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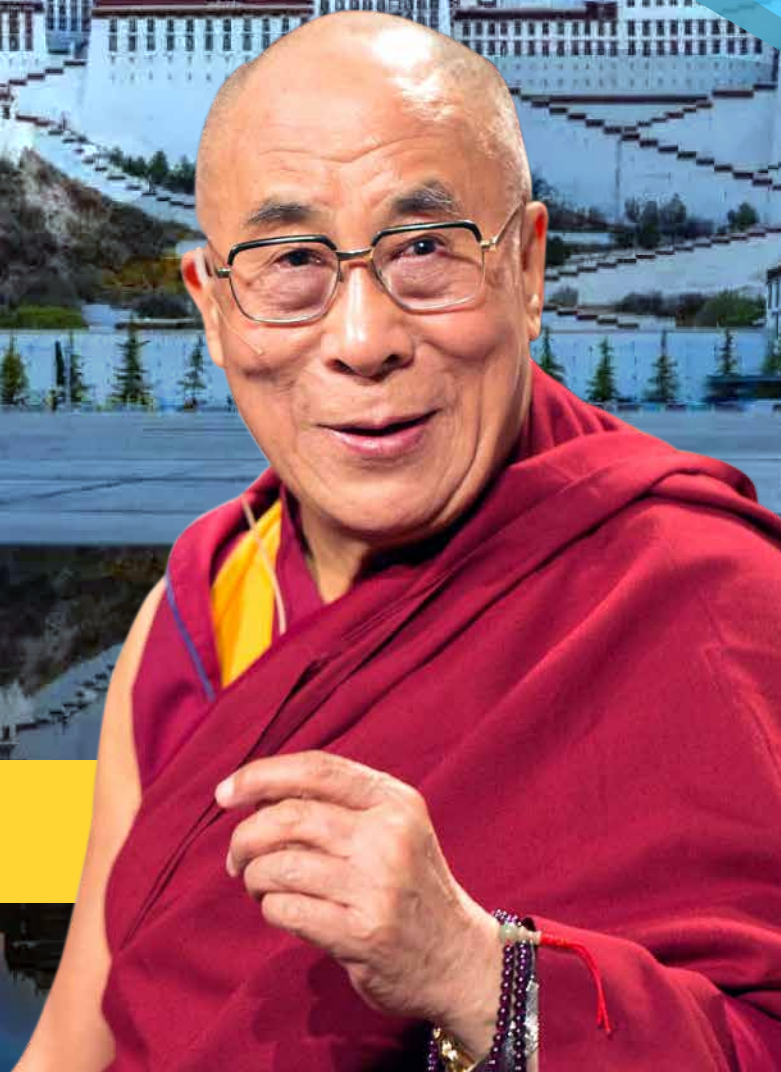
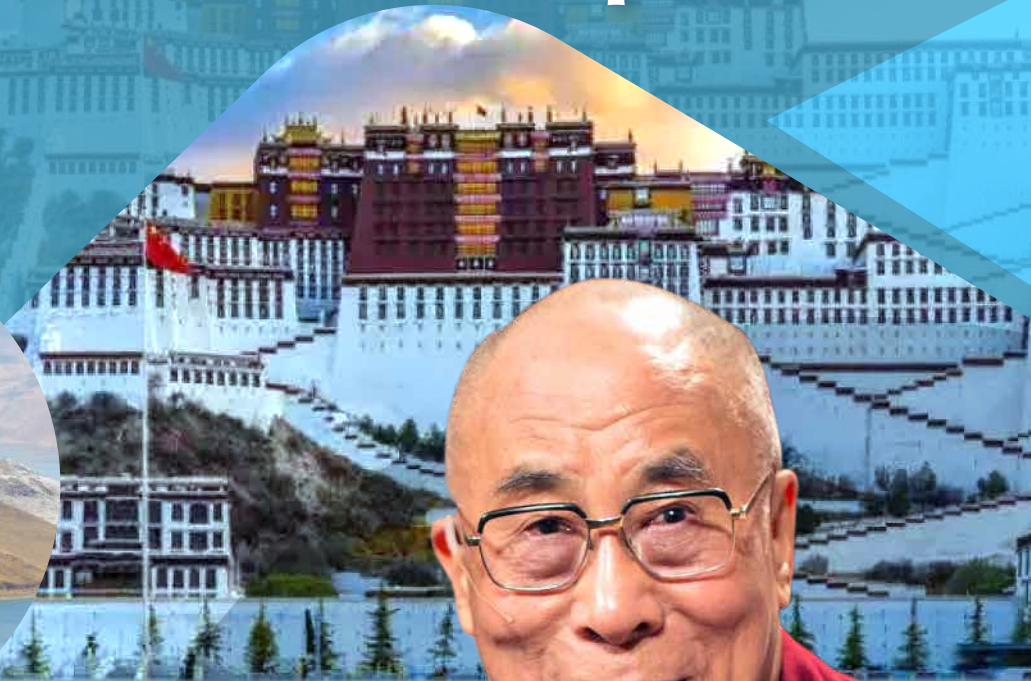
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Vol.16 No. 163

15 Sep - 14 Nov 2024

Rs.26/-

## Tibet A Journey of Resilience and Hope

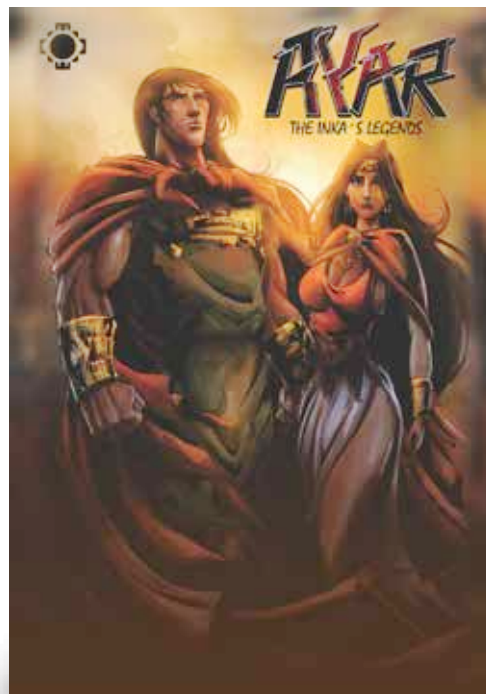


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at the Instituto Cervantes

Pg no - 07

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# Tibet

## A Journey of Resilience and Hope

**O**ur current edition proudly presents "**Tibet - A Journey of Resilience and Hope.**" This edition aims to highlight the indomitable spirit and rich cultural heritage of Tibet, inspired by the recent Tibet Fest held at the India International Centre. Our journey began with a deep dive into the vibrant community that continues to thrive in exile, preserving their traditions and culture with unwavering determination.

The inspiration for this issue came from attending the Tibet Fest in September 2024. The festival featured poignant films like "Cold Blooded Murder," which portrayed the harrowing escape of Tibetans from their homeland, evading Chinese soldiers to reach the Nepal border. Many found refuge in Nepal, while others were granted asylum in India. The Indian government's support allowed them to establish a vibrant community, including the Tibet Free Student Union, Men-Tsee-Khang Medical and Astro Institute and various cultural enterprises like incense, bakeries, textile workshops and many more.

The resilience of the Tibetan people is truly inspiring. Despite being stateless for decades, they continue to fight for their independence and preserve their rich heritage. The Tibet Free Student Union and the dedicated women preserving traditional Tibetan textile arts are testaments to their enduring spirit. Men-Tsee-Khang not only serves the Tibetan community in India but also extends its services internationally, showcasing the global reach of Tibetan medicine.

This edition aims to shine a light on these incredible stories of resilience and hope. It is a tribute to the Tibetan people, who have maintained their cultural identity and traditions against all odds. Their journey is a powerful reminder of the strength of the human spirit and the importance of preserving cultural heritage.

Looking ahead, our February 2025 sequel will delve deeper into the Tibetan experience. We will feature a detailed interview with a Men-Tsee-Khang doctor, an article on the Tibet Free Student Union, an interview with an ambassador who was posted in China and my own experiences meeting and speaking with members of the Tibetan community.

We are committed to supporting and sharing the incredible journey of the Tibetan people. Through our stories, we hope to raise awareness and foster a deeper understanding of their struggles and triumphs.

