



**HIGH COMMISSION OF INDIA
BRUNEI DARUSSALAM**

KNOW INDIA

MONTHLY NEWSLETTER

AUGUST 2026

VOLUME 5

M19 | INDIA

ble India

Incredible India

INDIA'S
SAGAR & MAHASAGAR
INITIATIVES



MESSAGE FROM THE HIGH COMMISSIONER

Dear Friends,

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

The most important development in our bilateral relations was the participation of the High Commission of India in the Brunei Darussalam Maritime Week during the first week of August 2026. I had the honour of welcoming the Honourable Minister of Transport and Infocommunications at the High Commission's booth. I also had the opportunity to speak live on Radio Television Brunei (RTB).

The month of August is special for India as we celebrate our Independence Day on 15 August. This year's celebration was particularly special as we celebrated the 80th Independence Day, which witnessed unprecedented participation from the Indian community and our Brunei friends. During the celebration, we honoured the winners of the Bharat Ko Janiye Quiz Contest and the Viksit Bharat Drawing Competition.

The Government of India illuminated our World Heritage Site, Qutub Minar, in the colours of the ASEAN flag on the occasion of ASEAN Day on 8 August.

We continue with our feature on excerpts from Mann Ki Baat, the monthly radio address of the Honourable Prime Minister of India, Shri Narendra Modi. In this edition, we have included the success story of the Serikandi Group of Companies.

As we care for our Brunei friends, we have decided to bring you the ancient wisdom of Ayurveda (the "Knowledge of Life"), India's traditional system of medicine. We will continue to explore this subject in the coming months. For the benefit of our Brunei friends, we have also included a set of yoga practices that can help reduce and manage stress.

In the tourism section, we have covered the beautiful cities of Bengaluru, Mysuru, and Hampi. I invite you to visit these fascinating destinations at least once in your lifetime.

Our other regular features include the Ganesh Chaturthi festival, which is celebrated over eleven days, and the recipe for the traditional drink Sattu. For our young friends, we have included a Panchatantra story titled "*The Greedy Little Bird*."

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

Thank you!

(Ramu Abbagani)
High Commissioner

INDEX

Sl. No.	Particulars	Page No.
1	India-Brunei Darussalam: Bilateral Relations	4-5
2	Activities of the High Commission	6-8
3	Discover India: Site Seeing in Bengaluru, Mysuru & Hampi	9
4	Best Travel Routes to India	10
5	Prime Minister's Mann Ki Baat	11
6	Indian Festival: Ganesh Chaturthi	12
7	Indian Cuisine: Healthy Sattu Drink	13
8	Yoga Practices for Stress Relief	14-15
9	Wisdom of Ayurveda: Science of Life	16-17
10	Serikandi Group of Companies	18-19
11	Panchatantra Story – The Greedy Little Bird	20
12	Pantun of the month	21
13	Malay – Indian Languages Similarities	21
14	Forthcoming activities	22
15	Publisher Details	23

INDIA-Brunei Darussalam: Bilateral Relations

PARTICIPATION IN BRUNEI MARITIME WEEK



High Commission of India participated in Brunei Maritime Week from 6 to 9 August 2026 organised by the Maritime and Port Development Authority of Brunei Darussalam (MPABD) and the Ministry of Transport and Infocommunications at Energy hub in Brunei Darussalam. Honourable Minister of Transport and Infocommunications Dato Riza graced booth of High Commission of India on 7 August 2026.

High Commissioner gave the Honorable Minister a brief tour and explained India Maritime policies including the SAGAR and MAHASAGAR initiatives and that the year 2026 is being celebrated as India-ASEAN Maritime year.

High Commissioner of India gave an interview to Pilihan on 8 August 2026 on the sidelines of Brunei Darussalam Maritime Week 2026 at Energy Hub, Dermaga Diraja.



QUTUB MINAR ILLUMINATED FOR ASEAN DAY

The iconic Qutub Minar in New Delhi, one of India's historical landmarks and a UNESCO world heritage site, lights up with the ASEAN flag on the eve of 59th ASEAN Day.



MEETING WITH THE ACTING DISTRICT OFFICER OF TUTONG



High Commissioner met with Mr. Haji Mohammad Sofian bin Haji Basri, Acting District Officer of Tutong on 19 August 2026. A wonderful opportunity to connect, exchange views and strengthen the friendship between India and Brunei Darussalam — one district at a time!



