



INDIAN COUNCIL FOR CULTURAL RELATIONS

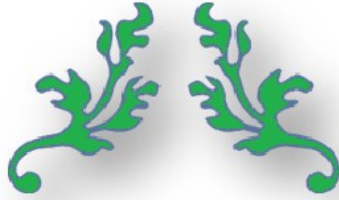


सत्यमेव जयते



BHARAT DARSHAN

MONTHLY NEWSLETTER BY EMBASSY OF INDIA, LUANDA



FEBRUARY, 2021



EMBASSY OF INDIA,
LUANDA

NEWSLETTER
EDITION 7

FROM THE DESK OF THE AMBASSADOR

Dear readers,

I am happy to present the seventh edition of our monthly newsletter 'Bharat Darshan'. In this edition we are presenting the Union Budget of the Government of India in nutshell. The union budget is the budget prepared by the central government for the country as a whole. The Union Budget of India, also referred to as the Annual Financial Statement in the Article 112 of the Constitution of India, is the annual budget of the Republic of India. The Government presents it on the first day of February so that it could be materialized before the beginning of new financial year in April. We are also providing you all the information on two north eastern states of India 'Manipur' and 'Tripura'. The North East region of India comprises eight picturesque states, which play an important role in India's 'Act East' policy'. 'Act East Policy' is a diplomatic initiative of the Government of India to promote economic, strategic and cultural relations with the vast Asia-Pacific region at different levels. As per the ancient calendar in India, there are six seasons of two-month duration each. These seasons include Vasant Ritu (Spring), Grishma Ritu (Summer), Varsha Ritu (Monsoon), Sharad Ritu (Autumn), Hemant Ritu (Pre-Winter) and Shishir Ritu (Winter). We have provided an information on the Indian Festival Vasant Panchami, which is celebrated forty days before the onset of Spring. I thank Mrs. Pallavi Redkar for her recipe of Manipuri Khichadi which is from the state of Manipur. Mrs. Manisha Chitnis (http://www.instagram.com/_young.again) for two new Yogasanas Sukhasan and Vyaghrasan. 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 the Republic of Angola



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SOME SALIENT POINTS OF BUDGET 2021-22

Overview of Union Budget 2021-22

The Union Budget of 2021-22 was presented by **Smt Nirmala Sitharaman**, Finance Minister on February 01, 2021. The nation's first digital budget contains schemes to continue empowering multiple sectors of the economy and sections of the society given the unprecedented contraction triggered by the global pandemic. The **fight against COVID-19** resumes as India documents a lowering death rate of **112 per mn population** and a case rate of **130 per mn population**. **Covishield and Covaxin** are two vaccines that are currently being administered to those in need across the nation, and among partner nations.



Mitigatory Schemes implemented so far

The Pradhan Mantri Garib Kalyan Yojana with an outlay of **Rs 2.76 lakh crore (\$ 37.83 bn)** provided food grains to **800mn** beneficiaries as well as free cooking gas and cash for the needy.

Production Linked Incentives targeting 13 **sectors** of the economy were launched.

The three tranches of the **Atmanirbhar Bharat Scheme** were implemented to facilitate economic recovery from the pandemic.

The Atmanirbhar Bharat scheme in combination with the reforms implemented by the RBI created a financial impact of **Rs 27.1 lakh crores (\$371.45bn)**

Four labour codes were launched and reforms targeting the MSME space were also implemented.

Vision for A Self Reliant India

The Finance Minister presented a vision for the actualisation of Atmanirbhar Bharat or 'Self Reliant India' through 6 key pillars:



Health and Wellbeing



Inclusive Development for Aspirational India



Innovation and R&D



Physical & Financial Capital, and Infrastructure



Reinvigorating Human Capital



Minimum Government and Maximum Governance



UNION BUDGET
केन्द्रीय बजट

SOME SALIENT POINTS OF BUDGET 2021-22

Vaccine Development and Distribution



A total outlay of **Rs 2,23,846 crores (\$30.68 bn)** has been allocated to Health and Wellbeing, as against the previous years' outlay of **Rs 94,452 (\$12.95 bn) crores**, thereby marking an increase in allocation by **137%**.

The Pneumococcal vaccine will be made available throughout the country as against its current availability in 5 States alone.

An allocation of **Rs. 35,000 crores (\$4.8 bn)** for COVID-19 vaccine in BE 2021-22 has been made with further scope for funding on a need basis.