**Thank you for your continued support**

*Jjuliaa Gangwani*

# Inside Tibet

## Rinpoche's Unyielding Message of Hope and Resilience

*As part of our special edition, "Tibet: A Journey of Resilience and Hope," we are honored to present an exclusive interview with His Eminence Prof. Samdhong Rinpoche, a distinguished spiritual leader and guardian of Tibetan culture. This interview delves deep into the historical and contemporary challenges faced by Tibet, highlighting the indomitable spirit and resilience of its people.*

by Jjuliaa Gangwani

**Q. Rinpoche, could you provide an overview of Tibet's historical journey and discuss how the resilience of its people has been shaped by these experiences? What lessons can contemporary societies draw from this history?**

Tibet's history spans around 2,000 years, with the first king, Nyanchi Zenpo, establishing it as a sovereign independent country. In the mid-7th century, Tibetan kings and Chinese emperors formed marriage relations and Tibet began to evolve its script and language, influenced by Sanskrit.

In the 7th century, Acharya Shantarakshita, a great scholar of Nalanda and Acharya Padmasambhava were invited to Tibet. They played a crucial role in making Tibet a Buddhist kingdom. Under their guidance, Tibetan scholars developed their language and translated a vast body of Buddhist literature from Sanskrit into Tibetan, making Tibet a repository of Buddhist canon and literature.

Despite various aggressions, Tibet remained independent



His Eminence Prof. Samdhong Rinpoche  
spiritual leader

with shifting borders. From the mid-13th century to 1950, Tibet maintained its sovereignty and had good relations with neighbouring countries. However, in 1950, following the communist revolution in China, Tibet was invaded and occupied by Chinese military forces. Despite efforts to reconcile, Tibet's autonomy was denied, leading to the 1959 uprising. His Holiness sought political asylum in India, followed by over 80,000 Tibetan refugees resettled in India, Nepal and Bhutan.

This historical journey highlights Tibet's resilience and the importance of preserving cultural identity and autonomy. Contemporary societies can learn valuable lessons from Tibet's perseverance and unity in the face of adversity.

**Q. What are the most pressing human rights issues facing Tibet today? And what steps can be taken to ensure these rights are upheld?**

Human rights violations in Tibet and China are unprecedented, particularly during the Cultural Revolution.



Basic human rights such as freedom of speech, conscience and spiritual practice have been denied. Many Tibetans perished due to torture and genocide. Despite resolutions from the



greed and a shift from being users to consumers. This transition has been fueled by modernity, exploiting human desires. However, reverting from consumer to user is not difficult. In the past, we used

Human Rights Commission and the United Nations, these violations persist.

Currently, human rights violations continue, especially concerning the rights to conscience, spiritual practice and cultural identity. Children are taken to boarding schools, separated from their families, where Tibetan language and traditions are forbidden. This poses a great danger to the Tibetan nation and its people.

The international community must take effective measures to educate and advise Chinese authorities to support the preservation of Tibetan culture and identity.

**Q. In what ways can the global community support Tibetan culture, practices and traditions to help maintain its identity and hope amid ongoing challenges? How can these practices be preserved and promoted globally?**

In the diaspora, Tibetan spiritual leaders and scholars have preserved the Tibetan language, culture and heritage.

This is supported by people in India, Mongolia and Russia. Many people in the Himalayan regions of India retain their cultural heritage and join Tibetan monasteries for higher education. Mongolian and Russian students also come to India for learning. Tibetan culture has spread globally, with Tibetan centers and followers in nearly every country. Tibetan studies are increasingly popular in academia.

The preservation and development of Tibetan culture and identity will continue for centuries. However, the people living in Tibet face losing their cultural identity without positive changes under Chinese occupation. The international community must take effective measures to support the preservation of Tibetan culture and identity.

**Q. Are there areas where you believe spiritual teachings could further evolve to meet modern challenges?**

Modern challenges are largely human-created, driven by

natural resources judiciously.

Realizing that human greed is not the source of happiness will lead to change. Issues like climate change, global warming, environmental destruction and widening socio-economic gaps highlight the need for this shift. The Tibetan Buddhist tradition emphasizes living within one's real needs and understanding interdependence. This approach reduces competition and enhances cooperation.

By adhering to Tibetan Buddhist teachings, modern challenges can be addressed more effectively. The teachings advocate for moderation, sustainability and interdependent living, which are crucial for resolving contemporary issues.

**Q. Given Tibet's critical role as the water tower of Asia, how important is environmental conservation in your teachings? What measures are being taken and what more can be done to protect Tibet's natural**

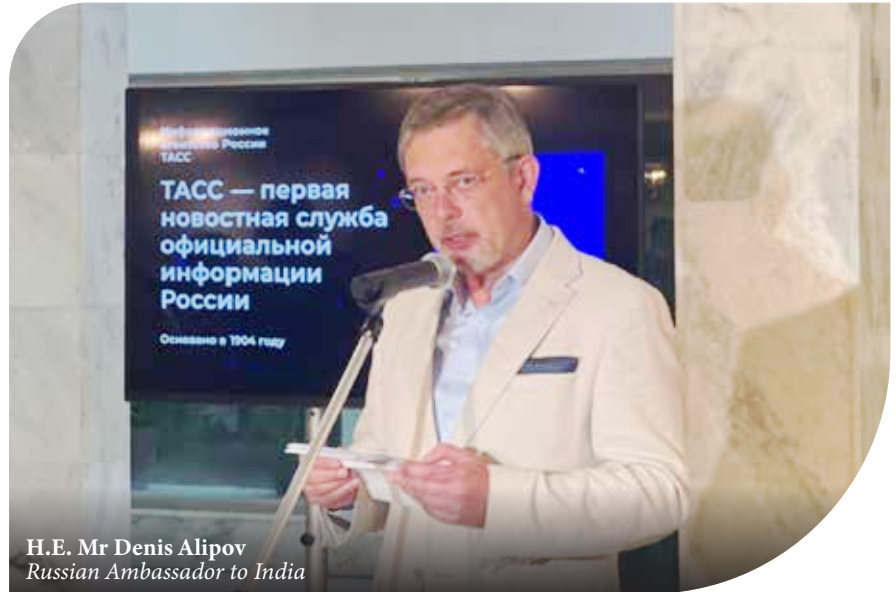
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# India-Russia Defence Partnership

by Amit Mittal

A photo exhibition on the India-Russia Defense Partnership, organized by the Russian news agency TASS, was opened by the Russian Ambassador to India, Denis Alipov, at Russia House in New Delhi. The Ambassador recalled that TASS has been reporting from India since 1940 and has closely followed all developments in defense cooperation between the two countries. The exhibition displays over 50 photos, several of which are being publicly displayed for the first time. The exhibition marks 120 years of TASS's operation. Among the photos are pictures of the handover of Vikramaditya, the refitted former Russian aircraft carrier Admiral Gorshkov. There is also a photograph of former USSR Defense Minister Georgy Zhukov riding an elephant during his 1957 visit to India. The exhibition includes a large display of photographs depicting Indo-Russian military exercises and technological cooperation.

Since the late 1950s, the foundations for military-technical cooperation between Moscow and New Delhi have been laid, as shown in the photograph featuring Zhukov on an elephant. Another photo shows Indian and Russian military personnel during the opening of the international Russian-Indian exercises Indra-2021. There is also an image of the T-90 and



T-72 tanks during the Russian-Indian exercises Indra-2017 in Primorsky Krai, Russia.

Bureau Chief of TASS in India, Evgeny Pakhomov, said this is the first time some of these photographs will be showcased to the public. There are also pictures from the Aero India show in 2019, which show the Sukhoi Su-30MK, assembled in India under Russian license, and the Indian fighter Tejas flying together. Another photograph features Bhishma tanks at a military parade in New Delhi in 2020. These Russian-designed tanks are produced under license in India.

India and Russia have agreed to expedite the delivery of spare parts for Russian-origin military platforms by setting up joint ventures in India, among other methods. Most of India's existing military hardware is of

Russian origin and requires a regular supply of spares for maintenance. The Ukraine war has also delayed Russia's scheduled deliveries of certain weapon systems to India, such as the S-400 surface-to-air missile systems.

## The Script of Infinites

**“Nataraja: Cosmic Choreography”**



In the ethereal exhibition “La escritura de lo infinito,” contemporary codices made

Continued on page 15

# Exploring the Preservation and Promotion of Tibetan Culture at Men-Tsee-Khang

*An Exclusive Interview with Thupten Tsering, Executive Director of Men-Tsee-Khang Tibetan Medical & Astro Institute*

*We got an opportunity to speak with the Executive Director of Men-Tsee-Khang during “Spirit of Tibet” at the India International Centre. Men-Tsee-Khang, based in Dharamshala, was founded by His Holiness, the 14th Dalai Lama, in 1961. The institute is dedicated to preserving and promoting Tibetan medicine and astro-science, continuing the legacy of the original House of Men-Tsee-Khang started by the 13th Dalai Lama in 1916.*

*by Jjuliaa Gangwani*

**Q. Could you please introduce yourself and the institute?**

I'm Tahi Deek, the Executive Director of Men-Tsee-Khang, also known as the Tibetan Medical and Astro Institute. Our institute is based in Dharamshala and was founded by His Holiness, the 14th Dalai Lama in 1961. Our lineage, however, dates back to Tibet in 1916 with the original House of Men-Tsee-Khang started by the 13th Dalai Lama. We practice Tibetan medicine and Tibetan astro-science aiming to preserve these traditions and benefit sentient beings, aligning with the teachings of Lord Buddha and His Holiness the Dalai Lama.

