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India's successful launch of the first-ever South Asia Satellite (SAS)

(May 7)



India's successful launch of the first-ever South Asia Satellite (SAS) to boost communication and improve disaster links among its six neighbours has "opened up new horizons of engagement" in the region and helped it carve a unique place for itself in space diplomacy. Projecting the 2,230-kg communication spacecraft as India's "priceless gift" to its neighbours, Prime Minister Modi said the "unprecedented" development sends out a message that "even sky is not the limit when it comes to regional cooperation". The successful launch by ISRO was celebrated jointly through a video conference by Modi. The 2,230-kg communication spacecraft, with a mission life of 12 years, will support effective communication, broadcasting and Internet services in a region that is geographically challenging, economically lagging with limited technological resources. The successful run of India's premier space agency, ISRO, continues. The launch has added yet another feather to ISRO's cap. India created space history and broke record by launching 104 satellites from a single rocket in one go in mid-February, this year. So far, ISRO has ferried 226 satellites into orbit, including 180 from abroad.

Visit of Prime Minister to Sri Lanka (May 11-12, 2017)



Prime Minister Modi was in Sri Lanka for a two-day visit starting , 11th May. This was his second bilateral visit there in two years, a sign of strong relationship. During his visit, he joined the International Vesak Day celebrations in Colombo on 12th May, where he interacted with leading Buddhist spiritual leaders, scholars and theologians. He joined these celebrations with President Maithripala Sirisena and Prime Minister Ranil Wickremesinghe. His visit brought to the fore one of the most abiding links between India and Sri Lanka- the shared heritage of Buddhism. During his last visit in 2015, he had the opportunity to visit Anuradhapura, a UNESCO world heritage site and a leading centre of Buddhism for centuries. This time, he visited the revered Sri Dalada Maligawa in Kandy, also known as the Temple of the Sacred Tooth Relic. His visit was commenced in Colombo with a visit to the Seema Malaka at the Gangaramayya temple where he took part in the traditional lamp lighting ceremony. He also visited the up country region

of Sri Lanka where he inaugurated the Dickoya Hospital that has been built with Indian assistance, and had an interaction with the Indian-origin Tamil community.

State Visit of President of Palestine to India (May 14-17, 2017)



H.E. Mr. Mahmoud Abbas, President of State of Palestine was on a State Visit to India from 14 to 17 May 2017, at the invitation of President of India Shri Pranab Mukherjee. This was the fifth visit and the third State Visit to India by President Abbas. Earlier he had substantive meetings with Prime Minister Modi on the sidelines of the United Nations General Assembly in New York in September 2015. During the visit, President Abbas visited C-DAC in Noida on May 15 to forge cooperation between Palestine - India Techno Park being built by India in Palestine and Indian IT industry. He also visited India Islamic Cultural Centre in Delhi. On May 16, President Abbas gave a ceremonial guard of honour at Rashtrapati Bhavan followed by wreath laying by him at Mahatma Gandhi's Samadhi, Raj Ghat. Rashtrapatiiji hosted a banquet in honour of H.E. Mahmoud Abbas. Delegation-level discussion with Prime Minister Shri Narendra Modi was held the same day. Shri M. Hamid Ansari, Vice-President and Mrs Sushma Swaraj, Minister of External Affairs

called on President Abbas during his stay in Delhi. India and Palestine enjoy historically close and friendly ties. Apart from the political support to the Palestinian cause, India continues to support developmental projects in Palestine by extending technical and financial assistance. The visit provided an opportunity for reviewing the entire gamut of bilateral relations, Middle East Peace Process, regional and international issues. MoUs on cooperation in various areas was signed during the visit.

