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Amrit Mahotsav

# BHARAT DARSHAN

MONTHLY NEWSLETTER BY EMBASSY OF INDIA, LUANDA



JULY, 2021



EMBASSY OF INDIA,  
LUANDA

NEWSLETTER  
EDITION 12

FROM THE DESK OF THE AMBASSADOR



Dear readers,

It is my pleasure to present you the twelfth edition of our newsletter 'Bharat Darshan'. We have successfully completed one year of our initiative of Bharat Darshan. I hope you are enjoying our newsletter. As per the traditional Indian calendar this is the month of Ashadh-the month of beginning of monsoon rains in India. The first day of this month is celebrated as Kalidasa Day. Kalidasa ancient India's greatest playwright and dramatist wrote several plays and poetry around 1500 years ago in world's ancient classical language Sanskrit. In his very famous poem Meghdoot (cloud messenger) the banished Yaksha (heavenly figure) pining for his beloved wife sends a message to her with the cloud he sees on the first day of the month of Ashadh (Ashadasya Pratham Diwase). This is the month in which the famous Rath (Chariot) yatra is celebrated in the eastern state of Odisha honoring the Lord Jagannath. We have covered the state of Odisha in the current newsletter. I thank Mrs Pallavi Redkar for her mouth watering recipe of Chhenapoda from the state of Odisha and Mrs. Manisha Chitnis ([http://www.instagram.com/\\_young.again](http://www.instagram.com/_young.again)) for two new Yogasanas Vyaghrasan and Parivrat Utkatasan . Your suggestions, comments and feedback are welcome. Each newsletter will also be posted on our website ([www.indembangola.gov.in](http://www.indembangola.gov.in)) Facebook page (@indiainangola2019) Twitter (@IndiainAngola) and Instagram (@india\_in\_angola).

Best regards,

Pratibha Parkar  
Ambassador of India  
Eol Luanda, Angola

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FROM THE DESK OF THE AMBASSADOR

## 6 YEARS OF DIGITAL INDIA INITIATIVE

As discussed in previous edition, Digital India Initiative have completed 6 years on 1st July 2021. In this duration, it emerged as a backbone of India , it took the shape of a revolution over the years and has today turned into a mass movement, touching lives of majority of the Indians.



Today, technology enables access to better services for education, health care and agriculture and helps ensure transparency and accountability. The dream of m-Governance – offering services on Mobile phones and ensuring access to online services to all is a reality today. Implementation of initiatives like Aadhaar, UPI and Digi locker is ensuring faceless, cashless and paperless Governance that has laid the foundations of a strong, robust and secure Digital India. Congratulations to all the stakeholders of Digital India – those enabling Digital Infrastructure, Digital Services & Digital Inclusion for helping move India towards a more digitally empowered nation.

### MYGOV



MyGov platform is a unique path breaking initiative which was launched by the Hon'ble Prime Minister of India, Shri Narendra Modi. It is a unique first-of-its-kind participatory governance initiative involving the common citizen at large. The idea of MyGov brings the government closer to the common man by the use of online platform creating an interface for healthy exchange of ideas and views involving the common citizen and experts with the ultimate goal to contribute to the social and economic transformation of India.

### SMART CITIES



The Government of India launched the Smart Cities Mission in June 2015. Its objective is to promote sustainable and inclusive cities that provide core infrastructure and give a decent quality of life to its citizens, a clean and sustainable environment and application of 'Smart' Solutions. The focus is on sustainable and inclusive development and the idea is to look at compact areas, create a replicable model which will act like a lighthouse to other aspiring cities. The Smart Cities Mission is meant to set examples that can be replicated both within and outside the Smart City, catalysing the creation of similar Smart Cities in various regions and parts of the country.

### Co-Win



Co-WIN application is the digital back bone for the vaccination drive for Covid-19 in India. With scaling up of vaccination; the number of vaccination facilities and sessions has to be increased and managed effectively. The CO-WIN application is facilitating the citizen with an option to register and schedule the vaccination session online in Centers of their choice.



