



Har Ghar Tiranga - 15th August 2022

BHARAT DARSHAN

MONTHLY NEWSLETTER BY EMBASSY OF INDIA, LUANDA



JULY 2022



From the Desk of the Ambassador

Dear readers,

It gives me pleasure to present the 24th edition of newsletter 'Bharat Darshan' for the month of July 2022. Monsoon has arrived in the Southern part of India and is moving steadily to the Northern India. It is the rainy phase in India, which has greatest impact on Indian agriculture and economy. Parched earth and dry mountains have become lush green. Indian economy has been traditionally agricultural economy. In India, traces of agriculture are found as early as 7000 BC. In ancient times, Indian cotton and spices were in huge demand. Even today, India has the capacity to feed its 1.4 billion population and also to cater to the needs of the world. This month we are providing you an information on the beautiful state from South India, Karnataka, which is well known for its rich culture, heritage and architecture. We thank Mrs Pallavi Redkar for providing us the delicious recipe of Karnataka 'Bisi Bele Bhath'. We have provided information on two yogasana 'Utkat Pad-angushthasan' & 'Supta Vajrasan' by 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 (@indiainangola2019) Twitter (@IndiainAngola) and Instagram (@india_in_angola).

Best regards,

Pratibha Parkar
Ambassador of India to Angola

WHAT'S INSIDE

- ◆ INDIAN ECONOMY
- ◆ PLACE OF THE MONTH
- ◆ ART FORMS OF THE MONTH
- ◆ CUISINE OF THE MONTH
- ◆ YOGA ASANA (POSTURE) OF THE MONTH
- ◆ AYUSH TIPS OF THE MONTH
- ◆ ACTIVITIES DURING THE MONTH OF JULY 2022
- ◆ IMPORTANT EVENTS/ ENGAGEMENTS OF PM
- ◆ UPCOMING EVENTS
- ◆ QUESTION OF THE MONTH

Embassy of India, Luanda [Angola]

Working hours: Monday to Friday: 0900 hrs. to 1730 hrs

Address: Four Villas Condominio, Villa No. 4, Via S7A, Near Candando Talatona,

Av. Principal de Talatona (Avenida Samora Machel), Talatona, Luanda, Angola

Email: amboff.luanda@mea.gov.in, Tel. 941564851/941564887/941565957/941566132

INDIAN ECONOMY



India in leadership position in large-value digital payment systems: RBI

The Reserve Bank of India (RBI) categorised the country as a 'leader' or 'strong' in 25 indicators out of 40. India has shown improvement in digital payment options used in bill payments, channels for cross-border remittances, and ticketing systems for public transportation. E-money and customer protection are other parameters, for which India has achieved a leadership position. India has the third-largest number of ATMs globally. The country is exploring further actions to enhance cross-border payment arrangements

The opening of major international destinations, easing of travel restrictions by the gov, increased deployment of aircraft capacity drove international traffic in the last three months. International passenger traffic is expected to cross pre-COVID levels in FY24 and reach 90-92% of the pre-Covid levels by end of FY23. Domestic passenger traffic in June 2022 was just 91% of pre-COVID levels. Intrnl traffic across the world stood at 64% of May 2019 levels. Major international flight routes including Europe, the Middle East & North America are already crossing pre-Covid levels.



International air passenger traffic at 79% of pre-COVID levels: ICRA



India's GDP expected to grow at 14-15% for Q1 FY22

The Gross Domestic Profit (GDP) data for Q1 of FY22 will be announced on 31st August, this year. The growth was primarily driven by the recovery of multiple contact-intensive sectors. The median estimate for the GDP in Q1 this year was pegged at 14.43%. For FY23, the growth was forecasted at 7.2-7.6%. The Reserve Bank of India (RBI) estimates that GDP growth for Q1 will be 16.2% and 7.2% for FY22

