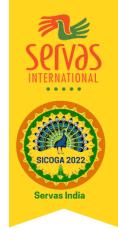
# SICOGA NEWS 2022

No: 1 | 22nd November, 2022

News from SI Media & Communications team (SI MCT)



#### **TRENDING TODAY**

- Welcome to India
- Welcoming ceremony at the Asia Plateau
- About the SICOGA's home
- Honour guest: Rajmohan Gandhi
- Workshop: Mudras & Mindfulness
- Covid Recommendations



Flower mandala for the welcoming ceremony

### Welcome to India!

The Servas members taking part in the SICOGA Conference 2022 in Panchgani met in Pune, India at 8am the 22nd of November. Three busses slowly (for Indian standards) left the city landscape to reach a wild, splendid region, full of beautiful visions and sounds. Everyone is ready to enjoy the SICOGA 2022 in this beautiful area!

### Welcoming ceremony at the Asia Plateau

The sound of drums stopped Then we proceeded to sit in the introductions **Following** the beats, rhythm of our bodies, we scarfs walked Plateau beautiful flower mandala.

and conference room where the reunion conversations. Servas current executive board was members were being called for felicitated among other guests. introduction ceremony. During this ceremony, the our previously mentioned people beautiful hosts and the inner were covered with colourful (known as around the Asian candles were lit and some and reached the speeches were shared. These speeches reflected on the importance of peace, importance to work against discrimination and advances on reaching women equity within Servas. There was also a remarkable speech by R. Gandhi and a magnificent dance show. You can find details in other articles.

> A warm smile was lighting the participants' faces throughout the event. Everyone is happy that the SICOGA is finally taking place!



Welcoming ceremony procession lead by the current Servas board

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Felicitation ceremony to the Servas board and guests

**Ouotes:** Food is not compulsory, but highly recommended! S.Singh Be the change you want to see in the world - M. Gandhi

### About the SICOGA's home

Asia Plateau (AP) is spread across 68 acres of mostly naturally regenerated forest. AP was established in 1968 and can accommodate more than 200 participants. Ιt completely self-sufficient campus with diverse facilities. This centre was built by the sacrificial giving of thousands of people from all over the world and from all walks of life. Nowadays, AP is home for the

project Initiatives of Change (IoC), currently managed by Siddharth Singh.

IoC is a world-wide movement During of people of diverse cultures and backgrounds, who are committed to the transformation of society through changes in human grandson of the leader and and behaviour, motives starting with their own. We believe that everyone has a part to play in nation building and creating a world that is just for everyone. IoC promotes education and learning with particular reference to the development of character by the application of the highest moral standards. It holds learning programs, trainings, conferences and dialogues for people from all walks of lives, including rural communities governmental bodies, and among others.

### **Honour guest:** Rajmohan Gandhi

the welcoming ceremony, the Servas family was blessed by the presence of Rajmohan Gandhi, co-founder of the Asia Plateau Center and activist Mahatma Gandhi. With inspiring speech touched themes such peace, pandemic and living together, pushing us to dream on and to do our best to promote a sustainable and kind way of living.



Left: S.Singh, Right: R.Gandhi

### Workshop: Mudras & Mindfulness

It all began with an OOMM... as a spiritual connection. Ashok went through 40 Mudras, which objectives were so diverse as helping with stress, anxiety, sleep, digestion. It was showed how breathing influences your daily routine and he explained healthy breathing exercises. The session huge was a success, with over attendees.

The final meditation session was peacefully orientated by Vipul, success was achieved by many sleepy participants!



100 Successful meditators

Fun fact: Longest flight to attend SICOGA was 32h.



Face masks with the Servas logo (thanks to Servas Taiwan team!)

### Covid Recommendations

- 1. Wear mask when you are in the meetings.
- 2.If you have any symptoms, please inform and the organization can provide you a test.
- 3.If the test is positive, you must be isolated in your room during 5 days. Meetings and workshops can be attended online.