



**HIGH COMMISSION OF INDIA
BRUNEI DARUSSALAM**

KNOW INDIA

MONTHLY NEWSLETTER

JULY 2026

VOLUME 4



MESSAGE FROM THE HIGH COMMISSIONER

I am happy to present the fourth edition of our newsletter, KNOW INDIA, for the month of July 2026. The most important development in bilateral relations was meeting the External Affairs Minister of India Dr. S. Jaishankar and Minister of Foreign Affairs of Brunei Darussalam HRH Prince Mateen in the Philippines on the sidelines of the ASEAN Foreign Ministers meeting.

July is the special month in Brunei Darussalam as we celebrate His Majesty's birthday on 15 July. This year is extra special as we celebrate the 80th birthday of His Majesty. My wife Pushpa Abbagani and I are privileged to be part of the birthday celebrations.

With this edition, we are introducing two new features. One is MANN KI BAAT- A monthly address of our Honourable Prime Minister Shri Narendra Modi. We included the main features of Mann ki Baat. Another feature is the introduction of Indian companies in Brunei Darussalam. In this edition, we have YMRM Group.

High Commission organised the first ever Indian Mango Festival with five varieties of Mangoes imported from India. The festival included a mango tasting session and a virtual Buyer-Seller meet. We also extended the Mango Festival in eight Indian restaurants in Brunei Darussalam. I am very happy to receive very positive feedback from our Brunei friends about the high quality and delicious taste of Indian Mangoes.

As we have a direct flight between Brunei and Chennai run by Royal Brunei Airlines, we have decided to include Chennai and Mahabalipuram as tourism destinations in this edition. Our other regular features include the Krishna Janmashtami festival, which is celebrated to mark the birthday of Lord Krishna and the recipe of the popular Indian sweet Suji Ka Halwa. For our young friends, we included a Panchatantra story titled "The tale of two cats." For Quiz lovers, we have included the questions used in the fourth Know India Quiz Contest organised by High Commission from 20 to 24 July 2026 so that you can test your knowledge about India by using this quiz.

I hope our Brunei friends like this edition, and I wish you all a very happy reading.

Thank you!

(Ramu Abbagani)

High Commissioner

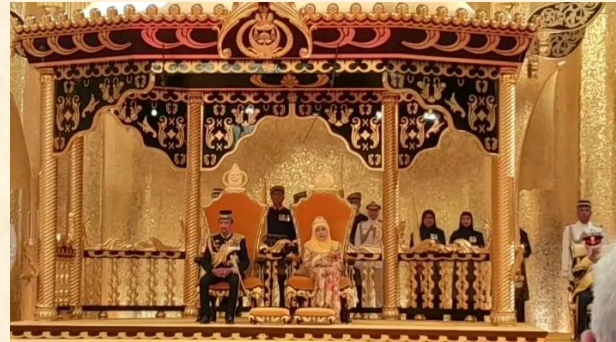
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INDIA-Brunei Darussalam: Bilateral Relations

80th BIRTHDAY CELEBRATION OF HIS MAJESTY SULTAN

High Commissioner and his spouse attended national day parade to mark 80th birthday celebrations of His Majesty the Sultan on 15 July 2026. Also they attended an investiture ceremony at Istana.



MEETING WITH THE MINISTER OF FOREIGN AFFAIRS IN ASEAN



External Affairs Minister Dr. S. Jaishankar met His Royal Highness Prince Abdul Mateen, Minister of Foreign Affairs of Brunei Darussalam, and congratulated him on assuming his current responsibilities.

The meeting underscored the immense opportunities presented by rapidly evolving technologies, including Artificial Intelligence (AI), drones, and digital innovation, as new avenues for bilateral cooperation. Both sides also reaffirmed their commitment to advancing the bilateral agenda in line with India's Act East Policy and further strengthening multilateral engagement within the ASEAN framework.

