



सत्यमेव जयते

High Commission of India
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OCTOBER, 2020

During the month, High Commissioner visited Takoradi in the Western Region and Cape Coast in the Central Region. The visits were undertaken to strengthen traditionally warm and friendly bilateral relations and also to explore the possibility of fortifying the economic and commercial relations. He had interactions with various Government dignitaries in the region to highlight economic policy initiatives in India. He also visited historical sites in the region.

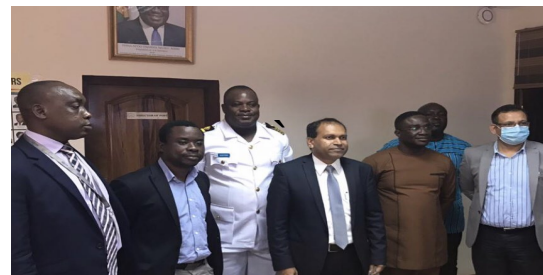


High Commissioner met Mr. Kwabena Mensah Okyere Darko, Regional Minister in Sekondi-Takoradi and discussed issues of strengthening ties of the Western Region with India in variety of areas.

During visit to Western Region High Commissioner called on Chief of Essikado Nana Kobina Nketsia V.



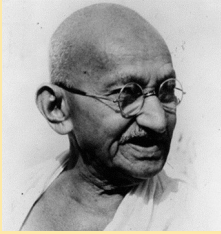
High Commissioner visited Western Naval Command of Ghana Navy at Sekondi and interacted on strengthening further cooperation between Navies of India & Ghana. He also interacted with the officers trained in India.



During visit to Takoradi Port High Commissioner met with Port Authorities and was briefed on opportunities for Indian investors in the Port development.



Quote of the month



“You must not lose faith in humanity. Humanity is like an ocean; if a few drops of the ocean are dirty, the ocean does not become dirty.”

Mahatma Gandhi

National Clinical Management Protocol for management of Covid-19

The “National Clinical Management Protocol based on Ayurveda and Yoga for the management of Covid-19”, released by the Ministry of AYUSH on 6 October 2020, is a milestone in the rapidly evolving scenario of Covid-19 responses in the country. As the pandemic wreaks havoc across the globe and mankind scrambles to put together effective counters to it, attempts are being made in many countries to integrate traditional interventions along with standard of care. In India, experience from Covid-19 response activities, have shown that Ayurveda and Yoga can play a pivotal role to augment the standard preventive measures for Covid-19. Taking note of this, expert committees from the concerned National Institutes and Central Councils for Research Centres along with a few other noted research institutions have collaborated and developed a protocol for the management of Covid-19. The Protocol is based on the following three considerations:

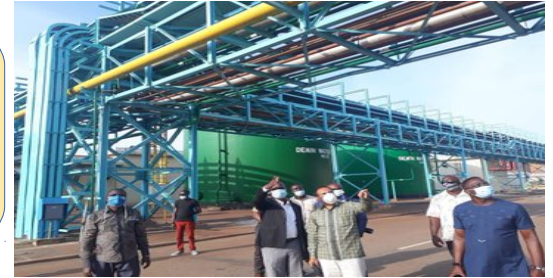
- 1) Knowledge from Ayurveda and Yoga classics and experience from clinical practices.
- 2) Empirical evidences and Biological plausibility.
- 3) Emerging trends of ongoing clinical studies related to Covid-19.

The protocol is expected to contribute to the mainstreaming of Ayush solutions of the management of Covid-19, and will be immensely beneficial to the public since these solutions are easily accessible and will help to alleviate the hardships brought in by the pandemic. The protocol can be read at - <https://main.ayush.gov.in/>



In Takoradi, capital of Western Region of Ghana, High Commissioner, along with the Regional Minister, interacted with ITEC & ICCR Alumni from the Region and urged them to promote India in the Region.

High Commissioner visited Thermal Power Station at Aboadze in Western Region and interacted with authorities on cooperation in capacity building & technology transfer.



