



Indian Council for Cultural Relations



BHARAT DARSHAN

MONTHLY NEWSLETTER BY EMBASSY OF INDIA, LUANDA



OCTOBER, 2020

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FOREWORD



Dear readers,

I am happy to present the interesting third edition of our monthly newsletter 'Bharat Darshan'. I am happy to announce that the October was a fulfilling month for the Embassy. I had the honour to present my credentials to the President of Angola H.E. João Manuel Gonçalves Lourenço on 22 October 2020. I had the privilege to have a private audience with the President who expressed keen interest in strengthening economic cooperation between India and Angola. It was the moment of sheer joy and pride as it has given me the golden opportunity to represent the diverse and vibrant India which is the largest democracy in the world. The ceremony has also paved the way for further interactions and exchanges to explore the possibilities of expanding the field of mutually beneficial cooperation. October happens to be the important month as we celebrate the birth anniversary of two great men of India, the father of nation Mahatma Gandhi on 2 October and the unifier of India Sardar Vallabhbhai Patel on 31st October. The Embassy concluded the two yearlong celebrations of 150th birth anniversary of Mahatma Gandhi with the tree plantation event in the beautiful campus of modern Mediatech library representing the aspirations of emerging modern Angola, which has a trustworthy friend in India. Paying homage to these two great men of India we are taking you to the birthplace of Mahatma Gandhi "Porbandar" and "Kevadia"- the place of Statue of Unity. Health is wealth and to keep yourself fit and healthy please follow our Ayurveda tip and practice ancient Indian science of Yogavidya. The mouthwatering recipe of Badami Halwa or almond pudding will add a flavour of joy and taste to the festive season of Dashahara and upcoming Diwali. 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).

**Yours Sincerely,
Pratibha Parkar
Ambassador of India**

ATAL TUNNEL



Prime Minister Shri Narendra Modi dedicated to the nation the World's longest Highway tunnel – Atal Tunnel at its south portal in Manali, on 03 October

The 9.02 Km long tunnel connects Manali to Lahaul-Spiti valley throughout the year. Earlier the valley was cut off for about 6 months each year owing to heavy snowfall.

The Tunnel is built with ultra-modern specifications in the Pir Panjal range of Himalayas at an altitude of 3000 Mtrs (10,000 Feet) from the Mean Sea Level (MSL).

The tunnel reduces the road distance by 46 Kms between Manali and Leh and the time by about 4 to 5 hours.

It has state of the art electromechanical systems including semi transverse ventilation, SCADA controlled firefighting, illumination and monitoring systems. The Tunnel has ample safety features built into it.

Prime Minister Shri Modi travelled in the tunnel from the South Portal to the North Portal and also visited the emergency egress tunnel that was built into the main tunnel itself. He also witnessed a pictorial exhibition on “The Making of Atal Tunnel” on the occasion.

In his address, the Prime Minister termed the day as historic as it only fructifies the vision of the former Prime Minister Atal Behari Vajpayee but also the decades old wish and dream of crores of people from the region.

The Prime Minister said the Atal Tunnel is a shining example of the country's resolve to become AatmaNirbhar (Self Reliant).

IMPORTANT EVENTS INAUGURATED BY PM IN OCTOBER, 2020



Release commemorative coin on 75th anniversary of FAO

Prime Minister Shri Narendra Modi released commemorative coins of Rs 75 denomination to mark the 75th Anniversary of FAO on October 16 through video conferencing. He dedicated to the nation, 17 recently developed biofortified varieties of crops



Vaishvik Bhartiya Vaigyanik (VAIBHAV)

The Prime Minister Narendra Modi delivered the inaugural address on October 02 2020, at the Vaishvik Bhartiya Vaigyanik(VAIBHAV) Summit, a global virtual summit of overseas and Indian researchers and academicians. The deliberations were held from 3rd October to 25th October 2020.. The summit concluded on the occasion of Sardar Vallabh Bhai Patel Jayanti i.e. 31st October 2020. The initiative involves multiple levels of interactions among the overseas experts and Indian counterparts over a month-long series of webinars and video conferences.

MAJOR INITIATIVES OF GOVERNMENT OF INDIA

PM Matsya Sampada Yojana

The PMMSY aims to bring about the Blue Revolution through sustainable and responsible development of the fisheries sector in India. It has an estimated investment of Rs. 20,050 crores for its implementation during a period of 5 years from FY 2020-21 to FY 2024-25 in all States/UTs, as a part of AatmaNirbhar Bharat Package.

