



सत्यमेव जयते

High Commission of India

Brunei Darussalam

KNOW INDIA

MONTHLY NEWSLETTER

MAY 2026

VOLUME 2



MESSAGE FROM THE HIGH COMMISSIONER

I am very happy to come back to our Brunei friends with the second edition of our Newsletter, KNOW INDIA, for the month of May 2026.

As you can see, this edition has important developments in bilateral relations and activities of the High Commission of India.

In our special features section, we covered Cheraman Mosque , the oldest Mosque of India in Kerala and Indian festival of harvest, BAISAKHI.

For food lovers, we included the recipe of GULAB JAMUN, the all time favourite dessert of Bruneians. To make it easy, the recipe suggested is to make gulab jamuns instant ready-made mix, which is available in Brunei.

From this edition, we are introducing a new feature Pantun of the month, as we share pantun tradition in Brunei and India. And also a note on similarities in our languages.

To make our young Brunei friends smart and intelligent, we have included a panchatantra story of wisdom from ancient India titled The King, Wise Minister and the Sweeper.

I Hope our Brunei friends find this May edition 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.

I Wish you all a happy reading.

(Ramu Abbagani)

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INDIA-BRUNEI DARUSSALAM: BILATERAL RELATIONS

HIGH COMMISSIONER ALONG WITH ISRO DELEGATION MET WITH MTIC

High Commissioner Mr. Ramu Abbagani along with ISRO team met with Mr. Haji Hairul Mohd Daud bin Hj Abdul Karim, Deputy Permanent Secretary, Ministry of Transport and Info-Communications (MTIC) on 12 May 2026 to discuss the possible cooperation between India and Brunei Darussalam in the area of Science and Technology.



MEETING WITH ATTORNEY GENERAL, BRUNEI DARUSSALAM

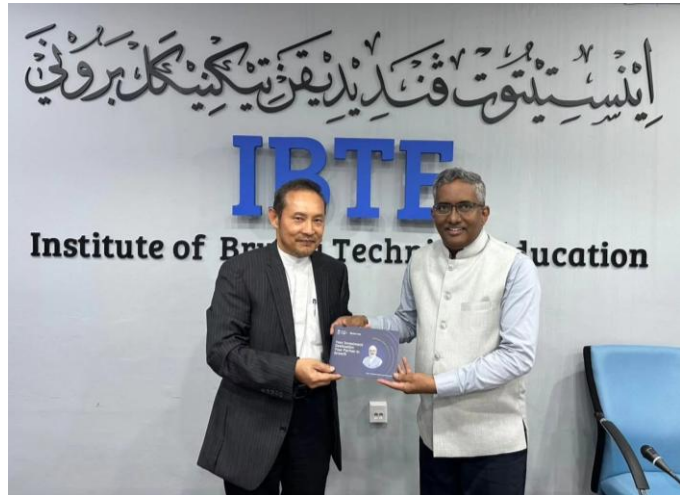
High Commissioner paid a courtesy call on The Hon'ble Datin Seri Paduka Hj Nor Hashimah Hj Mohammed Taib, Attorney General, Brunei Darussalam on 12 May 2026 to discuss issues of mutual interest between India and Brunei Darussalam to further strengthen the bilateral engagements.



VISIT TO INSTITUTE OF BRUNEI TECHNICAL EDUCATION

High Commissioner visited the Institute of Brunei Technical Education (IBTE) Headquarters on 13 May 2026, where he met with the CEO, Dr. Haji Mohd Zamri bin Haji Sabli, and members of the faculty.

The visit aimed to strengthen bilateral ties and foster collaboration in education, skills development, and future partnerships of mutual interest. It also provided an opportunity to exchange insights and discuss avenues for cooperation in empowering future-ready talent and workforce development.



COURTESY CALL ON DIRECTOR SHHBIDSS

The High Commissioner paid a courtesy call on Dk Dr. Noor Hasharina binti Pg Haji Hassan, Director of Sultan Haji Hassanal Bolkhiah Institute of Defence and Strategic Studies (SHHBIDSS) a policy research think tank under the Ministry of Defence.

The meeting held on 12 May 2026 provided an opportunity to exchange views on regional and strategic developments, defence and security cooperation, and avenues for enhanced academic and institutional collaboration.