MEETING WITH THE DEPUTY MINISTER OF FINANCE

On 26 August 2026 High Commissioner met with Madam Pengiran Datin Seri Paduka Hajah Zety Sufina binti Pengiran Dato Paduka Haji Sani, Deputy Minister of Finance, for an engaging and fruitful discussion on matters of mutual interest.

Activities of the High Commission

NATIONAL HANDLOOM DAY



The High Commissioner, Officers, Officials and their families at the High Commission of India, Brunei Darussalam marked National Handloom Day on 7 August 2026 by proudly wearing handloom garments, reaffirming the commitment to preserving and promoting India's rich handloom traditions and the skilled artisans who keep this heritage alive.

HAR GHAR TIRANGA CAMPAIGN

The High Commissioner, Officers, Officials and their families at the High Commission of India, Brunei Darussalam proudly participated in the Har Ghar Tiranga campaign, celebrating the spirit of patriotism and our National Flag.



CELEBRATED 80TH INDEPENDENCE DAY

The 80th Independence Day of India was celebrated at the High Commission of India, Brunei Darussalam with great enthusiasm and patriotic fervour, in the presence of more than 300 members of the Indian community and friends of India. In connection with Independence Day, High Commission organised various activities namely, India through my lens photography competition, Viksit Bharat 2047 painting competition, My India my story campaign, Bharat Ko Janiye Quiz. Winners were honored during the celebration.



OFFERED BEST WISHES TO ITEC PARTICIPANTS



High Commission extended its heartfelt congratulations and best wishes to Mr. Muhammad Wafiy Rani and Mr. Mohammad Azimin bin Haji Ramlee, who have been selected to participate in the 170th International Training Programme (ITP) on Audit of E-Procurement and Audit of PPP Projects, being organised under the ITEC Programme at the International Centre for Information Systems & Audit (iCISA), CAG, Noida, India, from 24 August to 09 September 2026.

The High Commissioner met the participants at the High Commission and extended his warm wishes for their onward journey to India for a successful and enriching ITEC training programme and back to Brunei Darussalam.

ATTENDED INDEPENDENCE DAY CELEBRATION OF BSBIA

High Commissioner and spouse attended 80th Independence Day celebrations organised by BSBIA on 22 August 2026 in Brunei Darussalam.



Discover India: SITE SEEING IN BENGALURU, MYSURU AND HAMPI

Bengaluru, Mysuru and Hampi offer a fascinating journey through Karnataka's rich heritage, culture and history. Bengaluru, the vibrant capital city, attracts visitors with landmarks such as Vidhana Soudha, Bengaluru Palace, Bengaluru Fort and the National Gallery of Modern Art.

Mysuru, known for its royal heritage, showcases the magnificent Mysuru Palace, Chamundeshwari Temple, Karanji Lake Nature Park, Brindavan Gardens and Ranganathittu Bird Sanctuary.

Hampi, a UNESCO World Heritage Site, mesmerises visitors with its ancient temples, royal complexes, stone monuments and spectacular landscapes, including Virupaksha Temple, Vittala Temple, Stone Chariot, Lotus Mahal and Hemakuta Hill.

Together, these destinations showcase Karnataka's diverse tourism.



Travel Route Options:

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

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 137th episode of *Mann Ki Baat*, broadcast on 30 August 2026, Prime Minister Narendra Modi highlighted inspiring initiatives and stories of citizens contributing to India's development. He spoke about innovation, women's empowerment, youth participation and the growing interest in science and technology. Highlighting the remarkable **Mission ShaktiSAT** initiative, which is providing thousands of young girls from India and across the world an opportunity to learn about satellite technology, Prime Minister Modi said:

"Friends, Today the flight of our daughters' dreams is soaring from the earth to outer space. And you will be proud to know that India is bringing together thousands of daughters who are nurturing such dreams, from across the globe. This initiative is named 'Mission ShaktiSAT.' Through it, 12,000 girl students from 108 countries are getting the opportunity to learn satellite technology and to advance in the field of innovation. On August 23rd – National Space Day – a wonderful glimpse of this mission was seen in Greater Noida, Uttar Pradesh. The second phase of Mission ShaktiSAT was launched at the Gautam Buddha University. On this occasion, around 100 female students from India and various other countries came together. Students selected from India's remote regions are also participating.

The goal of this entire initiative is truly special: preparations are underway to send a satellite – developed entirely through the participation of female students – into lunar orbit. Friends, I am confident that many of these students will carve out a distinct identity for themselves in the fields of science, technology, and innovation in the future."



Mission ShaktiSAT...

