

Embassy of India Tokyo Newsletter

"The Indian Connection"

India On the Move

PM inaugurates Zen Garden & Kaizen Academy at AMA, Ahmedabad

The Prime Minister, Shri Narendra Modi inaugurated a Zen Garden and Kaizen Academy at AMA, Ahmedabad via video conference on 27 June 2021.

He termed the dedication of the Zen Garden and Kaizen Academy, as a symbol of ease and modernity of India-Japan relationship.

Pointing to the similarities between 'Zen' and Indian 'Dhyana', the Prime Minister dwelled on the emphasis on inner peace along with outer progress and growth in the two cultures.

Shri Modi emphasized, with Japan, we have the confidence of centuries old cultural relations and also a common vision for the future. He pointed towards the strengthening of Special Strategic and Global Partnership with Japan.

He also elaborated on his common belief that in this period of pandemic India-Japan friendship has become even more important for global stability and prosperity. Current challenges demand that our friendship and partnership gets even deeper, stressed the Prime Minister.

He also called for further spread of Kaizen and Japanese work culture in India and asked for more focus on business interaction between India and Japan.



**Message from the
Ambassador H. E.
Mr. Sanjay Kumar
Verma**

I am pleased to bring forth this edition of the newsletter of the Indian Embassy 'The Indian Connection' .

This edition brings you stories of growing India as well as initiatives of the Indian Government and resulting success stories besides stories of India-Japan.

Happiness is when what you think, what you say, and what you do are in harmony.

MAHATAMA GANDHI

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Excerpts from PM's speech at the inauguration of Zen Garden and Kaizen Academy at AMA, Ahmedabad

The launch of Zen Garden and Kaizen Academy is a symbol of the spontaneity and modernity of India-Japan relations. I am confident that the establishment of the Japanese Zen Garden and Kaizen Academy will further strengthen the relationship between India and Japan, bringing our citizens closer. I would like to especially thank the leaders of Hyōgo Prefecture and my dear friend Governor Mr. Toshizō Ido. Governor Ido himself came to Ahmedabad in 2017. He and the Hyogo International Association have been instrumental in establishing the Zen Garden and Kaizen Academy in Ahmedabad. I also congratulate the colleagues of the Indo-Japan Friendship Association of Gujarat. They have consistently done remarkable work to give new energy to India-Japan relations. The Japan Information and Study Center also is one such example.

India and Japan are not only committed to outer progress and growth but have given equal importance to inner peace and progress. The Japanese Zen Garden is a beautiful expression of this quest for peace and simplicity. The people of India will see a glimpse of the peace, poise and simplicity that they have experienced through yoga and spirituality for centuries. And anyway, what is 'Zen' in Japan is 'Dhyān' (Meditation) in India. Buddha gave this 'Dhyān', this Buddhism to the world. And as far as the concept of 'Kaizen' is concerned, it is proof of the strength of our present intentions and our commitment to move forward continuously.

Many of you know the literal meaning of Kaizen as 'improvement', but its inner meaning is much broader. It not only emphasizes 'improvement' but 'continuous improvement'.

Serious efforts were made in Gujarat regarding Kaizen for the first time shortly after I became the Chief Minister. We studied Kaizen thoroughly, implemented it, and it was in 2004 that for the first time so much emphasis was placed on Kaizen during administrative training. In the next year in 2005, we gave Kaizen training to the top civil servants of Gujarat during a brainstorming session. Gradually, we introduced it to the education system and many government offices in Gujarat. The continuous improvement that I was talking about here also continued. We took out truckloads of unnecessary stuff from government offices, revamped processes and made them simpler.

Similarly, huge reforms were carried out in the health department drawing inspiration from Kaizen. Thousands of doctors, nurses and hospital staff were trained in Kaizen. We organized physical workshops in different departments, worked on the processes, engaged people and connected them with it. All this had a huge positive impact on governance.

We all know that governance is very important in progress, whether it is about the development of the individual, institution, society, or the country. When I came to Delhi from Gujarat, I brought with me the experiences I gained from Kaizen. We introduced this in the PMO and other departments of the Central Government. This led to the simplification of the processes and optimization of office space. Kaizen is being used in many departments, institutions and schemes of the Central Government.

Our guests from Japan at this event know my personal connection with Japan. The affection of the people of Japan, their work culture, skills and discipline has always been influencing. And that's why whenever I have said - I wanted to create Mini-Japan in Gujarat, the main idea behind it has been that whenever the people of Japan come to Gujarat, they should find the same warmth and belongingness. I remember that Japan had joined as a partner country with the Vibrant Gujarat Summit from the very beginning. Even today, the largest delegation that comes to the Vibrant Gujarat Summit is from Japan. It is gratifying to see the confidence that Japan has reposed on Gujarat and the potential of its people.

Today the best of Japanese companies are operating in Gujarat. I have been told that their number is more than about 135. Japanese companies have set up their bases in Gujarat in every sector from automobiles to banking, from construction to pharmaceutical. Be it Suzuki Motors, Honda Motorcycle, Mitsubishi, Toyota, Hitachi, many such companies are manufacturing in Gujarat. And one good thing is that these companies are also helping a lot in the skill development of the youth of Gujarat. Three Japan-India Institutes for Manufacturing are providing skill training to hundreds of youth of Gujarat every year. Many companies also have tie-ups with technical universities and ITIs of Gujarat.