MET WITH THIRD SECRETARY OF THE HIGH COMMISSION OF BRUNEI DARUSSALAM, NEW DELHI

High Commissioner met with the newly appointed Third Secretary of the High Commission of Brunei Darussalam in New Delhi, India on 21 May 2026.

He wished Ms. Siti Nurul Afifah and family a pleasant journey and a successful tenure ahead.

DISCUSSION WITH CHIEF EXECUTIVE OF THE AITI, BRUNEI DARUSSALAM

High Commissioner, Shri Ramu Abbagani met with Mr. Jailani Buntar, Chief Executive of the Authority for Infocommunications Technology Industry of Brunei Darussalam (AITI) on 25 May 2026.

High Commissioner and Chief Executive discussed on possibilities in strengthening the cooperation in the digital and ICT sectors between India and Brunei Darussalam.



THE INDIAN BOOK CORNER AT UNISSA

High Commissioner handed over a collection of books to Universiti Islam Sultan Sharif Ali (UNISSA), one of Brunei Darussalam's leading Islamic higher education institutions, during the Indian Book Corner Launching Ceremony held at the UNISSA Library on Tuesday, 26 May 2026.

The Indian Book Corner reflects the shared commitment of India and Brunei Darussalam to promoting knowledge exchange, cultural understanding, and academic cooperation between the two countries. The High Commission of India expresses its sincere appreciation to UNISSA for the warm hospitality and excellent arrangements which contributed to the success of the event.



ACTIVITIES OF THE HIGH COMMISSION

CONSULAR CAMP AT KUALA BELAIT

The High Commission of India, Brunei Darussalam organised a Consular Camp at Kuala Belait on 3 May 2026 in association with the Indian Association Belait. The camp aimed at providing consular services and assistance to members of the Indian community.



MEETING WITH THE REPRESENTATIVES OF CYZ SOLUTIONS

High Commissioner met with the representatives of CYZ Solutions, Voltas, Voltech, Polycab, Viva & Zahra International on 5 May 2026 to discuss business opportunities in Brunei.



ATTENDED INAUGURATION CEREMONY OF CYZ SOLUTIONS IN JERUDONG

The High Commissioner attended the inauguration ceremony of CYZ Solutions in Jerudong, Brunei on 6 May 2026. The company has expanded its operations in Brunei through collaborations with Indian firms, including Voltas, Voltech, Polycab, Viva, and Zahra International (Red Eagle).

High Commissioner, in his remarks, said that this is the real diplomacy (Economic Diplomacy) in action and contributes to the vision of Honorable Prime Minister Shri Narendra Modi 3Ts (Trade, Tourism and Technology).

He congratulated both Brunei and Indian businessmen for working together for bringing high quality Indian products to Brunei Darussalam.



He also said that this should further lead to more collaborations between India and Brunei and contribute to manufacturing in Brunei Darussalam and the vision of 'Wawasan Brunei 2035' of His Majesty the Sultan and Yang Di-Pertuan of Brunei Darussalam.

ATTENDED LAUNCHING CEREMONY

High Commissioner attended the launching ceremony of renovation work of Indian community cemetery at Berakas managed by BSB Indian Association on 10 May 2026.



Interactive Session with Indian Students of Laksamana College of Business

The High Commission of India hosted an interactive session with Indian students of Laksamana College of Business at the Chancery premises on 10 May 2026.

The High Commissioner addressed the students and faculty members with opening remarks and engaged in a meaningful interaction, responding to their queries and sharing valuable insights.



MEDIA CURTAIN RAISER OF IDY 2026

A Media Curtain Raiser cum coordination meeting was held on 15 May 2026 at the High Commission in the presence of the High Commissioner, bringing together Yoga experts, media content creators, and members of various Indian associations in Brunei.

The meeting included a detailed briefing on the schedule and activities planned for IDY 2026, which will be organised at the High Commission of India on 21st June 2026. Participants also shared valuable ideas and suggestions to make this year's celebrations a grand success.



VISIT TO M/S DOUBLE M

High Commissioner visited Double M whole sale Indian grocery store owned by Mr Sajeer Thameem and interacted with his team. This company brings important brands such as Britannia Industries , Arun ice cream, MDH Spices , Everest Spices , Eastern brand of spices and spices etc. High Commissioner congratulated them for good work they are doing and encouraged them to continue to bring High quality products from India.



