



INDIAN COUNCIL FOR CULTURAL RELATIONS

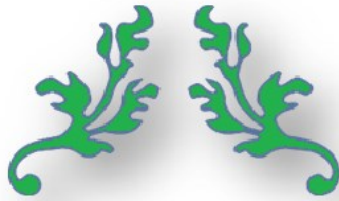


सत्यमेव जयते



BHARAT DARSHAN

MONTHLY NEWSLETTER BY EMBASSY OF INDIA, LUANDA



JUNE 2021



EMBASSY OF INDIA,
LUANDA

NEWSLETTER
EDITION 11

FROM THE DESK OF THE AMBASSADOR



Dear readers,

It is my pleasure to present you the eleventh edition of our newsletter Bharat Darshan. The month of June was the month of Yoga. As you all are aware that in December 2014 the United Nations adopted a resolution declaring 21st June as the International Day of Yoga. Our embassies and consulates all over the world organize several events in cooperation with the local partners to commemorate the international day of Yoga. The Indian embassy in Luanda also organized a befitting event on 19th June. We were honoured to have the Culture Minister of Angola H.E. Mr. Jomo Fortunato as our Chief Guest for the event. The founder of the Buddhism Gautam Buddha was born on the full moon day of Vaishakh month of ancient Indian calendar. Buddha Purnima which we celebrate around the month of June, commemorate the birth, enlightenment and death of Lord Buddha. We have included information on Buddha Purnima in our section of the festival of month. This month we are taking you to the state of Bihar, the Karmabhoomi of Lord Buddha. Mrs Pallavi Redkar has given us the recipe of Litti Chokha, the popular dish from the state of Bihar. We have taken care of your health with our regular Ayurvedic tips. Your suggestions, comments and feedback are welcome. Each newsletter will also be posted on our website (www.indiainangola.gov.in) Facebook page (@indiainangola2019) Twitter (@IndiainAngola) and Instagram (@india_in_angola).

With regards.

(Pratibha Parkar)
Ambassador

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INTERNATIONAL YOGA DAY- 21

Introduction

Yoga in the real sense is a science that is based on spiritual study. It establishes coordination between the mind and body. Yoga is the confluence of art and science which guides us to live a healthy life. As per the root word yujir in Sanskrit, the term Yoga means to join or unite.

Yoga is India's Ancient Cultural Heritage

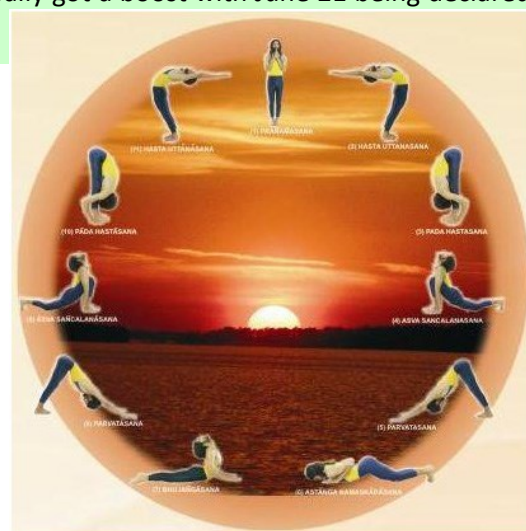
It is said that Yoga practice connects our individual consciousness to universal consciousness. The origin of Yoga is considered to date back to Indus-Saraswati Valley Civilization period that is nearly 2700 BC ago. Even in the pre-Vedic period Yoga was practised. Maharishi Patanjali was the first to organize and codify the then ancient practices through his systematic treatise Yoga Sutra. He is also called the father of traditional yoga because of his immense contribution to the field.

India's Efforts in Popularizing Yoga

After independence, efforts were made to integrate Yoga with the programmes of public health services, but the real transformational journey of Yoga begins from November 9, 2014, when a separate AYUSH ministry was created with the objective to integrate Ayurveda, Yoga and other traditional medical facilities with the health services. Indian efforts to popularise Yoga globally got a boost with June 21 being declared as the International Day of Yoga since 2015.