## CULTURE AND TOURISM

### PLACE OF THE MONTH: ODISHA



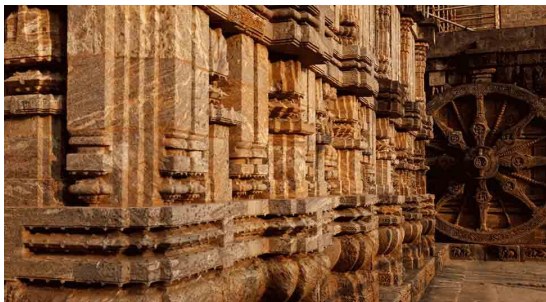
Odisha is an Indian state located in Eastern India. Its capital city is Bhubaneswar. The ancient kingdom of Kalinga coincides with the borders of modern-day Odisha. Majestic mountains, serene beaches, spectacular wildlife, unique arts & crafts, breathtaking waterfalls, interesting culture and some gorgeous landscapes – that’s how the charm of Odisha is!



Odisha is the bastion of rich cultural heritage with its historical monuments, archaeological sites, traditional arts, sculpture, dance and music. From the time immemorial Odisha attracts a large number of scholars, artists and tourists.



**Odissi dance** is one of the pre-eminent classical dance forms of India which originated in the Hindu temples of eastern coastal state of Odisha. Its theoretical base trace back to '*Natya Shastra*', the ancient Sanskrit Hindu text on the performing arts. Some other renowned dance forms predominant in Odish are Sambalpuri Dance and Chhau Dance.



The **Sun Temple** at Konark is the pinnacle of Odisha Temple Architecture and an UNESCO World Heritage Site. Built in the 12th Century AD by King Narasimha Deva I and dedicated to the Sun God, the Sun Temple at Konark continues to leave us spellbound with its massive structure, symmetry, precision and intricate detailing.



Inspired by Lord Jagannath, the **Pattachitra** is an art form depicting folklores of Odisha frozen in time. The detailing & intricacy exemplifies the dexterity of the chitrakars at Raghurajpur. Odisha has a rich artistic heritage. Arts and crafts in Odisha underwent many changes giving an artistic diversity today in the forms of traditional handicrafts, painting and carving and even the literature.



## FESTIVAL OF THE MONTH- JAGANNATH RATH YATRA



Touted as the world's largest chariot (a chariot is called rath in Hindi) festival, the Rath Yatra in the temple town of Puri marks the annual procession of Lord Jagannatha along with his brother Lord Balabhadra and sister Goddess Subhadra from their temple Srimandira to the Gundicha Temple, which is believed to be the Lord's garden house and birthplace (two miles away), in elaborately decorated chariots. It is one of the biggest festivals in Odisha and is attended by thousands of devotees and followers of the deities.



The festival is celebrated on the second day of Asadha, the first month of the Indian monsoon. The chariots used for transporting the deities are decorated with flowers, paintings, small statuettes, wood carvings and brass engraving.





The act of bringing the wooden idols of the deities out of the Srimandira and Lord Jagannatha's journey towards the chariot is a treat to the eyes. Decorated with large heart-shaped floral crowns (called tahia), the deities are carried in a step-by-step motion known as pahandi towards the chariot amidst a sea of devotees. This year it was celebrated on 12 July 2021.




The 45-ft-high chariot of Lord Jagannatha called Nandighosa is the largest of the three chariots with 16 wheels. The chariot can easily be distinguished by the yellow stripes on its canopy. The chariots of Lord Balabhadra and Goddess Subhadra are called Taladhwaaja (44 ft high) and Darpadalana (43 ft high), respectively. The chariots are lined up in front of Srimandira's east entrance known as Sinhadwara or the Lion's Gate.


## AYUSH TIPS OF THE MONTH

 #AyurvedaAtHome 

**Amla (Phyllanthus emblica)**

Parts Used - Dried pericarp, fresh fruit

**Major chemical constituents**  
Ascorbic acid, gallic acid, chebulinic acid, corilagin 

**Administration of Amalaki Rasayana**  
(an Ayurvedic formulation) showed improvement in learning, memory and neurometabolism in AbPP-PS1 mouse model of Alzheimer's disease (AD) 

Amla (Phyllanthus emblica)- Dried pericarp, fresh fruits are used. Contains Ascorbic acid, gallic acid, chebulinic acid and corilagin.

Amla is accessible in every household & works with one's present course of treatment.