**Q. You've already given us a brief history of Men-Tsee-Khang. What inspired you to join Men-Tsee-Khang and what has your journey been like so far?**

To be honest, I didn't join Men-Tsee-Khang voluntarily. I am an employee of the Central Tibetan Administration, completing around 19 years of service. I was assigned by my



administration—the Public Service Commission and the Cabinet Secretary—to manage Men-Tsee-Khang, which is one of the larger Tibetan institutions specializing in the preservation and promotion of Tibetan medicine and astro-science. We have branches across India, Nepal and Poland, totaling 61 branch clinics, serving around 9 to 10 lakh patients annually. Our medicines are quite effective for chronic diseases, although I must note I am not a doctor but an administrator managing operations.

**Q. As the administrator, you must have a good understanding of how Men-Tsee-Khang integrates**

**traditional Tibetan medicine with modern healthcare practices. Could you elaborate on that?**

Certainly. The medicines used by Men-Tsee-Khang branch clinics are produced and manufactured by our Pharmacy Department. We don't outsource these medicines or sell them fully to others; they are exclusively for our doctors who graduate from our college. While manufacturing and running clinics, we use modern systems and machinery such as packaging machines for pills. We have two branches for production: the head office in Dharamshala and another branch in Chandigarh, near Dharamshala. We produce around 187 types of medicine and have a range of herbal supplements and therapeutic products.

**Q. As you mentioned earlier, Men-Tsee-Khang trains students to become Tibetan medical doctors. Are all the students from Tibet, or do you welcome students from India and other countries as well?**

While the majority of our



students are Tibetan, we also have students from Ladakh, Lahaul-Spiti, Nubra and even Russia. Currently, our medium of instruction is Tibetan.

**Q. That's great to hear! Can you share any recent or upcoming events that you're particularly excited about?**

Certainly. We're very excited about "Spirit of Tibet: Celebrating Culture and Compassion," a series of events that highlight the contributions of His Holiness the Dalai Lama and our institute to the community. Men-Tsee-Khang was started by His Holiness in India, continuing the legacy initiated by the 13th Dalai Lama. Over our 63 years, we've supported and provided healthcare to millions. We're celebrating these contributions and the rich cultural heritage of Tibet through various activities.

**Q. That's wonderful. Congratulations on such a significant milestone! What are some of the biggest challenges Men-Tsee-Khang faces today, and how are you addressing them?**

One of the major challenges we face is providing jobs for our upcoming doctors. The Indian government has recognized Tibetan medicine, and we are hopeful that the National Institute of Sowa Rigpa will generate more job opportunities, not just for Indian citizens but for Tibetans as well. Additionally, our head office in Dharamshala, which dates back to the 1960s and 1970s, requires significant



MEN-TSEE-KHANG Sorig Products at a Glance

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infrastructure updates. We continually hold workshops and training sessions to build the capacity of our doctors. Our primary challenge remains providing jobs for new doctors and maintaining our old infrastructure.

**Q. Congratulations on the recognition by Ayush! Are you making efforts to integrate Tibetan medicine into modern medical institutions?**

We haven't approached hospitals directly yet, but we collaborate on clinical research with institutions like AIIMS and some universities abroad. The integration of traditional Tibetan medicine with modern healthcare practices is ongoing, particularly in the development community under the supervision of the Department of Health, CTA. In major settlements, we have clinics offering both modern and emergency healthcare services.

**Q. How do you see the future of Tibetan medicine evolving both within Tibet and globally?**

The future looks bright. More and more people are opting for alternative medicine as they are fed up with allopathic medicine. People are seeking traditional medicine, and I believe we have a bright future. The main thing is to maintain the tradition intact. While it's good to come under the purview of the government, getting affiliated with the NCISM and the university, we are a bit apprehensive about potential government interference. We need to survive as we are. Right now, we produce all our medicine as per the manuscripts mentioned in the scriptures without interference. If the government interferes too much, we might face the danger of incorporating more allopathic or Ayurvedic systems, which could be harmful to our tradition.

**Q. Do you think the Government of India is planning or has communicated any plans to introduce allopathy into the Tibetan medicine system?**

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H.H Dalai Lama with  
His Eminence Prof. Samdhong Rinpoche

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### **resources in the face of climate change?**

Tibet is considered the third pole, apart from the North and South Poles and it is a crucial source of numerous great rivers that cover almost half of the globe. Pollution at the source in Tibet affects millions of people in eight Asian countries depending on these rivers.

Environmental conservation is vital in our teachings. The cleanliness and preservation of rivers are paramount, as pollution can have far-reaching impacts. The international community, particularly India, shares major rivers originating from Tibet, making it essential to resolve these critical issues cooperatively.

Understanding and cooperation between nations are crucial for effective measures. One-sided efforts will not suffice. It is essential for the Chinese leadership to recognize the importance of preserving Tibet's natural resources. Global geopolitical situations play a significant role in fostering this understanding.

### **Q. How is the education of Tibetan youth being approached?**

In India, Bhutan, and Nepal,

we have separate schools where traditional and modern education are taught in a balanced way. These schools ensure that students are aware of both Tibetan culture and modern

education. When Tibetan refugees arrived in India in 1959, there were only about 1,500 young children fit for school education. Jawaharlal Nehru, the then Prime Minister, emphasized the importance of setting up separate Tibetan schools to preserve Tibetan education and culture.

The Tibetan schools society was established by the Government of India and several residential schools were set up. These schools teach the Tibetan language from a young age and include Tibetan culture and spirituality as composite subjects. These schools are still functioning, ensuring that Tibetan children have full knowledge of their traditions and culture.

Tibetans living outside these regions face challenges in establishing separate schools due to smaller numbers. However, weekend schools have been set up in Western countries where Tibetan communities live, with volunteer teachers educating children on Tibetan culture and language.

### **Q. What message of hope and resilience would you like to convey to our readers who are**

### **fond of Tibetan culture and following Tibet's journey? How can they support Tibet's future?**

I may not have the capacity to issue a grand message, but it is important to acknowledge Tibet's profound challenges. These issues are not of our making, yet we are forced to forgo our basic human rights. The international community, while sympathetic and concerned, has struggled to find effective measures to help us directly. Economic aid to Tibetan refugees is appreciated, but it does not bring positive change inside Tibet.

To bring change within Tibet, we must transform the hearts of the Chinese leadership. This cannot be achieved through force or violence, as the problem stems from these very sources. Instead, we must approach them with unconditional compassion, helping them realize their ignorance and wrongful actions. Non-violent and compassionate methods, similar to Gandhi's principle of Satyagraha, are essential.

The issue is not limited to Tibetans; many ethnic groups within China, including Manchurians and Mongolians, suffer similarly. Bringing a positive change in the mindset of Chinese leadership is crucial, not through violence but sustainable, compassionate means.

Thank you very much for this opportunity to share our story and challenges.



# A Holistic Story of Tibetan Astro-Science

by Tenzin Loden

Head, Astro-Science Research and Outreach Department,  
Tibetan Medical and Astro. Institute, Dharamsala

## Introduction

Tibetan Astro-Science is one of the ten cultural studies of Tibet. The two more commonly known to the outside world are Tibetan Buddhist philosophy and Tibetan Medicine. To offer a little background, post the beginning of Tibetan civilization, it was early on with Indigenous practices of Bon religion, and then later, with the introduction of Buddhism in the 7th century, the transformation of Tibet, popularly known as ‘the land of snow,’ into a Buddhist dominancy took place and thus began the development of Tibet into its present identity not just as arguably the largest repository of Buddhist knowledge and its rich cultural heritage, but also the widest collection of unparalleled compositions made by great Tibetan Buddhist masters in the subsequent centuries ever since. Interestingly, many such Buddhist masters also happened to be masters of Tibetan Astro-Science, Tibetan Medicine, Tibetan grammar, Tibetan poetry, etc., which beautifully helped to have a rich and treasured resource for Tibetan Astro-Science practitioners and enthusiasts alike.

The exposure of Tibet and its cultural aspect under the right lens to the West has largely

been active only recently after we came into exile in 1959. The term ‘astro-science’ was eventually introduced in an attempt to present the subject in a more comprehensive avatar. A conjoined term for Tibetan Astrology and Tibetan Astronomy, it is as much a subject dealing with the



well-being of human beings as it is about the formation, movement, and a deeper understanding of the celestial bodies.

