



सत्यमेव जयते

**High Commission of India  
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**H.E. Mr. Sugandh Rajaram  
High Commissioner**

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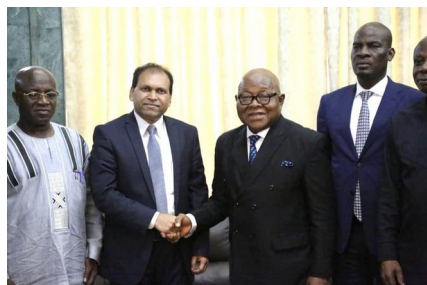
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**MARCH, 2020**

The month of March was filled with activity. High Commissioner met important Ghanaian dignitaries to foster India-Ghana relations and discussed ways to strengthen bilateral relations in diverse fields.



High Commissioner called on Hon. Speaker of Parliament of Ghana, Prof. Mike Oquaye, a great friend of India, and discussed strengthening of bilateral ties.

High Commissioner joined the Government and the people of Ghana on 6<sup>th</sup> March, 2020, to commemorate the Independence of the Republic of Ghana.

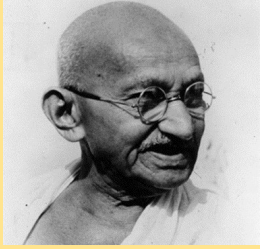


High Commissioner signed Agreement on Visa Waiver for Diplomatic & Official Passports with Sierra Leone Interior Minister Edward Soloku and discussed issues of bilateral cooperation with Deputy Foreign Minister Soloman Jamiru.

High Commissioner met Ghana Minister for Sanitation & Water Hon'ble Cecilia Abena Dapaah and discussed cooperation in many areas including progress of Yendi water project with Indian credit assistance of US\$30 million.



## Quote of the month



“If we could change ourselves, the tendencies in the world would also change. As a man changes his own nature, so does the attitude of the world change towards him. We need not wait to see what others do.” - **Mahatma Gandhi**

### AYUSHMAN BHARAT for WOMEN HEALTH

India's drive to provide universal, affordable and equitable health care reflects the commitment articulated in our national health policy and SDGs. The aim is to increase equitable access to health care for its citizens. During the period 2015-17, the maternal mortality ratio in India decreased to 122 from 178 in 2010-11. India registered higher rate of decline compared with the global trends. In the last two decades, investments in health services have been targeted towards maternal, new-born, child health and reproductive health services. These initiatives include countrywide implementation of Janani Suraksha Yojana (JSY), Janani Shishu Suraksha Karyakram (JSSK), Pradhan Mantri Surakshit Matritva Abhiyan (PMSMA), etc. Government has recently launched the Surakshit Matritva Aashwasan (SUMAN) with the commitment to provide assured, dignified, respectful and quality healthcare, at no cost and zero tolerance for denial of services, for every woman and newborn. Ayushman Bharat offers a ray of hope to improve women's health. It's two components, namely, the Health and wellness Centres, that offer universal, free, primary health care and the Pradhan Mantri Jan Arogya Yojana, providing secondary and tertiary hospital care to the vulnerable, have specific design strategies to reduce gender discrimination in health care. Ayushman Bharat offers a significant opportunity to do more and do better for women's health.



High Commissioner met with the National Security Minister, Hon'ble Albert Kan-Dapaah. Their discussion focused on areas of cooperation including capacity building & other assistance to fight terrorism, piracy, cyber-crime etc.

High Commissioner met Minister of Aviation, Hon'ble Joseph Kofi Adda and discussed strengthening of cooperation in variety of areas including eased renewable energy infrastructure at airports.



High Commissioner visited Kwame Nkrumah University of Science & Technology (KNUST) in Kumasi and discussed with its Vice Chancellor, Professor Kwasi Obiri-Danso, cooperation with India especially the e-VBAB project (tele-education & tele-medicine).

High Commissioner visited India-Ghana Kofi Annan Center of Excellence in ICT in Accra and awarded certificates to successful candidates of India-sponsored capacity building e-courses.



Deputy Communications Minister of Ghana Hon'ble George Nenyi Andah met High Commissioner to discuss setting up of ICT center in Senya with Indian assistance.



