival and free yoga classes.



INDIAN FILM FESTIVAL

Screening of Indian films commenced at the Multi-purpose Hall of the High Commission on 10 April 2026 with the movie *Dilwale Dulhania Le Jayenge*. Subsequently, *Chak De! India* was screened on 24 April 2026.



SPOUSE OF THE HIGH COMMISSIONER ATTENDED THE “COASTAL MARVEL” INITIATIVE

In conjunction with Earth Day, Mdm Pushpa Abbagani, spouse of the High Commissioner attended the “Coastal Marvel” initiative on 22 April 2026 held at Muara Beach Recreational Park.

Organised through a meaningful collaboration between JASTRe, the Ministry of Development, and the Group of Wives of Cabinet Ministers, Deputy Ministers, Permanent Secretaries, Deputy Permanent Secretaries and Associated Members, the event brought together the community in support of environmental conservation.

Guided by this year’s theme, “Our Power, Our Planet,” the initiative highlighted the importance of collective action in protecting and preserving our natural environment.



ATTENDED BLOOD DONATION CAMPAIGN HELD BY BSBIA

The Bandar Seri Begawan Indian Association (BSBIA), together with 105 members of the Indian community, held its annual blood donation campaign on 26 April 2026 at the Blood Bank of Raja Isteri Pengiran Anak Saleha Hospital, collecting 80 pints to support the national blood supply.

The initiative reflects over 30 years of commitment to community welfare, with the High Commissioner in attendance, engaging with donors and commending their life-saving contributions. High Commission officials Mr Parmjeet Lohchab and Mr Imran Ali also participated in the campaign.



DISCOVER INDIA:

KONARK SUN TEMPLE-THE CHARIOT OF THE SUN



Located in the eastern state of Odisha, the magnificent Konark Sun Temple is one of India's most celebrated architectural masterpieces and a UNESCO World Heritage Site. Built in the 13th century by King Narasimhadeva I of the Eastern Ganga Dynasty, the temple is designed in the form of a colossal chariot dedicated to the Sun God, Surya.



The temple is adorned with intricately carved stone wheels, pillars, and sculptures that reflect the brilliance of ancient Indian craftsmanship and scientific knowledge. The twelve pairs of giant wheels are believed to function as sundials, symbolizing the passage of time. The temple also represents the rich cultural and spiritual heritage of India.

Konark continues to attract visitors from around the world for its historical significance, artistic grandeur, and cultural festivals such as the Konark Dance Festival, which showcases India's classical dance traditions against the majestic backdrop of the temple.

Travel Route Options:

