

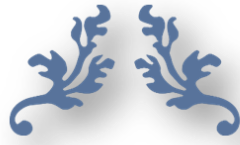


INDIAN COUNCIL FOR CULTURAL RELATIONS



BHARAT DARSHAN

MONTHLY NEWSLETTER BY EMBASSY OF INDIA, LUANDA



APRIL, 2021



EMBASSY OF INDIA,
LUANDA

NEWSLETTER
EDITION 9



FROM THE DESK OF THE AMBASSADOR

Dear readers,

The April edition of our monthly newsletter 'Bharat Darshan' is the ninth edition since we initiated this new initiative of keeping you informed about the positive developments in India as well as different facets of the Indian culture. The young generation of India is growing up in the competitive environment of school examinations. This is the season of exams in India. Concerned about the overall development of future generation our Prime Minister conducts interactions with students, parents and teachers called 'Pariksha Pe Charcha'. There are different calendars followed in different parts of India. As a result, Indians residing in different states have been traditionally celebrating the new year at different times. In the month of April some of the states of India celebrated the new year. One such auspicious celebration of the new year was Bihu in Assam, which coincided with the theme of the states for this month. Mrs Pallavi Redkar has given us an interesting recipe of Ghila Pitha, a snack specifically prepared for Bihu in Assam. We are grateful to Mrs. Manisha Chitnis (http://www.instagram.com/_young.again) who teaches us two new Yogasanas every month. We have included our regular features of Indian economy, Ayurveda and quiz. 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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GOVERNMENT INITIATIVES FOR BUSINESS DEVELOPMENT

AGNii (Igniting Ideas) | Taking your innovation to market

AGNii – Accelerating Growth of New India’s Innovations – is a programme of the Office of the Principal Scientific Adviser to the Government of India, and a Mission under the Prime Minister's Science, Technology, and Innovation Advisory Council (PM-STIAC). AGNii convenes India's finest technologists and their deployment-ready technologies - from startups and laboratories - with top technology users from Indian and global enterprise, government, and non-profit sectors.

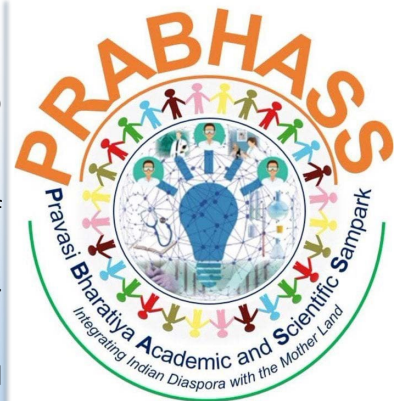


www.agnii.gov.in

Digital Platform: PRABHASS

Under the directives of Hon’ble Prime Minister, Council of Scientific and Industrial Research (CSIR) initiated the efforts to develop a database and a virtual platform to bring on board the Global Indian S&T Community to address the Indian societal challenges / problems.

The virtual platform, a portal, is named PRABHASS which means a ray of light, and is an acronym for “Pravasi Bharatiya Academic and Scientific Sampark - Integrating Indian Diaspora with the Mother Land”. PRABHASS is being developed with collaborative effort of all major scientific ministries / departments and the Ministry of External Affairs of India with the following Vision and Objectives:



VISION Serve as National Digital Platform to effectively collaborate with Global Indian S&T Community for collectively promoting inclusive growth in India, strengthening Indian innovation ecosystem and contributing towards nation building

Startup India

#startupindia

Startup India is a flagship initiative of the Government of India, intended to build a strong ecosystem that is conducive for the growth of startup businesses, to drive sustainable economic growth and generate large scale employment opportunities. The Government through this initiative aims to empower startups to grow through innovation and design.

Several programs have been undertaken since the launch of the initiative on 16th of January, 2016 by Hon’ble Prime Minister, to contribute to his vision of transforming India into a country of job creators instead of job seekers. These programs have catalyzed the startup culture, with startups getting recognized through the Startup India initiative and many entrepreneurs availing the benefits of starting their own business in India.

CULTURE AND TOURISM

PLACE OF THE MONTH: ASSAM



अतुल्य ! भारत
Incredible India

situated in the North-East of India, Assam is the meeting ground of diverse cultures endowed with enchanting and picturesque natural beauty. The State is adorned with beautiful lush covers of greenery, a chain of hills and rivers mainly the Brahmaputra and the Barak. It has been the living place of various races, tribes and ethnic groups since time immemorial. The dynamics of synthesis and assimilation of the races make Assam glorified and rich.