इसके माध्यम से 108 देशों की 12 हजार छात्राओं को Satellite Technology सीखने और innovation के क्षेत्र में आगे बढ़ने का अवसर मिल रहा है।

23 अगस्त, National Space Day पर इस मिशन की एक सुंदर तस्वीर उत्तर प्रदेश के ग्रेटर नोएडा में देखने को मिली।

मन की बात, 30 अगस्त 2026



गौतमबुद्ध विश्वविद्यालय में Mission ShaktiSAT के दूसरे चरण की शुरुआत हुई। इस अवसर पर दुनिया के अलग-अलग देशों और भारत से आई करीब 100 छात्राएं एक साथ जुटीं। भारत के दूर-दराज क्षेत्रों से चुनी हुई छात्राएं भी इसमें हिस्सा ले रही हैं। इस पूरे प्रयास का लक्ष्य भी बहुत खास है। पूरी तरह छात्राओं की भागीदारी से तैयार एक satellite को Moon की Orbit में भेजने की तैयारी है।

मन की बात, 30 अगस्त 2026

Indian Festival: GANESH CHATURTHI

Happy Ganesh Chaturthi

May the blessings of Lord Ganesha bring happiness, prosperity and success in your life.



Significance of Ganesh Chaturthi

Ganesh Chaturthi marks the birth of Lord Ganesha, the remover of obstacles and the harbinger of good fortune. It is a time to seek his blessings for wisdom, prosperity and new beginnings. The festival brings families and communities together in devotion, joy and cultural celebration.



Let the wisdom, kindness and positivity of Lord Ganesha guide us always.

The Meaning Behind His Form



Big Ears

Symbolises the ability to listen to everyone with patience and understanding.



Long Nose

Represents a sharp mind, the ability to discern what is right and wrong, and to overcome obstacles.



Big Stomach

Symbolises the power to digest both good and bad, and to remain calm in all situations.



Broken Tusk

Teaches us to sacrifice our ego and stay focused on the higher purpose.



Mouse (His Vehicle)

Shows that even the smallest problems can be overcome with wisdom and courage.



Modak

Represents the sweetness of knowledge and the joy that comes from inner peace.

Ganpati Bappa Morya!

Indian Cuisine: HEALTHY SATTU DRINK

Sattu is a traditional Indian food made from roasted and ground gram (chickpeas). Rich in plant-based protein, fibre and essential nutrients, it is a simple and refreshing drink that can be enjoyed especially during warm weather.

BENEFITS OF SATTU DRINK

Sattu is a good source of plant-based protein and dietary fibre, which can help support satiety and digestive health. It provides sustained energy and can be a nutritious alternative to sugary beverages. Sattu also contains minerals such as iron, magnesium and potassium. When prepared with lemon, cumin and fresh herbs, it makes a refreshing and flavourful drink.

INGREDIENTS

- 2 tablespoons roasted gram flour (Sattu)
- 1 glass (250 ml) cold water
- ½ lemon
- ¼ teaspoon roasted cumin powder
- A pinch of black salt
- Fresh coriander or mint leaves, finely chopped
- Salt to taste

METHOD OF PREPARATION

1. Add 2 tablespoons of Sattu to a glass.
2. Add a little water and mix well to make a smooth paste without lumps.
3. Add the remaining water and stir thoroughly.
4. Add lemon juice, roasted cumin powder, black salt and salt.
5. Garnish with fresh coriander or mint leaves.
6. Serve chilled and enjoy a refreshing Healthy Sattu Drink.

TIPS:

1. For a naturally sweeter version, a small amount of jaggery may be added. Choose the ingredients according to your dietary needs and preferences.
2. Sattu is a simple, affordable and traditional Indian food that can be a wholesome addition to a balanced diet.



Yoga Practices for Stress Relief

Stress is a natural response of the body and mind when a person faces challenging, demanding or unfamiliar situations. A certain amount of stress can motivate us to respond to challenges; however, prolonged or excessive stress may affect physical, mental and emotional well-being. Regular yoga practice can help promote relaxation, improve body awareness and support better management of everyday stress.

TYPES OF STRESS

Stress can generally be classified into acute stress and chronic stress. Acute stress is short-term and usually occurs in response to a specific situation, such as an examination, deadline or unexpected event. Chronic stress continues for a longer period and may result from ongoing work pressure, financial concerns, relationship difficulties or other persistent challenges.