About 40% of the auto sector's research and development is conducted in the country. All manufacturing companies, ranging from mobile phones to laptops, should partner with the National Skill Development Corporation (NSDC) and train the youth: Rajeev Chandrasekhar, Minister of State for Skills and Development. Increased integration of electronics in automobiles will also help India become a global auto manufacturing hub. India's passenger vehicle exports have increased by 26% increase (April-June 2022) due to demand from Latin America and Africa. Vehicles manufactured in India meet the consumer requirement of these regions as the brands are global, of good build quality and are cost competitive



Auto sector to create 1 cr jobs in 5-6 years, exports jump 26% in Apr-June



Reskilling and Upskilling: The need of the hour

The Indian government, in response to the widespread skill mismatch, has launched various programmes across the nation through 20 ministries. About 1.3 billion people across the world are affected by the mismatch of skills. The government has received INR 368.22 crore in the National Skill Development Fund (NSDF) over the last five years. In the last five years, the NSDF has allocated INR 581.01 crore to National Skill Development Corporation

INDIAN ECONOMY

Investment opportunities in Renewable Energy

Summary

India stands at 4th position for overall installed renewable energy capacity in the world. India is among the top three nations in the world which are leading the global renewable energy growth. India is reaching the top five countries of the world in terms of new and renewable energy. India stands at 4th position in the world in terms of installed RE capacity, 5th in solar and 4th in wind in terms of installed capacity. The installed solar energy capacity has increased by 19.3 times in the last 8 years, and stands at 56.6 GW as of 1st June 2022.



Reasons to Invest

Economic growth, increasing prosperity, a growing rate of urbanization and rising per capita energy consumption is contributing to increasing demand for energy in the country.

The National Solar Mission was launched in 2010. The objective of the mission is to establish India as a global leader in solar energy. The target of the National Solar Mission has been up-scaled to 100 GW from 20 GW of grid-connected solar power by 2022.

India has a wind potential of more than 300 GW (at hub height 100 meters), the solar potential of ~750 GW, assuming 3% wasteland is made available, Small Hydro potential of ~ 20 GW, and Bio-energy potential of 25 GW.

As per the Paris Accord on Climate Change, the Government of India has set a target of adding 175 GW of renewable power by 2022, which includes 100 GW from solar, 60 GW from wind, 10 GW from biomass and 5 GW from small hydropower. This will offer massive investment opportunities across the value chain. 4 This has further extended to 450 GW by 2030.

Key Achievements

The cumulative solar pumps installed for the last 7 years is 246,074.

GOI has spent INR 35,000 crore on hydroelectric projects to provide electricity to villages of Jammu and Kashmir in 4 years from 2018-2021.

Under the Off-Grid and Decentralised Solar Programme, more than 74 lakh solar lanterns and study lamps; more than 17 lakh home lights have been distributed.

More than 6.80 lakh streetlights have been set up in the villages of India and more than 2.46 lakh Solar PV Pumps have been installed in the rural areas for irrigation and drinking water purposes.

FDI Policy

FDI up to 100% is permitted in the renewable energy sector under the Automatic route and no prior Government approval is required.

The cumulative FDI equity inflow in the Railway related components industry is USD 11,623.65 mn during the period April 2000 to March 2022. This constitutes almost 1.98% of the total FDI inflow received across sectors.*

Read more about Foreign Direct Investment Policy in India > <https://www.investindia.gov.in/foreign-direct-investment>

CULTURE AND TOURISM

PLACE OF THE MONTH: KARNATAKA



The South Indian State of Karnataka is flanked by Andhra Pradesh and Telegana in the east, the Arabian Sea in the west, Maharashtra and Goa in the north and northwest, and the states of Kerala and Tamil Nadu in the south. Karnataka is a land of sheer diversity; be it Heritage, Culture, Nature, Beaches or Wildlife. Karnataka is primarily known for its Heritage destinations and its Wildlife/ National Parks.



