

Namaste Bali

Newsletter of the Consulate General of India, Bali

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Incredible India Rajasthan



Indian Kitchen Gatte ki Sabzi



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66th and 67th Know India Programme (KIP)



India Fun Fact Colour Coded Cities of Rajasthan

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CONSULATE'S ACTIVITIES

Yog Yatra for the 9th International Day of Yoga

With the aim to spread the awareness of IDY and to connect with maximum people, Consulate General of India (CGI) along with Swami Vivekananda Cultural Centre (SVCC) Bali is organizing IDY 9 Curtain Raiser events- 'Yog-Yatra' in all the 9 Regencies of Bali.

After very successful yoga events in three Regencies in April, Yog-Yatra reached to 4th Regencies- Taman



Bung Karno, Tabanan. The programme organized on 06 May witnessed participation of 500 yoga enthusiasts along with Regency Government officers and local media. The 5th Curtain Raiser was organized in Klungkung Regency on 14 May in collaboration with Ashram Gandhi Puri Klungkung. Event witnessed a large number of participation.

From Klungkung, Yog-Yatra moved to the most easterly regency of Bali,

Karangasem regency. With enthusiastic participation of around 100 people, the programme was successfully held on 22 May in collaboration with STKIP Agama Hindu Amlapura.

The 7th curtain raiser was organized on 26 May in Bangli Regency in collaboration with UHN I Gusti Bagus Sugriwa University. More than 50 students enthusiastically took part in the event.

Traditional Hatha Yoga Workshops

Along with curtain raiser events, CGI and SVCC, Bali is organizing several pre-IDY events under 'Yog Yatra'. In May, traditional Hatha Yoga Workshop were organized on 07 May at Athaya Yoga, on 11 May at



Pasraman Seruling, on 15 May at Shanti Yoga at Kertalangu Village, on 18 May at Yoga Nidra Ashram, on 25 May at Rangga Studio Gianyar . All the programme witnessed enthusiastic participation of large number of people.

Full Moon Meditation on Buddha Purnima



As part of our IDY awareness series - 'Yog Yatra', CGI and SVCC, Bali organized a Full Moon Meditation on Buddha Purnama at Gumuh Ayu Yoga Centre on 05 May. The session was well received by yoga enthusiasts.

Talk on Science of Yoga

As part of our curtain raiser series - 'Yog Yatra' of International Day of Yoga 2023, CGI and SVCC Bali organised a Talk on Science of Yoga at chancery on 03 May and at Mahendradatta University on 30 May. The program conducted by Shri Naveen Meghwal – Director SVCC Bali was received very well and closed by question and answer session.



CONSULATE'S ACTIVITIES

Celebration of the 162nd Birth Anniversary of Rabindranath Tagore

To commemorate 162nd birth anniversary of Rabindranath Tagore, CGI and SVCC Bali in collaboration with Nagaloka foundation organised a special event at Puri Lumbung Cottages, Munduk, Buleleng. CG paid floral tribute to the bust of Gurudev and gifted some books on Tagore and Indian culture to Tagore library. On this occasion, a documentary on Tagore was also screened. Director, SVCC conducted a special meditation session that was followed by an Odissi dance performance based on Tagore's poetry by SVCC teacher. Nagaloka Foundation also organised special local dance performances on this occasion. The event witnessed enthusiastic participation of large number of children. Munduk is the place where Gurudev stayed during his visit to Bali in 1927.



Mission LiFE Campaign

CGI Bali organised Mission LiFE campaign from 21-27 May. Mission LiFE is an India-led global mass movement to nudge individual and community action to protect and preserve the environment. A separate theme was selected for each day and videos were prepared by the Consulate family to spread awareness among people. The subjects chosen were save energy, save water, say no to single use plastic, adopt sustainable food system, reduce waste, adopt sustainable food systems, reduce waste, adopt healthy lifestyles, and reduce e-waste.



