



INDIAN COUNCIL FOR CULTURAL RELATIONS

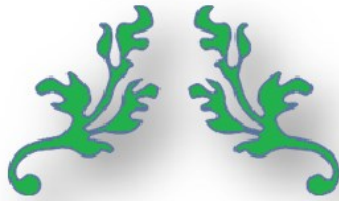


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BHARAT DARSHAN

MONTHLY NEWSLETTER BY EMBASSY OF INDIA, LUANDA



MARCH, 2021



FROM THE DESK OF THE AMBASSADOR

Dear readers,

I am happy to present the eighth edition of our monthly newsletter 'Bharat Darshan'. The month of March is celebrated as the Woman's month in Angola which we marked with several programmes organized in cooperation with the Indian Women Forum in Angola. I also participated in several programmes organized by the Angolan government for the women diplomats in Angola. The month of March is the month of spring in India. Indian people have been celebrating the festival of Holi to mark the arrival of spring and the harvest. This newsletter gives you a treat with the special Holi festival delicacy of Gujiya from the state of Uttar Pradesh, the largest state in India. We have included our regular features of Indian economy, Yoga and Ayurveda. I thank Mrs. Pallavi Redkar for her recipe of Manipuri Khichadi which is from the state of Manipur. Mrs. Manisha Chitnis (http://www.instagram.com/_young.again) for two new Yogasanas, Sukhasan and Vyaghrasan. 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).

Best regards,

Pratibha Parkar
Ambassador of India to Angola



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AZADI KA AMRITMAHOTSAV- INDIA@75



The Government of India has taken a decision to commemorate 75 years of India's Independence which falls on 15th August 2022 in a befitting manner at national and international level in the form of Azadi Ka Amrit Mahotsav.



The celebrations are proposed to be launched 75 weeks prior to 15th August 2022 i.e. on 12 March, 2021, which is the 91st anniversary of the historic Salt Satyagraha (Dandi March) led by Mahatma Gandhi.

The Salt March took place from March to April 1930 in India, was an act of civil disobedience movement to protest British rule in India. During the march, thousands of Indians followed Gandhi Ji from his religious retreat near Ahmedabad to the Arabian Sea coast, a distance of some 240 miles. The march led to the arrest of approx. 60,000 people, including Gandhi Ji himself. India was declared independent from British colonialism in August 1947.



The Embassy of India in cooperation with the Indian Community in Angola launched India@75 celebrations, Azadi ka #AmritMahotsav with the Social Donation and Medical Camp on 18th March, 2021 at the Mediateca Library Cazenga to commemorate the 75th Anniversary of India's Independence.



Donations of food provisions, school supplies, cleaning and biosafety material, medicines, water storage tank, water purifiers, clothing, footwear etc. were distributed to the Child care centres of Mama Madalena, Don Bosco Center and the Municipality hospital of Cazenga.



Ambassador announced the India@75 celebrations would take place during the course of next two years in Angola and expressed commitment towards strengthening of India-Angola bilateral relations.

AATMANIRBHAR BHARAT ABHIYAAN



Atmanirbhar Bharat Abhiyaan or Self-reliant India campaign is the vision of new India envisaged by the Hon'ble Prime Minister Shri Narendra Modi. On 12 May 2020, our PM raised a clarion call to the nation giving a kick start to the Atmanirbhar Bharat Abhiyaan and announced the Special economic and comprehensive package of INR 20 lakh crores - equivalent to 10% of India's GDP – to fight COVID-19 pandemic in India.



The aim is to make the country and its citizens independent and self-reliant in all senses.

The Five pillars of [Atmanirbhar Bharat](#) focus on:

- Economy
- Infrastructure
- System
- Vibrant Demography and
- Demand

The Five phases of Atmanirbhar Bharat are:

Phase-I: Businesses including MSMEs

Phase-II: Poor, including migrants and farmers

Phase-III: Agriculture

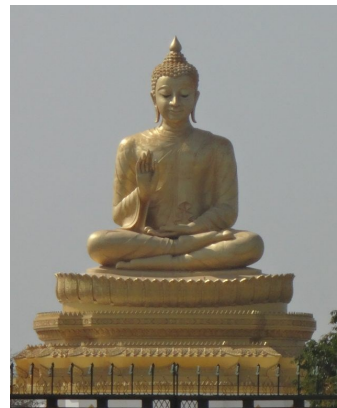
Phase-IV: New Horizons of Growth

Phase-V: Government Reforms and Enablers

The government took several bold reforms such as Supply Chain Reforms for Agriculture, Rational Tax Systems, Simple & Clear Laws, Capable Human Resource and Strong Financial System.