Activities of the High Commission

FAREWELL TO DR. & MRS. KABEER AT INDIA HOUSE

High Commissioner gave farewell to Dr & Mrs Kabeer at India House on 5 July 2026. Honourable Minister of Health Dato Isham was the chief guest.



INDIAN MANGO FESTIVAL 2026

The Indian Mango Festival 2026 was successfully organised at the High Commission of India, Brunei Darussalam on 10 July 2026, bringing together Indian exporters and Bruneian importers through a Buyer-Seller Meet (BSM) held in virtual mode.

The event commenced with a welcome address by High Commissioner followed by insightful interactions between exporters and importers, fostering meaningful business engagement. Chairman, APEDA, also addressed the participants and highlighted India's commitment to promoting premium-quality mango exports.

Following the BSM, Bruneians, members of the diplomatic corps, and the Indian community enjoyed a special Indian Mango Tasting Session, featuring five celebrated varieties of Indian mangoes: Dasheri, Langra, Chausa, Amrapali, Mallika. The festival showcased the exceptional taste, quality, and diversity of Indian mangoes while strengthening agricultural and trade ties between India and Brunei Darussalam.





CONSULAR CAMP AT KUALA BELAIT



The High Commission successfully organised a Consular Camp on 12 July 2026 at the Indian Association, Kuala Belait. The camp aimed to provide accessible, efficient and convenient consular services to members of the Indian community residing in and around Kuala Belait.

The High Commission organises such Consular Camps in Kuala Belait from time to time as part of its continued efforts to bring consular services closer to the Indian community.

MEETING WITH STAKEHOLDERS OF NAMASTE BRUNEI FESTIVAL 2026

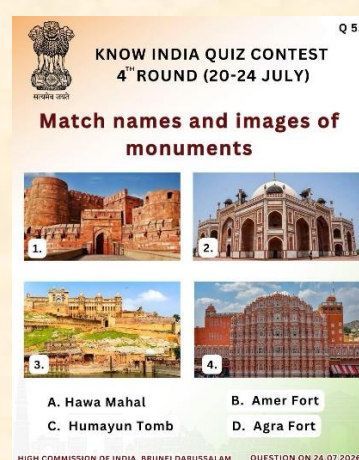
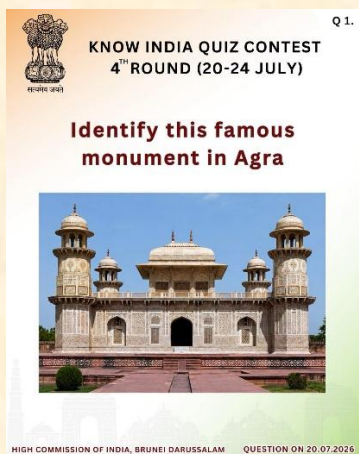
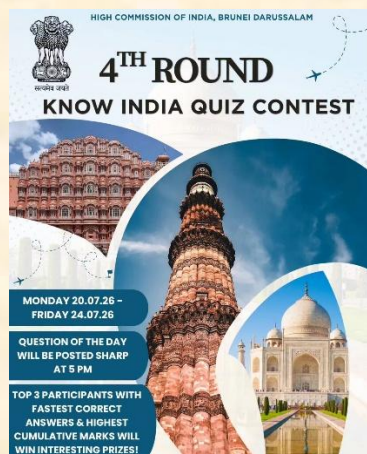
A productive stakeholder meeting for the upcoming Namaste Brunei Festival 2026 – Indian Community Fun Fair was held on 20 July 2026 under the chairmanship of the High Commissioner of India, Brunei Darussalam.

The High Commissioner briefed all stakeholders on the festival plans and encouraged their active participation to make the event a grand success. He also welcomed valuable suggestions from the participants, reflecting the spirit of collaboration and community engagement.



4TH KNOW INDIA QUIZ CONTEST

High Commission organised fourth Know India Quiz Contest from 20 to 24 July 2026. Following are the questions used in the contest. Readers can test their knowledge about India by participating in the quiz.