Meeting with Nawacita Pariwisata Indonesia

CG received 14 member delegation from Nawacita Pariwisata Indonesia led by Chairman Mr Agus Maha Usadha on 24 May. The institution handed over the water coloured paintings of Hon'ble President and Prime Minister of India as well as CG that were prepared in connection with G20. The paintings were made by Balinese painters Mr. I Made Rudita and Mr. I Made Somadita. During the meeting, CG briefed them about other possible areas of collaboration like education, artists exchange, business, tourism, etc. Mr. Agus expressed his desire to work together with Consulate in these areas.



CONSULATE'S ACTIVITIES

Meeting with Samsara Living Museum



Co-Founder of Samsara Living Museum - Ida Bagus Agung Gunarthawa visited Consulate General of India Bali and met Consul General along with Director SVCC on 22 May at the Chancery. Director shared his thought about culture and discussed about the future collaboration. Mr Gunarthawa briefed about museum activities and visiting Odissi dance troupe from India. CGI appreciated his efforts and assured for collaboration whenever it is possible.

Sanskrit Seminar at STKIP Agama Hindu Amlapura

SVCC Bali participated in Sanskrit Seminar organised in collaboration with Dvipantara Sanskritam Foundation at STKIP Agama Hindu, Amlapura on 22 May 2023. Lecture on 'Significance of Sanskrit Language' presented by Shri Naveen Meghwal, Director SVCC and Odissi dance on 'Mokshya' performed by Odissi dance teacher cum performer - Mr. Pravata Kumar Swain. The seminar was attended by 200 students along with lecturers of STKIP Agama Hindu Amlapura.



Dharma Talk at Ubud Sanggam



Director SVCC Bali shared his thoughts about Indian culture and information about ICCR scholarship for local students at Dharma talk in Ubud Sanggam Festival on 27 May.

Bali Spirit Festival

SVCC Bali participated in Bali Spirit Festival on 04 May at Yoga Barn Ubud, Gianyar. The Rageshree Pallavi was presented by Odissi dance teacher-cum-performer Mr. Pravata Kumar Swain and his student Ms. Neelam Jaswal which was received by audience very well.



I Do Yoga Quiz



CGI Bali organised 'I Do Yoga Quiz' from 29 May to 3 June. Questions related to Yoga will be posted everyday consecutively during this period. Three winners will receive prize of food voucher from Indian Restaurant Ganesha ek Sanskriti during the IDY on 21 June.

Consular Section at CGI Bali

All consular services in CGI, Bali are being rendered through prior appointment only via email to cons.bali@mea.gov.in from Monday to Friday.

0930 - 1130 hrs is for the submission of the documents and from 15:00 - 16:00 hrs documents/passports can be collected. In the month of May, total 31 different services were provided to the Indian nationals, OCI card holders, Indonesian and foreign nationals.



KEEP IN TOUCH WITH INDIA

Opening of 66th and 67th Know India Programme (KIP)

Know India Programme
KIP Application starts from 17 May 2023

66th Know India Programme
(30 July to 18 August 2023)
Last Date for Applying: 15 June 2023

67th Know India Programme
(13 August to 1 September 2023)
Last Date for Applying: 01 July 2023

For details, visit <https://kip.gov.in>

विदेश मंत्रालय
MINISTRY OF
EXTERNAL AFFAIRS

Know India Programme (KIP) is an orientation programme by Ministry of External Affairs designed for Indian Diaspora Youth.

The objective of KIP is to promote awareness about India's growth in different fields such as economic, cultural, science & technology, education, communication & information.

The 66th and 67th editions of Know India Programme (KIP) for the Financial Year 2023-24 are now open.

For further information, please visit: kip.gov.in

AYUSH Scholarship Scheme

Ministry of AYUSH, Government of India has announced 104 scholarship slots under AYUSH Scholarship Scheme for Academic Year 2023-24. Foreign nationals may apply for Undergraduate, Postgraduate, and Ph.D. courses in AYUSH disciplines on the A2A Portal <http://a2ascholarships.iccr.gov.in> latest on 30 June 2023.