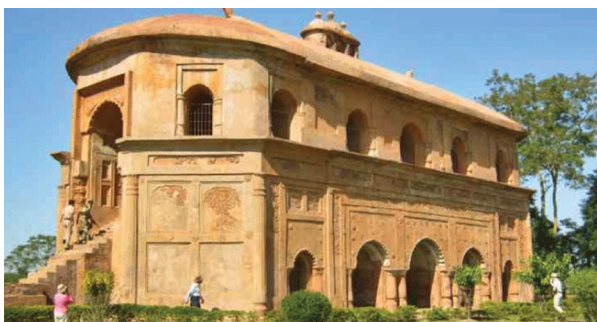
Kaziranga National Park– A World Heritage Site, the park hosts two-thirds of the world’s Great One-horned rhinoceros and also boasts of the highest density of tigers among the protected areas in the world and was declared a Tiger Reserve in 2006. The park is home to large breeding populations of elephants, wild water buffalo and swamp deer.



Bagurumba / Butterfly Dance is the folk dance of indigenous *bodo* tribe of Assam. This dance is characterized by slow steps and graceful outstretch of hand holding colorful *dokhona* (a piece of cloth unique to *bodo* culture). Accompanied by rhythmic music, while performing the dancers hop and swing, bend and unbend, and sometimes strike poses to resemble a butterfly.



Sericulture Flourished- Assam and handloom industry are almost synonymous and it would be not wrong to say that every household in the villages of Assam possess a weaving machine. Popularly known as the ‘Manchester of East’, Saulkuchi, located 30 km away from Guwahati, is a silk weaving village. This textile center produces the best quality silk in Assam.



First Sports Pavilion- Believed to be one of the oldest surviving amphitheatres in Asia, this doubled storied, elongated octagonal structure sports pavilion was built by the Ahom king Pramatta Singha as a pleasure house to watch and enjoy outdoor games.

FESTIVAL OF THE MONTH- BIHU



As mentioned in the January Edition, there are several Harvest festivals celebrated in different parts of India. Out of which Bihu is the Harvest Festival celebrated in Assam. The moment you mention Assamese culture, a group of vibrantly dressed people dancing energetically to the beats of *Dhol* (a special kind of a drum) comes to mind. Bihu is not just a festival but a feeling of joy for every Assamese. Not just happiness, this festival teaches every Assamese to celebrate sorrow too. Celebrated by 65 different tribes of Assam, this festival of spring is held thrice a year.



Rongali or Bohag Bihu (festival of happiness) is celebrated during the month of April on the occasion of Assamese New Year and marks the beginning of the harvesting season. Celebrated over two days the first day of Rongali Bihu known as *Goru Bihu* which begins with washing and worshiping cows and the second day called *manuh bihu* is usual celebration of joy. **This year, the festival was celebrated on 14-20 April 2021.**



This is the time of the year when festive fervor grips the entire state. Wherever you go, the sound of *dhol*, *pepa*, *gogona* and euphoric bihu songs mesmerizes the body and soul. As a practice during Bihu, a group of boys clad in Assamese traditional dress perform Bihu from door to door for a token of appreciation. This tradition or practice is called *husori*.



Traditional *pithas* and snacks continue to add charm to the festival of Bihu. The practice of giving *Bihuan* or *gamocha* (Assamese traditional towel) to elders during Bihu is an integral part of the Assamese cultural.

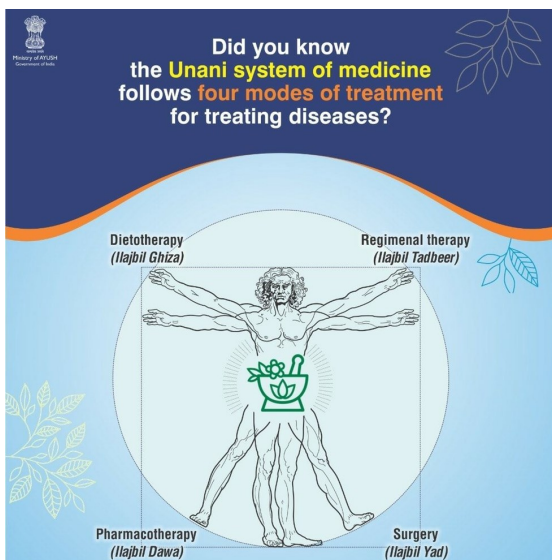
AYUSH TIPS OF THE MONTH



World Health Day is a global health awareness day observed every year on 7 April, under the sponsorship of the World Health Organization.