CURTAIN RAISER OF IDY 2026 AT LAKSAMANA COLLEGE OF BUSINESS

A Curtain Raiser event for the International Day of Yoga (IDY) 2026 was organised on 21 May 2026 at Laksamana College of Business, Brunei Darussalam. The event was graced by the presence of the High Commissioner of India, Shri Ramu Abbagani, and the Director (Academics) of Laksamana College of Business.

The programme commenced with the opening address by the High Commissioner, who highlighted the essence and importance of Yoga in promoting physical well-being, mental balance, and inner harmony. He also encouraged everyone to participate in the International Day of Yoga celebrations to be held on 21 June 2026 at the High Commission of India.

A Yoga session featuring the practice of Asanas and Pranayama was conducted by Dr. Ujjwal Maske, Yoga Teacher at the High Commission of India, offering participants an enriching experience of India's timeless wellness tradition.

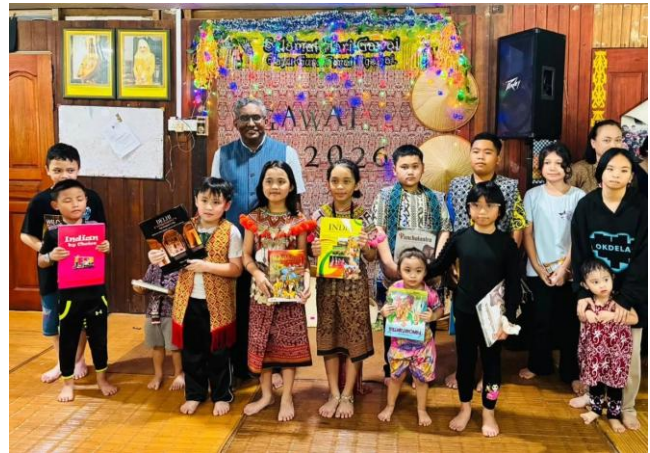


VISIT TO MENDARAM BESAR LONG HOUSE, LABI

High Commissioner visited Mendaram Besar Longhouse on 31 May 2026 and interacted with Iban Community in a programme organised by a team of members from Malayali community. The Iban community also celebrated HARI GAWAI. High Commissioner planted a lemon tree saplings in the premises of Long House to mark India's initiative of 'EK PED MAA KE NAAM'.

The Iban community in Labi, Belait District, is a prominent indigenous group in Brunei known for preserving rich Borneo traditions.

High Commissioner presented books on India to Children of Iban community. He spoke on strong cultural bonds between India and Brunei and invited them to visit India by taking advantage of direct flight between Brunei and Chennai.



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, *Queen* and *Hichki* were screened on 8 and 22 May 2026 respectively.



DISCOVER INDIA:

CHERAMAN JUMA MASJID: INDIA'S FIRST MOSQUE



Located in Kodungallur, Kerala, the Cheraman Juma Masjid is widely regarded as the first mosque in India. Built in 629 CE during the lifetime of Prophet Muhammad, it stands as a remarkable symbol of India's centuries-old tradition of religious harmony and cultural exchange.

According to tradition, the mosque was established by Malik ibn Dinar, an Arab missionary, following the wishes of Cheraman Perumal, the ruler of the ancient Chera Kingdom. It is believed that the king travelled to Arabia, embraced Islam, and requested that a mosque be built in his homeland. This unique story reflects the peaceful arrival of Islam in India through trade, dialogue, and mutual respect.

Unlike conventional Islamic structures, the mosque was originally built in the traditional architectural style of Kerala, featuring sloping tiled roofs, carved wooden interiors, and brass oil lamps. One of its enduring traditions is the lighting of an ancient brass lamp, maintained with coconut oil and revered by people of different faiths. Today, the Cheraman Juma Masjid remains an important place of worship and a cherished heritage site. It attracts visitors from around the world and stands as a living testament to India's pluralistic ethos, cultural diversity, and long history of peaceful coexistence.

