



BHARAT DARSHAN

MONTHLY NEWSLETTER BY EMBASSY OF INDIA, LUANDA



APRIL 2022



From the Desk of the Ambassador

Dear readers,

It gives me pleasure to present the 21st edition of newsletter 'Bharat Darshan' for the month of **April 2022**. While we are waiting for winter in Angola, which is located in the Southern hemisphere, in India it is a time of onset of summers. Generally, schools in India follow calendar year of April/May to March. April coincides with exam time in schools, collages and universities in India. In a very unique initiative launched five years back, every year at this time our Prime Minister interacts with young students to boost their morale and asks them to celebrate exam as a festival. This month we are also taking you to the state of Rajasthan which is famous for its hill forts and palaces. We thank Mrs Pallavi Redkar for providing us the recipe of one of the popular desserts of Rajasthan 'Churma Ladoo'. We have provided information on two yogasana 'Uthhan Pristhasana' and 'Parivratta Janushirasan' by Mrs Manisha Chitnis' (<http://www.instagram.com/young.again>) to keep you fit and healthy along with Ayush tips. 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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Embassy of India, Luanda [Angola]

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INDIAN ECONOMY



Indian startups creating new waves globally: Niti Aayog CEO

Indian startups are creating new waves globally with women-based entrepreneurs at the forefront, portraying the idea of an equal society, said Amitabh Kant, CEO of Niti Aayog at an event organized by FLO. India has more than 61,000 startups and 81 unicorns, with women-owned businesses and enterprises playing a prominent role in society and will soon disrupt the Indian startup ecosystem, added Kant. The Niti Aayog CEO also said that venture capital and private equity firms were supporting women-led startups now, more than ever. According to him, India is growing rapidly and has potential for growth in consumption, urbanization, digitisation along rising income levels. With women-entrepreneurs leading the Indian economy, the world is looking at India quite favourably, concluded Kant.

India is the 4th largest country in terms of installed RE capacity and has set a target of achieving 500 GW of green energy capacity by 2030. India's power market has proven that the market-based solutions facilitate competitive, transparent, and flexible power procurement with scheduled and time-bound payments. Trading of delivery based solar and non-solar energy started on the Energy Exchange which paved the way for Green Term Ahead Market (GTAM) in the country. The green captive producers can avail open access and sell power through markets when their generation is more than their own consumption instead of banking power with the utility.



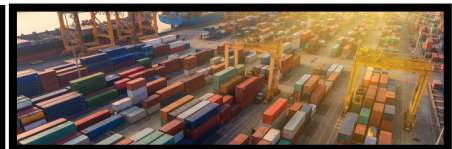
Green Market: A viable & commercial alternative to achieve India's sustainability goals



Services export revenue to touch US\$ 1 trillion by 2027

Service exports contribute to 40% of India's total exports and has been growing faster than merchandise exports. Although service exports contracted during the pandemic, the fall was arrested by increased digitisation and hybrid modes of working. Information technology (IT) and information technology-enabled services (ITES) remain one of the top service exports. As per the Reserve Bank of India, export of software services exports increased by 2.1% to reach US\$ 148.3 billion in 2020-21. Consultancy services, audiovisual and gaming (AVCG), travel and tourism, logistics services, and financial services contributed to the growth of the service export bucket.

The trade deficit also increased to US\$ 175.75 billion. Imports increased by 36% to reach US\$ 55.45 billion. Overall merchandise exports for April-February 2021-22 stood at US\$ 374.81 billion. Imports of electronic goods increased by 29.53% to US\$ 6.27 billion. Exports of pharmaceuticals and gold imports both slipped by 1.78% and 9.65%.



India's exports rise by 25% in Feb



India's IIP grows by 1.3% in Jan 2022: Commerce Ministry

The mining sector accounted for the highest growth at 2.8%. In December, industrial production had a year-on-year growth of 0.4% compared to 1.4% in November 2021. Compared to pre-pandemic levels of January 2020, industrial production increased by 0.7% in January 2022. Intermediate goods, infrastructure/construction goods, and consumer non-durable segments also witnessed growth. With high crude and commodities prices may prove a deterrent, analysts expect IIP growth to remain in the low single digits.