There is so much to talk about the relations between Japan and Gujarat that time will run out. These relationships are strengthened by intimacy, affection and understanding each other's feelings and requirements. Gujarat has always given special importance to Japan. JETRO, which has opened the Ahmedabad Business Support Center, has the facility to provide plug-and-play work-space to five companies simultaneously. Many Japanese companies have taken advantage of this. When I recall the old days, I find that the people of Gujarat have paid attention to even the smallest details. I remember a topic came up informally once I was discussing something with a delegation of Japan as Chief Minister. This topic was very interesting. People of Japan love to play golf but golf courses were not prevalent in Gujarat then. After that meeting, special efforts were made to expand golf courses in Gujarat. I am happy that there are many golf courses in Gujarat now. There are also many restaurants whose specialty is Japanese food. An effort has been made to make the people of Japan feel at home in Gujarat. We also worked a lot so that there is an increase in the number of Japanese speakers in Gujarat. Today there are many people in the professional world of Gujarat who speak Japanese comfortably. I am told that a university in the state is also going to start a course to teach Japanese. It would be a good beginning. I would also like to have a model of the Japanese school system in Gujarat.

I have been a huge fan of Japan's school system which emphasizes modernity and moral values simultaneously. I had the opportunity to visit Taimei School in Japan and those moments are very memorable. I can say that it was a precious opportunity for me while talking to the children of that school.

Friends,

We also have a strong belief in centuries-old cultural ties and a common vision for the future! Based on this, we have been continuously strengthening our Special Strategic and Global Partnership over the years. For this, we have also made a special arrangement of Japan-plus in the PMO. India-Japan relations gained a new impetus when the former Prime Minister of Japan and my friend Mr. Shinzo Abe visited Gujarat. He was very excited when the bullet train project started. Even today, when I talk to him, he vividly recalls his Gujarat tour. The current Prime Minister of Japan, Mr. Yoshihide Suga, is also a very amiable person. PM Suga and I believe that the friendship between India and Japan has become more relevant to our partnership, global stability and prosperity in this Covid pandemic era. At a time when we are faced with so many global challenges, it is the need of the hour that our friendship and relationship grows in strength. Of course, effort like Kaizen Academy is a beautiful reflection of that.

I would like Kaizen Academy to promote the work culture of Japan in India and step up business interactions between Japan and India. We have to give new energy to the efforts that are already underway in this direction. For example, the Indo-Japan Student Exchange Program between Gujarat University and the Otemon Gakuin University of Osaka! This program has been strengthening our relationship for over five decades. This can be further expanded. Such partnerships can be developed between the two countries and institutions.

I am sure our efforts will continue, and India and Japan will achieve new heights of development together. I also convey my very best wishes to Japan, the people of Japan for organizing the Tokyo Olympics through this program.

Link : <https://www.pib.gov.in/PressReleseDetailm.aspx?PRID=1730661>

The India & Japan Stories

Cabinet approves Memorandum of Cooperation between India and Japan in the field of sustainable urban development

On 3 June 2021, the Union Cabinet, chaired by the Prime Minister Shri Narendra Modi has approved the signing of Memorandum of Cooperation (MoC) on Sustainable Urban Development between the Ministry of Housing & Urban Affairs, Government of India and the Ministry of Land, Infrastructure, Transport and Tourism, Government of Japan, in supersession of existing MoU of 2007 on Urban Development.

Implementation strategy:

A Joint Working Group (JWG) will be constituted to strategize and implement programmes on cooperation under the framework of the MoC. The Joint Working Group will meet once in a year, alternately in Japan and in India. The cooperation under this MoC will commence on the date of its signature and continue for a period of 5 years. Thereafter, it may be renewed automatically for further successive periods of 5 years at a time.

Major Impact:

The MoC will promote strong, deep and long-term bilateral cooperation in the field of Sustainable Urban Development between the two countries.

Benefits:

The MoC is expected to create employment opportunities in the areas of sustainable urban development, including Urban Planning, Smart Cities Development, Affordable Housing, (including rental housing), Urban Flood Management, Sewerage and Waste Water Management, Urban Transport (including Intelligent Transport Management System, Transit-Oriented Development and Multimodal Integration) and Disaster Resilient development.

Details:

The objectives of the MoC are to facilitate and strengthen India-Japan technical cooperation in the field of Sustainable urban development including Urban Planning, Smart Cities Development, Affordable Housing (including rental housing), Urban Flood Management, Sewerage and Waste Water Management, Intelligent Transport Management System, Transit-Oriented Development, Multimodal Integration, Disaster Resilient development and other areas as mutually identified by both Sides. The proposed MoC will enable exchange of key learnings and best practices in the above-mentioned areas.

Press Release : <https://www.pib.gov.in/PressReleasePage.aspx?PRID=1723638>

Unison Capital and NIIF announce formation of NIIF/Unison alliance Bridging Japanese long-term capital and Indian PE investment opportunities

Unison Capital, a private equity firm based in Japan, Korea and in Singapore and the National Investment and Infrastructure Fund of India (NIIF), a collaborative investment platform for international and Indian investors, anchored by the Government of India, on **1 June 2021**, announced formation of NIIF/Unison alliance to bridge long-term capital and Indian PE investment opportunities with strong emphasis on ESG and Digitalization.