CAUSES OF STRESS

Stress can arise from various aspects of life. Common causes include excessive workload, lack of sleep, academic or professional pressure, financial difficulties, family or relationship concerns, major life changes and health-related worries. Lifestyle factors such as poor diet, physical inactivity and excessive use of digital devices may also contribute to stress.

SIGNS AND SYMPTOMS OF STRESS

Stress can affect both the body and mind. Common physical symptoms include headache, muscle tension, fatigue, disturbed sleep and changes in appetite. Emotional and psychological signs may include irritability, restlessness, difficulty concentrating, anxiety and feeling overwhelmed. Some people may also experience changes in behaviour, such as social withdrawal or difficulty maintaining regular routines.

YOGA PRACTICES FOR STRESS RELIEF

Yoga combines physical postures, breathing practices and relaxation techniques that can help calm the body and promote mental well-being. Gentle asanas such as *Balasana* (Child's Pose), *Marjariasana* (Cat-Cow Pose) and *Shavasana* (Deas Body Posture) can encourage physical relaxation. Slow and mindful pranayama, such as *Nadi Shodhana* (Alternate Nostril Breathing) and slow diaphragmatic breathing, can help develop awareness of the breath and encourage a relaxed state. A few minutes of meditation or mindfulness can further support mental calmness.

Practised regularly and comfortably, yoga can become a simple and practical tool for managing everyday stress and promoting a healthier, more balanced lifestyle.

Yoga for Stress Relief

Calm Mind 🌱 Balanced Emotions 🌱 Healthier You

A few minutes of yoga each day can bring peace to your mind, lightness to your body and positivity to your life.



6 Asanas for Stress Relief



- 1 Balasana (Child's Pose)**
Relaxes the body and calms the mind.



- 2 Marjariasana (Cat-Cow Pose)**
Releases tension, improves flexibility and soothes the nervous system.



- 3 Parvatasana (Mountain Pose)**
Energises the body and reduces mental fatigue.



- 4 Shavasana (Dead Body Posture)**
Calms the mind and relieves stress and anxiety.



- 5 Setu Bandhasana (Bridge Pose)**
Releases tension in the back, opens the chest and brings relaxation.



- 6 Ardha Halasana (Half Plough Posture)**
Improves circulation and brings deep relaxation.

Pranayama for a Calm Mind



Nadi Shodhana (Alternate Nostril Breathing)

- Balances the nervous system.
- Reduces stress and anxiety.
- Brings mental clarity and calmness.
- Practice for 5–10 minutes.



Meditation for Inner Peace

- Improves focus and concentration.
- Calms the mind and emotions.
- Enhances self-awareness.
- Practice for 5–15 minutes.

Breathe 🌱 Move 🌱 Meditate 🌱 Feel the Change

Wisdom of Ayurveda:

AYURVEDA:- THE SCIENCE OF LIFE

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

Ayurveda, the traditional system of health and wellness from India, takes a holistic approach to wellbeing. Rather than focusing only on treating symptoms, it considers the individual as a whole—treating body, mind, lifestyle, digestion, sleep, and daily habits.

“Ayurveda” word literally means “science of life”, and it represents the oldest complex medical system about healthy lifestyle principles. The origin of its teachings dates back to the ancient Indian scriptures (Vedas).

- The first significant writings about Ayurveda (Charaka Samhita) appeared around the first millennium B.C.
- The second scholarly writing (Sushruta Samhita) originated one century later and deals with ayurvedic surgery.
- The third most important document (Astanga Hridayam) is from the 7th century A.D. and it is a well-arranged compilation of two previous writings. Between the 5th century B.C. and 5th century A.D.

In today's world, Ayurveda transforms into a highly precise, predictive, and personalized science, shifting from generic wellness into data-driven healthcare. By proving holistic healing mechanisms at the molecular level, providing evidence-based medicine that Western medicine requires. This bridges the gap between East and West, driving unprecedented global clinical acceptance.

CONCEPTS OF AYURVEDA

1) Panchamahabhuta (5 great elements)

The Panchamahabhuta (five great elements) give rise to different body parts by condensed tissue differentiation during fetal development.

2) Tridosha (Vital energy)

Panchamahabhuta, combines to form 3 Universal energy or Doshas i.e.

Vata – Space + Air

Pitta – Fire + Water

Kapha – Water + Earth

These three doshas are present in all of us with variations in each of the energy levels

“The balance of the doshas is health, and imbalance is disease”



UNDERSTANDING YOUR PRAKRUTI



At the heart of Ayurveda is the concept of **Prakruti**, or an individual's natural constitution. Prakruti describes the unique combination of the three doshas—**Vata**, **Pitta**, and **Kapha**—that is established at birth. Each person has a distinctive balance of these energies, which influences physical characteristics, digestion, temperament, energy levels, and responses to different foods, routines, and environments.

