



BHARAT DARSHAN

MONTHLY NEWSLETTER BY EMBASSY OF INDIA, LUANDA



MARCH 2022



FROM THE DESK OF THE AMBASSADOR

Dear readers,

It is my pleasure to present the 20th edition of newsletter 'Bharat Darshan' for the month of March 2022. In this month's newsletter we are presenting the state of Tamil Nadu. The land of beautiful Tamil language, which is the oldest language of the world has rich culture, heritage and architecture. The oldest text of Tamil literature which is also known as Sangam literature is 2000 years old. Nearly 33,000 ancient temples, many at least 800 to 2000 years old, are found scattered all over Tamil Nadu. Studded with complex architecture, variety of sculptures, and rich inscriptions, the temples remain the very essence of the culture and heritage Tamil Nadu. March was the month of women and also of spring season. We organized a gala programme for both Indian and Angolan women of Luanda to commemorate the International Women Day. We also celebrated Holi, the festival of spring with lot of fervor. There is wide range of rice, lentil and vegetable varieties in Tamil cuisine. We thank Mrs Pallavi Redkar for providing us a recipe of popular Tamil dish 'Idli'. We have provided information on two yogasanas Bhadrasan and Matsyendrasan 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
EoI Luanda, Angola



WHAT'S INSIDE

- ◆ INDIAN ECONOMY
- ◆ PLACE OF THE MONTH
- ◆ ART FORMS OF THE MONTH
- ◆ AYUSH TIPS OF THE MONTH
- ◆ YOGA ASANA (POSTURE) OF THE MONTH
- ◆ CUISINE OF THE MONTH
- ◆ ACTIVITIES DURING THE MONTH OF MARCH
- ◆ IMPORTANT EVENTS/ ENGAGEMENTS OF PM IN MARCH 2022
- ◆ 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, Av. Principal de Talatona (Avenida Samora Machel), Talatona, Luanda, Angola

INDIAN ECONOMY



Total enrolments under the Atal Pension Yojana, which is targeted at workers in the unorganised sector, have crossed the 4 crore mark by the end of 2021-22, the PFRDA said. More than 99 lakh APY accounts were opened during FY2021-22, taking the number of subscribers to 4.01 crore at end-March 2022, the Pension Fund Regulatory and Development Authority (PFRDA) said in a release.

Atal Pension Yojana subscribers count cross 4 crore mark by March 2022

The pension fund regulator said that the APY had seen this tremendous success due to the active participation of all categories of banks. Around 71 per cent of the enrolments are done by public sector banks (PSBs), 19 per cent by regional rural banks (RRBs), 6 per cent by private sector banks, 3 per cent by payment and small finance banks (SFBs).

RBI on 08.03.22 launched UPI for feature phones called UPI123pay. RBI governor Shaktikanta Das launched the UPI123pay and also launched a 24x7 helpline for digital payments in Mumbai. This new initiative by RBI will facilitate use of UPI with text and allow feature phone users to seamlessly perform various financial and non-financial transactions. The 24x7 helpline will give an opportunity to provide solutions to various queries about digital payments.



RBI launches UPI123pay and 24x7 helpline for digital payments in Mumbai



FM Sitharaman says India's digital economy will see exponential growth to 800 billion dollars by 2030

Finance Minister Nirmala Sitharaman has said that India's digital economy is expected to witness exponential growth to 800 billion dollars by 2030 on the back of rising internet penetration and increasing income. She said India has over 6,300 fintechs, of which 28% are into investment technology, 27% into payments, 16% into lending, and 9% into banking infrastructure, while over 20% are into other fields. Addressing the IIT Bombay Alumni Association virtually on 12.03.22, Sitharaman said that the combined valuation of India's fintech industry is set to surge to 150 billion dollars in the next three years. Finance minister said that majority of the startup unicorns are from the fintech sector and that the easy availability of funding has helped them grow.

