



ICCR



सत्यमेव जयते

75
Azadi Ka
Amrit Mahotsav

BHARAT DARSHAN

MONTHLY NEWSLETTER BY EMBASSY OF INDIA, LUANDA



MAY 2022



From the Desk of the Ambassador

Dear readers,

It gives me pleasure to present the 22nd edition of newsletter 'Bharat Darshan' for the month of May 2022. The month of May is excruciatingly hot in most parts of India. This summer was particularly hot in India. This is a time of school holidays. People prefer to visit hill stations located in different mountain ranges in India such as Himalayan range, Western Ghats, Eastern Ghats, Satpura, Vindhyas, Aravalis etc. This month we are taking you to the Himalayan state of Sikkim. It is also a season of mangoes, which is a national fruit of India. A variety of dishes are made from mangoes in India. We thank Mrs Pallavi Redkar for providing us the recipe of Himalayan noodle soup 'Chicken Thukpa (Chicken Noodle Soup)'. We have provided information on two yogasana 'Purvottanasan' & 'Dhanurasan' 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 MAY 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, Av. Principal de Talatona (Avenida Samora Machel), Talatona, Luanda, Angola

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

INDIAN ECONOMY



150 new drone training schools to be established by 2025: Drone Destination.

Drone Destination, India's first-ever pilot training organisation plans to open a large network of 150 plus drone hubs by FY25. The company is currently present in six states including Bengaluru, Gurugram, Gwalior, Dharamshala, Punjab and Chandigarh. It also plans to establish 150 new drone pilot training schools across India. Until now, the company has trained 500 pilots and is willing to train 1500 to 2000 pilots from the centre in Gurugram along with 500 from other sectors each. It also aims to collaborate with universities, agricultural institutes and police academies to enable employment and entrepreneurship opportunities to more than 1 lakh individuals by FY25.

The "Digital India Electronics Mission \$300 Billion" advisory board is poised to help India achieve the target by 2026. The board is made up of representatives from key domestic and international electronics companies as well as industry associations. The advisory board will be comprised of ten members. The board will succeed a task force that focused solely on smartphone production, formed in December 2014. The target's revision was a 300% increase from US\$ 75 billion.



Govt forms board to make India a US\$ 300 billion electronics manufacturing hub



Govt to launch Skills India Mission 2.0

The government will impart skills training to the youth for overseas opportunities and for jobs in some sectors under its Production Linked Incentive scheme (PLI). The mission is going to be a revamped version of a government skilling program, launched in 2015. The mission will include a focus on apprenticeship training through increased private sector engagement. The plan is a part of Prime Minister Narendra Modi's vision of making India the skills capital of the world. Youth employment fell to 45.9% in 2021 owing to a loss of skilling in the last two years.

India is moving towards a green energy transition faster than any other country. With western countries trying to be less reliant on Russia for the supply of green energy, Hardeep Singh's comments reflect India's commitment to sustainable energy development. PM Modi has also been highlighting India's potential at transforming into a green hydrogen leader. To celebrate India's 25 year anniversary at the World Economic Forum, the India lounge is organising sessions relating to the digital economy, energy transformation and developing unicorns. One session will include the infrastructure asset monetisation opportunities



WEF: India to transform as a green energy leader



India continues to attract foreign investment

Approximately two-fifths of the 1200 global business leaders that were surveyed in the US, UK, Japan and Singapore have plans of making additional and first-time investments in India. Gross FDI inflows were at US\$83.6 billion in FY22 and had surpassed US\$82 billion a year earlier. During FY20, these inflows stood at US\$74.4 billion. Currently, India's cumulative FDI (Foreign Direct Investment) is around US\$ 570 million. With the FPIs (Foreign Portfolio Investors) withdrawing due to the US Federal Reserve winding the purchases of treasury bonds and mortgage securities, it was sustainable during the pandemic to support the economy.

INDIAN ECONOMY

Investment opportunities in Electronic Systems in India



2nd largest mobile manufacturer in the world



2.3x increase in domestic production from FY15 to FY21



164x growth in data consumption in the last 7 years



The world's fastest-growing industry, Electronics System Design and Manufacturing (ESDM) continues to transform lives, businesses, and economies across the globe. The global electronic devices market is estimated to be \$ 2.9 Tn in 2020. India's share in the global electronic systems manufacturing industry has grown from 1.3% in 2012 to 3.6% in 2019.