It is also famous for its magical hill stations, spectacular waterfalls, pilgrimage centres and a 320km long coastline dotted with un-spoilt beaches. Thus, making it an ideal place for a traveller with diverse interests. A land known for its silks, spices and sandalwood, Karnataka adds up as an experience to remember for a lifetime.



Tourism in Karnataka stands out with its diverse offerings that include wildlife & national parks, monuments & heritage sites, beaches and pilgrimage sites. Yet another notable point is that tourist attractions in Karnataka are located at geographically extreme ends which interestingly make the capital Bengaluru (Silicon Valley of India), the focal point of tour itineraries.



The Murudeshwar temple is built on the Kanduka hill in the quaint town of Murudeshwar. It is surrounded by beautiful views of the Arabian Sea. Its main attraction is Shiva Temple with Chalukya & Kadamba sculptures built in Dravidian style of architecture with an awesome Shiva statue & its pristine beach. The temple complex is famous for its tall Shiva statue of around 37 m & is one of the tallest Shiva statue in India.



Hampi :Hampi is one of the most renowned world's heritage sites as declared by UNESCO. The place has magnificent historical ruins and remains of the Vijaynagar Kingdom. Hampi is home to over 500 such structures, each of which is exemplary of splendid architecture. It is among the most popular tourist places in Karnataka, especially for history buffs.

ART FORMS OF STATE OF KARNATAKA



Karnataka is home to a rich and vibrant collection of art forms. While most of them, rooted in the local folklore and customs, portrays a combination of percussion, dance, and drama, some others even showcase elements of mysticism. These ethnic art forms are performed during particular seasons and not always throughout the year, hence plan your travels accordingly if you want to experience them. Curated below is an elaborate list of Karnataka's art forms that will help inform you better about these Karnataka culture experiences.



Mysore Painting is a form of classical South Indian painting, which evolved in the Mysore city of Karnataka. During that time, Mysore was under the reign of the Wodeyars and it was under their patronage that this school of painting reached its zenith. Quite similar to the Tanjore Paintings, It make use of thinner gold leaves and require much more hard work.



Yakshagana is a traditional folk dance form of Karnataka. It is a rare combination of dance, music, song, scholarly dialogues and colourful costumes. A celestial world unfolds before the audience, as loud singing and drumming form a backdrop to dancers clad in striking costumes.



Gomme Aata (play of dolls or Puppet show) is a unique form of art found in Karnataka. Gomme Aata involves story telling using characters made from dolls, whose performance is controlled by humans in the background using invisible threads.



Huli Vesha or Tiger faced dance is performed by local youth during the Navratri Festival (the 9 nights long festival which often falls in the month of October). It is performed to pay tribute to Goddess Durga, whose official animal is tiger. Goddess Durga is often known for her aggressive stance, capable of keeping evil forces away from her devotees.

CUISINE : BISI BELE BHATH



By Mrs. Pallavi Redkar

The taste and variety of Karnataka dishes change as you move from region to region. While North Karnataka food is mainly about vegetarian food, the coastal region serves lip-smacking seafood. In Kodagu region you will taste the best meat curries and Mangalorean Cuisine has a rich flavour of coconut and local spices. In the long list of Karnataka food, one of the most delicious dishes is Bisi Bele bhath. It is traditional Karnataka food. It is a popular rice-based dish. Prepared with rice, lentils, mixed veggies, and Special spice powder. The word Bisi Bēle Bhāth literally means hot lentil rice mixture in Kannada language. It is perhaps one of the most common rice-based lunch box recipes prepared in almost every household in South India. Generally, it is either prepared for breakfast or lunch or even a tiffin box, but it can also be prepared for dinner with a choice of vegetables.