Recently, India Govt unveiled India's New Green Hydrogen Policy under National Hydrogen Mission. The mission aims to aid the government in meeting its climate target and making India a green hydrogen hub. There is an increased consensus around the world that concerted steps need to be taken to reduce global warming to levels less than 2o C and if possible, to cap it at 1.5o C higher than pre-industrial levels. Transition to Green Hydrogen and Green Ammonia is one of the major requirements for the reduction of emissions. Hydrogen as an energy carrier has a vital role in the diversification of renewable energy across key economic sectors, by increasing the share of renewable energy in the electricity mix, enabling clean transportation, and decarbonizing industries like fertilizers, chemicals, petrochemicals, iron, and steel.



INDIAN ECONOMY

INVESTMENT OPPORTUNITIES IN AUTOMOBILE SECTOR OF INDIA

OVERVIEW

India is the world's 5th largest vehicle market. India is expected to be the world's third-largest automotive market in terms of volume by 2026.

The Automobile industry of India, currently manufactures 22.7 mn vehicles including Passenger Vehicles, Commercial Vehicles, Three Wheelers, Two Wheelers, and quadricycles in April-March 2020, of which 4.1 mn are exported. India holds a strong position in the international heavy vehicles arena as it is the largest tractor manufacturer, second-largest bus manufacturer, and third largest heavy trucks manufacturer in the world.

The EV market is expected to grow at CAGR of 44% between 2020-2027 and is expected to hit 6.34 million-unit annual sales by 2027. The EV industry will create five crore direct and indirect jobs by 2030.

A market size of \$50 bn for the financing of EVs in 2030 has been identified—about 80% of the current size of India's retail vehicle finance industry, worth \$60 bn today. India's passenger vehicle industry is expected to post a growth of 22% - 25% in FY22. India's Automotive Industry is worth more than \$100 bn and contributes 8% of the country's total export and accounts for 2.3% of India's GDP and is set to become the 3rd largest in the world by 2025. 100% FDI allowed under automatic route.



INDUSTRY SCENARIO

India's annual production in FY 2021 was 22.7 Mn vehicles and 13 million vehicles from April to October 2021. In the Automobile market in India, Two-wheelers and passenger cars accounted for 81.2% and 14.6% market share, respectively. Passenger car sales are dominated by small and mid-sized cars.

Overall, Indian automobile export was 4.1 million vehicles in FY21. Indian automobile exports stood at 1,419,430 units from April 2021 to June 2021 as compared to 436,500 units in April 2020 to June 2020.

PRODUCTION LINKED INCENTIVE (PLI) SCHEME

The Union Cabinet chaired by the Prime Minister, Shri Narendra Modi announced the Production-Linked Incentive (PLI) Scheme in the Automobile and Auto Components sectors. The scheme offers financial incentives to boost domestic manufacturing of Advanced Automotive Technology products and attract investments in the automotive manufacturing value chain. Bidding for this scheme closed on 9 January 2022.

CULTURE AND TOURISM

PLACE OF THE MONTH: TAMIL NADU



Tamil Nadu is a state in southern India. Its capital and largest city is Chennai, also known as Madras. The state is the home of the Tamil people, whose Tamil language—one of the longest surviving classical languages in the world—is widely spoken in the state and serves as its official language.



Tamil Nadu has plenty of tourist attractions dotting its length and breadth but Pilgrimage Sites are the best places to explore in Tamil Nadu. Numerous ancient temples, decked in Dravidian architecture have been luring the tourists from all over the world for ages. Some of them are UNESCO World Heritage Sites.



Arulmigu Meenakshi Amman Temple, also known as Meenakshi Sundareshwarar Temple, is a historic Hindu temple located on the southern bank of the Vaigai River in the temple city of Madurai, Tamil Nadu. It is dedicated to the goddess Meenakshi, a form of Parvati, and her consort, Sundareshwarar, a form of Shiva. The temple is at the center of the ancient temple city of Madurai mentioned in the Tamil Sangam literature, with the goddess temple mentioned in 6th-century-CE texts.