Sun was given highest importance during the vedic period. The practice of 'Surya namaskara' may have been invented later due to this influence.

The widely practiced Yoga Sadhanas (Practices) are: Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana (Meditation), Samadhi /Samyama, Bandhas & Mudras, Shat-karmas, Yukta-ahara, Yukta karma, Mantra japa, etc.



Surya Namaskara



Prayer

Shoulder Stretching



Kapalbhati



Nadishodhana



Sitali Pranayama



Bhramri Pranayama



Dhyana

Prānāyāma must be included in one's daily life. The prānāyāma or breathing exercise strengthens our respiratory system. It is more relevant in the present times because it is the respiratory system of the body which is badly affected by the Coronavirus. During COVID-19, Yoga has also strengthened the family bond and infused a new positive energy into the compulsion to stay locked up in homes.

CELEBRATION OF 7TH IDY 2021



The 7th International Day of Yoga 2021 was celebrated in Luanda with participation of local dignitaries, Ambassadors and distinguished members of Indian diaspora. H.E Mr Jomo Fortunato, Minister for Culture, Tourism and Environment, Republic of Angola was the Guest of Honour.



The Common Yoga Protocol asanas were performed during the event under the guidance of Ms Celia Sobrinho, Aioki School of Yoga. Theme for the International Yoga Day, 2021 is "Yoga for Wellness".



H.E Ms Pratibha Parkar highlighted the importance of Yoga in her message and encouraged people to adopt it in their daily lives.

CULTURE AND TOURISM



**BIHAR
TOURISM**

Blissful Bihar

Bihar

Its name derived from the ancient word "VIHARA" (monastery). Bihar is a place full of history and spiritual significance. Hindu, Buddhist, Jain, Muslim and Sikh shrines abound in this ancient land where India's first major empires rose and fell. The passage of Ganga, flowing wide and deep enrich the plains of Bihar before distributing in Bengal's deltoid zone. Bihar comprises four cultural regions-Bhojpur, Mithila and Magadha and Chotanagpur.

Brief History: Two of India's most glorious dynasties, Mauryas(321 -185 BCE) and Guptas (320 to 550 CE) flourished in ancient Bihar region, which was then known as Magadh. The Great King Ashoka (born 304 BCE, died 232 BCE) of Mauryan dynasty whose empire spread across South Asia. It had its capital in Pataliputra that is present Patna. The Gupta period termed as India's golden age was also based in Magadh and Pataliputra as its capital. It is in Bihar that the world's first democracy was in governance by the Lichchavi (the present Vaishali).



Nalanda and Vikramshila were centres of learning established in the 5th and 8th century respectively in Bihar, and are regarded amongst the oldest and international universities, where students from across the world came to study.



Chhath is a major Hindu festival celebrated in Bihar and eastern Uttar Pradesh. Almost all civilizations have worshipped the 'God Sun', but it has a unique form in Bihar, Chhath Puja is the only occasion where the setting sun is worshipped along with the rising sun.



Tikuli is a type of hand painting and its history spread over 800 years. The painting with its modern evolution and varied manifestations, find its origin in Patna, Bihar. Madhubani painting has become synonymous with art and craft of Bihar in the whole world.



Bihar's rich natural scenery and wildlife make it an important destination for ecological tourism. Whether it is getting a glimpse of the magnificent big cats or observing the natural wonders in Bihar, the Eco circuit covers it all.

FESTIVAL OF THE MONTH

Buddha Purnima



Buddha Purnima, which falls on the full moon night in the month of Vaisakha, commemorates the birth anniversary of Lord Buddha, founder of Buddhism. The Buddha was born into a noble family of the kshatriyas in Lumbini in 563 BCE according to Buddhist tradition. He was called Siddhartha Gautama in his childhood.



