



सत्यमेव जयते

**High Commission of India
Accra**

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**H.E. Mr. Sugandh Rajaram
High Commissioner**

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March - April, 2022

These months also witnessed extensive activities undertaken by the High Commission of India encompassing subjects ranging from political to development partnership, commerce, media, culture, Amrit Mahotsav etc. High Commissioner visited Ahafo as well as Volta Regions and met Ghanaian Government authorities to discuss ways and means to augment India-Ghana relations. High Commission of India also organized various events in the run up to celebration of 75 Anniversary of India's independence. During the month High Commissioner also called on Ministerial leadership in the Government of Ghana to further enhance our bilateral relations.

POLITICAL

Calling on Rt Hon Speaker of Ghana Parliament, High Commissioner briefed him on visit of parliamentary delegation to India & gifted him a book on Mahatma Gandhi.



Calling on Hon. Kwaku Ampratwum Sarpong, Deputy Foreign Minister of Ghana, High Commissioner discussed emergent issues of cooperation between the two countries.

Hosting Foreign Affairs Committee members of Ghana Parliament at India House, High Commissioner underlined importance of strengthening cooperation between Parliaments of the two countries.



Quote of the month



“If you were to ask me to choose between democratic values and wealth, power, prosperity and fame, I will very easily and without any doubt choose democratic values..” -

Narendra Modi



DIGITAL COMMUNICATION INNOVATION SQUARE (DCIS) Scheme

The Department of Telecommunications, Government of India has launched the “DIGITAL COMMUNICATION INNOVATION SQUARE (DCIS) Scheme' under Champion Services Sector Scheme (CSSS). Telecom Centre of Excellence India, on behalf of the Department of Telecommunication(DOT) invites applications from eligible Startups /MSMEs /Consortium and Individual professional with the following objective to promote ecosystem for research, design, development, proof of concept testing, IPR creation, pilot project and manufacturing and to bridge the gap between R&D and commercialization.

Under the scheme, financial support will be provided to those projects/ideas who have reached at least “Proof of Concept (PoC)” level. Financial support will be provided to the beneficiary in form of grants.

POLITICAL

Addressing India-Ghana Parliamentary Friendship Association at India House, High Commissioner urged the members to help bringing India closer to the people of Ghana.



High Commissioner during his visit to Ahafo Region called on Regional Minister Hon. George Boakye and discussed ways to strengthen India-Ghana relations in the Region.



High Commissioner hosted India Round Table dinner for Regional Minister and other authorities of Central Region of Ghana to discuss strengthening bilateral cooperation further .

High Commissioner had 2nd India-Ghana Dialogue with Prof. Abena Oduro of University of Ghana on ‘Women-led Development for Inclusive & Sustainable World’ in presence of important women leaders in Ghana.



High Commissioner hosted India Round Table dinner in Ahafo Region of Ghana for political, traditional, business, health, educational, socio-cultural & media authorities during his visit to the Region.



DEVELOPMENT PARTNERSHIP

eSanjeevaniOPD
STAY HOME OPD



e-Sanjeevani

It is a web-based comprehensive telemedicine solution.

Aim- It aims to make healthcare services equitable by bridging the digital divide that exists in both rural areas and isolated communities.

Types of telemedicine services- This eSanjeevani platform has enabled two types of telemedicine services viz. Doctor-to-Doctor (eSanjeevani) and Patient-to-Doctor (eSanjeevani OPD) Tele-consultations.

The former is being implemented under the Ayushman Bharat Health and Wellness Centre (AB-HWCs) programme.

Benefits- It has made it convenient for people to avail health services without travel.

It can also be used to provide medical education to interns, people across Various Common Service Centers (CSCs), etc.



Queen Mothers' Foundation of the Republic of Ghana called on High Commissioner and discussed possible developmental assistance from India for its activities.



While WHO Global Center for Traditional Medicine is being established in India, Ghanaian students travel to India to pursue AYUSH studies especially in Yoga, Ayurveda & Homeopathy.

During visit to Volta Region of Ghana, High Commissioner interacted with the Regional Minister & traditional chiefs, addressed a community development event & visited an agro-processing facility .