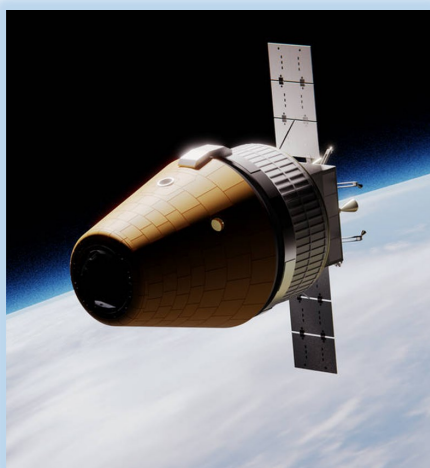
Agriculture and Fisheries

The Finance Minister has proposed the **extension of the SVAMITVA** (Survey of Villages Abadi and Mapping with Improved Technology in Village Areas) scheme to all States and Union Territories in FY21-22. This is a Central Scheme launched by the Prime Minister on National Panchayat Day (24 April 2020) to provide an integrated property validation solution for rural India using Drone Surveying technology.

The Agricultural credit target is to be increased to **Rs 16.5 lakh crores (\$226.16bn)** in FY22 and is to be expanded to animal husbandry, dairy, and fisheries.



Innovation and R&D



Allocation of **Rs 1,500 crore (\$205.6mn)** for a proposed scheme to provide financial incentive to promote digital modes of payment.

The National Language Translation Mission (NTLM) will enable the wealth of governance-and-policy related knowledge on the Internet being made available in major Indian languages. 4 Indian astronauts are being trained under **Gaganyaan Mission** in Russia. Launch of a **Deep Ocean Mission** with a budget outlay of more than **Rs 4,000 crores (\$548.27mn)**, over five years.



OIL AND GAS SECTOR IN INDIA



The Prime Minister, Shri Narendra Modi addressing at the dedication to the nation and foundation laying of key projects of the Oil and Gas sector in Tamil Nadu, via video conferencing, in New Delhi on February 17, 2021

- Prime Minister dedicated to the nation the Ramanathapuram – Thoothukudi natural gas pipeline and Gasoline Desulphurisation Unit at Chennai Petroleum Corporation Limited, Manali.
- He also laid the foundation stone of Cauvery Basin Refinery at Nagapattinam. Governor and Chief Minister of Tamil Nadu, and Union Minister for Petroleum and Natural Gas were present on the occasion.
- In the past six years, over Rs. 50,000 Crore worth oil and gas projects have been approved for implementation in Tamil Nadu. In the same period, over Rs 9100 crores worth projects sanctioned before 2014 were completed. In addition, over Rs 4,300 crore worth projects are in the pipeline.
- All the projects in Tamil Nadu are a result of joint efforts of our consistent policies and initiatives for sustainable growth of India .



The Prime Minister, Shri Narendra Modi inaugurates the important Oil & Gas projects in Assam on February 22, 2021

- Prime Minister Shri Narendra Modi dedicated to the nation the INDMAX Unit at Indian Oil's Bongaigaon Refinery, Oil India Limited's Secondary Tank Farm at Madhuban, Dibrugarh and a Gas Compressor Station at Hebeda Village, Makum, Tinsukia.
- The project will usher in an era of energy security and prosperity, and open bright avenues of opportunity for local youth.
- The INDMAX unit at Indian Oil's Bongaigaon Refinery leverages the technology developed indigenously by Indian Oil-R&D to produce a higher LPG and high-Octane Gasoline yield from heavy feedstocks.
- Oil India Limited's Secondary Tank Farm has been built for safe storage of about 40,000 Kilo Litres of Crude Oil, and the separation of formation water from Wet Crude Oil.
- Rs 490 crore project will also have a Dehydration unit with an operating capacity of 10,000 Kilo Litres per day.



OIL AND GAS SECTOR IN INDIA



Incentives for the Power and Oil and Natural Gas Sectors in Union Budget 2021-22

- A power distribution scheme wherein end-users can choose between State and private-led entities is on the anvil.
- An outlay of **Rs 3,05,984 crores (\$ 41.94bn)** over 5 years will target DISCOMS, pre-paid smart metering, feeder separation and the upgradation of systems.
- The Pradhan Mantri Ujjwala Yojana (PMUY), launched by the Prime Minister on May 01, 2016 distributed 50 million LPG connections to women of Below Poverty Line families and will be extended to 1 crore new beneficiaries and 100 other districts are to be added to the City Gas Distribution network.
- A Gas Transport System Operator catering to common carrier capacity in all-natural gas pipelines is to be established.
- The Jammu & Kashmir Union Territories are to receive a natural gas pipeline.