This was at the age of 29 when he was confronted with impermanence and suffering. Moved by all the things he had experienced, he decided to leave the palace in the middle of the night against the will of his father, to live the life of a wandering ascetic. According to early Buddhist texts, after realising that meditative dhyana was the right path to awakening, Gautama discovered "the Middle Way"—a path of moderation away from the extremes of self-indulgence and self-mortification, or the Noble Eightfold Path. He meditated for weeks to find answers to all his questions and he reached enlightenment on the full moon morning of May under the Bodhi tree.



Buddha reached the Deer Park (Sarnath) near Varanasi, where he met the group of five ascetics and was able to convince them that he had indeed reached full awakening. The Buddha's first sermon to them is called Dharma Chakra Pravartana or the Turning of the Wheel of Law. Buddhism is the religion practiced by an estimated 500 million plus people of the world. The trail of the sacred footsteps of Lord Buddha and the important places of his life and teachings are known as "Buddhist Circuit of India."

CUISINE OF THE MONTH

Litti Chokha



By Mrs Pallavi Redkar

Litti Chokha is a complete meal that originated from Bihar. It is also popular in Jharkhand and parts of Eastern Uttar Pradesh. It is not only famous nationally but is also eaten in foreign countries such as Mauritius, Fiji, Suriname, UK etc, where people from Bihar, Jharkhand and eastern

Uttar Pradesh have migrated. It is pocket friendly for the working classes and also healthy in terms of proteins and nutrients. It is made of whole-wheat flour and stuffed with sattu (gram flour powder). While rustic way of cooking litti is on cow dung cakes or wood charcoal, but these days they are made in oven or tandoors for convenience.

- ◆ Prep Time: 1 hour
- ◆ Cook Time: 45 Mins
- ◆ Total Time: 1 Hour 45 Mins
- ◆ Makes: 3 to 4 Servings

Ingredients:

Litti dough:

- ◆ 2 cups atta
- ◆ 1/2 teaspoon salt
- ◆ 2 tablespoons ghee melted
- ◆ 2 tablespoons yogurt
- ◆ Water to knead the dough



Litti filling:

- ◆ 1 cup Sattu (roasted bengal gram flour)
- ◆ 1 medium red onion finely chopped
- ◆ 2 teaspoons mustard oil
- ◆ 4-5 garlic cloves grated
- ◆ 1 green chili finely chopped
- ◆ 1 inch ginger grated
- ◆ 2 tablespoons chopped cilantro
- ◆ 2 tablespoons pickle masala
- ◆ 1/2 teaspoon ajwain (carom seeds)
- ◆ 1/2 teaspoon kalonji (nigella seeds)
- ◆ 1/2 teaspoon dry mango powder
- ◆ Salt to taste
- ◆ 2 tablespoons water to wet the filling a little

Chokha:

- ◆ 1 medium eggplant or Brinjal
- ◆ 2 medium potatoes boiled and mashed
- ◆ 4 medium tomatoes
- ◆ 4 garlic cloves chopped
- ◆ 1 inch ginger chopped
- ◆ 2 green chilis chopped
- ◆ 1 tablespoon mustard oil
- ◆ 3 tablespoons chopped cilantro

CUISINE OF THE MONTH

To Serve:

- ◆ 1/2 Cup Ghee

Method:

To Make Litti:

- ◆ Take atta in a bowl. Add salt, 2 tablespoons of ghee and yogurt and mix well.
- ◆ Add water gradually to knead to a soft dough. Cover dough with a damp cloth and let it rest while you make the filling.

For the filling

- ◆ Add sattu to a bowl. Add finely chopped onion, 2 teaspoons mustard oil, grated ginger, garlic, green chilis, chopped cilantro, kalonji, ajwain, amchur and salt. Add pickle masala and mix well.
- ◆ Add few tablespoons of water to make it little damp.
- ◆ Divide dough into 8 equal parts. Roll each dough into a circle Put 1-2 tablespoons of sattu filling in the center.
- ◆ Start sealing the edges from one end and pinch the center to seal the dough ball completely.
- ◆ Roll it between your palms to make it smooth.
- ◆ Repeat with the remaining dough.