INDIAN ECONOMY

Investment opportunities in Space Sector in India

India's space program stands out as one of the most cost-effective in the world. India has earned world-wide recognition for launching lunar probes, building satellites, ferrying foreign satellites up and has even succeeded in reaching Mars.

India has two operational launch vehicles: Geosynchronous Satellite Launch Vehicle (GSLV) and Polar Satellite Launch Vehicle (PSLV). The number of launches undertaken by Indian Space Research Organisation (ISRO) during the last five years i.e. from 2015 to 2019 is as follows:

2015: 5 launches (4 PSLV & 1 GSLV)

2016: 9 launches (6 PSLV, 1 GSLV, 1 Scramjet Engine TD & 1 RLV TD)

2017: 5 launches (3 PSLV & 2 GSLV)

2018: 7 launches (4 PSLV & 3 GSLV)

2019: 6 launches (5 PSLV & 1 GSLV)



From 1999 till December 2021, a total of 342 foreign satellites from 34 countries have been successfully launched on board Indian Polar satellite Launch Vehicle (PSLV) on a commercial basis.

Department of Space is proposed INR 13,949 cr as against the allocation of INR 9,500 cr in RE 2020-21.15

Total number of 27 satellite missions and 25 launch vehicle missions were successfully accomplished during the last five years (i.e., April 2016 – March 2021).

Reasons to Invest

India's space programme has attracted global attention for its accelerated rate of development, with a critical appreciation for the following extraordinary explorations: 1

Mars Orbiter Mission (MOM) or Mangalyaan

Chandrayaan-2 Mission (India's 2nd mission to the moon)

AstroSat Mission (India's 1st observatory mission for astronomy)

Aditya-L1 Mission (India's 1st solar observatory in space)

ISRO has forged a strong relationship with many industrial enterprises, both in the public and private sector, to implement its space projects.

With the ISRO undertaking the development of cutting-edge technologies and interplanetary exploratory missions, there is a tremendous scope in contributions to the realization of operational missions and new areas such as satellite navigation.

The Union Cabinet of India has approved reforms in the Space sector which will boost private sector participation in the entire range of space activities. The Indian National Space Promotion and Authorization Centre (IN-SPACe) will provide a level playing field for private companies to use Indian space infrastructure and also hand-hold, promote and guide the private industries in space activities through encouraging policies and a friendly regulatory environment. Such a thrust from the Government of India is intended to create investment opportunities for private companies in the Space sector in India.

India is considering proposals for collaborations and cooperation in space research with more countries through joint experiments and creating platforms for inflow of expertise.

FDI Policy

Foreign Direct Investment (FDI) up to 100% is allowed in satellites-establishment and operation, subject to the sectoral guidelines of the Department of Space/ISRO, under the government route.

For more information, visit <https://www.makeinindia.com/sector/space>

CULTURE AND TOURISM

PLACE OF THE MONTH: RAJASTHAN



RAJASTHAN

The Incredible State of India

Rajasthan, the Land of Kings is synonymous to heroism, royalty and honour. Historic tales of battles fought and romance of the riches adorn the walls of the state. Established in the era marked with wartime ballads yet living in the modern period, this beautiful region is a travellers' destination. Come, explore the miscellany of the old and the new in Rajasthan, a glittering jewel of India.



This land is a colourful melange of massive forts, stunning palaces, diverse cultures, delectable cuisines and warm people, set amidst a rugged yet inviting landscape. In Rajasthan you will find every hue in Nature's grand palette - the red sands, the blue of royalty, the pink cities or the amber sunsets. Sights and sounds that will transport you into a folk lore. Music, art and dance is woven into every inch of this land of paradise.



The serial site, situated in the state of Rajasthan, includes six majestic forts in Chittorgarh; Kumbhalgarh; Sawai Madhopur; Jhalawar; Jaipur, and Jaisalmer. The eclectic architecture of the forts, some up to 20 kilometres in circumference, bears testimony to the power of the Rajput princely states that flourished in the region from the 8th to the 18th centuries.



