



Indian Council for Cultural Relations



BHARAT DARSHAN

MONTHLY NEWSLETTER BY EMBASSY OF INDIA, LUANDA



DECEMBER, 2020

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FOREWORD



Dear readers,

I am happy to present the fifth edition of our monthly newsletter 'Bharat Darshan'. 2020 has been the most difficult and challenging year for the entire world. Many of us have suffered a lot due to the COVID-19 pandemic, economic downturn, the loss of family and friends. The year has taught us to be patient and tolerant, to respect the environment and to value the importance of family, friends and society in general. May the year 2021 bring back the much desired stability, health, peace and equilibrium to our life. The new year holds lots of hopes in the form of vaccines for Covid-19. India which is known as the 'pharmacy of the world' and has vast experience and capability in the production of world's 60% vaccines has promised to be an important player in the fight against Covid 19. December was a fulfilling month, which kept me busy with various activities. The interactions with the vibrant Indian diaspora and the business community of India and Angola provided me insights to strengthen India-Angola relations. The interaction with the Angolan media was equally fascinating experience. In this edition, we have included Goa as the place of month, which has a Portuguese colonial past and therefore some similarities with Angola in terms of language, culture and cuisine. This month we are presenting the recipe of Goan Fish Curry by Mrs. Pallavi Redkar, which will scintillate your taste buds. 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

VACCINE DEVELOPMENT PROGRAMME IN INDIA



Prime Minister Shri Narendra Modi held a 3-city tour to Serum Institute of India in Pune, Zydus Biotech Park in Ahmedabad and Bharat Biotech in Hyderabad on November 28, to personally review the development and manufacturing of COVID-19 vaccine. The PM's visit aimed at getting a first-hand perspective of the preparations, challenges and roadmap in India's endeavour to vaccinate its citizens. The PM interacted with the team comprising doctors and scientists and also visited the vaccine manufacturing facility. Prime Minister stressed that India considers vaccines as not only vital to good health but also as a global good, and it is India's duty to assist other countries, including the nations in our neighbourhood, in the collective fight against the virus.

He asked the scientists to express their free and frank opinion on how the country could further improve its regulatory process. The scientists also presented an overview of how they are also developing various new and repurposed drugs to better fight COVID-19

IMPORTANT EVENTS/ ENGAGEMENTS OF PM IN DECEMBER, 2020



The Prime Minister Shri Narendra Modi will be holding Virtual Summit with the Prime Minister of Vietnam H.E Mr. Nguyen Xuan Phuc on 21 December 2020.

During the Summit, the two leaders will exchange views on wide-ranging bilateral, regional and global issues and provide guidance for the future Partnership.



The Foreign Secretary, United Kingdom, Mr. Dominic Raab calling on the Prime Minister, Shri Narendra Modi, in New Delhi on December 16, 2020. Foreign Secretary Raab conveyed greetings of Prime Minister Boris Johnson to the Prime Minister and thanked the Prime Minister for participating in the recently held Climate Ambition Summit co-hosted by UK.



The Prime Minister, Shri Narendra Modi at the India-Bangladesh virtual bilateral summit, in New Delhi on 17 December 2020. Both sides held comprehensive discussions on all aspects of bilateral relations, and exchanged views on regional and international issues.

IMPORTANT EVENTS/ ENGAGEMENTS OF PM IN DECEMBER, 2020



Prime Minister Shri Narendra Modi laid the foundation stone of the New Parliament Building today. The new building is an intrinsic part of the vision of 'AatmaNirbhar Bharat' and will be a landmark opportunity to build a peoples' Parliament for the first time after independence, one which will match the needs and aspirations of 'New India' in the 75th anniversary of independence in 2022.



The Prime Minister, Shri Narendra Modi launched Ayushman Bharat PM-JAY SEHAT on December 26 to extend coverage to all residents of Jammu & Kashmir through video conference. Under the scheme, free treatment up to 5 lakh rupees is expected to improve the ease of living.



The Prime Minister, Shri Narendra Modi on December 25 released the next instalment of financial benefit under PM Kisan Samman Nidhi through video conference. A total sum of Rs 18000 crore was deposited directly in the bank account of more than 9 crore farmer families in the country at the click of a button .

MAJOR INITIATIVES OF GOVERNMENT OF INDIA

Atmanirbhar Bharat Rojgar Yojana (ABRY)

The Union Cabinet, chaired by the Prime Minister, Shri Narendra Modi, has given its approval for Atmanirbhar Bharat Rojgar Yojana (ABRY) to boost employment in formal sector and incentivize creation of new employment opportunities during the Covid recovery phase under Atmanirbhar Bharat Package 3.0.