- ◆ Place the littis on a baking sheet and bake at 400 F degrees for 40-45 minutes or till evenly browned.
- ◆ Once cooked, take them out of the oven and dip in melted ghee immediately.

To Make Chokha

- ◆ Roast eggplant and tomato on direct fire on low heat for 15 to 20 minutes till outer skin gets charred and they are juicy from inside. Roast the garlic cloves.
- ◆ Remove charred skin of eggplant and tomatoes, Add them to a bowl and mash them.
- ◆ Add boiled mashed potato, chopped roasted garlic, chopped ginger, chopped green chilis and salt.
- ◆ Add chopped cilantro and mustard oil.
- ◆ Mix everything together till well combined. Chokha is done.

Serve Litti Chokha

- ◆ To eat the litti, break it a bit and pour more ghee so that the filling is soaked with ghee.
- ◆ Enjoy with chokha.

AYUSH TIPS OF THE MONTH



Include Yoga in your life today to strengthen your muscles and reduce back pain! Ardha Ushtrasana (The Half Camel Posture) of #CommonYogaProtocol (CYP) can be practised (under the supervision of Yoga Instructor) by following these simple steps:

Technique: Stand on your knees, Place the hands on the hips with fingers pointing downwards, Keep the elbows and shoulders parallel, Bend the head back and stretch the neck muscles; inhale and bend the trunk backwards as much as possible. Now exhale and relax, Keep the thighs perpendicular to the ground, Remain in the posture for 10-30 seconds with normal breathing, Return with inhalation; sit in Vajrasana, then Relax in Vishramasana



General Measures:
Drink warm water throughout the day.

Daily practice of yogasana.

Spices like Turmeric, Cumin, Coriander and Garlic are recommended in cooking.

Fresh, warm, balanced diet.

Drink Golden Milk (Half tea spoon Haldi (Curcuma longa) powder in 150 ml hot milk) once at night. Avoid in case of indigestion.

Drink Ayush Kadha or Kwath (hot infusion or decoction) once a day.



The Ministry of Ayush, India has recently released Homecare guidelines for children and an Advisory for Ayush practitioners about prophylactic care in children during the Covid 19 pandemic. The Guidelines regarding Covid 19 may be accessed through the following link of the official website of Ayush Ministry <https://www.ayush.gov.in/docs/ayush-Protocol-covid-19.pdf>.

The Guidelines include following general measures such as parents/ guardians must ensure frequent hand wash, educate their child on proper masking, teach them to follow social distancing and encourage respiratory hygiene habits.

IMPORTANT EVENTS/ ENGAGEMENTS OF PM IN JUNE, 2021



The Prime Minister, Shri Narendra Modi participates in the first Outreach Session of the G7 Summit, through video conferencing, in New Delhi on June 13, 2021.

The session, titled 'Building Back Stronger - Health', focused on global recovery from the coronavirus pandemic and on strengthening resilience against future pandemics. During the session, Prime Minister expressed appreciation for the support extended by the G7 and other guest countries during the recent wave of COVID infections in India.



PM delivering the keynote address at the UN High-Level Dialogue on Desertification, Land degradation and Drought, through video conferencing, in New Delhi on June 14, 2021.

PM conveyed that India is on track to achieve its national commitment of Land degradation neutrality. He concluded, "It is mankind's collective responsibility to reverse the damage to land caused by human activity. It is our sacred duty to leave a healthy planet for our future generations"

PM addressing the 7th International Yoga Day programme, through video conferencing, in New Delhi on June 21, 2021. PM announced M-Yoga App, and said that the app will help in achieving 'One World One Health'.



PM said the despite the pandemic, this year's theme for International Yoga Day –"Yoga for wellness" has raised the morale of people and he wished for health of every country, society and individual and hoped that we will be united and will strengthen each other.

PM addressing the World Environment Day event, jointly organised by the Ministry of Petroleum & Natural Gas and the Ministry of Environment, Forest & Climate Change, through VC on June 05, 2021.



