



BHARAT DARSHAN

MONTHLY NEWSLETTER BY EMBASSY OF INDIA, LUANDA



MAR-APR 2023



From the Desk of the Ambassador

Dear readers,

We are pleased to present the 28th edition of our newsletter 'Bharat Darshan' which covers Embassy's activities for the month of March and April 2023. It was a period of different initiatives including the festival of colors – Holi, which marks the onset of spring in India. It is very important that we take care of our nature and environment and make efforts to prevent climate change so that our future generations could enjoy the beautiful cycles of nature with same enthusiasm. We also organized several activities to celebrate the month dedicated to the women of the world and celebrated 8th March with great fervour. The objective of all these programme was to sensitize the society about the prevalent gender biases and encourage them to make sincere efforts for the women empowerment. Angola is a beautiful country with diverse nature and economic potential. During this period I visited the regions of Cabinda and Cuanza Sul and met the Governors of the respective regions. In this month we are introducing the state of Himachal Pradesh- the state endowed with the immense natural beauty.

We thank Mrs Pallavi Redkar for providing us the recipe of 'Aktori / Himachali Millet Pancake'. We have provided information on two yogasanas 'Hasta-Padasan' & 'Vakrasana' Mrs Manisha Chitnis '(http://www.instagram.com/_young.again) to keep you fit and healthy along with Ayush tips. Your suggestions, comments and feedback are welcome. Each newsletter will also be posted on our website (www.indembangola.gov.in) Facebook page (@indiainangola2019) Twitter (@IndiainAngola) and Instagram (@india_in_angola).

Best regards,

Pratibha Parkar
Ambassador of India to Angola



IYOM2023

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IMPORTANT EVENTS/ ENGAGEMENTS IN MAR-APR 2023



PM's address at One Earth One Health –

PM addresses for One Earth One Health via video message on April 26, 2023. Addressing the gathering, the Prime Minister extended a warm welcome to the Health Ministers from across the world, and delegates from West Asia, SAARC, ASEAN and the African regions.

Underlining India's strength when it comes to holistic healthcare, the Prime Minister acknowledged India's talent, technology, track record and tradition.



Prime Minister, Shri Narendra Modi PM inaugurates ITU Area Office & Innovation Centre, in New Delhi on March 22, 2023. The Prime Minister also unveiled the Bharat 6G Vision Document and launched the 6G R&D Test Bed. He also launched the 'Call before u Dig' App. ITU is the United Nations' specialized agency for information and communication technologies (ICTs).

India signed a Host Country Agreement in March 2022 with ITU for the establishment of Area Office. It will serve India, Nepal, Bhutan, Bangladesh, Sri Lanka, Maldives, Afghanistan and Iran, enhancing coordination among nations and fostering mutually beneficial economic cooperation in the region.

PM addressing at the International Conference on Disaster Resilient Infrastructure via video message on April 4, 2023. The Prime Minister said that CDRI arose from a global vision that in a closely connected world, the impact of disasters will not just be local. Therefore, "our response has to be integrated not isolated"



The Prime Minister outlined some priorities for discussion for disaster resilience infrastructure in the context of this year's theme of 'Delivering Resilient and Inclusive Infrastructure'.

PM addresses the meeting of Foreign Ministers of G20 via video message on March 2, 2023. Addressing the gathering, the Prime Minister underlined why India chose the theme of 'One Earth, One Family, One Future' for its G20 Presidency. He explained that it signals the need for unity of purpose as well as the unity of action. He expressed the belief that today's meeting will reflect the spirit of coming together for achieving common and concrete objectives.



INDIAN ECONOMY

Automobile



India became the 4th largest vehicle market in the world, with a fast-growing domestic as well as export market.

Overview

India's annual production of automobiles in FY21 was 22.65 million vehicles, and 13 million vehicles were produced between April-October 2021.

- ◆ **World's largest** Manufacturer of two-wheelers and three-wheelers in the world
- ◆ **7.1%** Contribution to GDP
- ◆ **8%** Contribution to total exports of the country
- ◆ **US\$ 222 bn** Value of India's automotive industry

Strengths

- ◆ **US\$ 33.77 bn** Foreign investment received between April 2000 to September 2022.
- ◆ **NATRAX** - Asia's longest high-speed track and the fifth-largest in the world
- ◆ **37mn** Indians employed, directly and indirectly, by the auto industry.
- ◆ **100%** FDI permitted through an automatic route in the auto industry.
- ◆ **5X** hike in exports targeted by the Indian auto sector in the coming years.