NIIF/Unison alliance's goal is to raise significant amount of capital from Unison-led investors in Japan to invest in top-tier Indian GPs in different asset classes(i.e., Buyout, Growth Capital, Early-Stage VC) in the form of Fund of Funds (Primary) and Co-investment Fund (Secondary and co-investment).

More Details : <https://niifindia.in/wp-content/uploads/2021/06/Unison-Capital-and-NIIF-announce-formation-of-NIIF-and-Unison-alliance.pdf>

#IndiaJapan #PASSEX

Towards enhancing interoperability and strengthening bilateral **#maritimecooperation** Indian Naval Ship Kulish and Japanese Maritime Self Defense Force **#JMSDF** Training Squadron ships JS Kashima and JS Setoyuki undertook Passage Exercise **#PASSEX** in Andaman Sea on 13 June 2021.

#IndianNavy and JMSDF regularly undertake bilateral and multilateral exercises like **#JIMEX** and **#MALABAR**.



General MM Naravane, **#COAS** had telephonic interaction with General Yoshihide Yoshihide, Chief of Staff, Ground Self-Defence Force, **#Japan** and discussed issues of bilateral defence cooperation.

#PollutionResponseTraining

Coast Guards of India & Japan Coast Guard added new chapter in cooperation & capability enhancement towards marine environment protection by conducting 2 days virtual training in Oil Spill Fingerprinting and HNS Response on 22-23 June 2021.



Indian Navy's ASW corvette INS Kiltan & **#JMSDF** Fleet Support Ship JS Hamana conduct Maritime Partnership Exercise in East China Sea incl **#Replenishment At Sea** procedures. Reinforcing high degree of **#Interoperability** & shared values as **#PartnerNavies**.



On 30 June 2021, on sidelines of G20 Foreign Ministers Meeting at Matera, Italy , EAM Dr S Jaishankar had conversation with MoFA Japan's Minister H.E. Motegi. **Spoke about Quad, 2+2 and Covid.**



India in Japan

Ambassador Sanjay Kumar Verma had a meeting with Mr EJIMA Kiyo-shi, State Minister of METI Japan on 7 June 2021. They exchanged views on various aspects of **#IndiaJapan** bilateral economic partnership and discussed ways to strengthen the relations further.



Amb Sanjay Kumar Verma met Mr YAMADA Taro, Chairman, Research Subcommittee for Digital Policy, LDP HQ for Promotion of Digital Society on 7 June 2021. They discussed **#IndiaJapan** digital partnership, including ways to utilize India's IT talent in Japan's path of digitization.



Ambassador Mr Sanjay Kumar Verma met General Izutsu Shunji, Chief of Staff, Japan Air Self Defence Force **JASDF** on 08 June 2021. They discussed various initiatives to advance Cooperation between the **Indian Air Force** and JASDF.



Amb Sanjay Kumar Verma was invited as a guest speaker at The Foreign Correspondents Club of Japan on 15 June 2021. He focused his remarks on India-Japan bilateral relations, multilateralism, climate change, and Indo-Pacific.

Full talk at <https://www.youtube.com/watch?v=WGwbjPSmx4Y>



Amb Sanjay Kumar Verma delivered a speech on the topic "New Multilateralism" at the annual meeting of the Japan's Parliament "Diet" Committee for World Federalist Movement on 14 June 2021.



On 22 June 2021, Ambassador Sanjay Kumar Verma gave congratulatory remarks at 4th Japan Construction International Award Ceremony by MLIT Japan - **The Government of Japan**. Winning project Salori STP Project, Allahabad showcased **#IndiaJapan** collab in sewage treatment as part of Ganga Action Plan **Namami Gange**. [<https://www.mlit.go.jp/JCIA/en/award/>]

On 22 June 2021, Ambassador Sanjay Kumar Verma met H.E. Mr Nishimura Yasutoshi **Japan - The Government of Japan**'s Minister of State to brief him on India's successful response to **#COVID19** pandemic and discuss opportunities and way forward on **#IndiaJapan** Special Strategic & Global Partnership.



Ambassador Sanjay Kumar Verma met Mr KASAI Akira, Member of House of Representatives and Vice Chair of International Commission, Japanese Communist Party on 28 June'21. Topics discussed incl India's Foreign Policy, #IndiaJapan relations, multilateralism, & climate change.



Ambassador Sanjay Kumar Verma exclusive Interview with [Time Out Tokyo](#)'s "Tokyo Meets the World : #India" with focus on #India, #India & #SDGs, #IndiaJapan, #IndoPacific, #Tokyo2020 , #Culture & #Cuisine, #Indians in Japan, etc



<https://www.timeout.com/tokyo/things-to-do/tokyo-meets-the-world-india>

Potential of Japan-India Digital Partnership

English Translation of Japan's Nikkei Newspaper) column 'Shiken Takken' (My Own Opinion) with title "Potential of #Japan-India Digital Partnership" by Ambassador MR. Sanjay Kumar Verma [Published June 15, 2021]. [<https://www.nikkei.com/article/DGXZQOCB281AK0Y1A420C2000000/> 日本経済新聞（日経新聞）]

Amidst COVID19 pandemic, the momentum for the introduction of IT in the workplaces, schools and society as a whole has grown dramatically. India, with its vast knowledge, experience, skilled personnel and capacity in IT and e-governance, can make a significant contribution to Japan's digital reform initiatives.

