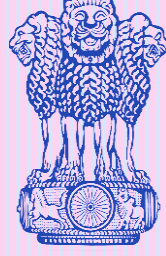




Indian Council for Cultural Relations



BHARAT DARSHAN

MONTHLY NEWSLETTER BY EMBASSY OF INDIA, LUANDA



NOVEMBER, 2020

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Embassy of India, Luanda [Angola]

Address: House No. 47, Commandante Nzaji Street, Alvalade, Luanda

Tel. 941564851/941564887/941565957/941566132

Working hours: Monday to Friday: 0900 hrs. to 1730 hrs

Email: consular.luanda@mea.gov.in

Website: www.indembangola.gov.in

Facebook: India in Angola @indiainangola2019

Instagram: @india_in_angola

Twitter: @IndiainAngola

FOREWORD



Dear readers,

I am happy to present the fourth edition of our monthly newsletter 'Bharat Darshan'. The month of November was special as we celebrated the Indian festival of Lights- 'Diwali' or 'Deepavali' means the row of lights. The festival signifies the 'victory of light over darkness, good over evil, and knowledge over ignorance'. During Diwali, people wear their finest clothes, illuminate the interior and exterior of their homes with lamps and rangoli (beautiful designs with colorful sand on floor), worship Goddess Lakshmi, light fireworks, distribute sweets and gifts. Diwali is post-harvest festival. The Goddess Lakshmi symbolizes wealth and prosperity, fertility and abundant crops, as well as good fortune. We also celebrated the National Ayurveda Day on November 13 with a Facebook live session on "Ayurveda for immunity" by Dr. Dinesh Sharma and a quiz competition. Our aim is to broaden public awareness about Ayurveda for improving immunity and overall wellness, which is so vital in the current pandemic of Covid 19. I thank Mrs. Manisha Chitnis for her contribution to our section on Yoga. Most people around the world think that Indian dishes are all curries. This month we are presenting the recipe of Adai Dosa by Mrs. Pallavi Redkar, a lentil based pancake rich in proteins. 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).

Regards,

**Pratibha Parkar
Ambassador of India**

NATIONAL AYURVEDA DAY



National Ayurveda Day is celebrated every year on the day of Dhanvantari Jayanti or Dhanteras. The practice to observe the Ayurveda Day, was started by the Union Ministry of Ayush (Ayurveda, Yoga and Naturopathy, Unani, Sidda, and Homoeopathy) in 2016. This year it fell on November 13. The aim of the day is to create a sense of awareness in today's generation and promote Ayurvedic principles of healing in society.

Ayurveda is perceived as one of the most ancient and well-documented systems of medicine equally relevant in modern times. Its holistic approach whether for healthy individuals or for diseased ones remains unparalleled. Prevention of disease and promotion of health is the main aim of Ayurveda.

The Prime Minister, Shri Narendra Modi dedicated two future-ready Ayurveda institutions to the nation on the 5th Ayurveda Day today via video conferencing. These are the Institute of Teaching & Research in Ayurveda (ITRA), Jamnagar and the National Institute of Ayurveda (NIA), Jaipur. Both the Institutes are premier institutions of Ayurveda in the country.

Director General of World Health Dr Tedros Adhanom Ghebreyesus gave a video message on the occasion and praised the Prime Minister's commitment to the universal coverage under Ayushman Bharat and evidence-based promotion of traditional medicines to achieve health related objectives

IMPORTANT EVENTS/ENGAGEMENTS OF PM IN NOVEMBER, 2020



Prime Minister Shri Narendra Modi chaired Virtual Global Investor Roundtable on November 05. The Prime Minister said New India is being built which is free of old practices and today, India is changing for the better. He added India's quest to become "AatmaNirbhar" is not just a vision but a well-planned economic strategy



A Virtual Bilateral Summit between Prime Minister Shri Narendra Modi and Prime Minister of Italy Prof. Giuseppe Conte was held on 6th November, 2020. The Summit provided an opportunity to the two leaders to comprehensively review the broad framework of the bilateral relationship



20th Summit of SCO Council of Heads of State was held on November 10, 2020 (in Video Conference Format). The Meeting was chaired by the President of the Russian Federation Mr. Vladimir Putin. Prime Minister Shri Narendra Modi led the Indian delegation. . India, as a non-permanent member of the UNSC, beginning from 1 January 2021, will focus on the theme of 'reformed multilateralism' to bring about desirable changes in global governance.