## History

The Tibetan Astro-Science finds its root in the Kālacakra Tantra, believed to have been preached by Gautama Buddha in his final year on this earth at Amarāvati in South India. It is a text of five chapters, with the first titled ‘The External Tantra,’ beginning with the universe’s

formation, where the planets’ origin, movement, and so forth were explained. Though this particular tantric literature was initially disputed for its authenticity being distinct and unusual in its presentation, it was later not only accepted but found itself a place of indispensable importance in the world of Tibetan Buddhism. The wisdom contained in this part details more on the astronomical part.

Astrology comes more from the literature that originated in China, which was later translated into Tibetan. It was first believed to be taught by Buddha Mañjuśrī, who is recognized as the Buddha of Wisdom. The commonality of these two traditions lies in having Buddhist philosophy as the foundational stone and the concept of five elements playing the central role in deciphering any condition.

The coming of these two enriched the already-existing oral traditions passed down across generations in Tibet. In the written accounts available from the past, one can easily picture the interest of Tibetans in understanding and decoding not just the celestial movements but also the changes occurring in the surrounding natural environment, like the floras, faunas, rainfall, rainbows, and so forth. There are even stories



romanticizing the appearance of different lunar mansions and constellations at various parts of the year.

### **General Practice and Applications**

With cultural sensitivity and importance weighed by the Tibetans, Tibetan Astro-Science stemmed into playing many important roles in the life of a Tibetan family. Historically, it is said that villages in Tibet where no Astro-Science practitioner existed would rather be called dark places. Back then, the astro-science practitioners were either monks or tantric practitioners. With coming into exile and the introduction of many important and needed changes by His Holiness the Great 14th Dalai Lama, particularly in making the availability of these cultural studies to lay people, we began to have lay practitioners, both male and female, in the field of Tibetan Astro-Science.

As mentioned above, Astro-Science practitioners are referred for all the major significant life events, like birth, marriage, serious health concerns, death, and so forth, in Tibet. These references are made not only to know the implications and consequences but also to understand the event in a broader aspect. In the case of birth, casting a birth chart is not only a common traditional practice but also has tangible advantages. From my own experience, I can see that having the birth chart made as early as possible, right after the

birth of the newborn, enables the family to perform antidotes and also understand the scenario more thoroughly, which at times results in helping the family to prevent or in many cases, lessen the effects of adversaries. As it is often said, it is not just the magnitude of the problem but rather our preparation for it that defines its impact on our lives.

Time and space enjoy equally important roles in the Tibetan Astro-Science domain. One common practice among Tibetans is to seek auspicious times and favorable directions to begin any important thing, whether it is spiritual, temporal, or mundane events. Near the end of each year, a detailed almanac for the following year is produced (only available in the Tibetan language for now) that presents a general forecast of the coming new year, the planetary movements, eclipse information, lunisolar dates, weather forecast, positions of harmful earth-lords, nagas, and other influences, etc. These also help the general populace in their preparation for the upcoming year.

### **Relation with Tibetan Medicine**

Another information feature of Tibetan Astro-Science is the relation it enjoys with the other cultural studies of Tibet, and in particular with Tibetan Medicine. Owing to this, our institute 'Tibetan Medical and Astro Institute,' established by H.H. the Great 13th Dalai Lama in Tibet in 1916 and

re-established by H.H. the Great 14th Dalai Lama in India in 1961, houses both practices of Tibetan Astro-Science and Tibetan Medicine. It is a common saying that to be a good Tibetan Astro-Science practitioner; one needs to possess a foundational understanding of Tibetan Medicine and vice versa. In my case, the understanding and knowledge of Tibetan medicine have provided significant help in the practice. Astro-Science decodes the changes in the external environment, and Medicine decodes the changes in our internal body, and it is indeed the key to knowing the balancing of two to keep oneself in a state of wellness.

### **The Difference from other Astrological Systems**

This intrinsic connection that Tibetan Astro-Science enjoys with Tibetan Medicine, both in theory and practice, is also a feature that distinguishes it from other forms of Astrology available around the world. In terms of analyzing the celestial bodies, though we all look into the same Sun, Moon, and the stars, but the difference is with the philosophy and understanding we attached to it. In our practice, the role played by Tibetan Buddhism is highlighted in many ways. From my practice, I felt quite certain about the belief that Tibetan Astro-Science was taught primarily to help people overcome adversaries that hinder them from their spiritual path toward enlightenment. Owing to this

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# Universal Ethics as Envisioned by his Holiness The XIV Dalai Lama

*"While educating the minds of our youth we should not forget to educate their hearts. Education is the proper way to promote compassion and tolerance in society. Compassion and peace of mind bring a sense of confidence that reduces stress and anxiety, whereas anger and hatred come from frustration and undermine our sense of trust. Because of ignorance, many of our problems are our own creation. Education, however, is the instrument that increases our ability to employ our own intelligence."* - His Holiness The Dalai Lama

by Anshu Sahi



Anshu Sahi  
with Team Ayurgyan nyas

His Holiness The XIV Dalai Lama's approach to secular or universal ethics truly resonates with the idea that fundamental human values transcend religious boundaries. By highlighting virtues like honesty, gratitude, patience, tolerance, respect, compassion, and inclusivity, he underscores how these universal principles can unite us all, regardless of our beliefs. His books, "Beyond Religion," "Ethics for the New Millennium," and "The Art of Happiness," indeed delve deeper into these concepts, providing a comprehensive framework for living an ethically enriched life.

His Holiness The XIV Dalai Lama's interpretation of secularism is deeply inclusive. It respects all faiths and adheres to impartiality, fostering a sense of unity among diverse beliefs.

By integrating both religious and non-religious values, he envisions an ethical framework that everyone can embrace, irrespective of their spiritual or atheistic backgrounds. This approach promotes harmony and understanding, allowing diverse perspectives to coexist and flourish together.

The Dalai Lama emphasizes that a truly universal ethics must be based on two fundamental principles: shared humanity and interdependence. This approach, according to him, acknowledges the diversity of religious beliefs and social morals worldwide while fostering a way of thinking, relating, and being that

includes everyone. This inclusive approach not only respects the diversity of beliefs but also promotes a deep sense of compassion and interconnectedness.

AyurGyan Nyas was established in 2014 and plays a pivotal role in disseminating His Holiness The Dalai Lama's vision of universal ethics. By fostering educational initiatives in schools, higher education institutions, professional spaces and community outreach programs, the organization emphasizes the importance of compassion, responsibility, and ethical mindfulness. Their efforts bridge traditional wisdom with contemporary



His Holiness Dalai Lama with NGO secretary on his right at the event of Ayur Gyan Nyas



understanding, creating an inclusive platform for ethical development. Through the Universal Ethics Education curriculum, AyurGyan Nyas is cultivating a culture of integrity and moral values, aligning closely with the Dalai Lama's teachings.

In today's rapidly evolving and complex world, children and young people require the right tools to cope with adversity, manage their emotions effectively, build positive relationships and make responsible choices. These vital aspects have remained largely unrecognised in the Indian Education System.

Research studies have highlighted the importance of Social and Emotional Learning (SEL) to further influence an individual's achievements and outcomes. This includes the level of education that students achieve, their academic progress while they are in school, their pathways beyond education including entry into the labour market, and future earnings (INEE, 2016; Brunello and Schlotter, 2010; Caspi, 1998; Dercon and Krishnan, 2009).

AGN's Universal Ethics Curriculum (UEE), which weaves together the principles

of Social and Emotional learning (SEL) with ethical and moral values is customized, activity-driven curricula and workshops are specifically tailored and contextualized for the Indian subcontinent, catering to different stakeholders.

The key feature of developing the UEE curriculum is to nurture both the cognitive and emotional aspects of the mind. Emotionally intelligent behavior is reflected in the ability to think constructively, reflect thoughtfully and behave wisely. In contrast, impulsive, self-directed behavior often overlooks the impact it has on



oneself and others. UEE guides individuals in regulating and expressing emotions in healthy ways whilst harmonising the cognitive and emotional aspects of mind.

AGN's framework is designed towards making young individuals into sensitive, responsible and ethical citizens by nurturing a deep understanding and practical application of Universal Ethics Education (UEE). Our curriculum helps students and young individuals regulate their emotions and behaviour, ultimately making them happier, healthier, academically

competent and more adept in facing the challenges of the modern world.

Our framework follows a flexible, context-driven approach to curriculum design and implementation, adapting it to diverse community settings and incorporating both sequential and modular approaches to learning. To understand the efficacy of the intervention and the change UEE aspires to bring, we prioritize Monitoring and evaluation and accordingly adapt our strategies for greater effectiveness.

