



Indian Council for Cultural Relations



EMBASSY OF INDIA, LUANDA

MONTHLY NEWSLETTER



SEPTEMBER 2020

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FOREWORD



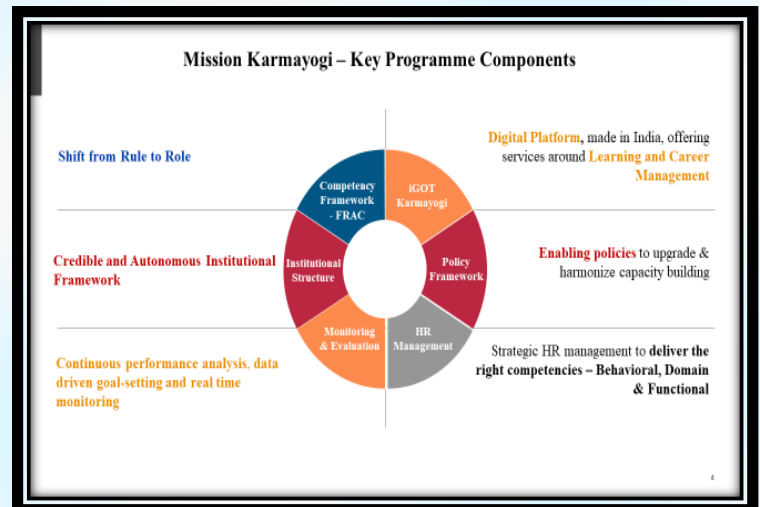
Dear readers,

It is with pleasure I present you the second edition of our monthly newsletter. We witnessed major milestones in India-Angola relations in September 2020. The First Joint Commission Meeting co-chaired by the External Affairs Minister of India Dr. S. Jaishankar and the Foreign Minister of Angola Dr. Tete Antonio held on 7 September 2020 has cemented the friendship between two countries. It has provided both countries a concrete structure and a mechanism to take stock of the existing projects and to plan out mutually beneficial new initiatives. Participation of Angolan ministers in virtual business meetings organized by CII underlined the interests and keenness of the Angolan side to widen the economic engagement with India. India is a land of festival. Reasons and seasons of festivals differ from state to state but the spirit and enthusiasm of celebration is common across the country. This month we are taking you to the state of Maharashtra to celebrate the Ganesh festival. The mouthwatering Indian cuisine has endeared Indians across the world. This month's recipe is simple and perfect for the daily meal. Commemorating the daughter's day we are presenting a collage of different yoga poses performed by mother-daughter duo. We hope you find our quiz interesting. Try our Ayurvedic tip and keep yourself fit and healthy. Your suggestions, comments and feedback are welcome. Each newsletter will also be posted on our website (www.indemb.gov.in) Facebook page (@indiainangola2019) Twitter (@IndiainAngola) and Instagram (@india_in_angola).

Yours Sincerely,
Pratibha Parkar
Ambassador of India

MISSION KARMAYOGI

Union Cabinet chaired by the Prime Minister, Shri Narendra Modi approved launching of a National Programme for Civil Services Capacity Building (NPCSCB): MISSION KARMAYOGI aimed to radically improve the Human Resource management practices in the Government. NPCSCB has been carefully designed to lay the foundations for capacity building for Civil Servants so that they remain entrenched in Indian Culture and sensibilities and remain connected, with their roots, while they learn from the best institutions and practices across the world.



The Programme will be delivered by setting up an **Integrated Government Online Training-iGOT Karmayogi Platform** iGOT-Karmayogi platform brings the scale and state-of-the-art infrastructure to augment the capacities of over two crore officials in India. The platform is expected to evolve into a vibrant and world-class market place for content where carefully curated and vetted digital e-learning material will be made available. Besides capacity building, service matters like confirmation after probation period, deployment, work assignment and notification of vacancies etc. would eventually be integrated with the proposed competency framework.

Mission Karmayogi aims to prepare the Indian Civil Servant for the future by making him more creative, constructive, imaginative, innovative, proactive, professional, progressive, energetic, enabling, transparent and technology-enabled. Empowered with specific role-competencies, the civil servant will be able to ensure efficient service delivery of the highest quality standards.

