





BHARATDARSHAN

MONTHLY NEWSLETTER BY EMBASSY OF INDIA, LUANDA





JUNE 2022

Yoga for Harmony & Peace

EMBASSY OF INDIA, LUANDA



NEWSLETTER EDITION 23

From the Desk of the Ambassador

Dear readers,

It gives me pleasure to present the 23rd edition of newsletter 'Bharat Darshan' for the month of June 2022. The month of June was the month of Yoga. As you all are aware that in December 2014 the United Nations adopted a resolution declaring 21st June as the International Day of Yoga. Our embassies and consulates all over the world organize several events in cooperation with the local partners to commemorate the international day of Yoga. The Indian embassy in Luanda also organized a befitting event on 18th June at the beautiful and iconic location 'Marginal Bay', in the capital city Luanda with participation of around 200 Yoga enthusiasts which included Diplomatic corps, UN Resident Coordinator, Representatives of Int'l Organisations, Indians in Angola, Friends of India and local Angolans. Regular Yoga Classes every week are also being conducted at the Chancery. In the series of prelude to IDY 2022 celebrations, common Yoga protocol session were conducted on Full Moon Day. The full moon day of Vaishakh month of ancient Indian calendar has a special significance as the founder of the Buddhism, Gautam Buddha was born on that day. We thank Mrs Pallavi Redkar for providing us the recipe of Himalayan noodle soup 'Til Burfi'. We have provided information on two yogasana 'ArdhaKapotasan' & 'Bhushirasan' 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



Rozgar Atmanirbhar Bharat Yojana scheme's job target surpassed by 28%

7.51 million jobs were created by 0.31 million establishments under the scheme, compared to the initial target of 5.85 million. The Atmanirbhar Bharat Rozgar Yojana (ABRY) scheme was launched in 2020. The government has allocated INR 22,810 crore for the scheme to be spent till 2024. The total number of new enrolments under the EPFO in FY22 was the highest at 12.2 million. The ABRY scheme assisted in keeping formal employment creation similar to pre-pandemic levels.

Last year, gems and jewellery exports stood at US\$ 2.89 billion. Gold jewellery exports in May 2022 grew by 50.11% to US\$ 681.47 million. Cut and Polished Diamonds (CPD) grew by 10.04% to US\$ 2,089.17 million. Coloured gemstone exports grew by 106.91% to US\$ 75.99 million. Polished lab-grown diamonds witnessed a growth of 105.58% to US\$ 325.45 million.



Gems and jewellery exports see 20% growth in May



Indian startups ramp up hiring of women in product & tech roles

Startups across industries are determined to increase the number of women hired through various initiatives, with a focus on creating a more inclusive culture to effectively retain female talent. Some of the initiatives taken by startups include setting up a task force to push for female representation. Requesting talent acquisition teams to focus on a 50-50 gender ratio while sourcing candidates is another initiative. As per a Nasscom report, women constitute 35% of India's technology sector. Driving success stories of women leaders in tech and product roles will greatly enhance the retention activities for women.

The rise in rank was largely attributed to improvement in the country's economic gains. India's economic performance rank jumped from 37th to 28th. The country's domestic economy has experienced a rise from 30th to 9th position in a year. Management practices, business attitudes, and values also made major leaps in ranks. Five aspects make India's economy an attractive destination for business.



India reaches 37th rank on the World Competitiveness Index



Service Sector PMI at 11-year high

Healthy growth in contact-intensive services had boosted overall supply-side growth in Q4, FY23. The country's Purchasing Manager's Index (PMI) for service sector activity increased to 58.9 in May. The PMI in April was 57.9. Services such as trade, hotels, transport, etc are growing at 5.3% on the year. The financial, real estate and professional services witnessed a growth of 4.2% in FY22

INDIAN ECONOMY

Investment opportunities in Indian Aviation, flying high



Under three rounds of bidding of RCS- UDAN 106 airports/waterdromes and 31 heliports have been awarded. Out of these 44 RCS airports have been operationalized as on 24th Jan 2020. Also total 248 RCS routes have commenced so far.