Investment Opportunities

- 🚗 **Manufacturing** - India's high-margin and high-quality production capacity is attracting investors.
- 🚗 **Renewable energy** - India is one of the most active markets for e-vehicles, drawing foreign interests
- 🚗 **Export Market** - As many as five auto hubs across India to be further developed to increase export.
- 🚗 **R&D** - India's research and academic institutions are leading activity in disruptive mobility solutions.

INDIAN ECONOMY

Govt announces measures for new Foreign Trade Policy (FTP)



- ◆ The new FTP aims to provide policy continuity and a responsive policy framework for promoting India's exports of goods and services
- ◆ The new FTP would be dynamic and responsive to the ever-changing trade scenario
- ◆ MSMEs are being guaranteed a fee reduction
- ◆ The country is expected to end this fiscal year with total exports of US\$ 760 billion
- ◆ FTP benefits will be extended to e-commerce exports, including an increase in the value limit from INR 500,000 to INR 1 million

India to invest in developing any vaccine within 100 days

- ◆ The Coalition of Epidemic Preparedness Innovations (Ind-CEPI) will enable institutions to create any type of vaccine within 100 days
- ◆ The program has been initiated by the Department of Biotechnology
- ◆ Other affiliated organizations are also setting up laboratories in various regions to allow for quick sample testing during epidemics without the need for approval
- ◆ India aims to amplify any call from CEPI internationally to support vaccine development against any circulating virus
- ◆ India has a proven track record in manufacturing generics and vaccines on a large scale



India's exports to reach US\$ 760-770 bn this fiscal



- ◆ In the previous fiscal year, India's merchandise and services exports amounted to US\$ 672 billion
- ◆ India is currently responsible for 1.8% of the world's merchandise trade
- ◆ The country is also responsible for 4% of global services trade
- ◆ The government is taking measures to increase these numbers to 10%
- ◆ India's economy is one of the fastest-growing in the world

CULTURE AND TOURISM

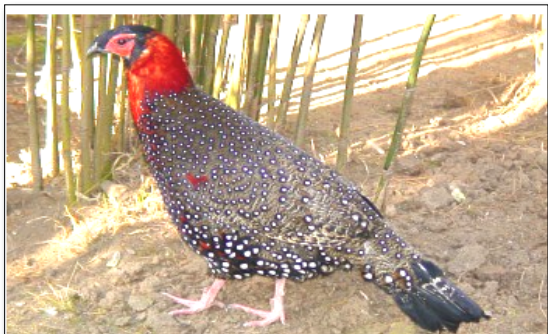
PLACE OF THE MONTH: HIMACHAL PRADESH



With stunning snowy peaks and rising and falling river valleys, Himachal Pradesh remains the most popular adventure holiday destination in India. This is definitely a place that lets you push your limits and partake in some heart pumping adventure activities, including trekking, climbing, rafting, paragliding and skiing. Travellers visit here to experience the untouched horizons, which are serene and spectacular. Himachal has been home to centuries-old Buddhist cultures, which can be seen in tiny villages sprinkled here.



Shimla, the state capital, is popular among tourists. The Kalka-Shimla Railway is a mountain railway which is a UNESCO World Heritage Site. Shimla is also a famous skiing attraction in India. Other popular hill stations include Manali, Kinnuar, Kasol, Parvati Valley, Chamba, Kullu, Kinnar Kailesh, and Kasauli. Dharamshala, home of the Dalai Lama, is known for its Tibetan monasteries and Buddhist temples.



In the highlands, stealthily the elusive snow leopard hunts blue sheep and in the last refuge of undisturbed western Himalayan habitat, at the Great Himalayan National Park, the rare but visually stunning western tragopan and monal pheasants find a protected shelter. Other animals that can be sighted in the wild include the ibex, wild yak, ghoral deer, musk deer, Himalayan black bear, brown bear, leopards and the Himalayan Thar.



Nurtured by centuries of tradition, the warm and hospitable people of Himachal Pradesh celebrate life in hosting a variety of fairs and festivals, be it with hope when spring is breaking out or by dancing and dining after the harvests bounty is done with. Many religious fairs like the Kullu Dussehra, Chamba's Minjar, Renuka ji Fair and Mandi Shivratri in recent years have gained much prominence.



Numerous forts, palaces, temples, monasteries and residences of heritage prominence are found all over the state of Himachal. The thousand year old Buddhist monastery of Tabo in Spiti with its fine wall-paintings and stucco statues has been declared a World Heritage Site by UNESCO. The village of Pragpur with its age-old and well preserved architecture and cobbled streets has been declared a 'Heritage village'.