"When educating the minds of our youth, we must not forget to educate their hearts" Dalai Lama

Keeping the above quote as our guiding spirit, AGN have been working tirelessly from the last ten years towards spreading the Universal Ethics vision of H.H. the Dalai Lama to as many people as possible. To achieve this we are working with schools, with children in vulnerable settings, higher education Institutes, engaging with communities which can create more inclusive, supportive, and equitable environments for all members, especially those who are most vulnerable.





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No, no. Whenever we get the opportunity to meet high-level officials, we put forward our apprehensions and request them to keep our tradition and system as it is. So far, they have been very kind. The colleges, the curriculum—everything is within our system right now. We hope this trend continues, as any interference would be a great loss for humanity. The Spirit of Tibet is surviving because people know about the Tibetan Medical Institute.

**Q. Maintaining Tibetan heritage is indeed crucial. Is this one of your long-term goals for Men-Tsee-Khang?**

Absolutely. The ultimate goal is to do something for the community. The culture and teachings of Lord Buddha are meant for the benefit of sentient beings. We can't keep it locked away. Preserving and promoting Tibetan medicine and culture is one of our long-term goals.

**Q. And how do you plan to achieve these long-term goals?**

Our long-term goal is to sustain our institute, continue the work we're doing and strive for improvement. We aim to reach more people, providing benefits to as many as possible. Currently, we serve around 9 to 10 lakh people annually, but we are hopeful to extend our reach even further.

**Q. Are these numbers of people you're talking about within India or globally?**

Primarily in India. However, we do have patients from Russia, South America and other places. There are many states in India, such as Madhya Pradesh and Lucknow, where we don't have clinics yet. We hope to open clinics in these areas to reach more people. Our aim is not just for livelihood but to benefit humanity—a win-win situation.

**Q. That's inspiring. Lastly, can you share a memorable experience or a success story from your time at Men-Tsee-Khang?**

One of the success stories is that I was able to revamp the functioning of Men-Tsee-Khang. I updated several regulations and managed to bring the clinics to a break-even point. Additionally, we've held two successful conferences in Dharamshala to support and bring up younger doctors. Achieving these milestones in just two and a half years has been quite an accomplishment.

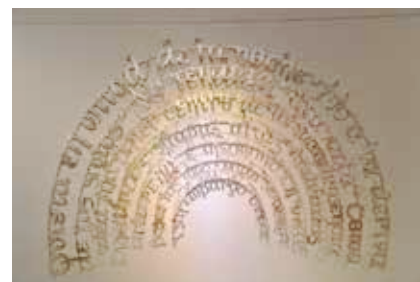
**That's wonderful to hear. How long is your tenure as Executive Director?**

It's a five-year term.

The Blue Moon Magazine wishes you all the best and congratulations. We extend our support and are always here to help reach out to more people.

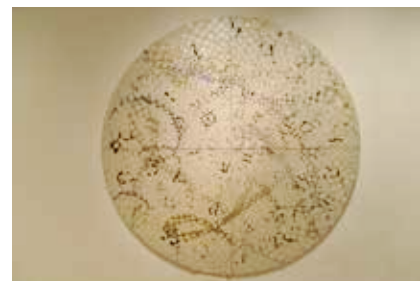
Thank you very much.

Continued from page 7



from amate paper weave a celestial narrative bu artist Irene Dubrovsky from Mexico. Rooted in pre-Hispanic tradition, this material pays homage to Mexico's rich cultural heritage. But there's more to this cosmic dance.

Imagine each amate page as a cosmic stage, where the Nataraja—the Lord of Dance—performs. His rhythmic movements echo the expansion and contraction of the Universe. As he dances, galaxies whirl, stars ignite, and black holes waltz. It's a fusion of art and spirituality, bridging ancient Indian wisdom with



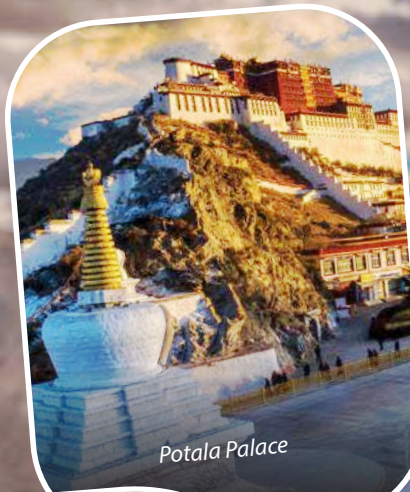
modern exploration.

Beyond the codices, our senses awaken. Installations pulse with sound and light, inviting us to join the cosmic ballet. Irene Dubrovsky, the artist, channels the Nataraja's energy, mapping celestial pathways through her paintings and installations.





Monk Debates



Potala Palace



Tibetan Textile Arts



Men-Tsee-Khang Medical and Astro Institute



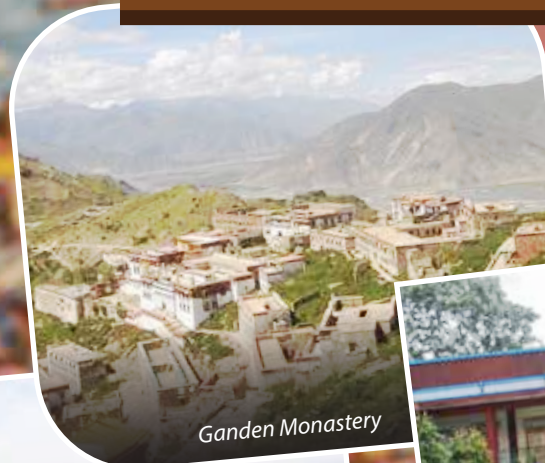
Yarlung Tsangpo Valley

# Tibet

## A Visual Journey Through Beauty & Heritage



Barkhor Bazaar



Ganden Monastery



Turquoise Yamdrok Lake



Namtso Lake



Tibetan Community



Continued from page 12

reality, I sometimes find our explanation less explicit than others, but the antidotes and remedial measures available in our subject are resourcefully sufficient.

I believe the forecast — be it with the birth chart or divination — is never a fixed thing. I usually prefer to explain that the birth chart is more like a map that can be updated with your course of body, speech, and mind actions. His Holiness beautifully puts it this way: “Karma means action, and action brings change.” True to the foundational meaning pinned in the Buddhist philosophy, as much Tibetan Astro-Science tells you about the future, with your actions, things can be bettered or even worsened at times.

In my understanding, this flexibility of getting to know the adversaries in the years ahead and the light of hopefulness that we can do things to somehow alter them is what gives me more freedom and even serves as motivation to do something needful in my day-to-day life. Speaking of the comparison between how our system of Astro-Science is practiced then and now, I believe though many things have remained the same, surely there must have come changes in the presentation to cater to the need of time.

### **The conclusion**

In contemporary times, as we are bubbled with the toxicity and complexity akin to what

Buddhists identify as the coming of destructive eons, and the present time itself embarking on the journey of the degenerative phase where the so-called three mental poisons — attachment, anger, and delusions — are ever more raw and available in our day-to-day life, it is natural that our physical, mental, and emotional health is to be disturbed every now and then. However, on a more positive note, it is explained in the Buddhist texts that goodness and spirituality exercised in such times will result ever more graciously. At such a time, I find the role of Tibetan Astro-Science as a tool to help best understand yourself so that you can seek a better understanding of the complications and identification of the opportunities to be of ever more importance.

## **Germany's Scholz Travels to India A Strategic Move or Mere Symbolism?**

*by the Correspondent*

German Chancellor Olaf Scholz made a significant diplomatic visit to India to strengthen bilateral ties. This visit, set against the backdrop of Germany's efforts to diversify its economic dependencies from China, underscores the growing importance of India in the global economic landscape. The discussions between Chancellor Scholz and Indian Prime Minister Narendra Modi focused on economic

cooperation and facilitating skilled migration, with Germany planning to increase skilled work visas for Indians from approximately 20,000 to 90,000 per year.

Germany's pivot towards India is a strategic move to mitigate the risks associated with its heavy reliance on the Chinese economy. By bolstering economic ties with India, Germany aims to create a more balanced and resilient trade network. However, this shift raises concerns about over-reliance on another large economy. Diversifying economic dependencies should involve engaging with multiple emerging markets to ensure a broader distribution of trade partnerships. Relying too heavily on India could expose Germany to similar vulnerabilities it seeks to avoid with China.

The expansion of skilled work visas for Indians is a noteworthy aspect of Scholz's visit. This initiative aims to address labor shortages in Germany while providing opportunities for skilled Indian workers. However, this development must be approached with caution to prevent potential brain drain from India. Ensuring that the migration policies are mutually beneficial with safeguards in place to protect the rights and welfare of the workers is crucial. Both nations need to collaborate on creating pathways that foster skill development and knowledge exchange ensuring long-term benefits for both economies.