AYUSH Scholarship Scheme

Ministry of AYUSH Government of India has announced 104 scholarship slots globally under AYUSH Scholarships Scheme & Central Council for Cultural Relations (CCR) for Academic Year 2023 - 2024 for institutional students.

Undergraduate Courses
Bachelor of Ayurveda, Medicine & Surgery (BAMS) - 10 year degree
Bachelor of Siddha Medicine & Surgery (BSMS) - 10 year degree
Bachelor of Unani Medicine & Surgery (BUMS) - 10 year degree
Bachelor of Homeopathic Medicine & Surgery (BHMS) - 5 1/2 year degree
B.Sc in Yoga - 3-year course, B.A. (Yoga/Mandala) - 3-year course

Post Graduate Courses
M.D. Ayurveda - 3-year course
M.D. Siddha - 3-year course
M.D. Unani - 3-year course
M.D. Homeopathy - 3-year course

Ph.D. Courses
Ph.D. in Ayurveda - 3-year course
Ph.D. in Unani - 3-year course

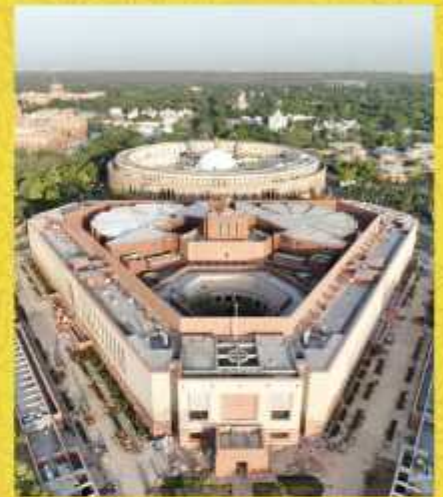
Interested candidates are kindly invited to apply on the A2A portal: <http://a2ascholarships.iccr.gov.in/> for admission latest on 30 June 2023.

NEWS FROM INDIA

India's New Parliament Building

Prime Minister, Shri Narendra Modi dedicated the new Parliament House to the nation on 28 May. On this occasion, he said that the new India is realizing new goals and paving new ways, and that the world is looking towards India's determination, citizens' vigour, and the life of human power in India with respect and hope. He underlined that India is the principal foundation for global democracy and that democracy is not just a system, but a culture, thought and tradition.

The Parliament House has 3 entrances, named Gyan Dwar (knowledge gate), Shakti Dwar (power gate), and Karma Dwar (karma gate). It is designed to be earthquake resistant and architectural styles from different parts of India are incorporated in it. The Lok Sabha and the Rajya Sabha chambers have large seating capacities to accommodate more members than are currently present.



Meeting of SCO Foreign Ministers Council (4-5 May)



The SCO Foreign Ministers Council met in Panaji, India on 4 and 5 May 2023, chaired by Minister of External Affairs Subrahmanyam Jaishankar. The foreign ministers praised the SCO for its contribution to regional security and stability, and agreed to deepen cooperation on security matters. They also agreed to step up their efforts to fight terrorism, extremism, separatism, drug trafficking, and cybercrime. The SCO Foreign Ministers Council met to discuss cooperation in transport, energy, finance, investment, free trade, digital economy, cultural exchanges, and expanding the SCO membership. They also signed memorandums granting SCO dialogue partner status to Kuwait, Maldives, Myanmar, UAE, India, Kazakhstan, Pakistan, and Tajikistan.

G20 Tourism Meeting in Jammu and Kashmir

The 3rd G20 Tourism Working Group meeting was held in Srinagar, Jammu and Kashmir from 22-24 May. G20 members were expected to submit their suggestions in writing by 26 May to form part of the final draft of the roadmap presented at the 4th Tourism Working Group Meeting in Goa in June. Two key deliverables of the meeting were the GOA Roadmap for tourism as a vehicle for achieving sustainable development goals and the G20 Tourism Ministers' Declaration. During the meeting, G20 members invited countries, and international organisations gave valuable inputs and feedback on the draft documents.