BHARAT KO JANIYE QUIZ

Bharat Ko Janiye (BKJ) Quiz contest is one of the important initiatives of the Government to engage Indian diaspora. Ministry of External Affairs, Govt. of India had organized two editions of Bharat Ko Janiye Quiz in 2015-16 and 2018-19. Foreigner's category was included from the 2nd edition.

The third edition of 'Bharat Ko Janiye' Quiz will be organized completely online and will have 4-rounds. The Quiz will be held for three categories of participants -PIOs, NRIs and foreign nationals [in the age group of 18-35 yrs]. The First Round (Welcome Round) will be open for everyone in the above mentioned categories. Winners of First Round will be given Gold, Silver and Bronze medals in each country depending upon number of participants. They are eligible to participate in the Second Round. The top 10 contenders of Second Round will participate in the Third Round (30-participants). The top 7-contenders of the third round will participate in the 4th Round (21 participants). Top 5 contestants of Fourth Round will be awarded Gold, Silver and Bronze medals with two Consolation prizes. These 15 participants will be invited to India for Bharat Darshan after COVID.



The poster for the Bharat Ko Janiye Quiz 2020-21 features the Ministry of External Affairs logo, the Government of India emblem, and the text 'Participate and get chance to visit India'. It includes a collage of Indian landmarks and the title 'BHARAT KO JANIYE QUIZ 2020-21 (Know India Quiz Contest 2020-21)'. Key details include: Eligibility: Bharat Ko Janiye Quiz is open for 3 categories of participants - PIO, NRI & Foreigners between 18 to 35 years. Registrations starts from: 30th September 2020. For registration & participation, please visit: www.bharatkojaniye.in. Brief Guidelines: There will be four rounds of quiz in online mode. 1st round (1 to 30 November 2020) - Welcome round open to everyone. Winners from each country will get Gold, Silver and Bronze medals. 2nd round (7 to 13 December 2020) - Winners of 1st round participate. 3rd round (14 to 20 December 2020) - Top 10 contenders of second round participate- total 30 participants. 4th & Final round (21 to 27 December 2020) - Top 7 contenders of 3rd round will participate- total 21 participants. Final winners - 5 in each category (3 medal winners and 2 consolation prizes). All 15 winners will invited for Bharat Darshan (India Tour). Social media handles: #BharatKoJaniye, @OIA_MEA, @OverseasIndianAffairs.

The Registration for Quiz will be opened on 30th September and will remain open till the start of First Round of Quiz. There will be Mock Quiz for participants to practice. The dates for Mock Quiz and First round of Quiz will be announced very soon and will be communicated separately.

4. All the Four Rounds of the Quiz will be held on the portal www.bharatkojaniye.in.

MAJOR INITIATIVES OF GOVERNMENT OF INDIA

Pradhan Mantri Matsya Sampada (Yojana)

The Pradhan Mantri Matsya Sampada Yojana (PMMSY) is a flagship scheme for focused and sustainable development of fisheries sector in the country with 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/Union Territories, as a part of AatmaNirbhar Bharat Package. The investment of Rs. 20,050 crores under PMMSY is the highest ever in the fisheries sector. Out of this, an investment of about Rs 12340 crores is proposed for beneficiary-oriented activities in Marine, Inland fisheries and Aquaculture and about Rs 7710 crores investment for Fisheries Infrastructure.

Ayushman Bharat Programme

The Ayushman Bharat programme was launched in 2018 to address health issues at all levels - primary, secondary, and tertiary. It has two components:

1. Pradhan Mantri Jan Arogya Yojana (PM-JAY), earlier known as the National Health Protection Scheme (NHPS)
2. Health and Wellness Centres (HWCs)

Ayushman Bharat is an integrated approach comprising health insurance and primary, secondary and tertiary healthcare. The HWCs are aimed at improving access to cheap and quality healthcare services at the primary level. PM-JAY will cover the financial protection for availing healthcare services at the secondary and tertiary levels.

Atmanirbhar Bharat Abhiyajn

The Atmanirbhar Bharat Abhiyan (meaning self-reliant India scheme) was announced in four tranches by the Union Finance Minister Nirmala Sitharaman in May 2020.