India-Pacific Islands Sustainable Development Conference (May 25, 2017)

The 'India-Pacific Islands Sustainable Development Conference' hosted by Ministry of External Affairs, India, was inaugurated on May 25, 2017 by the Acting Prime Minister of Fiji, Mr Aiyaz Sayed-Khaiyum. Prime Minister of India, Mr. Narendra Modi, in his message to the conference expressed hope that the conference would enable a better understanding of solutions to the challenges faced by the region, as well as the opportunities that present themselves. While welcoming the high-profile delegations from 14 Pacific Island Countries, Minister of State for External Affairs, Gen. (Dr.) V K Singh (Retd.) reaffirmed India's commitment to strengthening and taking forward its partnership with the Pacific Island Nations to take concrete action to create a sustainable world. The Minister stressed on the need to join hands through knowledge sharing, technology sharing and capacity building to minimise the serious impact of natural hazards, limiting human and economic loss. Minister of State for External Affairs, Gen. (Dr.) V K Singh (Retd.), host of the conference, announced that India will contribute US\$ 1 million to Fiji's Trust Fund for their Presidency of COP-23 to be held in November 2017. Speaking at the conference, Mr. Aiyaz Sayed-Khaiyum, Attorney General and Minister for Economy, Public Enterprises, Civil Service and Communications, Republic of Fiji, expressed his gratitude to the Government of India for its support and contribution to Fiji's presidency of the COP-23. He reaffirmed that the creation of FIPIC in 2014 has resulted in closer ties between India and the Pacific Island nations, giving people a chance to better their lives. The conference was held under the framework of the Forum for India Pacific Islands Co-operation (FIPIC), with The Energy and Resources Institute (TERI) as its key knowledge partner. During the two days of the programme, the conference focused on issues such as the blue economy, adaptation-mitigation practices for climate change, disaster preparedness, health, the International Solar Alliance as well as finding practical solutions to Nationally Determined Contributions (NDC) implementation.

Prime Minister inaugurated India's longest bridge in Assam (May 26, 2017)



The Prime Minister, Shri Narendra Modi inaugurated India's longest bridge - the 9.15 km long Dhola-Sadiya bridge, over the River Brahmaputra, in Assam. This was his first engagement on the third anniversary of his swearing-in as Prime Minister. The bridge will enhance connectivity and greatly reduce travel time between Assam and Arunachal Pradesh. After unveiling a plaque to mark the inauguration, the Prime Minister travelled, and walked on the bridge for a few minutes. Later, addressing a public meeting at Dhola, the Prime Minister said that the inauguration of the bridge marks the end of a long wait for the people of this area. The Prime Minister said infrastructure is extremely important for development, and the effort of the Union Government is to fulfil the dreams and wishes of the people. He said this bridge enhances connectivity between Assam and Arunachal Pradesh, and opens the door for economic development, on a big scale. He said the eastern and north-eastern parts of the country have the greatest potential for economic development, and this bridge is just one element of the Union Government's vision in this regard. The Prime Minister said the bridge will bring about a positive change in the lives of the common people. He said the Union Government is placing great emphasis on the development of waterways as well. The Prime Minister said enhanced connectivity between the North-East and other parts of the country is a priority for the Union Government, and work has been greatly speeded up in this regard. He said that good connectivity in the North-East will also link the region with the economy of South-East Asia. The Prime Minister also spoke of the immense tourism potential of the North-East. He said the Union Government has decided to name the Dhola-Sadiya bridge after the great musician, lyricist and poet, Bhupen Hazarika.

Prime Minister Modi, Chancellor Merkel co-chair 4th India Germany Inter-Governmental Consultations in Berlin (May 31, 2017)



The Prime Minister, Shri Narendra Modi, and German Chancellor Angela Merkel co-chaired on May 31, 2017 the 4th India Germany Inter-Governmental Consultations in Berlin. Addressing the media after the meeting, Prime Minister Modi appreciated Chancellor Merkel's vision for Europe and for the world. He said outcome oriented momentum is perceptible in relations between the two countries. The Prime Minister said foreign investment from Germany to India is rising, especially for the Make in India initiative. The Prime Minister said German partnership is important for the Skill India Mission, with German parameters being "global benchmarks" which are crucial for India. The Prime Minister said cooperation is also envisaged in the sports arena, particularly in football. The Prime Minister spoke of themes such as climate protection and smart cities, which came up for discussion. He said German innovation and Indian youth could together add great dynamism in the start-up space. The Prime Minister said a global order based on democracy is the need of the hour, in an interconnected and interdependent world. Responding to a question, he said Germany and India are "made for each other." He explained the huge synergy that exists between German capabilities and Indian requirements. He spoke of India's pursuit of excellence in areas such as engineering, infrastructure and skill development.

