INDIA AND MYANMAR COMMENCE INAUGURAL TRI-SERVICES JOINT HADR EXERCISE 'RAHAT MITRA'

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India and Myanmar commenced the **maiden** bilateral Tri-Services Humanitarian Assistance and Disaster Relief (HADR) exercise, '*RAHAT MITRA*', at **Chennai on 05 Nov 2026**. The exercise is being conducted from **05 to 06 Nov 2026**.

Centred on the theme '***Together for Humanity, Stronger through Partnership***', the exercise aims to strengthen bilateral cooperation, foster mutual trust and enhance coordination between the Defence Forces of both nations.

The inaugural exercise provides an important platform for the Indian and Myanmar Defence Forces to engage in professional exchanges, share experiences and enhance interoperability in Humanitarian Assistance and Disaster Relief operations. It brings together more than 300 personnel from all three services of both countries, reflecting their shared commitment to humanitarian cooperation and regional disaster response.

Coordinated under the aegis of the Indian Navy, Exercise *RAHAT MITRA* marks an important step towards further strengthening defence cooperation and the longstanding bilateral relationship between India and Myanmar.

The exercise reflects India's commitment to its ***'Neighbourhood First'*** policy and the strategic vision of ***MAHASAGAR*** **(Mutual and Holistic Advancement for Security and Growth Across Regions).** It will also reinforce the shared resolve of both nations to uphold peace and stability and provide humanitarian assistance during times of crisis.


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