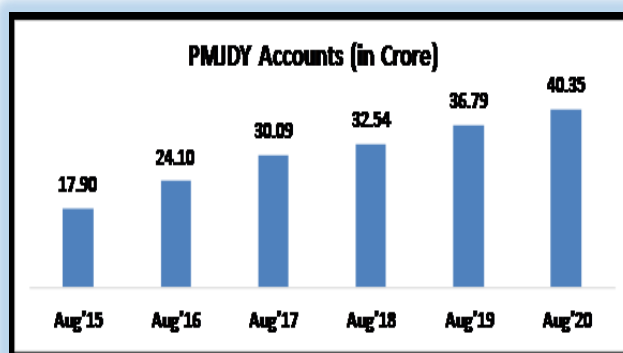


India has emerged as a refinery hub and plans to increase refining capacity to 400 MMTPA by 2025

- India's current refining capacity stands at 249 MMTPA, comprising of 23 refineries— 18 under public sector, 3 under private sector and 2 in a joint venture. Indian Oil Corporation (IOC) is the largest domestic refiner with a capacity of 80.7 MMTPA.
- Top three companies – **IOC, Bharat Petroleum Corporation (BPCL) and Reliance Industries (RIL)** - contribute around 66.7% of India's total refining production from FY 2018 - 19.
- At present about 16,788 km natural gas pipeline is operational and about 12,672 km gas pipelines are under development.
- India has witnessed a steady increase in production as well as consumption of petroleum products over the years.
- The production of petroleum products stood at 150 MMT during April - October 2019-20.



PRADHAN MANTRI JAN-DHAN YOJANA



Background

- **Pradhan Mantri Jan-Dhan Yojana (PMJDY)** is National Mission for Financial Inclusion to ensure access to financial services, namely, Banking/ Savings & Deposit Accounts, Remittance, Credit, Insurance, Pension in an affordable manner.

Objectives

- Ensure access of financial products & services at an affordable cost
- Use of technology to lower cost & widen reach

Extension of PMJDY with New features

- The Government decided to extend the comprehensive PMJDY program beyond 28.8.2018 with some modifications
- Focus shift from 'Every Household' to Every Unbanked Adult'
- RuPay Card Insurance - Free accidental insurance cover on RuPay cards increased from Rs. 1 lakh to Rs. 2 lakh for PMJDY accounts opened after 28.8.2018.

Achievement under PMJDY Accounts As on 19th August 2020

- Number of Total PMJDY Accounts: 40.35 Crore; Rural PMJDY accounts: 63.6%, Women PMJDY accounts: 55.2%
- During first year of scheme 17.90 crore PMJDY accounts were opened
- Continuous increase in no of accounts under PMJDY

Present Scenario

- National Mission for Financial Inclusion, completes six years of successful implementation in August 2020.
- More than 40.35 crore beneficiaries banked under PMJDY since inception, amounting to Rs. 1.31 lakh crore
- 63.6% Rural PMJDY accounts; 55.2% Women PMJDY accounts
- Under PM Garib Kalyan Yojana, a total of Rs. 30,705 crore have been credited in accounts of women PMJDY account holders during April-June, 2020
- About 8 crore PMJDY accountholders receive Direct Benefit Transfer (DBT) from the Government under various schemes



**PRADHAN MANTRI
JAN-DHAN YOJANA**

CULTURE AND TOURISM

Manipur



Manipur is strategically located in the North-eastern corner of India bordering Myanmar. It can be termed as a Nature's gift to mankind. Manipur is also the birthplace of Modern Polo and the locals call this game 'Sagol Kangjei'.



It is the birthplace of **Raas Lila** - a renowned form of classical dance which was created by Maharaja Bhagyachandra.



The performing art like the **Pung Cholom** is well appreciated all over the world.

Tripura



Tripura, nestled in a tip of the Northeast of India, flourishes on the bounties of nature but the beauty of the state is heightened by its human resources on the one hand and rich cultural tradition on the other .



Folk culture of the tribal and non-tribal people of the state forms the backbone of Tripura's cultural tradition.



The **Tripura State Tribal Museum** is located within the premises of the Tribal Research and Cultural Institute at Agartala.