HOSTED DINNER AT INDIA HOUSE

High Commissioner hosted dinner on 28 July 2026 at India House to Mrs. Neetu Kumari Prasad, Additional Secretary (Revenue), Ministry of Finance of India, leader of Indian delegation at Asia Pacific Group meeting on Financial Action Task Force in Brunei. Honourable Finance Minister of Brunei Dato Amin and Datin were the chief guests.



LECTURE ON AYURVEDA – “SCIENCE OF LIFE”

The High Commission organised a lecture on Ayurveda – “Science of Life” on 31 July 2026, with the participation of more than 35 attendees. High Commissioner Shri Ramu Abbagani highlighted the importance of food and sleep in our lives and explained the concepts of the five elements, three doshas and six tastes in simple and practical terms.

Dr. Jyoti Jha, invited speaker, provided an insightful overview of Ayurveda, covering its objectives, five elements, three doshas, seven dhatus, mala, causes of imbalance, body constitutions, Prakriti analysis, Ayurvedic examinations and therapeutics. The informative session concluded with an engaging Q&A session, allowing participants to interact and deepen their understanding of Ayurveda and its holistic approach to health and well-being.



Discover India: CHENNAI MAHABALIPURAM

Chennai and Mahabalipuram, located on the scenic southeastern coast of India, offer travellers a captivating blend of history, culture, spirituality and natural beauty. Chennai, the vibrant capital of Tamil Nadu, is known for its rich cultural heritage, magnificent temples, colonial landmarks, bustling markets and beautiful Marina Beach. Visitors can experience the city's classical music and dance traditions, savour authentic South Indian cuisine and explore attractions such as Kapaleeshwarar Temple and Fort St. George.

A short drive along the picturesque East Coast Road takes visitors to Mahabalipuram, a UNESCO World Heritage destination renowned for its magnificent rock-cut temples and ancient monuments. The iconic Shore Temple, overlooking the Bay of Bengal, the impressive Five Rathas and the remarkable Arjuna's Penance showcase the extraordinary artistic and architectural achievements of the Pallava dynasty.

Together, Chennai and Mahabalipuram provide a memorable journey through India's glorious past and vibrant present. Whether exploring ancient heritage, relaxing by the sea or enjoying delicious cuisine, this destination offers an unforgettable experience for every traveller.



Travel Route Options:

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

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:

In the 136th episode of *Mann Ki Baat*, broadcast on 26 July 2026, Prime Minister Narendra Modi highlighted India's growing achievements in various fields, including sports, science, and space.

Every Indian is filled with pride following the successful launch of 'Vikram-1'. All of us Indians were witness to this historic moment for India's space sector. It is India's first rocket developed by the private sector. Our young innovators achieved something that was once difficult to even imagine... they displayed remarkable skill, passion, and patience. For a long time, our space sector remained closed to the private sector, denying many interested young people the opportunity to showcase their talent. Keeping the interests of the youth in mind, we opened up the space sector to private enterprise, and today, the world is witnessing the results.



Our youth have achieved remarkable feats in sports recently. PV Sindhu has become the first Indian to win the Japan Open title in badminton; the entire nation is proud of this achievement of hers. The Indian women's cricket team also won its first-ever Test match at the Lord's stadium in London. This is a historic victory; our team won the match by a massive margin of 270 runs. But that is not all – in the long history of Lord's, this was the first Test match played by a women's team. It was on this very ground that India won her first Cricket World Cup in 1983. Now, our 'Nari Shakti' has brought glory to the nation there.



Krishna Janmashtami

Celebrating the Birth of Lord Krishna

Krishna Janmashtami celebrates the birth of Lord Krishna, the eighth avatar of Lord Vishnu.

It is a time of devotion, joy and spiritual awakening.



SIGNIFICANCE



THE DIVINE BIRTH

Marks the birth of Lord Krishna, who came to restore dharma and rid the world of evil.



