



INDIAN COUNCIL FOR CULTURAL RELATIONS



सत्यमेव जयते



# BHARAT DARSHAN

MONTHLY NEWSLETTER BY EMBASSY OF INDIA, LUANDA



MAY 2021



EMBASSY OF INDIA,  
LUANDA

NEWSLETTER  
EDITION 10

FROM THE DESK OF THE AMBASSADOR

Dear readers,

It is my pleasure to present you the tenth edition of our newsletter Bharat Darshan. The month of May was difficult for India due to the second wave of COVID 19 and also due to cyclone Tauktae. But resilient Indians faced the pandemic with courage and have survived the worst days of the pandemic. This month India celebrated the most important festival of Islamic Calendar 'Eid-ul-Fitr'. This month's edition provides you an information on the youngest Indian state Telangana and the mouth watering recipe of Biryani named after the capital of Telangana state 'Hyderabad Biryani' by Mrs Pallavi Redkar. Mrs. Manisha Chitnis ([http://www.instagram.com/\\_young.again\\_](http://www.instagram.com/_young.again_)) for two new Yogasanas Vrukshasan and Baddha-Hastasan. I am also happy to inform you that we have shifted our Embassy to a new location Four Villa Condominio, Vila No.4, Av.Principal de Talatona ( Avenida Samora Machel), Talatona. Your suggestions, comments and feedback are welcome. Each newsletter will also be posted on our website ([www.indembangola.gov.in](http://www.indembangola.gov.in)) Facebook page (@indiainangola2019) Twitter (@IndiainAngola) and Instagram (@india\_in\_angola).

Pratibha Parkar  
Ambassador of India to the Republic of Angola



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## PRADHAN MANTRI KISAN SAMMAN NIDHI (PM-KISAN) SCHEME



The Prime Minister, Shri Narendra Modi interacting with the farmer beneficiaries during the release of the 8th instalment of financial benefit under Pradhan Mantri Kisan Samman Nidhi (PM-KISAN) scheme, through video conferencing, in New Delhi on May 14, 2021. This will enable the transfer of more than Rs. 19,000 crores to more than 9.5 crores beneficiary farmer families. Prime Minister also interacted with farmer beneficiaries during the event. Union Agriculture Minister was also be present on the occasion.

### BACKGROUND



The scheme was started with a view to augment the income of the farmers by providing income support to all landholding farmers' families across the country, to enable them to take care of expenses related to agriculture and allied activities as well as domestic needs. Under the Scheme an amount of Rs.6000/- per year is transferred in three 4-monthly installments of Rs.2000/- directly into the bank accounts of the farmers, subject to certain exclusion criteria relating to higher income status.

The scheme is effective from 1.12.2018. The financial benefits are released to the beneficiaries on the basis of the data of farmers prepared and uploaded by them on the PM-Kisan web-portal. Farmers can know the status of their payment through the Farmers Corner in the portal.

The Scheme initially provided income support to all Small and Marginal Farmers' families across the country, holding cultivable land upto 2 hectares. Its ambit was later expanded w.e.f. 01.06.2019 to cover all farmer families in the country irrespective of the size of their land holdings.

The fund is transferred directly to the bank accounts of the beneficiaries. In this scheme, Samman Rashi of over Rs. 1.15 lakh crores has been transferred to farmer families so far.

## CULTURE AND TOURISM

### Telangana



Telangana, as a geographical and political entity was born on June 2, 2014 as the 29th and the youngest state in Union of India. However, as an economic, social, cultural and historical entity it has a glorious history of at least two thousand five hundred years or more. Hyderabad is the capital of Telangana. Hyderabad is famous as the former seat of the fabulously wealthy Nizams of Hyderabad.



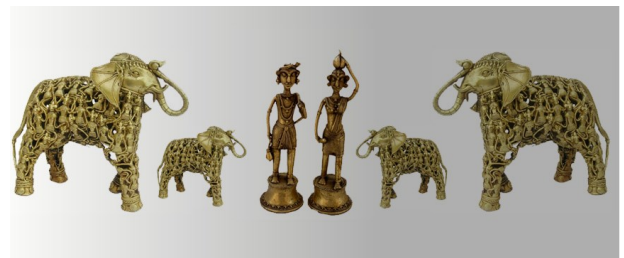
Charminar, Mecca Masjid, Golconda fort, Qutub Shahi tombs, Paigah tombs are some of the historic structures. There are many other structures like Falaknuma Palace, Chowmohalla Palace, Taramati Baradari etc., which are quite famous attracting tourists from all over.