Technology transitions such as the rollout of 5G networks and IoT are driving the accelerated adoption of electronics products. Initiatives such as 'Digital India' and 'Smart City' projects have raised the demand for IoT in the electronics devices market and will undoubtedly usher in a new era for electronic products.

- ◆ India is expected to have a digital economy of \$ 1 Tn by 2025
- ◆ One of the largest electronic devices industries in the world anticipated reaching \$ 300 Bn by FY 2025-26
- ◆ India's exports is set to increase rapidly from \$ 10 Bn in FY21 to \$ 120 Bn in FY26.
- ◆ India's domestic production in electronics has increased \$ 29 Bn in 2014-15 to \$ 67 Bn in 2020-21.
- ◆ Production of mobile handsets is further slated to increase in value from \$ 30 Mn in FY 21 to \$ 126 Mn in FY 26.
- ◆ India produces roughly 10 mobile phones per second which amounts to ~\$ 930 worth of production every second.
- ◆ India's semiconductor market is expected to increase from ~\$ 15 Bn in FY20 to ~\$ 110 Bn in FY30, growing at a CAGR of 22%.

100% FDI is allowed under the automatic route. In the case of electronics items for defence, FDI up to 49% is allowed under automatic route and beyond 49% through the government approval.

\$118 bn - Indian Electronics Market

2.7% - Contribution to GDP

\$10.6 bn - Exports in 2020-21.

16.5 mn - Direct & Indirect Employment (2019-20)

For more information, please visit : <https://www.investindia.gov.in/sector/electronic-systems>

CULTURE AND TOURISM

PLACE OF THE MONTH: SIKKIM



Sikkim situated in the Eastern Himalayan region with an area of 7,096 sq km and altitude ranging from 300m to 8,586m above sea level is a wonderland blessed with natural abundance from icy cold deserts, flowering alpine meadows, to lush green forests and emerald mountain lakes. The crowning glory of this wonderland is undoubtedly the magnificent Mt. Khangchendzonga (8,586m).



Sikkim is the least populous and second smallest among the Indian states. A part of the Eastern Himalaya, Sikkim is notable for its biodiversity, including alpine and subtropical climates . The official languages of the state are English, Nepali, Sikkimese and Lepcha. Additional official languages include Gurung, Limbu, Magar, Mukhia, Newari, Rai, Sherpa and Tamang for the purpose of preservation of culture and tradition in the state.



To promote Religious Tourism in Sikkim, this newly developed Pilgrimage-cum-Cultural Centre is constructed on top of the Solophok Hill in South-Sikkim. View for miles, the 26½ m high statue of Lord Shiva in sitting posture that marks the location of the main temple. This stunning imitation of chardham amidst the serene nature of Sikkim, has become one of the top tourist destinations in Sikkim.



Sikkim is watched over and blessed by the guardian deity, Mount Khangchendzonga (8589 M). This jewel in the mountain entices mountain lovers from all over the world. Albeit, trekking to the mountain itself is forbidden, trekkers will walk for many days just to get close to it and experience the tranquility and watch the mountain in his majestic splendor.



In Sikkim, you can have the breathtaking view of the Himalayas and soaring high above the gorgeous valleys. You can also catch the bird's eye view of the beautiful city of Gangtok. As most parts of the state is covered with thick forests, you can experience unpolluted clear route accompanied by well-trained professionals.

ART FORMS OF STATE OF SIKKIM



The three ethnic communities, Lepcha, Bhutia and Nepalis constitute the folk dances and songs which are an ingrained part of Sikkimese culture. This music and folk dances relate to the beauty of the natural surroundings, depicting the harvest season and are performed for good luck and prosperity. Some of the popular music and folk dances are described below.



Literal meaning of Chu is Snowy Range, while that of Faat is Worship. This group folk dance is performed in the honour of Mount Khangchendzonga, the guardian deity of the Sikkimese people. The dancers while carrying butter lamps and green bamboo leaves perform a ritualistic dance by singing devotional songs.