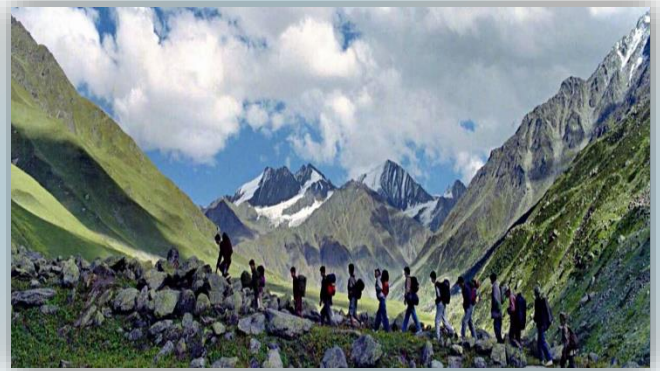
The economic stimulus relief package announced by the government is touted to be worth Rs.20 Lakh crores. This includes the already announced Rs 1.70 lakh crore relief package, as the PMGKY, for the poor to overcome difficulties caused by the coronavirus pandemic and the lockdown imposed to check its spread.

UMANG

UMANG (Unified Mobile Application for New-age Governance) is developed by Ministry of Electronics and Information Technology (MeitY) and National e-Governance Division (NeGD) to drive Mobile Governance in India.

UMANG provides a single platform for all Indian Citizens to access pan India e-Gov services ranging from Central to Local Government bodies and other citizen centric services.

CULTURE AND TOURISM
PLACE OF THE MONTH: ANDAMAN AND NICOBAR



Andaman and Nicobar Islands are a tropical paradise with turquoise waters and shimmering white beaches surrounded by a mangrove forest and primitive jungles that draw visitors from far-flung places.

The sun-toasted islands of Andaman and Nicobar, around 572 in number, lie in the Bay of Bengal, off India's eastern shore. Most of these islands, of which about 28 are inhabited, are in the Andaman Group. The Nicobar Islands comprise around 22 main islands, of which, 10 are inhabited. The Andaman and Nicobar islands are separated by the 150-km-wide Ten Degree Channel, which is a water channel.

FESTIVAL OF THE MONTH: GANESH CHATURTHI



Celebrated as the birthday of Lord Ganesha, Ganesh Chaturthi is a popular festival in India. The celebrations are traditionally held on the 4th day of the first fortnight (Shukla Chaturthi) in the month of Bhaadrapada, according to the Hindu calendar . Which falls between August and September months on the Gregorian calendar

People install idols of Ganesha in their homes and public pandals (tents) and offer various sweets to the idol. Modak is a prominent offering(Prasad) during the Ganesh Chaturthi festival. Devotees also perform aarti (a fire ritual) in the evenings. The immersion of idols in water also takes place, which is called 'visarjan'

The festival is celebrated both in public and in homes and lasts for 10 to 14 days. The festival is celebrated throughout India with prominently Maharashtra and western India. However, with the new waves of Indian immigration outside India, it is widely celebrated in the United States , Canada , England , and in others places. Public festival celebrations are very popular, especially in Maharashtra. These are organized by local youth groups (Tarun Mandal), neighborhood associations or groups of trader

YOGA ASANA (POSTURE) OF THE MONTH: PĀDA-HASTĀSANA

Pāda means feet, hasta means hands. Therefore, Pāda Hastāsana means taking the palms down towards the feet. This is also referred as Uttānāsana. Technique Stand straight with feet 2 inches apart- Inhale slowly and raise the arms up- Stretch up the body from the waist- Exhale and bend forward until the trunk is parallel to the ground- Exhale, and bend forward until the entire palm rests on the ground- Maintain this final posture for 10-30 seconds- Those who are having stiff back should bend according to their capacity. Now inhale, come up slowly to the vertical position and stretch the arms above the head. Exhale and slowly return to the starting position in reverse order. Relax in Tādāsana avoid this practice

Benefits - Makes the spine flexible, improves digestions, and prevents constipation and menstrual problems.