The number of PPP airports is likely to increase from five in 2014 to 24 in



The union government announced Drone Shakti in the Budget 2022 with the aim of facilitating and promoting drones as a service through startups.

A rising proportion of middle-income households, healthy competition amongst Low-Cost Carriers, infrastructure buildup at leading airports and supportive policy framework has given a positive push to the aviation sector

In 2010, 79 mn people traveled to/from/or within India. By 2017 that doubled to 158 mn, and this number is expected to treble to 520 mn by 2037. With the air passenger traffic projected to increase, the Indian aviation industry is on a high-growth path. India witnessed double digit growth in domestic air cargo of 12.1% in 2018-19 over 2017-18. Total cargo handled reached 3.56MMT.

To satisfy the current and projected rise in demand for commercial air travel, Indian airlines have placed large orders for aircraft. The nation's airplane fleet is projected to quadruple in size to approximately 2500 airplanes by 2038.

Currently, the country has 130 operational airports including 29 international, 91 domestic, and 10 custom airports. To meet the growing demand for air travel in India, it has become imperative to increase the capacity of airport infrastructure.

To augment the airport infrastructure the government aims to develop 100 airports by 2024 (under the UDAN Scheme) and expects to invest \$1.83 bn in the development of airport infrastructure by 2026.

The projected upsurge in air travel in India would require more aircraft usage, thus, in turn, igniting the demand for Maintenance, Repair & Overhaul (MRO) services. The Indian Civil Aviation MRO market, at present, stands at around \$900 mn and is anticipated to grow to \$4.33 bn by 2025 increasing at a CAGR of about 14-15%.

The Indian drone industry will have a total turnover of up to US\$ 1.8 billion by 2026 as the government has given a major boost to the sector with the PLI scheme and the liberalised.

Airports Authority of India (AAI) has awarded 948 routes, from which, 405 routes involving 65 airports including eight heliports and two water aerodromes have been operationalised under UDAN as of 9 March 2022.

The number of airports, helipads and water aerodromes was only 74 prior to 2014-15. As on date the number has gone up to 140 and is targeted to increase to 220 by 2024-25.

CULTURE AND TOURISM

PLACE OF THE MONTH: JHARKHAND



Jharkhand ("The land of forest") is a state in eastern India, created on 15 November 2000, from what was previously the southern half of Bihar. The city of Ranchi is its capital and Dumka its sub capital. The state is known for its waterfalls, hills and holy places: Baidyanath Dham, Parasnath and Rajrappa are major religious sites.



The State of Jharkhand is blessed with immense bio-diversity, moderate climate, rich cultural and historical heritage, religious places of worship and ethnic aspects to make the State the ultimate destination for tourists. The lush green forests, rivers and waterfalls of this primeval land are home to many kinds of spectacular flora and fauna. Age-old tribes are the main inhabit of this wonderful land, the state is also a hubs of industry, commerce and education.



Return to the lap of nature, to be one with the calmness and peace that surrounds the many deep, lush forests of Jharkhand. You should never miss the opportunity to spend some time enjoying the silence of these jungles and dams of the state of Jharkhand.



The Dalma Wildlife Sanctuary located on the ranges of Dalma Hills, is around 13 kms from Jamshedpur and covering area of 195 square kilometers. Wild animals including elephant, barking deer, sloth beer and Sahil can be easily sighted in their natural habitat. Both Tata Steel and the Forest Department run guesthouses at the top of the hill. There is also a temple of Shiva atop the hill, where devotees offer prayers during Shivaratri.



Panchghagh Falls, made of five streams of River Banai, is a scenic and picturesque stopover. Though the water does not fall from a height, the roaring can be heard as one nears it because all the five streams hit the rocks turbulently. The best time to visit the waterfalls is during monsoon and winter season when it falls in all its glory. Head to the watchtower to get beautiful panoramic views of the surrounding area.