Chyap-Brung is the traditional musical instrument of the Limboo community. During the course of group dance, male dancers hang the instrument around their necks with the help of a rope and beat the drum with an open palm on one side and a stick on the other. Such a manoeuvre produces two different sounds which echo boldly in valleys and mountains.



This group dance comprising of boys and girls is performed to pay homage to the past saints such as Guru Rimpoche and present saints in order to get their blessings. The musical instruments which support the graceful steps of the dancers are: Flute, Yangjey, Drum, and Yarka.



It is based on a famous Lepcha folk lore often retold to the new generation of Lepchas in the form of lyrical poetry. According to the legend, this group dance is performed to save people from the onslaught of mighty, mountainous rivers. First, the Lepchas living on the Tendong Hill in South Sikkim are reported to

CUISINE : CHICKEN THUKPA (CHICKEN NOODLE SOUP)



By Mrs. Pallavi Redkar

Thukpa is a Himalayan noodle soup, which can be served with meat, chicken or vegetarian and vegan ingredients. The dish is popular in northern Indian states like Sikkim and also in Tibet, Bhutan and Nepal. "Thuk" translates to "heart", so it is known as heartwarming and comforting dish. Since it contains vegetables and chicken, it gives ample amount of nutrition. Quick and easy to make at home, Thukpa is an amazing option to cook for a light and fuss free meal

Ingredients:

Prep Time: 30 mins

Cook Time: 20 mins

Total Time: 50 mins

Makes: 4 Servings



For Stock:

250 gms Chicken

5 cups Water

1 Sliced Onion

7-8 Cloves

For Paste:

1 Tomato

1 Onion diced

2 tbsp Coriander leaves chopped

3-4 cloves Garlic

1-inch Fresh Ginger

2 Green chillies

1 tsp Schezwan Pepper

OR

1/2 tsp Black pepper, freshly ground

1/2 tsp Cumin, freshly ground

1 tsp Lime juice, fresh

For Thukpa:

Chicken Stock

Paste

1 tbsp Oil

1/2 cup Carrot Julienned

1/2 cup Cabbage shredded

1/2 cup Red pepper Julienned

1/2 cup Celery Julienned

3/4 cup Noodles, boiled

Chicken, boiled and shredded

Salt, to taste

Chili Soy Sauce

Spring Onions

Coriander Leaves

Method

Prepare Chicken stock with chicken, water, onion, and cloves. Make soup paste by combining garlic, ginger, green chili, tomatoes, onion, coriander, ground cumin, Szechwan pepper/ Ground black pepper and lime juice in blender or food processor. Blend until smooth.

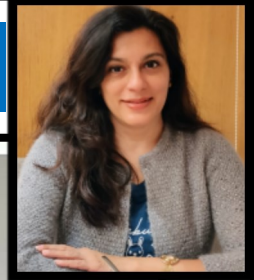
Cut carrots, peppers and celery into julienne thin strips and shred cabbage. Heat oil in a wok, add the prepared paste into it and sauté for 3-4 min. Now add shredded/Julienned vegetables in it and toss well.

Pour in chicken stock, salt and mix well. Bring to a boil and simmer five minutes or until veggies are tender. To serve, take some boiled noodles in a bowl, add prepared soup, shredded chicken, and chili soy sauce in it. Garnish it with spring onions and coriander leaves.

Chicken Thukpa is ready to be served.

YOGA ASANA (POSTURE) OF THE MONTH

By Ms. Manisha Chitnis,
Yoga Therapist



PURVOTTANASANA (पूर्वोत्तानासन)