The Nilgiri Mountain Railway is a 1,000 mm metre gauge railway in Tamil Nadu, built by the British in 1908. The railway is operated by the Southern Railway. The railway relies on its fleet of steam locomotives. NMR switched to diesel locomotives on the section between Coonoor and Udhagamandalam. Local people and visitors led a campaign to return to steam locomotives in this section. In July 2005, UNESCO added the Nilgiri Mountain Railway as an extension to the World Heritage Site of Darjeeling Himalayan Railway.



Kodaikanal Lake, also known as Kodai Lake is a manmade lake located in the Kodaikanal city in Dindigul district in Tamil Nadu. Sir Vere Henry Levinge, the then Collector of Madurai, was instrumental in creating the lake in 1863, amidst the Kodaikanal town which was developed by the British and early missionaries from USA. The lake is said to be Kodaikanal's most popular geographic landmark and tourist attraction. Boat Pageant and Flower Shows are a regular feature in the summer season which attracts tourists.

VARIOUS ART FORMS OF TAMIL NADU STATE

Aipan Art (Uttarakhand)



Bharatanatyam, considered to be the oldest classical dance form of India, was initiated in the Hindu temples of Tamil Nadu and eventually flourished in South India. The theoretical base of this dance form, which is also referred to as Sadir, traces back to Bharata Muni's Sanskrit text on the performing arts called 'Natya Shastra'. In Bharatanatyam,

anecdotes and stories of Hindu religious themes and spiritual ideas are illustrated by the dancers with gorgeous footwork and impressive gestures. Its performance repertoire includes the three primary aspects of performing arts, namely: the pure dance of Nritta, the slower and dramatic Nritya, and the play or Natya. Adding abundantly to the whole performance, the accompanists include the guru, a vocalist or 'nattuvanar' who usually conducts the whole performance, music composed by instruments like cymbals, a long pipe-horn called 'nadaswaram', a drum called 'mridangam', the string instrument 'veena' and flute.

Silambattam



Based on the dexterous use of weapons and Indian martial arts technique, training for Silambattam begins with honing the physical agility and strength of the performer. The body must be conditioned to endurance and stamina and focus is given upon improving requirements for battle like flexibility, hand-eye coordination, kinesthetic awareness, balance and speed. The primary weapon used is the bamboo staff, whose length is devised based on the height of the performer. Other important weapons used in Silambattam include the Maru for thrusting, the sickle called Aruval, the whip or Savuku, the sword Vaal, the knife or Katti, and the cudgel or Sedikuchi. The graceful and combative Silambattam dance form infuses subtle teachings of discipline, presence of mind and comradeship among other spiritual upliftments.

Thanjavur painting



Tanjore paintings are known for their extravagant depictions of deities using vibrant colours and gaudy embellishments, especially gold foil. Though the artform has undergone various changes over the years, it continues to be popular with lovers of art even today, and inspires many artists with its truly Indian style. screen.

AYUSH TIPS OF THE MONTH



 Collaboration between
 Ministry of AYUSH & Ministry of WCD for
Controlling Malnutrition
 Leveraging Traditional Knowledge of AYUSH



-  Quality as well as quantity of food based on the Ayurveda principle of nutrition play a vital role in proper nutrition of children
-  Malnutrition is one of the main reasons for infant mortality, especially under age of 5 years & is directly linked to inadequate immunity
-  The AYUSH interventions to be designed considering local availability, local food habits & culture etc.
-  Ayurveda, Yoga & other traditional systems of medicine to be integrated into POSHAN Abhiyaan

7 Ways Ayurveda Benefits In Your Daily Life

1. It promotes self-love
2. It promotes better health and wellbeing
3. Reduce stress and anxiety
4. Removes toxins from the body
5. Maintenance of weight
6. Improve immunity
7. Helps in attaining an overall balance



Practitioners claim a kitchari cleanse may help: eliminate accumulated toxins from the mind and body tissues. improve digestion and restore regular bowel movements. remove heaviness or congestion in the body.

Diet plays very important role in our physical and mental health status. Many common health problems can be prevented or treated by consumption of a good diet. The following need to be followed.