India's forex reserves rises to 11 month high of \$595.98 billion



RBI report published on 12 May showed that India's foreign exchange reserves has increased from of \$7.196 billion to \$595.98 billion as on 5 May. India's forex reserves reached a 10-month-high of \$588.8 billion in the week through 28 April, recovering from a drop to \$524.5 billion last October, when the rupee hit a record low against the U.S. dollar.

India Indonesia Bilateral Exercise Samudra Shakti

INS Kavaratti, an Indian Navy Dornier Maritime Patrol aircraft and Chetak helicopter, participated in the 4th edition of India-Indonesia Bilateral exercise Samudra Shakti-23 from 14-19 May 2023 with the aim to enhance interoperability, jointness and mutual cooperation between both navies.



Rajasthan, which means the Land of King, the largest Indian state by area covers 342,239 km² and is the seventh largest by population. It is bordered by five other Indian states: Punjab to the north; Haryana and Uttar Pradesh to the northeast; Madhya Pradesh to the southeast; and Gujarat to the southwest. Rajasthan's major features include the Indus Valley civilization, Dilwara Temples, and the Keoladeo National Park. The state's economy is the seventh-largest in India, with a per capita GDP of ₹118,000.

How to Reach

The main airport in Rajasthan is the Jaipur International Airport. Besides this, there are two other airports in Udaipur and Jodhpur. There are also a number of domestic airports in Rajasthan from where the visitors can catch flights easily from one city to another. The list of domestic airports in Rajasthan includes Udaipur Airport (Maharaja Pratap Airport), Jodhpur Airport, Kota Airport, Jaisalmer Airport, and Bikaner Airport.



Places of Interest

One of the most visited states in India is Rajasthan which is well-known for its rich culture, royal palaces, lofty forts and glorious history. Being a stronghold of the Rajput culture, Rajasthan is a great place to unravel the mysteries of past times when great Rajput warriors used to rule these lands. Include these places to visit in Rajasthan to create the best itinerary possible. Rajasthan also boasts some of the most beautiful lakes, vast landscapes, deserts, and unmatched culture.

Festivals

Rajasthan boasts of its rich heritage, culture, and scenic splendours. And the same is reflected in its sparkling and equally popular numerous colorful and traditional festivals of Rajasthan. Some reflect ethnicity, some heritage, and some are purely cultural events. These festivals are for sure a celebration of life, heritage and culture in true Rajasthani style. Whether it is partaking in an age-old kite flying tradition, celebrating Braj Holi in Bharatpur or seeing camels adorned beautifully up-close at the Camel Festival, the desert state is a treasure trove of experiences waiting to be discovered.



In the desert belt of Rajasthan including Jaisalmer, Barmer and Bikaner, people use very little water to cook. Instead they use milk, buttermilk and clarified butter. Fresh vegetables are also sparse and a lot of dried lentils and beans from indigenous plants such as sangri and ker are used instead. Gram flour is a major ingredient in most main dishes and is used to make delicacies such as khata, gatte ki sabzi and pakodi. Powdered lentils are used for mangodi and papad. Basra and corn are also used all over the state for various dishes and in desserts such as rabdi.

Cuisines

Handicrafts

Rajasthan is known for its variety of tie-and-dye fabrics, embroidered garments, inlaid enamel jewellery, precious and semi-precious stones and leather footwear called jutti. Each region also has its own distinct motifs and palette of colours. Bagru is known for using earthy colours and geometric patterns while Sanganeri fabrics have bright colours and floral patterns. Barmer and Jaisalmer are famous for their batik or reverse printing work while Sikar and Jodhpur are famous for intricate tie-and-dye prints.



For further information, please visit <https://www.tourism.rajasthan.gov.in/>

INDIAN KITCHEN

Gatte ki Sabzi

Gatte ki sabzi is a traditional Rajasthani curry recipe with chickpea flour (gram flour) dumplings cooked in a spicy yogurt-based gravy. The recipe is generally made without a tomato and onion based gravy with curd as its base for the dish.