FESTIVAL AND CUISINE OF THE MONTH

Basant Panchami



Basant Panchami or **Vasant Panchami** is an auspicious festival which is celebrated in India to mark the preparation for the arrival of spring. It falls on the fifth day of the month of Magh in the Hindu calendar, i.e between January and February.

It is dedicated to Goddess Saraswati who is considered the symbol of learning and musical and artistic skills.

On this day, women wear traditional yellow sarees offering flowers to one-another, children participate in programs in their schools and families share Prasad.

This year, this festival was celebrated on 16 February 2021.



Manipuri Khichdi

By Mrs Pallavi Redkar

Manipuri Khichdi is a delectable main dish hails from Manipur which is one of the seven states of the north eastern part of India. Manipur is located near the eastern part India that shares the border with Burma. They mainly consume ingredients that are fresh and grown in their households. It is prepared with basmati rice, toor daal, onion, raw peanuts and spices like green cardamom and bay leaves.



Manipuri Khichdi is served during Rath Jatra festival. They serve this lip-smacking recipe on lotus leaves and take your eating experience to a whole new level!

This khichdi is paired with the traditional Ootti (White pea curry).

- ◆ Preparation time: 15 Minutes
- ◆ Cooking Time: 15 Minutes
- ◆ Total Time: 30 Minutes
- ◆ Servings: 2 to 3 People

INGREDIENTS

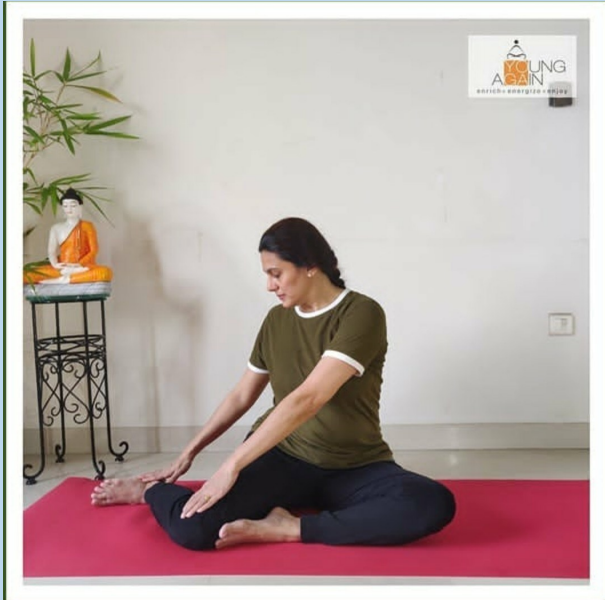
- ◆ 1 Cup Basmati Rice
- ◆ 1/4 Cup Yellow Pigeon lentil Toor Dal 1 Small Onion Chopped
- ◆ 1 Tsp. Ginger and Garlic Paste
- ◆ 1 Tsp. Cumin Seeds
- ◆ 2 Tbsps. Peanuts Fried
- ◆ 2 Green Cardamoms
- ◆ 2-3 Cloves
- ◆ 1 Small Bayleaf
- ◆ 2 Whole Red Chilies
- ◆ 2 Tbsps. ghee
- ◆ 1/2 Tsp. Turmeric Powder
- ◆ Salt to Taste

Instructions

- ◆ Wash and soak the rice and dal for 15 minutes.
- ◆ Drain all the water and transfer into pressure cooker with 2 cups of water, salt and turmeric powder.
- ◆ Cover with lid and cook till to soft or 3-4 whistles.

YOGA ASANA (POSTURE) OF THE MONTH

Vrushabhasana



This posture gives positive pressure on the hip joint and hip muscles. Asana is done from both the sides.

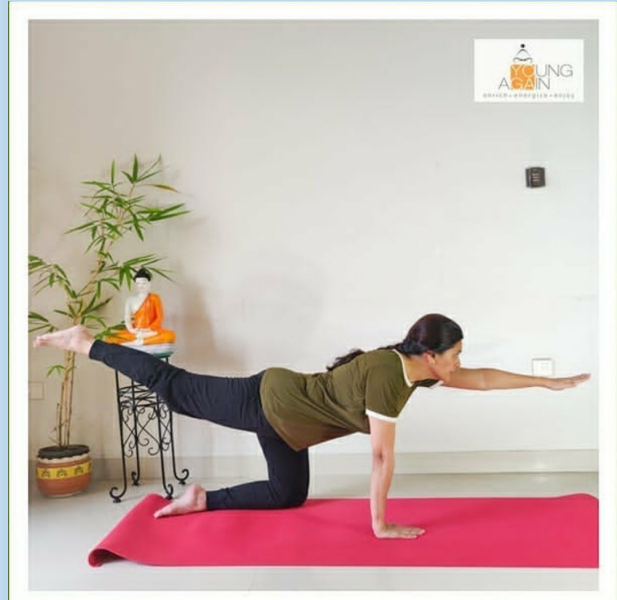
Pros

- ◆ Hip muscles are strengthened
- ◆ Hip joint and knee joint become flexible with regular practice of this Asana.
- ◆ This posture helps trim the fat deposit on the waist.