Cabinet has approved an expenditure of Rs. 1,584 crore for the current financial year and Rs.22,810 crore for the entire Scheme period i.e. 2020-2023.

QCI Launches Recognition Scheme for Hygiene Rating Audit Agencies

Quality Council of India (QCI) at the behest of the FSSAI has come out with a Scheme for approval of Hygiene Rating Audit Agencies to scale up Hygiene Rating by increasing the number of recognised Hygiene Rating Audit Agencies in the country.

Currently, this scheme is applicable for Food service establishments (such as hotels, restaurants, cafeteria, dhabhas, etc), sweet shops, bakeries and meat retail stores.

Pradhan Mantri Mudra Yojana

The scheme was launched on 8th April 2015. Under the scheme a loan of upto Rs. 50,000 is given under sub-scheme 'Shishu'; between Rs. 50,000 to 5.0 Lakhs under sub-scheme 'Kishore'; and between 5.0 Lakhs to 10.0 Lakhs under sub-scheme 'Tarun'. Loans taken do not require collaterals. These measures are aimed at increasing the confidence of young, educated or skilled workers who would now be able to aspire to become first generation entrepreneurs; existing small businesses, too, will be able to expand their activities. As on 31.03.2019, Rs. 3,21,722 crores sanctioned (Rs. 142,345 cr. - Shishu, Rs. 104,386 cr. Kishore and Rs. 74,991 cr. - Tarun category), in 5.99 crores accounts.

Pradhan Mantri Vaya Vandana Yojana

The 'Pradhan Mantri Vaya Vandana Yojana (PMVVY) has been launched by the Government to protect elderly persons aged 60 years and above against a future fall in their interest income due to uncertain market conditions, as also to provide social security during old age. The scheme is implemented through the Life Insurance Corporation of India (LIC) and open for subscription upto 31st March, 2023.

PMVVY offers an assured rate of return 7.40% per annum for the financial year 2020-21 for policy duration of 10 years.

CULTURE AND TOURISM
PLACE OF THE MONTH: GOA



Located on the West Coast of India in the Konkan Region, Goa is a major tourist attraction for domestic and foreign tourists alike. Panaji, a picturesque city by the river Mandovi is the capital of Goa. Margao is the largest city and Vasco da Gama the largest port city.

With endless stretches of white sand, palm fringed beaches, brightly painted houses and Portuguese heritage, Goa is breathtaking. Water sports, river cruises, ayurvedic massage centres, live music, restaurants, mouth watering sea food, Goa has it all. A variety of accommodation options ranging from luxury hotels, beautiful villas to moderately priced hotels and bed & breakfast units, is another feature of Goa which makes it a destination of choice for all.

Goa is one of the most delightful states of India. Formerly a Portuguese colony, it is endowed with a variety of attractions including palm fringed beaches, miles of golden sands, lush green country-side, an incredible mosaic of cultural heritage, magnificent churches, temples, forts and monuments and a unique cultural synthesis of the east and west. With its tropical climate, Goa is a tourist destination for all seasons.

FESTIVAL OF THE MONTH: CHRISTMAS



Christmas is celebrated on 25th December all over the world, to commemorate the birth of Jesus Christ, the Son of God. It is regarded as one of the most important of all Christian festivals. It is a public holiday in India and most of the other countries.

Christmas celebrations begin with a midnight mass, which is considered to be an essential part of the celebrations, it is followed by merrymaking. Children in brightly colored dresses, accompanied by an orchestra of drums and cymbals, perform group dances using gay-colored sticks.

St. Benedict, alias Santa Claus, is a legendary chubby oldie figure, clad in red and white dress, who rides the reindeer and forms a significant part of the celebrations especially for children. He loves kids and gets chocolates, gifts and other desired goodies for them, which he apparently places in their stockings at night.

People sing carols in the glory of the Lord during Christmas. They go from door to door preaching the message of love and brotherhood.

There are some popular churches in India specially in Goa, where Christmas is celebrated with great fervour and enthusiasm. Most of these churches were established during the Portuguese and British regime in India.