PMMSY aims at enhancing fish production by an additional 70 lakh tonne by 2024-25, increasing fisheries export earnings to Rs.1,00,000 crore by 2024-25. Thus it aims doubling of incomes of fishers and fish farmers, reducing post-harvest losses from 20-25% to about 10% and generation of gainful employment opportunities in the sector

PM Swanidhi Scheme

The Pradhan Mantri Street Vendor's Atmanirbhar Nidhi Scheme is aimed at benefiting over 50 lakh vendors who had their businesses operational on or before March 24.

The scheme was announced by Finance Minister as a part of the economic package for those affected by the COVID-19 pandemic and lockdown.

The loans are meant to help kick-start activity for vendors who have been left without any income since the lockdown was implemented on March 25.

Garib Kalyan Rojgar Abhiyaan

It is a skill-based employment scheme aimed primarily at migrant workers who have returned to their villages to escape the COVID lockdown distress.

With a 125-workday mandate to create public infrastructure, with the involvement of 11 central departments, the Rs 50,000-crore initiative will focus on job creation.

It will be implemented in 116 districts in six states – UP, MP, Jharkhand, Odisha, Rajasthan and Bihar – that saw the maximum number of migrant workers returning over the last three months.

Swamitva Scheme

Prime Minister Shri Narendra Modi interacted with Sarpanchs of Gram Panchayats throughout the country through Video Conferencing, on the occasion of National Panchayati Raj Day 2020. During this event he launched a unified e-Gram Swaraj Portal and mobile application and Swamitva Scheme. The e-GramSwaraj helps prepare and execute Gram Panchayat Development Plans. The portal will ensure real time monitoring and accountability. The portal is a major step towards digitization down to the Gram Panchayat level.

The Swamitva scheme which is launched in pilot mode in 6 states helps to map rural inhabited lands using drones and latest survey methods. The scheme will ensure streamlined planning, revenue collection and provide clarity over property rights in rural areas. This will open up avenues for applying for loans from financial institutions by the owners allotted through this scheme

CULTURE AND TOURISM

PLACE OF THE MONTH: PORBANDAR/KEVADIA



A bustling port city, dotted with grand temples, historical monuments and serene beaches, Porbandar, in Gujarat, is a cornucopia of culture, snuggled in Saurashtra. Renowned as the birthplace of Mahatma Gandhi, Father of the Nation, Porbandar acts as the gatekeeper of the rich heritage of the region. From a majestic gurukul that keeps alive ancient Vedic sciences to a unique temple that portrays the nuances of Gandhiji's life, Porbandar takes one back to the pages of history. Legend has it that this city was the birthplace of Lord Krishna's friend-turned-devotee Sudama, and the one-of-its-kind Sudama Mandir in Porbandar echoes with the tales of the friendship of Lord Krishna and Sudama.

For centuries, Porbandar has been an affluent trading destination, exchanging spices, fabrics and sundry wares with countries in the Gulf, Arab and Persian regions as well as in East Africa. Porbandar finds a place in Skanda Purana, an ancient Indian text, as Ashmavati and Sudamapuri. Around the coast, visitors can spot historical ports and jetties that prove that Porbandar was once a centre of maritime



KEVADIA

The world's tallest statue with a height of 182 metres known as Statue of Unity is a memorial dedicated to the first Deputy Prime Minister and Home Minister of India who played an invaluable role in the unification and integration of India.

FESTIVAL OF THE MONTH: DUSSEHRA



Dussehra or Vijaydashmi, a festival of Hindus, is celebrated on the tenth day in the Hindu calendar month Ashvin . Vijaydashami is celebrated in various parts of the India including Indian subcontinent in different forms. In the eastern, northeastern, and some northern states of India, Vijaydashami marks the end of Durga Puja, symbolizing victory of goddess Durga's over the demon Mahishasura to restore and protect dharma. In the northern, central and western states, the festival is known as Dussehra which glorifies the victory of Lord Ram over the Ravan.

Vijaydashami celebrations include processions to a river or ocean front that involve carrying clay statue of Durga, accompanied by music and chants, after which the images are immersed in the water . In Delhi and northern India, towering effigies of Ravan, symbolizing evil, are burnt with fireworks, marking destruction of evil. The festival also sets in preparations for Diwali, the important festival of lights, which is celebrated twenty days after Vijaydashami

YOGA ASANA (POSTURE) OF THE MONTH:



MARJARASANA (CAT POSE)

PROS:

- Strengthens the muscles around the spine
- Spine becomes flexible and healthy
- Improves the health of the organs in the torso.
- Increases the blood circulation in the spinal and abdominal area
- Relieves the backache and neck ache resulting from overwork
- Soothes the neck and lumbar region of spine and energize the spinal nerves

CONS:

- Those having acute knee pain or stiff knees, should avoid this posture or do it under supervision.