CULTURE AND TOURISM

Uttar Pradesh



The history of Uttar Pradesh is very ancient and interesting. This is the land wherein great sages have emerged, religions evolved and two great epic of India: Ramayana and Mahabharata have been inspired from. The Taj Mahal, one of the wonders of the world is located on the right bank of the Yamuna River in a vast Mughal garden that encompasses nearly 17 hectares, in the Agra District in Uttar Pradesh. With each progressing century, the state has vouched for the secularity of India by giving home to various religions: Hindu, Jainism, Islamic, Buddhist and more. At Sarnath Uttar Pradesh, Lord Buddha gave his first sermon after attaining enlightenment.



Apart from Varanasi (the spiritual capital of India), Prayagraj, the holy confluence of two major rivers- Ganga and Yamuna flowing in the subcontinent and the biggest congregation, perhaps of the world, Kumbha Mela is held at Prayagraj every twelfth year and Ardh kumbh Mela every sixth year.



The pride of northern India - Kathak has its origin in Uttar Pradesh and is thought to be the one of the important dances in 8th form of classical dance. Agriculture is the main occupation of 66 per cent of the population of the State. The net cultivated area in the state is 164.17 lakh hectares.

FESTIVAL OF THE MONTH

Holi



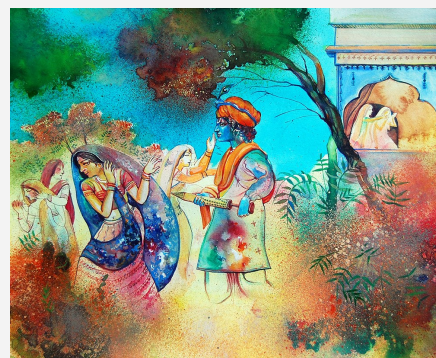
Holi, the festival of Colours is celebrated in different corners of India with pomp and gaiety on full moon day in the month of Phalgun which is the month of March as per the Gregorian calendar.



The festival of Holi has its roots in the legend of Holika - the sister of the demon King Hiranyakashyap. The king considered himself to be invincible and ordained that he was to be worshipped as God. His order was, however, disobeyed by his own son Prahlad, who continued to faithfully worship Lord Vishnu. Maddened with anger by the insolence of Prahlad, Hiranyakashyap tried different ways and means to kill him, but to no avail. Finally, his sister Holika offered to help. She enjoyed the boon of not getting burnt by fire and so sat on a pyre with Prahlad on her lap. The irony is that, though Holika got scorched, Prahlad remained unharmed.



The festival of Holi begins with the ritual of lighting a bonfire, known as Holika Dahan, to commemorate this event. This bonfire is considered to be sacred, and old and redundant things are burned in it to mark a new beginning. This ritual is followed by the actual festivities on the next day. A feast of colours, an array of food and drinks, and merriment, mark this vibrant and colourful festival. Holi also heralds the arrival of spring and the end of winter.



The uninhibited use of colours, and the spirit of fun and mischievousness, is said to be inspired by the legend of Lord Krishna's games with his consort Radha and the Gopis.



Holi, today, has emerged as a festival of the masses that is marked by unbridled merriment. People take extreme delight in spraying coloured water on each other with pichkaris. Along with the fun and frolic, Holi is also about bringing the community together and strengthening bonds of togetherness.

CUISINE OF THE MONTH



Gujiya

By Mrs Pallavi Redkar

Gujiya is a traditional sweet, deep-fried, half-moon shaped dumpling. The outer layer is made from all-purpose flour and it is crispy yet flaky in texture. The stuffing is made from Mawa (khoya), sugar, nuts and it is very rich in taste. In North India, gujiya is typically made during the festival of colors, Holi. Different regions of India have their own name and version of making mawa gujiya.

- ◆ Ghughra in Gujarat (stuffing made from semolina, dry coconut, nuts)
- ◆ Karanji in Maharashtra (stuffing made from coconut, milk, poppy seeds)
- ◆ Nevris in Goa (stuffing made from coconut, jaggery)
- ◆ Kajjikayalu in Andhra Pradesh (stuffing made from dry coconut, semolina)

Though they have different methods/ingredients for stuffing, the basic method, shape, size is almost the same.