Prep Time: 15 mins

Cook Time: 45mins

Total Time: 1 hour

Makes: 4 Servings

Ingredients:



For pressure cooking:

1/2 cup toor dal (soaked 20min)
1/2 cup rice
1/4 tsp turmeric
1 tsp oil
3 cup water

Masala Powder:

1/4 cup coriander seeds
1/4 cup chana dal
2 tbsp urad dal
2 tbsp cumin
1/2 tsp Fenugreek seeds
2 tbsp sesame
2 tbsp poppy seeds
1/2 tsp pepper
6 pods cardamom
2-inch cinnamon
5 cloves
1 tsp oil
20 dried red chili
Few Curry leaves
1/4 cup dry coconut

For Bisi Bele Bath:

2 tbsp oil
2 tbsp ghee
1/2 tsp mustard
2 dried red chili
Pinch hing
2 tbsp peanuts
1/2 onion (cubed)
1 carrot (chopped)
1 potato (cubed)
2 tbsp peas
1 Drumstick Chopped into 2" pieces
1/2 tomato (chopped)
1/4 tsp turmeric

1/2 cup tamarind extract
2 tbsp bisi bele bhath masala
1 tsp chili powder
1 tsp salt
1 cup water
1 tbsp Coriander leaves

For tempering:

2 tsp ghee
2 tbsp cashew
1/2 tsp Mustard seeds
Few curry leaves

Method

Soak tamarind in warm water for 10 mins. Extract the tamarind juice and set aside. Take 1/2 cup toor dal, 1/2 cup rice, 1/4 tsp turmeric and 1 tsp oil in a pressure cooker. Add 3 cups of water and pressure cook for 5 whistles. Keep aside. Heat a pan. Take 1/4 cup coriander seeds, 1/4 cup chana dal, 2 tbsp urad dal, 2 tbsp cumin, 1/2 tsp Fenugreek seeds, 2 tbsp sesame and 2 tbsp poppy seeds. Roast on low flame until the spices turn aromatic. Add 1/2 tsp pepper, 6 pods cardamom, 2-inch cinnamon, 5 cloves, 20 dried red chili, few curry leaves and 1/4 cup dry coconut. Roast till light brown. Cool the dry roasted ingredients. Grind the roasted ingredients to a fine powder in mixer jar. Bisi Bele bhath spice powder is ready. In a large kadai heat 2 tbsp oil, 2 tbsp ghee and splutter 1 tsp mustard, 2 dried red chilli, pinch hing, 1/4 tsp turmeric, 2 tbsp peanuts and few curry leaves. Add onions and fry till translucent. Add other chopped veggies like drumstick, carrot, potato, beans, green peas, tomatoes. saute for 2 minutes, or until the vegetables soften slightly. Add a cup water and boil for 10 minutes or until the vegetables are cooked well. Add tamarind juice, once the vegetables are cooked completely. Add 2 tbsp prepared spice powder, 1 tsp chili powder and 1/2 tsp salt. Stir continuously so that the powder gets mixed with it without getting lumps. Allow it to cook for another 5 mins. Add cooked rice-dal, 1 tsp salt and mix well. Cover and simmer for 10 minutes, or until the flavors are absorbed well.

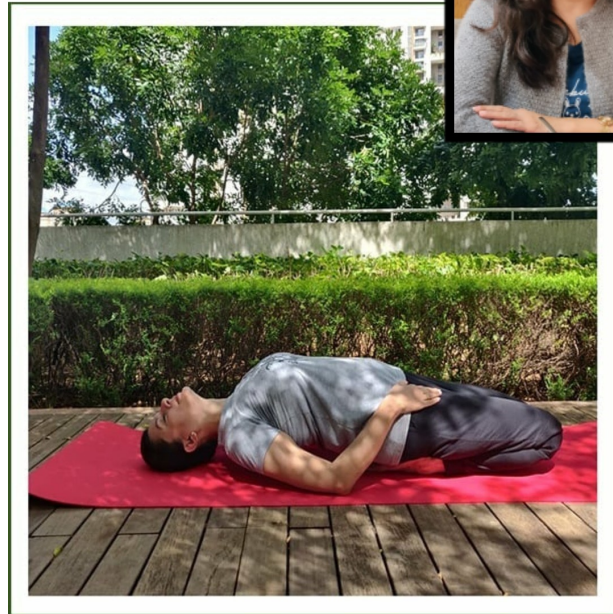
Tempering: Heat ghee in a pan. Add mustard seeds and allow it to sputter. Add cashews and fry till golden brown. Add few curry leaves and switch off the flame. Add this tempering to the Bisi Bele bhath and give a good mix. Bisi Bele bhath is now ready. Garnish with coriander leaves and serve it with Raita.