Perini Siva Thandava, or Perini, is the traditional dance of warriors before battle honoring Lord Siva. Some other prevailing dance forms in Telangana include Dappu Dance, Lambadi, Gusadi and Mayuri.



Cherial Scroll Painting is a popular and modified version of Nakashi art, considered highly rich in the local motifs. This art form is unique to the state of Telangana and made mostly in Hyderabad currently.



Dokra Metal craft is quite popular in the tribal regions of Telangana. Dhokra or Dokra also known as bell metal craft is a tribal metal craft. It produces objects like figurines, tribal gods, etc. The Dokra artifacts are made in brass and are unique in that the pieces do not have any joints.

## FESTIVAL OF THE MONTH

### Eid-ul-Fitr



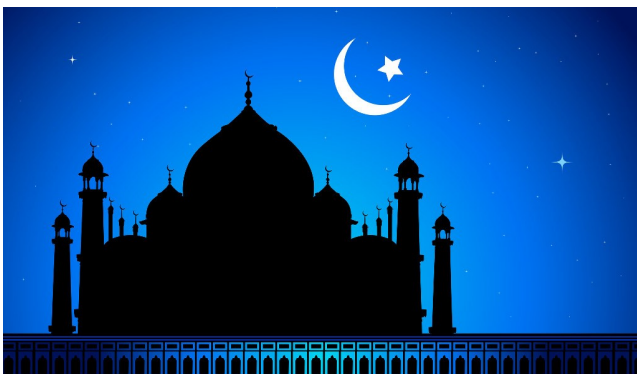
One of the most important festivals in the Islamic calendar, Eid-ul-Fitr marks the end of the month of Ramazan, also called Ramadan (the ninth month of the Islamic lunar calendar), during which devotees fast throughout the day. Eid-ul-Fitr is celebrated on the first day of Shawwal (the tenth month of the Islamic lunar calendar).



On this day, people dress up in traditional finery, gather at mosques and open spaces and offer their prayers, exchange warm greetings with 'Eid Mubarak' and enjoy a hearty feast with their families, friends and close ones.



Some of the traditional delicacies savoured on this festival include sheer khurma (a milk pudding with vermicelli garnished with generous amounts of dry fruits), mutton korma (a delicious mutton gravy prepared with aromatic spices, saffron and cashew nut paste), biryani (a rice and meat - chicken or mutton - dish slow-cooked with flavourful spices) and sheermal (a sweet flatbread prepared with ghee or clarified butter, saffron milk and sugar).



This year, Eid-ul-Fitr was celebrated on 14 May 2021 across India in subdued manner amidst Corona virus pandemic. In some countries, it was celebrated on 13 May .

## CUISINE OF THE MONTH

### Hyderabad Mutton Dum Biryani



By Mrs Pallavi Redkar

The best time to be in Hyderabad is during the holy month of Ramzan and Eid. The city is exquisitely decorated and lit up during this month till Eid al Fitr. Needless to say, food forms a big part of the celebration.

Mutton Biryani is the signature dish of Hyderabad which is served on Eid day. Mutton Dum Biryani is a lip-smacking dish that is packed with flavors from spices, caramelized onions and saffron. The 'Dum' (Slow Steam cooking) technique which is used in this recipe, brings in the deep flavors from the mutton and spices along with Basmati Rice.

- ◆ Prep Time: 30 Mins
- ◆ Cook Time: 60 Mins
- ◆ Total Cook Time: 90 Mins
- ◆ Makes: 4 Servings

#### Ingredients:

- ◆ 8 medium size Onions, thinly sliced
- ◆ 1/4 cup Ginger, chopped
- ◆ 1/4 cup Garlic, cloves
- ◆ 7-8 Green Chilies

#### Ingredients for rice:

- ◆ 1 Bay leaf
- ◆ 2 Cardamom Pods/Seeds



- ◆ 1 inch Cinnamon Stick
- ◆ 3 Cloves
- ◆ 2 cups Basmati rice, washed and soaked for 30 minutes
- ◆ Salt, to taste

#### Ingredients to marinate meat:

- ◆ 500 grams Mutton cut
- ◆ 1 cup Hung Curd
- ◆ 1 tablespoon Ginger Garlic Paste
- ◆ 1 teaspoon Red Chili powder
- ◆ 1/2 teaspoon Turmeric powder
- ◆ 1 teaspoon Garam masala powder
- ◆ Salt, to taste

