



**HIGH COMMISSION OF INDIA  
BRUNEI DARUSSALAM**

# KNOW INDIA

**MONTHLY NEWSLETTER**

**JUNE 2026**

**VOLUME 3**





## MESSAGE FROM THE HIGH COMMISSIONER

I am happy to present the third edition of our Newsletter, KNOW INDIA, for the month of June 2026. The bilateral developments include my call on President of Legislative Council and setting up of India Corners in Kolej Universiti Perguruan Ugama Seri Begawan (KUPU SB) and Universiti Brunei Darussalam (UBD).

High Commission organised a very successful textile exhibition titled “Threads of India: A Showcase of Indian Textiles” as part of MYCE 2026 by Ministry of Economy, Trade and Industry. I interacted with young members of Indian Community on various topics. June is the month of Yoga celebrations, as we celebrate International Day of Yoga on 21 June. I am glad to inform you that for the first time, two Brunei nationals went to India to undergo a one-month yoga training programme. Most importantly, the High Commission organised a very successful Health Camp in collaboration with the Bandar Seri Begawan Indian Association.

India’s Golden Triangle, i.e., Agra, Delhi, and Jaipur, is one of the popular destinations amongst Brunei friends. In this issue, we presented detailed information on Golden Triangle. Our other regular features include the Raksha Bandhan festival and the recipe of the popular Indian snack Samosa. For our young friends, we included a Panchatantra story titled “The Camel Trader”.

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

## MEETING WITH THE SPEAKER OF THE LEGISLATIVE COUNCIL

High Commissioner met with The Honourable Pehin Orang Kaya Seri Lela Dato Seri Setia Haji Abdul Rahman, Speaker of the Legislative Council of Brunei Darussalam, on 10 June 2026. The cordial meeting underscored the shared commitment of both countries to further deepen bilateral relations and parliamentary engagement.



## VISITED RADIO TELEVISION BRUNEI

High Commissioner visited Radio Television Brunei (RTB) on 15 June 2026 to explore the collaboration between RTB and High Commission. High Commissioner interacted with the RTB team and congratulated and appreciated them for the great work they are doing.





## ATTENDED INDIAN BOOK CORNER CEREMONY IN KUPUSB

High Commissioner attended Indian Book Corner Launching Ceremony in Kolej Universiti Perguruan Ugama Seri Begawan (KUPU SB) Library on 15 June 2026. He handed over books on India covering subjects of Indian History, Culture, Literature, Indian Democracy, Science & Technology etc to Professor Madya Dr. Abdul Nasir bin Haji Abdul Rani, Ra'es of KUPU SB in the presence of principal officers of KUPU SB, dignitaries present and friends.



## PRESENTED BOOKS ON INDIA TO UBD

High Commissioner presented books on India to Vice Chancellor of University of Brunei Darussalam (UBD) on 18 June 2026 for setting up India Book Corner in the library of UBD.

Prominent Indian Community members were also present at the occasion. High Commissioner also interacted with students of SMSS school visiting UBD library.



## Activities of the High Commission

### VISITED SUZUKI SHOWROOM



High Commissioner visited Suzuki Showroom on 3 June 2026, which sells made in India models of Maruti Suzuki.

He met the management of the company Boustead SDN BHD and assured all support for smooth facilitation and encouraged them to do more business with India and also visit India for holidays.

### CURTAIN RAISER EVENT FOR IDY 2026 AT IBTE

The High Commission of India in collaboration with Institute of Brunei Technical Education, organised a Curtain Raiser Event for International Day of Yoga 2026 at IBTE, Jalan Pasar Baharu, Bandar Seri Begawan on 5 June 2026. The event was graced by Shri Ramu Abbagani, High Commissioner of India, and Dr. Hj Mohd. Zamri Bin Hj Sabli, CEO and Director of Technical Education, IBTE. In his address, the High Commissioner highlighted the physical, mental and emotional benefits of Yoga and invited participants to join the grand International Day of Yoga celebrations on 21 June 2026 at the High Commission. The Yoga session, led by Dr. Ujjwal Arun Maske, featured asanas and pranayama practices and witnessed enthusiastic participation from students and faculty alike.