MOUNT ABU, situated at 1,722 metres above sea level amidst the lush green hills on the highest point of the Aravallis range. It was the preferred leisure destination of the ruling royal family long ago. This eye-catching hill station is home to beautiful lakes, waterfalls and green forests. Mount Abu also houses a sanctuary where one can spot animals such as langur, sambar, wild boar and leopards.



Rajasthan is also noted for National Parks and Wildlife Sanctuaries. There are four national park and wildlife sanctuaries named the Keoladeo National Park of Bharatpur, Sariska Tiger Reserve of Alwar, Ranthambore National Park of Sawai Madhopur, and Desert National Park of Jaisalmer. Some wildlife species, which are fast vanishing in other parts of India, are found in the desert.

ART FORMS OF STATE OF RAJASTHAN



The three ethnic communities, Lepcha, Bhutia and Nepalis constitute the folk dances and songs which are an ingrained part of Sikkimese culture. This music and folk dances relate to the beauty of the natural surroundings, depicting the harvest season and are performed for good luck and prosperity. Some of the popular music and folk dances are described below.



Ghoomar Dance- Ghoomar is a traditional folk dance of Rajasthan and also a State Dance. The Ghoomar is an all girl dance. It is popular in the areas that border Rajasthan. It is performed on various festivals like Holi, Gangor Puja and Teej. The beat is Kehrwa and they sing while they dance. The main steps consist of turning round gradually in a circle.



The tie and dye textile work of Rajasthan is as popular as the state itself. The tie and dye fabrics in Rajasthan are as old as 5000 years. It is among the oldest traditions of the state that is still in practice. These Rajasthani fabrics are quite colourful and come in various colour combinations, that are hard to resist. Tourists visiting Rajasthan make it a point to buy these tie and dye fabrics, as a souvenir of their visit.



Phad Paintings- Paintings on cloth portraying the epic lives of the local hero-gods are popularly known as Phad paintings. This style of painting is traditionally done on a long piece of cloth or canvas, known as phad. The narratives of the folk deities of Rajasthan, mostly of Pabuji and Devnarayan are depicted on the phads.



Camel Festival- The camel festival is organised by the Department of Tourism in January every year in Bikaner. Life couldn't have been possible in the harsh desert of Thar if it wasn't for the Camel. This hardy animal helps the locals survive in the desert and to celebrate this "ship of the desert".

CUISINE OF THE MONTH: CHURMA LADOO



By Mrs.
Pallavi Redkar

Ladoos are ball shaped Indian sweet made by shaping a dough like mixture into small balls with palm of your hand. Churma Ladoo is a authentic recipe from Rajasthan. It is one of the most wholesome and delicious Ladoo you could make at home. It is prepared from jaggery, ghee (clarified butter), and coarsely ground whole wheat flour. Churma Ladoo also makes an excellent snack for adults and school going children giving instant energy. Although this recipe takes time and patience to make, the end result is delectable and makes all the effort worth it.

This Rajasthani speciality is made for Lord Ganesha on the festive day.

Prep Time: 20 min

Total Time: 1 Hour

Cook Time: 40 mins

Makes: 10-12 Ladoos

Ingredients:

2 Cups Whole Wheat Flour

2 Cups Jaggery, shredded

1 teaspoon Cardamom

Powder (Elaichi)

2 teaspoons Poppy seeds

1 Cup Ghee

Milk, as required

1/2 teaspoon Nutmeg powder

Ghee, for frying



Method

- ◆ Combine the whole wheat flour and 1/2 cup of the melted ghee and mix well in a large bowl until you get a bread crumb texture. Add little milk at a time and knead to make a stiff dough. Rest this dough covered for 15 minutes. Divide the dough into equal parts and shape the dough in cylinders muthiya (dumplings). You can give any shape but it should not be too thick.
- ◆ Heat ghee (for frying) on low heat. Once it is hot, add muthiyas, few at a time. Fry the muthiya till they are nice light brown. It will take about 5 to 7 minutes. Once you have finished frying all the dumplings, allow them to cool completely.
- ◆ Once cool, crush them in a food processor to form a coarse powder like bread crumbs. Add cardamom powder and nutmeg powder to the mixture and combine well. Churma is ready and keep it aside.
- ◆ Combine the jaggery and the other 1/2 cup of ghee in a small pan on low heat. Once the jaggery melts, turn off the heat.