#### Ingredients to cook meat:

- ◆ 2 Bay leaves
- ◆ 2-inch Cinnamon Stick
- ◆ 4 Cloves
- ◆ 1 Mace
- ◆ 1 teaspoon Red Chili powder
- ◆ 1/4 teaspoon Garam masala powder
- ◆ 2 Tomatoes, finely chopped
- ◆ 1/2 cup Mint Leaves, chopped
- ◆ Salt, to taste
- ◆ 1/2 cup Milk
- ◆ Few Saffron strands

## CUISINE OF THE MONTH

- ◆ 4 tablespoons Oil
- ◆ 4 tablespoons Ghee
- ◆ 2 cups Whole Wheat Flour , for sealing the vessel

### Method:

- ◆ Make paste of ginger, garlic and green chilies in a mixer and keep it aside.
- ◆ Wash mutton thoroughly. Marinate it with yogurt, 1 tablespoon of the ginger, garlic and chili paste, red chili powder, turmeric powder, garam masala and salt to taste. Place the mutton in the refrigerator for at least 4 hours.
- ◆ Heat oil in a pan and sauté onions on low to medium flame until caramelized.
- ◆ Add 4 cups of water to washed basmati rice in a saucepan along with bay leaf, cardamom pods, cinnamon stick, cloves, salt to taste.
- ◆ Boil basmati rice for 3 to 4 minutes. Cook the rice until 3/4th done. Drain the water, add a tablespoon of ghee to the rice and mix gently. Cover and keep aside.
- ◆ Dissolve saffron strands in warm milk and keep aside.
- ◆ To seal the bowl for Dum cooking, add water to wheat flour to make a firm dough. Cover and keep aside.
- ◆ Add 2 tablespoons of ghee in a large biryani pan. Once the ghee is hot, add bay leaves, cinnamon stick, cloves, mace, and sauté for few seconds.
- ◆ Add remaining paste of ginger garlic and chili paste and sauté for a minute. Add red chili powder, garam masala and sauté it in the onion garlic paste until the raw smell goes away.
- ◆ Add chopped tomatoes, salt to taste and mix well.
- ◆ Once the tomatoes are soft, add the caramelized onions and stir well.
- ◆ Add the marinated mutton, the chopped mint leaves and stir for 2 to 3 minutes. Add 1/2 cup of water and cover with a lid.
- ◆ Simmer for around 40 mins till mutton is cooked.
- ◆ Add cooked basmati rice on top of the mutton gravy and spread the rice evenly.
- ◆ Drizzle the saffron milk and a tablespoon of Ghee over the rice and add some mint leaves and caramelized onions.
- ◆ Cover the pan and seal the lid with the atta dough.
- ◆ Cook on low heat for 15 minutes and turn off the heat.
- ◆ Allow the Mutton Dum Biryani to rest for 10 minutes before opening the pot. Serve the Mutton Dum Biryani along with Raita.

## YOGA ASANA (POSTURE) OF THE MONTH

### Vrukshasana



The Tree pose. BALANCING is the key to this Asana. When the mind is steady, one can balance the body and when the body is steady mind attains the steadiness. One can experience the calmness. That is when control over the breath is achieved.

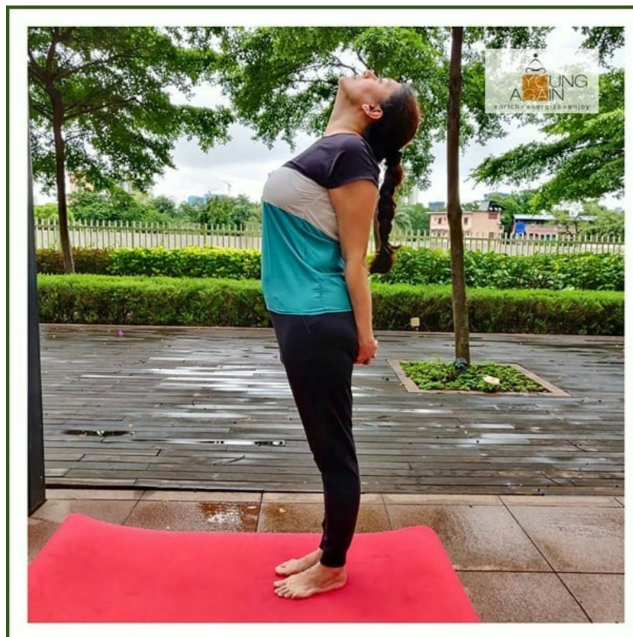
#### Pros

- By practicing this posture, the neuro- muscular co-ordination is achieved.
- Concentration is improved as the mind becomes steady.
- The muscles of the legs are strengthen.
- There is stretch on the upper body. As a result the muscles get good tone.