In India, Aadhaar, a unique identification system introduced about 12 years ago, is a powerful tool for implementing e-governance. By linking the identification number with biometric information such as fingerprints and iris, procedures such as identity verification and electric payments can be carried out using a smartphone or computer. Aadhar has become the foundation for government services in healthcare, finance, and education, and by opening it up to the private sector while guaranteeing security, it has also led to the development of industries.

Aadhar is playing a major role in building a system where the underprivileged and poor can receive equitable financial support. At present, more than 90 percent of India's population is registered and utilizing the Aadhar platform which has emerged as one of the pillars of the Digital India Vision.

For major US IT companies, India, which is on the other side of the globe and where English is spoken, was a convenient base. The advancement of American companies has been very helpful in India's accumulation of IT know-how. The number of Internet subscribers in India has reached 750 million, and it is this base that has allowed the country to succeed in digitization.

India and Japan concluded the Digital Partnership in 2018. Both hardware and software technologies are indispensable to promote the digitization of society. We have high expectations for our cooperation with Japan, which has strengths in hardware.

India produces more than 1.5 million professionals from universities of Engineering, Science and Technology every year, and many Indian professionals are engaged in software development and other frontier technologies activities at companies including of Japan. India is keen to share its experience & knowledge as well as skilled human resources if it contributes to Japan's digital reform.

In the academic field, more than one hundred universities and research institutes are collaborating with each other, and there are active exchanges of students and researchers.

India and Japan are deepening their cooperation through India-Japan Digital Partnership agreement to work together in cutting-edge fields such as artificial intelligence.

VIRTUAL PITCHING BY INDIAN START-UPS (EDUCATION SECTOR) - 6th Session

A Virtual Pitching Event by Indian Start-ups (6th Session) focusing on education sector was jointly organized by Startup India and Embassy of India, Tokyo on 24th June, 2021. The objective of the session was to provide Indian startups a platform to pitch their innovations to Japanese investors and business corporations to explore investment and strategic business and technical collaboration.

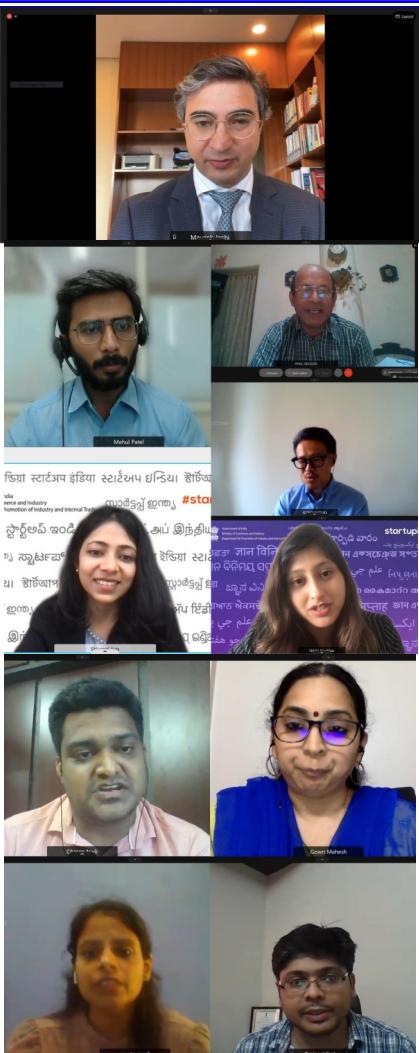
Mr. Mayank Joshi, Deputy Chief of Mission, Embassy of India delivered the opening remarks highlighting the opportunities in the Indian education sector. In his speech, while mentioning India's importance in the global education industry, Shri Mayank Joshi stated that India, with its population of about 500 million in the age bracket of 5- 24 years, provides a great opportunity for education sector growth and EdTEch sector is going to be one of largest sectors. He highlighted the education sector reforms and various initiatives by the Indian government to boost education infrastructure and online education. He also underlined India-Japan partnership in the education sector, including growing demand for Indian skilled human resources benefited by Japan's TITP and SSW programme. He informed the participants of the recently launched Startup India Seed Fund scheme.

Mr. Takashi Suzuki, Director General, JETRO Bengaluru delivered special address on trends in the education industry and market in India. In his presentation, he mentioned that India is in the process of completely upgrading its education policy to become a "global knowledge hub". The government is also working on gender ratios, textbook provision, library maintenance, special support and counseling systems. He also mentioned that the government is promoting digitization of the entire country and development of IT infrastructure under the Digital India Policy which could give opportunities for EdTech companies to provide educational opportunities in both urban and rural areas. He further said that the EdTech industry, which has rapidly expanded its user base due to COVID-19 pandemic, is set to become India's largest online industry.