Preparation Time: 30 mins,
Cook Time: 45 mins,
Total Cook Time: 1Hr 15 mins,
Recipe Servings: About 15 Gujiya

INGREDIENTS

For the dough:

- ◆ 2 cups refined flour
- ◆ 1/4 cup Melted Ghee (clarified butter)
- ◆ Pinch of Salt
- ◆ Water (to mix)

For the filling:

- ◆ 1 cup khoya
- ◆ 1 cup sugar
- ◆ 1 tsp green cardamom, powdered
- ◆ 2 tbsp finely chopped nuts, Raisins Ghee (for deep-frying)

For the syrup:

- ◆ 1 cup sugar
- ◆ 1 cup water

Method:

Prepare the dough:

- ◆ Rub 1/4 cup melted ghee and a pinch of salt into the flour and knead into a stiff dough with water.
- ◆ Leave to rest for at least half an hour.



Prepare the filling:

- ◆ Sauté the khoya over medium heat till it looks slightly fried.
- ◆ Take off the heat and when it cools, mix in the sugar, cardamom, nuts, raisins.
- ◆ Filling is ready, it should be little moist and not completely dry.
- ◆ Divide the rested dough into equal balls. Keep it covered all the time as you roll each ball one by one.
- ◆ Roll each ball into a small circle of 5-to-6-inch diameter.
- ◆ Take a circle, wet the edges with water and place a piece of filling over one half.
- ◆ Fold the other half over and press the edges together to seal.
- ◆ Either cut off the edge with a fancy cutter or make a design by pinching and twisting all along the sealed edges.
- ◆ Make all the gujiyas this way and keep them covered with a damp cloth/paper towel all the time so that they don't dry out before frying.
- ◆ Once the gujiyas are filled and the ghee is hot enough, fry them on medium-low heat until light golden brown in color.
- ◆ Lift out and leave to drain on absorbent paper.
- ◆ Make sugar syrup by cooking water and sugar together, till one thread consistency.
- ◆ Dip the gujiyas in the syrup, lift and let dry on a plate.
- ◆ Can be served hot or at room temperature or stored in air-tight containers.

YOGA ASANA (POSTURE) OF THE MONTH

Konasan / Angle pose



In this Asana, the importance is given to the Alignment of the body.

Pros

- ◆ Stretches the arm, wrist, thighs and upper body. As a result these muscles get strengthened and get good tone.

Cons

- ◆ Those having vertigo, spondylitis or having knee joint pain should do it carefully, under the supervision of Yoga teacher.

Virasana / Worrier pose: variation 3



In Worrier pose, the focus is on the fingers. One pointedness in the final stage has been given importance.

Pros

- ◆ Strengthens the arms, shoulders, lower back and legs
- ◆ This posture increases stamina
- ◆ Opens the hips, chest and stretches the pelvic area.
- ◆ Improves focus, balance and stability of mind
- ◆ Improves the blood circulation and respiration
- ◆ Energizes the entire body.


Cons

- ◆ Those having acute knee pain or ankle pain should avoid this posture.









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

AYUSH TIPS OF THE MONTH

 #AYUSH4She

**Troubled by PCOS?
Manage it effectively with individualised
Homoeopathy treatment!**

Commonly used medicines are:

 Pulsatilla	 Natrums mur	 Calcarea carbonica
 Apis mellifica	 Kali carb	 Lachesis

Disclaimer: For information purpose only. Contact a registered Homoeopathy practitioner for treatment.

Polycystic ovary syndrome (PCOS) is a hormonal disorder that affects millions of women.

Early diagnosis and treatment may reduce the risk of long-term complications such as type 2 diabetes and heart disease.

Early diagnosis of PCOS is important as it has been linked to an increased risk for developing several medical conditions including insulin resistance, type 2 diabetes, high cholesterol, high blood pressure and heart disease.

Homoeopathy provides safe and effective solutions for treating PCOS. Commonly used medicines that are to be taken under the supervision of registered Homoeopathy Practitioner are Pulsatilla, Natrum Mur, Calcarea Carbonica, Apis Mellifica, Kali Carb, Lachesis.



**Are you experiencing
excessive hair fall?**
Try the following home remedy

 +  +  +  = 


Crush a dried ariel root of bargad. Mix it in coconut oil and keep the mixture for 15 days. Strain and preserve the oil in a bottle. Massage your scalp with this oil and leave overnight.

One can be at their wit's end with excessive hair loss problem! Also known as Intisar-e-Shar in Unani system of medicine, it is a common issue amongst both men and women.