A SYMBOL OF LOVE & WISDOM

Lord Krishna's life teaches us love, compassion, courage, friendship and the path of righteousness.



DEVOTION AND JOY

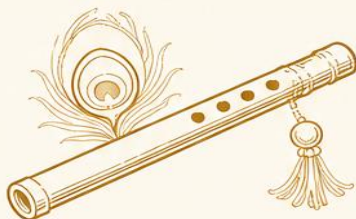
Fasting, prayers, bhajans, chanting and reenactments of Krishna's life fill this day with devotion and celebration.



UNITY AND TOGETHERNESS

Janmashtami brings families and communities together in a spirit of faith, harmony and happiness.

MAY LORD KRISHNA



Fill your life with joy and prosperity



Bless you with good health and happiness



Guide you on the path of truth and righteousness



Inspire you to spread love and kindness

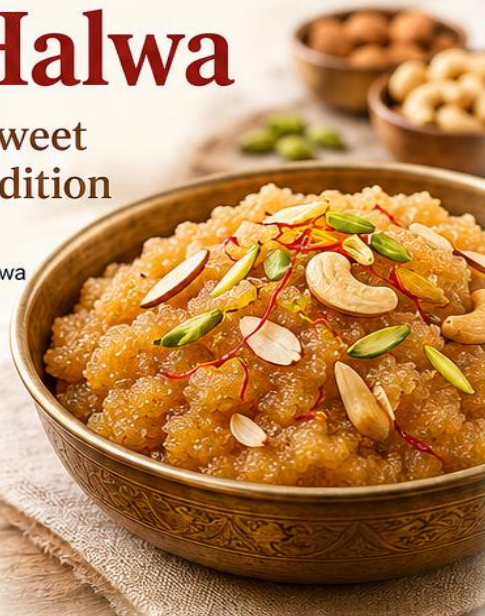
Happy Krishna Janmashtami!



Suji Ka Halwa

A Timeless Indian Sweet Full of Love and Tradition

Simple ingredients, rich flavours and a heartwarming aroma, Suji Ka Halwa is one of India's most loved desserts. Quick to make and full of goodness, this traditional sweet is enjoyed on festive occasions, during prayers and as a comforting treat any time of the day.



INGREDIENTS

	Semolina (suji) 1 cup
	Sugar 3/4 cup (adjust to taste)
	Ghee 1/2 cup
	Water 2 1/2 cups
	Cardamom powder 1/2 tsp
	Nuts (cashews, almonds) 2 tbsp (optional)
	Saffron a few strands (optional)

HOW TO MAKE SUJI KA HALWA – STEP BY STEP

1 HEAT THE GHEE



Heat ghee in a pan on medium flame. Add cashews and almonds (optional) and fry until light golden. Remove and keep aside.

2 ROAST THE SUJI



In the same pan, add suji and roast on medium-low flame, stirring continuously. Roast until it turns light golden and gives a nutty aroma (about 8–10 minutes).

3 ADD WATER AND SUGAR



In a separate pot, bring water to a boil. Carefully add the hot water to the roasted suji (keep stirring). Add sugar and mix well. Cook on low flame until the sugar dissolves and the halwa thickens.

4 FLAVOUR AND SERVE



Add cardamom powder and mix well. Garnish with the fried nuts and saffron (if using). Cook for another 1–2 minutes. Switch off the flame. Serve warm and enjoy!

TIPS FOR PERFECT SUJI KA HALWA

-  Roast the suji on medium-low flame for a rich flavour and smooth texture.
-  Keep stirring continuously to avoid lumps and ensure even roasting.
-  Use hot water to prevent lump formation.
-  Add nuts and saffron for extra taste and richness.
-  Adjust the sweetness as per your preference.
-  For a softer halwa, add a little more water; for a firmer texture, cook a little longer.

SERVING SUGGESTION

Serve Suji Ka Halwa warm, garnished with nuts and a few strands of saffron.