ART FORMS OF STATE OF HIMACHAL PRADESH



Among arts and crafts that come out of Himachal Pradesh state in India are carpets, leather works, shawls, metalware, woodwork and paintings. Weaving, carving, painting, or chiselling is considered to be the part of the life of Himachalis. Himachal is well known for designing shawls, especially in Kullu. The architecture, objects, shops, museums, galleries and craftsmen charm with a variety perfected over time.



CHAMBA RUMAAL

The Chamba Rumal or Chamba handkerchief is an embroidered handicraft that was once promoted under the patronage of the former rulers of Chamba kingdom. It is a common item of gift during marriages with detailed patterns in bright and pleasing colour schemes. Known as a "needle wonder" Chamba Rumal is now made in square and rectangular shapes.



MINIATURE PAINTINGS

Pahari painting had two principal phases of development. The earlier phase that started from the mid-17th century is extraordinarily colourful with its primitive expression charged with vitality and emotional intensity. These early Pahari paintings can be distinguished by fish-shaped elongated eyes, oval faces, receding foreheads, round chins and prominent noses.



HIMACHALI CAP

Like a pagri, or the turban in other parts of India, the Himachali topi is a necessary fashion wear during marriages, festivals, religious functions, fairs and other local events. Traditionally, worn has a headgear to protect from the chilly winter winds, these colourful caps have percolated into cultural existence of the state to become the symbol of the state. There can't be better memento or gift that represents a state better than the Himachali Topi.

AKTORI / HIMACHALI MILLET PANCAKE



By Mrs. Pallavi
Redkar

Aktori is considered to have originated from the Lahaul-Sipti Valley, but it can be found in almost every part of Himachal Pradesh. This delectable sweet is typically prepared during festivities and celebratory events. Preparing this sweet dish is easy and hassle-free. It is made by mixing Himachali Millet - buckwheat in wheat flour and then pan fried to get a pancake like texture. Top the dish with honey and ghee and relish the sweet flavors straight from the mountains. It can be served for breakfast or as a tidbit. Time and again, it can be filled in as a side dish.

Prep Time: 5 mins

Cook Time: 15 mins

Total Time: 20 mins

Makes: 4-6 Servings

INGREDIENTES:



- ◆ Buckwheat Flour - 1 cup
- ◆ Wheat Flour - 1 cup
- ◆ Milk - 1/2 cup
- ◆ Water - 1/2 cup
- ◆ Baking Powder - 1 tsp
- ◆ Sugar - 4 tbsp
- ◆ Oil to fry

METHOD

- ◆ Add 1 cup whole wheat flour, 1 cup buckwheat flour, 4 tbsp sugar, 1 tsp baking powder and mix the dry ingredients together in a large mixing bowl.
- ◆ Now add milk and water in equal quantity.
- ◆ Mix this into a fine thick batter.
- ◆ Take a frying pan and heat a tablespoon of oil.
- ◆ Ladle some batter on to the pan and spread it to make a thick pancake.
- ◆ Cook on low flame till bubbles appear on the surface.
- ◆ When the underside of the pancake is cooked, flip it over and cook on the other side.
- ◆ Once both the sides get cooked golden brown, take it out on a plate.
- ◆ Serve the Aktori with ghee or honey as topping.

HASTA-PADASAN



This is a forward bending posture. Hands-to-feet pose.

Pros

- ◆ The spinal column get a stretch. Also the muscles of the back, waist and hamstring get a stretch.
- ◆ The blood circulation in this region improves. This results in better functioning of the nerve fibres coming out of vertebrae.
- ◆ Because of the compression of abdomen, the fat deposited there is trimmed
- ◆ By daily practice of this Asana, indigestion, constipation, gastric trouble can be eliminated.

Cons

- ◆ Those having hypertension, cardiac problem, severe vertigo, acute abdominal pain, spondylosis, lumbago, hernia or hydrocele should not do this posture.
- ◆ During menstrual cycle, ladies may avoid this posture



By Ms. Manisha Chitnis, Yoga Therapist

VAKRASANA



The spinal twist pose. Also gives a twist to the abdomen, chest and neck.

