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Visit of Dr. Raman Singh, Hon'ble Chief Minister of Chhattisgarh

A high level delegation led by Dr. Raman Singh, Hon'ble Chief Minister of Chhattisgarh visited Tokyo from June 3-5, 2017. A Chhattisgarh Investment Seminar was organized at the VCC Auditorium on June 5. Mr. Amit Kumar, Charge d' Affaires a.i. Embassy of India, Tokyo made opening remarks at the Seminar which was attended by over 100 executives/representatives of various Japanese companies and institutions. The Chhattisgarh delegation also had meetings with prospective investors at the Embassy and with Japan Bank for International Cooperation (JBIC) at JBIC headquarters.

Press conference for Mr Tsurutaro Kataoka for certificate of Quality Council of India Voluntary Certification of Yoga Professionals

Mr Tsurutaro Kataoka, famous Japanese celebrity, comedian, artist and yoga enthusiast organized a press conference at the Embassy of India on 13 June after he passed the Quality Council of India Voluntary Certification of Yoga Professionals examination that was held at the Embassy of India in May 2017 and conducted by the Japan Organisation for Yoga Certification. He recounted his experiences learning yoga. Ms. Muanpui Saiawi, First Secretary and Director of the Vivekananda Cultural Centre presented him with the QCI certificate and invited him and the media to attend the 3rd International Day of Yoga to be held on 18 June at Taimei Elementary School.

5th Joint Committee Meeting of Mumbai Ahmedabad High Speed Railway

The Indian delegation led by Dr. Arvind Panagariya, Vice Chairman, NITI Aayog held discussions with Dr. Hiroto Izumi, Special Advisor to PM Abe at the 5th Joint Committee Meeting of Mumbai Ahmedabad High Speed Railway in Tokyo on 14 June.

Celebrations of the Third International Day of Yoga

Embassy of India, Tokyo in association with a number of partners celebrated the 3rd International Day of Yoga in Japan on 18 June 2017 from 0830 hrs to 1030hrs at the Taimei Elementary School in Ginza, Tokyo with great gusto. This is the third year that the Embassy of India has been celebrating the International Day of Yoga at the Taimei Elementary School. Prime Minister Shri Narendra Modi during his visit to Japan in September 2014 had visited the school and interacted with the students.

The event began with the inaugural address by H .E. Ambassador Sujan Chinoy, who read out the message of the Prime Minister of India Shri Narendra Modi. The Guests of Honour, Mr. Hiroshi Yamada, Member of the House of Councillors and Secretary General, Parliamentary League for the Promotion of Yoga and Mr Daichi Suzuki, Commissioner, Japan Sports Agency gave congratulatory messages on the occasion. It may be noted that Japan is the only country that has set up a Parliamentary Forum for the Promotion of Yoga, which was established during the visit of His Holiness Sri Sri Ravi Shankar to Japan in April 2017. Ms. Priyanka Yoshikawa, Miss World Japan also graced the occasion.

Dr. Hemant Sharma, Vivekananda Cultural Centre Yoga teacher led the gathering through various yoga poses contained in the Common Yoga Protocol prescribed by the Ministry of AYUSH, Govt. of India. The gathering was dispersed with laughing yoga at the end of the session as a means to spread joy and happiness. A large number of yoga enthusiasts from Japan, India and different nationalities took part in the event and experienced yoga session at the indoor and outdoor venues of the school. They included government officials, the diplomatic corps, media, yoga associations, Indian associations, friends of India and faculty of the Taimei school. More than 60 Japanese dignitaries sent congratulatory messages to the Embassy which included former Prime Minister Yukio Hatoyama, Members of Parliaments, Prefectural Governors, Vice Ministers, Former Ministers and Mayors. Japanese people have a natural inclination for Yoga due to the ancient Hindu-Buddhist links that provide a common bond uniting the two countries. The Embassy also organized an online Quiz and Article writing competition to spread awareness about Yoga on this occasion.

Prior to the celebrations of the 3rd International Day of Yoga (IDY), a Curtain Raiser event was held on 2 June at the Embassy of India. Mr. Amit Kumar, Chargé d' Affaires delivered the opening remarks and unveiled the 3rd International Day of Yoga t-shirt. It was followed by a brief presentation by Ms. Suman Kansotiya, Second Secretary on the various IDY events being organized throughout Japan and a yoga demonstration by Mr. Hemant Sharma, Embassy yoga teacher and his students. The event was attended by representatives from the various Yoga organizations and members of the Indian community. Partners of the Embassy of India celebrated the 3rd IDY in many places around Japan including in Okinawa, Fukuoka, Kyoto, Nagoya, Shizuoka, Chiba, Kanagawa and Hokkaido.

H.E. Ambassador Sujan R. Chinoy gave the opening remarks at an event marking the 3rd International Day of Yoga at the Embassy of India Auditorium organised by NPO Brahma Kumaris on 26 June 2017. There was a demonstration by 3 Hatha Yoga instructors followed by a participatory yoga session with the audience. Ms Lalita Pathela of Brahma Kumaris also gave a talk about the significance of the International Day of Yoga and the harmony of body, mind and spirit embodied by yoga.

Visit to National Museum of Emerging Science and Innovation (Miraikan)

Ambassador H.E. Shri Sujan R. Chinoy visited the National Museum of Emerging Science and Innovation (Miraikan) on 21 June. Mr. Shoichiro Katayama, Executive Director of Miraikan welcomed him. His tour around the museum included visit to two exhibitions with the themes "Create your future" and "Explore the frontiers", demonstration of ASIMO, the humanoid Robot , "TSUNAGARI"-Geo- Scope, Geo-Cosmos and a 3D film "The Man from the 9 Dimensions" at the Dome theater.

Conclusion Ceremony for January-June 2017 Semester for VCC classes

The January-June 2017 Semester for VCC classes concluded on 22nd June. A Conclusion Ceremony was organised to celebrate the successful completion of the semester and showcase what students learned at the Vivekananda Cultural Centre. Ms. Muanpui Saiawi, Director of the VCC presented the students with certificates for their attendance. All VCC teachers and a large number of students attended the event. Selected students gave demonstrations including yogic asanas, musical performances, dance performances, short skit and song recitals. A total number of 419 students were enrolled in this session for classes on Bharatnatyam, Indian Contemporary Dance, Odissi and Sambalpur Dance, Tabla, Yoga, Hindi and Bengali languages.

Ratha Yatra Celebrations

Ambassador H.E. Sujan R. Chinoy attended Ratha Yatra organised by NPO Odisha Community Japan (OCJ) at the Kawasaki City Office on 25 June. This is the 10th year that the Ratha Yatra is celebrated by OCJ and the 6th year that is celebrated in Kawasaki city which has a sizeable Indian population. Ambassador had a meeting with Mr. Norihiko Fukuda, Mayor of Kawasaki city, Mr. Osamitsu Yamada, Chairman, Kawasaki Chamber of Commerce and Industry, Mr. Jagmohan Chandrani, President, The Indian Commerce and Industry Association Japan and Mr. Bikash Mohanty, President of OCJ. The Ratha Yatra cultural programme commenced with welcoming remarks by the President of OCJ, an address by Ambassador H.E. Sujan R. Chinoy, remarks by Mayor Fukuda, Mr. Yamada and Mr. Chandrani. This was followed by the inauguration of the Ratha Yatra 2017 magazine by the dignitaries. A very entertaining programme of dance performances ensued. Then Ambassador of India broke a coconut to inaugurate the Ratha Yatra and initiated the pulling of the chariot.

Mr. Avnish Sharma, Minister(Consular) represented the Embassy of India at the Ratha Yatra Chariot Festival organized by Odisha Community Japan Tokyo on 25 June in Funabori.

Visit of Mr. Injeti Srinivas, Sports Secretary of India

A delegation from Ministry of Youth Affairs & Sports (MYAS) led by Shri Injeti Srinivas, Secretary (Sports) visited Japan from 26 – 29 June to further the implementation of cooperation based on the

MOC on Sports signed between the Ministry of Youth Affairs and Sports of India and the Ministry of Education, Culture, Sports, Science and Technology of Japan in November 2016. The delegation called on Ambassador H.E. Sujan R. Chinoy on 27 June. The delegation also held discussions with senior officials of Tokyo Organizing Committee of the Olympic and Paralympic Games-2020 (TOCOG-2020), Japan Sports Agency, Japan Sports Council and visited facilities like Japan High Performance Centre, Japan Institute of Sports Science (JISS), National Training Centre (NTC), Nippon Sport Science University (NITTAIDAI), Ibaraki Prefectural Government and University of Tsukuba during their visit.

40th Lunch of ISRO's PSLV rocket

ISRO's PSLV rocket, in its fortieth launch on 26 June, apart from deploying Indian imaging satellite also deployed thirty small spacecraft from fifteen different countries, including Japan's Canon Electric Satellite (CE-SAT 1). The CE-SAT 1, a fifty-kilogram microsatellite built by Canon Electronics, will be used to demonstrate high-resolution imaging system in orbit with a ground resolution of up to one meter.

Certification Ceremony in the Ministry of Economy Trade and Industry (METI)

In a solemn Certification Ceremony held on 27 June in the Ministry of Economy Trade and Industry (METI) in Tokyo, presided over by Japan's State Minister for Economy H.E. Mr. Yosuke Takagi and Indian Ambassador to Japan H.E. Mr. Sujan R. Chinoy, representatives of the four Japanese companies viz., Suzuki, Daikin, Toyota and Yamaha were awarded certificates recognizing their skills transfer and training institutes being established in India.

