



BHARAT DARSHAN

MONTHLY NEWSLETTER BY EMBASSY OF INDIA, LUANDA



AUGUST- SEPTEMBER 2022



From the Desk of the Ambassador

Dear readers,

It gives me pleasure to present the 25th edition of newsletter 'Bharat Darshan' for the month of August and September 2022. I am very happy that the 25th edition is coincided with the month of August when we celebrated the 75th anniversary of our independence. It was a great moment of joy and honor for us. Our hearts filled with pride to be citizen of a country which has provided us all democratic rights for which our freedom fighters laid down their lives. India has also become the 5th largest economy in the world surpassing its former colonizer the UK. In today's edition we are taking you to the Union Territory of Jammu and Kashmir which is known as paradise of India. Endowed with heavenly natural beauty the territory has rich heritage and culture. We thank Mrs Pallavi Redkar for providing us the recipe of Rogan Josh. We have provided information, on two yogasanas ie. Garudaasan & Baddha Parshva-konasan by Mrs Manisha Chitnis '(http://www.instagram.com/_young.again) and 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

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INDIAN ECONOMY

Indian Medical Devices



-Market size expected to reach \$ 50 bn by 2025



-India is the 4th largest market for medical devices in Asia, among the top 20 markets for medical devices worldwide



-2nd largest PPE Kits manufacturer with production capacity 10 lakh+ PPE coveralls per day



-India's expected export of medical devices will reach ~ \$10 bn by 2025.

The current market size of the medical devices industry in India is estimated at \$11 bn, represents a sunrise sector of the Indian economy

The medical devices industry in India consists of large multinationals as well as small and medium enterprises (SMEs) growing at an unprecedented scale

The medical device sector has been growing steadily at a CAGR of 15% over the last 3 years

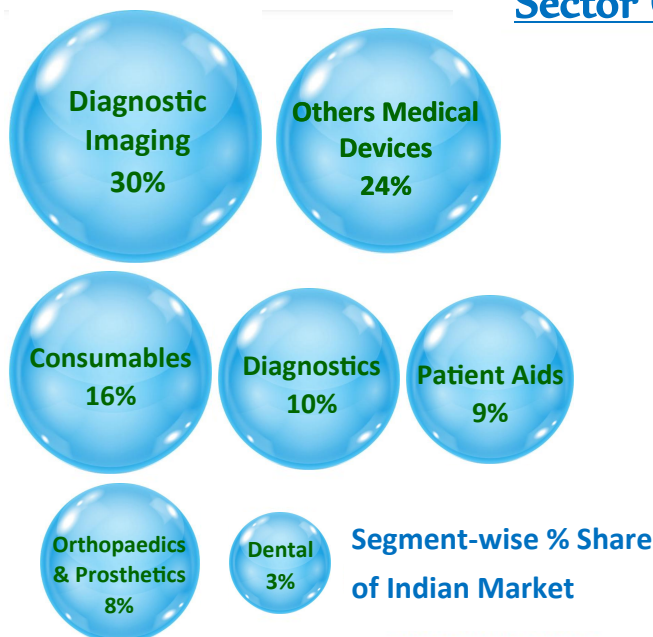
The medical devices industry in India is poised for significant growth with the market size expected to reach \$50 bn by 2025

India's Imports of medical devices in 2019-20 were \$5.6 bn and Exports were \$2.51 bn that is likely to reach around \$10 bn by 2025

The Government of India has taken several steps to ensure the growth of a vibrant ecosystem of medical devices manufacturing in India over the past 5 years:

- ◆ Medical Devices Rules, (MDR) 2017: The Medical Devices Rules (MDR), 2017 regulates Clinical Investigation, Manufacture, Import, Sale, and Distribution of Medical Devices. The devices are classified into 4 classes, harmonized with international guidelines
- ◆ Production Linked Incentive Schemes: To boost domestic manufacturing, Government has launched Production Linked Incentive Schemes (PLI 1.0 & PLI 2.0) for medical devices for 4 key target segments & in- vitro diagnostics