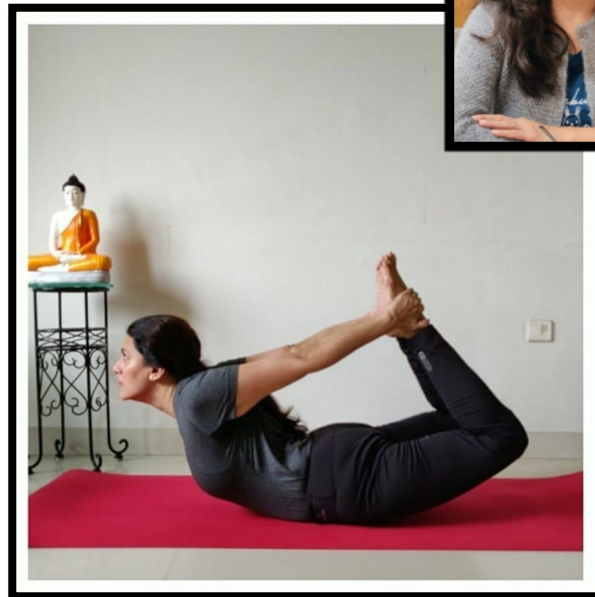
This is also called as reverse plank pose. It is a complementary posture done after practicing the forward bending asanas.

Pros

- Stretch on the thighs, abdomen, chest and throat. The practice of this asana helps strengthen these muscles.
- Opens the chest and shoulders.
- As there is compression of hips, back and lower back, blood circulation in these areas improves.
- Excess fat is trimmed and these muscles get a good tone.
- Compression of the neck helps energize the cervical veins.

Cons

- As the body weight is on the wrists, the asana should be done carefully and after practicing the wrist strengthening postures.
- Those having shoulder pain/ frozen shoulder should avoid this posture.



DHANURASANA (धनुरासन)

It is called the Bow pose. Chest opener which gives backward bend to the spine.

Pros

- Muscles of the neck, lower back, and arms are strengthened as these areas are compressed.
- Muscle of the hips and thighs get a good tone.
- Improves the blood circulation in the body
- As there is compression to the neck, the cervical veins are energized.
- Spine becomes flexible.
- Wrists, shoulders, and chest get a good stretch.

Cons

- Those having frozen shoulder, weak wrists should avoid this posture.
- Those undergone hip surgery or having a hip injury should not do this Asana.
- Pregnant ladies should avoid this Asana.

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

AYUSH TIPS OF THE MONTH

Yoga is a 5,000-year-old tradition from India that combines physical, mental and spiritual pursuits to achieve harmony of the body and mind. On December 11 in 2014, the United Nations General Assembly declared June 21st as the International Day of Yoga. The declaration came at the behest of the Indian Prime Minister, Narendra Modi during his address to UN General Assembly on September 27, 2014 wherein he stated: "Yoga is an invaluable gift of India's ancient tradition. It embodies unity of mind and body; thought and action; restraint and fulfilment; harmony between man and nature; a holistic approach to health and well-being. It is not about exercise but to discover the sense of oneness with yourself, the world and the nature".



Common Yoga Protocol

SITTING POSTURES

SASANKASANA
Sthiti: Vajrasana
(The Hare Posture)

Technique:

- Sit in Vajrasana
- Spread both the knees wide apart, keep the big toes touching
- Keep the palms between the knees. Exhale and slowly stretch them full length
- Bend forward and place the chin on the ground. Keep the arms parallel
- Look in front and maintain the posture. Inhale and then come up
- Exhale and come back to Vajrasana
- Stretch your legs back to Visramasa

#IDY2022

SASANKASANA Sthiti: Vajrasana (The Hare Posture)

Technique:

Sit in Vajrasana, Spread both the knees wide apart, keep the big toes touching; Keep the palms between the knees. Exhale and slowly stretch them full length;

Bend forward and place the chin on the ground. Keep the arms parallel Look in front and maintain the posture. Inhale and then come up; Exhale and come back to Vajrasana; Stretch your legs back to Visramasa

Benefits: It helps to reduce stress, anger, etc; It tones up reproductive organs, relieves constipation, improves digestion and relieves back pain;

A word of caution: • Please avoid this posture in case of acute backache • Patients with osteoarthritis of the knees should exercise with caution or avoid Vajrasana

Common Yoga Protocol

SITTING POSTURES

BHADRASANA
(The Firm/Auspicious Posture)

Sthiti: Long Sitting Posture (Visramasana)

Technique:

- Sit erect with the legs stretched out straight in front.
- Keep the hands beside the hips.
- Now put the soles of your feet together.
- Exhale and clasp your hands together over your toes. Pull your heels as close as possible up to the perineum region.
- If your thighs are not touching or are not close to the floor, place a soft cushion underneath the knees for support. This is the final position.
- Stay in this position for some time.