Cons

- ◆ Those having stiff knees or having pain in the knees should practice this posture under the supervision of a Yoga teacher.
- ◆ Those who have undergone knee replacement surgery should not do this Asana.

Shwanasan



This is a dog pose asana. Balancing the body on one hand and one leg. Right hand - left leg and then left hand - right leg.

Pros

- ◆ Once the body becomes steady, the mind attains steadiness.
- ◆ With regular practice, the concentration improves as one can experience calmness in the final posture.
- ◆ Improves the neuro-muscular coordination.

Cons

- ◆ Those having stiff knee joints or having pain in the knees should avoid this posture.
- ◆ There should be no haste in attaining the posture.



Courtesy: https://www.instagram.com/_young.again/

AYUSH TIPS OF THE MONTH

Unani Day
11th February 2021

Unani system of medicine specialises in Pulse (*Nabz*) examination for both diagnosis and monitoring of treatment.

It is primarily observed in the light of the following ten parameters:

- Volume
- Strength
- Velocity
- Fullness
- Temperature
- Rate
- Equality
- Consistency
- Regularity
- Rhythm

Pulse (*Nabz*) examination in Unani medicine is used by the physicians to help diagnose different states of the body- health, disease and the intermediate state.

An experienced Unani physician can easily differentiate between a normal and a deranged temperament pulse.

The diagnosis is primarily observed in the following ten parameters: Volume, Strength, Velocity, Fullness, Temperature, Rate, Equality, Consistency, Regularity, Rhythm.

Have you been ignoring your dry & cracked heels?

It should not be ignored as over the time deeper fissures may develop, increasing the risk of infections.

Naturopathy suggests the following regimen to prevent and heal cracked heels:

- Soak the feet in lukewarm or hot water for 10 to 15 minutes and scrub with a loofah to remove the dead cells.
- Oatmeal, honey, sea salt and almond can be used as a scrub.
- Coconut oil can be applied to the feet after scrubbing to keep it soft and moisturised.

Painful, cracked heels is a common skin condition, especially during winters. In some cases, dry cracked feet can lead to infection or make walking painful.

Naturopathy suggests the following regimen to prevent and heal cracked heels:

- ◆ Soak the feet in lukewarm or hot water for 10 to 15 minutes and scrub with a loofah to remove the dead cells.
- ◆ Oatmeal, honey, sea salt and almond can be used as a scrub.
- ◆ Coconut oil can be applied to the feet after scrubbing to keep it soft and moisturised.

Is your regular life affected by stiffness and/or pain in joints?

Unani System of Medicine recommends following medicines for effective pain management :

Habb-e-Suranjan, Habb-e-Muqil, Qurs Mafasil, Majoon Suranjan, Majoon Jograj Gugal

Disclaimer: Medicines to be taken under the supervision of a registered Unani physician

Unani Day
11th February 2021

Acute pain in multiple joints (*Waja-UI-Mafasil*) is most often due to inflammation, gout, or flare-up of a chronic joint disorder.

Also, at times inflammation of the joints can be severe enough to cause fever.

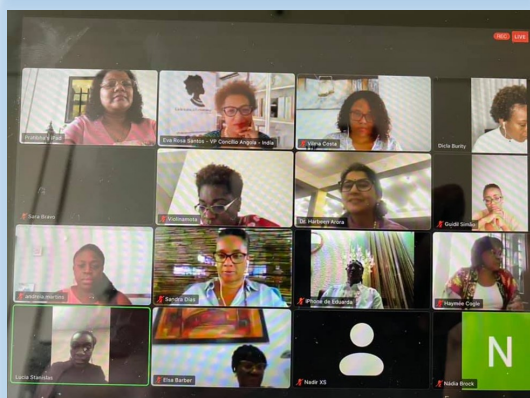
Unani System of Medicine recommends following medicines that are to be taken under the supervision of a registered Unani physician for effective pain management:

Habb-e-Suranjan, Habb-e-Muqil, Qurs Mafasil, Majoon Suranjan, Majoon Jograj Gugal.