Wash vegetables & fruits properly before cooking.

Use boiling, steaming, grilling etc. as methods of cooking.

Whole wheat flour (without sieving) may be prepared for making roti. Roti made out of jowar, bajra, ragi, maize (macca) are also having high fibre content. The use of white bread, nan, roomali roti and other maida preparations should be limited.

It is desirable to take 50-100 gms/day fibre, when whole grain cereals, pulses and vegetables are consumed daily. It is for our advantage to maintain our traditional cooking and eating patterns.

Increase locally available seasonal fruits and green leafy vegetables in the diet.

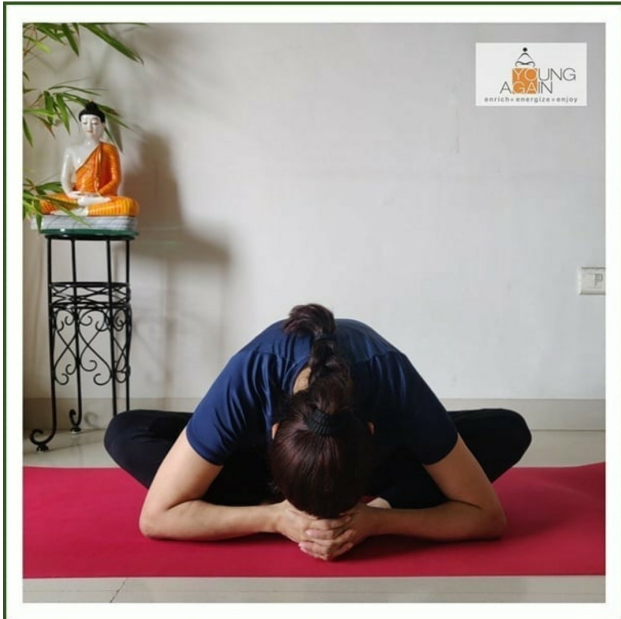
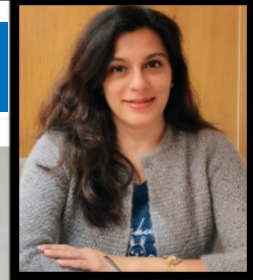
As far as possible eat freshly prepared food. Reheating and refrigerating tends to lose the taste and nourishment.

Ingredients of Ayurvedic Khichdi: 1 Tbsp olive oil; 1 Tbsp onion, chopped fine; 1 Tbsp ginger, chopped fine; 1/2 green chilly, chopped; 1 Tbsp garlic, chopped fine; A pinch of turmeric; 1/2 tsp black pepper ; Some water ; 1/2 Tbsp cumin powder; 1/2 Tbsp coriander powder; 1/2 Tbsp curry powder; A pinch of heeng; 1/2 cup soaked basmati rice; 1 cup soaked moong dal; 1 Tbsp salt or to taste; 1/2 cup broccoli or cauliflower; 1/2 cup spinach or kale; 1/2 cup celery (optional); 1 carrot, chopped; 1 stalk kombu (optional, it is a type of seaweed used in Japanese cuisine). Avoid in cases of acid peptic disorders.

How to Make Ayurvedic Khichdi: In a pan heat the olive oil; Add the onions and ginger; Add the garlic. Saute; Add the green chillies; Now add the spices: turmeric, black pepper; Add a dash of water so that the spices do not burn; Add the cumin and coriander powder; The heat should be low; In the end add the heeng; Mix all well; Now add the rice; Add the moong dal; Add some salt; Add all the vegetables now. Add a stalk of kombu (optional); Adjust the water; Cover it and let it simmer for about 5-7 minutes; Garnish with some chopped green chillies.