## TREE PLANTATION PROGRAM

A successful Tree Planting Program 2026 was held on 7 June 2026 with the gracious presence of High Commissioner of India as Guest of Honour, and Yang Mulia Awang Reni bin Haji Yahya, Acting Director of the Forestry Department, as Chief Guest. A major highlight of the event was the ceremonial planting of three trees by the dignitaries, followed by the collective planting of 100 trees by participants, reaffirming shared commitment to environmental sustainability and a greener future.





## SUCCESSFUL TEXTILE EXHIBITION: THREADS OF INDIA



The High Commission of India successfully organised a day long event “Threads of India: A Showcase of Indian Textiles” on 12 June 2026 as part of MYCE 2026 by Ministry of Economy, Trade and Industry, celebrating India's rich textile heritage and vibrant cultural traditions.

The event brought together members of the Diplomatic Corps, government officials, business representatives, and the local community to experience the beauty and diversity of Indian textiles, fashion, handicrafts, and cultural expressions. Visitors also enjoyed interactive activities including saree draping, henna art, and a cultural photo booth.





## INTERACTIVE SESSION WITH CHILDRENS OF INDIAN COMMUNITY

High Commissioner interacted with the children of Indian Community on diverse topics of their interest in the High Commission on 13 June 2026. He also gave them a tour of High Commission and explained that it's their home away from Home. A short impactful Yoga Session was conducted by Dr. Ujjwal for the children and parents. The event was organised by the Malayali Association of Brunei Darussalam.



## ORGANISED A SPECIAL ONLINE YOGA SESSION



The High Commission of India, Brunei Darussalam organised a Special Yoga Session on 14 June 2026 at its Multipurpose Hall in support of the global attempt to set a Guinness World Record for the maximum number of people participating simultaneously in an online yoga session.



Mr. Ramu Abbagani, High Commissioner and Madam Pushpa Abbagani graced the session with their presence and actively participated alongside yoga enthusiasts. Addressing the gathering, the High Commissioner appreciated all participants for their enthusiastic involvement and valuable contribution towards this historic global initiative. He also encouraged participants to bring along a colleague, friend, or family member to join the regular yoga classes conducted by the High Commission, helping spread the benefits of yoga to a wider community.

The High Commissioner further invited everyone to participate in the celebrations of the 12th International Day of Yoga on 21 June 2026, themed “Yoga for Healthy Ageing.” The session was coordinated by Dr. Ujjwal Arun Maske, Teacher of Indian Culture (Yoga).



## VISITED THE SUPERMARKET & DENTAL CLINIC



High Commissioner visited the supermarket, Syarikat Leah Jaya, owned by Shri Diwaker and encouraged his team to bring high-quality products from India for the benefit of Brunei Society. High Commission also visited HIS new venture Dentistree Dental Clinic and wished all success.





High Commissioner and his Spouse Mrs Pushpa Abbagani attended IDY celebrations organised by the Art of Living Foundation in Brunei in Collaboration with Indian Association in Belait in Kuala Belait District on 20 June 2026.



The High Commission proudly celebrated the 12th International Day of Yoga on 21 June 2026, bringing together members of the diplomatic corps, Bruneian nationals, Friends of India, yoga enthusiasts, and the Indian community.

Welcoming the gathering, High Commissioner reflected on the global significance of International Day of Yoga, observed annually since 2015 following Hon'ble Prime Minister Shri Narendra Modi's proposal at the United Nations.



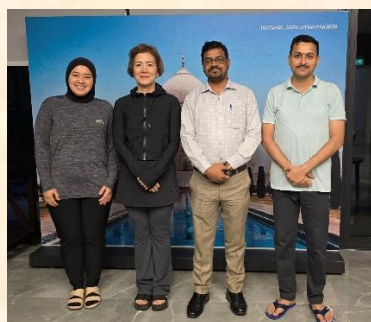
Under this year's theme, "Yoga for Healthy Ageing," participants embraced the timeless wisdom of Yoga through the Common Yoga Protocol led by Dr. Ujjwal Arun Maske, followed by the felicitation of Yoga Posture Contest winners, Yoga Demonstrators, and Yoga Volunteers.