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

BHUJANGASANA

PROS:

- There is compression of the neck, back, lower back and hip muscles.
- As a result these muscles are strengthened and the blood circulation in these areas improve.
- There is stretch on the abdomen, thighs, chest and throat. These muscles become flexible.
- The spine becomes flexible.
- As the chest is getting stretched, the muscles between the ribs become flexible and are strengthened.
- Functional capacity of the lungs improve by regular practice of this asana.

CONS:

- Those having acute abdominal pain and disorders like hernia, hydrocele should avoid this asana.
- During menstrual cycle, ladies may avoid this asana.

AYURVEDIC TIPS OF THE MONTH



When do people adopt Ayurveda Treatment? In India, Ayurveda is a medical discipline on par with conventional Western medicine and other recognized systems. It would be interesting to check out which are the common ailments for which people resort to Ayurveda treatment. The National AYUSH Morbidity and Standardized Terminologies Electronic (NAMASTE) Portal is a comprehensive dashboard which gives information about adoption of Ayurvedic treatments. The Portal captures Reasons for Encounter (RFE) based on Ayurveda Morbidity Codes and the statistics are available in public domain at <http://namstp.ayush.gov.in>. Total Number RFES recorded from 74 Ayurveda Hospitals under the Ministry of AYUSH, Government of India, since October 2017 till August 2020 is 2930261.

DINCHARYA

As is well known, Ayurveda is much more than a system of medicine. It is the art and science of leading a healthy and happy life. Ayurveda advocates a balanced dincharya for wellbeing. Dincharya is a Sanskrit word made up of din meaning day and charya meaning activity. It is a daily routine designed to maintain and connect us to our circadian rhythms or the internal body clock. As per the Dinacharya principle of Ayurveda, here are some dietetic rules following which can help our digestive and immune systems function optimally.

- Eat as per digestive capability.
- Take freshly cooked Warm food.
- Include easily Digestible Foods as it helps the digestive system to function better.
- Have Dinner within 3 hours after sunset or within 8 pm.
- Eat only when hungry

CUISINE OF THE MONTH: BADAM HALWA



Badam Halwa (Almond Pudding)
By Mrs Pallavi Redkar:

Badam Halwa is the classic Indian dessert which is not only delicious and colorful but healthy as well. It is usually prepared during festivals or special occasions. Though the traditional method of preparing Badam Halwa needs lots of patience as one needs to soak, peel, and blend almonds, using blanched almond flour instead is an easier option. Here is the detailed recipe:



Preparation Time: 10 minutes Cooking time: 15 to 20 minutes Serves: 4 people Ingredients:

- 1/2 Cup Ghee/Clarified butter
- 2 Cups Almond Flour
- 1/4 Cup Sooji
- 2 Cups Milk
- 1 Cup Sugar
- 1/2 teaspoon Saffron
- 1/2 teaspoon Cardamom Powder
- 1/4 Cup grated Mawa Cashews, Pistachios, Raisins for garnishing.

Instructions:

Heat a nonstick or a heavy bottom pan with 1/4 cup of ghee. Add 1/4 cup of Sooji and sauté for 2 minutes. Add 2 cups of almond flour and keep stirring for 3 to 4 minutes. Meanwhile, heat milk with a few saffron strands in another vessel. Once the milk is hot enough add it gradually to the pan. Keep whisking continuously to prevent any lumps. As the mixture thickens, add 1 cup sugar. Stir continuously till the sugar dissolves completely. Add grated Mawa. After Mawa gets well incorporated in the mixture, add the rest of the ghee Stir the mixture till the ghee oozes out from all sides. Add 1/2 tsp cardamom powder and mix well. Serve Badam halwa (hot or chilled) garnished with a few chopped nuts and raisins.

QUESTION OF THE MONTH

WHAT IS THE NATIONAL ANIMAL OF INDIA?