Travel Route Options:

- Brunei – Chennai – Kochi
- Brunei – Singapore – Kochi
- Brunei – Kuala Lumpur – Kochi

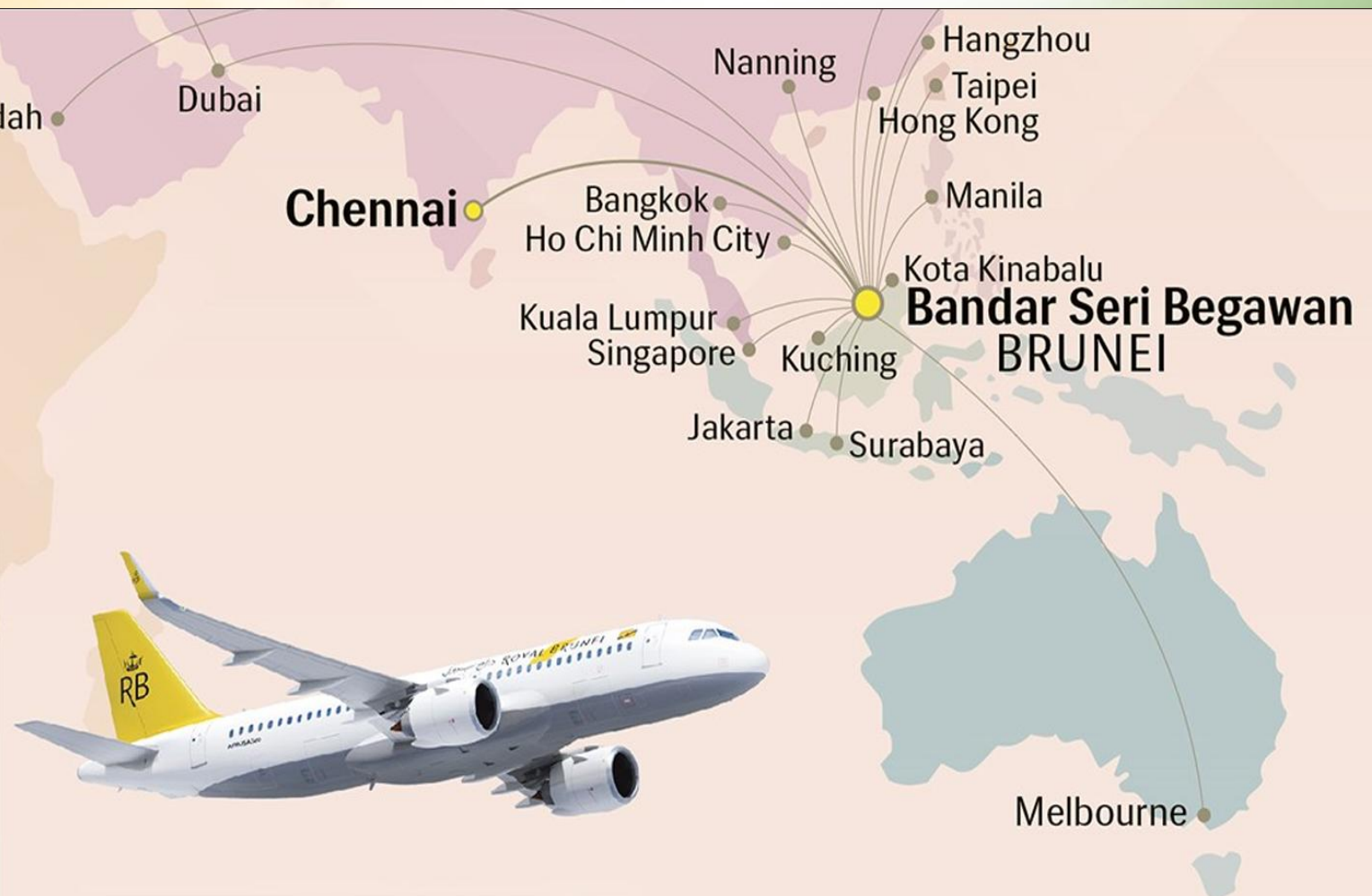
THE BEST TRAVEL ROUTES

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

BAISAKHI

A Festival of Harvest, Hope & Happiness

Baisakhi, also spelled Vaisakhi, is one of India's most important festivals. It marks the harvest season in Punjab and the Punjabi New Year. It is celebrated with great enthusiasm, gratitude and devotion.