On this occasion, High Commission set up an Ayurveda corner and High commissioner introduced Dr Jyoti Jha an Ayurvedic doctor, and highlighted that Yoga and Ayurveda are two sides of the same coin—complementing each other in promoting holistic health, well-being, and longevity.



### SENT TWO BRUNEI NATIONALS TO INDIA FOR ITEC YOGA TRAINING



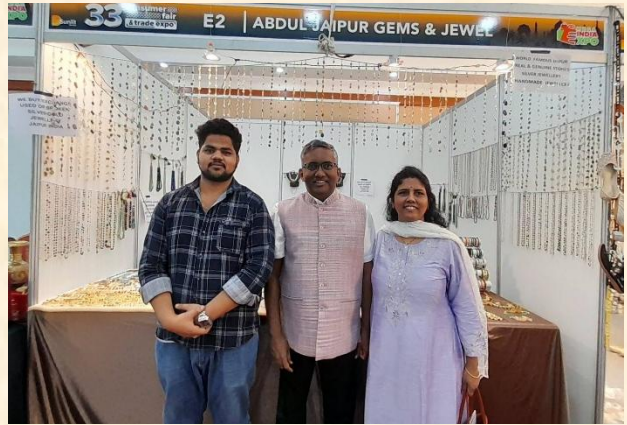
High Commission of India, Brunei Darussalam extended its heartfelt congratulations and best wishes to Ms. Doris Wong and Ms. Nabilah Atiqah, who have been selected to participate in the ITEC Yoga Training Programme at S-VYASA University, Bengaluru, India which will be held from 24 June to 20 July 2026. After successful completion of this training they will be awarded with the certificate of Yoga Instructor.

### VISITED INDIAN STALLS IN 33<sup>RD</sup> CONSUMER FAIR

High Commissioner visited 33rd consumer fair in Brunei International Convention Centre on 27 June and interacted with the participating companies from India. High Commission encourages Indian community members to visit these companies and support them by way of helping making connections with Brunei businesses.









## HEALTH CAMP IN THE HIGH COMMISSION

Health Camp was organised in the High Commission on 28 June 2026 in collaboration with Bandar Seri Begawan Indian Association. High Commission expressed gratefulness to all the doctors and nurses who supported this initiative especially Dato Paduka Seri Dr T Ganesan and Dr Chitra Karat for making detailed presentations.



## WELCOMED BRUNEIAN FRIENDS AT INDIA HOUSE

High Commissioner, Mr. Ramu Abbagani and his spouse Madam Pushpa Abbagani welcomed some friends in Brunei at India House on 29 June 2026.





## DICOVER INDIA: THE GOLDEN TRIANGLE- INDIA'S TIMELESS JOURNEY THROUGH HERITAGE



The Golden Triangle is India's most celebrated tourist circuit, connecting the three historic cities - Delhi, Agra, and Jaipur. Forming a triangle on the map, this journey offers an unforgettable introduction to India's rich history, vibrant culture, magnificent architecture, and warm hospitality. Well connected by road, rail, and air, the circuit can be comfortably explored in 4–6 days, making it an ideal choice for first-time visitors.

The journey begins in Delhi, India's capital, where centuries-old monuments stand alongside modern landmarks. Visitors can explore iconic attractions such as the Red Fort, Qutub Minar, India Gate, Lotus Temple, Akshardham and bustling markets like Chandni Chowk.

The next stop is Agra, home to the world-famous Taj Mahal, a UNESCO World Heritage Site and enduring symbol of love. The city also boasts the majestic Agra Fort, and the nearby historic city of Fatehpur Sikri, showcasing the grandeur of the Mughal Empire.

