From the Desk of the Ambassador

Dear readers,

We are pleased to present the 29th edition of our newsletter ‘Bharat Darshan’ which covers Embassy’s activities for the month of May–June 2023. The key highlight of this newsletter is the celebration of 9th International Yoga Day. Yoga Day is a significant event for India and the world, and this year’s celebration at Marginal Luanda was unique and special. The event brought together yoga enthusiasts from all walks of life to participate under three well known instructors that promoted physical, mental, and spiritual well-being.

Angola is a beautiful country with diverse nature and economic potential. During this period I visited the regions of Benguela and Namibe province and met the Governors of the respective regions.

This edition highlights the Indian state of the month, ‘Meghalaya’ State, which is known for its natural beauty and cultural diversity. We have included information of its unique traditions, cuisine, and tourist attractions to give readers a glimpse into this beautiful state.

We thank Mrs Pallavi Redkar for providing us the recipe of ‘Jadoh (Khasi meat rice)’, a Meghalayan Dish. We have provided information on two yogasanas ‘MATSYASANA’ & ‘HALASANA’ 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 (@indainangola2019) Twitter (@IndiainAngola) and Instagram (@india_in_angola).

Best regards,

Pratibha Parkar
Ambassador of India to Angola
Prime Minister, Shri Narendra Modi addressed the 76th Session of the World Health Assembly at Geneva, in Switzerland via video message on May 21, 2023. He expressed confidence that WHO would be setting goals for the next 25 years when it reaches 100 years of service.

Addressing the gathering, PM extended warm greetings to everyone present and congratulated the World Health Organization on completing the historic milestone of serving the world for 75 years.

The Prime Minister, Shri Narendra Modi dedicated the new Parliament House to the nation. PM installed the Sengol with Nandi at the top facing East-West direction in the new Parliament House. He also lit up the Diya and offered flowers to the Sengol.

Addressing the gathering, the Prime Minister remarked that there are few moments in every nation’s history that are immortalized. Some dates become the immortal signature on the face of time, the Prime Minister said The 28th of May, 2023 is one such day.

The Prime Minister, Shri Narendra Modi addressed the National Rozgar Mela via video conferencing and distributed about 71,000 appointment letters to newly inducted recruits in various Government departments and organizations. Addressing the gathering, the Prime Minister conveyed his best wishes to all the inducted recruits and their families.

He recalled recent Rozgar Melas in states such as Gujarat and the upcoming Mela in Assam. He said these Melas at the center and BJP-ruled states, show the government’s commitment towards the youth.

The Prime Minister Shri Narendra Modi addressed the G20 Education Ministers’ Meet held in Pune via video message. The Education Ministers’ meeting was chaired by the Indian Chair, Shri Dharmendra Pradhan, Union Minister for Education and Skill Development & Entrepreneurship. 150 G20 delegates comprising of Ministers from G20 nations, invitee countries and senior officials from International Organisations were present.
India is ranked as the 7th largest and fast-growing tourism economy in the world with diverse offerings.

**Overview**

Indian tourism industry is expected to contribute nearly US$460bn to the country’s GDP by 2028.
- 1.5% Share in World Tourist Arrivals (2022)
- 40th place in WEF Travel and Tourism Competitive Index.
- 1.3% Share in International Tourism Receipts (2022)
- US$ 7 Bn Foreign Exchange Earnings (FEEs) (2022)

**Strengths**

- US$ 512 bn projected contribution from tourism to India’s GDP by 2028
- 53 million estimated contribution to the job market
- Incredible India 2.0 campaign to make India a “must revisit, must experience” destination.
- 5 Special Tourism Zones have been set up in partnership with states.
- Medical tourism growing in India owing to cost-effective, quality healthcare.
- US$ 125 billion earnings from travel market in India
- US$50.9bn income in visitor exports by 2028,
- Top 5 business travel destination by 2030

**Investment Opportunities**

- Development of destination circuits, resorts, hotels, as well as restoration of heritage sites.

- Rural, adventure, medical, pilgrimage, film and sustainable tourism are new trends in Indian tourism

- Support functions such as package tour services, cab services and recreational facilities.