SIGNIFICANCE OF BAISAKHI



RELIGIOUS SIGNIFICANCE

Baisakhi holds immense religious importance for Sikhs. It commemorates the formation of the Khalsa Panth by Guru Gobind Singh Ji in 1699 at Anandpur Sahib. On this day, the Guru initiated five beloved disciples, known as the Panj Pyare.



HARVEST FESTIVAL

It is a thanksgiving festival for farmers across Punjab and North India, marking the harvest of the rabi crops, especially wheat. It celebrates prosperity, hard work and the blessings of nature.



PUNJABI NEW YEAR

It marks the beginning of the Punjabi New Year (Vikram Samvat or Nanakshahi calendar) and symbolizes new beginnings and fresh hopes.

HOW BAISAKHI IS CELEBRATED



1. GURUDWARA VISITS

People visit gurdwaras early in the morning, take a holy dip in the sarovar, listen to kirtan and seek blessings. Special prayers and langars are organized.



2. BHANGRA & GIDDHA

Folk dance and music fill the air with energy and joy. Bhangra by men and Giddha by women are the highlights of the celebrations.



3. FESTIVE FEAST

Delicious Punjabi dishes like sarson da saag, makki di roti, kadhi, chole, kheer and lassi are prepared and shared with family and friends.



4. THANKING NATURE

Farmers thank God for a bountiful harvest and pray for continued prosperity and good health for their families and communities.



5. FAIRS & MELAS

Vibrant fairs are organized in many places with games, rides, cultural programs and shopping, bringing communities together.



6. NAGAR KIRTAN

Processions with the Panj Pyare, kirtan, Gurbani recitation and displays of Gatka (martial art) are taken out, spreading the message of peace and unity.

DATE OF CELEBRATION

Baisakhi is celebrated every year on 13th or 14th April.

The date may vary slightly each year as per the Hindu solar calendar.

THE SPIRIT OF BAISAKHI

Baisakhi is a beautiful blend of devotion, culture and gratitude. It reminds us to thank the Almighty for His blessings, celebrate hard work, share our happiness and move forward with hope, unity and positivity.

“ May this Baisakhi bring joy, good health, prosperity and new hopes to you and your family. ”

GULAB JAMUN

Soft, Sweet & Irresistible!

Gulab Jamun is India's most loved dessert – soft, milky dumplings soaked in fragrant sugar syrup. With a ready mix, you can make it easily at home and enjoy the same rich taste in less time.



INGREDIENTS

For Gulab Jamun

- 1 pack (200 g) Gulab Jamun Ready Mix
- 3–4 tbsp milk (or as needed)
- 1 tsp ghee (optional)

For Sugar Syrup

- 2 cups sugar
- 2 cups water
- 4–5 cardamom pods (crushed)
- 1 tsp rose water or kewra water
- A few strands of saffron (optional)

HOW TO MAKE GULAB JAMUN – STEP BY STEP

1 PREPARE THE DOUGH



Take the Gulab Jamun ready mix in a bowl. Add milk little by little and mix gently to form a soft, smooth dough. Do not knead. Let it rest for 5–10 minutes.

2 MAKE SMALL BALLS



Grease your palms with a little ghee. Take small portions of the dough and roll into smooth, crack-free balls.

3 HEAT THE OIL/GHEE



Heat oil or ghee in a wide pan on low flame. The oil should not be very hot.

Tip: Low flame is the key to soft gulab jamun.

4 FRY THE JAMUN



Gently slide the balls into the hot oil. Fry on low flame, stirring gently occasionally, till they turn deep golden brown and even all around.

5 PREPARE SUGAR SYRUP



In a pan, bring sugar and water to a boil. Add cardamom and saffron. Boil for 5–6 minutes until slightly sticky. Add rose or kewra water. Keep warm.

6 SOAK THE JAMUN



Remove fried jamuns and immediately drop them into the warm syrup. Let them soak for at least 1–2 hours for best results.

TIPS FOR PERFECT GULAB JAMUN

- Do not knead the dough; just mix gently.
- Always fry on low flame for soft and even gulab jamun.
- The syrup should be warm, not hot.
- Soaking for longer time makes them softer and tastier.



SERVING SUGGESTION

Serve chilled or warm gulab jamun as a perfect end to any meal or on festive occasions.