A clinical study on the effect of Amalaki Rasayana (an Ayurvedic formulation) on DNA damage and repair show that the administration of Amla Rasayana for 45 days enhances repair of damaged DNA in aged people without any side effects.

 घर पर रहिए, आयुर्वेद से जुड़िए 

**नीम**

- त्वचा रोग, पेट की खराबी, दांत या मसूड़ों के दर्द, पीलिया जैसे विभिन्न रोगों में उपयोगी है।
- दांत या मसूड़ों के दर्द में नीम के पत्तों के काढ़े से दिन में दो बार गरारे करें और नीम की टहनियों से ब्रश करें। त्वचा रोग में नीम के पत्तों के चूर्ण का सेवन और नीम के तेल का प्रयोग करें।



In the Ayurveda world, neem is a well-known herb that is the key player in different traditional remedies. Having more than 130 varied biologically active compounds, this herb is anti-bacterial, anti-viral, and immuno-stimulant. Primarily, neem leaves are used to treat neuromuscular pains and Vata disorders. Other benefits include blood purification, toxins removal, ulcers, and insect bites treatment. With anti-bacterial traits, it cures burns, infections, and skin problems fast. It destroys those bacteria that pose infections. It boosts the immune system and contributes to fast healing.

  **Types of Quwa (Faculties or Powers)**

- **Quwa Tabaiyah (Natural faculty)** - Serve the function of nutrition, growth & reproduction in the body & expel out the waste products from the body for the preservation of individual as well as species
- **Quwa Nafsania (Psychic faculty)** - Perform intellectual sensory & motor functions in the body. Brain is the principal organs of this faculty
- **Quwa Haywania (Vital faculty)** - Provide vitality to the organ to enable them to receive Quwat Nafsania to accomplish various activity of life. Heart is the principal organ of this faculty



Every living being requires certain functions to preserve life, which depend on definite powers. As per the Unani Medicine System, there are mainly 3 types of powers inherited in every human being which assist them in maintaining life & propagate generation: Quwa Tabaiyah (Natural Faculty) – Serve the function of nutrition, growth & reproduction in the body & expel out the waste products from the body; Quwa Nafsania (Psychic Faculty)- Perform intellectual sensory & motor functions in the body. Brain is the principal organ; Quwa Haywania (Vital Faculty) – Provide vitality to the organ to enable them to receive Quwat Nafsania to accomplish various activity of life. Heart is the principal organ.



## YOGA ASANA (POSTURE) OF THE MONTH



### VARIATION OF VYAGHRASAN

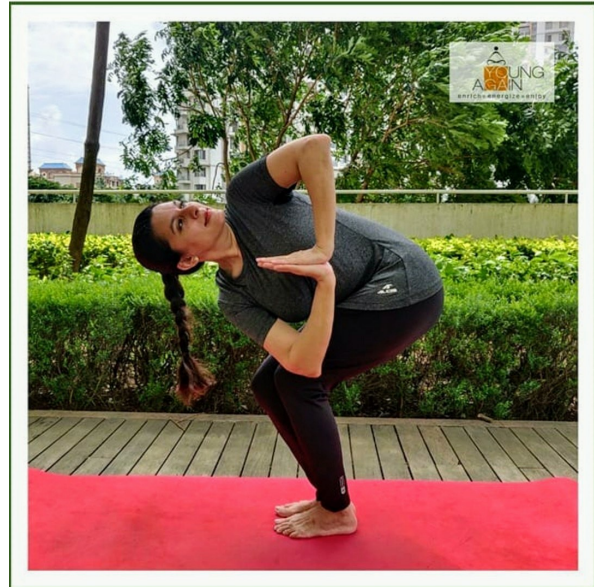
It is called the Tiger pose. Chest opener which gives backward bend to the spine.

**Pros:**

- Muscles of the neck, lower back and arms are strengthened with regular practice.
- Muscle of the hips and thighs get good tone.
- Improves the blood circulation in the body
- As there is compression to the neck, the cervical veins are energized.
- Wrists and shoulders are strengthened.

**Cons:**

- Those having frozen shoulder, weak wrists should avoid this posture.
- Those undergone hip surgery or having hip injury should not do this Asana.
- Practice of Marjarasan and Shwanasan should be done for few days before performing this Asana.



### PARIVRATTA UTKATASA

This is Chair twist pose. Asana for detoxification.