- A) LION
- B) TIGER
- C) ELEPHANT
- D) COW

Answer of the last month quiz: (A) Mango

ACTIVITIES DURING THE MONTH OF OCTOBER



The two yearlong celebrations of 150 Anniversary of Mahatma Gandhi culminated with a closing ceremony in Cazenga Media Library, one of the largest digital/media library of Luanda with floral tribute to Mahatma Gandhi, handing over trophies of the winners of online quiz competition and planting of Acacia tree by the Ambassador Ms Pratibha Parkar among the presence of dignitaries/senior government functionaries of the Cazenga Municipality. Embassy also organized a digital photo exhibition on life and work of Mahatma Gandhi from September 21 to October 01 on the social media handles of the Mission



ACTIVITIES DURING THE MONTH OF OCTOBER



H.E. Ms Pratibha Parkar, Ambassador of India to the Republic of Angola presented her Credentials to H.E Joao Manuel Goncalves Lourenco, President of the Republic of Angola on October 22 in a formal ceremony at the Presidential Palace in Luanda



ACTIVITIES DURING THE MONTH OF OCTOBER

GANDHI KATHA
(Story of Mahatma Gandhi)

Kathavachaka (Narrator)
Dr Shobhana Radhakrishna
(Internationally Acclaimed Speaker on Mahatma Gandhi)

Hosted by
Embassy of India, Luanda
Republic of Angola

Livestreaming on Friday, 30th October 2020

www.facebook.com/indianangola2019/
www.facebook.com/Shobhana.Radhakrishna/
www.youtube.com/channel/UCNuLVL2-dxDuSO5h3af33A

Learning from Mahatma Gandhi's practices of Wellness of Body, Mind and Spirit for coping up and staying safe physically, emotionally and spiritually during the Pandemic www.Shobhana.org

GANDHI KATHA
(Story of Mahatma Gandhi)

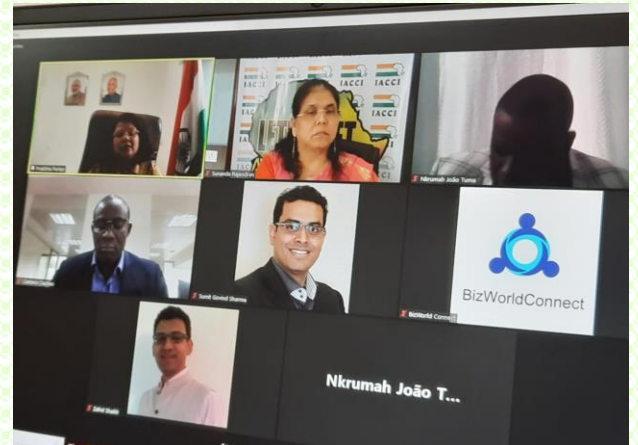
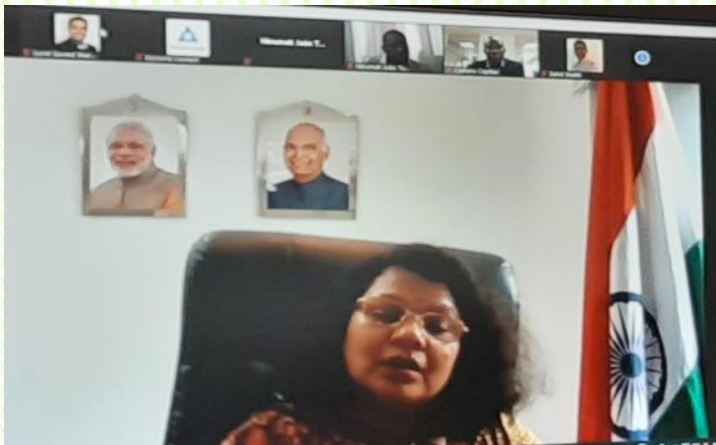
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On the Occasion of 150th Birth Anniversary Celebrations of Mahatma Gandhi...
Learning from Mahatma Gandhi's practices of Wellness of Body, Mind and Spirit for coping up and staying safe physically, emotionally & spiritually during the Global Pandemic www.Shobhana.org

As part of the closing ceremony of the two year celebrations of the 150th Birth Anniversary of Mahatma Gandhi, Embassy of India organized an online "Gandhi Katha" by Dr. Shobhana Radhakrishna, Chief Functionary, and Gandhian Forum for Ethical Corporate on October 30, 2020 through Facebook live session.



Ambassador participated as the Chief Guest for the webinar on "Opportunities for Business & Investment in ANGOLA & scope for India" on 30th September by the Indo African Chamber of Commerce & Industry.