ART FORMS OF STATE OF JHARKHAND



Jharkhand is the Repository of one of India's Richest Ethnic Cultures. It comprises over thirty-two tribal groups (28% of the total population of the state), including Banjara, Bihor, Chero, Gond, Ho, Khond etc., and the cross-cultural influences of local non-tribal communities and successive waves of Buddhism and Jainism and reign of other emperors left their impression on the culture of the region. 10,000 to 30,000 years old rock paintings, paintings in huge caves in the Sati hills and other indicators of ancient, even prehistoric, human settlements are found in profusion.



The traditional dance forms of Jharkhand and its surrounding areas depict warrior-like movements of battles fought in ancient times, animal and bird behavior. The dances depict different emotions like joy, sorrow & anger. The dancers convey these emotions beautifully through these dances. Some of the popular dance forms are: Chhau, Santhal, Karma.



Jharkhand is rich in traditional tribal artifacts. Local artifacts made of bamboo, wood products, toys and metal craft and pottery is much appreciated & make for a good buy. The traditional 'Paitkar' paintings, tribal ornaments, masks and baskets and stone carvings are difficult to find in markets now-a-days, but if you enquire from the local people, they may be found.



Sohrai art form has been named after the harvest festival that starts around Diwali. During harvest, the women of the house clean their houses and walls and paint murals of Sohrai arts. Sohari depicts the crop cycle, and Khovar, or finger painting, depicts marriage and is traditionally made for weddings.



'Paitkar' is the traditional painting of village Amadubi, situated in the Eastern part of Jharkhand, an art form from ancient times. The Paitkar artists make the palm leaves as the base of the art and the brushes are made from the hair of squirrel and goat. These paintings have been long used in for storytelling and in socio-religious customs.

CUISINE: TIL BURFI



By Mrs. Pallavi Redkar

Though cuisines of Jharkhand are similar to its neighboring state, Bihar, their different cooking style makes them truly exquisite and unique. Since almost 75 percent of Jharkhand population lives in rural areas, the food consumed in the state is very rustic, simple, and earthy. However, the simplicity of the dishes doesn't take away the fact that they are always brimming with flavor and richness. Til Burfi is one of those yummy desserts which is exclusively prepared during the Makar Sankranti. Since it is so loved by the locals, it is prepared on other occasions too. State of Jharkhand takes great pride in Til Barfi as one of its most scrumptious and nutritive delicacies. After getting a taste of this succulent delicacy, you won't be able to resist it.

Prep Time: 10 mins

Cook Time: 10 mins

Set Time: 30 mins

Total Time: 50 mins

Makes: 4 Servings

Ingredients:



1 Cup Sesame Seeds

1 Cup Jaggery

3/4 Cup Khoya/Mawa

2 tsp Ghee /Clarified butter

2-3 tsp Water

Chopped nuts for garnishing

Method

Start with roasting the sesame seeds. Place the pan on a flame to heat and then add sesame seeds to it. Keep stirring until the seeds are slightly roasted and there is change in color. It takes 2 to 3 minutes to roast the sesame seeds. If the sesame seeds are over roasted, they can turn bitter in taste. When the seeds turn puffy, transfer them to a plate. After sauteing the sesame seeds, add 1 tsp Ghee in the pan and let it melt. Once the ghee melts, add the Khoya/Mawa and sauté till it appears to be of a uniform consistency and looks slightly fried. Transfer roasted Khoya in another plate. Melt remaining desi ghee in same pan. Then melt jaggery, add 2-3 tsp water. Boil jaggery till it forms a syrup. Cook till the syrup starts to bubble. At this stage add in Khoya, mix it well. Then, add roasted sesame seeds and combine everything well till it becomes solid mass. To set the burfi, grease a plate or a tray with some ghee. Now transfer the burfi mixture to set. Sprinkle finely chopped nuts over the burfi to garnish. Allow to set for 30 minutes or until firm. Cut into desired shape and store in airtight container. Tempting and super delicious Til burfi is ready.