Ingredients

- 200 grams besan (gram flour)
- 250 grams yoghurt
- 1 tsp coriander powder
- 1 1/2 tsp red chili powder
- 1 tsp cumin
- 1 tsp salt
- A pinch of haldi
- 2 tsp oil
- 3 tsp ghee

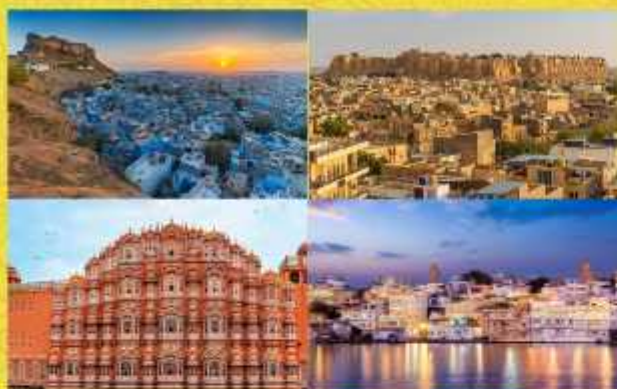


Method

- Add 1/2 teaspoon salt, 1/2 teaspoon red chilli powder, 1/2 teaspoon coriander powder and 2 teaspoons ghee to the besan and make a stiff dough.
- Make 5 to 6 thin long strips of the dough.
- Put these strips in boiling water and cook for 5 minutes.
- Cut these gattas into small pieces.
- Strain the yoghurt through a strainer.
- Add 1/2 teaspoon salt, 1/2 teaspoon red chilli powder, 1/2 teaspoon coriander powder and haldi to the yoghurt. Mix well.
- Add the gatta pieces.
- Heat the oil in a kadai.
- Add the cumin followed by the yoghurt mixture.
- Cook it for 5 to 7 minutes, stirring continuously till it comes to a boil.
- Lower the flame and cook for 5 to 7 minutes. Then turn off the heat.
- Finally, in a separate pan, heat 1 tablespoon ghee and add 1/2 teaspoon red chilli powder. Pour this mixture on your dish and serve immediately.

INDIA FUN FACT

Colour Coded Cities of Rajasthan



Colourful, vibrant Rajasthan boasts a couple of stunning cities, and some of the most well-known ones have organically grown into the colours they have acquired. Here are four of the most beautiful cities of the state, which rightfully brags of several more.

The marble-clad palaces of the city, founded in 1553 by Maharana Udai Singh II, give Udaipur the epithet of White City. The profusion of marble creates a white aura around the city. The city palace and the Sajjangarh palace add to the city's architectural beauty.

With its indigo-blue buildings, Jodhpur is the second largest city in Rajasthan and is also called the Blue City. It was created in 1459 AD by Rao Jodha, the chief of the Rathore Clan. The ruins of the ancient capital, Mandore of the state of Manwar, gave life to Jodha's Jodhpur.

Renowned for its coloured gemstones, the capital city of Rajasthan, Jaipur, holds the distinction of being the first planned city of India. The planner was the well-known architect Vidyadhar Bhattacharya, who used the ancient principles of vastu shastra to create Jaipur's master plan. Pink became the city's colour in 1876 when the Prince of Wales was on a tour of India, and Maharaja Ram Singh had the entire city painted pink since, traditionally, it is a symbol of welcome and hospitality.

The city receives its name from its most prominent landmark, the Jaisalmer fort, also known as the Sonar Quila or the golden fort. And, unlike the other forts, it houses shops, hotels and ancient Havelis (large residences) where people still reside. The golden Jaisalmer fort was created by Rawal Jaisal, who was passed over for kingship and had left the ancient town of Lodurva to carve a name for himself. The sandstone used for the construction of the fort is carved with such mastery that it glows golden no matter your perspective.