- Nearly 241 projects worth US$5.8b are being planned to maximize the potential of Indian tourism space.
INDIAN ECONOMY

Govt to prioritise PLI schemes to attract investments: Finance Minister

- Production-linked incentive (PLI) schemes were initially introduced for 14 sectors but have now been expanded to include semiconductors and solar components
- The government had initially earmarked incentives worth INR 1.97 trillion under various PLI schemes over a five-year period to spur domestic manufacturing
- India has relaxed various restrictions to ensure greater ease of doing business and draw more investments
- The FY24 Budget is designed to make India emerge as a developed nation by 2047

India to become a green hydrogen hub by 2040

- The country will witness significant demand, production, and consumption of green hydrogen, including the major export of green ammonia
- With growing energy demands, India will witness a significant rise in exploration and production (E&P) activities
- India has also made significant progress in its energy transition, with ethanol blending increasing from 1.4% in 2014 to 10% in November 2022
- To promote green hydrogen, the government has allocated INR 19,700 crore under the production-linked incentive (PLI) scheme in the FY24 budget
- The Indian economy will exceed US$ 20 trillion by 2040, with per capita income increasing tenfold

Agri and processed food exports up by 9% in FY23

- They were driven by an increase in the shipment of rice, fruits and vegetables, livestock, and dairy products
- Agri and processed food exports reached US$ 26.3 billion in 2022-23
- The shipment of products under the Agricultural and Processed Food Products Exports development authority (APEDA) basket surpassed the target
- Fresh and processed fruits and vegetables reported export growth of 18.8% to US$ 3.8 billion in the last fiscal year
- India experienced a surge in rice exports in the current fiscal and, which is being shipped to more than 75 countries
PLACE OF THE MONTH: MEGHALAYA

Meghalaya is richly endowed with natural beauty. Everywhere you go, you will never cease to be mystified by the spectacular charm the state offers; from cascading waterfalls, lush green forests, deep caves, amazing and mesmerising culture and tradition to hospitable and friendly people. Visit us and be charmed and captivated for life.

Sohra/Cherrapunjee: Khasi Hills is perhaps best known for Sohra (Cherrapunjee), geographically famous for being the wettest place on earth and also Shillong, one of the most beautiful hill stations in India.

Meghalaya meaning "abode of clouds"; from Sanskrit megha, "cloud" + ā-laya, "abode") is a state in northeast India. Meghalaya was formed on 21 January 1972 by carving out two districts from the state of Assam: (a) the United Khasi Hills and Jaintia Hills and (b) the Garo Hills. Meghalaya covers an area of approximately 22,429 square kilometres, with a length-to-breadth ratio of about 3:1.

ELEPHANT FALLS- The Khasi name for Elephant Falls is Kshaid-Lai-Pateng, which roughly refers to the three levels over which the water plunges. The name is rather misleading today – the elephant-shaped rock after which it was named by the British was destroyed in an earthquake more than a hundred years ago. At the entrance to Elephant Falls, there is a collection of stalls selling snacks and souvenirs.

ARWAH CAVE - SOHRA- Arwah, apart from being a place for enthusiasts of natural history, will also surprise you with its many turns and corners – a maze where you are walking one minute under a high cave ceiling, and sliding the next minute through a narrow passageway that leads to other sections. The underwater streams have continued to flow through these ancient cave formations for millennia.

SHAD SUK MYNSIEM Festival - Shad Suk Mynsiem (‘the dance of peaceful hearts’) is held during the month of April. Spring is symbolic as a season of rebirth, as is the case in many societies. It signifies the beginning of new cycles during which new seedlings are planted. It is an agrarian festival and celebrates the optimism for the coming year. The biggest visual highlight of Shad Suk Mynsiem is the dance and accompanying music.
Art Forms of State of Meghalaya

Besides being the "abode of clouds", Meghalaya is home to indigenous handicrafts. The art and craft of Meghalaya have evolved over the centuries. Among several local art forms, the most popular is the woodcarving of Meghalaya. The most popular art forms of Meghalaya include Woodcarving of Meghalaya, The state’s incredible bamboo craft, handwoven textile, etc.

The state of Meghalaya is well known for various crafts. Handicrafts made with cane and bamboo products, textile weaving, carpet weaving, ornament making and woodcarving also hold important place in Meghalaya’s art and crafts. In fact, weaving forms an integral part in the culture of the state and its tribes. Markets like Police bazar, Bara bazar and Laitumkhrah in the capital city are a few places where you can buy the innumerable handicraft items that Meghalaya produces.

Khasi, the majority tribe of Meghalaya, celebrates their indigenous festivals with traditional music and merry making. Most of their music has sounds of nature like that of a waterfall, bird calls, insect sounds, hum of bees and many more. Khasi people’s closeness to nature is evident by their belief that man should not desecrate mother nature by their actions. The traditions, music, and customs followed in the festivals of Meghalaya depict these belief systems.

Meghalaya is the homeland of three ancient hill communities, the Khasi, Jaintias and Garos, and is a land of considerable natural beauty. The important crafts are cane and bamboo works, artistic weaving and woodcarving. Weaving is the traditional occupation of Garo women and is currently pursued by almost every family. The production of cotton textile items is restricted by and large restricted to dakmanda, worn from the waist to a little below the knee. The Garos also weave shirting, bedcovers, bed sheets, and tablecloths.
Meghalayan cuisine is very unique and quite different from other states in Northeastern India. The staple food of people here is rice with spicy meat and fish preparations. The state’s population comprises three distinct communities—the Khasis, Garos, and Jaintias. Each tribe has its own variety of foods.