India and Japan had signed a Memorandum of Co-operation (MoC) on the Manufacturing Skill Transfer Promotion Programme during the visit of Prime Minister H.E. Mr. Narendra Modi to Japan in November 2016. The MoC was signed by METI Minister H.E. Mr. Hiroshige Seko and Ambassador H.E. Sujan R. Chinoy, in the presence of the Prime Ministers of India and Japan. The MoC aims to realize the bilateral objective to enhance the manufacturing base in India by training 30,000 persons over next 10 years in India with Japanese style manufacturing skills and practices thereby contributing to India's flagship initiatives such as "Skill India" and "Make in India".

Under this programme, four Japanese companies would be establishing Japan India Institutes of Manufacturing (JIM) in India. The four Japanese companies that were certified by METI have met the necessary requirement of involvement of Japanese company in operations, fair entrance examination for selection of students, educational programme that would impart key elements such as KAIZEN, 5S and other Japanese working methods etc.

SI No	Japanese Company/Indian Subsidiary	Location of JIM
1.	M/s Suzuki (Maruti Suzuki India Limited)	Mehsana, Gujarat
2.	M/s Daikin (Daikin Airconditioning India Ltd)	Neemrana, Rajasthan
3.	M/s Toyota (Toyota Kirloskar Motor Ltd)	Bengaluru, Karnataka
4.	M/s Yamaha (India Yamaha Motor Pvt. Ltd)	Chennai, Tamil Nadu

Speaking on the occasion, METI State Minister said that "the candidates trained at JIMs will develop into valuable human resources who can contribute to India's manufacturing sector in the future". He also added that "they will serve as bridge between India and Japan and also as a symbol of India-Japan co-operation". Ambassador H.E. Sujan R. Chinoy, in his remarks, spoke of the importance of this programme in realizing the full potential of the India-Japan economic partnership and congratulated the four Japanese companies. Ambassador mentioned that Skill Development was a major priority area of the Government of India and expressed the hope that many Japanese companies would take part in the programme. He also said that "India's youthful human resources could be trained to play a major role in meeting the requirements of the growing number of Japanese

investments in India which had nearly doubled over the previous year” to reach 4.7 billion USD in 2016-17. Following this, Mr. Tatsuya Terazawa, Director General, METI presented the certificates to the representatives of the four Japanese companies, in the presence of the dignitaries. Mr. Osamu Suzuki, Chairman, Suzuki Motor Corporation, spoke on behalf of the representatives of the Japanese companies taking part in the programme.

Seminar on “Business Opportunities on India’s Food Processing Industry”

A seminar on “Business Opportunities on India’s Food Processing Industry” was jointly organized by Japan India Industry Promotion Association (JIIPA) and Confederation of Indian Industry (CII) on 27 June at VCC Auditorium of the Embassy of India. Mr. Kripal Singh Bisht, First Secretary (Economic) delivered opening remarks followed by Mr. Masakazu Ikefuchi, Deputy Director General, Minister’s Secretariat, Ministry of Agriculture, Forestry and Fisheries, Government of Japan at the seminar. Mr. Shashi Somalwar, Advisor, JIIPA made a presentation on Business Opportunities for Japanese Firms in India’s Food Processing Industry which focused on market opportunities in India, market strategies for India and secrets to success in India. The organizer also promoted the World Food India 2017 being organized by the Ministry of Food Processing Industries, Government of India to be held on November 2017 in New Delhi.

Meeting with Dr. Shrihari Chandraghatgi, President and CEO of Ecocycle Corporation, Japan

Ambassador H.E. Sujan R. Chinoy received Dr. Shrihari Chandraghatgi, President and CEO of Ecocycle Corporation, Japan on 28 June. Dr. Shrihari is an Indian Scientist and Agricultural Microbiologist who was recently awarded with the Environment Minister’s Award 2017 for developing the “EcoClean” technology that stimulates degrading process in soil or water contaminated with chlorinated solvents and/or other chemicals. During the meeting Dr. Shrihari explained the work profile of Ecocycle and the remediation technologies that were recognized by the Ministry of Environment. Ambassador congratulated Dr. Shrihari for the award and for the work being done by Ecocycle. He also extended all possible assistance to introduce these technologies in India.

EcoCycle Corporation was awarded for their VOC (Volatile Organic Compounds) depurator product which is capable of treating high-concentration pollution by accelerating degradation process. On 8 June, 2017, Mr. Shrihari received the award, jointly constituted by Ministry of Environment of Japan, National Institute for Environmental Studies and the Nikkan Kogyo Shimbun, from the Deputy Minister of Environment Mr. Yoshihiro Seki.

BHEL signs Technology Collaboration Agreement with Kawasaki Heavy Industries Ltd. for Manufacture of Stainless Steel Coaches for Metros

Aimed at expanding its footprint in the Urban Transportation Sector as part of its diversification initiatives, Bharat Heavy Electricals Limited (BHEL), has entered into a Technology Collaboration Agreement with Kawasaki Heavy Industries, Ltd. (KHI), Japan for the manufacture of stainless steel coaches and bogies for metros. To this effect, the Technology Collaboration Agreement was signed by Mr. Amitabh Mathur, Director (IS&P), BHEL and Mr. Makoto Ogawara, Senior Vice President, KHI in the presence of Mr. Atul Sobti, Chairman and Managing Director, BHEL and Mr. Yoshinori Kanehana, President, KHI on 29 June. The agreement covers establishing state-of-the-art design, engineering and manufacturing facilities at BHEL, India using Japanese technology. Significantly, it will also entitle BHEL for all technology advances and upgrades as well. BHEL has been a reliable partner in the growth of Indian Railways for over 50 years by supplying electric as well as diesel locomotives, EMUs, and propulsion system sets and drives for the same. Notably, Kolkata Metro, the first Metro in India, is equipped with BHEL made propulsion system.

KHI is a leading manufacturer of heavy equipment/products and its Rolling Stock Company has supplied EMU (Metro/Commuter) trainsets to various countries like USA, Singapore, Taiwan, Hong Kong etc., besides Japan. KHI is also the manufacturer and supplier of the Shinkansen High Speed

Bullet Trains proposed to be introduced in India on the Mumbai-Ahmedabad High Speed Rail Corridor. The Agreement has been signed in the backdrop of our Hon'ble Prime Minister's "Make in India" initiative, and will enable BHEL to produce stainless steel coaches indigenously and help in bringing technology upgrades in its expanding portfolio.

According to Indian Ambassador to Japan H.E. Sujan R. Chinoy, "Prime Minister Narendra Modi's visit to the Kawasaki Heavy Industries factory in Kobe in November 2016 has given a boost to cooperation between the two sides in the railway sector. The collaboration between BHEL and KHI will support India's "Make In India" programme and lend impetus to the modernisation of the Indian Railways and development of Metro trains and High Speed Rail connectivity in India. This will serve to achieve the objectives of India's rapid economic growth and transformation in the coming decades".

India and Japan signed a Memorandum of Cooperation on High Speed Railways on 12 December 2015 to strengthen bilateral cooperation in the railway sector and confirmed to cooperate on the development of the Mumbai Ahmedabad High Speed Rail (MAHSR) Project.

The financial and technical assistance for the MAHSR project will be provided by relevant Japanese institutions (approx. 81% of the funds will be provided by the Japanese side). The repayment period will be 50 years (with a grace period of 15 years with a rate of interest of 0.1% p.a.). A High Speed Rail (HSR) Training Institute will also be established in India apart from human resources/training of Ministry of Railway officials dealing with the operation of the HSR.

A Joint Committee on MAHSR has been formed between the two sides to implement this mega project (led by Dr. Arvind Panagariya, Vice Chairman, NITI Aayog on the Indian side and Dr. Hiroto Izumi, Special Advisor to Prime Minister Shinzo Abe on Japanese side). Till date five meetings of the Joint Committee have been held.

A National High Speed Rail Corporation Limited has been established on Indian side to oversee the MAHSR.

Make In India and Transfer of Technology are important elements of cooperation between India and Japan in the railway sector.

Japan is committed to train 300 officials from the Indian Railways in Japan over a period of five years in the domain of HSR. The training of officials has already commenced.

A Memorandum of Cooperation (MoC) on Railway Safety was signed between the Ministry of Railways of India and the Ministry of Land, Infrastructure & Transport & Tourism (MLIT) of Japan in February 2017.

Kawasaki Heavy Industries (KHI) is one of Japan's most advanced manufacturers of railway coaches, rolling stock etc, for metro trains and High Speed Rail. BHEL and KHI have agreed on (1) technical cooperation on stainless steel railway coaches, and (2) collaboration on high-speed railway coaches. On (1), KHI has concluded a Technical Cooperation Agreement with BHEL and will provide technical assistance for the construction of the coach factory planned by BHEL. At the same time, KHI will also transfer technology to BHEL. For (2), KHI has concluded an MOU with BHEL. The two companies will collaborate on railway coach procurement projects for high-speed rail projects planned in India, including the Mumbai Ahmedabad High Speed Rail project promoted by both governments. KHI will also consider the manufacture of railway coaches in India.

Visit to Tsukuba City

Ambassador H.E. Sujan R. Chinoy met with Dr. Tatsuo Igarashi, Mayor of Tsukuba city of Japan on 30 June. They discussed ways to enhance India-Japan cooperation on Science & Technology. Ambassador also visited CYBERDYNE Inc., a Japanese robotic and technology company noted for developing and

marketing the HAL-5 (Hybrid Assistive Limb) Exoskeleton Robot Suit. He was shown around the facilities by Mr. Shinji Uga, Director & CFO, CYBERDYNE, Inc.