#### Cons

- Those having weak leg muscles, ankle joint and/knee joint pain should avoid this posture.
- Those having Vertigo should do it carefully under guidance.
- Heavy weight people should do it with support and under the guidance of Yoga teacher.

### Baddha-Hastasana



The Locked Hands pose. Easy exercise for the neck and cervical region of spine.

#### Pros

- This posture stimulates the glands located in the neck region. The secretion of the Thyroid and parathyroid glands is regulated with the practice of this Asana.
- The muscles of the neck are strengthened and those in the throat region are made more flexible.
- The cervical region of the spine, gets strengthen. This helps prevents neck-ache and cervical spondylosis.
- Also the double cheen can be reduced.
- As there is stretch on the arms and shoulders, these muscles get good tone.

#### Cons

- If there is any defect or deformity in the neck region or if there is swelling in this area, this asana should not be performed.



Courtesy: [https://www.instagram.com/\\_young.again\\_/](https://www.instagram.com/_young.again_/)



# AYUSH TIPS OF THE MONTH



**General Measures**

-  Drink warm water throughout the day.
-  Daily practice of Yogasana, Pranayama and meditation for at least 30 minutes as advised by Ministry of AYUSH
-  Spices like Haldi (Turmeric), Jeera (Cumin), Dhaniya (Coriander) and Lahsun (Garlic) are recommended in cooking.

The threat of Covid 19 has not yet subsided.

It is time to go back to the AYUSH Ministry's guidelines for Covid 19, and adopt them.

General Measures : Drink warm water throughout the day, daily practice of yogasana, spices like Turmeric, Cumin, Coriander and Garlic are recommended in cooking

To read the guidelines, click on the link: <https://www.ayush.gov.in/docs/123.pdf>

Follow these simple self-care guidelines to enhance your body's disease-fighting ability



**Do you suffer from dandruff, itchy scalp and excessive hair fall during winters?**

Ayurveda suggests some simple home remedies for hair care during winters.

-  Oil the scalp with sesame oil every day. This reduces damage, split-ends and greying.
-  Massage the scalp with aloe vera pulp. It helps reduce scalp inflammation.
-  Mix a few bulbs of garlic to your regular hair oil. Garlic helps to eliminate dandruff.
-  Apply a paste of Neem and Triphala to the scalp. This helps reduce dandruff and associated itching.

Winters can be a reason of concern for your scalp and hair health.

The dry air from outside makes your scalp dry, leading to dry scalp, dry hair and subsequently hair breakage.

Ayurveda suggests some simple home remedies for hair care during winters: oil the scalp with sesame oil every day, massage the scalp with aloe vera pulp, mix a few bulbs of garlic to your regular hair oil, apply a paste of neem and triphala to the scalp.



**Are you aware that any disease can be a result of disturbed equilibrium of the four humours?**

Unani medicine aims at restoring this equilibrium by using therapeutic methods (including drugs) of opposite temperament.

The four humours are:

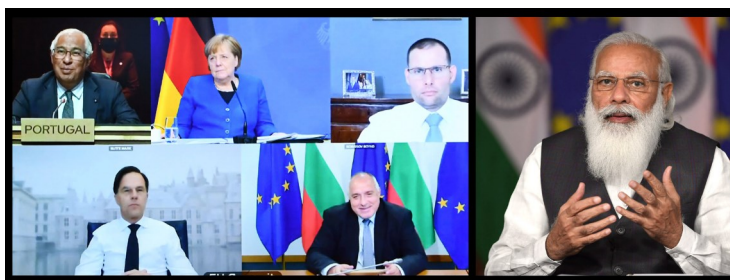
- Blood (Dam)
- Phlegm (Balgham)
- Yellow bile (Safra)
- Black Bile (Saudawi)

There are four humours namely Blood (Dam), Phlegm (Balgham), Yellow bile (Safra) and Black bile (Saudawi). The disturbed equilibrium of these humours may led to a disease.

In the #Unani system of medicine, balancing of the four humours is essential for maintaining good health.

Unani physician helps Tabiyat to overcome the disease through restoring the humoral balance.