During the event, 09 Startups in Education sector from India made a live pitch to Japanese stakeholders covering areas on access to institutional education and teachers' training. These are :

1. M/s Robotguru Education Technologies Pvt. Ltd. working on VR RobotGuru solution which allows students to understand topics better by enabling them explore, experience and perform activities and experiments;
2. M/s Taxmann Education Pvt. Ltd. has a product called Mindler which addresses the unorganized career counselling sector through career guidance platform for students and career coach training certifications for counsellors;
3. M/s Ignis Careers Pvt. Ltd. which promotes Life skills and English skills in school by training teachers and students;
4. M/s Kickhead Softwares Pvt. Ltd. which promotes open education platform for students from the remotest areas of the country to prepare for competitive exams by providing access to high quality content at nominal costs;
5. M/s Kachhua Education Services LLP which promotes their product FotonVR that provides virtual reality (VR) enabled gamified interactive science education for students of class 5th to 10th;
6. M/s I Dream Education Pvt. Ltd. which provides a multilingual, multiplatform application that allows students to learn in their local languages, using multiple sources like animated videos, books, etc.;
7. M/s Touchetech Labs Pvt. Ltd. which focuses on using technology to achieve tactile literacy for the blind, allowing them access to digital information, books, etc;
8. M/s K-Nomics Techno Solutions Pvt. Ltd. which promotes Mintbook Digital Library & Learning Platform aggregating, curating and rendering relevant content in best possible experience and making learning affordable to students in India;
9. M/s Learning Matters Pvt. Ltd. which trains teachers to communicate well and use technology to engage the students in the learning process.

Closing remarks were made by Ms. Shivangi Jain from Startup India Hub, highlighting the market trends of education sector in India and the opportunities for Japanese investors. 67 participants from India and Japan attended the live pitching event.



Japan's KGAP+ (Keihanna Global Acceleration Program Plus) #India Challenge

On 11 June 2021, Ambassador Mr Sanjay Kumar Verma gave opening remarks at Japan's KGAP+ (Keihanna Global Acceleration Program Plus) #India Challenge held in collaboration with NASSCOM & Confederation of Indian Industry.

Ambassador in his remarks noted the potential of startups in post-COVID era & growing #IndiaJapan relations under #IndiaJapan Digital Partnership.



The "India Challenge" is a stage for candidates from India, recommended by KGAP+ global partner organizations: CII (Confederation of Indian Industry) and NASSCOM (National Association of Software and Services Companies). The startups pitched their innovative technologies and services to take part in the Batch 5.

The event saw the participation from Indian startups - Artivatic.ai, AShield Technologies, Inflekt, PathPartner Technology, Detect Technologies, AjnaLens, Ethereal Machines and Bigthinx showcasing their innovative solution to secure PoC partners in Japanese market.

Dr. Hiroyuki Suzuki, Executive Vice President, ATR, Mr. Kris Gopalakrishnan, past President CII and Mr. Sunil Shekhawat, Lead NASSCOM - products also addressed the participants.

Details : <https://keihanna-rc.jp/en/events/event/kgap210611/>

On 25 June, Railway Advisor, Embassy of India Tokyo participated in a web seminar org by IHRA - International High-Speed Rail Association alongwith experts from Japan, UK, USA, Australia, Thailand, Indonesia & Malaysia. Technical presentations made by RTRI, JRTT & National High Speed Rail Corporation Limited on electrical power supply for HSR.

MAHSR Project in India- Overview

Total Length: 508.09 Km

- 460.3 Km Viaducts (90.6%)
- 9.22 Km Bridges (1.8%)
- 25.87 Km Tunneling (5.1%) (Longest Tunnel: 21 Km with 7 Km undersea)
- 12.9 Km Cut/Fill (2.5%)

Stations: 12 (8 in Gujarat & 4 in Maharashtra)

All elevated except Mumbai (underground)

Travel Time:
2.07 Hrs (limited Stops) 2.58 Hrs (all stops)

NTT and Tokyo Century collaborate on data center operations in India

Tokyo, Japan – 16 June 2021 – NTT Corporation (NTT) aims to further expand its data center business by improving investment efficiency. As part of these activities, NTT and Tokyo Century Corporation (Tokyo Century) will collaborate in India's data center businesses.

Details : <https://hello.global.ntt/en-us/newsroom/ntt-and-tokyo-century-collaborate-on-data-center-operations-in-india/>

As part of #IndiaAt75, on 22 June'21, Embassy of India Diplomats on invitation visited Shinagawa Shouei Junior High School, Tokyo & interacted with young students about #IndianCulture, History, Literature, Languages, Textiles, Cuisines, Movies & Dances, #IndiaAt75, etc as part of their curriculum on #India. Students do enjoyed the interaction. School library was gifted with few books on India. Students appreciated the Gift of #IndianTea (Darjeeling, Sikkim Tea, Organic Herbal Tea) and #IndianCoffee too.



On 12 June'21, Ambassador Mr Sanjay Kumar Verma gave remarks at Indian International School in Japan (IISJ) Class of 2021 Graduation Ceremony. While he congratulated students on achievement but also emphasised the role of a Teacher in imparting knowledge & character building of students.



His Excellency, Ambassador Sanjay Kumar Verma participated in the opening ceremony and declared open the **Chapter 1 of Tokyo conference 2021 of the Model United Nations at Global Indian International School, Tokyo** (www.GIISMUNTokyo.org) on 18 June, 2021.

Addressing the delegates on the occasion, HE Ambassador remarked that the event provided an important opportunity for students to become aware about the prevailing global issues affecting our societies and encouraged them to think of solutions through debate, discussions, deliberations and negotiations and also provided a unique opportunity to experience the workings of United Nations and understand the intricate world of diplomacy.