YOGA ASANA (POSTURE) OF THE MONTH

By Ms. Manisha Chitnis,
Yoga Therapist



UTKAT PAD-ANGUSHTHASAN



SUPTA VAJRASAN

Stretching while balancing the body is the key to this posture.

Pros

- Strengthens and tones the muscles of the hips, legs, shoulders and arms.
- Exercises the muscles and tendons of the lower abdomen.
- Improves flexibility of the joints in the pelvis and shoulders.
- Improves balance and concentration.

Cons

- Those having severe arthritis should avoid this posture.
 - Heavy weight person should do it carefully, under guidance of yoga teacher.
-

Vajrasan in the lying down or supine position. Also called as Supine Thunderbolt Pose.

Pros

- The knee joints and ankle joints are stretched a great deal. Consequently blood circulation in these joints improves, making it more flexible and efficient.
- The muscles of the abdominal region become flexible, especially the recti muscles.
- Excess fat is trimmed
- Improves the functioning of digestive system.

Cons

- One should not try to attain the final stage in haste.
 - Those having stiff ankle joint, stiff knees should not do this Asana.
 - In the final stage of the Asana if the knees are raising, it indicates that knee joints and ankle joints have not yet become flexible enough to bear the stretch and pressure.
-

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

AYUSH TIPS OF THE MONTH

Diagnosis:



In Ayurveda, everything is analysed after considering all the factors and not just the true cause of any disease or ailment. Just like the treatment, the concept of diagnosis is also intriguing in Ayurveda. Diagnosis is done by studying the mental,

physical, psychological and behavioural aspects of the patient.

According to Ayurveda, diagnosis consists of three initial and basic methods. These methods are used to get a clear understanding of the patient and the ailment.

1. Questioning

2. Observation

3. Touch

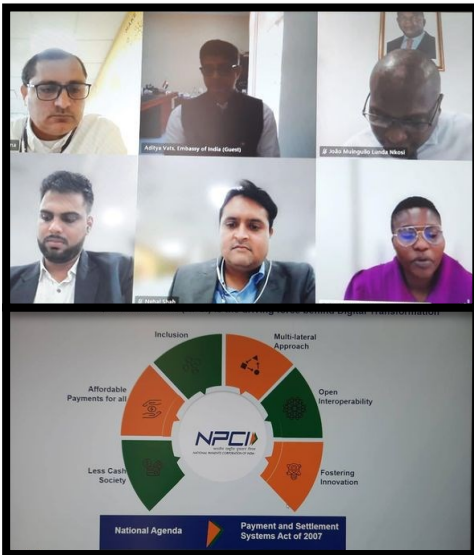
All of the above methods are equally important and every Ayurvedic diagnosis must contain these three methods with other aspects. Today, Ayurveda is helping modern medical studies and giving a larger view of the disease of patients. Whether a person is sick or not, it is usually examined by checking the pulse (touch). It takes practice to do Ayurvedic diagnosis more than skills. In simple terms, Ayurveda is the mother of all healings and Ayurvedic diagnosis is one of the most basic yet difficult practices in the world of medical science.

The diagnosis also involves the following examinations:

- General physical examination
- Urine examination
- Pulse examination
- Examination of tongue and eyes
- Examination of the faces

Examination of skin and ear including tactile and auditory functions.

