



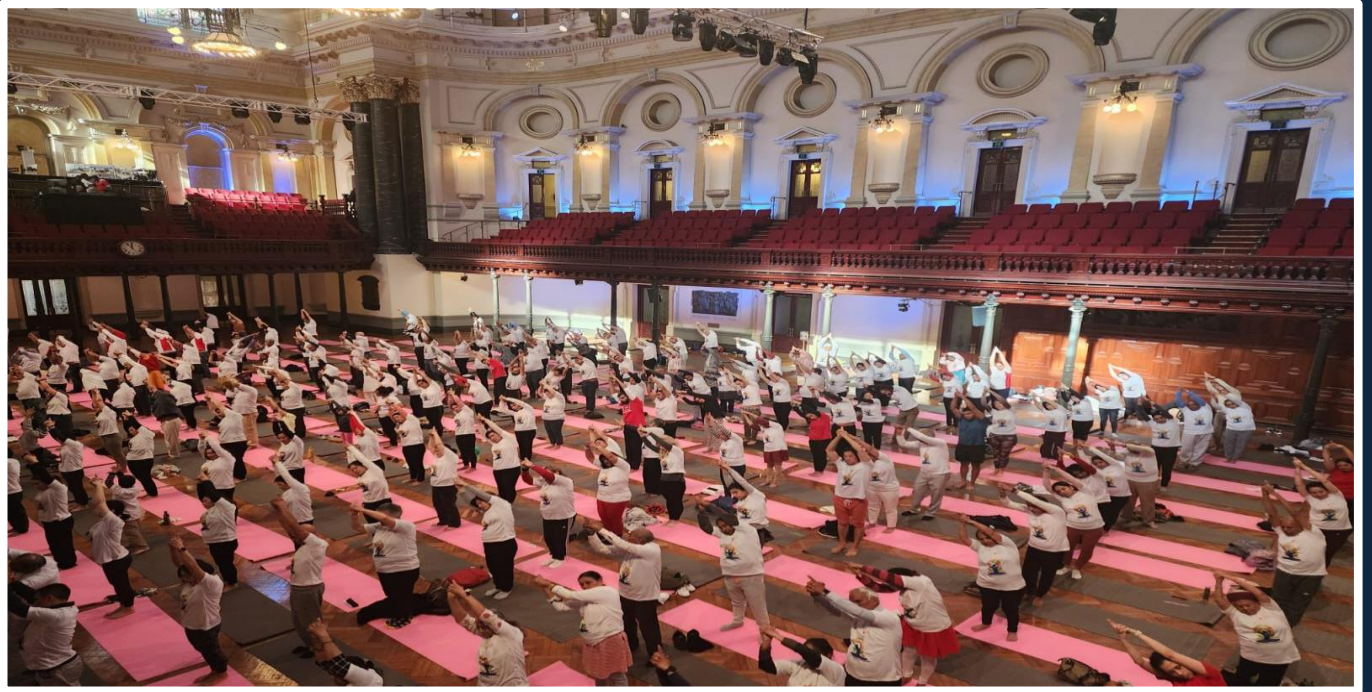
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भारतीय सांस्कृतिक संबंध परिषद
Indian Council For Cultural Relations



Swami Vivekananda Cultural Centre, Sydney
स्वामी विवेकानंद सांस्कृतिक केंद्र, सिडनी

ICCR in Australia Newsletter Swami Vivekananda Cultural Centre June 2024



Celebrations of International Day of Yoga 2024 at Sydney Town Hall

I. Director's Desk

Namaste and Greetings from the Swami Vivekananda Cultural Centre.

International Day of Yoga is celebrated annually on 21 June around the world. Our theme this year from the Ministry of Ayush was 'Yoga for Self and Society'. Along with our amazing partners we organised over twenty events in Sydney and Adelaide including at the Parliament of NSW, Town Hall, Paramatta Square and many other venues that enabled everyone across the city to participate and enjoy not just the physical, but also the mental and spiritual benefits of yoga.

We have a major event on 15 August in Sydney to celebrate Independence Day. To know more about events, please connect with us 'ICCR in Australia' on Facebook and Twitter.