Launch of Portal for Know India Programme

On 17 June 2017, External Affairs Minister of India inaugurated a portal for Know India Programme (KIP), Ministry's flagship initiative for engagement with young overseas Indians. The portal www.kip.gov.in enables Indian-origin youth to apply online for KIP programmes.

This year i.e. in 2017-18, Ministry of External Affairs of India is organising six Know India Programmes (KIP) with participation of 40 overseas Indians in each programme.

<u>No.</u>	<u>Date</u>	<u>State Partner</u>
41st KIP	3-27 September 2017	Punjab, Haryana, Chandigarh
42nd KIP	1-25 October 2017	Jharkhand & Chhattisgarh
43rd KIP	1-25 November 2017	Meghalaya & Assam
44th KIP	29 Nov -23 Dec 2017	Andhra Pradesh & Telangana

KIPs will continue to be a 25-day programme. This year Ministry has included 2-3 States in the programme of each KIP.

45th and 46th KIPs will be held in early 2018. Applications for these KIPs will be accepted in October.

The applicants can indicate their preferences online for any three KIPs. Ministry will do their best to accommodate them in the KIP of their first preference.

Applications can be submitted online by the overseas Indians from 23 June to 21 July 2017.

Applicants are advised to submit their applications online well within the deadline on 21 July.

Essay on "BENEFITS OF YOGA FOR ANTENATAL CARE" by Ms. Binada Huthaiah, First Prize Winner of Essay Competition conducted on the occasion of 3rd International Day of Yoga

Yoga is more than just poses; it is a way of life; it is a path towards achieving total harmony of body, mind and spirit. Yoga literally means union. Through a healthier, happier and peaceful way of living, this ancient Indian wisdom ultimately leads to union with the self. Yoga is so beneficial and wide spread that, today even the United Nations has recognized as a science through which we can restore the balance of our emotional well being and our fitness.

Benefits of Yoga

Physical:

1. Increased flexibility, muscle strength & tone
2. Improved Respiration, Cardio & Circulatory Health
3. Maintaining a balanced metabolism
4. Reduces Insomnia & Fights Obesity
5. Protection from injury

Mental:

1. Improves psychological well-being & Concentration
2. Helps with anxiety & depression
3. Boosts memory
4. Reduces effects of traumatic experiences
5. Prevents onset of mental health disorders

YOGA ON ANTENATAL CARE

Antenatal care, also known, as prenatal care is a type of preventive healthcare, with the goal of providing regular check-ups that allow doctors or midwives to treat and prevent potential health problems throughout the course of the pregnancy while promoting healthy lifestyles that benefit both mother and child

BENEFITS

BALANCE:

Balance is challenged physically as the fetus grows within the body. Emotionally one is drained due to the increases in progesterone and estrogen. Trying to focus on holding and breathing through each yoga pose, it enables to fine-tune the balance, physically and emotionally. It can also improve sleep, reduce stress and anxiety; increase the strength, flexibility and endurance of muscles needed for childbirth.

HEALTHIER PREGNANCY:

Research has confirmed that a healthy mother is more likely to have a healthy baby. A 2005 study conducted in India and published in the Journal of Alternative and Complementary Medicine found that women who regularly practiced yoga during pregnancy were less likely to have preterm labor or to deliver a low-birth weight baby. For the study, which focused on 335 women, one group of pregnant practiced an hour of yoga each day and another group walked for 30 minutes twice a day. Results showed that the group that practiced yoga had babies with better birth weights and were more likely to carry their babies to full term.

PREPARATION FOR LABOR:

When it comes to labor and delivery, the mind-body connection is paramount & prenatal yoga is one way to help women access deep stores of emotional strength & confidence that they can put to use during contractions and pushing the baby out of the womb. Prenatal yoga poses, are designed to build strength where it's needed, as in the legs and lower back, but also to cultivate the skill of being able to release tension, tightness, and, ultimately, pain from the body.

CONNECTION WITH BABY:

Prenatal yoga practice allows slowing down and focusing attention on what is going on within the body. Through working with breath and doing each pose, expectant becomes more aware of what is going on within. As pregnancy progresses, body's different responses to yoga poses will be a reminder of other physical changes happening in your body.

IMPROVES BABY'S BIRTH POSITION:

Yoga poses may also help optimize the baby's position for birth, by allowing the pelvic bones and ligaments to open & move apart from each other. This allows the baby's head to find more room to nestle at the bottom of the uterus as birth nears. Some yoga poses, like pelvic tilts, might even encourage a breech or posterior birth baby to turn into the head-down position that most hospitals require for a normal delivery.

BREATH WORK PRACTICE:

Breathing is a very important part of delivering a baby, it helps to relax the body and take your mind from the pain and strain. Breathing forms the center of all yoga practices and learning to breathe – deep and slow, helps core abdominal muscles and diaphragm to allow more oxygen into the body. This is a good tool for labor during contractions.

DEVELOPS STAMINA AND STRENGTH:

As baby grows within the body, more energy and strength is needed to be able to carry the weight. The increased stamina comes from the physical discipline required to hold postures long enough to get strength-building benefits. It also comes from the mental focus that results from yoga's concentration on breathing exercises that help the lungs expand to their full capacity -- which can feel challenging in late pregnancy. Yoga poses strengthens the hips, back, arms and shoulders.

Prenatal Yoga can also decrease nausea, headaches and shortness of breath, and decrease the risk of preterm labor, pregnancy-induced hypertension and intrauterine growth restriction — a condition that slows a baby's growth.

INCREASES CIRCULATION:

Circulation is enhanced within the joints and muscles are elongated during practice. Upon circulation of the blood within the body, swelling is decreased and immunity is enhanced, creating a healthy environment for a thriving baby.

RELIEVES STRESS:

As baby grows, more stress is put upon these specific muscle groups in the body. Poses like a deep squat (in Sanskrit: *malasana*) can help relax and open the hips, providing control over strong, toned pelvic and hip muscles so they won't tense up when under stress.

SENSE OF COMMUNITY/SISTERHOOD:

One of the greatest benefits of prenatal yoga may be joining a community with other expectant moms. The class becomes a pregnancy support group of sorts, where women connect with other women who are making the same choices and lifestyles changes.

- Some of the prenatal yoga poses include: Extended side angle pose; Sitting side stretch; Triangle Pose; Cow/Cat Pose; Child's Pose.

Most physical activities should be modified to accommodate the physical and physiological changes during pregnancy, and many traditional yoga poses are easily modified with props and blankets. However, certain poses should be avoided for the safety of the mother and fetus. We cannot count the benefits of yoga; we can understand it only as a miracle, which has been gifted to the human fraternity. It acts as an alternative system of medicine if practiced continuously.

International Day of Yoga is being celebrated on June 21 (declared by UN) after the suggestion & initiation by India.

Yoga is the journey of the self; through the self; to the self – Bhagavad Gita

“Creativity is the key to success in the future, and primary education is where teachers can bring creativity in children at that level.” – Dr. A.P.J. Abdul Kalam

Striking the perfect balance

India's Intended Nationally Determined Contributions (INDCs) reflect a multi-pronged and comprehensive approach to fight climate change

The Conference of the Parties (COP), under the United Nations Framework Convention on Climate Change (UNFCCC), has been the leading international initiative to find a collective global response to one of the most pressing challenges facing the planet today. And over the years, India has made a meaningful contribution to this effort. At the COP 21 summit, held between November 30 and December 11 in Paris last year, India took on a strong leadership position to play a more active role in shaping the world's response to climate change. After two weeks of intense negotiations, 196 nations signed what is being hailed as a 'landmark' deal to limit carbon emissions through Intended Nationally Determined Contributions (INDC), restrict the rise in global temperatures to below 2°C of pre-industrial levels, and make the world economy carbon neutral by the second half of the century. They have pledged \$100 billion a year to finance the effort of countries towards cleaner technology but there is no specific liability on each country and no means to enforcing it. In this context, India made three important moves: First, it put greater emphasis on incorporating clean fuel and green technologies while, of course, still underlining the importance of the principle of Common But Differentiated Responsibilities (CBDR).

Second, it launched the International Solar Alliance inviting 120 solar-abundant countries to join the quest for affordable solar power that would eventually replace the fossil fuels of today. The alliance was launched by Prime Minister Mr Narendra Modi, alongside then French President Mr Francois Hollande. India is making the initial investment of \$30 million and setting up the alliance's headquarters in the country but the plan is to eventually raise \$400 million from membership fees and international agencies. Finally, India pushed for equity in climate finance, suggesting developed countries, which prospered on the back of a fossil fuel-powered industrial movement, now pay back to the planet by helping developing countries finance their shift from cheap but dirty fuel to clean but expensive fuel. This will ensure that developing countries can continue on the path of fast economic growth, which they desperately need if they are to pull thousands out of poverty, in a sustainable, ecofriendly manner.

India's INDCs, a necessary pre-summit input that had been declared last October, have already set the bar high and were crucial in ensuring success in the negotiations. The INDCs stand on three primary platforms: The reduction of per capita emissions, an increase in both the share of renewable energy in the country's energy basket and in forest cover. In the first case, India has pledged to cut the emissions density of its Gross Domestic Product by 33 to 35 per cent by 2030. This will bring emissions down to pre-2005 levels. In the second case, India will ensure that at least 40 per cent of all its energy needs are met through renewable sources of energy by 2030. In the third case, it has pledged to increase its forest cover to such an extent that it will be able to absorb an additional 2.5 to 3 billion tonnes of carbon dioxide by 2030. Overall, the INDCs reflect on a multi-pronged and comprehensive approach to fighting climate change. They reaffirm India's long-term commitment to making a meaningful contribution to the new global processes that will help the world, particularly the emerging economies, transition towards a low-carbon economy while balancing the demands of fast-paced development.