However, in a time when Covid 19 is raging across the world with the death count reaching close to 3 million people, World Health Day is really important to create awareness about #healthyhabits.

Along with getting vaccinated, it is imperative that we keep following the necessary Covid 19 guidelines along with healthy practices to enhance our body's disease-fighting ability that include Maintaining Social Distancing, Wear a mask, wash hands frequently, get vaccinated etc.

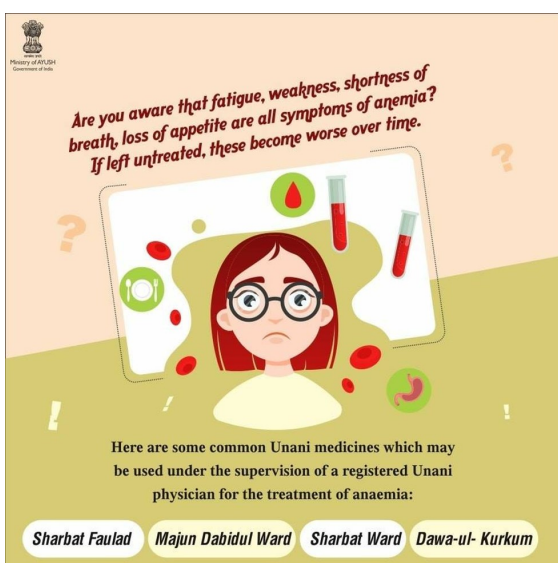


There are four modes of treatment in the **Unani** system of medicine.

These are advised as per Mizaj (temperament) of the patient, temperament of drug and type of disease.

The Unani system of medicine follows four modes of treatment for treating diseases, namely,

- (i) Dietotherapy (Ilajbil Ghiza),
- (ii) Regimental Therapy (Ilajbil Tadbeer),
- (iii) Pharmacotherapy (Ilajbil Dawa) and
- (iv) Surgery (Ilajbil Yad).



Anemia is a condition in which you lack enough healthy red blood cells to carry adequate oxygen to your body's tissues.

A low red blood cell (RBC) count can cause a variety of symptoms and health complications.

Fatigue, weakness, shortness of breath, loss of appetite are some common symptoms of Anemia.

Here are some common Unani Medicines which may be used under the supervision of a registered Unani physician for the treatment of anemia: Sharbat Faulad, Majun Dabidul Ward, Sharbat Ward and Dawa-ul-Kurkum

YOGA ASANA (POSTURE) OF THE MONTH



VAJRASANA (THUNDERBOLT POSE)

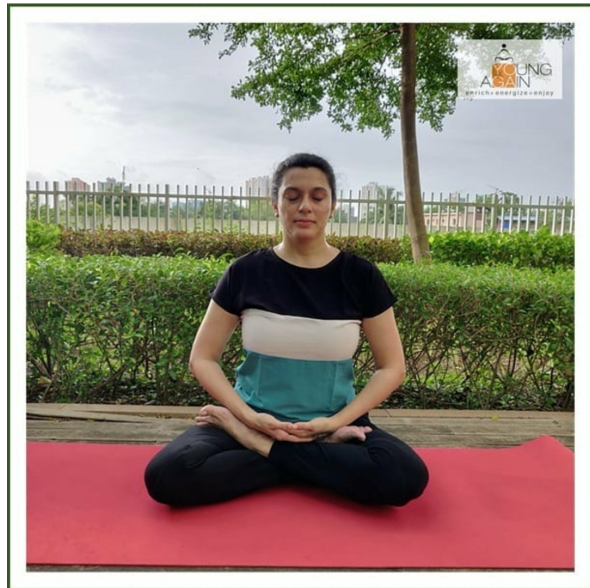
In this Asana the position of the legs is firm like the Vajra - the adamantine weapon of Indra mentioned in mythology and therefore this Asana is called Vajrasana.

Pros

- Vajrasana improves the blood circulation in the lower abdominal region and maintains the health of the genital area.
- This is the only Asana which can be performed after having meals. The blood circulation in the leg region is reduced and increased in the abdominal area. As a result, helps digestion.
- It helps remove the minor defects of spine and develops the habit of keeping the spinal column in its natural state.
- As the ankle joints and knee joints are stretched, it makes the muscles there flexible and strong.