## IMPORTANT EVENTS/ ENGAGEMENTS OF PM IN MAY, 2021



The Prime Minister, Shri Narendra Modi participates in the India-EU Leaders Meeting through video conferencing, in New Delhi on May 08, 2021.

The India-EU Leaders' Meeting is an unprecedented opportunity for discussion with all the leaders of the EU Member States. It is a significant political milestone and will further build on the momentum witnessed in the relationship since the 15th India-EU Summit in July 2020.



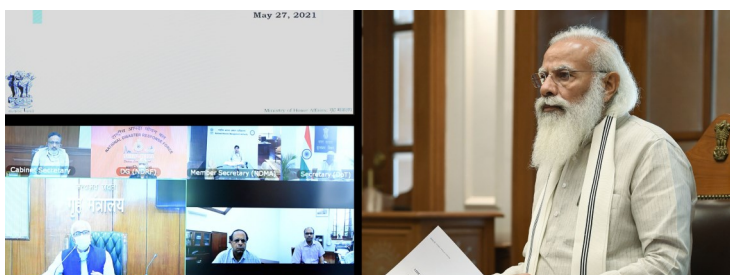
The Prime Minister interacting with the State and District officials across the country on COVID-19 management, through video conferencing, in New Delhi on May 18, 2021.

During the interaction, the officials shared their experiences and apprised the Prime Minister about the innovative steps that were undertaken to manage the recent surge of cases. They also informed about the efforts being undertaken to augment the medical infrastructure and capacity building in rural areas. The Prime Minister asked the officials to compile the best practices and innovative steps so that these may be used in other districts of the country.



The Prime Minister holds review meeting with the officials after his aerial survey of areas of Gujarat and Diu affected by Cyclone Tauktae on May 19, 2021

Financial assistance of Rs. 1,000 crore was announced, for immediate relief activities, to the State of Gujarat. Subsequently, Government will deploy an Inter-Ministerial Team to visit the state to assess the extent of damage in the State, based on which further assistance will be given.



The Prime Minister chairing a meeting to review the impact of Cyclone Yaas, through video conferencing, in New Delhi on May 27, 2021

It was discussed that about 106 teams of NDRF were deployed with 46 teams each in West Bengal/Odisha that rescued more than 1000 persons and removed more than 2500 trees/poles that had fallen & obstructed the roads.

## ACTIVITIES IN THE MONTH OF MAY



Ambassador Pratibha Parkar called on H.E. Eugenio Cesar Laborinho, Minister of Interior of Angola and held discussions on further strengthening of India-Angola cooperation and matters pertaining to the Indian Community in Angola.

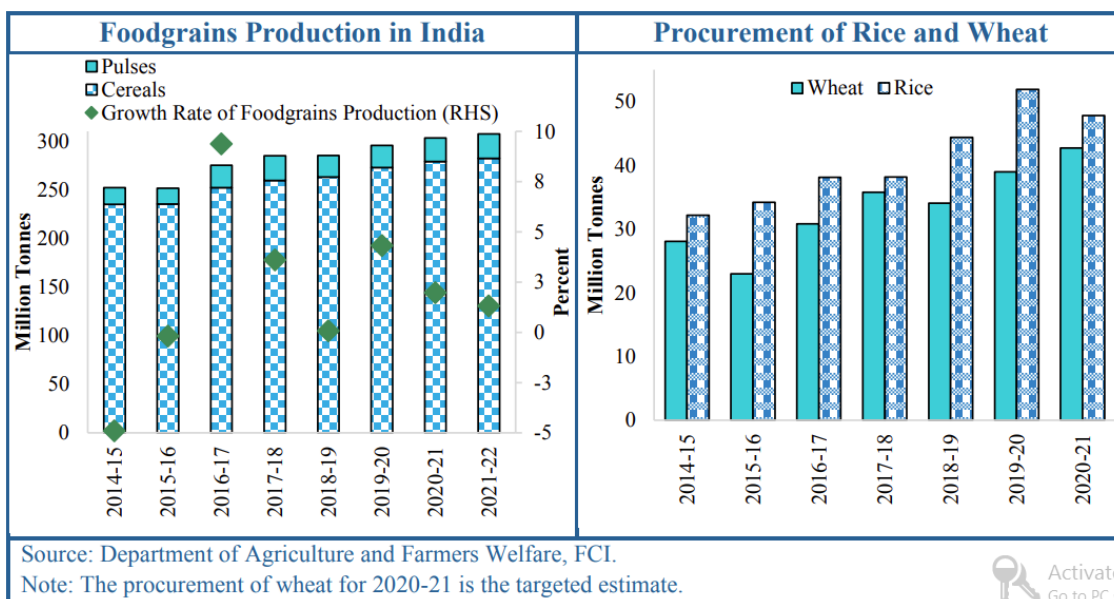


H.E Mrs. Pratibha Parkar, Ambassador paid a courtesy call on H.E Fernando da Piedade Dias Santos, President of National Assembly Angola & discussed ways to enhance cooperation between Parliaments of India & Angola including exchange of visits of the Parliamentarians.