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# RCEP and India's Economic Future

## A Double-Edged Sword?

*Weighing the Potential Gains and Risks of Rejoining the Regional Trade Pact*

*by the Correspondent*

The World Bank has recently urged India to reconsider its stance on joining the Regional Comprehensive Economic Partnership (RCEP). The report suggests that rejoining the RCEP could significantly boost India's income and exports, particularly in sectors like computing, finance and marketing. While the potential benefits are enticing, it is essential to critically analyze the implications of such a move.

India initially withdrew from the RCEP negotiations in 2019 due to concerns over trade imbalances, especially with China and safeguarding domestic industries. These concerns remain relevant today. Opening up India's borders to goods from other member countries could lead to increased competition for domestic industries, potentially resulting in trade deficits and harming local businesses.

The World Bank's report highlights the benefits of rejoining the RCEP, such as slashing tariffs by about 90% on goods traded with other member nations over the next two decades. This could lead to cheaper imports, reducing costs for businesses that rely on goods and parts from abroad and ultimately translating to lower prices for consumers. However, this also means that

domestic industries will face stiffer competition from foreign imports, which could be detrimental in the long run.

On the positive side, rejoining the RCEP could help India inch closer to its ambitious \$1 trillion export target by 2030. The RCEP nations comprise 30% of the global population, providing Indian businesses with access to a much larger market. Additionally, the FTA ensures that Indian businesses operating in different member countries won't have to navigate complex cross-border trade regulations.

However, the question remains whether the Indian economy, particularly its small and medium-sized enterprises (SMEs), is ready to withstand the competition posed by goods from other RCEP member countries. Critics argue that the benefits of rejoining the RCEP may not be evenly distributed across all sectors of the economy and some industries may suffer as a result.

Moreover, the geopolitical dynamics cannot be ignored. India's relationship with China has been strained and rejoining an economic pact that includes China could have broader implications for India's strategic interests. Balancing economic benefits with national security concerns will be a critical aspect of this decision.

In conclusion, while the World

Bank's report presents a compelling case for India to reconsider joining the RCEP, it is essential to weigh the potential economic benefits against the risks and challenges. A careful evaluation of the long-term implications and a strategic approach will be crucial in making an informed decision that aligns with India's economic goals and national interests.

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High-profile visits and agreements often serve as symbolic gestures of commitment. However, the true measure of success lies in the practical implementation of agreed policies and projects. Past bilateral agreements between nations have often faced delays, political hurdles and bureaucratic challenges. Establishing robust mechanisms for monitoring and evaluating the progress of these initiatives will be essential to translate symbolic gestures into substantial outcomes.

Chancellor Olaf Scholz's visit to India is a promising development, but its true impact will be determined by the practical actions taken in the aftermath. Both nations must work collaboratively to ensure that the potential benefits are realized, fostering a relationship that is both strategically sound and economically beneficial.

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**Denis Manturov**

Russia's First Deputy Prime Minister

## DIVERSE DIALOGUES

FROM TALENT  
TO  
TRADE



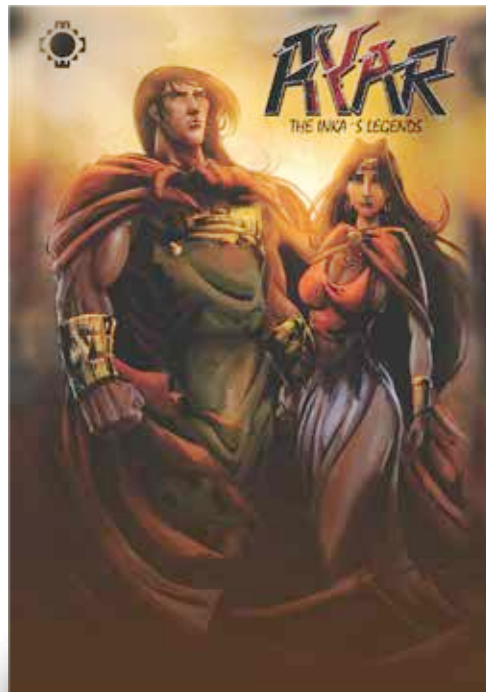
**Abhay K**

Ambassador, Poet and Artist

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our Publication Celebrates the Rich Tapestry of  
Global Cultures





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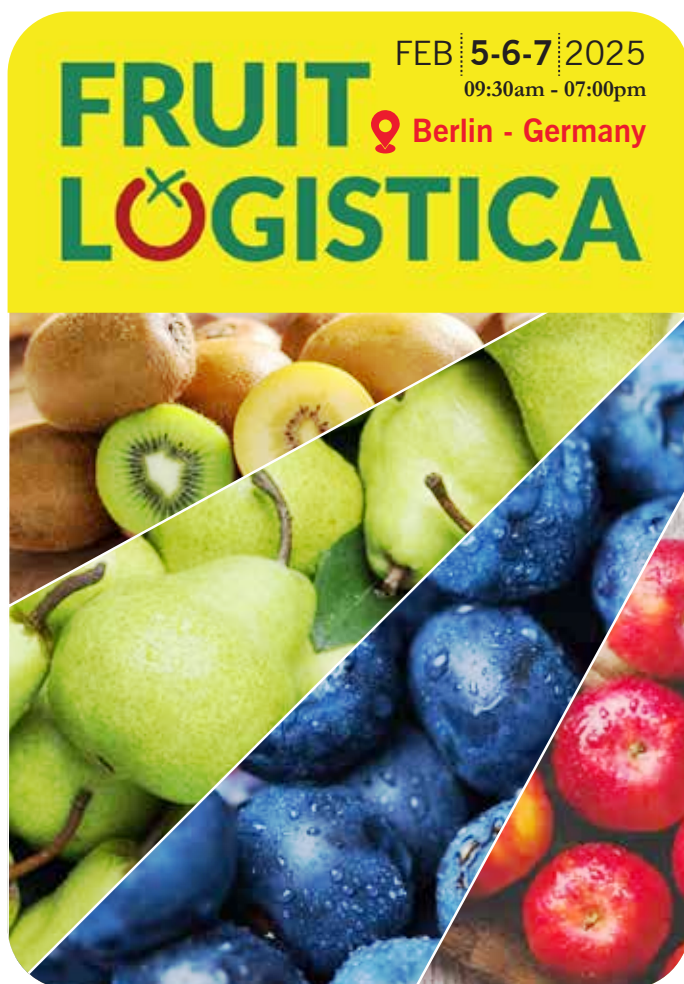
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**Published & Printed by**  
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# Diverse Dialogue

## Bridging Cultures, Fostering Understanding

*Celebrating the Power of Conversation in Creating a Harmonious World*

In an increasingly interconnected world, the importance of dialogue across diverse cultures has never been more crucial. Our cover theme, "Diverse Dialogue," celebrates the richness of human experience and the power of conversation in bridging cultural divides, fostering understanding and promoting global harmony.

Dialogue is not merely the exchange of words; it is the meeting of minds and hearts. It is through open, respectful conversations that we can appreciate the unique perspectives and traditions that each culture brings to the table. Diverse dialogue encourages us to step outside our comfort zones, challenge our preconceived notions and embrace the richness of our global tapestry.

The global landscape is marked by a complex interplay of cultures, ideologies and identities. In such a world, diverse dialogue serves as a beacon of hope, guiding us toward mutual respect and shared understanding. It enables us to celebrate our differences while recognizing our common humanity. Through meaningful conversations, we can address pressing issues, find common ground and work collaboratively towards a better future.

Our edition delves into the transformative power of dialogue across various dimensions—cultural, social, political and economic. We explore stories of individuals and communities who have harnessed the power of dialogue to bridge divides, create inclusive spaces and drive positive change. From diplomatic negotiations to grassroots initiatives, these narratives highlight the impact of diverse dialogue in shaping a more inclusive and harmonious world.

We also examine the role of technology in facilitating dialogue across borders. In a digital age, virtual platforms have become essential tools for connecting people from different cultures and backgrounds. These platforms provide opportunities for cross-cultural exchange, enabling us to learn from one another and foster global solidarity.

As we navigate the challenges of the 21st century, it is imperative that we prioritize dialogue that is inclusive, empathetic and constructive. Diverse dialogue is not just a tool for communication; it is a catalyst for change. It empowers us to address global challenges, from climate change to social justice, with a collective mindset.