PĀDA-HASTĀSANA (The Hands to Feet Posture)



Different Yoga postures by the Mother-daughter duo Manisha Chitnis and Prajakta Chitnis of "Young Again" fame who have been promoting /teaching yoga in India since 2013 with twenty five years of experience. For detailed information please visit:-

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

AYURVEDIC TIPS OF THE MONTH TO FIGHT COVID 19



Ministry of AYUSH Ayurveda's immunity boosting measures for self-care during COVID 19 crisis

Ministry of AYUSH recommends the following self-care guidelines for preventive health measures and boosting immunity with special reference to respiratory health. These are supported by Ayurvedic literature and scientific publications. Recommended Measures I 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 (#YOGAatHome #StayHome #StaySafe)
- Spices like Haldi (Turmeric), Jeera (Cumin), Dhaniya (Coriander) and Lahsun (Garlic) are recommended in cooking.

II. Ayurvedic Immunity Promoting Measures

- Take Chyavanprash 10gm (1tsf) in the morning. Diabetics should take sugar free Chyavanprash.
- Drink herbal tea / decoction (Kadha) made from Tulsi (Basil), Dalchini (Cinnamon), Kalimirch (Black pepper), Shunthi (Dry Ginger) and Munakka (Raisin) - once or twice a day. Add jaggery (natural sugar) and / or fresh lemon juice to your taste, if needed.
- Golden Milk- Half tea spoon Haldi (turmeric) powder in 150 ml hot milk - once or twice a day.

CUISINE OF THE MONTH: ALOO GOBHI

Ingredients:

- 1 cup potato
- 2 cups cauliflower
- 1 medium onion
- 1 medium tomato
- 1 tbsp of garlic and ginger
- 1 green chilli
- 2 tbsps chopped coriander leaves
- 2 tbsp oil
- ½ tsp cumin seeds
- ⅛ tsp turmeric
- 1 tsp garam masala
- ¾ teaspoon coriander powder
- ¾ to 1 teaspoon chilli powder
- 1 bay leaf



Directions:

1. Heat oil in a pan and add cumin and the bay leaf.
2. Add onion and fry until they become transparent.
3. Add the potatoes and fry it for 2-3 mins.
4. Let them cook until the potatoes are half done.
5. Add the cauliflower, stir it in the potato mix.
6. Cover it up to let the cauliflower cook.
7. Add salt to taste.
8. Add all the spices, the ginger and garlic and mix well.
9. Cover the pan and on medium heat, let everything sit until the potatoes are fully cooked.
10. The vegetable releases moisture so make sure the cauliflower doesn't become too soft and mushy.
11. Add the tomatoes, chilli and half of the coriander leaves.
12. On medium flame, let it fry until the tomatoes are fully cooked and the raw smell of them goes away.
13. Turn off the heat, transfer the dish to a plate or bowl and garnish with the rest of the chopped coriander leaves.

QUESTION OF THE MONTH

WHAT IS THE NATIONAL FRUIT OF INDIA?

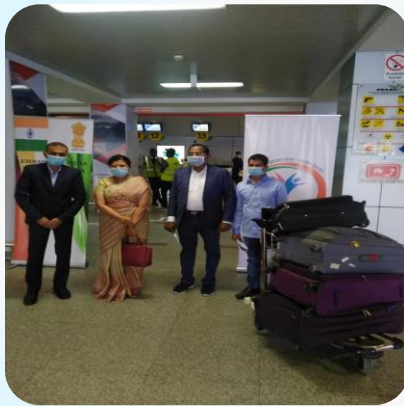
- A) MANGO
- B) APPLE
- C) GUAVA
- D) ORANGE

Answer of the last month quiz: (C) Lotus

ACTIVITIES DURING THE MONTH OF SEPTEMBER



Foreign Minister of Angola H.E. Mr. Tete Antonio and Ambassador of India Mrs. Pratibha Parkar participated in the 1st collaborative business event jointly organised by Angola-India Chamber of Commerce, Confederation of Indian Industry (CII) and Agency of Private Investment, Promotion and Exporters(AIPEX). The digital session focussed on 'Business Opportunities between India and Angola' with H.E. Mr. Tete Antonio, Minister of Foreign Affairs of Angola delivering his keynote address.