Sector Overview



Source:
www.investindia.gov.in
www.makeinindia.com

INDIAN ECONOMY

India can add 23.7 GW of clean energy by 2027



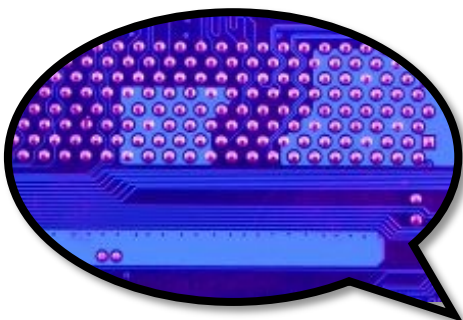
- ◆ A potential of over 600 GigaWatts (GW) of onshore capacity at a hub height of 120m, with an additional fixed-bottom and floating offshore wind potential of 174 GW, can be put in place
- ◆ Most of India's renewable energy mix was contributed by wind power, which accounted for 37.7%
- ◆ 2.65 GW of wind/solar hybrid (WSH) tenders were awarded by the Solar Energy Corporation of India (SECI)
- ◆ Contracts for wind-solar hybrid projects have grown from both corporate and distribution companies (DISCOMs) tie-ups
- ◆ India's position as a major supplier of wind equipment has been strengthened by the export of larger turbines and the entrance of new suppliers into the local supply market

60% of all the Covid vaccines used globally are produced in India: FM

- ◆ The country is currently giving a double-dose vaccination to all of its citizens
- ◆ Under the nationwide inoculation drive, 208.57 crore doses of COVID-19 vaccines have been administered so far
- ◆ India also produced Covid-19 vaccines when India undertook a period of lockdown
- ◆ The finance minister said that the country is highly capable of greatly contributing to world vaccination
- ◆ The 200-crore threshold for the vaccines was crossed in July, this year



India's semiconductor component market to reach US\$ 300 bn by 2026



- ◆ The country's also expected to become the world's second-largest market for semiconductors
- ◆ The revenue of India's end equipment market is expected to grow at a Compound Annual Growth Rate (CAGR) of 19% from 2021 to 2026
- ◆ More than 14% of the total semiconductor consumption in 2026 will be accounted for, by the advanced 5G and fibre-to-the-home (FTTH) network infrastructure equipment
- ◆ The adoption of Electric Vehicles (EVs), which make use of advanced technologies, will also create a spike in demand for semiconductors
- ◆ Currently, 9% of this semiconductor requirement is met with domestic production

CULTURE AND TOURISM

PLACE OF THE MONTH: JAMMU AND KASHMIR



A pure heaven on earth, Jammu and Kashmir, is perhaps an ideal destination to delve into the wonders of Mother Nature. The scenic landscapes and snow-capped mountains of this place make every human soul fall in love with it. J&K remains highly popular among honeymooners seeking some moments of serenity to start their new bond of love. It houses numerous wonders of nature apart from a rich historic background.



The Union Territory of Jammu and Kashmir is a great tourist destination. Picturesque and enchanting, Kashmir is cradled high in the lofty green Himalayas and hailed all over the world for its incredible natural beauty. Surrounded by mountain peaks, lush green valleys, glistening lakes, temples and spectacular Mughal-era gardens, it has inspired poets through centuries.



Gulmarg, the meadow of flowers, is one of Asia's premier hill resorts for its legendary beauty, prime location and the range of choices it offers to the visitors. Famous for its exquisite valleys, gorgeous streams, fascinating slopes for every sort of skiing and hiking, Gulmarg is also home to one of the highest golf courses in the world.



The Lush Wooded Pine Forest In Patnitop Offers Ample Opportunity For Trekking. This is known for its many picturesque locations and landmarks, and travelling to Jammu and Kashmir. Patnitop is located in the Lower Himalayan Range close to the Pir Panjal range. This famous hill resort is perched on a beautiful plateau, at an altitude of 2024 m across which the Jammu-Srinagar Highway passes.



The highest, youngest & largest chain of mountains in the world, the Himalayan range is one of the most fascinating and spectacular natural wonders on earth. It is more than that, it is one of the richest stores of animal life. For instance, it is remarkable that almost one third of the world's mammalian species that may be called true mountain animals are native to these mountains.

ART FORMS OF JAMMU & KASHMIR



Famous Art and Crafts of Jammu and Kashmir include Carpets, Basket Weaving, Embroidery, Pashmina Shawls, Papier Mache (paper is soaked in water till the time it disintegrates. Then an adhesive solution is used to mix it over, eventually molding it into different shapes which are later coloured and varnished), Tweed (pure wool product that goes through eight steps of wool shearing to take various shapes), Walnut Wood Products.



The rich heritage of Kashmir includes famous dances that are presented on all the major functions and weddings in the UT. There are also some special dances presented on functions like birthdays, crop harvesting etc. Jammu and Kashmir dance forms are not only limited to the UT but they attract the eye of all the people from all over the country. These traditional dances now form an integral part of the rich culture of the UT.