Describing the values of innovation and democracy, as a blessing for mankind, he said India and Germany share these values. In response to a question on climate change, the Prime Minister reiterated India's timeless values of nurturing and protecting nature. He recalled India's commitment to generate 175 GigaWatts of energy from renewable sources by 2022. Emphasizing the importance of protecting nature, the Prime Minister said "playing with the well-being of future generations would be an immoral and criminal act." Earlier, during the IGC, Prime Minister Modi emphasized the big role that the European Union has to play in nurturing a rule-based global order. Both leaders shared deep concern over the global menace of terrorism, and decided to strengthen mutual counter-terrorism initiatives. The Prime Minister thanked Germany for support of Indian membership of export control regimes. Themes such as clean coal, electric mobility, science and technology cooperation, cyber-security and aviation security came up for discussion. The consultations also touched upon Afghanistan and other global matters. Both countries signed 12 agreements. A comprehensive joint statement was also issued, covering various aspects of the negotiations.

FOCUS

Yoga: Its Origin, History and Development

Introduction :Yoga is essentially a spiritual discipline based on an extremely subtle science, which focuses on bringing harmony between mind and body. It is an art and science of healthy living. The word 'Yoga' is derived from the Sanskrit root 'Yuj', meaning 'to join' or 'to yoke' or 'to unite'. As per Yogic scriptures the practice of Yoga leads to the union of individual consciousness with that of the Universal Consciousness, indicating a perfect harmony between the mind and body, Man & Nature. According to modern scientists, everything in the universe is just a manifestation of the same quantum firmament. One who experiences this oneness of existence is said to be in yoga, and is termed as a yogi, having attained to a state of freedom referred to as mukti, nirvana or moksha. Thus the aim of Yoga is Self-realization, to overcome all kinds of sufferings leading to 'the state of liberation' (Moksha) or 'freedom' (Kaivalya). Living with freedom in all walks of life, health and harmony shall be the main objectives of Yoga practice."Yoga" also refers to an inner science comprising of a variety of methods through which human beings can realize this union and achieve mastery over their destiny. Yoga, being widely considered as an 'immortal cultural outcome' of Indus Saraswati Valley civilization – dating back to 2700 B.C., has proved itself catering to both material and spiritual upliftment of humanity. Basic humane values are the very identity of Yoga Sadhana.

A Brief History and Development of Yoga:

The practice of Yoga is believed to have started with the very dawn of civilization. The science of yoga has its origin thousands of years ago, long before the first religions or belief systems were born. In the yogic lore, Shiva is seen as the first yogi or Adiyogi, and the first Guru or Adi Guru.

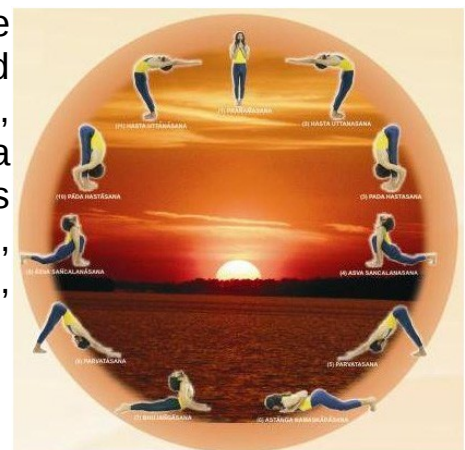
Several Thousand years ago, on the banks of the lake Kantisarovar in the Himalayas, Adiyogi poured his profound knowledge into the legendary Saptarishis or "seven sages". The sages carried this powerful yogic science

to different parts of the world, including Asia, the Middle East, Northern Africa and South America. Interestingly, modern scholars have noted and marvelled at the close parallels found between ancient cultures across the globe. However, it was in India that the yogic system found its fullest expression. Agastya, the Saptarishi who travelled across the Indian subcontinent, crafted this culture around a core yogic way of life.