Pros

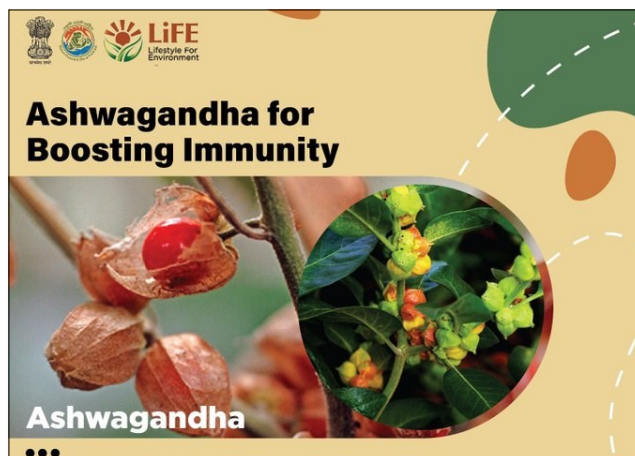
- ◆ The muscles of the abdomen, chest and spine become strong and flexible.
- ◆ Due to the improved blood circulation, the abdominal organs get proper nutrition.
- ◆ The digestive system and the excretory system function well.
- ◆ Due to the twist to the neck, the cervical nerves energize.

Cons

- ◆ Those having acute abdominal problems like ulcer, hernia, enlarged liver or spleen should not do this posture.
- ◆ Those having stiff or obese body or having pot-belly should practice Supine Vakrasana before practicing this posture.

AYUSH TIPS

Ashwagandha for Boosting Immunity



Ashwagandha can be consumed daily by adding it to milk in small quantities. It stimulates the immune system and has the ability to relieve stress and protect brain cells from the deleterious effects of modern lifestyles.

Considered an 'adaptogen', Ashwagandha improves athletic ability and physical energy.

Ashwagandha churna, Ashwagandhadi churna, Ashwagandharishta are some of common Ayurvedic formulations present in the market at domestic and global level. Several proprietary medicines based on ashwagandha are part of doctor's preion. Commercial extract of ashwagandha is also marketed by several companies for applied research

More details i.r.o Ashwagandha is available at <https://ayushnext.ayush.gov.in/detail/writeUps/ayush-advisory-on-ashwagandha>

ACTIVITIES DURING THE MONTH OF MAR-APR 2023



Embassy of India in Angola celebrated #Holi- the festival of colours in collaboration with Rajasthan State Tourism under the theme of “Padharo Mhare Desh”.

Embassy celebrated #Holi2023 the #FestivalofColors with members of Indian Community and diplomatic corps, high dignitaries from local government, media personnel.

To commemorate #InternationalYearofMillets2023, a variety of #Millet-made dishes along with the classic #Rajasthani delights were served to the esteemed guests, during the celebrations #Holi2023 organized by Embassy at Chancery premises.

Some glimpses of the show may be viewed at <https://www.facebook.com/indiainangola2019/posts/630754265524589>



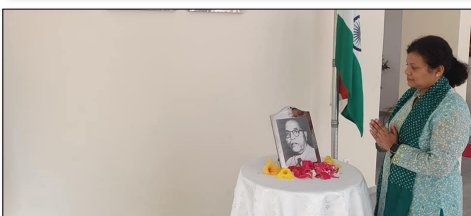
Embassy of India in Luanda celebrated International Women’s Day at Embassy with the members from #IndianWomenForumAngola.

The event witnessed enthusiastic participation from all women of the Forum. The event included wide variety of activities such as #Health and Healing Workshop, Cultural Performances #music #dancing #singing #poetry #speech, Fun #Games and screening of documentary titled 'Womens Day- A tribute to the achievements of our Nari Shakti'

We salute the spirit and accomplishment of women power.



H.E. Ambassador Mrs. Pratibha Parkar called on H.E. Minister of Telecommunications, Information technology and Social Communication, Mr. Mário Oliveira and discussed cooperation in the IT sector



To mark the occasion of 132nd Birth Anniversary of Dr. B.R. Ambedkar, #AmbedkarJayanti, the architect of the Indian Constitution, Embassy celebrated paying floral tributes to Babasaheb's portrait.



Prelude to #InternationalDayofYoga2023 at beautiful beaches in Angola. #Angola has a 1650km long coastline located on western Atlantic Coast of Southern Africa between Namibia & Republic of Congo.

ACTIVITIES DURING THE MONTH OF MAR-APR 2023



Ambassador Mrs. Pratibha Parkar paid courtesy visit to the Governor of #Cabinda Ms. Mara Quiosa and discussed ways to strengthen the bilateral cooperation.



Ambassador Mrs. Pratibha Parkar and Governor of #Cabinda Ms. Mara Quiosa had a detailed discussion on strengthening economic cooperation between India and province of Cabinda #Angola



in continuation of celebration of International Women's Day the Embassy organized an interactive session with the Women Diplomats of different countries posted in Angola, Women Foreign Service Officers of Angola and the Women representatives working in the UN and various multilateral organizations to discuss the Women participation in the world of diplomacy, women's interest in the foreign policy and also women perspective in the foreign policies on 20th March 2023. We also organized a presentation on the visionary project of Hon'ble Prime Minister Modi 'Mission Life Movement' ('Lifestyle for the Environment')



Ambassador Mrs. Pratibha Parkar participated in the final match of the Cricket Competition Series, the Challengers Cup organized by the Marginal Cricket Club (MCC). The MCC also launched the Premier League of Angola on the same day.