A faulty lifestyle, emotional or physical stress, poor diet, pollution, poor sleep, hormonal changes, age, hereditary etc are some of the reasons behind excessive hair loss.

You may try the following home remedy:

Crush a dried ariel root of bargad. Mix it in coconut oil and keep the mixture for 15 days. Strain and preserve the oil in a bottle. Massage your scalp with this oil and leave overnight.



**Do you suffer from hoarseness of voice?
Here is what you can do:**



- Chew sufficient quantity of adrak (ginger) two to three times a day
- Take 1 pill of Habb-e-bohat-us-saut as a lozenge three to four times a day

Note: "For information purpose only, contact a registered Unani practitioner for further consultation"

Bohut-us-saut (hoarseness of voice) is a condition in which the voice becomes husky accompanied by a feeling of roughness, irritation and heaviness in the throat.

Accompanied by cough, the voice may sound breathy, raspy or strained.

Here are some tips that may be helpful:

Chew sufficient quantity of adrak (ginger) two to three times a day

Take 1 pill of Habb-e-bohat-us-saut as a lozenge three to four times a day (to be taken under the supervision of registered Unani Practitioner)

IMPORTANT EVENTS/ ENGAGEMENTS OF PM IN MARCH, 2021

At the invitation of Prime Minister of the Government of the People's Republic of Bangladesh, H.E. Sheikh Hasina, Prime Minister of the Republic of India, H.E. Shri Narendra Modi, paid a State Visit to Bangladesh from 26 to 27 March 2021 to join the celebrations of the Golden Jubilee of the Independence of Bangladesh, the Birth Centenary of the Father of the Nation Bangabandhu Sheikh Mujibur Rahman and 50 years of establishment of diplomatic relations between India and Bangladesh.

The visit symbolised the partnership of half-a-century between India and Bangladesh that has strengthened, matured and evolved as a model for bilateral relations for the entire region. Both sides acknowledged the potential of new and emerging areas of cooperation in bilateral cooperation.



Prime Minister Narendra Modi laid a wreath at the National Martyrs' Memorial at Savar as a mark of respect to the memory and contribution of the great freedom fighters of Bangladesh. He also paid rich tribute and respect to the memory of Bangabandhu Sheikh Mujibur Rahman at the Bangabandhu Mausoleum in Tungipara, Gopalganj.

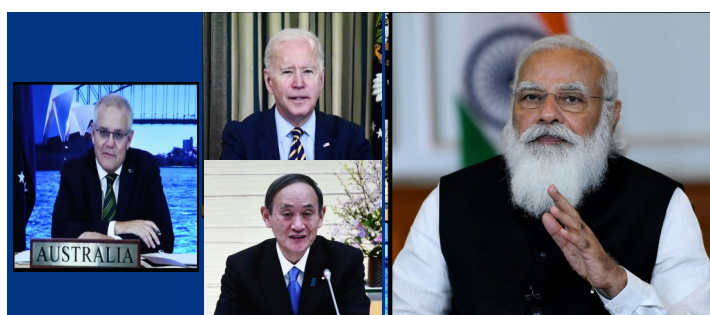
The Prime Minister, Shri Narendra Modi at the National Day programme of Bangladesh, in Dhaka, Bangladesh on March 26, 2021. The President of Bangladesh, Md. Abdul Hamid, the Prime Minister of Bangladesh, Ms. Sheikh Hasina and other dignitaries are also seen



IMPORTANT EVENTS/ ENGAGEMENTS OF PM IN MARCH, 2021



The Prime Minister, Shri Narendra Modi inaugurates the Maritime India Summit 2021, through video conferencing, in New Delhi on March 02, 2021. The aim is to explore the potential business opportunities in Indian Maritime sector and making Aatmanirbhar India.



The Prime Minister, Shri Narendra Modi addressing the first Quadrilateral Leaders Virtual Summit through video conferencing, in New Delhi on March 12, 2021. The agenda include areas like vaccines, climate change and emerging technologies that makes the Quad a force for global good.



The Prime Minister, Shri Narendra Modi addressing at the launch of the Jal Shakti Abhiyan: Catch the Rain campaign, on the occasion of the World Water Day, through video conferencing, in New Delhi on March 22, 2021.



The Prime Minister, Shri Narendra Modi addressing the fourth Global Ayurveda Festival through virtual mode, in New Delhi on March 12, 2021. The Prime Minister emphasized the need to promote food items relating to Ayurveda and food items that further good health. He mentioned the United Nations declaring 2023 to be the International Year of Millets. The Prime Minister called to spread awareness on the benefits of millets.