**Pros:**

- Increases the flexibility through out spine.
- Tones the abdominal internal organs.
- Improves the functioning of digestive system and excretory system. As a result improves the overall health.

**Cons:**

- Those having acute abdominal problems like ulcer, hernia, enlarged liver or spleen should not do this posture.
- Those suffering from Vertigo should do it under the guidance of yoga teacher.

Courtesy : [https://www.instagram.com/\\_young.again\\_/](https://www.instagram.com/_young.again_/)

## CUISINE OF THE MONTH: CHHENA PODA



By Mrs.  
Pallavi  
Redkar

Chhena Poda is a popular paneer or chhena based sweet recipe from the state of Orissa. It means roasted cheese in the Oriya language. The texture and appearance look very similar to baked Cheese Cake. It is made of well-kneaded homemade fresh Paneer or chhena, sugar, cashew nuts, almonds, raisins and is baked until it turns golden brown. It is a soft dessert loaded with the goodness of chhena, which is a rich source of protein too. Chhena Poda has an interesting history and was discovered accidentally. One of the bakery owners decided to preserve the sweetened chhena in a pre-heated oven which later turned to be scrumptious cake-like dessert. Since then, the recipe is one of the most popular desserts in eastern states of India.

Preparation Time: 15 Mins

Cooking Time: 45 Mins

Total Time: 60 Mins

Makes: 6 to 8 Servings

### INGREDIENTS:

2-liter Milk	2 Tbsp Lemon juice
¼ Cup sugar	2 Tbsp Fine Sooji
3 Tbsp water	2 Tbsp Ghee / Clarified butter
5 Chopped Almonds	5 Chopped Cashews
10-12 Raisins	1/2 Tsp Cardamom Powder



### METHOD

Boil 2-liter milk on medium flame in a large thick bottom vessel. Once the milk starts to boil, add 2 tablespoon lemon juice. Stir it so the milk starts to curd immediately. The liquid will turn into a yellow/light-green color. You can use little more lemon juice, if needed. Place a metal strainer or sieve over another large sauce pot. Then line the strainer with clean muslin or cheesecloth, or a cotton napkin. After the milk has curdled completely and you see a greenish whey, switch off the heat. Immediately pour the mixture into the lined strainer. Rinse off the curdled milk with fresh water to remove sourness of lemon juice. Squeeze off the water completely. Take the crumbled paneer into a large mixing bowl. Add Sooji, 1 tablespoon of ghee, cardamom powder and milk and mix it properly till everything incorporates well.

Now add water as required and prepare a smooth cake batter consistency. Fry chopped cashews, almonds and few raisins (or nuts of your liking) in a separate pan and add it to the chhena mix as well. Add 1 tablespoon of ghee in a baking pan or a tin, and spread all over the base. Tap the pan to settle the mix well and bake the chhena mixer in a pre-heated oven at 180 degree C for 40 -45 mins or till the toothpick inserted comes out clean.

Once Chhena Poda is cooled completely, scrape from sides and cut into slices. Serve Chhena Poda as dessert after meals or as a snack. Leftover can be refrigerated in an airtight container for 2 to 3 days.



## ACTIVITIES DURING THE MONTH OF JULY



Embassy partners at the 16th English Festival week in Angola as part of the [#AmritMahotsav](#), India@75 celebrations.

Books on Indian culture, tourism, literature, mythology, philosophy, yoga etc. were distributed and gifted to REMA Mediateca Library Luanda for setting up of an Indian corner.

ICCR and ITEC programmes offered by Government of India to Angola were publicized during the event which were well appreciated.



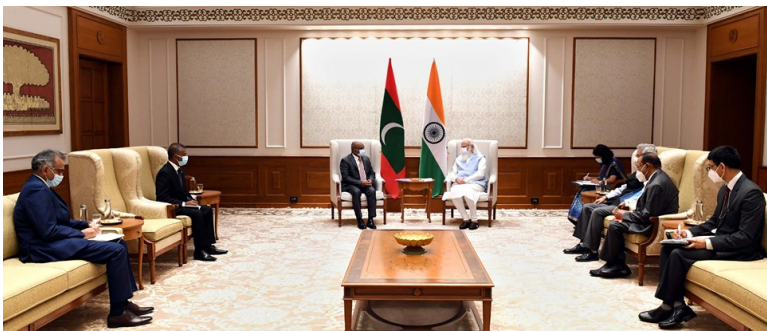
Embassy of India, Luanda celebrated [#AmritMahotsav](#), India@75 with prominent Indian art forms depicting Indian culture and heritage by Angolan Artists. Here are some glimpse of Indian traditional paintings Madhubani and Pichhwai.