IMPORTANT EVENTS/ENGAGEMENTS OF PM IN NOVEMBER, 2020



Prime Minister Shri Narendra Modi participated in the 17th ASEAN-India Summit at the invitation of H.E. Nguyen Xuan Phuc, Prime Minister of Vietnam, the current Chair of ASEAN. The Summit on November 12, which saw the participation of all ten ASEAN Member States, was conducted in virtual format



Prime Minister Shri Narendra Modi led India's participation at the 12th BRICS Summit, convened under the Chairmanship of President Vladimir Putin of Russia on 17 November 2020, in a virtual format. The theme of the Summit was "Global Stability, Shared Security and Innovative Growth." Prime Minister conveyed his appreciation to President Putin for the momentum in BRICS under the Russian Chair, despite the challenges of the COVID-19 pandemic



Prime Minister, Shri Narendra Modi, participated in the 15th G20 Summit convened by Saudi Arabia in virtual format, on 21-22 November, 2020. The agenda of the second day of the G 20 summit focused a session on building an inclusive, sustainable and resilient future and a side event on safeguarding the planet

MAJOR INITIATIVES OF GOVERNMENT OF INDIA

PM-Kisan Samman Nidhi Yojana

Pradhan Mantri Kisan Samman Nidhi is a central sector scheme under the government of India which provides income support to the farmers and their families. Pradhan Mantri Kisan Samman Nidhi Yojana is implemented as a central sector scheme by the Government of India. This scheme was introduced to augment the source of income of many small and marginal farmers.

PM-KISAN scheme also aims to supplement the financial needs of the farmers in procuring various inputs to ensure proper crop health and appropriate yields, commensurate with the anticipated farm income.

Shramev Jayate Yojana

Shramev Jayate Yojana also known as Pandit Deendayal Upadhyay Shramev Jayate Karyakram was launched by PM Narendra Modi on October 2014 under the Government of India. This scheme was launched as an initiative for the development of industries. It also aims to expand government support for imparting skill training to the workers. Candidates should have a thorough knowledge regarding the objectives and benefits of all the schemes under the Government of India.

National Skill Development Mission

The National Skill Development Mission was launched for creating convergence across various sectors and different States in terms of activities relating to skill training. The mission would, along with consolidating & coordinating skilling efforts, expedite decision making across sectors to achieve quality skilling on a large scale. The Ministry of Skill Development and Entrepreneurship is responsible for the Skill India initiative. This initiative consists of: National Skill Development Mission Pradhan Mantri Kaushal Vikas Yojana (PMKVY) National Policy for Skill Development and Entrepreneurship 2015

UJALA Scheme

UJALA (Unnat Jyoti by Affordable LEDs for All) scheme was launched by PM Narendra Modi on 1st May 2015 under the government of India. The Ujala Scheme was established by replacing the Bachat Lamp Yojana is a joint initiative of Public Sector Undertaking of the Government of India, Energy Efficiency Services Limited (EESL) under the Union Ministry of Power and the Electricity Distribution Company. The UJALA scheme also known as the LED-based Domestic Efficient Lighting Programme (DELP) aims to promote the efficient usage of energy for all i.e., its consumption, savings and lighting. This scheme is considered as the world's largest program.

CULTURE AND TOURISM
PLACE OF THE MONTH: PUNE



Ensnconced in the majestic Sahayadri mountain range, the bustling city of Pune, second-largest in Maharashtra and the eight-largest metropolis in India, is hailed for its impressive architecture, which is a legacy of the Marathas who were the erstwhile rulers. Dotted with grand forts, palatial structures (wadadas), ancient caves and temples, the city is steeped in spirituality and history. Its reverential fervour can be experienced in the many ashtavinayak (Lord Ganesha) temples that the city plays host to. Boasting a vibrant culinary scene, Pune is a treasure trove of delicacies. MG Road, Koregaon Park, Kalyani Nagar and Viman Nagar are perhaps the most frequented areas in the city and offer everything from street food to luxury dining.

FESTIVAL OF THE MONTH: DEEPAVALI



Deepawali or Diwali, is a festival lights symbolizing the victory of righteousness and the lifting of spiritual darkness. The word 'Deepawali' literally means rows of diyas (clay lamps). This is one of the most popular festivals in the Hindu calendar. It is celebrated on the 15th day of Kartika (October/November). This festival commemorates Lord Rama's return to his kingdom Ayodhya after completing his 14-year exile.

The most beautiful of all Indian festivals, Diwali is a celebration of lights. Streets are illuminated with rows of clay lamps and homes are decorated with colours and candles. This festival is celebrated with new clothes, spectacular firecrackers and a variety of sweets in the company of family and friends. All this illumination and fireworks, joy and festivity, signify the victory of divine forces over those of wicked.

The Goddess Lakshmi who is the symbol of wealth and prosperity, is also worshipped on this day. In West Bengal, this festival is celebrated as Kali Puja, and Kali, Shiva's consort, is worshipped on the occasion of Diwali.