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II. Activities



The Consulate General of India and the Swami Vivekananda Cultural Centre hosted the 'International Day of Yoga 2024 Curtain Raiser' at the Centre. The event was aimed at making an official announcement of the commencement of International Day of Yoga 2024 and enhancing awareness about the numerous activities that were to be held for IDY 2024 in Sydney and Adelaide.



The session comprised breathing exercises, guided meditation and yoga postures. Ms. Madhu from Yoga in Daily Life conducted a meditation session while Dr. Amit Sharma guided about yogic postures and their benefits in day-to-day life.

IDY Curtain Raiser 2024

In association with YIMIRI Foundation, we organised IDY 2024 celebrations at Station Street Hall, West Ryde and Ryde Secondary College. Councillor Penelope Pederson and Director SVCC were present for the IDY 2024 held at Ryde Secondary College. We also collaborated with Yimiri Foundation to organise IDY 2024 in Townsville, Queensland.

IDY 2024 with YIMIRI Foundation



in collaboration with the Brahma Kumaris Australia, we celebrated International Day of Yoga at Five Dock, Sydney on 22 June 2024. The event was focused on Raja yoga meditation. Head of Chancery Mr. Nirav Sutariya was the guest of honour.

Raja yoga Session with Brahma Kumari Australia

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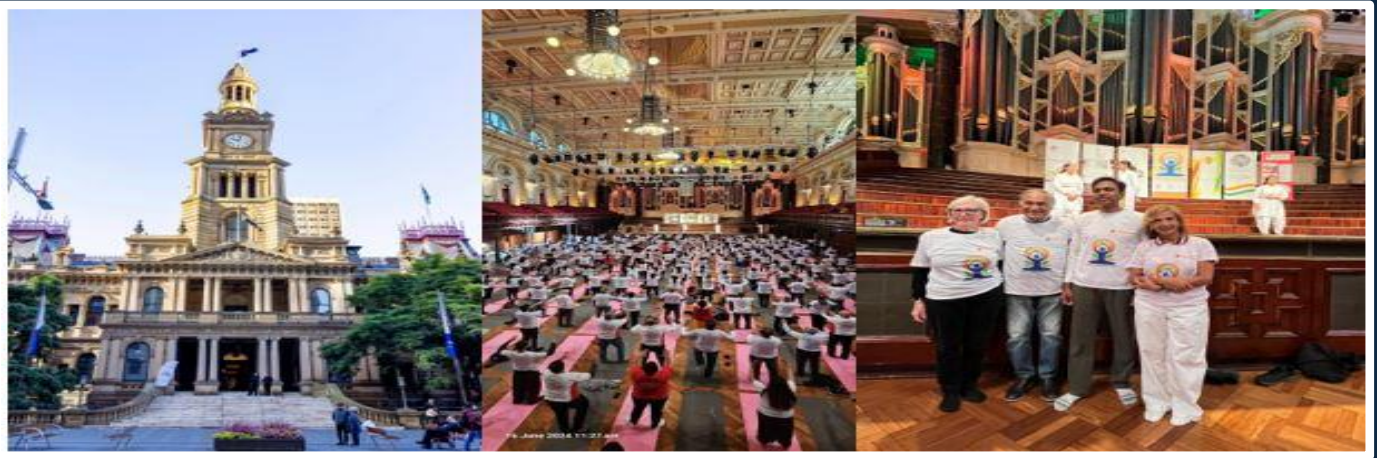
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The Consulate General of India Sydney and the Swami Vivekananda Cultural Centre in collaboration with the Shrimad Rajchandra Mission Dharampur Australia (SRMD) celebrated International Day of Yoga 2024 at the beautiful Town Hall in Sydney. The event comprised of asanas, pranayama and concluded with guided meditation. The session was led by Dr. Bijal Ghelani and other yoga experts from the SRMD. The event received an overwhelming response as approximately 300 community members were present for the event. Local Councillor Barbara Ward, Councillor Noel D'Souza and other dignitaries were present for the event to grace the occasion.