ACTIVITIES DURING THE MONTH OF JULY 2022



As part of promotion of 3Ts, the Embassy organized a meeting between the Ministry of Economy and Planning and National Payments Cooperation of India (NPCI) towards exploring opportunities in the fin tech sector and further strengthening of the bilateral relationship.

Secretary of State of Economy, H.E. Dr. Dalva Ringote Allen, Mr. Aditya Vats, Second Secy./Charge d' Affaires and Mr Anubhav Sharma, Head of Business, NPCI discussed the immense potential of digitization, financial inclusion and advanced technologies of India. NPCI also shared a presentation with the Government of Angola.



Towards capacity building and providing training by India to Angolan women and youth in the textile sector, the Embassy organised a meeting between the Apparel Made-Ups Home furnishing Sector Skill Council of India and Institute for Industrial Technological Innovation Development of Angola, M/o Trade and Industry



Angola-India Chamber of Commerce and the Angola Association of Renewable Energy sign a Protocol of Cooperation towards exploring business opportunities and promoting technical cooperation in the renewable energy sector.



During visit to FILDA - The Int'l Trade Fair of Angola 2022, Cd'A, Mr. Aditya Vats met the Indian management of prominent Angolan companies and discussed business and trade opportunities.



With an #ICCR Scholarship awarded under the GoI Africa Scholarship Scheme, Angolan student joins the prestigious IIT, Madras for pursuing his further academic studies in India.

IMPORTANT EVENTS/ ENGAGEMENTS OF PM IN JULY 2022



Prime Minister, Shri Narendra Modi at the unveiling ceremony of the National Emblem at New Parliament Building, in New Delhi on July 11, 2022. The National Emblem is made of bronze with a total weight of 9500 Kg and is 6.5 m in height.

It has been cast at the top of the Central Foyer of New Parliament Building. A supporting structure of steel weighing around 6500 Kg has been constructed to support the Emblem.



PM addressing at the Natural Farming Conclave organised at Surat, Gujarat, through video conferencing, in New Delhi on July 10, 2022.

He highlighted the role of Sarpanches and congratulated the farmers for moving ahead in the direction of a natural way of farming.

PM congratulates Smt. Droupadi Murmu on being elected as 15th President of India, in New Delhi on July 21, 2022.



The Prime Minister said that India scripts history. At a time when 1.3 billion Indians are marking Azadi Ka Amrit Mahotsav, a daughter of India hailing from a tribal community born in a remote part of eastern India has been elected our President!

PM addressing the I2U2 virtual Summit, in New Delhi on July 14, 2022. The I2U2 Grouping was conceptualized during the meeting of the Foreign Ministers of the four countries held on 18 October 2021. Each country also has Sherpa- level interactions regularly to discuss the possible areas of cooperation.



Addressing the First I2U2 Summit, the Prime Minister said, they will work towards ensuring food security and propelling development initiatives globally.

UPCOMING EVENTS

KHILONA-2022 (INDIA TOYS & GAMES FAIR) & INDIA GI FAIR-2022

Date : 26-28 AUGUST,2022

Venue: INDIA EXPO CENTRE & MART, GREATER NOIDA, DELHI NCR

Keeping in view the focus on Toys industry and Geographical Indication (GI) tagged products, the Export Promotion Council for Handicrafts is organising parallel shows i.e. KHILONA -2022 (India Toys & Games Fair) and India GI Fair-2022 from 26-28 August,2022 at India Expo Centre & Mart, Greater Noida, Uttar Pradesh.

Interested buyers and importers may register at “www.indiatoyfair.in” and “www.gifairindia.in”.

For more info visit <https://www.indiatoyfair.in/home>

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

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

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.

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

QUESTION OF THE MONTH

Who among the following is the newly elected president of India?

- A. Shri Ramnath Kovind
- B. Smt. Droupadi Murmu
- C. Smt. Pratibha Patil
- D. Shri Venkaiah Naidu

Answer of the last month quiz: C. North