The final destination is Jaipur, the capital of Rajasthan, affectionately known as the Pink City. Its architectural splendour includes the Amber Fort, City Palace, Hawa Mahal, Jantar Mantar (UNESCO World Heritage Site), and the hilltop Nahargarh Fort. Colourful bazaars, traditional handicrafts, folk performances, and authentic Rajasthani cuisine add to its charm.

Together, the Golden Triangle presents a captivating blend of India's royal legacy, Mughal splendour, living traditions, and contemporary spirit, making it one of the world's most rewarding cultural travel experiences.

### Travel Route Options:

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



# THE BEST TRAVEL ROUTES

## KEY INDIAN CITIES WITH DIRECT FLIGHTS FROM SINGAPORE:

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

## KEY INDIAN CITIES WITH DIRECT FLIGHTS FROM MALAYSIA:

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





# RAKSHA BANDHAN

## A Bond of Love, A Promise of Protection

Raksha Bandhan, also known as Rakhi, is a beautiful Indian festival that celebrates the sacred bond between siblings. It is a symbol of love, trust, care and the lifelong promise of protection and support.



### THE UNIQUENESS OF RAKSHA BANDHAN



#### CELEBRATES A SACRED BOND

Honours the pure and unconditional love between brothers and sisters.



#### A PROMISE OF PROTECTION

Sisters tie a rakhi on their brother's wrist and pray for his well-being. Brothers pledge to protect and support their sisters always.



#### BEYOND BLOOD RELATIONS

The bond can extend beyond biological ties, celebrating love and respect in all relationships.



#### A FESTIVAL THAT UNITES INDIA

Observed across the country with different traditions, it reflects India's rich cultural diversity and unity.



#### TRADITIONS FILLED WITH WARMTH

Rituals, sweets, gifts and togetherness make the day joyful and memorable.

### THE IMPORTANCE OF RAKSHA BANDHAN



#### STRENGTHENS RELATIONSHIPS:

It reinforces the bond of love, trust and mutual respect between siblings.



#### INSPIRES RESPONSIBILITY:

It reminds brothers to stand by their sisters in every situation and sisters to pray for their brothers' happiness and success.



#### PROMOTES VALUES:

It teaches care, compassion and the importance of family and togetherness.



#### CULTURAL HERITAGE:

It carries forward age-old traditions, connecting generations and preserving our rich heritage.



*A thread that binds two hearts,  
A promise that lasts a lifetime.  
Happy Raksha Bandhan!*



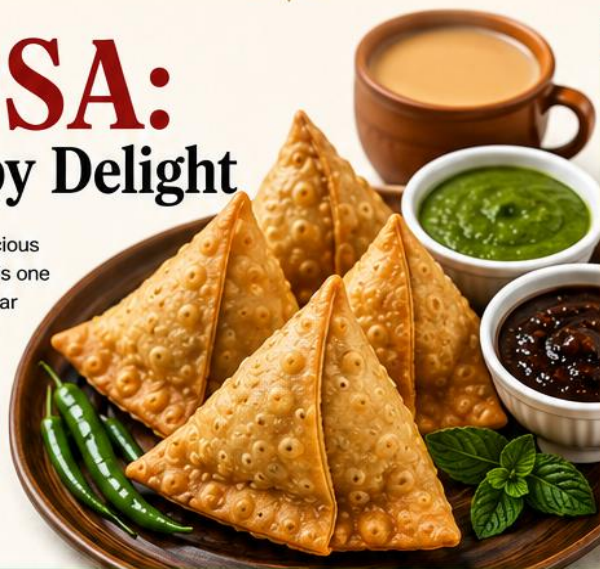


# SAMOSA:

## India's Crispy Delight

Golden, crisp, and filled with a delicious spiced potato mixture, the samosa is one of India's most loved snacks. Popular across the country and beyond, it is enjoyed with tea and served with refreshing green chutney and tangy tamarind chutney.

Here's how you can make this iconic snack at home.