Source: India Perspectives

Courtesy: XPD Division, MEA

Oil and Gas Sector in India

Introduction

The oil and gas sector is among the six core industries in India and plays a major role in influencing decision making for all the other important sections of the economy.

In 1997–98, the New Exploration Licensing Policy (NELP) was envisaged to fill the ever-increasing gap between India's gas demand and supply. India's economic growth is closely related to energy demand; therefore the need for oil and gas is projected to grow more, thereby making the sector quite conducive for investment.

The Government of India has adopted several policies to fulfil the increasing demand. The government has allowed 100 per cent Foreign Direct Investment (FDI) in many segments of the sector, including natural gas, petroleum products, and refineries, among others. Today, it attracts both domestic and foreign investment, as attested by the presence of Reliance Industries Ltd (RIL) and Cairn India.

Market Size

India is expected to be one of the largest contributors to non-OECD petroleum consumption growth globally. Total oil imports declined by 10 per cent year-on-year in February 2017. Fuel consumption in India increased by 10.7 per cent to a 16-year high of 196.48 million tonnes (MT) in 2016.¹

India is the fourth-largest Liquefied Natural Gas (LNG) importer after Japan, South Korea and China, and accounts for 5.8 per cent of the total global trade. Domestic LNG demand is expected to grow at a CAGR of 16.89 per cent to 306.54 MMSCMD by 2021 from 64 MMSCMD in 2015.

The country's gas production is expected to touch 90 Billion Cubic Metres (BCM) in 2040 from 23.09 BCM in FY2016-17 (till December 2016). Gas pipeline infrastructure in the country stood at 15,808 km in December 2015.

State-owned Oil and Natural Gas Corporation (ONGC) dominates the upstream segment (exploration and production), producing around 25.93 MT of crude oil, which is approximately 60.5 per cent of the country's 36.95 MT oil output, as of March 2016.

Investment

According to data released by the Department of Industrial Policy and Promotion (DIPP), the petroleum and natural gas sector attracted FDI worth US\$ 6.8 billion between April 2000 and December 2016.

Following are some of the major investments and developments in the oil and gas sector:

- Indian Oil Corporation (IOC) plans to invest around Rs 40,000 crore (US\$ 5.9 billion) to set up a 15 million tonne (MT) refinery at Nagapattinam in Tamil Nadu.
- ONGC has signed an agreement with the Government of Andhra Pradesh to invest around Rs 78,000 crore (US\$ 11.7 billion) in the Krishna Godavari basin for producing hydrocarbons by FY 2021-22.
- Honeywell International Inc, the US-based technology firm, plans to double the headcount at its Indian petroleum and polymer arm, Honeywell UOP, to 700, in order to tap opportunities from India's massive refinery upgradation programme and petrochemical capacity expansion.
- Investments in India's oil and gas sector will likely touch Rs 2.5-3 trillion (US\$ 37.5-45 billion) over the next few years, which will help raise the share of gas in the country's primary energy mix to 15 per cent by 2030, as per British multinational oil and gas company BP Group.

- ONGC has launched a start-up fund of Rs 100 crore (US\$ 15 million) on its Diamond Jubilee year to encourage and promote new ideas related to oil and gas sector, thereby giving a fillip to Government's Startup India initiative.
- Yara International ASA, a Norwegian chemical company, plans to acquire Tata Chemicals Limited's Babrala urea plant and distribution business in Uttar Pradesh for about Rs 2,670 crore (US\$ 400.5 million), on a debt and cash free basis.
- Heraeus, one of the world's largest recyclers of reforming catalyst, has opened a new facility at Udaipur which will allow companies to benefit from less transport costs, easier file processing, faster recycling times, better transparency and overall improved costing for catalyst recycling in the country.
- Honeywell International Inc, the US-based technology and manufacturing solutions provider, has unveiled a new refining technology in Gurgaon, which will be dedicated to helping Indian refiners get more clean transportation fuel, reduce imports of crude oil and produce environmentally preferable diesel fuels.
- Royal Dutch Shell Plc, which has already invested US\$ 1 billion in India, has planned further investments in upstream and downstream segments of oil and gas sector, and is also doubling its employee base at its Shell Technology Centre Bangalore (STCB).
- India and Iran have signed agreements related to crude oil imports, petrochemical complexes and gas field development, in addition to India committing to invest US\$ 20 billion in the port of Chabahar in Southeastern Iran.
- Kolkata-based Dhunseri Petrochem Limited and Thailand's Indorama Ventures Public Company Limited have agreed to enter into an equal joint venture to manufacture and sell polyethylene terephthalate (PET) resins for Indian market.
- State-run Indian Oil Corporation Ltd (IOCL) plans to invest Rs 34,000 crore (US\$ 5.1 billion) on a petrochemical complex at Paradeep in the state of Odisha, which is expected to be commissioned by 2021.
- Petrogas Pvt Ltd, a joint venture of Isomeric Holdings Bhd of Malaysia and LEPL Venture Pvt Ltd of India, will collaborate with Krishnapatnam Port Co Ltd and the Government of Andhra Pradesh, to set up a Liquefied Natural Gas (LNG) regasification and floating storage terminal at Krishnapatnam Port in Nellore district with an investment of around Rs 3,000 crore (US\$ 450 million).
- Essar Projects, the engineering, procurement & construction (EPC) arm of Essar Group, in a joint venture with Italy's Saipem has won a US\$ 1.57 billion contract from Kuwait National Petroleum Company (KNPC) for setting up part of the Al-Zour Refinery Project in Kuwait.
- ONGC Videsh Ltd (OVL), the foreign arm of state-owned petroleum explorer ONGC, has planned to acquire up to 15 per cent stake in CSJC Vankorneft, which owns Russia's second-largest oil and gas field.
- Kirloskar Oil Engines Ltd (KOEL) and MTU Friedrichshafen, GmbH signed a memorandum of understanding (MoU) towards exclusive cooperation on the building and commissioning of emergency diesel gensets (EDG).
- CDP Bharat Forge GmbH acquired 100 per cent equity shares of Mécanique Générale Langroise (MGL) for € 11.8 million (US\$ 12.91 million) to consolidate Bharat Forge's position in the oil and gas sector by enhancing service offerings and geographical reach.

- Technip won a € 100 million (US\$ 109.37 million) contract from ONGC to build an onshore oil and gas terminal in Andhra Pradesh.

Government Initiatives

Some of the major initiatives taken by the Government of India to promote oil and gas sector are:

- The Government of India plans to merge state oil companies to create an integrated oil major that could compete globally, and utilise the synergy between various state entities for achieving efficiency and cost competitiveness in order to create more value for all shareholders.
- The Government of India plans to unveil a new policy for renewing and extending the lease of 28 oil and gas blocks in the country, with a view to attract more investments into these fields.
- The Cabinet Committee on Economic Affairs, Government of India, has approved the awarding of contracts on 23 onshore and 8 offshore contract areas of discovered small oil and gas fields that earlier belonged to Oil and Natural Gas Corporation (ONGC) and Oil India Limited (OIL).
- India and Russia have agreed to enhance their bilateral engagement by signing three Memorandum of Understanding (MoU) on October 15, 2016 for co-operation in the field of hydrocarbons sector during the India-Russia Annual Summit held at Goa.
- The Ministry of Mines plans to restart operations in several hundred mines across the country in order to raise the share of mining and quarrying industry in India's Gross Value Addition (GVA) by one percentage point from 2.4 per cent at present, over the next two-to-three years.
- The Union Cabinet has approved the National Mineral Exploration Policy (NMEP), which will pave the way for auction of 100 prospective mineral blocks to attract private sector in exploration, besides involving state-run agencies.
- Mr Dharmendra Pradhan, Minister of State for Petroleum and Natural Gas and Mr Prakash Javadekar, Minister of State for Environment, Forests and Climate Change have launched a pilot programme, aimed at introducing compressed natural gas (CNG) as fuel for two-wheelers.
- The Ministry of Petroleum and Natural Gas is seeking to enhance India's crude oil refining capacity through 2040 by setting up a high-level panel, which will work towards aligning India's energy portfolio with changing trends and transition towards cleaner sources of energy generation.
- The Ministry of New and Renewable Energy (MNRE) plans to launch an integrated bio energy mission with an investment of Rs 10,000 crore (US\$ 1.49 billion) from FY 2017-18 to FY 2021-22, aimed at enhancing the use of bio-fuels like ethanol and biogas and reducing consumption of fossil fuels.
- The Hydrocarbon Sector Skill Council (HSSC), which was set up by the Government of India under its Skill India initiative, plans to train over 1.9 million people in the oil and gas sector over the next 10 years, to cater to the rising skill needs of the industry.
- The Union Cabinet has allowed state-owned oil firms to evolve their own crude oil import policies which involve freedom to choose source companies as well as pricing for their crude oil imports, thus allowing them to compete in the market effectively.
- In a major drive to enhance the petroleum and hydrocarbon sector, Government of India has introduced initiatives like the Hydrocarbon Exploration Licensing Policy (HELP), Marketing and Pricing freedom for new gas production, grant of extension to the Production Sharing Contracts and assigning the Ratna offshore field award to Oil and Natural Gas Corporation (ONGC) for development.