## IMPORTANT EVENTS/ ENGAGEMENTS OF PM IN JULY 2021



The Prime Minister, Shri Narendra Modi addressing the CoWIN Global Conclave 2021, through video conferencing, in New Delhi on July 05, 2021.

PM stressed that the Conclave is the first step to introduce this platform to the global audience. The Prime Minister informed that through CoWin, India has administered 350 million doses of Covid vaccines till 5th July.



The President-elect of the 76th session of the United Nations General Assembly (UNGA) and Foreign Minister of the Maldives, Mr. Abdulla Shahid calling on the Prime Minister, Shri Narendra Modi, in New Delhi on July 23, 2021.

Prime Minister and H.E. Abdulla Shahid discussed the rapid growth in the India-Maldives bilateral relationship in recent years. PM emphasized the importance of Maldives as a key pillar of India's Neighbourhood First policy and vision of SAGAR.

PM interacts with the Indian athletes' contingent bound for Tokyo Olympics, through VC, in New Delhi on July 13, 2021. For the first time, such a large number of players have qualified for the Olympics and in so many sports.



In an informal and spontaneous interaction, the Prime Minister motivated the athletes and thanked their families for their sacrifice.

The Prime Minister, Shri Narendra Modi addressing at the World Youth Skill Day celebrations, through video conferencing, in New Delhi on July 15, 2021.

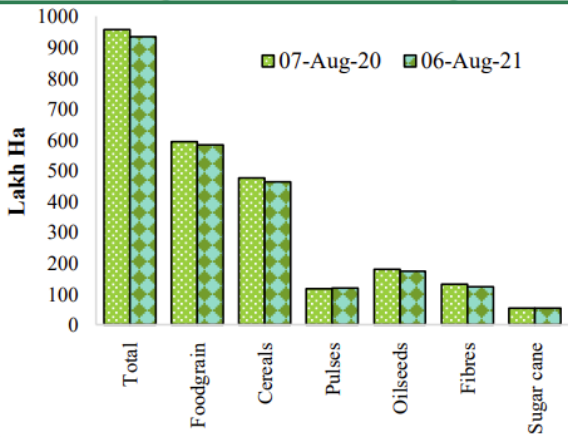


PM stated that skill development of the new generation is a national need and is the foundation of Aatmnirbhar Bharat.



## INDIAN ECONOMY

### Progress in Kharif Sowing

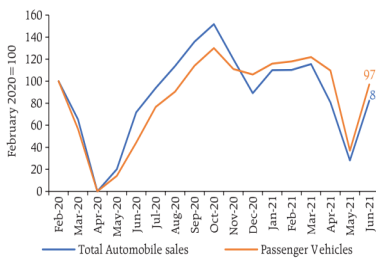


Source: Department of Agriculture and Farmers Welfare  
Tractor and Mechanization Association

Agricultural sector is picking up momentum with the revival in monsoon and kharif sowing. The major kharif crops like rice and sugarcane are less dependent on rains, with 60 per cent and 95 per cent of the total area under these crops, respectively, irrigated. The Southwest Monsoon covered the entire country on July 13, according to India Meteorological Department (IMD), five days late from the normal date of July 8. For the country, cumulative rainfall during this year's Southwest Monsoon season till 9 th August 2021 has been deficient by about 5 per cent as compared to Long Period Average (LPA). Around 67 per cent of the country's area has received normal or excess rains.

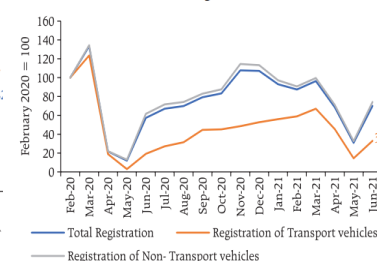
Mahatma Gandhi National Rural Employment Guarantee Scheme (MGNREGS) continues to be a critical support in providing rural employment, though with the start of the kharif season the demand of work by 4.25 crore persons in July 2021 was lower by 1.0 per cent than during the corresponding month last year. A total of 3,91,112 households completed 100 days of work under MGNREGS in the months of April- June, 2021, 22.8 per cent higher than last year.

b. Automobile Sales



Sources: SIAM; and Authors' own calculations.