### INGREDIENTS

#### FOR THE DOUGH

- 2 cups all-purpose flour (maida)
- 4 tbsp oil or ghee
- ½ tsp salt
- Water as required

#### FOR THE FILLING

- 4 boiled potatoes, mashed
- ½ cup green peas (optional)
- 1 tsp cumin seeds
- 1 tsp grated ginger
- 2 green chillies, chopped
- ½ tsp turmeric powder
- 1 tsp coriander powder
- ½ tsp red chilli powder
- ½ tsp garam masala
- Salt to taste
- Fresh coriander leaves
- 1 tbsp oil

### HOW TO MAKE SAMOSA – STEP BY STEP

#### 1 PREPARE THE DOUGH



Mix flour, salt, and oil until crumbly. Gradually add water and knead into a firm dough. Cover and let it rest for 30 minutes.

#### 2 MAKE THE FILLING



Heat oil and add cumin seeds. Add ginger and green chillies, followed by peas. Mix in mashed potatoes, turmeric, coriander powder, chilli powder, garam masala, and salt. Cook for 3–4 minutes and finish with chopped coriander leaves.

#### 3 SHAPE THE SAMOSAS



Roll the dough into thin circles and cut each into two halves. Fold each half into a cone, fill with the potato mixture, and seal the edges using a little water.

#### 4 FRY UNTIL GOLDEN



Heat oil on medium-low flame and fry the samosas until they turn crisp and golden brown. Drain on paper towels.

### GREEN CHUTNEY



#### INGREDIENTS

- 1 cup fresh coriander leaves
- ½ cup mint leaves
- 2 green chillies
- 1-inch ginger
- 1 tbsp lemon juice
- Salt to taste
- 2–3 tbsp water

#### METHOD

Blend all ingredients into a smooth paste. Serve fresh.

### TAMARIND CHUTNEY



#### INGREDIENTS

- ½ cup tamarind pulp
- ½ cup jaggery (or brown sugar)
- 1 tsp roasted cumin powder
- ½ tsp red chilli powder
- ½ tsp black salt
- Salt to taste
- 1 cup water

#### METHOD

Cook tamarind pulp, jaggery, and water until slightly thick. Add spices, simmer for 5–7 minutes, cool, and serve.

#### TIPS FOR PERFECT SAMOSAS

- ✓ Knead a firm dough and let it rest – this makes the samosas crispy.
- ✓ Seal the edges well so the filling doesn't come out while frying.
- ✓ Fry on a low to medium flame for even cooking and crispiness.
- ✓ Use starchy potatoes for a filling that holds together.



#### SERVING SUGGESTION



Serve hot, crispy samosas with green chutney and tamarind chutney, accompanied by a steaming cup of masala chai. Whether enjoyed during festive occasions or as an evening snack, samosas remain a timeless favourite that brings people together over delicious flavours.



# VAJRASANA

## The Thunderbolt Pose

Vajrasana is a simple yet powerful seated pose. It is the only yoga pose that can be practiced after meals and is known for its ability to aid digestion, calm the mind and bring stability to the body.



Steady like a thunderbolt,  
Calm like the mind.



Best practiced  
after meals for  
better digestion  
and overall  
well-being.

### TECHNIQUE – HOW TO DO VAJRASANA

1

Kneel on the mat with your knees together.



2

Bring your big toes together and heels slightly apart.



3

Sit slowly on your heels and adjust your sitting bones comfortably.



4

Keep your spine straight and shoulders relaxed.



5

Place your hands on your thighs with palms facing down.



6

Close your eyes, breathe normally and relax.



**DURATION:** Start with 1–2 minutes and gradually increase to 5–10 minutes.

### BENEFITS OF VAJRASANA



#### IMPROVES DIGESTION

Enhances digestion and helps prevent acidity, gas and bloating.



#### GOOD POSTURE

Strengthens the back and promotes proper sitting posture.



#### BETTER CIRCULATION

Improves blood flow to the pelvic region and lower body.



#### CALMS THE MIND

Reduces stress and anxiety; promotes mental clarity and focus.