It pairs beautifully with a cup of tea or can be enjoyed on its own as a comforting dessert. Perfect for festivals, prayers or a special treat for your loved ones.



*Simple to make,
wonderful to share!*



Yoga Essence: BHUJANGASANA

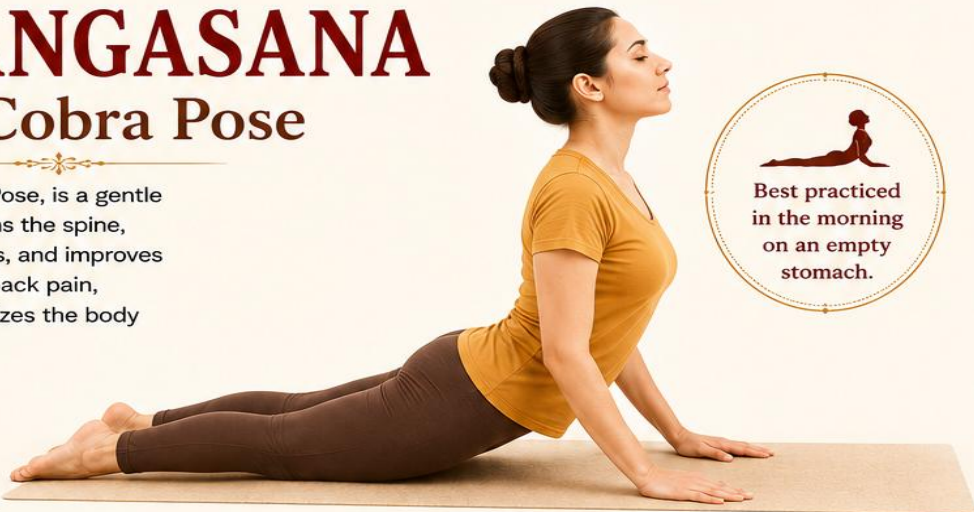
BHUJANGASANA

The Cobra Pose

Bhujangasana, or Cobra Pose, is a gentle backbend that strengthens the spine, opens the chest and lungs, and improves posture. It helps reduce back pain, relieves stress and energizes the body and mind.



Open your heart.
Strengthen your back.
Embrace your inner strength.



TECHNIQUE - HOW TO DO BHUJANGASANA

1

Lie down on your stomach with your legs extended straight and tops of the feet touching the mat.



2

Place your palms on the mat beside your chest with elbows close to your body.



3

Inhale slowly and raise your head, chest and upper abdomen off the mat.



4

Keep your elbows slightly bent and shoulders away from your ears.



5

Look slightly upward, breathe normally and hold the pose.



6

Exhale slowly and lower your body down. Relax in Makarasana.



DURATION: Hold for 15–30 seconds. Repeat 2–3 times.

BENEFITS OF BHUJANGASANA



STRENGTHENS THE SPINE

Improves flexibility and strengthens the back muscles.



OPENS CHEST AND LUNGS

Enhances lung capacity and helps in relieving respiratory problems.



RELIEVES BACK PAIN

Helps reduce mild lower back pain and sciatica.



IMPROVES POSTURE

Counteracts the effects of prolonged sitting and bad posture.



STIMULATES ABDOMINAL ORGANS

Improves digestion and helps relieve constipation.



REDUCES STRESS AND FATIGUE

Calms the mind and boosts energy levels.

PRECAUTIONS



Avoid if you have severe back injury, ulcer, hernia or pregnancy.



People with heart problems should practice under the guidance of a yoga expert.



Those with recent abdominal surgery should avoid this pose.



Avoid jerking or forcing the backbend. Move gently and mindfully.



Practice on an empty stomach or at least 3–4 hours after meals.