Brunei – Chennai – Bhubaneshwar
Brunei – Singapore - Bhubaneshwar

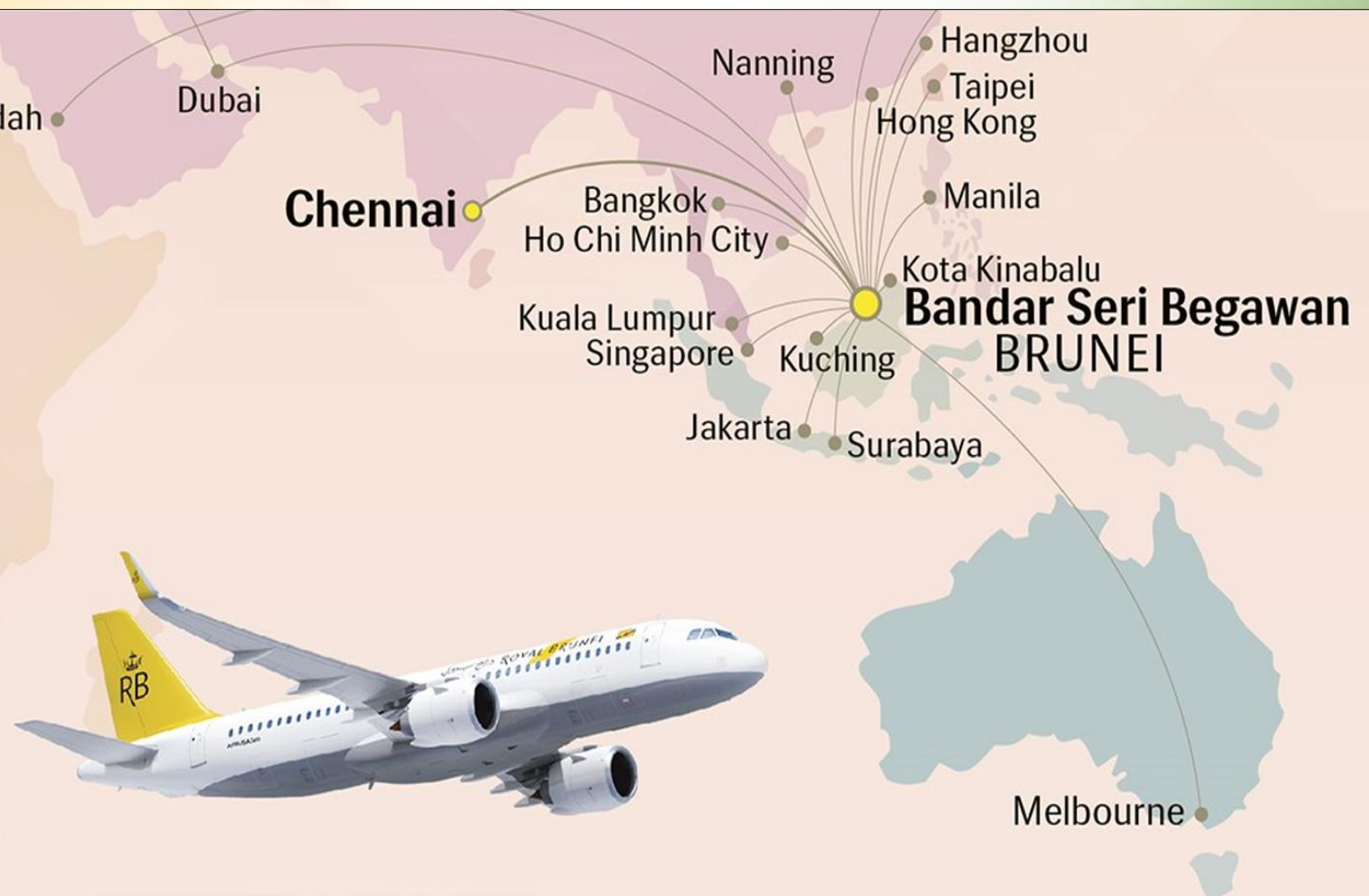
THE BEST TRAVEL ROUTES

KEY INDIAN CITIES WITH DIRECT FLIGHTS FROM SINGAPORE:

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

KEY INDIAN CITIES WITH DIRECT FLIGHTS FROM MALAYSIA:

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



INDIAN FESTIVAL: HOLI – THE FESTIVAL OF COLOURS

Holi is one of the most vibrant and joyous festivals celebrated across India and in many parts of the world. Known as the “Festival of Colours,” Holi marks the arrival of spring and symbolizes the victory of good over evil.

The festival is celebrated with great enthusiasm as people gather to apply colourful powders, splash water, sing traditional songs, dance, and share festive delicacies. Holi also strengthens social harmony by bringing together people from different communities and backgrounds in a spirit of friendship and unity.

The celebration is rooted in Indian mythology, particularly the story of Prahlad and Holika, which signifies the triumph of devotion and righteousness. In many regions of India, Holi festivities continue for several days with cultural performances, traditional music, and community gatherings.

Holi reflects India’s rich cultural diversity and the spirit of togetherness that defines the nation.



INDIAN CUISINE: MASALA DOSA

Masala Dosa is one of India's most popular and beloved traditional dishes, originating from South India. It is a thin, crispy crepe made from fermented rice and lentil batter, filled with a flavourful spiced potato preparation.

Served with coconut chutney and sambar (a lentil-based vegetable stew), Masala Dosa is cherished for its delicious taste, nutritional value, and unique combination of textures and flavours. It is widely enjoyed as a breakfast item as well as a wholesome meal throughout the day.

Masala Dosa represents the simplicity, flavour, and culinary excellence that make Indian cuisine admired across the globe.



Ingredients

For the Dosa Batter

- 2 cups rice
- 1 cup urad dal (split black gm)
- ½ teaspoon fenugreek seeds
- Salt to taste
- Water as required

For the Potato Masala

- 4 boiled potatoes (mashed)
- 2 onions (thinly sliced)
- 2 green chilies (chopped)
- 1 teaspoon mustard seeds
- 1 teaspoon turmeric powder
- Few curry leaves
- 2 tablespoons oil
- Salt to taste
- Fresh coriander leaves

Preparation Method

Step 1: Prepare the Batter

1. Wash and soak rice, urad dal, and fenugreek seeds separately for 5–6 hours.
2. Grind them into a smooth batter and mix well.
3. Allow the batter to ferment for 8–10 hours.
4. Add salt before making dosas.

Step 2: Prepare the Potato Filling

1. Heat oil in a pan and add mustard seeds.
2. Add curry leaves, green chilies, and onions; sauté until golden.
3. Add turmeric powder and mashed potatoes.
4. Mix well, add salt, and garnish with coriander leaves.

Step 3: Make the Dosa

1. Heat a flat non-stick pan or tawa.
2. Pour a ladle of batter and spread it thin in a circular motion.
3. Drizzle a little oil around the edges and cook until crisp and golden brown.
4. Place the potato masala in the center and fold the dosa.

YOGA ESSENCE: MANDUKASANA (FROG POSE)

Mandukasana, commonly known as the Frog Pose, is highly beneficial for improving digestion, stimulating abdominal organs, and enhancing overall flexibility. Mandukasana is particularly valued in yoga practice for its positive effects on the pancreas and digestive system. The posture also promotes mental calmness and helps practitioners develop concentration and inner awareness.