- Mr Dharmendra Pradhan, Minister of State (Independent Charge) for Petroleum and Natural Gas has released the Hydrocarbon Vision 2030 for North East India, with the objective of leveraging the north-eastern region's hydrocarbon potential; enhance access to clean fuels, improve availability of petroleum products, and facilitate economic development and to involve local population in the economic activities in this sector.
- The Government of India plans to incentivise gas production from deep-water, ultra deep-water and high pressure-high temperature areas which are presently not exploited on account of higher cost and risk, and also to augment the investment in nuclear power generation in the next 15 to 20 years.
- The Government of India is in the process of identifying at least 50 potential blocks of 100 sq. km and above to be given to companies for bringing private investment in the mineral exploration sector. The Ministry of Petroleum and Natural Gas has put up for comments a draft policy, to opt for revenue-sharing model while auctioning future oil and gas blocks for exploration to private companies, compared to production-sharing mode earlier, in order to make the process more transparent and market-oriented.
- The Ministry of Petroleum and Natural Gas has announced a new 'Marginal Fields Policy', which aims to bring into production 69 marginal oil and gas fields with 89 million tonnes or Rs 75,000 crore (US\$ 11.25 billion) worth of reserves, by offering various incentives to oil and gas explorers such as exemption from payment of oil cess and customs duty on machinery and equipment.
- Government of India entered into bilateral discussion with Norway to extend co-operation between the two countries in the field of oil and natural gas and hydrocarbon exploration.
- To strengthen the country's energy security, oil diplomacy initiatives have been intensified through meaningful engagements with hydrocarbon rich countries.

Road Ahead

India's oil demand is expected to grow at a CAGR of 3.6 per cent to 458 Million Tonnes of Oil Equivalent (MTOE) by 2040, while demand for energy will more than double by 2040 as economy will grow to more than five times its current size, as stated by Mr Dharmendra Pradhan, Minister of State for Petroleum and Natural Gas.

Gas production will likely touch 90 Billion Cubic Metres (BCM) by 2040, subject to adjustment to the current formula that determines the price paid to domestic producers, while demand for natural gas will grow at a CAGR of 4.6 per cent to touch 149 MTOE.

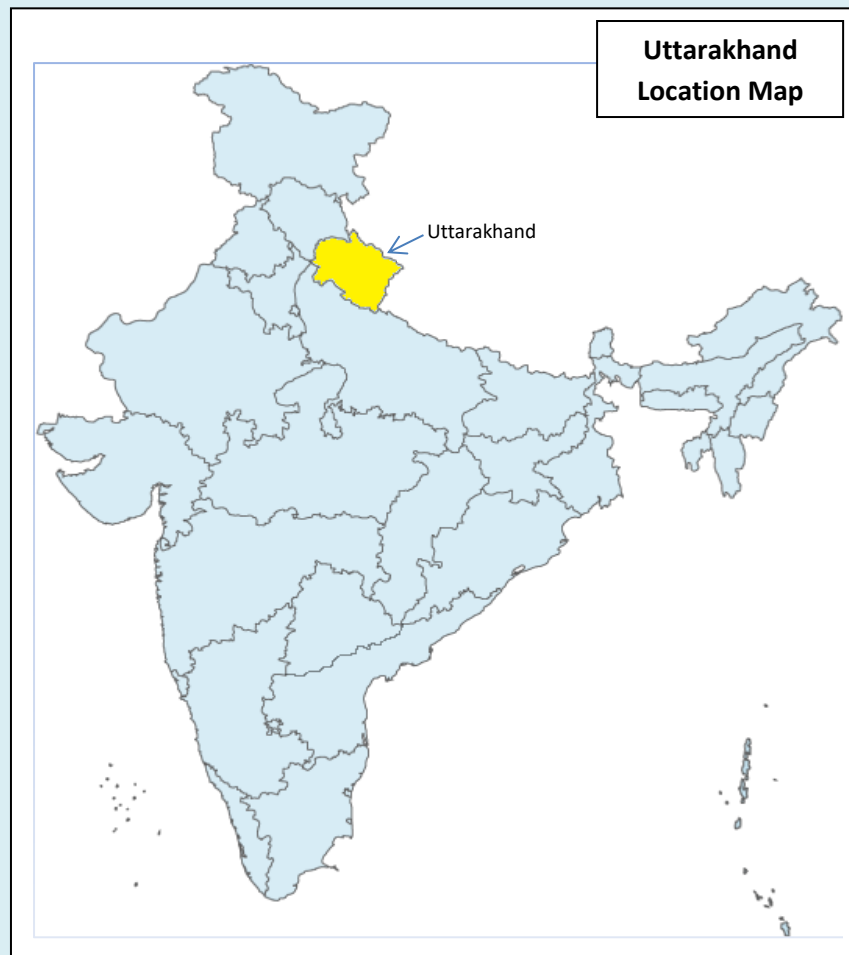
Exchange Rate Used: INR 1 = US\$ 0.015 as on February 9, 2016

References: Media Reports, Press Releases, Press Information Bureau, Ministry of Petroleum and Natural Gas, Union Budget 2016-17

Note: 1- According to data from the Petroleum Planning & Analysis Cell, Ministry of Petroleum and Natural Gas; 2- According to a report by Fitch; 3- IGU World Gas LNG Report 2016 Edition

Source: www.ibef.org

Uttarakhand – a popular tourist destination in India



Jim Corbett National Park in Uttarakhand



Rafting in Rishikesh, Uttarakhand

Uttarakhand was formed on the 9th November 2000 as the 27th State of India, when it was carved out of northern Uttar Pradesh. Located at the foothills of the Himalayan mountain ranges, it is largely a hilly State, having international boundaries with China (Tibet) in the north and Nepal in the east. On its north-west lies Himachal Pradesh, while on the south is Uttar Pradesh. It is rich in natural resources especially water and forests with many glaciers, rivers, dense forests and snow-clad mountain peaks. Char-dhams, the four most sacred and revered Hindu temples of Badrinath, Kedarnath, Gangotri and Yamunotri are nestled in the mighty mountains. It's truly God's Land (Dev Bhoomi). Dehradun is the Capital of Uttarakhand. It is one of the most beautiful resort towns in the sub-mountain tracts of India, known for its scenic surroundings. The town lies in the Dun Valley, on the watershed of the Ganga and Yamuna rivers.

The Uttarakhand experience might leave you stranded for words, when someone asks you to define the simple word 'beauty'. Beauty is so inherent to almost all things Uttarakhand stands for – the magnanimous Himalayas, the holiest of the rivers, the spiritual mystery, stunning landscapes, the incessantly colorful play of nature, enchanting history carved in ancient stones, a mesmerizing floral and faunal plethora and the simplest of the people. Myths, anecdotes and stories are part of every visual that unfolds itself to the eyes of the beholder.

The age-old Hindu traditions have always accorded highest esteem to the glory of the colossal and composed heights of the Himalayas which are spontaneously assumed to be the chosen consecrated residences of Gods. A whole lot of the Hindu lore sets out from this 'Land of the Gods'.

Pilgrimages to these heights dating back to more than 1500 years are found recorded in authentic documents and Uttarakhand still attracts millions of devout people who come here with the chaste objective of spiritual emancipation and revelation.

Today, these mountains are no longer restricted to the religious or the spiritual – as a traveler one can get pleasure from mountaineering, trekking, mountain biking, rock climbing or simply strolling amongst the highest mountainous terrains in the world.

Things to do and sights to see in Uttarakhand

(i) **Adventure**

Skiing

It wouldn't be wrong to call Auli the Ski capital of India. Located at 2,500 to 3,050 meters, in Chamoli District of Uttarakhand, the Auli Ski Resort is close to the famous religious shrine of Badrinath.

Trekking

The hilly terrain of Uttarakhand provides plenty of opportunities for mountaineering, trekking and rock climbing. The easternmost hill district Pithoragarh, bordering Nepal and Tibet, often dubbed

as 'Miniature Kashmir', is abundant in natural beauty, making it the perfect base for many an exciting trek. Several interesting treks interlace the Gori Valley with some of the well-traversed trekking routes running along the Munsiyari – Martoli – Milam – Ralam Glacier. These treks are not just walks of adventure, but are also an interesting way to interact and understand the social and cultural life of the people in the Chaudans, Byans and Darma Valleys. The Bageshwar – Sunderdhunga – Pindari – Kafni Glacier trek is another highly preferred trekking route in the area.

Rafting

Rafting is the most popular adventure sport in Uttarakhand. Swift-moving rivers offer a thrilling experience for white water rafters. These rivers flow through deep forests, rocky terrains, mountains and sometimes even along snowy slopes.

Camping

Camping is possibly the finest way to enjoy the serenity of nature with the company of your friends and family. It is the best mode to spend time in the lap of nature and forget the mundane affairs of an otherwise hectic life.

Mountain Biking

Mountain biking is all about speed, control and thrill and is one of the latest ways of exploring and discovering new vistas of the Himalayan landscape. The rugged terrain and steep slopes, though risky at times, provide great mountain biking experience in Uttarakhand.

Paragliding

Paragliding is a recreational and competitive flying sport, which is recently getting much popular. A foot-launched aircraft, a paraglide falls in the category of un-powered fixed-wing aircraft.