Calico Printing - Samba, a small town about 40 kms from Jammu, on Jammu Pathankot highway is a well known centre of Block Printing. Calico Printing enjoys a wide popularity. Printing in vegetable color with help of wooden blocks on hand woven cotton cloth is being used as cool, comfortable, floor/bed coverings and are in great demand.



Kashmiri handicrafts exhibit extraordinary intricacy and skill. The workers in Jammu-Kashmir have expertise in making carpets, baskets, wall hangings, and other handicraft items. You can also find a variety of wooden work, silverware and shawls with unmatched embroidery.

This flourishing handicrafts industry of Jammu & Kashmir not only offers you wonderful items, but also employs several tribal as well as general folks of the valley.

CUISINE - ROGAN JOSH



Rogan Josh is the signature dish of Kashmir, where the name is derived from Persian words in which Rogan means oil and Josh means Intense heat. No celebrations are complete without this signature dish, typically made with lamb but these days mutton is used to make this authentic and aromatic recipe. Among few exotic ingredients used in the recipe, Alkanet root, better known as Ratan Jot is the most important one. It is traditionally used to add color to food.

By Mrs. Pallavi
Redkar

INGREDIENTES:

Prep time 15 mins
Marination time : 1-2 hrs
Cook time 45 mins
Total time 2-3 hr
Serving 4 people



| | | |
|--|--|--|
| <ul style="list-style-type: none"> ◆ 500 grams Mutton, with bones, cut into medium pieces ◆ 1 cup Yogurt ◆ Salt, as required ◆ 2 table spoon Oil ◆ 2 table spoon ghee ◆ Handful of chopped coriander leaves, for garnish | For whole spices: <ul style="list-style-type: none"> ◆ 2 Black cardamom ◆ 4 Cardamom pods ◆ 4 Cloves ◆ 1 inch Cinnamon Stick ◆ 1 Bay leaf ◆ 1 teaspoon Fennel Powder ◆ 2 teaspoons Kashmiri Red Chilli Powder ◆ 1/2 inch Ratan jot (alkanet), (infuse it in | For Marination: <ul style="list-style-type: none"> ◆ 2 teaspoon ginger garlic paste ◆ 1 teaspoon Fennel seeds ◆ 1/4 teaspoon Cinnamon Powder ◆ 1 teaspoon Kashmiri Red Chili Powder ◆ 1/2 teaspoon Black pepper powder |
| | | |

MÉTODO

- ◆ Wash the meat thoroughly and drain water completely.
- ◆ Marinate the meat with mentioned ingredients for approximately for 1 to 2 hours. Cover and refrigerate it for better results.
- ◆ Heat ghee & oil on medium high in a heavy bottom pot.
- ◆ Add bay leaf and other whole spices like cardamom, cloves, cinnamon.
- ◆ Add the marinated meat and turn up the heat browning the meat well.
- ◆ Add almost 1 cup of water in it and allow it to cook with lid closed.
- ◆ Let the curry simmer on medium for 15 mins until the oil starts separating from the curry. Once you see the oil start separating, add whisked yogurt, red chili powder & fennel powder.
- ◆ Mix well such that everything incorporates well. Add salt as needed.
- ◆ Add Ratan Jot / Alkanet root infused in oil in the mutton and cook till mutton is soft and tender.
- ◆ Garnish with fresh coriander and serve hot with rice or Naan.

YOGASANAS

By Ms. Manisha Chitnis,
Yoga Therapist



GARUDAASAN



This is called Eagle pose. Standing balancing posture.

Pros

- ◆ Strengthens and stretches the ankle and calves.
- ◆ Stretches the thighs, hips, shoulders and upper back.
- ◆ Improves the sense of balance
- ◆ Improves concentration

Cons

- ◆ Avoid practicing this Asana if you have had recent knee, ankle or shoulder injury.
 - ◆ Do not practice this Asana if you suffer from any of these conditions: High or low blood pressure, Asthma, Vertigo, obesity, frequent headache.
-

BADDHA PARSHVA-KONASAN



This is twisted angle pose which gives good stretch to the entire body.

Pros

- ◆ Practice of this Asana will increase the stamina, strength and flexibility of shoulders, hips and legs
- ◆ Opens the chest and strengthens the muscles around the ribs.
- ◆ Increases the lungs capacity
- ◆ Improves the blood circulation.