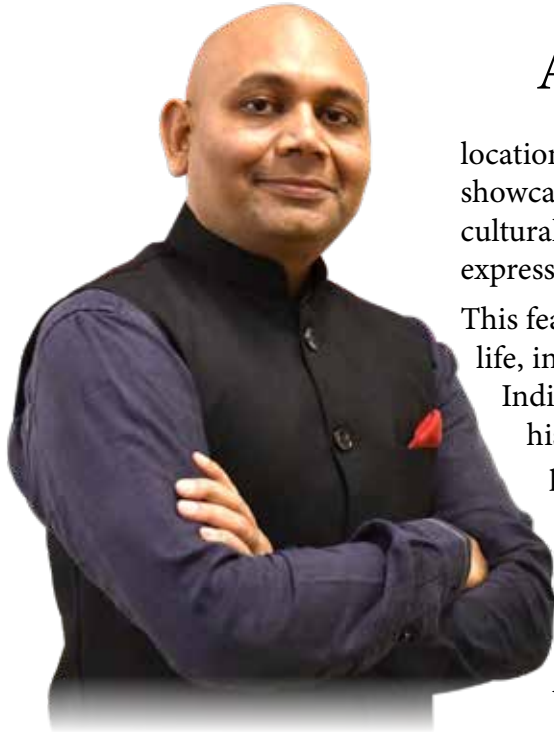
Our cover theme, "Diverse Dialogue," is a celebration of the human spirit's resilience and capacity for understanding. It is a call to action for each of us to engage in conversations that uplift, unite and inspire. Through diverse dialogue, we can build bridges, break down barriers and create a world where every voice is heard, valued and respected.

# Diplomatic and Artistic Odyssey

## The Multifaceted Journey of Abhay Kumar

*From Moscow to Madagascar, explore the intersection of diplomacy and creativity through the work of poet and artist **Abhay K.** highlighting his contributions and insights as he connects different worlds and crafts narratives that resonate globally.*

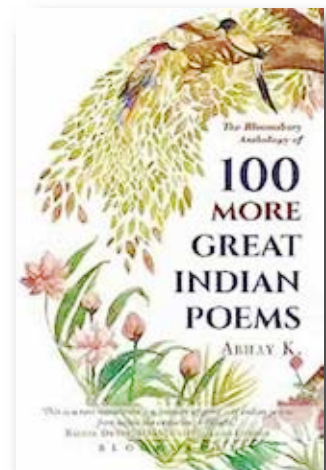
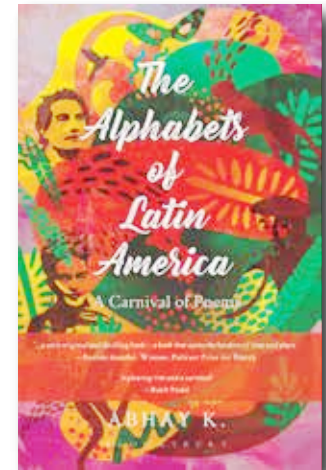
by Jjuliaa Gangwani



### Abhay K

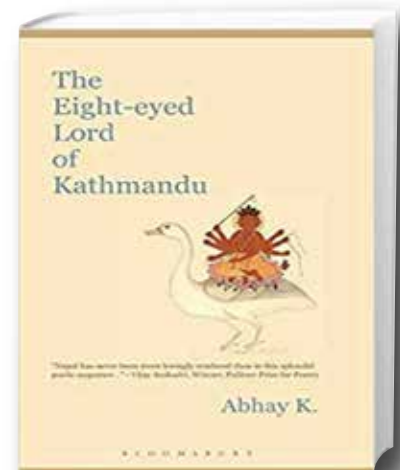
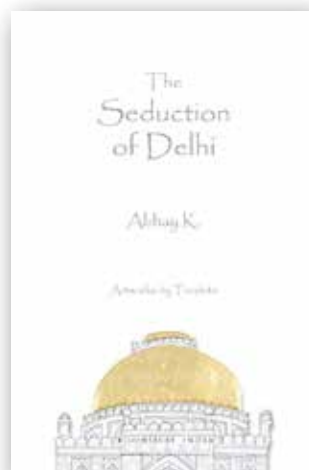
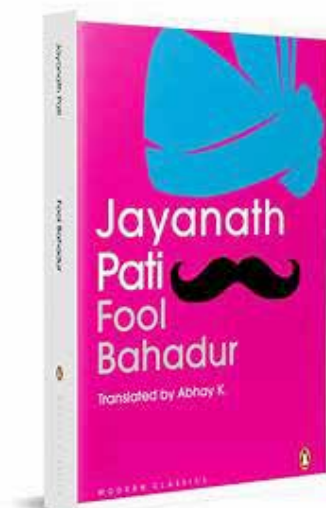
locations, Kumar's journey showcases the significance of cultural exchange and creative expression.

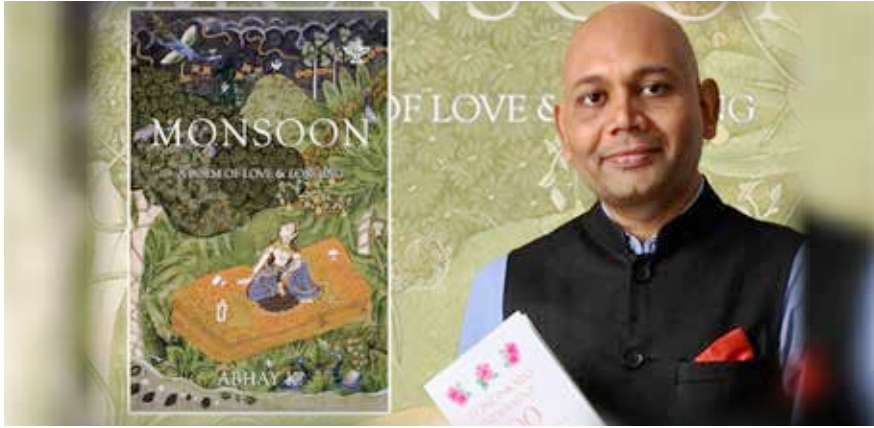
This feature examines Kumar's life, including his efforts in India's digital diplomacy and his poetry that reflects the places he has lived. It explores how his artistic pursuits complement his diplomatic work, creating a synergy between the two fields.



Abhay K., a diplomat, artist and poet, operates at the confluence of art and diplomacy, sharing stories across borders. With a career starting in Moscow and extending to Nepal, Brazil, Madagascar and other

Kumar's diplomatic career began in 2005 when he joined the Indian Foreign Service and was posted to Moscow, where he learned Russian and studied Russian literature. He has served in various countries, influencing his worldview and creative expression. Over two





decades, Kumar has merged his roles as a diplomat, artist and poet.

As a pioneer in India's digital diplomacy, Kumar initiated the first tweet from the Ministry of External Affairs, marking a new era where social media became a crucial tool in modern diplomacy. His approach has highlighted Indian diplomacy's engagement on social media platforms, allowing real-time communication with global audiences.

Kumar's poetry often reflects his connection with the places he has lived, such as "The Seduction of Delhi," "The Eight-Eyed Lord of Kathmandu," "The Alphabets of Latin America," "The Prophecy of Brasillia," and "The Magic of Madagascar." Writing about poets from other countries, Kumar engages in a dialogue that transcends geographical boundaries, making his poetry books a literary travelogue.

His anthology, "100 Great Indian Poems," showcases Indian poetry from 28 languages, translated into English and further into languages like Portuguese, Spanish, Italian and French.

The anthology has introduced Indian poetry to a global audience, highlighting India's literary heritage.

The concept of Sunyata or emptiness, influenced Kumar's artistic journey. This philosophical idea in Indian traditions and Buddhism inspired his exhibition "Sunyata," featuring paintings that transform as one approaches them. His paintings have been displayed in venues like the Bihar Museum and the Alliance Française's Roman Rolland Art Gallery in New Delhi.

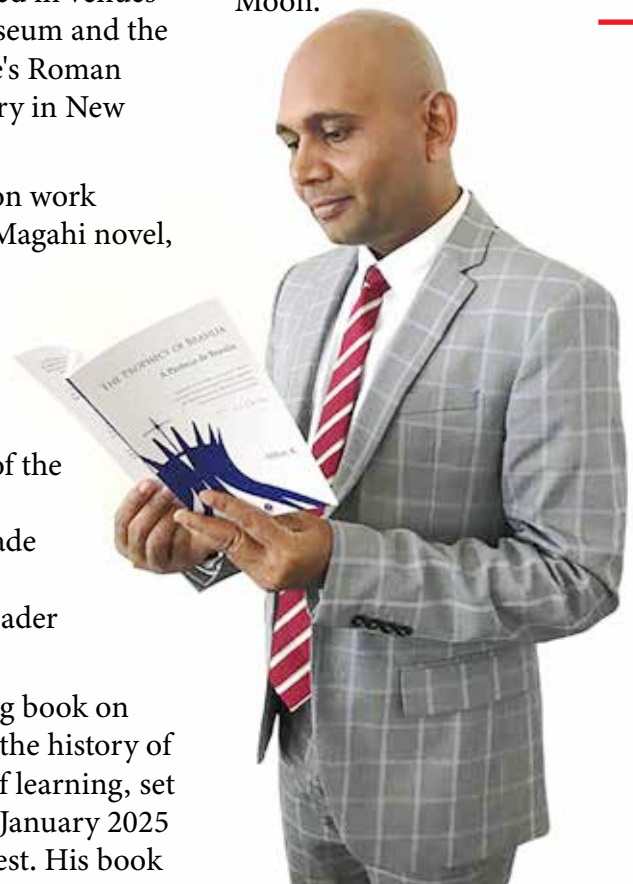
Kumar's translation work includes the first Magahi novel, "Phool Bahadur," which he translated into English, preserving the cultural nuances of the original text. This translation has made Magahi literature accessible to a broader audience.