High Commissioner called on traditional authorities of Ahafo Regio and discussed possibility of strengthening socio-cultural exchanges with India.



During his visit to Ahafo Region, High Commissioner called on Omanhene of Mim Traditional Area, Omanhene Okofrobuo Nana Dr. Yaw Agyei to discuss assistance from India in capacity building especially of youth in the Region.



G.O.I INITIATIVES



Swadesh Darshan Scheme

Swadesh Darshan Scheme is a Central Sector scheme launched in 2014-15 by the Ministry of Tourism and Culture, Government of India for the integrated development of theme-based tourist circuits.

The scheme aims to promote, develop and harness the potential of tourism in India. Under the Swadesh Darshan scheme, the Ministry of Tourism provides Central Financial Assistance – CFA to State Governments, Union Territory Administrations for the infrastructure development of circuits.

This scheme is envisioned to synergise with other schemes like Swachh Bharat Abhiyan, Skill India, Make in India etc. with the idea of positioning the tourism sector as a major engine for job creation, the driving force for economic growth, building synergy with various sectors to enable tourism to realise its potential.

DEVELOPMENT PARTNERSHIP

High Commissioner discussed capacity building assistance in priority areas of health & education while visiting such institutions (hospitals & colleges) in Ahafo Region.



Interacting with Indian scholarships alumni in Ahafo Region of Ghana, High Commissioner sought support in increasing outreach for India in the Region.



During his visit to Ahafo Region High Commissioner thanked Hon. Regional Minister & all stakeholders for fruitful discussions for bringing India closer to the Region.

COMMERCE

While addressing the virtual BSM organised by Telecom Equipment & Services Export Promotion Council, High Commissioner urged businesses from both the sides to join hands to strengthen cooperation in telecom sector.



'India Pavilion' with 48 exhibition booths by ASSOCHAM was inaugurated by Hon. Mohammed Hardi Tufeiru, Dy Minister of Food and Agriculture of Ghana at 'AGRITECH West Africa 2022' at AICC in Accra.

G.O.I INITIATIVES

Dr. Ambedkar International Centre Launch



Social Justice and Empowerment Minister, Virendra Kumar, launched the much-anticipated 'Dr Ambedkar Centre of Excellence'. The establishment was launched on April 22 in the presence of many dignitaries, including UP Governor Anandiben Patel. The facilities will provide UPSC exam coaches for Scheduled Caste (SC) students.

The proposed centre is being setup in 31 central universities from all over India. Each centre will have 100 seats, and 33 of them may preferably be given to female candidates of SC category.

Dr. Ambedkar Foundation will give Rs. 75Lakhs to central universities every year to make sure that the centres are working efficiently and smoothly.

COMMERCE

During India-Ghana Business Summit in Accra, High Commissioner urged businesses from both the sides to work together in priority areas for quick post-pandemic recovery.



Deputy Foreign Minister Hon Sarpong, Deputy Trade & Industry Minister Hon Baafi, Ghana Freezones CEO & Association of Ghana Industries President joined High Commissioner to inaugurate the India-Ghana Business Summit in Accra.



High Commissioner visited Gold Expo & Ghana Mining Week 2022 in Takoradi and interacted with stakeholders of this important sector of national economy exploring opportunities of cooperation for India.



G.O.I INITIATIVES



FINCLUVATION

The Department of Post (DoP) and India Post Payments Bank (IPPB) invited innovative startups to participate in the 75th Anniversary of Indian Independence, “Azadi ka Amrit Mahotsav” by developing and deploying solutions for Financial Inclusion. Through Fincluvation, DoP and IPPB focus on bringing technological innovation in below tracks :

- Instant Paperless Micro Credit using alternate data sources
- Integration of Digital Payments with money order services of India Post

COMMERCE

Addressing India Business Event in Ahafo Region of Ghana, High Commissioner urged businesses from India & the Region to avail opportunities to work together.



During visit to Ahafo Region, High Commissioner visited major business in the fields of timber (Ayum Forest Products Ltd) & mining (Newmont).



Cocoa production being a major mainstay of economy of Ahafo Region High Commissioner interacted with authorities in the Region on possible cooperation with India.