Cons

- ◆ Those having frozen shoulder and acute arthritis should not do this posture.
 - ◆ Those having spondylitis or spondylosis can do this posture carefully but should not twist the neck.
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AYUSH TIPS

3 Simple Steps Shared by the Ministry of Ayush to Improve Immunity



The Ministry of Ayush recommends taking (10gm) Chyavanprash in the morning, drinking golden milk and herbal tea prepared from spices to improve immunity.

Pursuing the saying, “prevention is better than cure” the Ministry of Ayush (Ayurveda, Yoga, Unani, Siddha, and Homeopathy) is routinely urging the general public to pillar the natural defence system of their body by embracing three simple habits in their lifestyle.

The three steps to follow, include;

1. Drinking warm water throughout the day,
2. Practise yoga asana, pranayama, and meditation at least 30 minutes every day,
3. Include natural spices such as Lahsun (Garlic), Haldi (Turmeric), Dhaniya (Coriander) in the diet.

“By following these simple immunity-boosting and preventive measures from #Ayush, we can help the public improve their overall health.”

In its website, the ministry notes that along with taking Chyavanprash, drinking herbal tea, and turmeric milk, jaggery and raisins are also effective to strengthen immunity. Application of coconut or sesame oil on nostrils and oil pulling (The Ayurveda immunity measures) are also recommended. Steam inhalation using Ajwain seeds and fresh mint leaves or taking clove powder with honey are recommended for sore throat and dry cough. For more information, visit <https://www.ayush.gov.in/>

ACTIVITIES DURING THE MONTH OF AUG-SEPT 2022



Embassy celebrated 8th National Handloom Day with Indian diaspora & Friends and Handloom from North and South were showcased during the event. Handloom sector is a symbol of our country's rich and varied cultural heritage. Handloom is an important source of livelihood in rural and semi-rural parts of our country. It is a sector that directly addresses women's empowerment with over 70% of all weavers and allied workers being female. Swadeshi Movement which was launched on 7th August, 1905 had encouraged indigenous industries and in particular handloom weavers. In 2015, the Government of India decided to designate the 7th August every year, as the National Handloom Day. The first National Handloom Day was inaugurated on 7 August 2015 by Prime Minister Narendra Modi in Chennai.



Embassy of India lit up in Tri Color to celebrate the most important Festival of the Republic of India and the achievements of 75 years of independence.



As part of #AzadiKaAmritMahotsav and celebrations of the 76th Independence Day anniversary, the Embassy organised Painting competition for kids which saw enthusiastic participation. The winners will be awarded on 15th August at the Independence Day celebrations in the Embassy.



As part of #AzadiKaAmritMahotsav and celebrations of the 76th Independence Day anniversary, the Embassy organised Rangoli Competition which saw enthusiastic participation by Indians in Angola. The winners will be awarded on 15th August at the I-day celebrations in the Embassy.



As part of #AzadiKaAmritMahotsav and celebrations of the 76th Independence Day anniversary, the Embassy organised Mehndi Competition which saw enthusiastic participation by Indians in Angola. The winners will be awarded on 15th August at the I-day celebrations in the Embassy.

ACTIVITIES DURING THE MONTH OF AUG-SEPT 2022



Embassy of India celebrated 76th Independence Day of India with fervor and enthusiasm and participation of Indian community. The National Flag was hoisted by Ambassador followed by reading out the speech of Hon'ble President of India. The prizes for the winners of AKAM Quiz and Rangoli, Mehndi & Painting Competition held on 14 August were also distributed.



Embassy of India lit up in Tri Color to celebrate the most important Festival of the Republic of India and the achievements of 75 years of independence.



Cultural performances by Indian diaspora on the occasion of 76th Independence Day of India celebrations.



To mark 150th birth anniversary of Sri Aurobindo, a short film titled "Sri Aurobindo Ghose: The Beginning of Spiritual Journey" was screened at the Embassy



Ambassador participated in the #BloodDonationCamp organized by Indian Community Angola to celebrate 76th Independence Day of India.

ACTIVITIES DURING THE MONTH OF AUG-SEPT 2022



Ambassador attended Indian Medical and Eye Checkup Camp organized by Indian Community Angola at Golf II Rural Area. Amb. also met Administrator of Kilamba Kiaxi, Mr. Fernando Cardoso during the Camp.



Ambassador met Mr. Harmeet Singh (GM-Operations & Business strategy), Clinica General Katondo Hospital, Talatona, Angola and discussed the possibilities of cooperation in the Healthcare sector.