ACTIVITIES IN THE MONTH OF MARCH



The shipment of First batch of Made in India Covid 19 vaccines #covishield to Angola , arrived in Luanda on 2 March 2021. A total number of 624000 vaccines were received by H.E Silvia Lutucuta, Minister of Health, Republic of Angola in the presence of H.E Ms Pratibha Parkar, Ambassador of the Republic of India and other dignitaries.



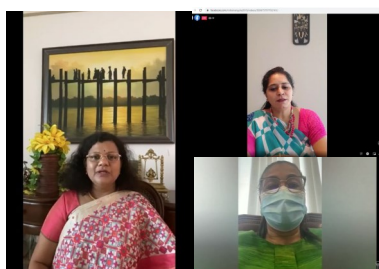
The vaccines were manufactured by the Serum Institute of India(SII) and are part of the supplies to Africa under Covax facility.



H.E. Pratibha Parkar, met with H.E. Maria Da Piedade De Jesus, Secretary of State for Culture and discussed ways to strengthen cultural ties between India and Angola.



H.E. Ambassador Mrs. Pratibha Parkar met Ms. Adjany da Silva Freitas Costa, Consultant to the President of the Republic of Angola and had a fruitful discussion on environment related topics.



Embassy of India, Luanda celebrated International Womens Day virtually. H.E. Mrs. Pratibha Parkar, Ambassador delivered Introductory Speech of the event. On this occasion, live Quiz and a series of performances by members of #Indianwomenforum were also conducted.



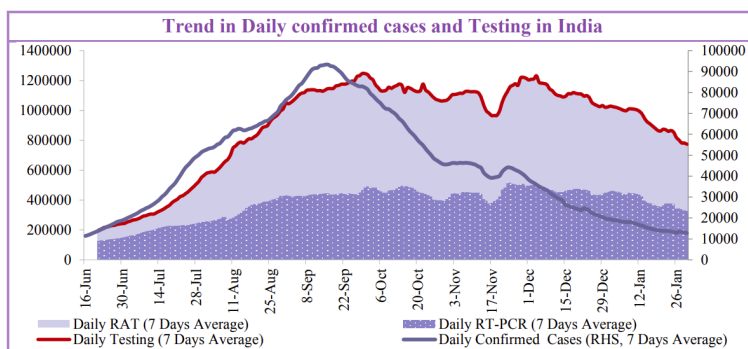
Ambassador Pratibha Parkar celebrating #internationalwomensday in Angola with Minister of External Relations of Angola and other women Ambassadors.

ACTIVITIES IN THE MONTH OF MARCH

The Social Donation and Medical Camp was organized to commemorate the 75th Anniversary of India's Independence, in Angola with the launch of India@75 on 18 March 2021. H.E. Ambassador Pratibha Parkar and H.E Mrs. Joana Lina, Governor of the Province of Luanda, along with Mr. Tomas Bica, Administrator of Cazenga inaugurated the event. Here are some glimpses of the event.



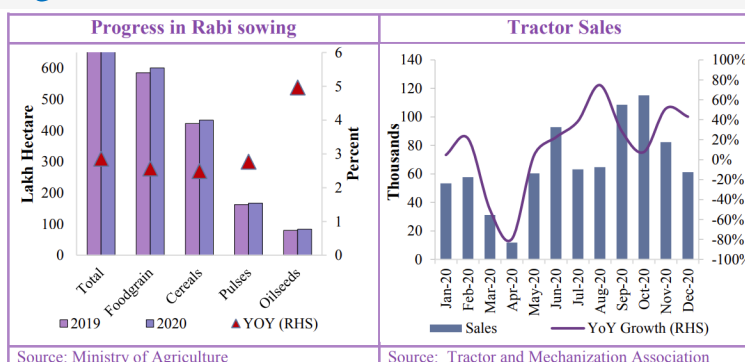
INDIAN ECONOMY



With each day ending with positive COVID-19 cases falling to new lows and economic activity levels attaining new peaks, India has worked its way around the pandemic through the will of the brave people of India and astute policy interventions by the Government

India riding against the COVID-19 wave 7. India has been successful in bending the COVID infection curve till now and enters the new year with cautious optimism. Daily recoveries have been outnumbering the daily new cases since 8th Jan 2021 with recovery rate growing to 97 per cent. The case fatality rate stands at one of the lowest globally at 1.4 per cent despite having the second largest confirmed cases at 1.08 crore. The cumulative test positivity rate at 5.1 per cent is almost equal to the WHO standard of 5 per cent.