*Rise like a cobra – strong, steady and serene.
Bhujangasana awakens your inner power.*



Indian Company in Brunei: YMRM GROUP



YMRM GROUP

*Building Brunei's Future
Through Trust, Innovation & Excellence*

Established 1986



Visit
BRUNEI
2027
Abode of Peace



ABOUT YMRM GROUP

Established in 1986, YMRM Group has grown from a family-owned textile business into one of Brunei Darussalam's well-recognised diversified business groups. Built on a foundation of trust, integrity, quality and customer satisfaction, the Group has continually expanded its operations while maintaining long-term relationships with customers, partners and the community.

Today, proudly led by the second generation, YMRM continues to pursue innovation, sustainable growth and service excellence, while contributing to Brunei Darussalam's economic development.

A DIVERSIFIED BUSINESS GROUP

YMRM Group operates across multiple industries, offering a diversified portfolio of businesses, including:



Retail & Wholesale Textiles, Garments & Traditional Wear



Fashion Accessories, Home Décor & Lifestyle Products



Property Development & Real Estate



Construction & Infrastructure Projects



Chandeliers & Premium Lighting Solutions



Medical & Healthcare Supplies



Strategic Trading, Investments & Business Partnerships



Luxury Jewellery featuring Certified Natural Diamonds, Rare Sapphires & Bespoke Fine Jewellery

As part of its continued evolution, YMRM Group has recently expanded into the luxury jewellery sector, offering exclusive collections of premium diamonds, natural sapphires, and bespoke creations designed for private clients, distinguished collectors and royalty.

CONTRIBUTING TO BRUNEI DARUSSALAM

For almost four decades, YMRM Group has remained committed to contributing to Brunei Darussalam's economy through investment, entrepreneurship, employment and long-term business partnerships.

Today, the Group proudly employs **over 100 people** across its diversified businesses. Our workforce comprises experienced professionals from both Brunei and abroad, working together to deliver exceptional products and services while supporting the Group's continued growth.

Beyond business, YMRM Group actively supports charitable initiatives, community programmes, cultural events and humanitarian efforts. The Group believes that sustainable business success is measured not only by commercial achievements but also by creating meaningful value for society.



100+
EMPLOYEES



4
STRATEGIC
SHOWROOMS

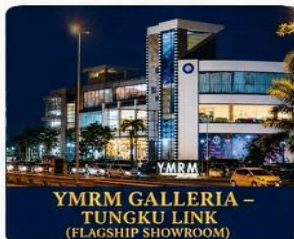


8
DIVERSE
INDUSTRIES



40
YEARS OF
EXCELLENCE
(1986–2026)

OUR BRANCH NETWORK



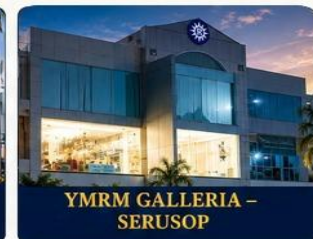
**YMRM GALLERIA –
TUNKU LINK**
(FLAGSHIP SHOWROOM)



**YMRM GALLERIA –
BATU SATU**



**YMRM GALLERIA –
SENGKURONG**



**YMRM GALLERIA –
SERUSOP**

Together, our showrooms serve thousands of customers each year with quality products and trusted service.



OUR VISION

To be Brunei Darussalam's leading diversified business group, recognised for innovation, integrity, quality and creating lasting value for customers, partners, employees and the community.



OUR MISSION

To deliver high-quality products and services through continuous innovation, ethical business practices and customer-focused solutions while contributing positively to Brunei Darussalam's economic and social development.

CORE VALUES



TRUST



INTEGRITY



INNOVATION



QUALITY



SERVICE
EXCELLENCE

Built on Trust. Driven by Innovation. Committed to Excellence.

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Panchatantra Story: THE TALE OF THE TWO CATS

A poor old woman once lived in a hut with a small, thin cat. The cat lived on the measly leftovers and thin watery gruel that the old woman occasionally gave him.

One morning, the thin cat saw a fat cat walking along the wall of the opposite house. The thin cat called out to him, "My friend, it seems you get to feast every day at a banquet. Please, tell me where you find so much food."