The Number of seals and fossil remains of Indus Saraswati valley civilization with Yogic motives and figures performing Yoga Sadhana suggest the presence of Yoga in ancient India. The phallic symbols, seals of idols of mother Goddess are suggestive of Tantra Yoga. Presence of Yoga is available in folk traditions, Indus valley civilization, Vedic and Upanishadic heritage, Buddhist and Jain traditions, Darshanas, epics of Mahabharat and Ramayana, theistic traditions of Shaivas, Vaishnavas, and Tantric traditions.

In addition, there was a primordial or pure Yoga which has been manifested in mystical traditions of South Asia. This was the time when Yoga was being practised under the direct guidance of Guru and its spritual value was given special importance. It was a part of Upasana and yoga sadhana was inbuilt in their rituals. Sun was given highest importance during the vedic period. The practice of 'Surya namaskara' may have been invented later due to this influence. Pranayama was a part of daily ritual and to offer the oblation. Though Yoga was being practiced in the pre-Vedic period, the great Sage Maharshi Patanjali systematized and codified the then existing practices of Yoga, its meaning and its related knowledge through his Yoga Sutras. After Patanjali, many Sages and Yoga Masters contributed greatly for the preservation and development of the field through their well documented practices and literature.

Historical evidences of the existence of Yoga were seen in the pre-Vedic period (2700 B.C.), and thereafter till Patanjali's period. The main sources, from which we get the information about Yoga practices and the related literature during this period, are available in Vedas (4), Upanishads(108), Smritis, teachings of Buddhism, Jainism, Panini, Epics (2), Puranas (18) etc.



Tentatively, the period between 500 BC - 800 A.D. is considered as the Classical period which is also considered as the most fertile and prominent period in the history and development of Yoga. During this period, commentaries of Vyasa on Yoga Sutras and Bhagawadgita etc. came into existence. This period can be mainly dedicated to two great religious teachers of India –Mahavir and Buddha. The concept of Five great vows – Pancha mahavrata- by Mahavir and Ashta Magga or eightfold path by Buddha - can be well considered as early nature of Yoga sadhana. We find its more explicit explanation in Bhagawadgita which has elaborately presented the concept of Gyan yoga, Bhakti yoga and Karma Yoga. These three types of yoga are still the highest example of human wisdom and even to day people find peace by following the methods as shown in Gita. Patanjali's yoga sutra besides containing various aspects of yoga, is mainly identified with eight fold path of Yoga. The very important commentary on Yoga sutra by Vyasa was also written. During this very period the aspect of mind was given importance and it was clearly brought out through Yoga sadhana, Mind and body both can be brought under control to experience equanimity. The period between 800 A.D. - 1700 A.D. has been recognized as the Post Classical period wherein the teachings of great Acharyatrayas-Adi Shankracharya, Ramanujacharya, Madhavacharya-were prominent during this period. The teachings of Suradasa, Tulasidasa, Purandardasa, Mirabai were the great contributors during this period. The Natha Yogis of Hathayoga Tradition like Matsyendaranatha, Gorkshanatha, Cauranginatha, Swatmaram Suri, Gheranda, Shrinivasa Bhatt are some of the great personalities who popularized the Hatha Yoga practices during this period.

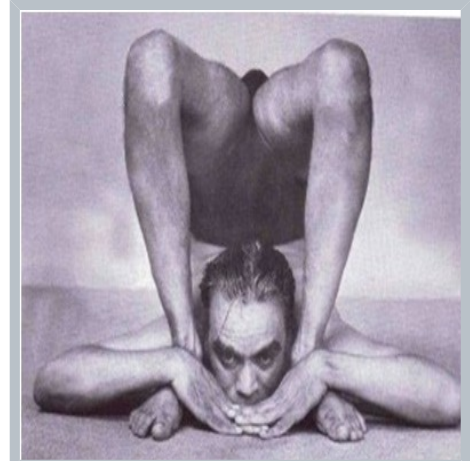
The period between 1700 - 1900 A.D. is considered as Modern period in which the great Yogacharyas- Ramana Maharshi, Ramakrishna Paramhansa, Paramhansa Yogananda, Vivekananda etc. have contributed for the development of Raja Yoga. This was the period when Vedanta, Bhakti yoga, Nathayoga or Hatha-yoga flourished. The Shadanga-yoga of Gorakshashatakam, Chaturanga-yoga of Hathayogapradipika, Saptanga-yoga of Gheranda Samhita, were the main tenents of Hatha-yoga.