YOGA ASANA (POSTURE) OF THE MONTH



Crescent High Lunge Pose

This pose is entered from a lunge, with the back knee lowered, the arms placed over the knee. The toes of the back foot remain tucked to the ground. The front foot remains in standing position, the hips lowered close to the front foot and the front knee

Pros:

- Strengthens the arms, shoulders, lower back and legs
- This posture increases stamina
- Open the hips and chest
- Improves focus, balance and stability
- Improves the blood circulation and respiration
- Energizes the entire body

Cons:

- Person suffering from high blood pressure should do it carefully, under supervision
- Those have acute knee pain or ankle pain should avoid this posture

KAPALBHATI

Sit in a comfortable position with a straight spine. Take two or three deep inhales and exhales. Inhale deeply to exhale sharply and forcefully through the nostrils, drawing the belly in as you exhale and producing a puffing sound. Let the inhalation happen passively, and continue this cycle of forceful exhalation and passive inhalation at a fast pace, so that the belly is pumping continuously. At the same time, receive auto suggestion about increased flow of blood circulation, detoxification and vitalization of the vital organs viz. kidney, small intestine, large intestine, prostate gland, liver, gallbladder, pancreas, spleen and lungs etc. Practice the process for 2.5-15mins. You may take short breaks when you start out on this yogic breathing exercise.

AYUSH TIPS OF THE MONTH



The graphic features a background of various Ayurvedic herbs and medicines. In the top left corner, there is the logo of the Ministry of AYUSH, Government of India. The central text is enclosed in a white box with a decorative border. Below the text, there are three circular icons: the first shows a bowl of honey and saffron, the second shows a plate of hot spices, and the third shows a bowl of morbid matter. At the bottom, there is a note about consulting a practitioner.

Common winter diseases and infections can be prevented by enhancing the disease resistance of our body. Here is what Unani system of medicine advises:

- Honey and *Zafran* (*Crocus sativus*) can be used as prophylactic medication.
- Diets which are hot in temperament and strengthening should be preferred in this season.
- Due to the tendency of this season of stagnating morbid matter, liquefying (*Mulattifat*) and resolving (*Muqatteeat*) foods can be administered more.

Note: Treatment to be adopted as prescribed by a qualified practitioner.



The graphic features a background of a person receiving a Varmam massage. In the top left corner, there is the logo of the Ministry of AYUSH, Government of India, and the Siddha Day logo. The central text is enclosed in a white box with a decorative border. Below the text, there is a list of conditions treated by Varmam, each with a small icon. At the bottom, there is a note about consulting a practitioner.

Siddha Day
2nd January 2021

Varmam is a special and unique branch of the Siddha medical system which works on the basic principle of normalizing the flow of *Vaasi* or *Saram* (vital energy) in the body.

It plays a significant role in pain management in Neuro-musculoskeletal diseases such as :

- Cervical spondylosis
- Lumbar spondylosis
- Osteoarthritis
- Hemiplegia
- Paraplegia

Note: Treatment to be adopted as prescribed by a qualified practitioner.

Common diseases that occur in the winter season are generally phlegmatic in nature like cold and catarrh, inflammation of lungs, hoarseness of voice, pain and other throat infections.

While some people are more susceptible to these diseases, it can be avoided by taking some preventive measures

Varmam therapy is a popular therapy in Siddha medicine, which involves pressure manipulation over energy points with a particular force for a specified time. It is effective in the management and treatment of neuromuscular, musculoskeletal and joint disorder

CUISINE OF THE MONTH: GOAN FISH CURRY

By Mrs Pallavi Redkar



This Goan Fish Curry is a staple food usually eaten with rice and roti like other



Preparation Time: 15 mins, Cook: 25 mins, Total: 40 mins, Servings: 4 persons

Ingredients: 2 medium fish (any firm white flesh like Pomfret and cut either into pieces or long slices), 1 1/2 inch lump of tamarind soaked in water, 1 cup hot water, 1 medium onion (sliced), 4 to 5 dry red chilies, 4 flakes Garlic, 1 cup grated fresh coconut, 1 tbsp Coriander seeds, 1/2 teaspoon turmeric powder, 1/2 teaspoon red chili powder, 2 green chilies slit, 2 tbsp cooking oil, 2 tbsp fresh chopped coriander, Salt to taste

Preparation: Soak tamarind in 1/2 cup of hot water for 10 minutes. Mash the tamarind with your fingers to mix it well into the water. Strain through a sieve to extract all the pulp and keep it aside. Marinate the fish in salt, chili powder and a pinch of turmeric powder for 10 minutes. Put onion, coconut, garlic, dry red chilies, turmeric powder, coriander seeds and tamarind puree in a food processor and grind well to make a smooth paste. Heat a deep pan on medium flame, then add oil. Add green chilies and the masala paste from the food processor to the oil and fry for 5 minutes. Add 1 cup of water and bring the gravy to a boil. Reduce the flame to a simmer and cook for 5 minutes. Add salt to taste. Gently add the marinated pieces of fish to the gravy and cook for 10 more minutes. Do not cover the pan at any time during the cooking process. Serve with sprinkled coriander and rice or roti.