Ambassador Mrs. Pratibha Parkar visited Cabinda's main hospital 'Hospital Geral de Cabinda' with Governor of Cabinda Ms. Mara Quiosa & explored ways of cooperation in healthcare sector



Ambassador Mrs. Pratibha Parkar along with the delegation from the RITES Ltd called on HE Mr. Ricardo Viegas D' Abreu, Minister of Transport of Republic of Angola and held a fruitful discussion on the cooperation in the infrastructure sector between India and Angola.

ACTIVITIES DURING THE MONTH OF MAR-APR 2023



The 100th episode of #MannKiBaat was screened live at Chancery



Ambassador Mrs Pratibha Parkar felicitated the young students on the Annual Sports Day Event of the Little Angels International School (LAIS) in Luanda, Angola on 22 March 2023.



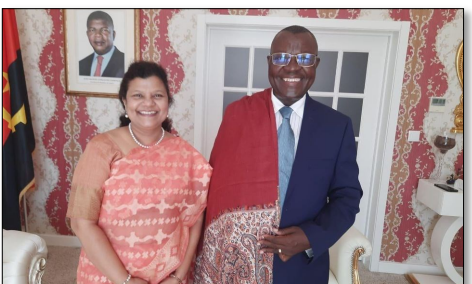
Ambassador Mrs. Pratibha Parkar took part in #chetichand #gudipadwa #ugadi #chaitranavratr #celebration held at Shivalaya in #Luanda. The Indian community members participated with great fervor. The Programme also included a musical concert by Mr. Ghanashyam Bhagat and group from India.



Visit to the Cement Plant at #KwanzaSul, one of the biggest industries in Angola, with Indian Engineers, workers being employed during its construction phase from 2010-2014



Amb. Mrs. Pratibha Parkar addresses the Indian diaspora in #CuanzaSul & briefed them on the efforts of the Govt on ease in Consular procedures & Community Welfare matters & also informed them about 100th Episode of #MannKiBaat



Ambassador Mrs. Pratibha Parkar paid a courtesy visit to the Governor of #KwanzaSul Province of #Angola Mr. Job Capapinha & discussed ways to strengthen the bilateral cooperation.

UPCOMING EVENTS

15th International Railway Equipment , Services Exhibition (IREE 2023)

IREE 2023 is being organized by Confederation of Indian Industries in cooperation with Indian Railways at Pragati Maidan, New Delhi on 12-14 October 2023

For details, visit <https://www.ireeindia.com/>

PLEXCONNECT 2023

A Trade Exhibition focused on Plastics Exports PLEXCONNECT 2023 scheduled to be held from 15-17 June, 2023 in Mumbai, India.

The Embassy of India has further honor to inform that the exhibition aims to connect the Global Plastics supply chain with Indian plastics Industries. About 600 buyers from 115 key market globally would be invited for a Reverse Buyer Seller Meet (RBSM) during the exhibition.

It is to inform that selected participants would be provided with return air-ticket, board and lodging for 3 days and 2 nights during the event. Interested participants may register at <https://www.plexconcil.org/plexconnect/buyer-info>.

FTCCI Industrial Innovation & Technology Expo (IITEX)

The Federation of Telangana Chambers Of Commerce and Industry (FTCCI), an apex chamber in the state of Telangana of India, and the Government of Telangana are organizing the 1st edition of the FTCCI Industrial Innovation & Technology Expo (IITEX) from 28-30 June 2023 at HITEX, Hyderabad, India, with the support of the Ministry of Micro, Small & Medium Enterprises, Government of India. For Info, visit <https://www.ftcci.in/pages/upcoming-events>

4th edition of the Global Fintech Fest 2023

The 4th edition of the Global Fintech Fest 2023 themed “Global Collaboration for a Responsible Financial Ecosystem Inclusive | Resilient | Sustainable” is going to be held from 5th – 7th September 2023 at Jio world Centre in Mumbai. It is to be organized by Fintech Convergence council (FCC), a non-profit association representing FinTech’s in India. For further information, interested stakeholders may contact Mr. Sandeep Jhingran, Fintech Convergence Council, Email: a.pranjal@fintechcouncil.in

QUIZ

In which of the following state, the main language is Khasi?

- A. Mizoram
- B. Nagaland
- C. Meghalaya
- D. Tripura

Answer of the last month quiz: (b) 2023