YOGA ASANA (POSTURE) OF THE MONTH

By Ms. Manisha Chitnis, Yoga Therapist





This is called half Pigeon pose. Stress relieving posture. It is with both sides, right leg in front and then left leg in front.

Pros:

- Relieves the stress and anxiety.
- This asana stretches and strengthens the spine, groin, hip flaxors, thighs and hamstrings.
- Increases flexibility
- Stimulates the abdominal and reproductive organs.

Cons:

- Those having injured knee or hip should go very slow in this asana. Incase there is pain pls avoid this asana.



BHUSHIRASAN

This is preparatory posture for Shirsasan.

Pros:

- All the sensory organs and their controlling centers in the brain are activated.
- Improves the functional capacity of the Pineal gland and the Pituitary gland.
- There is a condition called Neurasthenia marked by fatigue, excessive sleep. It can be countered with the regular practice of this Asana.
- Improves the functioning of the digestive system, excretory system, respiratory system and nervous system
- Regular practice of this Asana is a preventive and curative measure for piles.
- Displacement or sagging of the abdominal organs can be countered with the practice of this Asana.

Cons:

- If there is any problem in the spinal column, injury, slipped disc, spondylitis, spondylosis this Asana should not be performed.
- Those having high blood pressure, cardiac problems, Vertigo, lung congestion should not perform this asana.
- Pregnant ladies should avoid this asana.
- If there is any kind of inflammation in the upper part of the body, for example - headache, ear pain nose block, eye pain, weak eye capillaries, toothache, throat infection then one should avoid Bhushirasana on those days.

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

AYUSH TIPS OF THE MONTH



Amalaki Panaka—A welcome drink can also be healthy. Amalaki Panaka is a traditional drink which is easy to make, tasty and confers upon numerous health benefits! It is a rich source of calcium, potassium, vitamin C, B complex and antioxidants. It is good for osteoarthritis, atherosclerosis, anemia, peptic ulcer, urinary tract infection, dysentery and high blood pressure.



Kharjuradi Mantha—It is important to satiate taste buds and also to maintain health. Kharjuradi Mantha is the perfect drink to boost the energy levels after a tiring day at work. It works as an energy booster for compromised digestive health, dehydration or fatigue. It is rich in iron and electrolytes such as potassium, magnesium and calcium. Being rich in fibre content, it also helps treat colitis and hemorrhoids.



Amla- It is an excellent source of Vitamin C. It helps to enhance immunity, metabolism and prevents infections, including cold & cough. It is also useful in peptic disorders and anemia.



Tiryaq-e-Arba is a popular Unani formulation known for its Dafae Sumoom (antidote) and Dafae Tashannuj (antispasmodic) properties. It detoxifies the body and strengthens the functioning of the heart and the brain. It promotes good health when taken regularly.

ACTIVITIES DURING THE MONTH OF JUNE 2022



Ambassador Mrs. Pratibha Parkar had a fruitful discussion with H.E Domingos Vieira Lopes, Secretary of State for International Cooperation on bilateral & multilateral issues.



Ambassador met Dr. Arnaldo Manuel Carlos, the General Commander, National Police of Angola and had wide ranging discussions on issues of safety & wellbeing of Indian nationals residing in Angola.



Amid ongoing #AzadiKaAmritMahotsav, Embassy of India celebrated #WorldEnvironmentDay2022 in partnership with Mediateca Zé Dú in Luanda to show our commitment towards a green and pollution free world. H.E Mrs Pratibha Parkar planted a tree sapling on the occasion and encouraged people to adopt Environment friendly practices towards #savetheplanet #SaveSoil #OnlyOneEarth #pollutionfree world. The winners of the Essay competition were awarded on the occasion.



Amb. hosted an India- Angola Global Partnership meet & updated on the developments in the Indian Economy. Amb also encouraged physical participation of a Govt-cum-Business delegation to the 17th CII Exim Bank Conclave being held in Delhi on 19-20 July. Representatives from M/o Commerce, Finance, MiREX, Economy, Commerce Chambers & prominent business CEOs attended the event.