Jadoh is a rice and pork-based Khasi’s delicacy. This is normally made during special occasions and widely loved across Northeast India. Some versions of Jadoh are cooked with meat blood. Though it is not necessary as some people could find it repulsive.

Prep Time: 15 mins  |  Cook Time: 25 mins  |  Total Time: 40 mins  |  Makes: 4 Servings

**INGREDIENTES:**

- Rice - 1 cup
- Pork or Chicken 300 gm
- Turmeric powder 1/2 tsp
- Ghee – 2 tbs
- Cinnamon – 2” piece
- Clove – 4
- Star Anise – 2
- Bay Leaf – 2
- Onion – 1
- Ginger Garlic Paste – 1 tbs
- Green Chilly Mint Coriander Paste – 2 tbs
- Coriander powder: 1 tsp
- Crushes Black Pepper – 1 tsp
- Water – 2 cups Salt – To Taste

**METHOD**

- Wash the rice thoroughly and drain. Cut the meat into small (1–1.5-inch) cubes.
- This makes them easier to cook and they also spread evenly in the rice.
- Heat ghee in a flat-bottomed pan and add spices. Add meat pieces.
- Fry them with the spices well until it is little golden brown. Add the chopped onion, ginger garlic paste and green chilies, mint coriander paste, turmeric powder, coriander powder and black pepper powder.
- Sauté until the raw smell vanishes.
- Add the rice and fry for 2–3 minutes. Add salt and two cups of water—preferably warm water.
- Cook until 3/4th done.
- Cover and cook on low flame for 10 – 15 minutes until the water is completely absorbed.
- Turn the flame off and let it sit for 10 minutes.
- Serve it garnished with coriander leaves.
Matsyasana or Fish pose is a reclining back-bending asana in Hatha yoga.

**Pros**
- This posture stimulates the glands located in the neck region.
- The muscles of the back of the neck are strengthened.
- Muscles of the throat and muscles between the ribs (intercostals) are stretched and thus become more flexible.
- The vertebral column, especially the cervical region, gets strengthened. This helps prevents neck-ache and cervical spondylosis.
- One gains few benefits of Padmasana as well.
- Regular practice of this Asana helps in weight loss.

**Cons**
- Those having any defect or deformity in the neck and spinal cord, having back problems or if there is swelling in these areas of the body, Matsyasana should not be performed
- Those having any kind of cardiac diseases, Peptic ulcers, hernia, severe arthritis should avoid Matsyasana.
- As this is an advance yoga pose, it should be practiced under the guidance of experienced yoga teacher.

"Hala" in Sanskrit means Plough. The body pattern in this Asana resembles an Indian plough; therefore, this Asana is named Halasana.

**Pros**
- The spinal column becomes flexible and the nerve fibres originating from it become healthy.
- The abdominal muscles, especially the recti are strengthened.
- Complaints such as indigestion, constipation, gases, excessive passage of urine (Polyuria) are eliminated and abdominal health improves.
- The functioning of the thyroid and para-thyroid glands is improved because of the pressure exerted on the throat.
- The muscles ligaments of the calves and thighs gets stretched and relaxed through this asana.
- This asana activates and warms up the overall physiological system.

**Cons**
- Anyone with high blood pressure, slipped disc, sciatica, back pain, shoulder pain, any kind of neck issues should avoid the asana.
- During menstruation ladies should avoid practicing. Also pregnant ladies should refrain from practicing.
- If there is any swelling in the abdomen, appendicitis, recently undergone abdominal surgery should not do this posture.
- As this is an advance yoga pose, it should be practiced under the guidance of experienced yoga teacher.

---

By Ms. Manisha Chitnis, Yoga Therapist

www.indembangola.gov.in  IndiainAngola2019  @IndiainAngola  India_in_Angola
The International Organisation for Standardization (ISO) has released the first ISO standard technical report titled "ISO/TR 4421:2023 Health informatics — Introduction to Ayurveda informatics". This technical report aims to provide a foundational understanding of the Ayurvedic medicine system. It introduces numerous aspects and processes that are inherent and necessary in Ayurvedic diagnosis and treatment.

Rasayana plant medications build the body's metabolism, bringing it up to a youthful level of efficiency. This is accomplished by unclogging the body's channels, or "ayanas," which carry bodily fluids, or "rasa." The "Rasayana" is a very advanced medical theory. The realisation of this concept through the discovery of Rasayana herbs exemplifies the excellence of ayurvedic research.