PREP TIME
10 mins



COOK TIME
25 mins



SOAKING TIME
1–2 hours



SERVES
4–5 people



DIFFICULTY
Easy

PAWANMUKTASANA

(The Wind-Relieving Pose)

Simple Pose
Powerful Benefits
Complete Relief

Pawanmuktasana is a simple yet highly effective yoga pose that helps release gas, ease bloating and improve digestion. It massages the abdominal organs, strengthens the lower back and brings relief from constipation.



HOW TO PERFORM PAWANMUKTASANA – STEP BY STEP

1 STARTING POSITION



Lie down on your back on a mat. Keep your legs straight, arms alongside the body and relax. Take a few deep breaths.

2 BEND THE KNEES



Bend both knees and bring your heels close to your buttocks. Keep your feet hip-width apart and hands beside the body.

3 HOLD THE KNEES



Clasp your hands around your knees or shins and gently pull them towards your chest.

4 PRESS & BREATHE



Press your thighs gently against your abdomen. Lift your head slightly and breathe normally.

5 RELEASE & RELAX



Release your hands, slowly straighten your legs and relax in Shavasana. Breathe deeply and observe.



BEST TIME TO PRACTICE

Early morning on an empty stomach or 3–4 hours after meals.



DURATION

Hold the pose for 15–30 seconds. Repeat 3–5 times.

BENEFITS

- Relieves gas, bloating and acidity.
- Improves digestion and bowel movement.
- Strengthens abdominal muscles.
- Massages internal organs and improves their function.
- Eases lower back pain.
- Helps in weight management.
- Promotes overall relaxation and reduces stress.



PRECAUTIONS

- Avoid if you have severe back pain, slip disc, hernia or recent abdominal surgery.
- People with high blood pressure or heart problems should practice carefully.
- Pregnant women should avoid this pose, especially in the later stages.
- Practice slowly and do not strain.



TIPS FOR BETTER PRACTICE

- ✓ Keep your movements slow and controlled.
- ✓ Do not hold your breath; breathe normally.
- ✓ Press your thighs gently against the abdomen for maximum benefit.
- ✓ Combine with deep breathing for enhanced relief.

“ When the abdomen is free, the body is light, the mind is calm and energy flows freely. ”

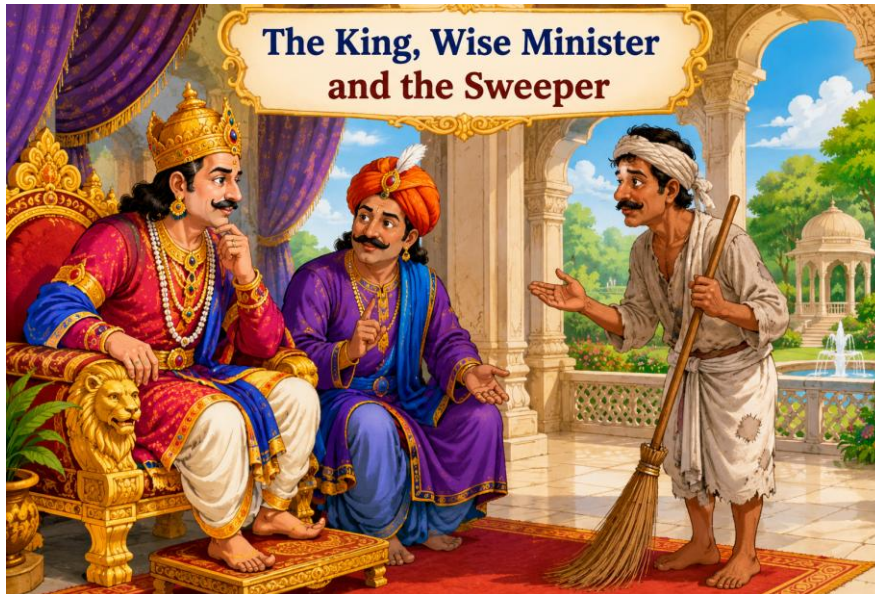


REMEMBER

Pawanmuktasana is a natural healer for a modern lifestyle. Practice regularly and feel the difference in your body and mind.



PANCHATANTRA STORY: THE KING, WISE MINISTER & SWEEPER



Once upon a time, a minister invited the king to his daughter's wedding. When the king arrived with the royal family, the minister guided him to a special seat. But, the minister was embarrassed to find the sweeper sitting there. Angry, he scolded the sweeper publicly. The sweeper felt humiliated and planned to take revenge.