Embassy of India, Luanda in collaboration with Satguru travels organized the third chartered evacuation flight to Mumbai for repatriation of 122 stranded Indian nationals on September 3 by the national carrier of Angola TAAG. The return evacuation flight carried 180 passengers to Luanda from India

ACTIVITIES DURING THE MONTH OF SEPTEMBER



Foreign Minister of Angola H.E. Mr. Tete Antonio paid a visit to Embassy on September 04 to sign the Condolence book on demise of former President Shri Pranab Mukherjee



The External Affairs Minister of India Dr S.Jaishankar and the Foreign Minister of Angola H.E. Mr. Tete António co-chaired the First India-Angola Joint Commission Meeting on September 07 . Both sides comprehensively reviewed the entire gamut of bilateral relations and agreed to diversify the trade relations. Discussions included cooperation in health, pharmaceuticals, defence, agriculture, food processing, digitization & telecom. Three MoUs on health, training and visa facilitation were signed during the meeting.

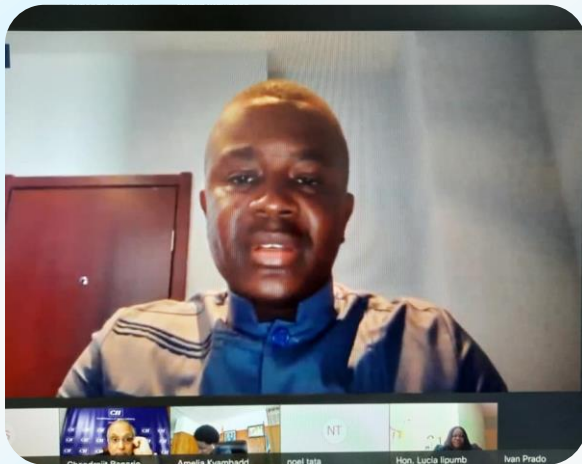
ACTIVITIES DURING THE MONTH OF SEPTEMBER



हिन्दी दिवस-2020 के अवसर पर भारत के राजदूतावास, लुआंडा में हिन्दी कविता-पाठ एवं निबन्ध लेखन प्रतियोगिताओं का तीन श्रेणियों में आयोजन किया गया. सभी विजेताओं को माननीय राजदूत महोदया श्रीमती प्रतिभा पारकर द्वारा दिनांक 16 सितम्बर 2020 को सांय 04:00 बजे दूतावास में एक संक्षिप्त समारोह में सम्मानित किया गया |



ACTIVITIES DURING THE MONTH OF SEPTEMBER



EAM Dr S. Jaishankar inaugurates the 15th CII - Exim Bank Digital Conclave on India-Africa Project Partnership. Secretary of State of Energy of Angola delivers address at the session on 'Emerging Contours of India Africa Partnership in Energy for a Clean and Green Future'. On day two of the India Africa Project Partnership conclave, CIM Piyush Goyal and Ivan Magalhaes do Prado, Secretary of State of Industry, Ministry of Industry and Trade of Angola deliver their valuable remarks.

IMPORTANT ANNOUNCEMENT DURING THE MONTH OF SEPTEMBER



**EMBASSY OF INDIA / भारत का दूतावास
LUANDA / लुआंडा**

PRESS RELEASE

To augment and improve the delivery of passport services to Indian citizens, and to render passport services in a time bound, transparent, modern and comfortable atmosphere, the Ministry of External Affairs (MEA), had launched the Passport Seva Project (PSP) in May 2010. This ambitious e-governance initiative, part of National e-Governance Plan of Government of India, implemented in Public-Private Partnership (PPP) mode with Tata Consultancy Services, has enabled simple, efficient and transparent processes for delivery of passport and related services.

Towards implementation of the PSP for Indian citizens in Angola, the Embassy of India, Luanda is happy to announce switching over to the online mode of Passport application services with immediate effect. Henceforth, all Indian citizens in Angola are required to Apply for Ordinary Passport / Emergency Certificate / Police Clearance Certificate / Surrender of Indian Passport / Diplomatic Passport / Official Passport / Identity Certificate through the Passport Seva Portal at the link <https://embassy.passportindia.gov.in/>.

The Passport Seva Portal provides comprehensive and latest information on passport services as well as status of an application, thus enabling anytime-anywhere access. In case of any further queries please visit the Embassy website www.indembangola.gov.in or feel free to contact the consular section of the Embassy at +244 941 564 851 or write to us at consular.luanda@mea.gov.in

21st September, 2020