(Please note: we are heating jaggery just until it melts. Don't cook it)

- ◆ Add the melted Ghee-jaggery in Churma mixture and mix very well with a spoon or spatula. Once the mixture is reasonably soft, grease your hands with ghee and using the palm of your hands roll it into two-inch diameter balls to make the ladoos. Take 2 tablespoon poppy seeds on a plate and roll all the ladoo. This step is optional. Allow the ladoos to set for an hour before serving.
- ◆ You can store the Churma Ladoos in air tight canisters for a couple of weeks. Enjoy with any meal, or as a snack.

YOGA ASANA (POSTURE) OF THE MONTH

By Ms. Manisha Chitnis,
Yoga Therapist



UTTHAN PRISTHASANA

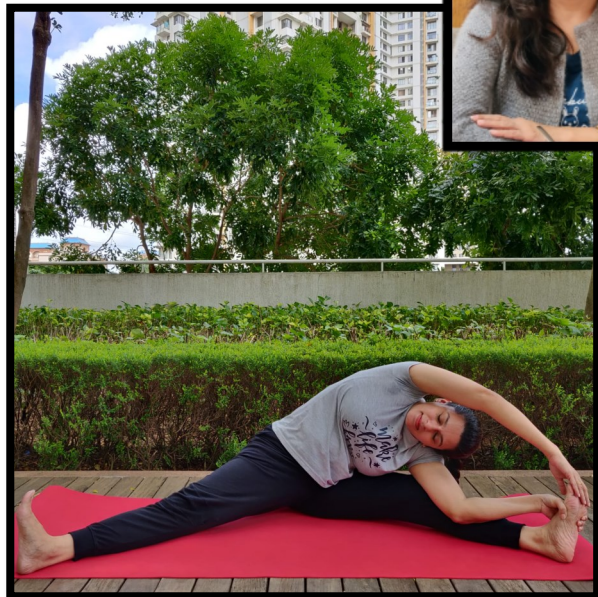
This is Lizard/ Chameleon pose. This Asana is practiced from both the sides, right leg in front and then left leg in front.

Pros

- ◆ Opens the hip, hamstrings, groin and hip flexers.
- ◆ Strengthens the inner thigh muscles on the front leg.

Cons

- ◆ Those having severe arthritis should avoid this posture.
 - ◆ The easy postures should be practiced before trying this Asana.
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PARIVRATTA JANUSHIRASAN

This posture is Revolved Head to knee Pose, when done from both the sides, gives stretch and compression on the waist and torso.

The lumbar area causes stiffness and lower back pain due to lack of stretching. This part of the spine and muscles around it must be stretched daily especially if you sit all day.

Pros

- ◆ Makes the spine, waist and torso flexible.
- ◆ Improves the lungs capacity
- ◆ Reduces the excess fat deposit from waist.
- ◆ Gives stretch on the inner thighs and hamstring

Cons

- ◆ Those who can not sit down on the floor can sit on the chair and do the stretching as per capacity
 - ◆ Those having frozen shoulder should do it carefully.
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Courtesy : https://www.instagram.com/_young.again_/

AYUSH TIPS OF THE MONTH



Recommended Measures for Covid-19-

General Measures

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



Ayurveda that deals with knowledge of life unveils the path to ultimate wellbeing by identifying individual health characteristics and patterns and underscores ways to restore balance to your life.

Treatment through Ayurveda involves adjusting your diet as per your body requirements by adding certain ingredients to recipes while ignoring the rest, energizing the body and mind through yoga followed by meditation for positive thinking.