## Development Partnership



### Jubilee House

Government of India provides concessional Lines of Credit (LoC) to Ghana for its various development initiatives. Construction of the Presidential Complex (offices of the President and Vice President and the Residence of President.) was a flagship project under Indian assistance with part financing through an EXIM Bank of India Line of Credit. Construction of the complex, which began in 2006, was overseen by Indian company Shapoorji Pallonji. Further, in August 2017, the Government of India, donated an amount of US\$1 million to the Government of Ghana for the renovation of the edifice on the occasion of India's 70<sup>th</sup> independence anniversary.

The complex stands as a proud testimony of India's Development partnership with Ghana.

## BUSINESS & CULTURE

High Commissioner met Indian community organizations in Ghana, Bhojpuri Association, Malayalee Association, Telugu Association & Tamil Association to discuss community issues & promotion of India in Ghana.



High Commissioner with the President of Ghana National Chamber of Commerce & Industry Nana Dr. Appiagyei Dankawoso-I. They discussed possibilities to strengthen further India-Ghana business ties.



High Commissioner with the members of Indian community in Kumasi.

Awarding Cricket Tournament prizes in Accra, High Commissioner lauded efforts by Indian Association of Ghana to bring together all regions of India to celebrate the spirit of sportsmanship.





**In which state of India is Hidimba Devi Temple located?**

- a. Nagaland
- b. Ladakh
- c. Arunachal Pradesh
- d. Himachal Pradesh

Please mail your responses by 31st April, 2020 to

pol.accra@mea.gov.in

1<sup>st</sup> five successful responses will receive interesting information material about India.

### INDIAN ASSOCIATION OF GHANA

Indian Association of Ghana is one of the oldest and the largest association of Indian community in Africa. The Association was established in the year 1919. The Association acts as a common cultural and social platform for all Indians in Ghana. It has its own premises consisting of Temple and cultural hall. The association works towards social and cultural promotion of Indian values, provides assistance to the deserving local communities and fosters awareness of Indian business and community. For the last few years, almost all cultural festivals of India are celebrated in Ghana on large scale by the Indian Association with the cooperation of regional associations of Indian Community. The Association also organises Cricket, TT & Chess tournaments, painting competition, etc. The Association also organises the 'Incredible India' show on the occasion of Republic Day of India in January every year.



## Architecture



Hemis Monastery, Ladakh, (45 kms from capital Leh) was built in 1620 by the king-architect Singe Namgyal who was a great patron of Buddhism. The Central courtyard, 60 meters long and 18 meters wide contains four tall poles stuck in the ground at equal distance with four different banners flying atop. The monastic dances are performed in the Courtyard of the monastery during the Hemis festival.

## Fine arts



Odissi is indigenous to Orissa in eastern India. It is predominantly a dance for women, with postures that replicate those found in temple sculptures. Based on archaeological findings, Odissi is believed to be the oldest of the surviving Indian classical dances. Odissi is a very complex and expressive dance, with over fifty mudras (symbolic hand gestures) commonly used.



**Recipe from Ladakh** -The most popular and much-loved food in the Ladakhi region, **Thukpa** is usually a clear soup made of vegetables and in which noodles are present. However, it could be made of clear chicken soup too. The flavor is spicy and is served hot. It is often said that the meaning of 'Thuk' is the heart and the dish is named so, for it is heart-warming. Thukpa is usually taken as dinner. The recipe is not just famous in Ladakh, but it is a favorite dish among people of Nepal, Darjeeling, and Himachal.



### Ingredients of Thukpa

- 2 cups vegetable stock
- 1 Carrot, sliced thin
- 2 Tomatoes, chopped
- 50 grams Rice noodles, boiled in salt water
- 1 teaspoon cumin seeds
- 1/2 teaspoon ginger grated
- 2 Garlic cloves
- 1 onion, chopped
- 1 tablespoon lemon juice
- Salt to taste
- 1 tablespoon oil
- 1/2 cup spring onion, chopped
- 2 Red chilies

### PREPARATION

- Grind onion, tomatoes, garlic, ginger, cumin seeds and red chillies to smooth paste. Stir fry this paste in oil till rawness goes away.
- Add vegetable stock. Bring to boil on low heat.
- Add vegetables and simmer till vegetables are cooked.
- Add salt & lemon juice. Add boiled noodles.
- Serve hot.