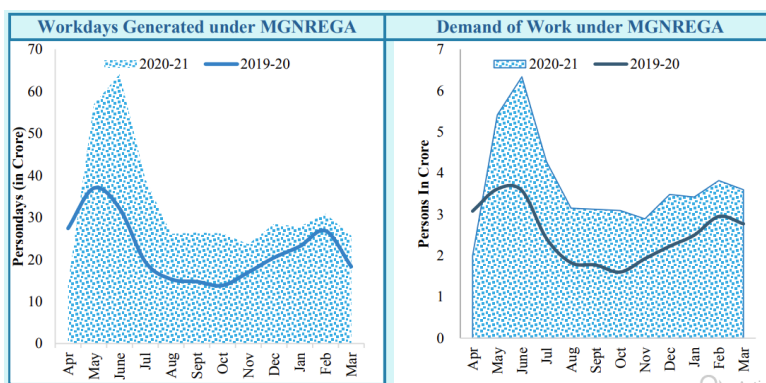
Ambassador Pratibha Parkar met Mr. Francisco Viana, President of the Business Confederation of Angola and members of other business associations under the aegis of the Confederation, and discussed possibilities for expanding business and networking between Indian and Angolan companies.

# INDIAN ECONOMY



With the prediction of a 'normal' monsoon, the government has set a record target to raise foodgrain production by 1.3 percent to 307.31 million tonnes during 2021-22 crop year, starting July. Public procurement of rice and wheat during the year 2020-21 has been going smoothly. The government has set a target to buy 42.74 MT of wheat for the central pool during 2021, which is nearly 10 percent more than actual quantity purchased last year. FCI currently has adequate availability of stocks of food grain with more than 77 million tonnes of food grain, 3.6 times the mandatory stock requirement for April.

In view of the resurgence of the second wave of COVID-19, it has been decided to allocate an additional free-of-cost food grains @ 5 kg per person per month to nearly 80 Crore beneficiaries covered under National Food Security Act, 2013 over and above their regular monthly entitlements for May and June 2021 under the 'Pradhan Mantri Garib Kalyan Anna Yojana (PM-GKAY)'. During 2020-21, Government of India had announced PMGKAY-I (April-June 2020) and PMGKAY-II (July-November 2020) under which 104 LMT wheat and 201 LMT rice were supplied by FCI to the respective State/ UT governments. MGNREGS was a critical support in providing rural employment during the last year with continued high demand of work by 3.7 crore persons (86.5 percent increase) and generation of 21.2 crore persondays of employment (50 per cent increase) in April 2021.



MGNREGA became the main livelihood source for millions of migrants and other workers in rural India providing much needed daily wages and subsistence. With Government having notified increase in daily wages at a difficult time across all States/UTs, the average wage paid to a MGNREGA worker stood at Rs. 204 in March 2021 as compared to Rs. 184 in March 2020.

## UPCOMING EVENTS

1) The Confederation of Indian Industry, is organising the 16th CII - Exim Bank Conclave on India Africa Project Partnership from 13-15 July, 2021. The event includes a special Session on “Scaling new peaks of Tourism & Hospitality business growth” on 15 July at 1500 hrs - 1700 hrs (IST). More details of the conclave and its programme are available at the link <https://www.cieximafricaconclave.com/> or you may contact Ms. Rakhee Gupta [Director] Confederation of Indian Industry at [rakhee.gupta@cii.in](mailto:rakhee.gupta@cii.in) & [aishita.sunilshukla@cii.in](mailto:aishita.sunilshukla@cii.in).

2) LEADS (Leadership, Excellence, and Adaptability of business built on pillars of Diversity and Sustainability) is planned for 14-15 September 2021, at New Delhi, with an overarching theme of ‘Future of Partnerships’

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## QUESTION OF THE MONTH

International Day of Yoga 2021 will be celebrated on which of the following dates?

- a) 19 June
- b) 20 June
- c) 21 June
- d) 22 June

*Answer of the last month quiz: (b) 2006*

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