During ongoing #AzadiKaAmritMahotsav celebrations in Angola, Embassy of India, on 25 June, 2022, collaborated with the Mediateca Zé Dú and Professional Training Center Profocel, during an educational-cum-cultural event by donating food material and beverages. The main objective of the event was to foster interaction and creativity among the English learning children who speaks and love English language.

YOGA DAY CELEBRATIONS IN ANGOLA









The 8th International Day of Yoga (IDY) was celebrated in Angola with the theme, "Yoga for Humanity" on Saturday, June 18, 2022 at the beautiful and iconic location 'Marginal Bay', in the capital city Luanda. The event witnessed fervor & enthusiasm with participation of around 200 Yoga enthusiasts which included Diplomatic corps, UN Resident Coordinator, Representatives of Int'l Organisations, Indians in Angola, Friends of India and local Angolans. During the event, Ambassador Mrs. Pratibha Parkar highlighted the benefits of the ancient practice of Yoga and stressed upon the increased importance of Yoga for attaining peace and for the future of humanity in our stressful lives today. Ambassador called upon all participants to practice Yoga on a regular basis and imbibe it as a part of their lives. The event started with the lighting of lamp by Ambassador and UN Resident Coordinator to Angola, Ms. Zahira Virani, followed by a Cultural Yoga performance - a fusion of Yoga and Indian Culture, Exercises with the Common Yoga Protocol, and Pranayam. The performances and exercises were led by local Yoga teachers Mr. Alberto Villar, Mr. Hamilton Sousa and Dance teacher Ms Nandana Shivakumar.





In the run-up to IDY 2022 celebrations, a curtain raiser event for the 8th International Day of Yoga was organized by the Embassy on 22nd May 2022. Ambassador Mrs. Pratibha Parkar along with Embassy officials and Friends of India followed the session in person at Embassy. In the series of prelude to IDY 2022 celebrations, common Yoga protocol sessions were conducted. Regular Yoga Classes every week are also being conducted at the Chancery.

IMPORTANT EVENTS/ENGAGEMENTS OF PM IN JUNE 2022



PM addressing at the Rotary International World Convention, in New Delhi on June 05, 2022.

Calling the Rotarians a 'true mix of success and service', the Prime Minister said that "every Rotary gathering of this scale is like a mini-global assembly. There is diversity and vibrancy. "



PM addressing at the launch of the Lifestyle for the Environment (LiFE) movement, in New Delhi on June 05, 2022.

The launch will initiate 'LiFE Global Call for Papers' inviting ideas and suggestions from academics, universities & research institutions etc to influence and persuade individuals, communities and organisations across the world to adopt an environment-conscious lifestyle.

PM with the Special ASEAN-**India Foreign Ministers Meeting** to commemorate 30 years of **ASEAN-India Dialogue Relations** in New Delhi on June 16, 2022.



The Ministers reviewed the status of ASEAN-India Partnership and set out the path for the coming decade.

Prime Minister Shri Narendra Modi virtually addressing at the 14th BRICS Summit, in New Delhi on June 24, 2022. PM stressed that mutual cooperation among BRICS member countries can make a useful contribution in the global post-covid recovery.



He said, the side effects of the Covid pandemic have come down but its effects are still visible on the global economy.

UPCOMING EVENTS

17th EXIM Bank Conclave on India Africa Growth **Partnership Creating Shared Futures (19 – 20 July 2022: Taj Palace Hotel, New Delhi in Hybrid Format)**

Confederation of Indian Industry (CII) in partnership with Ministry of External Affairs and Ministry of Commerce & Industry, Government of India, is organizing the 17th edition of CII-EXIM Bank Conclave on India - Africa Growth Partnership on 19 – 20 July at Taj Palace Hotel in New Delhi. The upcoming edition will focus on project exports, trade, investments, exchange of knowledge and expertise creating shared value for business and industry at large between India and Africa. Registrations for the Conclave will begin from 15 June 2022 at www.ciieximafricaconclave.com.