#### STRENGTHENS KNEES

Helps strengthen the muscles and ligaments around the knees.

### PRECAUTIONS



People with severe knee pain or injury should avoid or practice under the guidance of a yoga expert.



Those with ankle or foot problems should use a cushion or folded blanket for support.



If you feel numbness or discomfort in the legs, come out of the pose gently and stretch.



Pregnant women should avoid this pose in the later stages of pregnancy.



Always practice on an empty stomach or at least 2–3 hours after meals if not practicing after food.



*A simple pose with immense benefits –  
Vajrasana is your daily dose of health and harmony.*





## PANCHATANTRA STORY : THE CAMEL TRADER



One day, a poor man discovered three camels-two camel calves and their mother. He took them home and began to look after them. He would take them to the forest for grazing and to the river for bathing.

He thought, "Let these camels grow, then I'll possess many more camels. I'll become a camel trader and become rich."

Whenever he rode on the camels, his neighbours envied him. Eventually, he became a rich camel trader. The other villagers were jealous of him.

One day, one of his neighbours asked him, "How will you know which one is where unless you tie a bell on the neck of at least one camel?"

The camel trader tied a bell around the neck of one of the camels. One day, the camel with the bell was roaming in the forest. His bell tinkled. A tiger heard the bell, killed the camel. Thus, the trader lost a camel because he blindly trusted a jealous neighbour.



## PANTUN OF THE MONTH

Nasi katok atau roti naan,  
Dimakan pada waktu petang,  
Brunei dan India terus berkawan,  
Persahabatan erat sentiasa senang.



## MALAY-INDIAN LANGUAGES SIMILARITIES

- 1) Maaf (Malay) – Maaf/माफ़ (Hindi)
- 2) Nama (Malay) – Naam/नाम (Hindi)
- 3) Denda (Malay) – Danda/दंड (Hindi)
- 4) Khabar (Malay) – Khabar/खबर (Hindi)
- 5) Dirgahayu (Malay) – Dirghayu/दीर्घायु (Hindi)
- 6) Maklumat (Malay) – Malumat/मालूमात (Hindi/Urdu)
- 7) Dianugerahkan (Malay) – Anugraha/अनुग्रह (Hindi)



## FORTHCOMING ACTIVITIES

| Sl. No.          | Name of the Event                                                                                                          | Description                                                                                                                                                                                    | Date               |
|------------------|----------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------|
| <b>IN BRUNEI</b> |                                                                                                                            |                                                                                                                                                                                                |                    |
| <b>1</b>         | 80th Independence Day<br>HCI, Brunei                                                                                       | 7:00 am to 8:00 am - Gathering<br>8:00 am to 8:30 am - Flag hoisting<br>8:30 am to 10:00 am - Cultural events                                                                                  | 15 Aug. 2026       |
| <b>2</b>         | Namaste Brunei Festival<br>(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 |
| <b>IN INDIA</b>  |                                                                                                                            |                                                                                                                                                                                                |                    |
| <b>1</b>         | 18th International Asian Urbanization Conference (IAUC 2026), Central Institute of Buddhist Studies, Leh                   | Theme: “Resilient Futures: Urbanization, Climate Change, and Sustainable Development Policy in a Changing World“                                                                               | 4 - 8 August 2026  |
| <b>2</b>         | 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  |
| <b>3</b>         | 62nd IHGF Delhi Fair – Autumn 2026<br>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  |
| <b>4</b>         | 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 |





## HIGH COMMISSION OF INDIA BRUNEI DARUSSALAM

### FOR YOUR BUSINESS INQUIRIES, PLEASE WRITE TO US

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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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The Golden Temple (Sri Harmandir Sahib) in Amritsar, Punjab, is the holiest shrine of Sikhism and a symbol of peace, equality, and selfless service. Surrounded by the sacred Amrit Sarovar, its stunning golden architecture attracts millions of visitors annually. The temple's community kitchen (Langar) serves free meals to all, regardless of faith or background.