Next morning, when he was sweeping the king's chamber, he deliberately muttered. "O the innocent king. I pity he does not know the juicy gossip about the minister and the queen." The king, who was half asleep, sprang up. "What the hell are you saying?" asked he. "O Sir, I had a sleepless night. I was in a daze," said the sweeper. But this was enough to make the king suspicious.

After he left, the king said to himself, "The sweeper can be the most authentic source of such news. He visits all the rooms of the palace." From that day, the king started snubbing the minister. The minister was shocked but on second thoughts, he guessed that the sweeper was somehow responsible for it. "I insulted him and he took revenge. Now I have to please him. Only he can repair the damages he has caused in my life," the minister thought.

So one day, he gave the sweeper a cordial invitation to lunch and said. "My friend, please forgive me. I know I insulted you. But I did not realise that. Please take the silk clothes as gifts. Come and join me for lunch." The sweeper was pleased. He thought. "The minister is always just. It was I who committed a mistake that day."

Now, the sweeper was happy and was determined to revise the king's attitude towards the minister. He went to the king's chamber one day, when the king was sleeping, and muttered, "Oh! The king is having an affair with a housemaid. What a shame!" The king was disgusted to hear such a rumour. He scolded the sweeper loudly. The sweeper said, "Forgive me Sir, I had a sleepless night. I was muttering in a daze."

The king realised his mistake. Based on the sweeper's mutterings, he had ignored the best minister in his court. The king called the minister and they were on good terms once again.

PANTUN OF THE MONTH

Penyaram manis, samosa rangup,
Hidangan istimewa para tetamu,
Brunei dan India terus berpaut,
Bagai sahabat yang sentiasa bersatu.



MALAY-INDIAN LANGUAGES SIMILARITIES

ENGLISH – MALAY – HINDI (PRONUNCIATION)

- 1) Good Morning – Selamat Pagi – शुभ प्रभात (Shubh Prabhaat)
- 2) Good Evening – Selamat Petang – शुभ संध्या (Shubh Sandhyaa)
- 3) Good Night – Selamat Malam – शुभ रात्रि (Shubh Raatri)
- 4) How are you – Apa Khabar – आप कैसे हैं (Aap Kaise Hain)
- 5) I am fine – Saya Sihat – मैं ठीक हूँ (Main Theek Hoon)

SIMILAR WORDS IN MALAY - HINDI

- | | |
|--|--|
| 1. Rajah (Malay) – Rājā/राजा (Hindi) | 6. Surga (Malay) – Swarg/स्वर्ग (Hindi) |
| 2. Bahasa (Malay) – Bhasha/भाषा (Hindi) | 7. Putera (Malay) – Putra/पुत्र (Hindi) |
| 3. Pustaka (Malay) – Pustak/पुस्तक (Hindi) | 8. Puteri (Malay) – Putri/पुत्री (Hindi) |
| 4. Manusia (Malay) – Manav/मानव (Hindi) | 9. Gajah (Malay) – Gaj/गज (Hindi) |
| 5. Samudera (Malay) – Samudra/समुद्र (Hindi) | 10. Jaya (Malay) – Jai/जय (Hindi) |

UPCOMING ACTIVITIES

Sl. No.	Name of the Event	Description	Date
IN BRUNEI			
1	Indian Mango Festival	2:00 to 2:30 pm – Arrival & Registration 2:30 to 4:00 pm – Virtual Buyer Sellar Meet 4:00 to 5:00 pm – Mango Promotion & Tasting	10 July 2026
2	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
3	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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Ms. Shubhra Chauhan (Attache Commerce) - com.brunei@mea.gov.in

FOR YOUR CONSULAR INQUIRIES, PLEASE WRITE TO US

Shri Shekh Samim (Attache Admin. & Consular) – cons.brunei@mea.gov.in

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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Incredible India

MUNNAR – THE EMERALD PARADISE OF KERALA



Nestled in the Western Ghats, Munnar is Kerala's breathtaking hill station, renowned for its rolling tea plantations, mist-covered mountains, sparkling waterfalls, and rich biodiversity. It's cool climate, scenic beauty, and tranquil atmosphere make Munnar a perfect destination for nature lovers, adventure seekers, and those seeking peace amidst nature.