Why Is Prakruti Assessment Important?

Understanding your Prakruti can provide a personalized framework for making healthier lifestyle choices. Two people may experience the same situation or eat the same food but respond quite differently. Ayurveda recognizes these individual differences rather than recommending a single approach for everyone.

A Prakruti assessment may help you better understand:

- Your natural physical and mental tendencies
- Your digestive and metabolic patterns
- Foods and daily routines that may be more suitable for you
- Your strengths and areas that may require greater attention
- How lifestyle and seasonal changes may affect your balance
- Personalized approaches to maintaining overall wellbeing

It is also important to distinguish **Prakruti** from **Vikruti**. Prakruti refers to your inherent constitution, while Vikruti describes the current state of imbalance. Understanding both can help an Ayurvedic practitioner develop a more individualized wellness approach.

ESTABLISHED 1974

18

“INVEST FOR PURPOSE, BUILD FOR THE FUTURE”



Dr. Shaikh Khalid Shaikh HJ. Ahmad
Chairman & Managing Director

EMPOWERING REGIONAL GROWTH THROUGH STRATEGIC INVESTMENTS & PARTNERSHIPS

From its beginnings in 1974 to its present role as a diversified regional group, Serikandi Holdings embodies Brunei's entrepreneurial spirit and forward-looking ambition.

By integrating strong local foundations with world-class partnerships, Serikandi Holdings continues to build bridges across industries and borders — shaping the future of regional business, sustainability, and growth.



Mr. Revi Bhaskaran
Chief Executive Officer

ONE GROUP. DIVERSE EXPERTISE. INTEGRATED SOLUTIONS.



Sungai Bera Fabrication Yard



30MW AC Photovoltaics Power Plant



Serikandi Poultry EC House



Serikandi Aquaculture Floating Cages



Nautical Anisha 1



Spice Palace Restaurant



Ya-Nur Supermarket



Serikandi Engineers & Consultants Office, Kochi

Panchatantra Story: THE GREEDY LITTLE BIRD

Long ago, on a hot summer day, the king of birds, along with other birds, flew to a new place in search of food. He asked all the birds to start looking in all directions.

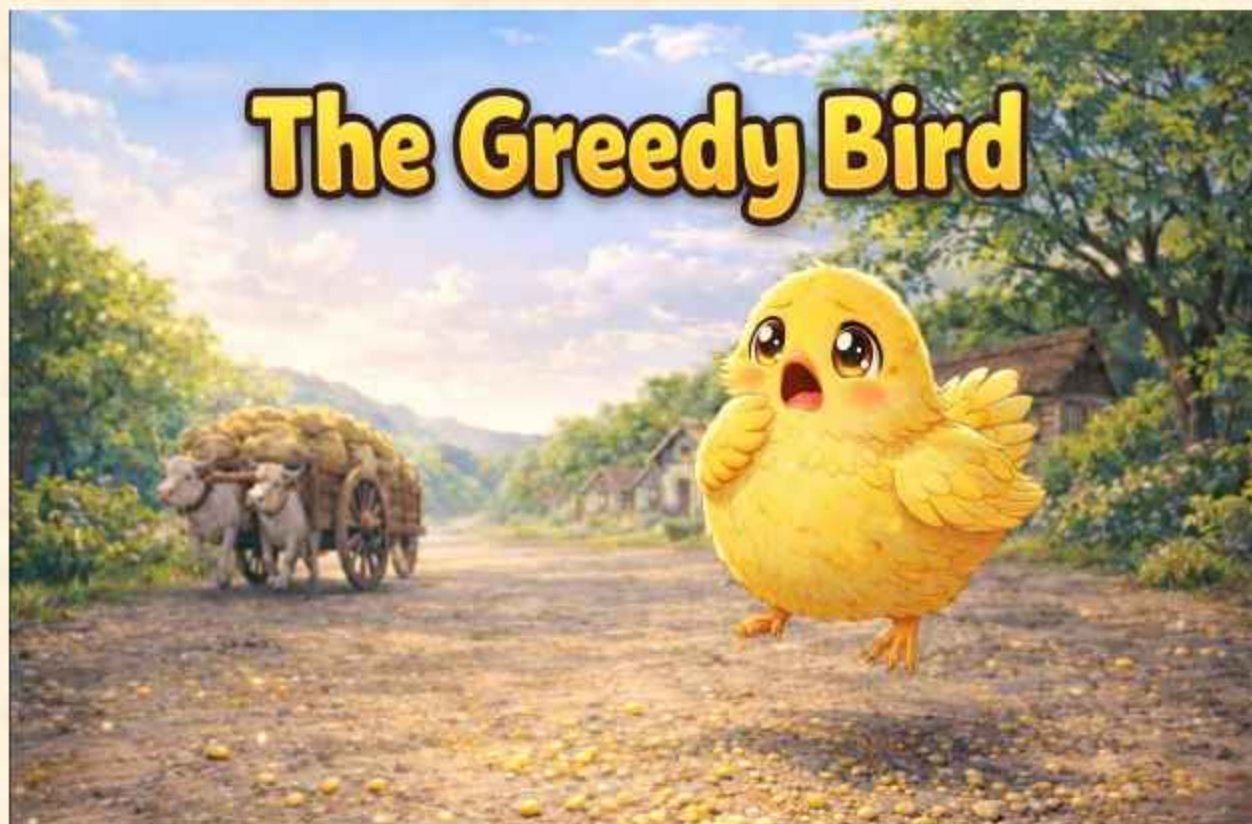
All the birds flew far and wide looking for food. One of the birds reached a highway. There she saw many bullock carts carrying sacks of food grains. She also noticed that lots of grain was falling on the road when the carts moved.