(ii) Pilgrimage

Char Dham

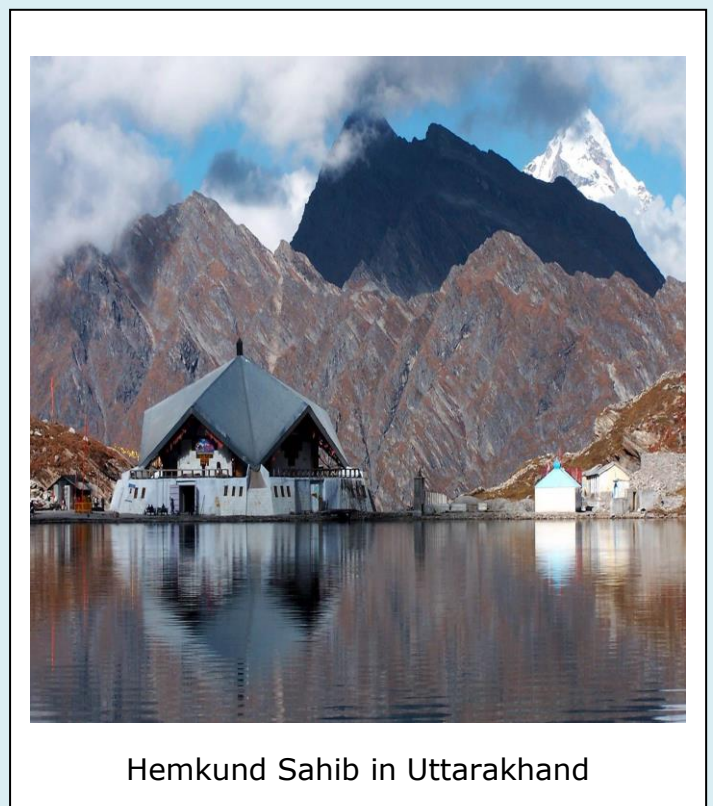
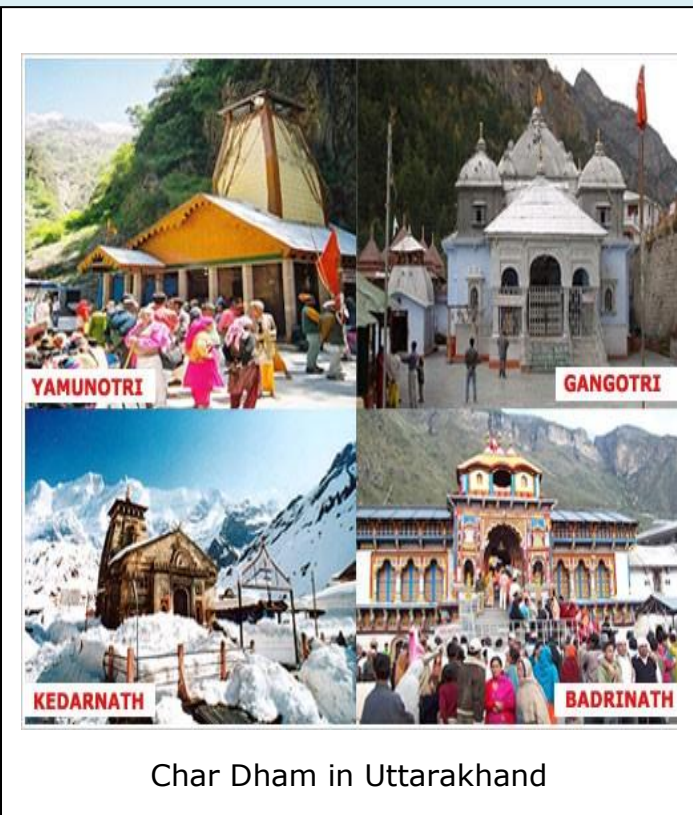
Nestled among the serene heights of the great Himalayas are four pilgrim-destinations namely Yamunotri, Gangotri, Kedarnath and Badrinath, known collectively as Char Dham. These pilgrimage centres draw the maximum numbers of pilgrims each year, thus becoming the most important hubs of religious travel in whole of Northern India. Traditionally, the pilgrimage used to begin from West and ends in the East. Thus, the Char Dham Yatra commences from Yamunotri, then proceeding to Gangotri and finally to Kedarnath and Badrinath. In accordance with the Hindu conventions, thousands of devotees take up this pious pilgrimage in the hope to experience bliss and successfully purge their souls of all worldly demons.

Hemkund Sahib

Shri Hemkund Sahib is an important pilgrimage destination for Hindus and Sikhs. Hemkund is the breathtaking lake located at an altitude of 4329 m from the sea level. Hemkund Sahib is nestled amidst seven snowcapped peaks and marvelous snowy glaciers. The nature is reflected here with all its mighty appearance in the crystal clear alluring water. Hemkund Lake is fed by the glaciers from majestic peaks known as Hathi Parvat and Saptrishi peaks. A small stream known as Himganga originates from this imposing lake.

Sikhs consider this as a scared region with one of the famous Sikh Gurudwara placed in the heart of the region. A Hindu shrine dedicated to mythological hero Lakshmana is attractive for Hindu Pilgrims. This temple is built on the banks of Hemkund.

It is recorded in the holy Guru Granth Sahib that the tenth Guru of Sikhs, Guru Govind Singh meditated on the serene banks of Hemkund in one of his earlier births. The Gurudwara of the Sikhs on the banks of Hemkund is located at the place where Guru had meditated. Huge flocks of Sikh pilgrims pay their visit to this Gurudwara every year.



Rishikesh

Rishikesh, a most tranquil place in northern Uttar Pradesh, surrounded by hills and bisected by the wide and sluggish Ganges, is often claimed as the 'Yoga Capital of the World'. Back in the 1960s Rishikesh gained instant fame as the site where The Beatles came to stay with their guru, the Maharishi Mahesh Yogi. It is an excellent place to meditate and study yoga. Rishikesh is also a

good starting Laxman Jhula point for treks to Himalayan pilgrimage centres such as Badrinath, Kedarnath , Gangotri, Yamunotri. It is rightly called the gateway to the Himalayan Shrines of Badrinath, Kedarnath, Gangotri and Yamunotri. 7 Story Temple Situated 24 km upstream from Haridwar, at the confluence of the Chandrabhaga and Ganga, Rishikesh has long been a spiritual centre.

Haridwar

Haridwar is the gateway to the four pilgrimages of Uttarakhand. It's also your starting point on the journey to the sacred sources of the rivers Ganga and the Yamuna. According to legend, Prince Bhagirath performed penance here to salvage the souls of his ancestors who had perished due to sage Kapil's curse. The penance was answered and the river Ganga trickled forth from Lord Shiva's locks and its bountiful water revived the sons of King Sagara. In the tradition of Bhagirath, devout Hindus stand in the sacred waters here, praying for salvation of their ancestors.

Jageshwar

There are around 124 temples that are located in the town and these include many small stone temples and large temple complexes as well. Some of the main temples are the Dandeshwar Temple, Jageshwar Temple, Surya Temple, Kuber Temple, Chandi ka Temple, Mritunjaya Temple, Nanda Devi Temple and the Kuber Temple. The Dandeshwar Temple is the biggest of the lot and many devotees can be seen here. Among the oldest standing temples is the Mritunjaya Temple.

Two main festivals are celebrated in the town of Jageshwar and these are the Jageshwar Monsoon Festival which is held during the month of August and the Shivarathri Mela which is held in the spring season.

Airavat Gufa is a cave that is located nearby and this is also a good place to visit while staying at the town of Jageshwar. The Patal Buwaneshwar Caves located in the region are also worth visiting.

Bajjnath

Enveloped in mythologies, anecdotes and a glorious past Bajjnath reveals itself as a wonderfully enchanting destination. Situated in the beautifully lush and expansive Garur valley, Bajjnath is a fantastic, tiny town.

The Bajjnath Temple complex is renowned for its outstanding sculpture and is counted among the best creations to have been carved in the whole Western Himalayan region. These temples were built by the Katyri kings. Standing at the banks of River Gomti, the temples of Shiva, Ganesh, Parvati, Chandika, Kuber, Surya and Brahma, dating back to the 13th century A.D. point toward the splendid past of this region.

The temple is famous for its ancient and magnificent stone idol of goddess Parvati. The Kotkimai Temple is about eight kilometres from Baijnath on the Gwaldam road. En route, one can also visit Pandusthal.

There are two long inscriptions in the porch of the temple indicating that a temple of Shiva existed on the spot even before the present one was constructed. The present Baijnath Temple is an ideal example of the early medieval North Indian temple architecture known as Nagara style of temples. Baijnath is known for its exquisitely carved and sculptured temples built by the Katyuri kings, which are considered as some of the finest creations of the Western Himalayas.

Piran Kaliyar

Over the centuries, the great Indian culture has come to be renowned all over the globe for its religious and cultural accord. This feeling of harmony is the binding thread of India's social patchwork. Piran Kaliyar, also known as Kaliyar Sharif, presents an apt instance of this. At Piran Kaliyar, the Sufi saint Allauddin Ali Ahmad Sabir also known as Sabir Kaliyari lies in peace in his Dargaah. The 13th century priest was the successor of the great Sufi poet and saint Hazrat Baba Farid of the Chishti order. It takes not more than half an hour to reach Kaliyar village, to visit the Dargaah.

The tomb of the saint was built by Ibrahim Lodhi, a ruler of Delhi. The structure typifies the Islamic architecture with its carved grillwork.

Nanda Devi Raj Jat Yatra

Nanda Devi is the chief patronizing Goddess of Uttarakhand and several shrines are devoted to her all across the central Himalayas. Nanda Devi Fair is one of the most popular festivals in Uttarakhand and attracts people from near and far. Nanda means well-being and prosperity. The fair is held every year in memory of Goddesses Nanda and Sunanda during the month of September and is taken as a symbol of spiritual and material prosperity.