The Prime Minister released the "Report of the Expert Committee on Road Map for ethanol blending in India 2020-2025". He also launched the ambitious E-100 pilot project in Pune for the production and distribution of ethanol across the country. The theme for this year's event is 'promotion of biofuels for a better environment'.

ACTIVITIES IN THE MONTH OF JUNE 2021

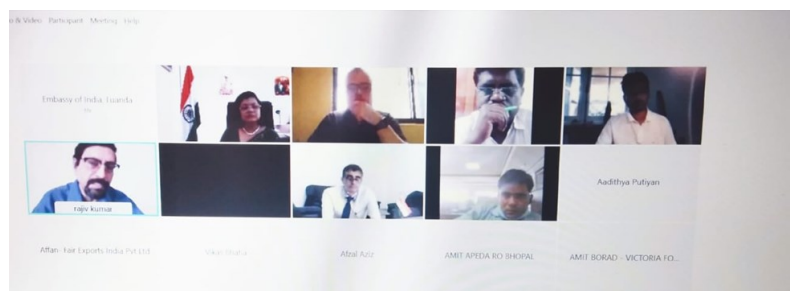


Ambassador Pratibha Parkar met Mr. Gilberto Simao, President of the Association of Bakery and Confectionary Industries on 1 June 2021 and discussed possibilities for expanding business and networking between Indian and Angolan companies.



Ambassador met members of the Indian Community in Angola on 9 June 2021 and discussed initiatives for the celebrations of #India@75

आजादी का अमृत महोत्सव
 Embassy of India, Luanda
 14th June, 2021
India - Angola Virtual Buyer Seller Meet
e-Catalogue
 EXPLORING TRADE OPPORTUNITIES IN AGRO AND PROCESSED FOODS
 Agricultural and Processed Food Products Export Development Authority (APEDA)
 (Ministry of Commerce & Industry, Govt. of India)



The first ever India Angola Buyer Seller Meet on Agro and Processed Foods, held in cooperation with APEDA virtually on 14 June 2021, witnessed around 80 associations and companies in the sector on both sides. H.E. Ambassador Mrs. Pratibha Parkar and GM APEDA, Mr U K Vats released the e-Catalogue on trade opportunities in the sector and highlighted immense potential for businesses.

ACTIVITIES IN THE MONTH OF JUNE 2021



Embassy organizes a meeting with Indian diaspora on 25 June 2021 for discussing the roadmap for cultural activities in coming days during the two year celebration of India@75 in Angola.



H.E. Ambassador Mrs. Pratibha Parkar visited Lunda Sul province which is well known for Diamond Mining on 30 June 2021. During her visit, Ambassador visited the 'Saurimo Diamond Pole', the new Diamond hub being developed in Lunda Sul for attracting foreign investment. The hub is being developed by Endiama and Sodima, the state owned mining and trading companies of Angola.



During her visit to Lunda Sul province and the diamond mining hub of Angola, Ambassador paid a courtesy call on the Governor HE Daniel Félix Nato and discussed opportunities for cooperation and possibilities of bilateral trade and investments. Ambassador also met Vice Governor HE Leandro Kaputu and officials of the local government of Lunda Sul Province and Mrs. Teresa Monteiro, President of Lunda Sul Chamber of Commerce.

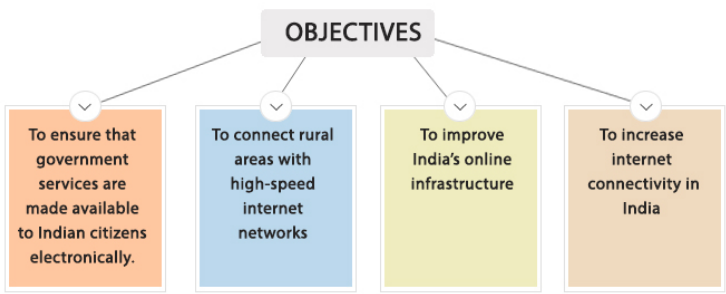
DIGITAL INDIA PROGRAMME



The Prime Minister, Shri Narendra Modi interacting with the beneficiaries of Digital India, on the occasion of the 6th anniversary of Digital India Abhiyan, through video conferencing, in New Delhi on July 01, 2021.