Ayurveda is one among the seven Ayush systems and is referred to as the science of life. It's based on the principle of health and wellness and believes that health is a state of delicate balance between the mind, body, and spirit. Vata, Pitta and Kapha are the basic physiological units, according to the Ayurveda which govern various functions in the body. Their harmony with other body tissues is responsible for the state of health and disharmony is the cause of ill health. The main aim of Ayurveda is to preserve health while other is treatment of different diseases by maintaining balance and harmony between Dosha, Dhatu, Mala, mind and environment.

ACTIVITIES DURING THE MONTH OF APRIL 2022



World Earth Day was celebrated by the Embassy of India, during ongoing #AzadiKaAmritMahotsav celebrations, with plantation of Neeem, Guava, Gulmohar trees in the embassy premises. Embassy of India in Luanda commits itself to the green earth on the earth day 2022 and encourage all to work in this direction to save our planet.



H.E. Ambassador Pratibha Parkar had fruitful discussions with MiREX team lead by H.E. Ambassador Clemente Camenha, Director, Division of Asia Oceania. Both sides discussed a gamut of issues towards strengthening India-Angola bilateral relations



The week of 140th Birth Anniversary of #DrBRAmbedkar, during the ongoing #AzadiKaAmritMahotsav celebrations in Angola, was culminated on April 16 with events organized for the underprivileged kids of James English School, a voluntary school run by Mr. Tiago in the shanty town of Luanda . The programme included floral tribute to Baba Saheb, a documentary on Dr. Ambedkar, a bollywood movie, a dance workshop conducted by Ms Nandana Shivkumar and Indian food.



TRIBO GLOBAL KUENDA represented Angola in the 35 International #SurajkundMela2022 in India from March 21- April 04,2022. A short video was released yesterday in on official programme in Mediateca Zé Dú by H.E Mrs Pratibha Parkar, Ambassador as part of the " PROMOV ANGOLA POSTIVA" .



H.E. Ambassador Pratibha Parkar met H.E. Minister Antonio Francisco De Assis and discussed enhancement of bilateral ties in the Agriculture and Food processing sector including increased B2B cooperation. The two sides underscored the need for further intensification of the bilateral relationship in the sector and highlighted the immense potential that exists for increased cooperation.

ACTIVITIES DURING THE MONTH OF APRIL 2022



H.E. Ambassador Pratibha Parkar met the Secretary of State for Commerce H.E. Mr Amadeu Leitao Nunes and discussed bilateral cooperation in Trade and Investment and enhancement of B2B cooperation



The bilateral relations between India and Angola gained further momentum with the Formal signing of the three Agreements on Visa Issuance for Diplomatic, Official and Service Passport holders , Memorandum of Understanding between the Ministry of Health of the Republic of the Republic of India and Angola and the Ministry of Health and Wellness Being of the Family Government of India and the Memorandum of Understanding between "Venancio de Moura" Diplomatic Academy, Ministry of Foreign Affairs and Institute of Foreign Services "Sushma Swaraj", Ministry of Foreign Affairs from the Republic of India. H.E Mrs Pratibha Parkar, Ambassador participated in the ceremony on April 08.



Glimpses of cultural collaboration between Indian and Angolan Pavillion in Dubai Expo 2020



H.E Mrs Pratibha Parkar called on H.E Tete Antonio, Foreign Minister on April 07 and held discussions on wide ranging issues of bilateral and multilateral cooperation. The issue of the welfare of Indian nationals in Angola was also taken up during the meeting. She briefed the Minister about the upcoming "Raisina Dialogue" event in New Delhi.

ACTIVITIES DURING THE MONTH OF APRIL 2022



Amb met Secretary of State for Telecom & IT HE Mario Augusto Da Silva Oliveira, and discussed bilateral cooperation with emphasis on the promotion of Trade and Technology



Celebrating #AmritMahotsav, India in Angola organized hiking highlighting the importance of #fitindia



Ambassador Mrs Pratibha Parkar called on H.E Fernando da Piedade Dias Santos, President of the National Assembly of Angola & discussed ways to enhance bilateral cooperation and exchanges between Parliaments of India & Angola.