Cons

- Those having stiff ankle or stiff knee joints should practice this asana very carefully and as per capacity. There should be no haste in attaining the posture. In case there is pain, one should avoid this Asana.
- Those who have undergone knee replacement surgery, should not do this Asana.



PADMASANA (LOTUS POSE)

Padmasana is one of the meditative posture. Lotus pose. In the final posture, one can keep the palms in Gyana mudra, Padma mudra or Drona mudra.

Pros

- Regular and prolonged practice of this Asanas steadies the mind and reduces its tendency to wander.
- One forms the habit of keeping the spine straight.
- The nerves in the waist region are energized.
- In Padmasana the nerves are relaxed, the mind is at peace and the breathing gets deeper and steadier which leads to emotional balance.

Cons

- Those having stiff Knees or stiff ankle joints, should practice Ardha Padmasana for few days. There should be no haste in performing this Asana.

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

CUISINE OF THE MONTH: TEL PITHA OR GHILA PITHA (RICE FRITTERS)

By Mrs Pallavi Redkar



Tel Pitha or Ghila Pitha (Rice Fritters) is an essential part of the Assamese Bihu Platter that is lightly sweetened with jaggery. The flavor of the dish can be enhanced by adding cardamom, lemon zest, fennel seeds. Ghila Pitha is served as a tea time snack or as a dessert after a good lunch.

Prep Time: 10 mins

Cook Time: 30 mins

Total Cook Time: 40 mins

Makes: 4 Servings

INGREDIENTS:

- ◆ 1 cup rice, soaked in water
- ◆ 1/2 cup Jaggery
- ◆ 1/2 teaspoon Cardamom Powder
- ◆ 1 teaspoon Lemon zest
- ◆ 1/2 teaspoon Fennel seeds / Saunf
- ◆ 1/4 teaspoon baking powder
- ◆ Pinch of Salt Oil, for frying



METHOD

- ◆ To make Ghila Pitha, soak rice in water for 2 to 3 hours. Once soaked, drain the water completely and pat dry.
- ◆ Put the rice in a grinder and make a coarse powder.
- ◆ Take about 1/4 cup of water in a bowl and add jaggery. Mix well with hand so that jaggery completely dissolves in the water.
- ◆ Gradually add it to the rice flour and mix well so that no lumps are formed. The dough should neither be hard nor soft, but just enough to hold and put in a pan.
- ◆ Add lemon zest, fennel seeds, salt and baking powder to this mixture and mix well. Let it sit for 15 minutes.
- ◆ Heat oil in a deep pan or kadhai for deep frying.
- ◆ Grease your palms with oil and form small balls. Flatten the Ghila Pitha a little and place them in the pan. Fry on both sides on medium flame until golden brown.
- ◆ Ghila Pitha can be served hot or at room temperature and can also be stored in air-tight containers.

ACTIVITIES DURING THE MONTH OF APRIL



H.E. Ambassador Pratibha Parkar visited Malanje, one of the 18 provinces of Angola and met H.E. Norberto Fernandes dos Santos, Governor of Malanje Province in the presence of H.E. Ambassador Clemente Camenha de, Director of the Asia Oceania Department, Ministry of Foreign Affairs. The visit highlighted the great potential and topographical advantages that Malanje exhibited especially for doing agriculture, being rich with fertile land, enough water resources, provision of energy and having an institute of food Processing.



H.E. Pratibha Parkar, Ambassador met with Ambassador Jacinto Rangel Lopes Cordeiro Neto, Director of the Directorate for Multilateral Affairs, Ministry of Foreign Affairs and discussed cooperation between India and Angola on various multilateral fora including UN.



Amb. Pratibha Parkar paid a visit to the Mama Madalena orphanage center and informed the children about India. She encouraged the children to focus on their education. To commemorate India@75 celebrations, the Embassy had in cooperation with Indian Community in Angola organised a social donation and medical camp for the children of the center on 18th March in Cazenga.

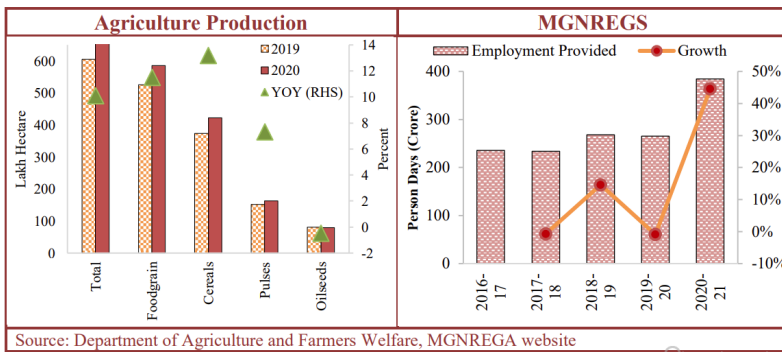


To commemorate India@75, H.E. Mrs. Pratibha Parkar, Ambassador launched 'Little Guru', an app to learn Sanskrit at an event in Luanda and invited the participants to use and promote this gamified app for learning the world's oldest language.