Technique

1. Sit in the Vajrasana position with the knees folded and the spine erect.
2. Make fists with both hands, keeping the thumbs inside the fingers.
3. Place the fists on either side of the navel over the abdomen.
4. Take a deep breath in.
5. While exhaling, bend forward slowly and press the fists gently against the abdomen.
6. Keep the neck and spine aligned and look forward.
7. Hold the position comfortably for 10–30 seconds while breathing normally.
8. Inhale slowly and return to the starting position.
9. Repeat the posture 2–3 times according to comfort.

Benefits

- Stimulates the pancreas and may help in maintaining healthy blood sugar levels.
- Improves digestion and relieves constipation and bloating.
- Strengthens abdominal muscles and tones the internal organs.
- Enhances flexibility of the hips and knees.
- Helps in reducing stress and promoting relaxation.

Precautions

- Avoid this posture in case of severe knee pain or recent knee injury.
- Individuals suffering from ulcers, hernia, or severe back problems should practice only under expert guidance.
- Pregnant women should avoid this posture.
- Practice the posture on an empty stomach or at least 3–4 hours after meals.

PANCHATANTRA STORY: THE CAMEL, THE JACKAL AND THE LION



In a forest, there lived a lion, who had a leopard, a jackal and a crow for cronies, One day, they saw a camel that had lost its way. The lion said, "Tell him he'll be safe here and bring him to me." The three assistants brought the camel to the lion. The lion said to the camel, "You can remain with us without any fear." The camel agreed and stayed on.

One day, the lion was badly injured in a battle with an elephant. He became too weak to hunt, So, he asked his assistants to go out and hunt for his meal. The leopard, the jackal, and the camel looked everywhere for an animal but could not find any. The jackal took the crow aside and said, "We have the camel. Let us kill him and survive."

"How can you even think of that? Don't you know, we cannot kill him because our master has promised to protect him?" questioned the crow. "Leave it to me. I shall convince our master to kill the camel," said the jackal. The jackal went up to the lion and said, "My lord, we could not find a single animal. I humbly suggest that we make a meal of this camel." Annoyed, the lion said, "If you repeat these words, I shall kill you. I have given the camel my word."

"You are right my lord. But if the camel offers himself as food, obliged as he is by your hospitality, then it is no sin to accept his offer," the jackal replied. The lion agreed. The jackal told the others, "Friends, our lord is in a pitiable condition. He cannot hunt for himself. We have an opportunity to offer our help to him now. Let us offer our bodies to him."

All of them came to the lion with tears in their eyes. "What's the matter?" the lion asked. "My lord, we searched every inch of the forest. We found nothing. I request the lord to have me for your meal." said the crow. It was now the turn of the jackal to show his loyalty. Addressing the lion, the jackal said, "Lord, I request you to eat me." The leopard intervened and said, "My lord, let me give away my life to save your life." All this set the camel thinking, "All these servants have said what they wanted to say. Still, the lion did not kill any one of them. I too should offer myself."

The camel, then came forward and requested the lion to have him for his meal. At once, the jackal and the leopard Pounced on him and tore him to pieces, and all of them had a delicious feast.

UPCOMING ACTIVITIES

Sl. No.	Name of the Event	Description	Date
IN BRUNEI			
1	Threads of India HCI, Brunei	A vibrant textile fashion showcase in conjunction with the Brunei Mid-Year Conference and Exhibition (MYCE) 2026	12 June 2026
2	12th International Day of Yoga, HCI, Brunei	6:30 am to 7:00 am - Registration 7:00 am to 8:00 am - Yoga Session	21 June 2026
3	80th Independence Day HCI, Brunei	7:00 am to 8:00 am - Gathering 8:00 am to 8:30 am - Flag hoisting 8:30 am to 10:00 am - Cultural events	15 Aug. 2026
4	Indian Community Fun Fair, HCI, Brunei	A platform for cultural celebration, community bonding, and promotion of Indian heritage	19 Sept. 2026
IN INDIA			
1	Seafood Expo Bharat 2026 Chennai	It brings together exhibitors, delegates, and trade visitors – offering a unique opportunity to experience the dynamism of the Indian seafood sector.	1 to 3 July 2026
2	Bharat Tex 2026 New Delhi	Bharat Tex Trade Federation (BTTF) with the support of the Ministry of Textiles, Govt. of India will be organising Bharat Tex 2026	14 to 17 July 2026
3	62nd IHGF Delhi Fair – Autumn 2026 India Expo Centre & Mart, Delhi NCR, India	India's premier sourcing destination showcasing exquisite handicrafts, home décor, lifestyle products, furnishings, fashion accessories, furniture, gifts and much more	13 to 17 Oct. 2026



HIGH COMMISSION OF INDIA BRUNEI DARUSSALAM

FOR YOUR BUSINESS INQUIRIES, PLEASE WRITE TO US

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HOW TO APPLY FOR INDIA VISA

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

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Incredible India

RANI KI VAV



Rani ki Vav (The Queen's Stepwell) is a magnificent stepwell in Patan, Gujarat, showcasing exquisite Maru-Gurjara architecture and intricate sculptures. A UNESCO World Heritage Site, it symbolizes India's artistic brilliance, engineering excellence, and rich cultural heritage, captivating visitors with its grandeur, mythology-inspired carvings, serene ambience, historical significance, architectural mastery, and timeless elegance forever.