The fat cat said, "At the king's table, of course. Every day, before the king sits down to eat, I hide under the table and steal the tasty pieces that fall off the table." The thin cat sighed longingly, and the fat cat said, "I can take you to the king's palace tomorrow. But remember, once we are there, you will have to fend for yourself."

"Oh thank you!" purred the thin cat joyfully, and ran to tell his mistress.

The old woman was far from happy to hear him. "I beg you," she pleaded with her cat, "stay home and be content with your gruel. What will happen if the royal servants catch you stealing?" But the thin cat was so greedy that he paid no heed, and the two cats left for the palace next day.

It had so happened that the day before, cats had invaded the king's banquet hall in such large numbers that the angry king had issued an order to kill any cat that enters his palace.

As the fat cat was sneaking in through the window, another cat, who was fleeing, warned him of the king's orders. The fat cat escaped, but the thin cat was already in the banquet hall. Excited, he leapt through the window to snatch a piece of fish, but a royal servant saw him and killed him.



Pantun of the Month:



Malay-Indian Languages Similarities

- 1) Singa (Malay) – Simha (Lion)/ सिंह (Sanskrit)
- 2) Angsa (Malay) – Hamsa (Swan)/ हंस (Sanskrit)
- 3) Puspa (Malay) – Pushpa (Flower)/ पुष्प (Sanskrit)
- 4) Gajah (Malay) – Gajah (Elephant)/ गजः (Sanskrit)
- 5) Singgahsana (Malay) – Simhasan (Throne)/ सिंहासन (Hindi)
- 6) Bijaksana (Malay) – Vichakshana (wisdom)/ विचक्षण (Hindi)
- 7) Budiman (Malay) – Buddhiman (Intelligent)/ बुद्धिमान (Hindi)

FORTHCOMING ACTIVITIES

Sl. No.	Name of the Event	Description	Date
IN BRUNEI			
1	5th Round of Know India Quiz Contest	Readers can test their knowledge about India by participating in the quiz. Top 5 winners of the Know India Quiz contest will win interesting prizes!	7 – 11 Sept. 2026
2	Namaste Brunei Festival (Indian Community Fun Fair), Onecity Shopping Center, Brunei	A platform for cultural celebration, community bonding, and promotion of Indian rich heritage, cuisine, shopping and entertainment	19 - 20 Sept. 2026
3	Indian Film Festival	Indian Films will be screened in Cineplex	19 - 20 Sept. 2026
IN INDIA			
1	Bharatiya Vyapar Mahotsav, Bharat Mandapam, New Delhi	India's largest Made in India Multi-Sectorial Business Expo. A platform to connect with Buyers and Sellers.	12-15 August 2026
2	89th Edition of Know India Programme for Scholars and Innovators	PIO, OCI, or NRI aged 18–23 years can apply to explore India's rich heritage, dynamic growth, and vibrant culture	15 – 29 Sept. 2026
3	62nd IHGF Delhi Fair – Autumn 2026 India Expo Centre & Mart, Delhi, India	India's premier sourcing destination showcasing exquisite handicrafts, home décor, lifestyle products, furnishings, fashion accessories, furniture, gifts and much more	13 - 17 Oct. 2026
4	25th Annual Conference of the Indian Association of Social Science Institutions (IASSI), Nalanda University, Rajgir, Bihar	Researchers, practitioners, and social scientists are invited to submit both conceptual and empirical papers addressing a variety of topics and sub-themes aligned with the conference themes.	26–28 October 2026
5	11th World Ayurveda Congress & Arogya Expo, Bhubaneswar, 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



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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High Commission of India, Brunei Darussalam

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India in Brunei Darussalam



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@HCIBrunei



The Taj Mahal, India's timeless symbol of love, invites travellers from across the world to experience its breathtaking beauty. This UNESCO World Heritage masterpiece dazzles with its elegant white marble, intricate craftsmanship and enchanting riverside setting.