The Embassy organized a virtual meeting between GJEPC, Indian Companies and ENDIAMA- State-owned National Diamond Company of Angola on the Business opportunities in the Diamond and Mining Sector. Embassy highlighted the immense potential that exists in the sector for increasing bilateral trade and investment. Mr. Sabyasachi Ray, Executive Director, GJEPC highlighted India's policies and appreciated the efforts being made for bringing businesses closer to each other in the diamond and mining sector

INDIAN ECONOMY

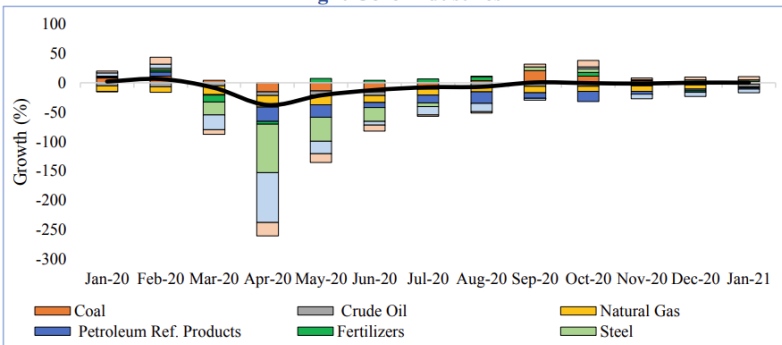


Source: Department of Agriculture and Farmers Welfare, MGNREGA website

Domestic Macro-economic overview: Steady path to Recovery Agricultural Sector. Agricultural sector is set to harvest a bumper crop as per the 2nd Advance Estimates (AE) for 2020-21. Blessed by normal monsoons, foodgrains production has touched 303.3 million tonnes - 2 per cent higher than the final estimates of a year ago and have beaten record production levels for the fifth consecutive year in a row.

MGNREGS has acted as a strong pillar to insulate the rural economy from the COVID impact by generating all time high employment of 383.8 crore person days during 2020-21, 44.7 per cent higher compared to previous year. The Budget allocation for the Scheme has been the highest in 2020-21 since inception at ₹ 1,11,500, a jump of 55.5 per cent compared to 2019- 20. Average daily wage rate in rural India climbed up by 5.8 per cent during May 2020 - January 2021 compared to previous year. This signifies sustained rural demand given vibrant agricultural growth ably supported by MGNREGS.

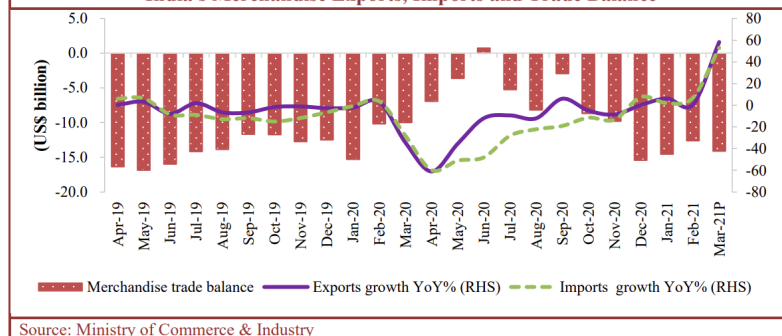
Eight Core Industries



Source: Office of Economic Advisor, DPIIT

The index of eight core industries stayed in expansionary zone in January in FY21 with a YoY increase of 0.1 per cent, supported by growth in electricity, fertilizers, and steel. Production of cement, crude oil, natural gas, and petroleum refinery products, however, remained subdued.

India's Merchandise Exports, Imports and Trade Balance



Source: Ministry of Commerce & Industry

India's exports as well imports have rebounded since April-May, 2020-21 when the pandemic led disruptions had adversely impacted foreign trade. As per preliminary estimates of March, export climbed up to the highest ever monthly level at USD 34 billion by registering a growth of 58.2 per cent driven by healthy growth in key sectors such as engineering, gems and jewellery and pharmaceuticals.