YOGA ASANA (POSTURE) OF THE MONTH

By Ms. Manisha



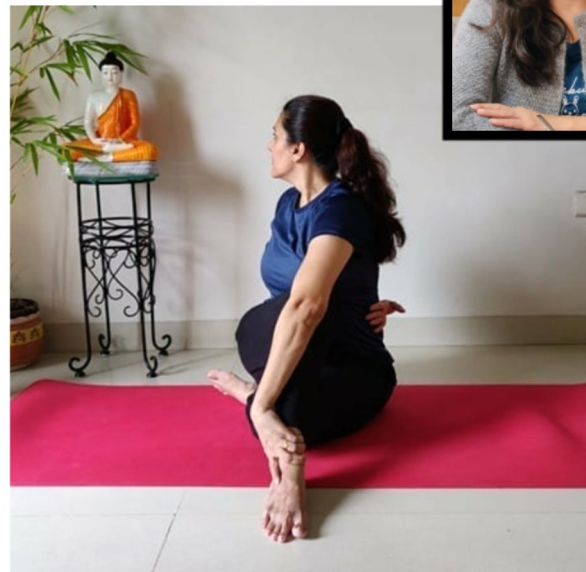
FORWARD BEND IN BHADRASAN

Pros

- This posture gives good stretch on the pelvic joint and inner thighs. As a result these areas become flexible.
- There is pressure on the hip joint and hip muscles, hence the blood circulation is improved and excess fat is trimmed.
- The spinal column get a stretch. Also the muscles of the back and waist get a stretch.
- The blood circulation in this region improves. This results in better functioning of the nerve fibres coming out of vertebrae.
- Because of the compression of abdomen, the fat deposited there is trimmed.

Cons

Those having hypertension, cardiac problem, severe vertigo, acute abdominal pain, spondylitis, spondylosis, slipped disc should not do this posture.



ARDHA-MATSYENDRASAN

The spinal twist pose. It is performed from both the sides.

Pros

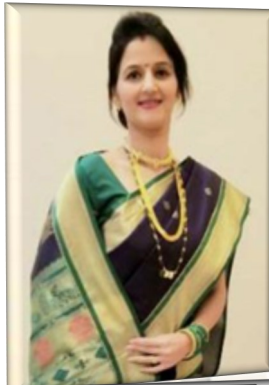
- The muscles of the abdomen, chest and spine become strong and flexible.
- Due to the improved blood circulation, the abdominal organs get proper nutrition.
- The digestive system and the excretory system function well.
- Pancreas get soft massage, hence regular practice of this asana is preventive measure for certain types of diabetes.
- Due to the twist to the neck, the cervical nerves energize.

Cons

- Those having acute abdominal problems like ulcer, hernia, enlarged liver or enlarged spleen should not do this posture.
- Those having spondylitis should do the neck movement carefully.

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

CUISINE OF THE MONTH: IDLI



By Mrs.
Pallavi Redkar

Idli is one of the most popular Tamil Nadu breakfast dishes. They are soft, light, fluffy steamed round cake made with ground, fermented rice and lentil batter. It is naturally vegetarian, vegan, gluten-free, low calorie, probiotic and makes for one of the healthiest breakfast options served with Sambar and Coconut Chutney.

Preparation:

Soaking Time: 5-6 Hours

Fermentation Time: 8-10 Hours

Cook Time: 20 mins

Total Time: 16 Hours 20 mins

Makes: 20-25 Idlis

Ingredients:

- 3 cups idli rice / parboiled rice
- 1 cup Urad dal / Black Lentils
- ¼ cup Flattened rice (Poha)
- ½ tsp Fenugreek seeds / Methi
- Salt to taste
- Oil for greasing idli plate
- Water to soak

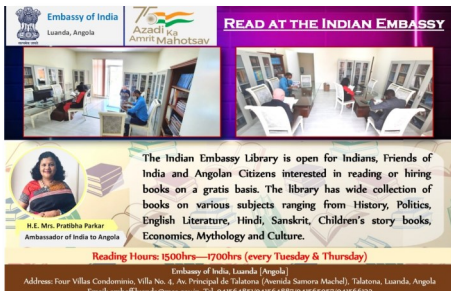


Method

Rinse idli rice and fenugreek seeds in a strainer. Soak it in water for about 8 hours. Similarly, rinse urad dal and poha in a strainer under running water and then soak them together in another bowl for 8 hours. You can also leave it overnight. Drain the water and separately blend to smooth paste in a blender or a wet grinder by adding little cold water gradually. Mix both the batters together with clean hand. The warmth in our hands helps with the fermentation. You can also mix it with a spoon instead. The batter should be of thick pouring consistency. Add little water if it's too thick. Transfer to a bowl. Cover and rest in warm place for 8-10 hours. After 8 hours, you will notice the batter has risen and has a slight sour smell due to fermentation.