Indian Embassy celebrated #baisakhi2022 and #InternationalDanceDay on 29 April in Luanda as part of the ongoing #AzadiKaAmritMahotsav celebrations. The event received enthusiastic participation from school kids, dance lovers, diplomatic corps and diaspora. We thank our Angolan friends for participating in the Programme with great fervor.

IMPORTANT EVENTS/ ENGAGEMENTS OF PM IN APRIL 2022



PM interacting with the students, teachers and parents, during the 5th edition of Pariksha Pe Charcha 2022, at Talkatora Stadium, in New Delhi on April 01, 2022.

Talking about examination-related stress with hundreds of students, parents and teachers, PM Modi highlighted that students should not panic in any case before exams.



PM interacting with the President of the United States of America, Mr. Joe Biden, during the India-US virtual summit, in New Delhi on April 11, 2022.

In a virtual interaction with US President Joe Biden this evening, Mr Modi said, the talks are being held at a time when the situation in Ukraine remains worrisome.

PM attends the inaugural session of Raisina Dialogue 2022, in New Delhi on April 25, 2022.



European Commission President, Ms. Ursula Von Der Leyen asserts strengthening partnership with India is priority in upcoming decade

PM addressing at the inauguration of the Global Patidar Business Summit (GPBS), via video conferencing, in New Delhi on April 29, 2022. The main theme of GPBS-2022 is Aatmanirbhar Community to Aatmanirbhar Gujarat and India.



The Summit aims to bring together small, medium and large enterprises within the community; nurture and support new entrepreneurs and provide training and employment assistance to the educated youth.

UPCOMING EVENTS

B2B Conference titled 'India - The medical tourism destination for Angolans'

Date and Time: 26th May, 2022 (Thursday) (1500-1630 hrs Indian Time) / (1030-1200 hrs Angola time), in Phygital Format

Objectives: To explore the vast potential towards increasing cooperation in Health Sector; To promote medical tourism- India major global hub with specialist doctors, trained nurses, top notch medical facilities, diagnostic equipments and high class services; Knowledge about Health package offered by Indian hospitals for Angolans, as per medical requirements for Angolans; Prominent hospitals from India and Angola on panel of speakers.

For any query, contact Mr. Joaquim Dassala, Tel: +244 923431888, Email: com.luanda@mea.gov.in.

16th INDIAN FASHION JEWELLERY & ACCESSORIES SHOW - IFJAS 2022 AT INDIA EXPO CENTRE & MART, GREATER NOIDA, DELHI -NCR FROM 20 - 22 JUNE 2022

WebBanner: <https://ifjas.in/web-banner>

The EPCH is organizing the 16th edition of Indian Fashion Jewellery & Accessories Show – IFJAS from 20 – 22 June 2022 at the India Expo Centre & Mart in person, as physical exhibitions offer touch and feel of the products is an important criteria for selection and placing orders in the handicrafts trade. The pre-registered buyer's visiting the 16th IFJAS 2022 will be eligible for the Air-Travel Assistance and Hotel Accommodation as per the MAI guidelines. Please register at <https://ifjas.in/register>

The Livestock & Agri Expo

Pixie Expomedia in collaboration with Infinity Expo is organizing The Livestock & Agri Expo, the most comprehensive gathering of Dairy, Poultry, Aquaculture and Grain professionals in the country from 3-5 August 2022 at India Expocentre Greater Noida. The Event is designed to help the product, services and technology supplier to reach out to the burgeoning demand in India.

For more details, reach out to <https://drive.google.com/file/d/1xEiCqB6e4eDgfqIT-VEA-c44e7i7zeB9/view?usp=sharing> or contact siddhi@pixie.co.in

QUESTION OF THE MONTH

Which of these is known as the Blue City?

- A. Indore
- B. Jodhpur
- C. Jaipur
- D. Surat

Answer of the last month quiz: B. RK Shanmukham Chetty