Kumar's upcoming book on Nalanda explores the history of this ancient seat of learning, set to be launched in January 2025 at the Jaipur Lit Fest. His book

"In Light of Africa" will introduce readers to Africa's cultural diversity and is expected to be published next year.

Balancing his roles as a diplomat, artist, poet and editor, Kumar finds that creativity and diplomacy complement each other. He advises young diplomats, poets and artists to follow their passions and immerse themselves in existing work.

Abhay Kumar's contribution to literature and diplomacy highlights his multifaceted career. The Blue Moon Magazine features his journey and anticipates more discussions. His Moon Anthem, promoting unity and environmental care, will be recited at an upcoming diplomatic event of The Blue Moon.





# High-Level Talks Aim to Diversify Trade Between Russia and India

*Russia's First Deputy Prime Minister Denis Manturov participated in the Russian-Indian Business Forum, which took place ahead of the 25th Session of the Intergovernmental Russian-Indian Commission on Trade, Economic, Scientific, Technical, and Cultural Cooperation. Manturov and India's External Affairs Minister Dr. S. Jaishankar engaged with representatives from Russian and Indian businesses, highlighting the strengthening bilateral relations despite external economic pressures.*

*by the Correspondent*



## Narendra Modi

Manturov met with India's Prime Minister Narendra Modi to discuss the implementation of agreements from the 16th BRICS Summit in Kazan. The discussions focused on enhancing trade, economic, investment, energy and industrial cooperation between the two nations.

## 25th Session of the Intergovernmental Russian-Indian Commission

Manturov and Dr. Jaishankar co-chaired the 25th Session of the Intergovernmental Russian-Indian Commission in New Delhi. Over the past five years, mutual trade volume has grown more than fivefold, with a 9% increase in the first eight months of this year. The session aimed to expand the range of

Russia's First Deputy Prime Minister Denis Manturov participated in the Russian-Indian Business Forum, which took place ahead of the 25th Session of the Intergovernmental Russian-Indian Commission on Trade, Economic, Scientific, Technical and Cultural Cooperation. Manturov and India's External Affairs Minister Dr. S. Jaishankar engaged with representatives from Russian and Indian businesses, highlighting the strengthening of bilateral relations despite external economic pressures.

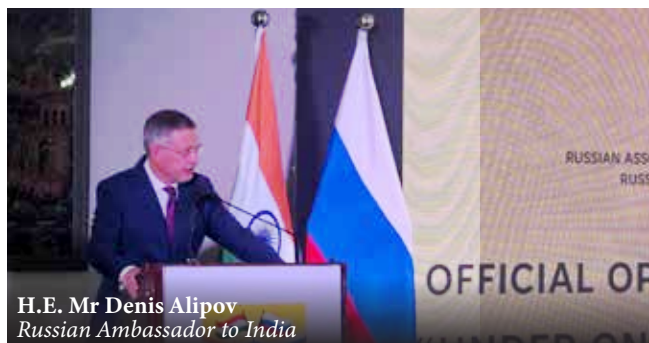
Manturov underscored the record trade turnover achieved last year and expressed optimism for surpassing this milestone. He emphasized diversifying trade structures to

include high-tech products, aligning with Russia's technological sovereignty goals and India's "Make in India" program. Key areas of technological development in Russia include the transport industry, nuclear sector, healthcare, agriculture, and space services.

## Meeting with Prime Minister



(center) Dr. S. Jaishankar, External Affairs Minister, Govt. of India at India Russia Business Forum



H.E. Mr Denis Alipov  
Russian Ambassador to India



goods traded and reduce trade imbalances, focusing on concluding a free trade agreement between the EAEU and India and enhancing cooperation between Russian and Indian banks.

Manturov stressed the importance of expanding direct air traffic, developing the route network and resuming flights of Indian air carriers. The meeting also highlighted bilateral cooperation in energy, engine building, microelectronics, chemistry, metallurgy, digital technologies, railway engineering and space

exploration. Humanitarian cooperation, particularly in higher education, was also discussed, with a focus on simplifying the mutual recognition of educational documents and academic degrees.

#### **Meeting with Finance Minister Nirmala Sitharaman**

During his visit, Manturov met with India's Finance Minister Nirmala Sitharaman to discuss interbank and credit-financial cooperation and the prospects for an intergovernmental agreement on the promotion

and mutual protection of investments.

#### **Conclusion**

The series of meetings and discussions during Manturov's visit to India reflect the strengthening of Russia-India relations and the commitment to furthering cooperation across various sectors. The final protocol of the 25th Session of the Russian-Indian Intergovernmental Commission was signed, marking a significant step forward in the bilateral partnership.



Denis Manturov, First Deputy Prime Minister of Russia

Dr. S. Jaishankar, External Affairs Minister of India



# Recent Diplomatic Endeavors Bear Fruit

## Russian Business Center Opens in New Delhi

New Delhi, November 12 - Following the recent visit of Russia's Deputy Prime Minister, Denis Manturov, to India, the inauguration of the Russian Business Center marks a milestone in Indo-Russian economic collaboration. This joint initiative by the Business Council for Cooperation with India and Synergy Corporation promises to be a pivotal platform for Russian manufacturers. With the presence of notable figures like Sergey Cheremin, Minister of the Moscow Government, the Center is set to enhance trade relations by showcasing innovations and providing essential market support.





# Fruit Attraction 2024

## Record-Breaking Success or Missed Opportunity?

*by the Correspondent*

**F**ruit Attraction 2024, held from October 8-10 in Madrid, achieved an all-time high in participation with 117,370 professionals from 145 countries, a 13% increase from the previous year. Organized by IFEMA MADRID and FEPEX, the event featured 2,201 exhibitors from 59 countries, covering 70,254 net square meters across 10 halls.

While the fair's growth and international reach are commendable, questions arise about its long-term impact. The increased participation of Spanish production centers, occupying 55% of the exhibition space, underscores the national significance. However, the reliance on international exhibitors, who accounted for 45% of the total occupancy, raises concerns about the sustainability of local businesses.

Innovative features like the Innova&Tech area and the Innovation Hub showcased advancements, but their practical application in driving industry-wide improvements remains uncertain. The

International Guest Programme and Guest Importing Countries initiative expanded global business opportunities, yet the true measure of success will depend on the tangible outcomes and lasting industry advancements inspired by the event.

## India's Growing Appetite for Fresh Fruit Imports Boon or Burden?

*by the Correspondent*

**I**ndia's fresh fruit import market has been flourishing, reaching an all-time high with an import value exceeding 143 billion Indian rupees in 2024. This surge underscores the country's increasing demand for diverse fruit varieties, driven by changing consumer preferences and lifestyle shifts.

India's unique climate and agricultural landscape enable the production of a vast array of fresh fruits, such as mangoes, grapes, apples, and avocados. However, despite its rich agricultural base, the growing reliance on imported fruits highlights a concerning trend. The burgeoning import market signifies a potential shift away from supporting local farmers and home-grown produce.

Key export destinations for Indian fruits include Bangladesh, UAE, and the

Netherlands, showcasing the country's global reach. However, the increase in imports raises questions about the sustainability and long-term impact on the domestic agricultural sector. While imported fruits cater to the demands of health-conscious and affluent consumers, they may inadvertently harm local fruit producers who struggle to compete with the influx of foreign varieties.

Moreover, the reliance on imports could pose risks related to supply chain disruptions, fluctuating international prices, and quality control issues. For Indian importers, the challenge lies in balancing the demand for exotic fruits with the need to support and promote local agriculture. By leveraging advanced farming techniques and innovative practices, India can enhance local production and reduce import dependency.

While India's fresh fruit import market presents lucrative opportunities for importers, it also calls for a strategic approach to ensure the sustainability of the domestic agricultural sector. By fostering a balanced trade policy that promotes local produce alongside imports, India can achieve a harmonious blend of growth and sustainability in its fresh fruit market.

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