He emphasized on the role of United Nations and added that as a founding member of the United Nations, India is invested with its heart and soul right from the crafting of the principles of the UN Charter to being in the forefront of keeping its peace. He also highlighted the challenges brought forth by the pandemic and India's response through delivery of medicines and vaccines.

HE Ambassador conveyed his happiness that Indian Embassy and GIIS work together in all of its endeavors which benefits the students.

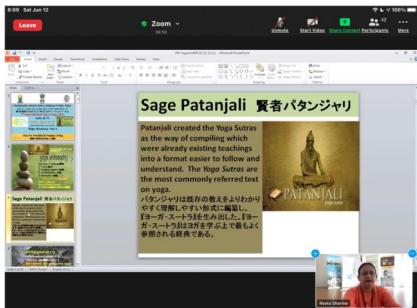
On the occasion, Ambassador also gifted books related to tales from ancient India and lives of great Indian personalities to the School Library.



Cultural

International Day of Yoga 2021

A Yoga Symposium for VCC Yoga Class students was organised on 8th June as part of celebrations for the 7th International Day of Yoga. Representatives of each class made presentations on the benefits of yoga in the VCC Multi-function Room. COVID-19 prevention measures were in place during the event.



As part of the celebration of International Day of Yoga 2021, Vivekananda Cultural Centre, Embassy of India, Tokyo, held an online workshop titled "Workshop on Yog Philosophy - Key for Happy and Healthy Living Part 1" on Saturday 12th June 2021. The workshop was led by Dr Reeta Sharma, Teacher of Indian Culture. VCC students and members of the public enthusiastically participated in the workshop.



Message from H.E. Sanjay Kumar Verma, Ambassador of India to Japan, on the occasion of the 7th International Day of Yoga on 21st June 2021. Listen <https://youtu.be/zndXRBL-7yk>



DIGITAL YOGA SERIES 2021

1. "Yoga for Management of Arthritis" https://youtu.be/EAD_T3PcP_0
2. "Yoga for Management of Cervical Spondylosis" https://youtu.be/_vs-o6-D_eA
3. "Yoga for Management of Stress" <https://youtu.be/eQa5ahh82el>
4. "Yoga for Management of Asthma" <https://youtu.be/MDOpO67njeM>
5. "Yoga for Management of Obesity" https://youtu.be/f_9-aaKuZYw
6. "Yoga for Better Immunity" <https://youtu.be/IAkJ-WwLj-Y>
7. "Common Yoga Protocol" <https://youtu.be/4uz3Oj2WabE>

An event celebrating the 7th #InternationalDayofYoga was held at iconic Tokyo Skytree, World's tallest tower, in association with Embassy of India. Event attended by dignitaries incl Hon'ble MPs Mr Hakubun Shimomura & other members of Parliamentary League for Promotion of #Yoga. Other dignitaries attended #YogaDay2021 event were Hon'ble MP Mr Hiroshi Yamada; Mr Yutaka Iwase, Chairman & President, Tobu Tower #Skytree; Mr Motohiro Nozu, Director, #Yoga Organization of #Japan; Ms Maria Kanaya, Miss World Japan 2020.



Yoga Organisation Japan in association with Embassy of India, Tokyo, held an online yoga session in celebration of International Day of Yoga 2021 on Saturday 19th June. Session commenced with remarks of H.E Sanjay Kumar Verma, Ambassador of India to Japan followed by yoga sessions supervised by instructors Ms Mirei Christina Saal and Ms Yurika Umezawa.

There were IDY 2021 celebrated across Japan by various Yoga Organisations like Vanakkam Yoga School , Patanjali Japan Foundation , The Indian Commerce and Industry Association Japan , Art of Living Japan, Ishikawa Indian Association, JYTS, etc.



Swami Vivekananda's 158th Birth Anniversary and Netaji Subhas Chandra Bose's 125 Birth Anniversary celebrations

Swami Vivekananda's 158th Birth Anniversary and Netaji Subhas Chandra Bose's 125 Birth Anniversary celebration was jointly organized by the Vedanta Society of Japan and the Embassy of India, Tokyo at TKP Garden City Hall, Yokohama on June 6th, 2021. H.E. Shri Sanjay Kumar Verma, Ambassador of India to Japan attended the event along with Prof. Siddharth Singh, Director, Vivekananda Cultural Centre. In his speech, Ambassador Verma underscored the valuable contribution of both the great sons of India, the influence of Swami Vivekananda on the life of Netaji and their special relationship with Japan.

Prof. Tomohiko Taniguchi of Keio University mainly discussed the journey of Swami Vivekananda to Chicago to deliver a speech on September 11, 1893, at the First World's Parliament of Religions and his charismatic influence on western society afterwards.

Another speaker Mr Takeyuki Takenaka, Visiting Researcher, Centre for South Asian Studies, Gifu Women's University threw light on the Netaji's freedom movement and his close association with Japan.

On this occasion, the book entitled " The Story of India-Japan Relationship: Swami Vivekananda & Okakura Tenshin, The Modern Era Pioneers" authored by Swami Medhasananda, Monk In Charge, Vedanta Society of Japan was also released by Ambassador Shri Sanjay Kumar Verma. The welcome address was delivered by Swami Medhasananda and the vote of thanks was delivered by Mr Atsushi Suzuki and Mr Jagmohan Chandrani.