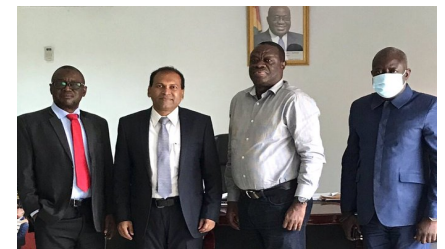
During visit to Western Region of Ghana High Commissioner was briefed by the authorities on the opportunities for Indian investments in the Free Zone Area of the Region.

During interaction at Takoradi Technical University High Commissioner urged for establishing institutional linkages with Indian Universities for exchanges & joint research.



Interacting with audience of Morning Show at SKYY 93.5fm Radio in Takoradi High Commissioner highlighted huge synergy in relations between India & Western Region of Ghana.

High Commissioner with Business Development Minister Ibrahim Awal discussed establishing platform for Start Up entrepreneurs from both the countries to cooperate.



High Commissioner with African Continental Free Trade Area (AfCFTA) Secretary General, Mr. Wamkele Mene. HC discussed ways for Indian businesses to avail increased opportunities in AfCFTA for strengthening Indo-Africa partnership.

GOVERNMENT OF INDIA INITIATIVES



Pradhan Mantri Suraksha Bima Yojana (PMSBY)

The Scheme is available to people in the age group 18 to 70 years with a bank account who give their consent to join / enable auto-debit on or before 31st May for the coverage period 1st June to 31st May on an annual renewal basis. Aadhar would be the primary KYC for the bank account. The risk coverage under the scheme is Rs. 2 lakh for accidental death and full disability and Rs. 1 lakh for partial disability. The premium of Rs. 12 per annum is to be deducted from the account holder's bank account through 'auto-debit' facility in one installment. The scheme is being offered by Public Sector General Insurance Companies or any other General Insurance Company who are willing to offer the product on similar terms with necessary approvals and tie up with banks for this purpose.

High Commissioner visited Kofi Annan International Peace Keeping Training Centre in Accra and discussed cooperation in spirit of India's strong commitment towards global peace & security.



During his visit to the Central Region, High Commissioner visited Elmina Fish Processing Plant built with assistance from India and discussed its operational issues.

High Commissioner interacted with media from Central Region, regarding developments in India including COVID response & new initiatives and India's engagement with Ghana & with Africa.



High Commissioner visited Cape Coast Teaching Hospital and interacted on issues of cooperation including scholarships for doctors for specialization in India.

High Commissioner called on Vice President, Dr. Mahamudu Bawumia and discussed strengthening of India-Ghana relations. HC briefed the VP on developments in India especially new initiatives.



Calling on Regional Minister of Central Region, Hon. Kwamena Duncan, High Commissioner discussed wide range of areas for cooperation, especially in agriculture, fisheries & tourism.

High Commissioner hosted India-Ghana Round Table in Cape Coast with authorities of Central Region from fields of governance, business, education & culture.





Pradhan Mantri Jan-Dhan Yojana (PMJDY)

(PMJDY) is National Mission for Financial Inclusion to ensure access to financial services, namely, a basic savings & deposit accounts, remittance, credit, insurance, pension in an affordable manner. Under the scheme, a basic savings bank deposit (BSBD) account can be opened in any bank branch or Business Correspondent (Bank Mitra) outlet, by persons not having any other account. **Benefits under PMJDY:**

- ❁ One basic savings bank account is opened for unbanked person.
- ❁ There is no requirement to maintain any minimum balance in PMJDY accounts.
- ❁ Interest is earned on the deposit in PMJDY accounts.
- ❁ Rupay Debit card is provided to PMJDY account holder.
- ❁ Accident Insurance Cover of Rs.1 lakh (enhanced to Rs. 2 lakh to new PMJDY accounts opened after 28.8.2018) is available with RuPay card issued to the PMJDY account holders.
- ❁ Life Insurance Cover of Rs. 30,000 to eligible PMJDY account holders who opened their account for the first time between 15.8.2014 to 31.1.2015 is available.
- ❁ An overdraft (OD) facility up to Rs. 10,000 to eligible account holders is available.
- ❁ PMJDY accounts are eligible for Direct Benefit Transfer (DBT), Pradhan Mantri Jeevan Jyoti Bima Yojana (PMJJBY), Pradhan Mantri Suraksha Bima Yojana (PMSBY), Atal Pension Yojana (APY), Micro Units Development & Refinance Agency Bank (MUDRA) scheme.