Welcoming India pharma business delegation led by the Federation of Indian Chambers of Commerce & Industry (FICCI), High Commissioner urged the participants to avail increased opportunities of market access & partnerships in Ghana.





DEVELOPMENTS IN INDIA

- Hon'ble Prime Minister of India Mr. Narendra Modi inaugurated and laid the foundation stones of seven cancer hospitals in Assam.
- With a focus on enhanced collateral free affordable loans, increased adoption of digital transactions and holistic socio-economic development of the Street Vendors and their families, the cabinet approved continuation of PM SVANidhi till December 2024.
- To further expand India's diplomatic footprint, deepen political relations & enable growth of bilateral trade, Cabinet approved opening of Indian Mission in Lithuania.
- Cabinet approved Nutrient Based Subsidy rates for Phosphatic and Potassic fertilizers for Kharif Season.
- Hon'ble Prime Minister of India Mr. Narendra Modi inaugurated, laid foundation stones for projects worth over ₹20,000 Crore in Jammu & Kashmir, and interacted with the Gram Sabhas on Panchayati Raj Diwas.

COMMERCE

While opening Pharma Exhibition High Commissioner & Hon. Michael Baafi, Deputy Trade & Industry Minister of Ghana highlighted opportunities for businesses to work together. The forum was crowned by the signing of an MoU between the Federation of Indian Chambers of Commerce & Industry (FICCI) & the Association of Ghana Industris (AGI).



High Commissioner along with Deputy Trade & Industry Minister of Ghana inaugurated West Africa Pharma & Healthcare Exhibition in Accra with participation of large number of exhibitors from India .



EDUCATION

Addressing an outreach event at Yamfo College of Health in Ahafo Region, High Commissioner urged for establishing higher educational institution-to-institution linkages between India & Ghana.





STUDY IN INDIA

STUDY IN INDIA

The Study In India (SII) programme is a flagship project introduced by the Ministry of Education (MoE), Government of India. The "Study in India" portal (www.studyinindia.gov.in) was jointly launched on 18th April 2018 by the former Minister of Union External Affairs, Late Smt. Sushma Swaraj and former Minister of State for HRD, Dr Satya Pal Singh at the India Habitat Centre in New Delhi. The Study in India programme seeks to endorse India as a prime education hub for international students by inviting them to pursue their higher education in the country. With an attractive set of salient features, the programme is the perfect platform for international students to experience the best of what Indian education has to offer. It encourages international students to explore valuable educational opportunities enabled by the top Indian universities

EDUCATION

Addressing a Round Table session at University of Cape Coast, High Commissioner pressed for institutional linkages with India in various aspects of higher education.



Opening India Education Fair in Accra, High Commissioner highlighted opportunities for affordable quality education focused on innovation & research in India.



MEDIA

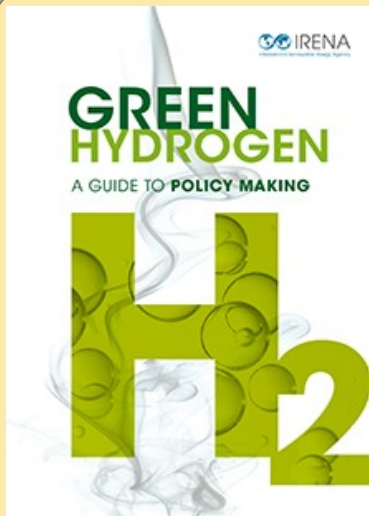
Addressing media during his visit to Ahafo Region of Ghana, High Commissioner highlighted efforts to strengthen bilateral ties especially when India is celebrating 75 years of independence.



AMRIT MAHOTSAV

In partnership event with Central Region of Ghana as part of AmritMahotsav High Commissioner discussed with Regional Minister Hon. Justina Marigold Assan & other authorities, ways to bring India closer to the Region.