She was delighted and decided to tell the king about this place before anyone else found it. So, she flew back and said to the king, "I saw a place where many sack-laden bullock carts pass by on the road and spill grains. But if you fly down on that road to peck at the grain, the carts may crush you at any time. It's better not to go there at all."

The bird's advice seemed sensible and the king agreed. He warned the other birds not to go anywhere near the highway.

Every day, the greedy little bird would secretly fly to the spot and enjoy the feast alone. One day, while she was pecking at the grains, a bullock cart crushed the greedy bird.

One who desires more, loses all.



Pantun of the Month:



Malay-Indian Languages Similarities

- 1) Guru (Malay) – Guru (Teacher)/ गुरु (Sanskrit)
- 2) Bakti (Malay) – Bhakti (Devotion)/ भक्ति (Sanskrit)
- 3) Rupa (Malay) – Rupa (Appearance)/ रूप (Sanskrit/Hindi)
- 4) Tatapi (Malay) – Tathapi (But/Still)/ तथापि (Sanskrit/Hindi)
- 5) Saksi (Malay) – Sakshi (Witness)/ साक्षी (Sanskrit/Hindi)
- 6) Watan (Malay) – Watan (Homeland)/ वतन (Urdu/Hindi)
- 7) Aman (Malay) – Aman (Peace)/ अमन (Urdu/Hindi)

FORTHCOMING ACTIVITIES

SL No.	Name of the Event	Description	Date
IN BRUNEI			
1	157th Birth Anniversary of Rashtrapita Mahatma Gandhi	Time: 3:00 PM onwards Venue: Multipurpose Hall, HCI	2 Oct. 2026
2	Dandiya Celebration	On the occasion of Navaratri Venue: Multipurpose Hall, HCI	24 Oct. 2026
3	Celebration of Diwali	Venue: Multipurpose Hall, HCI	14 Nov. 2026
IN INDIA			
1	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
2	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
3	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

FOR YOUR BUSINESS INQUIRIES, PLEASE WRITE TO US

Shri Ramu Abbagani (High Commissioner) – hc.brunei@mea.gov.in
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>

-EDITOR OF NEWSLETTER-

Dr. Ujjwal Arun Maske

Teacher of Indian Culture – Yoga
High Commission of India, Brunei Darussalam

-PUBLISHER-

High Commission of India, Lot No. 62514,
Simpang 336, Diplomatic Enclave,
Jalan Duta, Bandar Seri Begawan,
BC4115, Brunei Darussalam

Website: www.hcindiabrunei.gov.in



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HAMPI STONE CHARIOT

The Stone Chariot, located within the Vittala Temple complex in Hampi, Karnataka, is one of the most iconic monuments of the Vijayanagara Empire. Built in the 16th century, it is dedicated to Garuda, the vehicle of Lord Vishnu. Carved from stone with remarkable craftsmanship, the chariot features beautifully detailed wheels, pillars, and ornamental sculptures. It represents the architectural excellence and artistic achievements of the Vijayanagara period and is a prominent symbol of Hampi's rich cultural heritage.