The cultural programmes of devotional and patriotic songs were also a part of the event. The entire programme was held maintaining social distancing guidelines prescribed by the Government of Japan.



"Digital Dance Series for Harmony and Peace"

Embassy of India with its Vivekananda Cultural Centre (VCC) launched **Digital Dance Series**, an online series of video dance performances by Japanese & Indian artists. The series will be part of India at 75 & India-Japan at 70.

During June following performances were released:

Part 1 - A performance by Bharatanatyam artist Apeksha Mundargi.

<https://youtu.be/AdNnCV0PgWg>

Part 2 - A performance by Odissi artists Eiko Shinohara and Haru Yamazaki.

<https://youtu.be/xeFOcY1g1QM>

Part 3 - A performance by Bollywood dance group Sahelia.

<https://youtu.be/86rwqPBQjLE>

Part 4 - a performance of Kathak by Kadamb Japan led by Atsuko Maeda.

<https://youtu.be/uqYM01-MXt0>



South Indian State Kerala – Treasure box of tourism resources post-pandemic era

Signs of a renewed interest in wellness tourism, including Ayurveda and yoga

By Ms Makiko YAMAMOTO, Chief Editor, ADVENTURE KING Magazine, Japan

Southern Indian state of Kerala is one of the popular destinations in India for Ayurveda centers. This is considered as the birth place of Ashtanga yoga where yogis and health-conscious people around the world flock.

Also known as “God’s Own Country”, Kerala is popular tourist destination for its blessed environment and safety. The author visited the state twice in the past and had received intensive Ayurveda treatment there.

The recent spread of novel corona virus increased awareness over the importance of “improving immunity” in Japan. The virus, however, not only infected people. It stresses minds of people. The repeated lock-down implemented as the virus spreads impacts economy. Many people suffers business losses and many more lost their jobs. There is increase in number of stress-related problems including suicides.

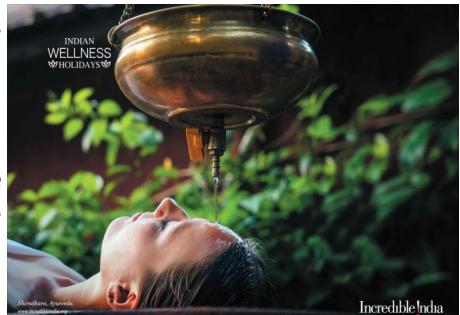
Ayurveda aims to awaken the power of human nature and to make people healthy both physically and mentally. I believe Ayurveda is the treatment we need today.

Therefore, I revisited Kerala March 2021 to conduct research on Ayurvedic treatment there.

There are many foreigners visiting Kerala on medical visas for Ayurveda. Despite the pandemic, the City in Kerala where I stayed maintained the peaceful atmosphere of one of the renowned beach resorts, and the people were in good health with no confusion, although they were wearing masks. Also Kerala is famous for its delicious and healthy cuisine. Of course, Ayurvedic ideas are incorporated into their recepies in Kerala, which use plenty of fresh ingredients brought about by its rich nature, and it is totally the healthy eating habit itself.

I interviewed an Ayurvedic doctor there and found Ayurveda to be an effective way of activating the human immune system and restoring balance to the body and mind. For more details, please read the linked article below. I believe that Ayurveda's fundamental approach and approach to disease will undoubtedly attract attention as a preventive medicine for the post-corona era.

In fact, the export of Ayurvedic products from India increased by more than 45% compared to the pre-corona era. The Ministry of Ayush, Government of India has already developed environment to facilitate medical and wellness tourism. It is expected that India may emerge among as the world's largest medical and wellness tourist destination post pandemic days. Please visit Kerala and enjoy Ayurveda and Nature.



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Online media “ADVENTURE KING”

Japanese: <https://adventureking.jp/2021/04/29/kerala-india/>

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जापान में मेरा प्रवास (द्वारा जागृति श्रीवास्तव, दसवीं कक्षा छात्रा, ग्लोबल इंडियन इंटरनेशनल स्कूल टोक्यो)

My stay in Japan (by Jagriti Srivastava, 10th Class Student, Global Indian International School, Tokyo)

उगते हुए सूरज का देश, अर्थात् जापान। मैंने जापान के बारे में बहुत कुछ सुन रखा था। यहाँ आकर उसका मुझे प्रत्यक्ष अनुभव हुआ। जापान में रहने के कारण, मुझे बहुत कुछ सीखने को मिला। कुछ ऐसी चीज़ें भी जो शायद मैं कभी न भूलूँ। मैं इसे मेरे जीवन का एक महत्वपूर्ण अंग समझती हूँ, क्योंकि यहाँ पर सीखी हुई चीज़ें मुझे मेरा भविष्य संवारने में मदद करेंगी। इनमें से मैं आपके साथ भी कुछ बाँटना चाहती हूँ।

The country of the rising sun, that is, Japan. I had heard a lot about Japan. I got a direct feel of it after coming here. Due to living in Japan, I got to learn a lot. There are some things that I might never forget. I consider it an important part of my life, because the things learned here will help me in my future. Of these, I want to share something with you as well.