Import also expanded by 52.9 per cent, attributed to a sharp surge in gold and core (nonoil, non-gold) imports. Trade deficit widened to USD 14.1 billion from USD 13.0 billion in February, primarily led by sequential increase in imports accompanied by exports. Overall, the trade data corroborates the strong recovery in demand despite shortage of containers and hike in freight.

IMPORTANT EVENTS/ ENGAGEMENTS OF PM IN APRIL, 2021



The Prime Minister, Shri Narendra Modi interacting with the students during the Pariksha Pe Charcha 2021, through video conference, in New Delhi on April 07, 2021.

PM mentioned that Pariksha Pe Charcha is not only a discussion on examination but also an occasion to talk, among family members and friends, in a relaxed atmosphere and create new confidence.



The Prime Minister, Shri Narendra Modi interacting with the Chief Ministers on COVID-19 and vaccination programme through video conferencing, in New Delhi on April 08, 2021.

Here PM urged the states to convey any positive suggestions that are necessary so that they are effective in formulating some strategy. PM emphasized on focusing on 'Test, Track, Treat', Covid appropriate behaviour and Covid Management.



The Prime Minister, Shri Narendra Modi chairing a high-level meeting on measures to increase supply of oxygen & oxygen related equipment, through video conferencing, in New Delhi on April 24, 2021.

At this conference, basic customs duty & health cess were waived off on oxygen & oxygen related equipment, Covid related vaccines were exempted from basic customs duty. These measures will boost availability of these items as well as make them cheaper.



The Prime Minister, Shri Narendra Modi addressing at the inaugural session of Raisina Dialogue 2021, in New Delhi on April 13, 2021.

PM emphasized that global systems should adapt themselves, in order to address the underlying causes and not just the symptoms. The Prime Minister called for keeping humanity at the centre of our thoughts and action, and creating systems that address the problems of today and the challenges of tomorrow.

UPCOMING EVENTS

◆ 51st edition of IHGF Delhi Fair

The **Export Promotion Council for Handicrafts (EPCH)** is organizing the 51st edition of Indian Handicrafts and Gifts (IHGF) Delhi Fair from **19-23 May, 2021 in Virtual mode only**. EPCH is an apex body of handicrafts exporters for promotion of exports of handicrafts from India with India being a reliable supplier of high quality handcrafted goods and services. The IHGF fair is considered by overseas buyers as 'One Stop Sourcing Destination' for their requirement of Home, Lifestyle, Fashion, Furniture and Textiles. Fair Teaser Video — <https://www.youtube.com/watch?v=U-iGfvS4-Sg&feature=youtu.be> . Interested Buyers may register at <https://ihgfdelhifair.in/register> For more information, kindly find the press release link: <https://ihgfdelhifair.in/virtual/Intlpressrelease/DelhiFair2021.pdf>

◆ International Railway Equipment Exhibition Global Platform for Railway Technology & Services

The next edition of IREE - 14th International Railway Equipment Exhibition (IREE 2021) is scheduled **from 21-23 October 2021 at New Delhi**. It is being organised by the **Confederation of Indian Industry (CII)** in association with the Ministry of Railways, Government of India. IREE serves as a Global Platform for Railway Technology & Services. This is the largest event for the Rail Transportation Sector in this part of the world.

The event is being organized with active involvement and participation of Indian Railways, which is the third largest rail network in the world, operating over 12,000 trains to carry over 23 million passengers per day connecting about 8000 stations spread across India. Indian Railways run 7000 freight trains per day carrying over 3 million tonnes of freight every day. With its continuous upgradation and modernisation plans, Indian Railways offers opportunities in Suburban corridor projects, High Speed train projects, dedicated freight lines – port/mining lines, rolling stock including train sets and locomotives/ coaches manufacturing and maintenance, railway electrification, signaling systems, improvement of terminals and managing freight terminals and development of passenger terminals. Contact person from CII for the event is **Mr. Rajesh Wadhwa, Director Confederation of Indian Industry, Tel : 91-124-4013875 / 4014060, Email : rajesh.wadhwa@cii.in Website : www.ireeindia.com**.

QUESTION OF THE MONTH

IN WHICH YEAR WAS KAZIRANGA NATIONAL PARK DECLARED A TIGER RESERVE ?

- (A) 2005
- (B) 2006
- (C) 2007
- (D) 2008

Answer of the last month quiz: a) Pradhan Mantri Jan Dhan Yojana