Green Hydrogen Policy

Government of India unveiled its New Green Hydrogen Policy under National Hydrogen Mission. The mission aims to aid the government in meeting its climate target and making India a green hydrogen hub. There is an increased consensus around the world that concerted steps need to be taken to reduce global warming to levels less than 2o C and if possible, to cap it at 1.5o C higher than pre-industrial levels. Transition to Green Hydrogen and Green Ammonia is one of the major requirements for the reduction of emissions. Hydrogen as an energy carrier has a vital role in the diversification of renewable energy across key economic sectors, by increasing the share of renewable energy in the electricity mix, enabling clean transportation, and decarbonizing industries like fertilizers, chemicals, petrochemicals, iron, and steel.

AMRIT MAHOTSAV

As part of Amrit Mahotsav celebrations High Commission of India, Accra organised community interaction with Deepak Kamath, veteran Indian motorcyclist on expedition of Africa's Western coast.



As part of AmritMahotsav High Commissioner hosted India Round Table in Volta Region of Ghana with participation of Hon. John Peter Amewu, Railway Development Minister, Hon. Dr. Archibald Letsa, Regional Minister and local authorities.



Celebrating AmritMahotsav with India-Ghana Cultural Evening at India House in Accra, High Commissioner appreciated participation of Ghanaian artists in surajkundmela2022.

Inaugurating Kala Mahotsav organized by Karnataka Sangha Ghana, High Commissioner commended organizers & participants for showcasing rich & diverse culture of India as part of AmritMahotsav commemoration.



Tips of the Month



Ayush

AYUSH (Indian Traditional medicines)

Diet plays very important role in our physical and mental health status. Many common health problems can be pre-vented or treated by consumption of a good diet. The fol-lowing need to be followed. Wash vegetables & fruits properly before cooking. Use boiling, steaming, grilling etc. as methods of cooking. Whole wheat flour (without sieving) may be prepared for making roti. Roti made out of jowar, bajra, ragi, maize (macca) are also having high fibre content. The use of white bread, nan, roomali roti and other maida prepara-tions should be limited. It is desirable to take 50-100 gms/day fibre, when whole grain cereals, pulses and vegetables are consumed daily. It is for our advantage to maintain our traditional cooking and eating patterns. Increase locally available seasonal fruits and green leafy vegetables in the diet. As far as possible eat freshly prepared food. Reheating and refrigerating tends to lose the taste and nourishment.

CULTURE

Celebrating Ambedkar Jayanti in Accra, High Commissioner & Mrs. Mary Chinery-Hesse, Chancellor of University of Ghana paid rich tributes to the great son of humanity.



High Commission of India celebrated Holi at India House with colors, enthusiasm & fervor .



Holi celebration at India House in Accra was participated by Parliament Speaker, Ministers, Ambassadors & community leaders.



India-Ghana Cultural Evening at India House was inaugurated by High Commissioner along with Deputy Culture Minister of Ghana



While opening ICCR Day celebration along with Dy Art & Culture Minister of Ghana, Mark Okraku-Mantey at India House in Accra, High Commissioner urged the alumni to be catalyst in bringing India closer to Ghana .

YOGASANAS



TADASANA (Palm Tree Posture)

Tada means palm tree or mountain. This asana teaches one to attain stability and firmness and forms the base for all the standing asana. Technique : (i) Stand with feet 2 inches apart (ii) Interlock the fingers, and turn the wrist outwards. Inhale, raise and arms up above the head. Raise the heels off the floor and balance on the toes as one can raise his or her arms. Stay in the position for 10-30 seconds. Bring the heel down. Exhale, release the interlock of the fingers and bring the arm down and come back to standing posture. Benefits : This asana brings stability in the body, helps to clear up congestion of the spinal nerves and corrects faulty posture. Help to increase height up to a certain age.

CULTURE



High Commissioner interacted with leadership of Indian community on working together to promote further Indian culture & heritage in Ghana.

High Commissioner inaugurated Ugadi celebrations in Accra and commended Telugu Association of Ghana for organising it.



High Commission of India, Accra's Team doing Yoga at Mt. Afadjato, West Africa's highest mountain.

Spirit of Fit-India-Movement took High Commission of India, Accra Team to climb Mt. Afadjato, the tallest mountain of West Africa.



High Commission of India's Team visited Lake Volta, world's largest man made lake, highlighting importance of Yoga for holistic health & wellbeing and world harmony & peace as well.