मैं जापान सितम्बर २०१७ में आयी थी। यह जगह मेरे लिए नयी थी, इसीलिए मैं थोड़ी उत्सुक तो थोड़ी बेचैन भी थी पर ज्यादा समय के लिए नहीं। यहाँ के लोगों का आतिथ्य और सहयोगात्मक व्यवहार के कारण मुझे इस जगह को अपनाने में ज्यादा कठिनाई नहीं हुई। ग्लोबल पीस इंडेक्स रेटिंग के अनुसार जापान सुरक्षा के मामले में ५वें क्रमांक पर है। इसलिए मुझे यहाँ खो जाने का भी डर न था क्योंकि मुझे पता था कि यहाँ के लोग मेरी मदद कर के मुझे घर पहुँचा देंगे। विद्यालय में भी ऐसी कई चीज़ें थीं जो मुझे प्रभावित करती थीं। हम यहाँ पर भारतीय, जापानी और अन्य राष्ट्रीयता वाले बच्चों के साथ पढ़ा करते थे जिससे उन्होंने भी हमसे बहुत कुछ सीखा और हमने भी।

I came to Japan in September 2017. This place was new to me, that's why I was a little anxious and a bit restless but not for long. Due to the hospitality and cooperative behavior of the people here, I did not have much difficulty in adopting this place. According to the Global Peace Index rating, Japan is ranked 5th in terms of security. So I was not afraid of getting lost here because I knew that the people here would help me and take me home. There were many things in school that influenced me. We used to study here with children of Indian, Japanese and other nationalities, from which they also learned a lot from us and we too.

ऐसा कोई मौका न होता जहाँ कोई उनकी कार्यकुशलता पर सवाल उठा सके। मैं हमेशा यहीं सोचती थी कि कोई इतना उत्तम कैसे हो सकता है। मैंने यह सीखा कि अनुशासन ही एक सफल जीवन की कुंजी है। यहाँ के लोग कभी भी नहीं थकते थे, हरदम ऊर्जा-वान और सक्रिय नज़र आते हैं। कभी - कभी मैं सोचती हूँ कि क्या इनके शब्दकोष में 'थकान' शब्द है भी? यहाँ पर लोग दिन - रात काम करते हैं ताकि उनके देश का विकास हो सके। यहाँ लोग कोशिश करते हैं कि बारीक से बारीक चीज़ें सही और अच्छी हों। शायद इसीलिए यह ख्राब से ख्राब परिस्थिति से भी बड़ी आसानी से बाहर निकल आते हैं और यहाँ की प्राकृतिक सुंदरता का क्या कहना, यहाँ के श्राइन, संग्रहालय और किले आपको यहाँ का इतिहास बताते हैं। यहाँ के पार्क और गार्डन आपको शांति प्रदान करते हैं और साहसी लोगों के लिए ट्रैकिंग या माउंटेन क्लाइम्बिंग भी है। चारों ऋतुएँ यहाँ की प्राकृतिक सुंदरता में मानो चार चाँद लगा देते हैं। खास करके वसंत क्रृतु और हेमंत क्रृतु। वसंत क्रृतु के आगमन से ही लोगों के मन प्रफुल्लित हो जाती हैं। पूरा देश गुलाबी रंग के फूलों से सज जाता है। हेमंत क्रृतु की भी अपनी ही खासियत हैं। जहाँ पर फूल नहीं रंगीन पत्ते इस देश की शोभा बढ़ाते हैं। लगता है जैसे किसी चित्रकार ने चित्रकारी की हो।

There is no occasion where anyone can raise question their efficiency. I always wondered how someone could be so perfect. I learned that discipline is the key to a successful life. People here never used to get tired, always seem energetic and active. Sometimes I wonder if there is a word 'fatigue' in their dictionary. People work here day and night so that their country can develop. Here people try to make sure that things are fine and good. Perhaps this is why they come out from the worst of the situation very easily and what to say about the natural beauty of the place, the Shrines, Museums and Forts here tell you the history of the place. The parks and gardens provide you peace and there is also trekking or mountain climbing for the adventurous. Four seasons add to the natural beauty of the place. Especially the spring and the pre-winter season. The arrival of spring brings cheer to people's minds. The entire country is adorned with pink colored flowers. pre-winter season also has its own specialty. Where colorful leaves adorn this country not flowers. Looks like a painter has done a painting.

मैं अपने आपको सौभाग्यशाली समझती हूँ कि मुझे यहाँ रहकर बहुत कुछ सीखने को मिला। इसमें कोई शक नहीं कि जापान को स्वर्ग का दूसरा नाम भी दिया जा सकता है। युवा किसी भी देश का भविष्य होते हैं और उन्हें तैयार करने वाले प्रमुख पहलू हैं अनुशासन, समय की पावंदी और देश-भक्ति। मुझमें ये सभी गुण बीज रूप में विद्यमान थे जिन्हे पुष्टि और पल्लिवत होने का अवसर यहाँ प्राप्त हुआ।

I consider myself lucky that I got to learn a lot while staying here. There is no doubt that Japan can also be given another name for heaven. Youth is the future of any country and the main aspects that prepare them are discipline, punctuality and patriotism. All these qualities were present in me in the form of seeds, which got the opportunity to flourish here.



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