Steam the idlis: Using a spoon, give the batter a quick mix. Scoop out the required batter and add salt to the batter and mix well. Grease the idli molds with cooking spray or few drops of oil. Then pour the batter into the molds. Add a little water to the bottom of the idli cooker/ Instant Pot, or pressure cooker. Then place the idli plates on top. Steam them for 15 minutes. Turn off the heat and let the idlis stand for a couple of minutes before opening and removing the mold. Disassemble the mold and let the idlis stand in the plates for another five minutes or so. Then slide them off, either with your fingers or with a spoon. Idli is best served hot or warm. Since idli by itself is very bland, it is often paired with Coconut Chutney and/or Sambar. Idli can be served for breakfast, snacks, or a meal. You can pack them in lunchboxes and take them along when traveling.

ACTIVITIES DURING THE MONTH OF MARCH 2022



The Indian Embassy Library is open for Indians, Friends of India and Angolan Citizens interested in reading or hiring books on a gratis basis. The library has wide collection of books on various subjects ranging from History, Politics, English Literature, Hindi, Sanskrit, Children’s story books, Economics, Mythology and Culture.



To commemorate International Womens Day, Embassy celebrated first ever International Women’s Day at Embassy with all the women members from Indian Women Forum Group.

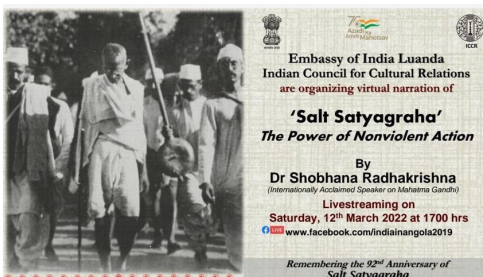
The event was a great success which witnessed enthusiastic participation from all women of the Forum. The event was also attended by local high dignitaries as Chief Guests and other important women dignitaries. Embassy salute the spirit and accomplishment of women power.



To commemorate festival Holi amid ongoing celebrations of Azadi Ka Amrit Mahotsav, Embassy celebrated this great festival of colours in collaboration with Uttar Pradesh Tourism under the theme of “Explore Uttar Pradesh”.



KUENDA, Socio-cultural group artists from Angola left on 22.03.22 to participate in 35th Surajkund Festival. Embassy coordinated and assisted for this visit and wishes all the good luck and success



Embassy portrayed virtual narration of Salt Satyagrah by Dr Shobhana Radhakrishna on 12th March, 2022.

IMPORTANT EVENTS/ ENGAGEMENTS IN MARCH 2022



Ukraine-returned students meet PM Modi in Varanasi

Prime Minister Narendra Modi on 03.03.22 interacted with students who returned from war-hit Ukraine. The students shared their experiences of evacuation with the PM.

The interaction took place in PM Modi's constituency of Varanasi. The students appreciated the Government of India, Indian Embassies and PM Modi for the Operation Ganga, which is underway, to bring back our citizens from Ukraine. The students also expressed their

happiness about the strength of India's Tricolour.

PM Modi said that Government was sparing no efforts to bring back the stranded Indians and assured them of Government of India's full support to evacuate remaining students at the earliest.