High Commissioner lauded Punjabi Association of Ghana for organising Shabad Kirtan emphasizing importance of teachings of Gurus while celebrating Baisakhi.





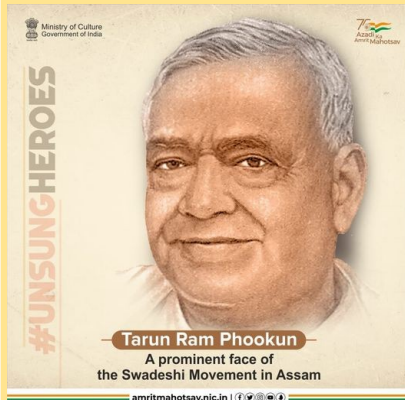
Who composed "Saare Jahan se Acha Hindustan Humara"?

- A. Mohammad Iqbal
- B. Bal Gangadhar Tilak
- C. Lala Lajpat Rai
- D. Subash Chandar Bose

Please mail your responses by 20th May, 2022

info.accra@mea.gov.in

1st five successful responses will receive interesting information material about India.



UNSUNG HERO

Popularly called Deshbhakta, Mr. Tarun Ram Phookun played a prominent role in spreading the message of non-cooperation & Swadeshi Movements and popularization of Khadi in Assam. To honour his selfless spirit of patriotism, the Government of Assam commemorates his death anniversary on 28 July as Desh Bhakti Diwas every year.

Architecture

The Lotus Temple, located in Delhi, India, is a Bahá'í House of Worship that was dedicated in December 1986. Notable for its flowerlike shape, it has become a prominent attraction in the city. The Lotus Temple is open to all, regardless of religion or any other qualification. The building is composed of 27 free-standing marble-clad "petals" arranged in clusters of three to form nine sides.



Festivals

Puthandu, also known as Puthuvarudam, Tamil New Year, is the first day of year on the Tamil calendar and traditionally celebrated as a festival. The festival date is set with the solar cycle of the lunisolar Hindu calendar, as the first day of the Tamil month Chithirai. It falls on or about 14 April every year on the Gregorian calendar. The same day is observed elsewhere in South and South East Asia as the traditional new year.



PALAK PANEER

Palak paneer is a vegetarian dish, consisting of paneer in a thick paste made from puréed spinach, called palak in Hindi, Marathi, Gujarati, and other Indian languages. The terms palak paneer and saag paneer are sometimes used interchangeably in restaurants in the Anglosphere. However, saag paneer is different from traditional palak paneer in that it contains other green leafy vegetables, such as mustard greens, whereas palak paneer only contains spinach.

INGREDIENTS

- 350 grams spinach
- 1 medium tomato
- 5 large garlic cloves divided, 3 whole and 2 finely chopped
- 1 inch ginger
- 1 green chili or more to taste
- 1 tablespoon oil 15 ml, I used avocado oil
- 1 large onion finely chopped
- 1/2 cup water or as needed
- 3/4-1 teaspoon garam masala
- 1/4 teaspoon turmeric powder
- 1/4 teaspoon red chili powder or to taste
- salt to taste
- 2-3 tablespoons heavy cream or adjust to taste
- 225 grams paneer cut into cubes
- 1/2 tablespoon kasuri methi crushed, dried fenugreek leaves
- lemon juice to taste

PREPARATION

- Boil spinach leaves for 2 to 3 minutes until wilted.
- Strain and blender the blanched spinach along with tomato, 3 cloves of garlic, ginger and green chili. Puree to a smooth paste and set aside.
- Heat a pan on medium heat. Once hot, add the oil and then add the remaining 2 cloves of chopped garlic. Sauté for few minutes until it starts changing color.
- Then add the chopped onions. Cook the onion for 2 to 3 minutes until soft and translucent.
- Add in the prepared spinach puree, some water. and Let the mixture cook for 10 minutes on medium heat.
- Once the spinach is cooked, add the garam masala, turmeric powder, red chilli powder and salt. Mix and cook for 1 minute.
- Then add the heavy cream and mix.
- Stir in the paneer and mix. Let the curry simmer for 3 to 4 minutes. Add lemon juice and kasuri methi and mix.
- Serve palak paneer hot with naan or roti or rice.