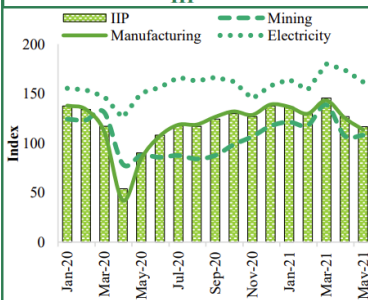
c. Vehicle Registrations



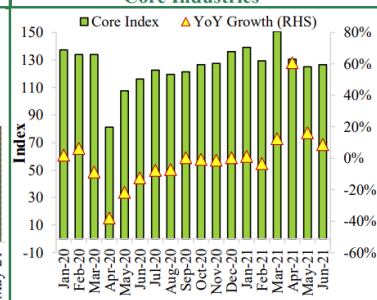
Sources: Vahan Dashboard; and Authors' own calculations.

Automobile sales posted a strong turn around, reaching 82 per cent of sales recorded in pre-pandemic February 2020, with passenger vehicles near normalizing. Transport vehicles hit a growth of 127.6 per cent, while non-transport vehicles grew by 126.9 per cent, sequentially, as per the Vahan registrations dashboard.

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Core Industries



Source: MoSPI, Office of Economic Advisor, DPIIT

Core Sector output increased by 8.9 per cent in June 2021 against a contraction of 12.4 per cent in June 2020. On a sequential basis, it registered a marginal growth of 1.1 per cent in June compared with May which indicates that the impact of the second wave may have been restricted to April-May. During April-June period this fiscal, the eight sectors grew by 25.3 per cent against a contraction of 23.8 per cent in the same period last year. Of the eight sectors, all except crude oil registered positive growth in June on yearly basis.



## UPCOMING EVENTS

### **LEADS 2021**

LEADS (Leadership, Excellence, Adaptability, Diversity, Sustainability) is a global thought leadership platform to reimagine business. It is curated as a strategic initiative to imbibe leadership vision on future of fundamental aspects of global economic prosperity built on pillars of Environmental, Social and Governance (ESG). This is the 2nd Edition with the theme "Future of Partnerships" going to be held on 14-15 September 2021, at New Delhi or virtually from anywhere in the world. For more information, visit <https://www.ficcileads.in/>.

### **36th Edition of the Luanda International Fair :**

This is going to be held from 28 September 2021 to 2 OCT 2021 at LUANDA-BENGO SPECIAL ECONOMIC ZONE. For more information, visit : <https://www.eventosarena.co.ao/eventos/FILDA-2021>

### **India @ World Expo Dubai (Oct 2021 - Mar 2022 )**

FICCI along with GoI has curated a series of competitions at the World Expo 2020 - Dubai with the theme -- -- 'Connecting Minds; Creating the Future', for young minds from around the world that aims to celebrate our resilient spirit and our desire to excel through innovation. The winners will be invited to make presentations to an expert panel at Dubai and will have direct access to the industry partners supporting these competitions, as well as explore their business plans with them. The details of the brochure of these competitions is given in the below link. <https://ficci.in/sector-event-page.asp?sectorid=123#SectorEvent>

For more details, interested participant can contact Mr. Samrat Soo, email- [Samrat.soo@ficci.com](mailto:Samrat.soo@ficci.com) ; mobile +91 98915 36658 and Ms Rinku Ghosh, email- [rinku.ghosh@ficci.com](mailto:rinku.ghosh@ficci.com) ; mobile +91 98110 23366 for any further information.

### **Online Poster and Painting Competition 2021**

Topic: "My idea of India"- For participation in online poster and painting competition 2021, you may visit <https://www.iccr.gov.in/Iccr4Art/index.php> for details and to submit your artwork.

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## QUESTION OF THE MONTH

In Ancient times, Odisha was known by the name of

- (A) Konkan
- (B) Kalinga
- (C) Kurukshetra
- (D) None of the above

Answer of the last month quiz: d) Patna

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