During his visit to Central Region, High Commissioner called on Osabarimba Nana Kwesi Atta II, Chief of Oguaa Traditional Area and briefed him on developments in India & India-Ghana relations.

Interacting with Indian scholarship alumni from Central Region, High Commissioner urged them to help Ghanaians to know India more.



High Commissioner interacted with authorities of Cape Coast Chamber of Commerce & Industry on strengthening India-Ghana business ties in Central Region; visited factories in renewable energy & agro-processing fields.

High Commissioner with Prof. JN Boampong, VC of University of Cape Coast. He discussed linking with Indian universities for student & faculty exchange, joint studies & research; interacted with India trained faculty of Forensic Department.



Interacting with the listeners of Darling (90.9) FM from Cape Coast High Commissioner highlighted opportunities to strengthen India-Ghana cooperation in the Central Region.

High Commissioner visited India Corner at Sam Jonah Library of University of Cape Coast and donated a number of books on India.



High Commissioner visited University of Education at Winneba & interacted with VC Prof Anthony Afful Broni on cooperation, especially exchanges & collaboration with Indian universities and upgrading staff skills in India.

GOVERNMENT OF INDIA INITIATIVE

SVAMITVA Scheme is a Central Sector scheme launched by Hon'ble Prime Minister of India on National Panchayat Day i.e 24 April 2020. The Ministry of Panchayati Raj (MoPR) is the Nodal Ministry for implementation of the scheme. In the States, the Revenue Department / Land Records Department will be the Nodal Department and shall carry out the scheme with support of State Panchayati Raj Department. Survey of India shall work as the technology partner for implementation. The scheme aims to provide an integrated property validation solution for rural India. The demarcation of rural population areas would be done using Drone Surveying technology. This would provide the 'record of rights' to village household owners possessing houses in inhabited rural areas in villages which, in turn, would enable them to use their property as a financial asset for taking loans and other financial benefits from Bank. The scheme seeks to achieve the following objectives: -

- i. To bring financial stability to the citizens in rural India by enabling them to use their property as a financial asset for taking loans and other financial benefits.
- ii. Creation of accurate land records for rural planning.
- iii. Determination of property tax, which would accrue to the GPs directly in States where it is devolved or else, add to the State exchequer.
- iv. Creation of survey infrastructure and GIS maps that can be leveraged by any department for their use.
- v. To support in preparation of better-quality Gram Panchayat Development Plan (GPDP) by making use of GIS maps.
- vi. To reduce property related disputes and legal cases.

BUSINESS & CULTURE



Inaugurating Takoradi Chapter of Ghana India Trade Advisory Chamber (GITAC) High Commissioner urged businesses to avail immense opportunities arising out of strong economic links between India & Ghana.

High Commissioner interacted with Sekondi-Takoradi Chamber of Commerce & Industry, to explore opportunities for Indian businesses to invest in the Region. He also visited Zeal Environmental Technologies Limit, a Ghanaian company specialised in managing environmental waste and waste generated from oil & gas Drilling both onshore and offshore in West Africa.



During his visit to the Western Region, High Commissioner interacted with the Indian community in Takoradi on issues of their interest.

High Commissioner hosted India Business Round Table for Regional Minister, Chiefs, leaders of Chamber of Commerce & Industry and businesses from the Western Region.



On Gandhi Jayanti High Commissioner briefed media on how ideals of Mahatma Gandhi remain the moral compass of India especially in context of recent developmental efforts in the country.

Addressing Gandhi Jayanti celebrations High Commissioner and Ghanaian & Diplomatic representatives urged the audience to follow teachings of Mahatma Gandhi in everyday conduct for peaceful & prosperous world.



Gandhi Jayanti was celebrated in Accra with floral tribute to Mahatma Gandhi, High Commissioner's address, rendering of bhajans, documentary on Gandhi, quiz, awards to essay competition winners & media interaction.

Members of Film Directors Guild of Ghana called on High Commissioner and discussed issues of cooperation.