Now in the contemporary times, everybody has conviction about yoga practices towards the preservation, maintenance and promotion of health. Yoga has spread all over the world by the teachings of great personalities like Swami Shivananda, Shri T.Krishnamacharya, Swami Kuvalayananda, Shri Yogendara, Swami Rama, Sri Aurobindo, Maharshi Mahesh Yogi, Acharya

Rajanish, Pattabhijois, BKS. Iyengar, Swami Satyananda Sarasvati and the like.

Clearing Misconceptions:

For many, the practice of yoga is restricted to Hatha Yoga and Asanas (postures). However, among the Yoga Sutras, just three sutras are dedicated to asanas. fundamentally, hatha yoga is a preparatory process so that the body can sustain higher levels of energy. The process begins with the body, then the breath, the mind, and the inner self.



B.K.S. Iyengar was the founder of the style of yoga known as "Iyengar Yoga" and was considered one of the foremost yoga teachers in the world

Yoga is also commonly understood as a therapy or exercise system for health and fitness. While physical and mental health are natural consequences of yoga, the goal of yoga is more far-reaching. "Yoga is about harmonizing oneself with the universe. It is the technology of aligning individual geometry with the cosmic, to achieve the highest level of perception and harmony."

Yoga does not adhere to any particular religion, belief system or community; it has always been approached as a technology for inner wellbeing. Anyone who practices yoga with involvement can reap its benefits, irrespective of one's faith, ethnicity or culture. Traditional Schools of Yoga :These different Philosophies, Traditions, lineages and Guru-shishya paramparas of Yoga lead to the emergence of different Traditional Schools of Yoga e.g. Jnana-yoga, Bhakti-yoga, Karma-yoga, Dhyana-yoga, Patanjala-yoga, Kundalini-yoga, Hatha-yoga, Mantra-yoga, Laya-yoga, Raja-yoga, Jain-yoga, Bouddha-yoga etc. Each school has its own principles and practices leading to ultimate aim and objectives of Yoga.

Yogic Practices for Health and Wellness: The widely practiced Yoga Sadhanas (Practices) are: Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana (Meditation), Samadhi /Samyama, Bandhas & Mudras, Shat-karmas, Yukta-ahara, Yukta karma, Mantra japa, etc. Yama's are restraints and Niyama's are observances. These are considered to be pre-requisites for the Yoga Sadhanas (Practices). Asanas, capable of bringing about stability of

body and mind ‘kuryat-tad-asanam-sthairyam...’, consists in adopting various body (psycho-physical) patterns, giving ability to maintain a body position (a stable awareness of one’s structural existence) for a considerable length and period of time as well.

Pranayama consists in developing awareness of one’s breathing followed by willful regulation of respiration as the functional or vital basis of one’s existence. It helps in developing awareness of one’s mind and helps to establish control over the



mind. In the initial stages, this is done by developing awareness of the ‘flow of in-breath and out-breath’ (svasa-prasvasa) through nostrils, mouth and other body openings, its internal and external pathways and destinations.

Later, this phenomenon is modified, through regulated, controlled and monitored inhalation (svasa) leading to the awareness of the body space/s getting filled (puraka), the space/s remaining in a filled state (kumbhaka) and it’s getting emptied (rechaka) during regulated, controlled and monitored exhalation (prasvasa).

Pratyahara indicates dissociation of one’s consciousness (withdrawal) from the sense organs which helps one to remain connected with the external objects. Dharana indicates broad based field of attention (inside the body and mind) which is usually understood as concentration. Dhyana (Meditation) is contemplation (focussed attention inside the body and mind) and Samadhi – integration.