IDY 2024 at Town Hall



We also celebrated it at the Parliament of New South Wales on 20 June 2024. The event focussed on chair Yoga and basic stretching during working hours in daily life. Member of Parliament Karishma Kaliyanda, Councillor Sameer Pandey, Councillor Barbara Ward and Member of Legislative Assembly, Mr. Warren Kirby were among the guests of honour.

IDY 2024 celebrations at the NSW Parliament



आधुनिक जीवन में योगिक जीवनशैली
YOGIC LIVING TODAY
Integrate ancient wisdom in daily life

In association with SRMD and IABBV, we also organised a Symposium called 'Yogic Living Today'. The session was guided by Atmarpit Maulikji who shared the practical ways to integrate the timeless principles of yoga and holistic wellness into modern routines.

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On the official International Day of Yoga 2024, the Consulate General of India and the Swami Vivekananda Cultural Centre in collaboration with Hindu Council Australia (Sydney) and SRMD celebrated the International Day of Yoga at Parramatta Square. The event was open to people from all walks of life. The IDY celebrations at Parramatta Square witnessed over 250 community members. Member of the Australian House of Representatives, Dr Andrew Charlton and Councillor Sameer Pandey were present attended the event. Consul General Dr. S. Janakiraman addressed the gathering and felicitated Atmarpit Maulikji.



Parramatta Square – IDY celebrations

In collaboration with the Australasian Association of Ayurveda and Mita Wellness & Meditation, we celebrated International Day of Yoga at the Ponds in greater Sydney region. Around 200 community members were present for the event. Consul Mr. B. K. Anand, Councillor Sameer Pandey and Councillor Moninder Singh were present.



International Day of Yoga at The Ponds



With Nirup Cultural Tours, we organized two IDY 2024 in Narrabeen including at the Tramshed Community Art Centre. The event included meditation and breathing exercises.

Yoga at Tramshed

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The Consulate General of India and the Swami Vivekananda Cultural Centre in association with Art of Living Sydney arranged IDY 2024 at the iconic St. Mary's Cathedral. Due to the torrential rain, at very short notice, we had to change venues and hosted it at the Swami Vivekananda Cultural Centre. In spite of the weather, the event received a tremendous response with over 125 yoga participants attending the event to embrace the moment. Director SVCC was present for the event as the guest of honour. Sr. yoga teacher Ms. Megan guided the yoga session while an internationally acclaimed yoga teacher of Art of Living Ms. Beatriz conducted yoganidra and guided meditation.

IDY celebrations with Art of Living Sydney



In collaboration with Heartfulness Australia, we organised IDY celebrations at Bondi Pavilion on 22 June 2024. The event was graced by the presence of Ms. Paula Masselos- Mayor of Waverly Council, Dr. Marjorie O'Neill MP: Member for Coogee and Mr. Ramneek Singh (vice-consul). Around 80 community members were present for the event.

IDY with Heartfulness Australia at the Bondi pavilion

With Southern Cross University, we hosted a yoga event on the Maurie Ryan Oval at the Lismore campus to celebrate International Day of Yoga. The class was run by two experienced local yoga teachers, Laura Shaz and Kathrina de Silva. The welcome address was by Associate Professor Romy Lauche who is one of the most cited yoga researchers worldwide. Attendees shared a light but nutritious meal after the class, prepared by local Indian community member.

Yoga at Southern Cross University, Lismore Campus



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The Consulate General of India Sydney and Swami Vivekananda Cultural Centre in association with Art of Living Sydney, Harman Foundation, and Sri Om Care Foundation organised the IDY festival for senior citizens on 26 and 27 June 2024 at the Glenwood Community Hub Blacktown City Council. The sessions were designed to promote physical health, mental well-being, and social interaction among the elderly. Member of Legislative Assembly Mr. Warren Kirby and Councillor Moninder Singh were present.



Yoga for Seniors



In association with Art of Living Adelaide, we celebrated the IDY 2024 session at the North Adelaide Community Center.

Yoga with Art of Living Adelaide

Vibrant celebration of the International Day of Yoga were held at the BAPS Shri Swaminarayan Mandir in Adelaide. The event was a collaborative effort between the Consulate General of India and the Swami Vivekananda Cultural Centre, Sydney and BAPS Adelaide.