ACTIVITIES IN THE MONTH OF FEBRUARY



H.E. Ambassador Ms. Pratibha Parkar visited ENDIAMA and met Mr. Jose Manuel Ganga Junior, Chairman of the Board of Directors, ENDIAMA on 19 February 2021. Both sides reviewed cooperation in the mining sector and discussed way forward towards increasing trade and investment in areas of mining and infrastructure.



HE Ambassador Ms. Pratibha Parkar joined the launch of Women's India- Angola Business Council organized by the WICCI (Women's Indian Chamber of Commerce and Industry) on 20 February 2021. A good initiative which aims to bring the business women of both countries together for the benefit of both nations.



Moving ahead with intensifying cooperation agenda, H.E Pratibha Parkar, Ambassador met with H.E Jomo Fortunato, Minister of Culture, Tourism and Environment on 23 February 2021 and discussed wide ranges of issues concerning bilateral cooperation in the areas of Culture, Tourism and Environment.



H.E. Amb Pratibha Parkar met H.E. Mr. Manuel Homem, Minister of Telecommunications, Information, Technologies and Social Communication of the Republic of Angola on 24 February 2021 and reviewed bilateral cooperation in the areas of IT and Telecom. Both sides agreed that there exists potential for further cooperation in this sector including in the areas of e-Governance, Space and capacity building.



Embassy of India
Luanda, Angola

**No. 47, Rua Comandante Nzaji, Alvalade,
Luanda, Angola**

UPCOMING EVENTS

◆ Annual IMC India Calling Conference 2021 (Virtual as well as in-person)

An annual feature established by **IMC Chamber of Commerce and Industry**, Mumbai is organising a conference on **Friday, March 12, 2021** to provide networking platform for Indian and global players to come together and debate, share insights and explore potential investment opportunities and collaborations in the areas of **Smart Infrastructure and Green Technology**. The interested companies can register at the link <https://www.imcnet.org/events-950> or contact **Ms. Vanita Ghuge** at vanita.ghuge@imcnet.org for more details.

◆ Technotex 2021—Phygital (Physical plus Digital)

A Global Conference and Exhibition on technical textiles, is being organized jointly by the **Ministry of Textiles, Government of India** and the **Federation of Indian Chamber of Commerce & Industry (FICCI)** from **17th - 19th March 2021**. Technotex is one of the largest composite events of Technical Textile industry of the Asia-Pacific region. Contact point to facilitate industry participation in Technotex 2021 is **Mr. Sudhanshu Gupta (E: sudhanshu.gupta@ficci.com; M: +91 9873311557)**. More information about the event is available at www.technotexindia.in.

◆ BSM Services Sector (Virtual Platform)

A **Buyer Seller Meet Week in the Services Sector** from **22nd to 31st March 2021** is being organised by the **Services Export Promotion Council (SEPC) of India**, set up by **Ministry of Commerce and Industry** which is mandated to promote exports of 17 services sectors including inter alia Hotel and Tourism, Healthcare, Transport, Accounting and Finance, Entertainment, Legal, Construction and Engg., Environmental, IT-Enabled Services, Communication, Educational Services etc. Interested business delegates from Angola can register themselves at the link: <http://sepcevents.com/buyer>

◆ I for Afrika 2021 (Virtual Platform)

Organised by **Indo African Chamber of Commerce and Industry** an annual **mega event** from **16th Feb 2021** onwards with the theme "Africa in 2030" – is an opportunity for private sector to promote business in Africa. It aims to create an e Commerce platform showcasing Indian MSME industry start-ups, women entrepreneurs and will promote Indian products and businesses for Angola and African countries in 30 sectors, inter alia including Mining, Agriculture, Imitation and Jewelry, Water and Energy, Automotive, Construction, Solar and Renewable Energy, Banking and Finance, Fisheries, Oil and Gas. IT and ICT, Healthcare, Hospitality & Tourism. Angolan companies are welcomed to join the event by accessing the link <https://www.indoafrican.org/i-for-afrika/>

QUESTION OF THE MONTH

Which of the following is the National Aquatic Animal of India ?

- (A) Seahorse
- (B) Starfish
- (C) Penguin
- (D) River Dolphin

Answer of the last month quiz: (C) Vande Mataram



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