KHILONA-2022 (INDIA TOYS & GAMES FAIR) & INDIA GI FAIR-2022

Date : 26-28 AUGUST.2022

Venue: INDIA EXPO CENTRE & MART, GREATER NOIDA, DELHI NCR

Keeping in view the focus on Toys industry and Geographical Indication (GI) tagged products, the Export Promotion Council for Handicrafts is organising parallel shows i.e. KHILONA -2022 (India Toys & Games Fair) and India GI Fair-2022 from 26-28 August, 2022 at India Expo Centre & Mart, Greater Noida, Uttar Pradesh.

Interested buyers and importers may register at "www.indiatoyfair.in" and "www.gifairindia.in". For more info visit https://www.indiatoyfair.in/home

54th edition of IHGF Delhi Fair (Autumn) 2022 14 – 18 October 2022 at India Expo Centre & Mart, Greater Noida, Delhi NCR.

Web banners	https://ihgfdelhifair.in/web-banner.html
Emailer/EDM	https://ihgfdelhifair.in/emailer.html
Press Note	https://ihgfdelhifair.in/assets/pdf/54th IHGF Delhi Fair-Autumn-2022.pdf

Interested buyers and importers may register at www.ihgfdelhifair.in/register For any queries, kindly write at visitors@ihgfdelhifair.in

QUESTION OF THE MONTH

Jharkhand is bordered by the State of Bihar to the	
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- **East** A.
- B. West
- North C.
- D. South

Answer of the last month quiz: B. Mt. Khangchendzonga

MESSAGE FROM EAM ON PASSPORT SEVA DIVAS 2022

विदेश मंत्री भारत



Minister of External Affairs India



MESSAGE

It gives me great pleasure to join all our Passport Issuing Authorities in India and abroad on the occasion of the Passport Seva Divas 2022. The Ministry of External Affairs, along with the Central Passport Organization, has been marking this occasion and renewing our commitment to provide passport and passport-related services to citizens of India in a timely, reliable, accessible, transparent and efficient manner.

I am happy to note that passport services were rendered with the same vigor and enthusiasm even during the testing times of the Covid-19 pandemic, and the Ministry rose to the occasion to meet the increased demand for passport services built up due to two and half years of the pandemic, and dealt it swiftly with an impressive monthly average of 9.0 lakhs, with 4.50 lakhs additional applications granted in the last one month, thus setting a record.

As we commemorate the Passport Seva Divas on 24th June this year, we continue our commitment to deliver the next level of citizen experience. Looking back, I am glad that we have been very successful in simplification of the passport rules and procedures for the citizens. To further smoothen the passport delivery ecosystem, the Ministry is continuously working with States/UTs police to reduce the time taken for police verification: the mPassport Police App is now used in 22 States/ UTs covering 8275 Police Stations. The Passport Seva System has also been integrated with DigiLocker system to facilitate paperless documentation process. The Ministry in collaboration with Department of Posts operationalized 428 Post Office Passport Seva Kendras (POPSKs) to reach out to our citizens at their doorsteps. The Ministry has successfully integrated the passport issuance systems in 178 of our Embassies and Consulates abroad. This has enabled us to deliver passport related services to the Diaspora efficiently through a centralized and secure application.

Recognizing the need to continually improve the quality of passport services, the Passport Seva Programme (PSP) will be embarking on PSP V2.0, an improved and upgraded version of P SP V1.0, which would ensure a digital ecosystem among all stakeholders and offer enhanced passport services to citizens. It would ensure smooth governance end-to-end through standardized and liberalized processes, use of latest and emerging technologies like Artificial Intelligence, Chat-Bot, Use of Big-Data, Advance Analytics etc. The Ministry is also working to roll out ePassports for Indian citizens which would make easier international travel and enable protection against identity theft and greater data security.

In closing, I would like to emphasize on the word 'Seva' as contained in the 'Passport Seva Programme', which aptly summarizes what we are doing today and where we intend to go further tomorrow.

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