YOGA ASANA (POSTURE) OF THE MONTH: TRIKONASANA & VRKSASANA



TRIKONASANA

PROS:

- Strengthen the muscles around the spine.
- Abdominal compression gives good massage to the internal organs and abdominal muscle.
- Improves the lungs capacity and breathing. Drooping shoulders and contracted chest gets lift.
- Strengthens over all complete sense of well-being which in turn creates enthusiasm.

CONS:

- Person suffering from Vertigo, severe cardiac problem, hypertension and lower back problem should avoid this posture.

http://www.instagram.com/_young.again

Tree – Vrksasana

The Tree yoga pose may seem as another easy posture but it is not a resting asana. Your back should be aligned properly (extended), your hips should be at one level, and since your stability depends on the distribution of your weight on your standing leg ensure you do while maintaining and improving your balance.

AYURVEDIC TIPS OF THE MONTH



Ayurvedic solutions which are beneficial in Osteoarthritis (a chronic degenerative disorder)

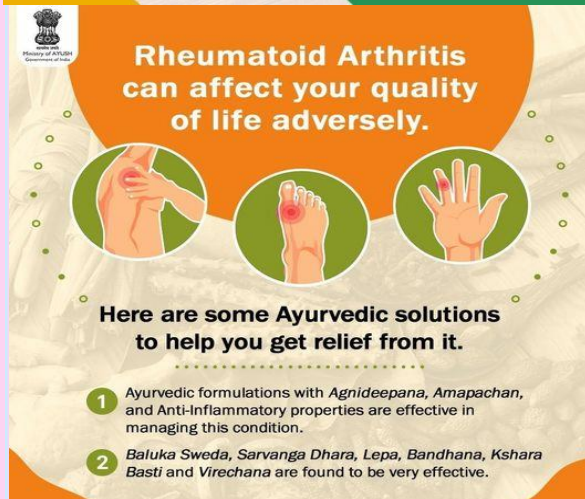
- Internal administration of regenerative medications (*Rasayana*)
- *Panchakarma* Therapies like *Abhyanga*, *Swedana*, *Tikta Ksheera Basti*, *Kalkapatra Bandhana* and *Jaanu Basti*.

The image features a central illustration of a human knee joint in a blue and red color scheme, set against a background of white flowers. The text is in green and black, with a small logo of the Ministry of AYUSH in the top left corner.

Osteoarthritis (OA) is the most common form of arthritis, affecting millions of people worldwide.

It is caused by the breakdown of the cartilage, a rubbery material that eases the friction in your joints. It can happen in any joint, but usually affects the joints of fingers, thumbs, spine, hips, knees, or big toes.

You can get relief from Osteoarthritis pain by following some simple measures from Ayurveda



Rheumatoid Arthritis can affect your quality of life adversely.

Here are some Ayurvedic solutions to help you get relief from it.

- 1 Ayurvedic formulations with *Agnideepana*, *Amapachan*, and Anti-inflammatory properties are effective in managing this condition.
- 2 *Baluka Sweda*, *Sarvanga Dhara*, *Lepa*, *Bandhana*, *Kshara Basti* and *Virechana* are found to be very effective.

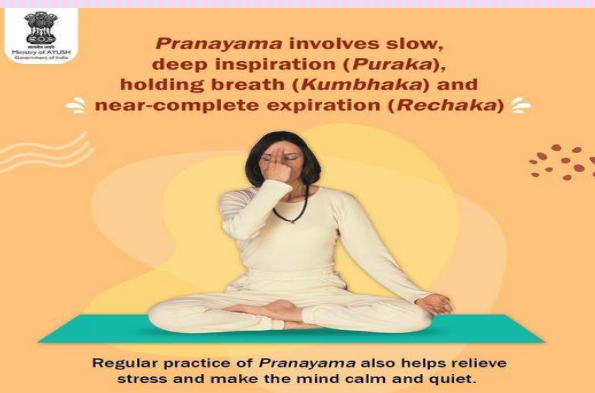
The image features three circular icons showing a hand, a foot, and a hand with red spots, indicating joint pain. The background is orange and white with a small logo of the Ministry of AYUSH in the top left corner.

Rheumatoid arthritis (RA) is a chronic inflammatory disorder that can affect more than just the [#joints](#).

Persistent pain is one of the common symptoms and one-third of patients also suffer from working disability.

As per [#Ayurveda](#), it is different from Osteoarthritis based on symptoms.

You can get relief from Rheumatoid arthritis by following some simple measures from Ayurveda.



Pranayama involves slow, deep inspiration (*Puraka*), holding breath (*Kumbhaka*) and near-complete expiration (*Rechaka*)

Regular practice of *Pranayama* also helps relieve stress and make the mind calm and quiet.

The image shows a woman in a white outfit sitting in a meditative pose on a green mat. The background is yellow and white with a small logo of the Ministry of AYUSH in the top left corner.