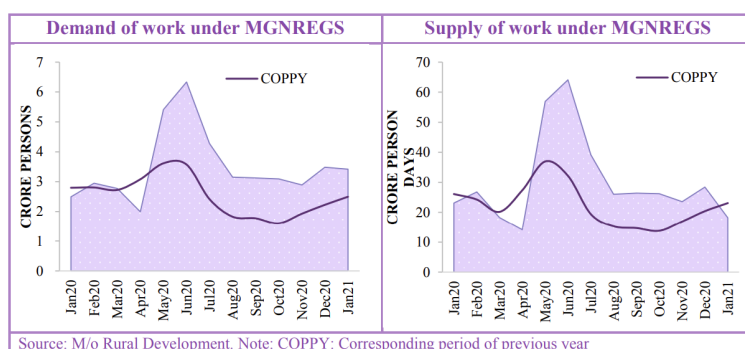
Agricultural Sector remains the silver lining of India's Economy



Agricultural Sector remains the silver lining of India's Economy 9. Being least impacted by the lockdown measures agriculture continues to remain resilient and robust. As on 29 January 2021, area sown under rabi crops hit a record high of 685 lakh hectares, 2.9 per cent higher than the area sown a year ago.

During the 2020-21 kharif season, area sown increased by 4.8 per cent to an all-time high 1117 lakh hectares. Healthy kharif output and healthy rabi sowing are further reflected in rising tractor sales which grew at 41.2 per cent YoY in December 2020.

Mahatma Gandhi National Rural Employment Guarantee scheme



Demand for jobs under the Mahatma Gandhi National Rural Employment Guarantee scheme (MGNREGS) has surged, with a y-o-y growth of 51.5 per cent during April 2020 to January 2021. Till January, 2021, 323.2 crore person days have been created under MGNREGS – a jump of 46.8 per cent as compared to previous year.

UPCOMING EVENTS

◆ 51st edition of IHGF Delhi Fair

The **Export Promotion Council for Handicrafts (EPCH)** is organizing the 51st edition of Indian Handicrafts and Gifts (IHGF) Delhi Fair from **19-23 May, 2021 in Physical Format** at the **India Expo Centre & Mart, Greater Noida**. EPCH is an apex body of handicrafts exporters for promotion of exports of handicrafts from India with India being a reliable supplier of high quality handcrafted goods and services. The IHGF fair is considered by overseas buyers as 'One Stop Sourcing Destination' for their requirement of Home, Lifestyle, Fashion, Furniture and Textiles. Fair Teaser Video — <https://www.youtube.com/watch?v=U-iGfvS4-Sg&feature=youtu.be> . Interested Buyers may register at <https://www.ihgfdelhifair.in/register>.

◆ International Railway Equipment Exhibition Global Platform for Railway Technology & Services

The next edition of IREE - 14th International Railway Equipment Exhibition (IREE 2021) is scheduled from **21-23 October 2021** at **New Delhi**. It is being organised by the **Confederation of Indian Industry (CII)** in association with the Ministry of Railways, Government of India. IREE serves as a Global Platform for Railway Technology & Services. This is the largest event for the Rail Transportation Sector in this part of the world.

The event is being organized with active involvement and participation of Indian Railways, which is the third largest rail network in the world, operating over 12,000 trains to carry over 23 million passengers per day connecting about 8000 stations spread across India. Indian Railways run 7000 freight trains per day carrying over 3 million tonnes of freight every day. With its continuous upgradation and modernisation plans, Indian Railways offers opportunities in Suburban corridor projects, High Speed train projects, dedicated freight lines – port/mining lines, rolling stock including train sets and locomotives/ coaches manufacturing and maintenance, railway electrification, signaling systems, improvement of terminals and managing freight terminals and development of passenger terminals. Contact person from CII for the event is **Mr. Rajesh Wadhwa, Director Confederation of Indian Industry, Tel : 91-124-4013875 / 4014060, Email : rajesh.wadhwa@cii.in Website : www.ireeindia.com**.

QUESTION OF THE MONTH



is the logo of ?

- a) Pradhan Mantri Jan Dhan Yojana
- b) Central Bank of India
- c) Reserve Bank of India
- d) None of above

Answer of the last month quiz: (D) River Dolphin