Bandhas and Mudras are practices associated with pranayama. They are viewed as (the) higher Yogic practices mainly consisting on adopting certain body (psycho-physical) patterns along with (s well as) control over respiration. This further facilitates control over mind and paves way for higher yogic attainment. Shat-karmas are de-toxification procedures, help to remove the toxins accumulated in the body and are clinical in nature.

Yuktahara (Right Food and other inputs) advocates appropriate food and food habits for healthy living. However practice of Dhyana (Meditation) helping in

self-realization leading to transcendence is considered as the essence of Yoga Sadhana (The Practice of Yoga).

The Fundamentals of Yoga Sadhana:

Yoga works on the level of one's body, mind, emotion and energy. This has given rise to four broad classifications of Yoga: karma yoga, where we utilize the body; bhakti yoga, where we utilize the emotions; gyana yoga, where we utilize the mind and intellect; and kriya yoga, where we utilize the energy.

Each system of Yoga we practice would fall within the gamut of one or more of these categories. Every individual is a unique combination of these four factors. "All the ancient commentaries on Yoga have stressed that it is essential to work under the direction of a Guru." The reason being that only a Guru can mix the appropriate combination of the four fundamental paths, as is necessary for each seeker. Yoga Education: Traditionally, Yoga Education was imparted by knowledgeable, experienced, and wise persons in the families (comparable with the education imparted in convents in the west) and then by the Seers (Rishis/Munis/Acharyas) in Ashramas (compared with monasteries). Yoga Education, on the other hand, aims at taking care of the individual, the 'Being'. It is presumed that a good, balanced, integrated, truthful, clean, transparent person will be more useful to oneself, family, society, nation, nature and humanity at large. Yoga education is 'Being oriented'. Details of working with 'being oriented' aspect have been outlined in various living traditions and texts and the method contributing to this important field is known as 'Yoga'.

Present days, Yoga Education is being imparted by many eminent Yoga Institutions, Yoga Colleges, Yoga Universities, Yoga Departments in the Universities, Naturopathy colleges and Private trusts & societies. Many Yoga Clinics, Yoga Therapy and Training Centers, Preventive Health Care Units of Yoga, Yoga Research Centers etc. have been established in Hospitals, Dispensaries, Medical Institutions and Therapeutic setups.

Different social customs and rituals in India, the land of Yoga, reflect a love for ecological balance, tolerance towards other systems of thought and a compassionate outlook towards all creations. Yoga Sadhana of all hues and

colours is considered panacea for a meaningful life and living. Its orientation to a comprehensive health, both individual and social, makes it a worthy practice for the people of all religions, races and nationalities.

Conclusion: Now-a-days, millions and millions of people across the globe have benefitted by the practice of Yoga which has been preserved and promoted by the great eminent Yoga Masters from ancient time to this date. The practice of Yoga is blossoming, and growing more vibrant every day.

ITPO's Fairs in Pragati Maidan , New Delhi

Sl. No.	Name of the Fair	Location	Dates	Products	HOD
1	India Wellness expo (in association with M/s Exhibition India)	Delhi	August 29-31, 2017	Health India Expo, Biotech India Expo, Organic India Expo	GM(SRS)
2	Electricity India (in association with FICCI)	Delhi	Dates yet to be decided	Green energy, solar energy, wind energy, electricity generation/distribution related products Mobile phones & accessories,	GM(VM)
3	Telecom India (in association with FICCI)	Delhi	Dates yet to be decided	telecommunication equipment & parts, Switches & Switchgears, Antennas, Wi-fi & transmitters	GM(VM)
4	Tex-Styles India	Delhi	Feb/March, 2018	textile items-Cotton yarns, fabrics & Home Furnishings	GM(JD)
5	Tex-Styles India	Kolkata	Feb/March 2018	textile items-Cotton yarns, fabrics & Home Furnishings	

More information available at:

www.indiatradefair.com

www.cii.in/CII_Events.aspx

www.ficci.com/ficci-exhibitions.asp

www.assochem.org/events/index.php

www.fieo.org/view_detail.php?lang=0&id=0,22&evetype=0

www.biztradeshows.com/india/

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The Ministry of External Affairs, Government of India <http://mea.gov.in/>

India Public Diplomacy www.indiadiplomacy.in

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