Embassy of India, Luanda celebrated #AzadikaAmritMahotsav with Dr Raj Phanden, MD Ayurveda, popularly known as Cycle Baba, who is currently on world expedition on Bicycle. During the Interaction, Dr Raj shared his fascinating experiences with the Indian diaspora and friends of India in Angola. Ambassador gave him a Letter of Appreciation for his efforts in spreading awareness on global warming, climate change and its effect on the human race, plantation, Ayurveda (the ancient Indian system of medicine) and Indian culture. Amb. flagged off Dr. Raj Phanden from the Embassy of India in Luanda and wished him all the best in his future endeavours.



Ganesh Aarti and Ganpati Visarjan on the occasion of #GaneshFestival performed in #Angola

ACTIVITIES DURING THE MONTH OF AUG-SEPT 2022



#HindiDiwas2022 was celebrated in #Angola as part of #AzadiKaAmritMahotsav with an address by Ambassador Pratibha Parkar, recital of poems, bhajans, essays and Hindi drama presented by Pravasi Indians in Angola. Awards to the winners of Essay and Kavita competitions along with encouragement certificate for participations were handed over by Ambassador on the occasion.



Ambassador Mrs. Pratibha Parkar paid a courtesy call on Foreign Minister Mr Tete Antonio on 21 Sept 2022 to congratulate him on his reappointment and discussed various issues of bilateral cooperation



Continuing efforts in combating environment related issues like pollution, climate change and global warming, Embassy of India organized Tree Plantation with Cycle Baba Dr Raj Phanden in Luanda to encourage all to work in this direction to save our planet.



Ambassador visited Sivam Biscuit Factory run by an Indian Investor in #Angola, Mr. Srinivas Krovi & appreciated the India-Angola business ties.



Ambassador met Mr. Miguel Dialamicua, Director of DAO, MIREX and had wide ranging discussions on issues of bilateral interest.

IMPORTANT EVENTS/ ENGAGEMENTS OF PM IN AUG-SEPT 2022



The President, Smt. Droupadi Murmu, the Vice President, Shri M. Venkaiah Naidu, the Prime Minister, Shri Narendra Modi with the newly sworn-in Central Vigilance Commissioner, Shri Suresh N. Patel, at Rashtrapati Bhavan, in New Delhi August 03, 2022.



PM inspecting the Guard of Honour at Red Fort on the occasion of 76th Independence Day, in Delhi on August 15, 2022.

During the event, PM called on citizens to work with determination for the prosperity of the country and unitedly face challenges that hinder development.

The Prime Minister, Shri Narendra Modi inaugurated 'Kartavya Path'. It symbolises a shift from erstwhile Rajpath being an icon of power, to Kartavya Path being an example of public ownership and empowerment.

PM unveils the statue of Netaji Subhas Chandra Bose at India Gate, during the inauguration of the Kartavya Path, in New Delhi on September 08, 2022.



PM meets the newly elected Vice President of India, Shri Jagdeep Dhankar, in New Delhi on August 12, 2022



UPCOMING EVENTS

CII Regional Conclave - India & Southern Africa : 31 Oct - 1 Nov 2022 at Johannesburg, South Africa.

All interested participants (including Government officials) may register through the website: www.indiasadconclave.com.



54th edition of IHGF Delhi Fair (Autumn) 2022 14 – 18 October 2022 at India Expo Centre & Mart, Greater Noida, Delhi NCR.

Interested buyers and importers may register at www.ihgfdelhifair.in/register
For any queries, kindly write at visitors@ihgfdelhifair.in

The Livestock & Agri Expo- October 28-29-30, 2022 (9 am to 6.00 pm) at India Expo Mart & Centre, Greater Noida, Delhi- NCR India.

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| Web banners | https://ihgfdelhifair.in/web-banner.html |
| E-mailer/EDM | https://ihgfdelhifair.in/emailer.html |
| Press Note | https://ihgfdelhifair.in/assets/pdf/54th_IHGF_Delhi_Fair-Autumn-2022.pdf |

For any query : visit <https://theaquacultureexpo.com/> or mail at info@infinityexpo.in, info@thegrainsexpo.com or contact +911141089110, 41089710



QUIZ

Hindi Day celebrated every year on which of the following date?

- A. 14 September
- B. 15 September
- C. 16 September
- D. 17 September

Answer of the last month quiz: B. Smt. Droupadi Murmu