The Nanda Devi Jat is celebrated every year in the Nanda Devi temples spread across Garhwal and Kumaon.

(iii) Wildlife

National Parks and Wildlife Sanctuaries

National parks and wildlife sanctuaries are a prime feature of Uttarakhand. Wildlife lovers, naturalists, eco-tourists and holidaymakers keep flocking to the region all the year round. The state is known for its diversified flora and fauna. It is in this region that travelers get to see some of the most endangered and rarely seen animal species in the world. Not only for animal lovers but for bird watching enthusiasts as well, Uttarakhand has a number of surprises in store to satiate their thirst for wildlife watching. Major wildlife species to be watched here include the

Indian Tiger, deer, Sloth bear, Black bear, Indian elephant, leopard, Jungle cat, Rhesus monkey, langur, ghoral (goat antelopes), wild dog, common otter, porcupine, python, King cobra and a variety of resident and migratory bird species.

Uttarakhand has 12 National Parks and Wildlife Sanctuaries covering 13.8 percent of the total area of the State. Apart from these there are two Conservation Reserves – The Asan Barrage and Jhilmil Tal conservation Reserves, two World Heritage sites of the Nanda Devi Biosphere reserve and Valley of Flowers National Park.

Jim Corbett National Park and Rajaji National Park are the two famous national parks in Uttarakhand.

(iv) **Wellness**

With a long history of Ayurveda, Yoga and meditation, Uttarakhand has become an ideal destination to learn, practice and master these ways of life. The state has lately come to be known as the Yoga Country on account of the number of ashrams, health centres, retreats and high-end spas. There are people who come to learn Yoga as a way of life, and then there are those who come to seek Ayurvedic treatment.

The state has numerous educational Centres/Ashrams for learning and practicing Yoga, Meditation and Ayurveda.

Rishikesh has some of the most popular and renowned Yoga Ashrams and centres, mainly Parmarth Niketan Ashram, Shivananda Ashram, Patanjali Yogpeeth, Yoga Study Centre (for Hatha Yoga), Yoga Niketan, Sri Ved Niketan, Dayananda Vedanta Ashram, Brahma Niwas, and the famous Transcendental Meditation Centre of Maharishi Mahesh Yogi.

Courtesy: www.uk.gov.in, www.uttarakhandtourism.gov.in, www.mea.gov.in

"You must not lose faith in humanity. Humanity is an ocean; if a few drops of the ocean are dirty, the ocean does not become dirty." —Mahatma Gandhi

State Profile: Tamil Nadu

Factfile

Capital: Chennai

Geographical Area (sq km): 130,058

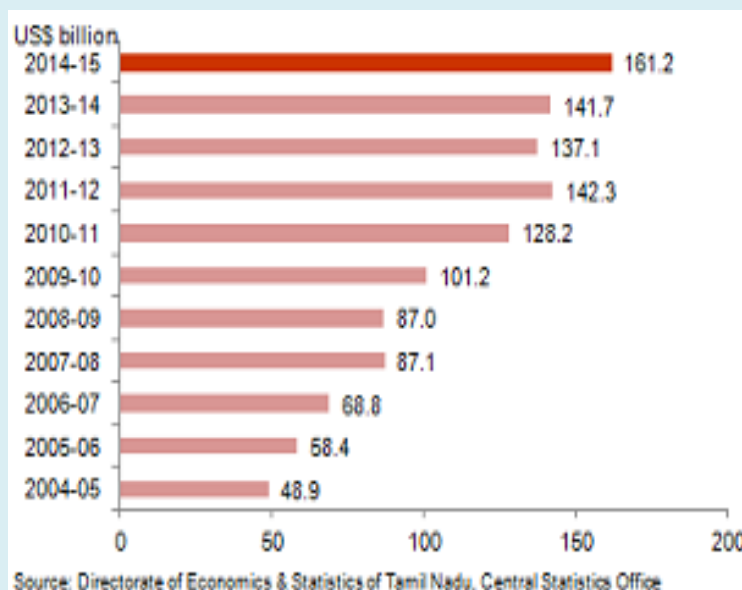
State Language: Tamil and English

Literacy Rate: 80.09 per cent

Key Industries: Textiles, heavy commercial vehicles, automobile and auto components, engineering, IT and ITeS, cement, banking and financial services, drugs and pharmaceuticals, agro and food processing, leather tanning industries, electronic hardware and tourism

Economic Snapshot: GSDP of Tamil Nadu

Tamil Nadu's gross state domestic product (GSDP) was at US\$ 161.1 billion over 2014-15.



Tamil Nadu is the fourth largest state of India. Located in the southernmost part of the country, Tamil Nadu is surrounded by Andhra Pradesh from the north, Karnataka and Kerala from the west, Indian Ocean from the south, and Bay of Bengal from the east.

Gross state domestic product (GSDP) of Tamil Nadu grew at a compound annual growth rate (CAGR) of 12.31 per cent between 2004-05 and 2015-16, reaching US\$ 175.33 billion in 2015-16. Per capita GSDP of the state was US\$ 2,430.5 (at current prices) in 2015-16.

Tamil Nadu has a diversified manufacturing sector and features among the leaders in several industries like automobiles and auto components, engineering, pharmaceuticals, garments, textile products, leather products, chemicals, plastics, etc. It ranks first among the states in terms of number of factories and industrial workers.

Due to its achievements as an auto production hub, Chennai has been dubbed as the "Detroit of India". Tirupur and Coimbatore are the major textile centres in Tamil Nadu. Tirupur is known as the 'Knitting City', while Coimbatore is called the 'Manchester of South India'. Close proximity with East Asian countries is also enabling Chennai to become an international finance hub.

Tamil Nadu has a well-developed infrastructure with an excellent road and rail network, three major ports, 23 minor ports, and seven airports across the state providing excellent connectivity. As of June 2016, Tamil Nadu had a total installed power generation capacity of 26.25 Gigawatt (GW).

In line with Vision 2023, it aims to step up infrastructure investment from 4-5 per cent of GSDP currently to 10 per cent by 2015 and about 11.5 per cent by 2019. The Tamil Nadu government is also holding discussions with various industry bodies to frame a start-up policy.

According to the DIPP, cumulative FDI inflows in Tamil Nadu during April 2000 to March 2016 stood at US\$ 21.54 billion.

Key Sectors:

- Accounting for about 34.35 per cent share in the overall spun yarn production of the country during 2015-16, spun yarn production in Tamil Nadu stood at 0.97 million kg, by the end of September 2015.
- Tamil Nadu has 21.20 per cent share in overall automobile exports from India. The state accounted for a 15.80 per cent share in domestic production and 14.90 per cent share in domestic sales of the automobile sector in the country.
- The Government of Tamil Nadu announced plans to invest US\$ 607 million over next two years for the development of heavy engineering sector of the state.
- Tamil Nadu had 16 operational SEZs for IT/ITeS as of July 2016. Tamil Nadu has about 350,000 people directly employed in IT and ITeS companies, while 750,000 through indirect employments. The number of registered IT units in the state increased from 1,114 in 2004-05 to 1,780 in 2014-15.
- As of 2015, cement production in the state was 30 million tonnes, whereas capacity utilisation rate was at 61 per cent. The production of ready-mix concrete is a major activity of the cement industry in the state.
- During 2015-16, financial assistance of US\$ 7.94 thousand was provided to the entrepreneurs under the plan scheme for technological up-gradation, establishment and modernization of food processing industries.
- The Government of Tamil Nadu has set up industrial estates and common effluent treatment plants for the leather cluster.
- Tamil Nadu plans to add 5,000 MW capacity in the wind power by the end of 2017. Global Wind Energy Council is also working to assess the potential of wind energy in India with special emphasis on Tamil Nadu.
- During 2015-16, the work on the project of "Infrastructure Development Investment Programme for Tourism", which has been taken up at a cost of US\$ 20.62 million, was under process.

Courtesy: www.ibef.org

Trade Fairs & Business Exhibitions in India in July – September, 2017

SN	Event	Organizer	Product Profile
1	HGH India July 04-06, 2017	Texzone Information Services Pvt. Ltd. http://www.hghindia.com	International Trade Fair for Home Decorations, Gifts and Housewares
2	TTF Travel & Tourism Fair July 07-09, 2017	Fairfest Media Limited http://www.ttfotm.com	International Exhibition for Travel & Tourism Industry
3	Plastasia 2017 July 08-11, 2017	Triune Exhibitors Pvt. Ltd. http://www.plastasia.in	International Trade Fair for Plastics Products & Services
4	Bangalore Fashion Week Bangalore July 27-30, 2017	Dream Merchants http://www.bangalorefashionweek.in	International Trade Fairs for Jewellery, Fashion and Accessories
5	Medicall July 28-30, 2017	Medexpert Business Consultants Pvt. Ltd. http://www.medicall.in	International Trade Fair for Medical Equipment
6	PackPlus New Delhi August 3-6, 2017	Print-Packaging.com Pvt. Ltd. http://www.packplus.in	International Trade Fair for Packaging Technology
7	Automation Mumbai August 9-12, 2017	IED Communications Ltd. http://www.iedcommunications.com	International Trade Fair for Industrial Automation, Factory Automation, Industrial Robotics, Drives and Controls, Logistics, Hydraulics and Pneumatics, Building Automation, Pumps, Valves and Software Solutions
8	Gifts India International Mumbai August 10-13, 2017	Introduction Trade Shows Pvt. Ltd. http://www.indiabig7.com	International Trade Fair on Corporate, Promotional & Festival Gifts
9	IIFJAS Mumbai August 11-14, 2017	Radiaant Expositions Ltd. https://www.iifjs.com	International Trade Fair for Costume and Fashion Jewellery
10	ANUTEX – International FoodTec India New Delhi August 21-23, 2017	Koelnmesse YA Tradefair Pvt. Ltd. http://www.foodtecindia.com	International Trade Fair for Food and Beverage Industry
11	PackEx India New Delhi August 21-23, 2017	Koelnmesse YA Tradefair Pvt. Ltd. http://www.packexindia.com	International Trade Fair for Packaging materials and technology
12	Dairy Universe India New Delhi	Koelnmesse YA Tradefair Pvt. Ltd.	International Trade Fair for Technology,