In which state of India is Keibul Lamjao National Park located?

- a. Tipura
- b. Nagaland
- c. Manipur
- d. Mizoram

Please mail your responses by 1st December, 2020

info.accra@mea.gov.in

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



ATAL TUNNEL

On 3 October 2020, PM Narendra Modi inaugurated **Atal Tunnel**, the highway tunnel built under the Rohtang Pass in the eastern Pir Panjal range of the Himalayas on the Leh-Manali Highway in Himachal Pradesh. At a length of 9.02 km, it is the longest tunnel above 10,000 feet in the world and is named after former Prime Minister of India, Atal Bihari Vajpayee. It is horseshoe-shaped, single tube double lane tunnel with a roadway of 8 metres. It has an overhead clearance of 5.525 metres. It is designed for traffic density of 3000 cars per day and 1,500 trucks per day with max speed of 80 km/hr. The historic decision to construct a strategic tunnel below the Rohtang Pass was taken on 3 June 2000, when Atal Bihari Vajpayee was the PM. The Union Cabinet decided in 2019, to name the Rohtang Tunnel as Atal Tunnel to honour the contribution made by Atal Bihari Vajpayee. The Border Roads Organisation worked relentlessly to overcome major geological, terrain and weather challenges that included the most difficult stretch of the 587-metre Seri Nalah Fault Zone.



Architecture

Kangla Fort, which is also known as the Palace of Kangla is located close to Imphal River. Kangla Fort was the administrative seat of various Manipur kings from Nongda Lairen Pakhangba to Maharaja Kulachandra. The remains of the fort speak of Manipur's rich history and heritage. Comprising of temples, citadel and coronation halls, Kangla Fort is a hot favorite tourist site in Manipur among history buffs, photographers, and architectural enthusiasts.

Fine arts



Manipuri comes from Manipur in northeastern India. It has its roots in state's folk traditions and rituals, and often depicts scenes from the life of the God Krishna. Manipuri is characterized by smooth and graceful movements, female roles are especially fluid in the arms and hands, while male roles tend to have more forceful movements. The dance may be accompanied by narrative chanting and choral singing.



Chamthong or Kangshoi – A healthy vegetable stew

North-Eastern state of Manipur, dubbed “the Jewelled Land” due to its natural beauty, is also well known for its delicious cuisine. The food of Manipur is considered to be very healthy, preparations are simple and yet, tasty. This vegetable stew is very popular in Manipur. It consists of seasonal vegetables that are boiled and flavoured with sliced onions, cloves, salt, garlic, maroi, a bit of ginger and is served with rice or fish and is supposed to be consumed piping hot.

Ingredients 4 Servings

- 1) Bottle gourd cut into small chunks
- 2) Potato cut into cubes
- 3) French beans cut into small pieces
- 4) fresh Kidney beans
- 5) fresh green Peas
- 6) fresh Amarnath greens or any other local greens
- 7) strings of green Onions(both white and green part)
- 8) Jackfruit seeds
- 9) Ginger piece
- 10) Garlic pods
- 11) piece fresh Turmeric
- 12) Fresh Bhut jolokia (Ghost chilli)
- 13) Dry fish of any kind
- 14) grilled or roasted local fish
- 15) fresh Coriander leaves
- 16) Salt



PREPARATION

- 1) Wash and cut veggies in small bite-size pieces.
- 2) Make julienne of ginger-garlic and turmeric.
- 3) In a broad pan heat one litre of water.
- 4) When water starts boiling, add ginger-garlic, turmeric, chilli, jackfruit seeds, kidney beans and salt. You can avoid using ghost chilli. Instead, add some green chillies.
- 5) Boil for few minutes in high heat.
- 6) When fresh flavour starts emitting, add the veggies and white part of spring onion. Continue to boil.
- 7) When veggies are half done, add the Amarnath greens or any other kind of greens.
- 8) Also add the green part of spring onion, dry and grilled fish, cover and cook in medium-low heat until everything becomes soft.
- 9) Before removing from heat adjust the seasoning and consistency. It should be soupy consistency.
- 10) Add some chopped coriander leaves and remove from heat. Serve hot with a bowl of cooked rice.