Digital India is an ambitious project of the Government of India to make the country digitally empowered in the field of technology. This project was launched on 1 July, 2015 by PM, Shri. Narendra Modi.



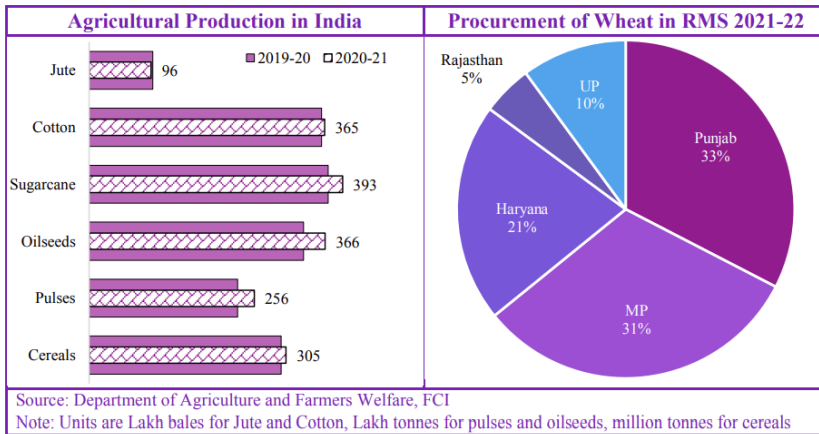
Some of the services which are envisaged to be provided through this initiative are digital locker, e-education, e-health, e-sign and national scholarship portal.

1. [Digital Locker](#)
2. [MyGov.in](#)
3. [Attendance.gov.in](#)
4. [e-Sign framework](#)
5. [e-Hospital](#)
6. [National Scholarship Portal](#)
7. [SBM Mobile app](#)

9 Pillars of Digital India

- Broadband Highway**
- Universal Access to Phones**
- Public Internet Access Programme**
- e-Governance** Reforming government through technology
- E-Kranti** Electronic delivery of Services
- Electronics manufacturing** Target Net Zero Imports
- IT for Jobs** Highways
- Information** for All
- Early Harvest** Programme