	August 21-23, 2017	http://www.dairyuniverseindia.com	Equipment and Supplies for milk processing, packaging and distribution
13	Floritech India Bangalore August 28-30, 2017	Media Today Group http://www.floratechipmindia.com	International Exhibition of Plants and Horticulture
14	Agri Asia Gandhinagar September 1-3, 2017	Radeecal Communications http://www.agriasia.in	International exhibition on agricultural technology
15	TTF Travel & Tourism Fair September 1-3, 2017	Fairfest Media Ltd. http://www.ttfotm.com	International exhibition for travel & tourism industry
16	Umex Mumbai September 8-10, 2017	ITEI International Trade and Exhibitions India Pvt. Ltd. http://www.umexonline.com/Home	International trade fair for used machinery
17	TechIndia Mumbai September 8-10, 2017	International Trade and Exhibitions India Pvt. Ltd. http://www.techindiaexpo.com/Home	International exhibition for engineering and manufacturing industry
18	Imex Mumbai September 8-10, 2017	ITEI International Trade and Exhibitions India Pvt. Ltd. http://www.imexonline.com/Home	International trade fair for tools and machinery
19	Jewellery & Gem Fair New Delhi September 9-11, 2017	UBM plc http://jewelleryfair.in	International trade fair for gems & jewellery
20	Laser World of Photonics India New Delhi September 14-16, 2017	MMI India Pvt. Ltd. http://www.world-of-photonics-india.com	International trade fair for photonics
21	International FoodService India Mumbai September 14-16, 2017	Koelnmesse YA Tradefair Pvt Ltd. http://www.foodservice-india.com	International trade fair for catering and retail technology
22	Annapoorna – World of Food India Mumbai September 14-16, 2017	Koelnmesse YA Tradefair Pvt Ltd. http://www.worldoffoodindia.com	International trade fair and conference for food and beverage industry
23	The Big 5 Construct India Mumbai	Expotim International Fair Organisation Inc.	International trade fair for construction products and technologies

	September 14-16, 2017	https://www.thebig5constructindia.com	
24	Analytica Anacon India Hyderabad September 21-23, 2017	MMI India Pvt. Ltd. http://www.analyticaindia.com	International trade fair for laboratory technology, nalysis, biotechnology and diagnostics
25	Global Industrial Expo September 22-24, 2017	Global Media Communication http://www.globalindustrialexpo.com	International trade fair for industrial goods and manufacturing products
26	Automation & Robotics September 22-24, 2017	IBK Media http://www.automationexpo.net	International trade fair & conference on automation & robotics

Trade Queries from India

SN	Company Name	Commercial Interest
1	M/s A.S.GLOBAL EXIM c-29 Harishankar puram, Lashkar, Gwalior (M.P.) 474001 Mob +918305018444 E-mail: info@asglobalexim.com URL: www.asglobalexim.com	Men's apparel
2	M/s Mosi International Mr. Danish Iqbal 581/310 FAITHFUL GANJ CANTT KANPUR 208004 Mobile: +91-8960499294 E-mail: mosiinternational@gmail.com danishinternational0512@gmail.com	Cotton fabrics, Leather products & Cereals
3	M/s M.B. Engineering Industries Pvt. Ltd., Mr. Ravindran Nair Plot no D.30 & 31 I.D.A, Phase V, Jeedimetla, Hyderabad-500 055, Andhra Pradesh Phone: +91 040 23097555 Fax: +91 040 23097555 E-mail: ravi.nair@mbeipl.com URL: www.mbeipl.com	Supplements
4	M/s J R EXPORTS Mr. Kapil Senjaliya F/28, City center, Sosyo circle, U.M.road, Surat - 395007, Gujarat Mobile No.: +91-9510900755 E-mail: worldexim.in@gmail.com URL: worldexim.in	Peanuts & Textile
5	M/s Paras Oversea India Mr. Sanchit 148 Vinoba Puri, Lajpat Nagar IInd, New Dehli-110024 Tel: +91-11-41420459 Mobile: +91-9810229994 E-mail: parasindia@hotmail.com	Scarves & shawls
6.	Mr. Ashok. M Mob: +91-8939992884	Herbal products

	E-mail: ashokmbecse@gmail.com	
7.	Mr. Falgun Talpara M/s PRIME PRECITURNS Shop No.5, Shri Hari Apartment, Air Force 2 Road, Shivam Society, Jamnagar 361006, Gujarat, India Mob: +91 8238258879 E-mail: primepreciturns@gmail.com URL: www.primepreciturns.com	Brass Components and Brass Fasteners
8.	Mr. Nikunj Gevaria Amreil – Gjuarat. Mob: +919712330805 E-mail: gevariaoverseas@gmail.com	Mango and agroproducts
9.	Mr. Thiyagarajan. V M/s ADITI IMPEX Plot No.79, Sri Krishna Avenue-Ph.I, Gram Limbodi, Khandwa Road, Indore, Madhya Pradesh-452001, India. Mob: 91-9589118933, 91-8982918933, 91-9644223344 E-mail: aditiimpex2015@gmail.com URL: www.aditiimpex.in	Fresh vegetables, spices, tea, coffee & etc.
10.	Mr. Nakula Suresh M/s SHREE NIRMALA SUSEELA ENTERPRISES 3-32, Chinakondepudi, Seethanagaram, East Godavari District, Andhra Pradesh 533287, India. E-mail: sureshnakula9@gmail.com	herbs, fresh fruits, spice and vegetables, etc.
11.	Mr. Vivek Saini M/s Suman Exim 29, Navrang Nagar, Chhawani Road, BEAWAR-305901 Mob: 91-9460286552 E-mail: Sainiipvj@gmail.com	Quartz Powder, Feldspar Powder & Activated Carbon and rice, Onion
12.	Mr. Sagar Patel M/s Wellmake Overseas 402, Uma Complex, Kamrej, Surat-394185, Gujarat, India. Tel: 91-9099465825 E-mail: info@wellmakeoverseas.com URL: www.wellmakeoverseas.com	Iodine Prills
13.	Mr. Sanjay Tiwari M/s African Industries Group AU Tower-Gold, Level-34, Jumeirah Lake Towers, Dubai – U.A.E. Tel: +971 4 4408215 Mob: +91 9205829708 E-mail: s.tiwari@afdmcc.com	Sesame seed

Photo Gallery



Ambassador H.E. Sujan R. Chinoy with Ministry of Youth Affairs & Sports (MYAS) delegation led by Shri Injeti Srinivas, Secretary (Sports)



Ambassador H.E. Sujan R. Chinoy with Mr. Norihiko Fukuda, Mayor of Kawasaki city



Ambassador H.E. Sujan R. Chinoy with Dr. Tatsuo Igarashi, Mayor of Tsukuba city



Chhattisgarh Investment Seminar was organized at the VCC Auditorium during the visit of Dr. Raman Singh, Hon'ble Chief Minister of Chhattisgarh



5th Joint Committee Meeting of Mumbai
Ahmedabad High Speed Railway



5th Joint Committee Meeting of Mumbai
Ahmedabad High Speed Railway

Celebration of 3rd International Day Yoga in Japan



In Taimei Elementary School, Ginza



In Taimei Elementary School, Ginza



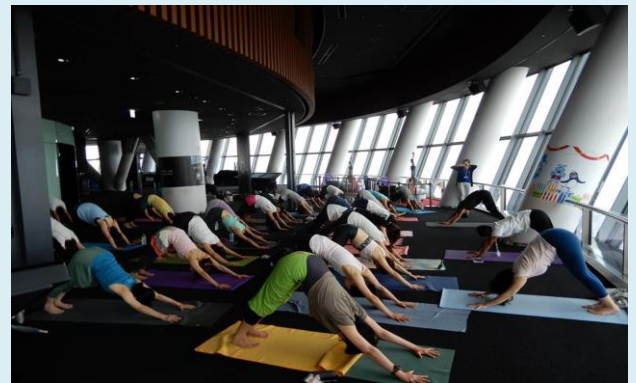
In Taimei Elementary School, Ginza



In Heian Jingu Shrine, Kyoto by Consulate General
of India Osaka-Kobe



By Vanakkam Yoga school, Japan



By Yoga Organization of Japan



By Patanjali Yog Samiti Japan with Rakuten (Crimson House), Japan



By Physical Yoga Promotion Association, Shizuoka



Press conference of Japanese Celebrity Mr. Tsurutaro Kataoka on passing Quality Council of India Voluntary Certification of Yoga Professionals examination



With awardees of the online quiz competition, Mr. Rajiv Bhardwaj & Essay Competition, Ms. Binada Hutchaiiah conducted on the occasion of the 3rd International Day of Yoga