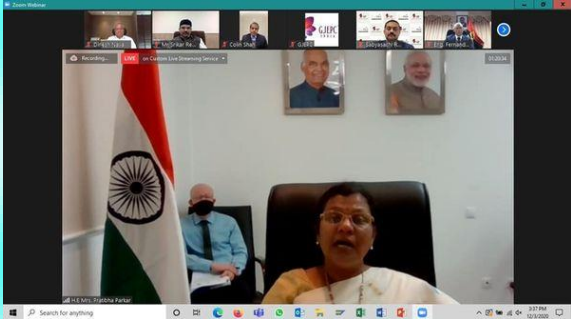
QUESTION OF THE MONTH

WHICH OF THE FOLLOWING IS THE NATIONAL BIRD OF INDIA?

- A) PARROT
- B) PEACOCK
- C) SPARROW
- D) DUCK

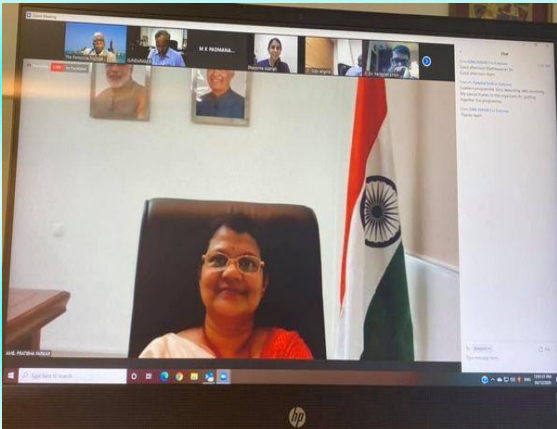
Answer of the last month quiz: (B) Delhi

ACTIVITIES DURING THE MONTH OF DECEMBER



The Embassy of India in Luanda in cooperation with Gems and Jewellery Export Promotion Council (GJEPC) and Angola-India Chamber of Commerce, organized the first ever virtual meeting bringing together Indian and Angolan businesses in the gems and jewellery sector

(Dec 3)



Ambassador Pratibha Parkar, interacts with the audience, updating them on India-Angola relations and inviting companies/organisations towards increasing trade and investment at the virtual event organised by the Peninsula Foundation. (Dec 4).



H.E Mrs. Pratibha Parkar, Ambassador paid a courtesy call on H.E Domingos Vieira Lopes, Secretary of State For International Cooperation and Angolan Communities, MIREX and reviewed a range of bilateral relations between India and Angola. (Dec 10)

ACTIVITIES DURING THE MONTH OF DECEMBER



Ambassador organised a business event titled 'India-Angola moving forward in business together' and interacted with Indian and Angolan business community members. At the event, the President, Angola India Chamber of Commerce; President, Chamber of Natural Medicines and Member of AIPEX board highlighted the growing bilateral business cooperation and future potential.

[Dec. 14]



H.E Mrs Pratibha Parkar, Ambassador had a fruitful meeting with H.E. Dr. Lucrecio Alexandre Manuel da Costa, State Secretary for Water, Republic of Angola. [Dec. 14]



H.E. Ambassador Mrs. Pratibha Parkar hosted the second business event titled 'India-Angola moving forward in business together' and interacted with Indian and Angolan business community members. At the event, the President of Chamber of Commerce & Industry of Angola ; President, Rede Camponesa and Representatives of Federation of Women Entrepreneurs of Angola and Angola India Chamber of Commerce highlighted the growing bilateral business cooperation and future potential. [Dec. 15]

ACTIVITIES DURING THE MONTH OF DECEMBER



H.E. Mrs. Pratibha Parkar, Ambassador called on Foreign Minister of Angola H.E. Tete Antonio and discussed strengthening of India Angola relations in wide variety of areas and cooperation on multilateral issues. [Dec. 17]



H.E. Mrs. Pratibha Parkar, Ambassador interacted with prominent Angolan journalists of Print, Electronic and digital media and presented a brief overview of India Angola bilateral relations and the future roadmap of our way forward during an event organized on the occasion of Christmas. [Dec. 18]



Ambassador Pratibha Parkar visited Flotek Angola, a leading manufacturer and supplier of pipes, fittings, tanks, irrigation and packaging products. Ambassador interacted with the management, employees and their families. [Dec. 29]