#IDY2022 #YogaForHumanity

BHADRASANA (The Firm/Auspicious Posture)

Sthiti: Long Sitting Posture (Visramasana)

Technique: Sit erect with the legs stretched out straight in front. Keep the hands beside the hips. Now put the soles of your feet together. Exhale and clasp your hands together over your toes. Pull your heels as close as possible up to the perineum region.

If your thighs are not touching or are not close to the floor, place a soft cushion underneath the knees for support. This is the final position. Stay in this position for some time.

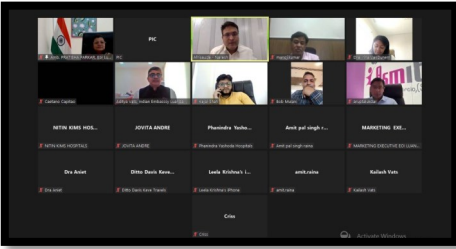
Benefits: Keeps the body firm and stabilizes the mind. Keeps the knees and hip joints healthy. Acts on the abdominal organs and releases any tension in the abdomen. Benefits women by relieving abdominal pain often experienced during menstruation.

A word of caution: Avoid this practice in case of severe arthritis and sciatica.

ACTIVITIES DURING THE MONTH OF MAY 2022



Towards promoting Medical Value Tourism to India, a Virtual Conference titled 'India - The medical tourism destination for Angolans' was organised by the Embassy. Ambassador Pratibha Parkar invited Angolans to take advantage of the top notch medical facilities available in India and released a report on the health sector of Angola. Dr Andre Jovita, Director Hospitals, Ministry of Health of Angola appreciated the initiative to enhance further cooperation between India and Angola in the health sector. Representative from prominent Indian Hospitals presented their infrastructure, facilities and arrangements available for Angolans. Angolan clinics also highlighted their requirements and sought tie-ups with Indian medical fraternity.



The curtain raiser event for the 8th International Day of Yoga was organized in Embassy on 22nd May 2022. It was presided over by the Ambassador.



Ambassador Pratibha Parkar administered "Anti Terrorism Day" pledge to all Embassy officials of the Mission.



After hitch-hiking across 12 African countries since Feb, 2021, an Indian hiking enthusiast Mr. Nitesh Mishra arrived in Angola and met H.E. Ambassador Pratibha Parkar. He shared his travel experiences with members of the Embassy and the Indian Community. The Indian national aims to hitch-hike across the African continent spreading a message of friendship and making People to People connect.



Embassy of India organizes free weekly yoga classes on every Tuesday and Thursday for yoga enthusiasts at the Embassy in Tlatona at 1830 hrs. Friends of India who resides in Angola may join the yoga classes in physical.

ACTIVITIES DURING THE MONTH OF MAY 2022



Ambassador met H.E Mr. Ottoniel Lobo Carvalho dos Santos, Secretary of State for Finance and Treasury & discussed about cooperation in the Fintech sector and investment opportunities.



H.E. Ambassador Pratibha Parkar met H.E. Secretary of State for Energy Antonio Fernandes R. Belsa da Costa and discussed enhancement of bilateral cooperation in the Energy sector and further intensification of B2B ties. Ambassador highlighted India's strengths and advanced technologies in the Energy, Power generation and Renewable Energy fields



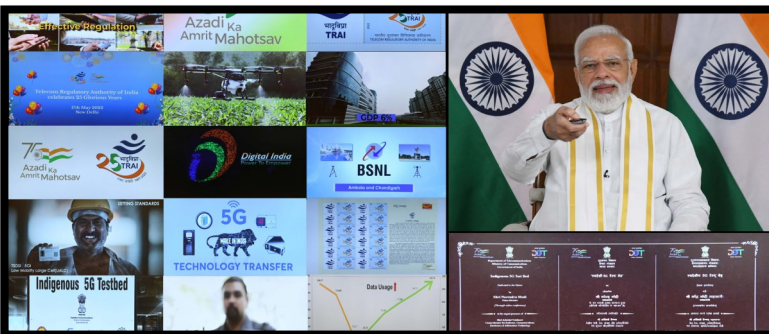
Ambassador Mrs. Pratibha Parkar attended the donation drive organized by Indian Community Angola (ICA). The prominent members of the ICA generously donated food products, medicines and mosquito nets to the Mama Madalena Orphanage located in Cazenga municipality of #Luanda. Mama Madalena the head of the orphanage profusely thanked Indian community in Angola for their thoughtfulness and generosity.