CGI BALI ON LOCAL MEDIA

Pre Yoga Event

Naveen Meghwal Direktur SVCC Pimpin Yoga di Taman Bung Karno Tabanan



Tabanan (Atnews) - Direktur Pusat Kebudayaan Swami Vivekananda atau Swami Vivekananda Cultural Center (SVCC) Bali Naveen Meghwal pimpin kegiatan yoga bersama bertempat di Taman Bung Karno Tabanan, Sabtu (6/5).

Ni Ketut Saniwati selaku panitia mengatakan, yoga bersama ini dilaksanakan dalam rangka menyambut Hari Yoga Internasional ke-9.

International Yoga Day 2023 Spirit Kebersamaan, Bangun Peradaban Baru Titi Banda - Kebersamaan Indonesia India Sanggam



Gianyar (Atnews) - Yoga sebagai olahraga yang mengkombinasikan antara pikiran dan tubuh. Olahraga ini telah dilakukan sejak 5.000 tahun lalu dalam filosofi India kuno. Berbagai gaya yoga menggabungkan postur fisik, teknik penapasan, dan meditasi atau relaksasi.

Kuliah Umum dan Yoga Bersama, Naveen Meghwal: Sanskrit adalah Science of Communication



Karangasem (Atnews) - Director of Swami Vivekananda Cultural Centre (SVCC) Bali/The Indian Council for Cultural Relations (ICCR) Bali Naveen Meghwal yang juga bersama Ketua Yayasan Dharma Pratapa Samakram I Made Daran Jaya S.Da sebagai pembicara Kuliah Umum Bahasa Sanskrita dan Yoga Bersama.

Dalam rangka memperingati HUT Prodi Bahasa Bali yang ke-13 STKIP Hindu Amlapura di Karangasem, Senin (22/5).

Tanggal 21 Juni 2023, SVCC Ajak Masyarakat Bali Ramaikan Hari Yoga Internasional di Bajra Sandi Renon



Bangli (Atnews) - Director of Swami Vivekananda Cultural Centre (SVCC) Bali/The Indian Council for Cultural Relations (ICCR) Bali Naveen Meghwal kembali menggelar Curtain Raiser atau Pembukaan Tirai ke- 7 berlokasi di UHN Sugriwa Bangli, Jumat (26/5).

Director SVCC Naveen Meghwal Ungkap Science of Yoga di Universitas Mahendradatta



Denpasar (Atnews) - Director of Swami Vivekananda Cultural Centre (SVCC) Bali/The Indian Council for Cultural Relations (ICCR) Bali Naveen Meghwal menjadi pembicara "Talk on Science of Yoga" di Universitas Mahendradatta di Denpasar, Selasa (30/5).

Menurutnya science of yoga, Yoga adalah ilmu hidup sehat (Yoga is the science of healthy living).

Bagaimana yoga membantu menjadi sehat dan tenang (How yoga help to become healthy and calm). Yoga Mengurangi stres dan meningkatkan efisiensi kerja.

Bali India Relation

Perkuat Hubungan India - Bali, NCPI Bali akan Kerjasama Ekonomi hingga Pariwisata



Denpasar (Atnews) - Nawa Cita Pariwisata Indonesia (NCPI) Bali akan memperkuat kerjasama Bali dengan India dalam bidang ekonomi, pariwisata, pendidikan dan budaya.

Oleh karena, India dengan Indonesia khususnya Bali memiliki kemiripan budaya. Hal itu yang mendorong tingginya minat wisatawan India datang ke Bali.

NCPI Bali jajaki peningkatan kerja sama dengan India



Manfaat yang diperoleh Bali tidak saja dari sisi kunjungan wisatawan ke Bali, namun yang terpenting peningkatan sumber daya manusia.

Denpasar (Atnews) - Nawa Cita Pariwisata Indonesia (NCPI) Provinsi Bali menjajaki peningkatan kerja sama dengan Pemerintah India dari sisi pariwisata, bidang pendidikan, teknologi, dan budaya dan bidang lainnya yang dapat memberikan manfaat bagi Bali dan Indonesia.