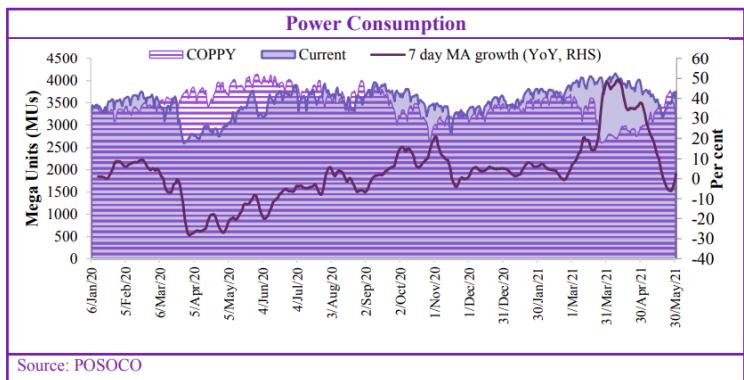
INDIAN ECONOMY



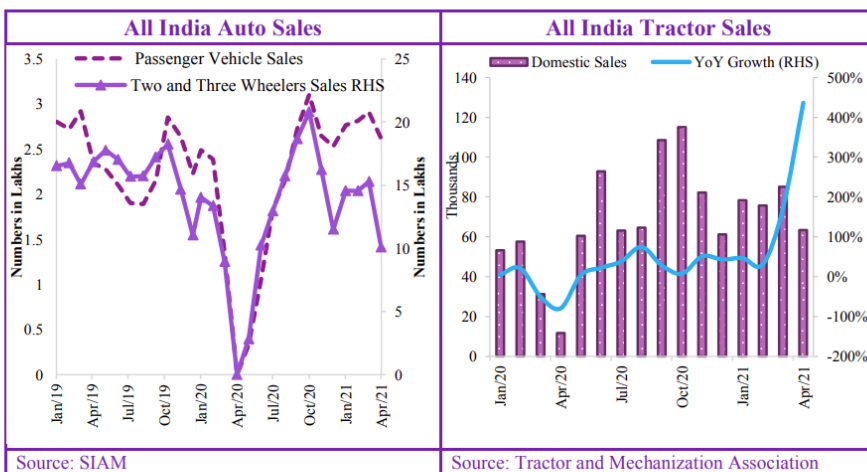
Emerging as the silver lining among the pandemic-hit economy, agricultural sector has cushioned the economic impact being the only sector posting growth in FY 2020-21. With the prediction of a 'normal' monsoons this year, the government has set a record target to raise foodgrain production further to 307.31 million tonnes during 2021-22 crop year, starting July.

Under the Pradhan Mantri Garib Kalyan Anna Yojana (PM-GKAY - III) scheme, additional food grains, @ 5 kg per person per month, free of cost to around 79.39 crore beneficiaries covered under National Food Security Act (NFSA) which was provided initially for a period of two months i.e., May-June 2021 and has been extended till November 2021.

India's power consumption, one of the bright spots of the economic recovery since September 2020, registered a growth rate of 7.3 per cent in May 2021 over May 2020. Local lockdown restrictions imposed by state governments, impact of cyclones Tauktae and Yaas hitting the West and East coasts respectively, and rains over North Indian regions, led to the moderation in power consumption in the month of May.



It dimmed in the first half of May followed by an uptick in the second half. With COVID-19 cases on the downhill, unlocking of mobility restrictions is expected to refuel industrial activity and power demand.



The localized lockdowns and mobility restrictions had an especially detrimental impact on automobile sales, a key indicator of economy's performance. April data underscore a sharp fall of 34 per cent MoM in two and three-wheelers sales along with a 10 per cent MoM decline in passenger vehicles, albeit tremendous growth in YoY terms, with April 2020 having registered near-zero sales.

Tractor sales, reflective of resilient rural demand since June 2020, contracted by 25 per cent MoM in April, mainly attributable to localized restrictions and rural spread of second wave.

UPCOMING EVENTS

LEADS 2021

LEADS (Leadership, Excellence, Adaptability, Diversity, Sustainability) is a global thought leadership platform to reimagine business. It is curated as a strategic initiative to imbibe leadership vision on future of fundamental aspects of global economic prosperity built on pillars of Environmental, Social and Governance (ESG). This is the 2nd Edition with the theme "Future of Partnerships" going to be held on 14-15 September 2021, at New Delhi or virtually from anywhere in the world. For more information, visit <https://www.ficcileads.in/>.

36th Edition of the Luanda International Fair :

This is going to be held from 28 September 2021 to 2 OCT 2021 at LUANDA-BENGO SPECIAL ECONOMIC ZONE. For more information, visit : <https://www.eventosarena.co.ao/eventos/FILDA-2021>

India @ World Expo Dubai (Oct 2021 - Mar 2022)

FICCI along with GoI has curated a series of competitions at the World Expo 2020 - Dubai with the theme -- 'Connecting Minds; Creating the Future', for young minds from around the world that aims to celebrate our resilient spirit and our desire to excel through innovation. The winners will be invited to make presentations to an expert panel at Dubai and will have direct access to the industry partners supporting these competitions, as well as explore their business plans with them. The details of the brochure of these competitions is given in the below link. <https://ficci.in/sector-event-page.asp?sectorid=123#SectorEvent> For more details, interested participant can contact Mr. Samrat Soo, email- Samrat.soo@ficci.com ; mobile +91 98915 36658 and Ms Rinku Ghosh, email- rinku.ghosh@ficci.com ; mobile +91 98110 23366 for any further information.

QUESTION OF THE MONTH

Which of the following is the capital city of Bihar State of India?

- a) Arrah
- b) Bhagalpur
- c) Begusarai
- d) Patna

Answer of the last month quiz: (c) 21 June