IMPORTANT EVENTS/ ENGAGEMENTS OF PM IN MAY 2022



PM interacting with the Indian Deaflympics contingent, in New Delhi on May 21, 2022. Prime Minister Modi lauded their stellar performance saying their achievements are great and their passion indicates much higher glory for them in future.

India recorded its best ever performance by winning 16 medals including eight gold, one silver and seven bronze at the Deaflympics held in Brazil.



PM launching a 5G Test Bed at the silver jubilee celebrations of the Telecom Regulatory Authority of India (TRAI), via video conferencing, in New Delhi on May 17, 2022.

The Test Bed will enable a supportive ecosystem for Indian industry and startups which will help them validate their products, prototypes, solutions and algorithms in 5G and next generation technologies.

PM chairs the 40th PRAGATI meeting, via video conferencing, in New Delhi on May 25, 2022. It is ICT-based multi-modal platform for Pro-Active Governance & Timely Implementation.



In the meeting, nine agenda items were taken for review including eight projects & one Programme. These have a cumulative cost of over 59 thousand 900 crore rupees for 14 States.

PM flying drone at the inauguration of the Bharat Drone Mahotsav at Pragati Maidan, in New Delhi on May 27, 2022.



During the event, PM told that Drones can provide solutions to the problems of traffic jams. It can be used in so many ways. India has the potential of becoming a global drone hub.

UPCOMING EVENTS

17th CII EXIM Bank Conclave on India Africa Growth Partnership Creating Shared Futures (19 – 20 July 2022: Taj Palace Hotel, New Delhi in Hybrid Format)

Confederation of Indian Industry (CII) in partnership with Ministry of External Affairs and Ministry of Commerce & Industry, Government of India, is organizing the 17th edition of CII-EXIM Bank Conclave on India - Africa Growth Partnership on 19 – 20 July at Taj Palace Hotel in New Delhi. The upcoming edition will focus on project exports, trade, investments, exchange of knowledge and expertise creating shared value for business and industry at large between India and Africa. Registrations for the Conclave will begin from 15 June 2022 at www.ciiximafricaconclave.com.

16th INDIAN FASHION JEWELLERY & ACCESSORIES SHOW - IFJAS 2022 AT INDIA EXPO CENTRE & MART, GREATER NOIDA , DELHI -NCR FROM 20 - 22 JUNE 2022

WebBanner: <https://ifjas.in/web-banner>

The EPCH is organizing the 16th edition of Indian Fashion Jewellery & Accessories Show – IFJAS from 20 – 22 June 2022 at the India Expo Centre & Mart in person, as physical exhibitions offer touch and feel of the products is an important criteria for selection and placing orders in the handicrafts trade. The pre-registered buyer's visiting the 16th IFJAS 2022 will be eligible for the Air-Travel Assistance and Hotel Accommodation as per the MAI guidelines. Please register at <https://ifjas.in/register>

The Livestock & Agri Expo

Pixie Expomedia in collaboration with Infinity Expo is organizing The Livestock & Agri Expo, the most comprehensive gathering of Dairy, Poultry, Aquaculture and Grain professionals in the country from 3-5 August 2022 at India Expocentre Greater Noida. The Event is designed to help the product, services and technology supplier to reach out to the burgeoning demand in India.

For more details, reach out to <https://drive.google.com/file/d/1xEiCqB6e4eDgfgIT-VEA-c44e7i7zeB9/view?usp=sharing> or contact siddhi@pixie.co.in

QUESTION OF THE MONTH

Which of the following is the highest mountain peak situated in India?

- A. Mt. Everest
- B. Mt. Khangchendzonga
- C. Mt. Anamudi
- D. Mt. Satpura

Answer of the last month quiz: B. Jodhpur