Fennel seeds are often consumed after meals for faster digestion & refreshment. These aromatic seeds are a storehouse of various micro & macronutrients with low calories. 'Saunf' also promotes lactation & is helpful in regulating blood pressure.

AyuSH Tips

The International Organisation for Standardization (ISO) has released the first ISO standard technical report titled "ISO/TR 4421:2023 Health informatics — Introduction to Ayurveda informatics". This technical report aims to provide a foundational understanding of the Ayurvedic medicine system. It introduces numerous aspects and processes that are inherent and necessary in Ayurvedic diagnosis and treatment.

Rasayana plant medications build the body's metabolism, bringing it up to a youthful level of efficiency. This is accomplished by unclogging the body's channels, or "ayanas," which carry bodily fluids, or "rasa." The "Rasayana" is a very advanced medical theory. The realisation of this concept through the discovery of Rasayana herbs exemplifies the excellence of ayurvedic research.

Fennel seeds are often consumed after meals for faster digestion & refreshment. These aromatic seeds are a storehouse of various micro & macronutrients with low calories. 'Saunf' also promotes lactation & is helpful in regulating blood pressure.
The 9th International Day of Yoga was celebrated in Angola on Saturday, June 17, 2023 at the beautiful and iconic location ‘Marginal Bay’, in the capital city Luanda. H.E. Mr. Manuel Gomes Da Conceição Homem, Governor of the Province of Luanda graced the occasion as the Guest of Honor. The Event witnessed fervor & enthusiastic participation of around 200 guests which included Diplomatic corps, UN Resident Coordinator, Representatives of Int’l Organisations, Indians in Angola, Friends of India and local Angolans. The event began with lighting of the lamp by Ambassador Mrs Pratibha Parkar and Guest of Honour, Mr. Manuel Homem, Governor of Luanda. The Sessions included the Common Yoga Protocol, Meditation and Pranayam Sessions that were led by Mr. Alberto Villar, Mr. Christophe Degraeuwe and Mr. Hamilton Sousa and a fusion dance performance combining Yoga and Nritaya led by Mrs Nandana Shivakumar, Dance Teacher.
**ACTIVITIES DURING THE MONTH OF MAY-JUNE 2023**

Amb Mrs Pratibha Parkar, during her visit to Namibe Province, met Governor Mr. Archer Mangueira & discussed opportunities for cooperation & possibilities of bilateral trade & investments

Amb Mrs Pratibha Parkar, during her visit to Benguela Province, met Governor H.E Mr. Luis Nunes & discussed opportunities for cooperation & possibilities of bilateral trade & investments

During her local tour to Benguela Province, Amb Mrs Pratibha Parkar visited the port of Lobito & met CEO Mr. Celso Rosa and discussed the areas of bilateral cooperation

Ambassador Mrs Pratibha Parkar visited the 12th edition of the Benguela International Fair (FIB) at National Stadium Ombaka

Ambassador Mrs Pratibha Parkar with the Ambassador-designate of Angola to India, Mr Clemente Camenha

Ambassador Mrs Pratibha Parkar met Mr. António Coelho da Cruz, CEO of Railways of Moçamedes during her visit to Namibe Province

Amb Mrs Pratibha Parkar met Mr. Alfredo Noré, Dean of the University of Namibe during her local tour to Namibe Province
ACTIVITIES DURING THE MONTH OF MAY-JUN 2023

**Meditation workshop organized by EoI Luanda in cooperation with the Art of Living team in Angola**

**Indian Business Delegation led by #IACCI met Board members of #AIPEXAngola & Dande Free Zone Angola. Amb Mrs Pratibha Parkar briefed on business opportunities for both sides.**

**B2B Meet between visiting business delegation of IACCI from #India & business community of Angola**

**Embassy donated wide variety of books covering subjects for students of various age groups at Little Angels’ International School**

**Meditation workshop organized by EoI Luanda in cooperation with the Art of Living team in Angola**

**Amb Mrs Pratibha Parkar participated in the International Relations Fair at Oscar Ribas University. Students setup Indian Cuisine and book stalls that witnessed enthusiastic response.**
The word “yoga” derived from a Sanskrit word, what does it mean?
A. Posture  
B. Spirit  
C. Union  
D. Exercise

Answer of the last month quiz: C. Meghalaya

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/

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

Embassy of India in Angola celebrated World Environment Day 2023 by taking pledge to protect environment & planting tree saplings in Embassy premises

Ambassador Mrs Pratibha Parkar visited SICIE Lda company, one of the leading manufactures of hygiene products in #Angola run by an Indian origin businessman, Mr Amin Mohamed Jaffer

Donation of Library Cupboard along with a variety of books to students of James English School at Calemba II Angola

Amb Mrs Pratibha Parkar hosted reception in the honour of visiting business delegation from India