PM Modi interacts with beneficiaries of Jan Aushadhi Yojana

Prime Minister Shri Narendra Modi interacted with Jan Aushadhi Kendra owners and beneficiaries of the scheme on 07.03.22 via video conferencing. Jan Aushadhi week is being celebrated across the country from 1st March to generate awareness about the usage of generic medicines and the benefits of Jan Aushadhi Pariyojana. The theme of this event is "Jan Aushadhi-Jan Upyogi". The Prime Minister said as of now more than 8,500 Jan Aushadhi Kendras have been opened in the country. These centres are now becoming solution centres for the common man and not just another government store.



PM Modi participates in Quad Leaders' virtual meeting

Prime Minister participated on 03.03.22 at a virtual summit of Quad leaders, along with US President Joe Biden, Australian Prime Minister Scott Morrison and Japanese Prime Minister Fumio Kishida.

The meeting reviewed the progress on Quad initiatives since the September 2021 Quad Summit. The leaders agreed on accelerating cooperation, with an objective to achieve concrete outcomes by the summit in Japan later this year. Prime Minister underlined that the Quad must remain focused on its core objective of promoting peace, stability and prosperity in the Indo-Pacific region. He called for

concrete and practical forms of cooperation within the Quad, in areas like Humanitarian and Disaster Relief, debt sustainability, supply chains, clean energy, connectivity, and capacity-building.



PM Modi participates in Quad Leaders' virtual meeting

PM Modi addresses seminar on International Women's Day in Kutch

Prime Minister Shri Narendra Modi addressed a seminar on International Women's Day in Kutch via video conference on 08.03.22. Prime Minister greeted the gathering on the International Women's Day. He recognized the special place of the land of Kutch as a symbol of Nari Shakti for centuries as Maa Ashapura is present here in the form of Matrushakti. "The women here have taught the entire society to live with harsh natural challenges, taught to fight and taught to win", he said. He also praised the role of women of the Kutch in their quest for water preservation. The Prime Minister said women are the reflection of ethics, loyalty, decisiveness and leadership. "That is why our Vedas and tradition have given a call that women should be able, capable to give direction to the nation", he said.



UPCOMING EVENTS

Renewable Energy Expo 2022

Renewable Energy Expo 2022 is one of the largest trade expo and event, focusing on renewable energy (bio fuels/biomass, geothermal, solar, wind) and energy efficiency technologies, which is scheduled to be held from 28-30 April 2022 at Chennai Trade Centre, Chennai, India. Organised by Water Today Pvt. Ltd., the scope of exhibition is to stimulate the growth of renewable in the region through collaboration of technology and product sharing. A perfect networking platform to explore the advances made on the ground to achieve India's target of 175 GW renewable energy capacity by 2022.

PharmaTech Expo Chandigarh, 28-30 April, 2022

The PharmaTech Expo is an international exhibition on pharma machinery, formulations, nutraceuticals, lab equipment, analytical and packaging equipment. Apart from pharma machinery and equipment nutraceuticals it will feature API manufacturers, ayurvedic and nutraceutical manufacturers, cosmetic and personal care products, processing plants and machineries, etc. PharmaTech Expo will act as a catalyst to the 'Make in India' movement and provide an impetus to the Indian economy. PharmaTech Expo is a premier event dedicated to pharmaceutical innovation, technology and knowledge. It has emerged as a crucial platform for showcasing the latest innovation and technologies throughout all phases of the product lifecycle, focusing pharmaceutical manufacturing and processing technology, systems and services.

Die & Mould India International Exhibition 2022

Die & Mould India International Exhibition 2022 is an international trade fair and exhibition for the Die & Mould Industry. Die & Mould India International Exhibition 2022 will be held from 27-30 April 2022 at Bombay Exhibition Centre, Mumbai, India.

With a positive recuperation pattern in the general economy and colossal development prospects conceivable with Govt's attention on Manufacturing development the Indian Tooling Industry is ready to meet the new development challenges and accomplish the past twofold digit developments accomplished through limit building and extension.

QUESTION OF THE MONTH

Who presented the first Union Budget of Independent India?

- A. CD Deshmukh
- B. RK Shanmukham Chetty
- C. Moraji Desai
- D. Jawaharlal Nehru

Answer of the last month quiz: D. Subsidy Bill