IDY in Adelaide at BAPS Shri Swaminarayan Mandir



The Consulate General of India Sydney and the Swami Vivekananda Cultural Centre in association with Shrimad Rajchandra Mission Dharampur Adelaide celebrated the IDY 2024 session at the Goodwood Community Centre in Adelaide.

IDY celebrations with SRMD Adelaide

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III. Invites

2024 Sanskrit Recitation Competition was held by John Colet School. The competition includes verses and chapters from Gita. Director SVCC was present as the guest of honour.

Sanskrit Recitation Competition by John Colet School



Director SVCC was invited as a guest of honour for Arangetram of emerging artists from Sydney Ms. Sajna Shah and Ms. Prisha Patel from Nrityam Institute of Performing Art.

Arangetram by the Nrityam Institute of Performing Art

The Head of Chancery and Director SVCC was invited as the guest of honour for the International Gujarati Film Festival organised by Cloud 9 Creations Events and Entertainment at the Sydney Opera House. The 'Chhello Show', a Gujarati film was India's official entry to the Oscars 2023 was shown at its opening.

International Gujarati Film festival



Director SVCC was invited to the "Global Empower Her" event at NSW Parliament on 21 June 2024.

'Global EmpowerHer' at NSW parliament

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IV. Upcoming Events

Consulate General of India Sydney and Swami Vivekananda Cultural Centre announced a 'Talent Show' of Indian Performing Arts to encourage established, emerging and budding artists across different cultural genres in New South Wales and South Australia. The competitions will be held in July 2024.

Talent Show of Indian Performing Art

Consulate General of India Sydney & Swami Vivekananda Cultural Centre (SVCC) proudly announces

Talent Show of Indian Performing Arts

CGI Sydney and SVCC encourage you to send your entries to participate in the following genres:

- Indian Classical Dance (Solo) or (Groups)
- Indian Vocal Performance (Hindustani & Carnatic)
- Indian Instrumental Performance
- Poetry Recitation
- Indian Folk Dance (Solo) or (Groups)
- Popular Dance (Solo) or (Groups)
- Painting

Guidelines for the competition:

- The talent show is exclusively for Women and Girls of all age groups* from New South Wales and South Australia.
- Interested candidates may send their expression of interest with details (name, genre, age category, etc) to library.sydney@mea.gov.in before 18 June 2024 (Tuesday).
- Details of the preliminary rounds will be shared with the candidates upon completion of the registration process.
- Appointed juries and judges will select winners based on performance in preliminary rounds.

* Winners of each category will be performing in a grand cultural event on the Independence Day of the Republic of India on 15 August 2024
 * Age groups are categorized into (i) under 14 yrs (ii) 14-21 yrs and (iii) 21-40 yrs.
 # The decision of Judges and juries stands final.

YOGA WITH FAMILY
 (A video contest)

- Visit the contest page on the MyGov platform.
- Fill in your details (Just one member from each family).
- Enter the Name of the Apsara and give a bathing slogan.
- All members can do the same or different asanas.
- Upload a 1-minute video of the family doing yoga on your social media profile (Facebook, Instagram, YouTube or Twitter accounts).
- Share - Like and follow the Ministry of Ayush page on: <https://www.facebook.com/maayush/>, <https://www.linkedin.com/company/ministryofayush/>, <https://twitter.com/maayush>
- Upload the video with #YogaWithFamily and Share the post. Please do not disclose your personal details. Video should be in landscape orientation.
- The 1 Minute video should be of the family doing yoga simultaneously.
- The video link can be uploaded on <https://www.instagram.com/yoga-with-family/> (make it public and downloadable)
- Please submit entries before 30 June 2024 by 9:30 PM AEST. The group members should have at least three members and not more than 6 members.
- The Ministry of Ayush will publish the result through official communication channels.

Consulate General of India Sydney and Swami Vivekananda Cultural Centre shared the video competition details announced by the Ministry of Ayush, Government of India – “Yoga with Family” to encourage local community members to participate in Yoga.

Yoga with Family – an initiative by the Ministry of Ayush

V. Contact Us

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