[#Pranayama](#) gives the mind control over the nervous system and helps to influence the mental functions through it. Pranayam is a science which helps to regulate the vital energies through the regulation of breathing

CUISINE OF THE MONTH: ADAI DOSA



By **Mrs Pallavi Redkar:**

Adai is made of lentils and rice. It is usually prepared for breakfast and is protein rich and healthier than dosa. It is very easy to prepare and doesn't need much planning needed to make dosa. It goes well with Coconut chutney



Prep Time: 10 mins (excluding soaking time) Cook Time: Less than 5 mins per adai Yields: 6-7 adais

Ingredients needed Rice - 1 Cup Tur dal - 1/2 Cup Bengal gram / channa dal - 1/4 Cup Urad dal - 1 tbsp Green chilli - 2 Red chilli - 3 Ginger - 1 small bit Asafoetidaed Salt as Oil for making adai - 1/4 tsp Ingredients to add to the batter: Onion - 1 finely chopped Curry leaves - Few Coriander leaves - Few

Preparation: Soak rice and dal together for 4-5 hours. Grind it coarsely along with red chili, green chili, ginger, hing and salt. The batter should not be thick or watery. Add, finely chopped onion, few tender curry leaves, chopped Coriander leaves to the batter. Adai batter is now ready. Method: Heat a griddle and pour a ladle of batter and spread it in circular motion. Drizzle to tsp. of oil around the adai. Once cooked, flip it over to the other side and drizzle another tsp of oll around the adai. After both sides are cooked well, remove from griddle and serve it hot with chutnev

QUESTION OF THE MONTH

WHAT IS THE CAPITAL OF INDIA?

- A) MUMBAI
- B) DELHI
- C) KOLKATA
- D) PATNA

Answer of the last month quiz: (b) Tiger

ACTIVITIES DURING THE MONTH OF NOVEMBER



H.E. Mrs. Pratibha Parkar, Ambassador had a concrete meeting with Mr. Antonio Henriques da Silva, President of the board of Directors, AIPEX on November 06. Both sides discussed ideas on increasing trade and investment between India and Angola.



H.E. Mrs. Pratibha Parkar, Ambassador met Ms Lucia Stanislas, President of India-Angola Women Business Chamber Council and discussed ideas towards empowerment for rural women and women entrepreneurs in Angola and best practices emanating from India.

ACTIVITIES DURING THE MONTH OF NOVEMBER



NATIONAL AYURVEDA DAY 2020



Embassy of India Luanda



FACEBOOK LIVE SESSION ON
'AYURVEDA FOR IMMUNITY'
By **Dr. Dinesh Sharma,**
BAMS, MBAHCS ,DYS , Ayurveda & Yoga
Expert

Hosted by
**Embassy of India, Luanda
Republic of Angola**

Livestreaming on **Friday, 13 November 2020**
at **1700 hrs local time (2130 IST)**

 **LIVE**
www.facebook.com/indiainangola2019/



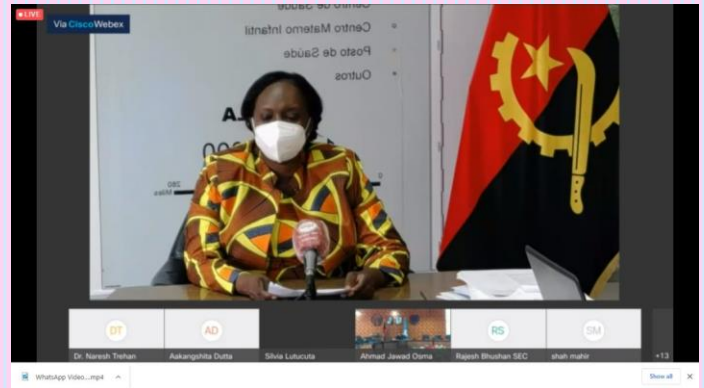
राष्ट्रीय आयुर्वेद दिवस

On the occasion of the 5th National Ayurveda Day which was celebrated on 13 November, 2020 , Embassy of India organized a Facebook Live Session on the subject " Ayurveda for Immunity" by Dr Dinesh Sharma, Ayurveda & Yoga Expert.



On the occasion of the Constitution Day 2020 which is celebrated every year on 26 November, the officials of the Embassy read out the Preamble of the Constitution of India.

ACTIVITIES DURING THE MONTH OF NOVEMBER



In her special address at the Asia Health 2020 on November 18, organised by the Ministry of Health and Family Welfare of India and Confederation of Indian Industry, H.E. Ms. Silvia Paula Valentim Lutucuta, Minister of Health of Angola, highlighted developments in the Healthcare sector in Angola, the need for innovative health solutions and role of technology, and available opportunities for our cooperation in this sector.