



Embassy of India, Ireland

NEWSLETTER
ISSUE - April 2016

International Day of Yoga



"Yoga is an invaluable gift of ancient Indian tradition. It embodies unity of mind and body; thought and action; restraint and fulfillment; harmony between man and nature and a holistic approach to health and well-being. Yoga is not about exercise but to discover the sense of oneness with ourselves, the world and Nature. By changing our lifestyle and creating consciousness, it can help us to deal with climate change. Let us work towards adopting an International Yoga Day," Shri Modi said.

What is Yoga?

Yoga is essentially a spiritual discipline based on an extremely subtle science which focuses on bringing harmony between mind and body. It is an art and science for healthy living. According to modern scientists, everything in the universe is just a manifestation of the same quantum firmament. One who experiences this oneness of existence is said to be "in Yoga" and is termed as a yogi who has attained a state of freedom, referred to as mukti, nirvāna, kaivalya or moksha.

The aim of Yoga practice (sādhana) is to overcome all kinds of sufferings that lead to a sense of freedom in every walk of life with holistic health, happiness and harmony.

The Fundamentals of Yoga

Yoga works on the level of one's body, mind, emotion and energy. This has given rise to four broad classifications of Yoga: Karma Yoga where we utilize the body; Jnāna Yoga where we utilise the mind; Bhakti Yoga where we utilise the emotion and Kriya Yoga where we utilise the energy.

Every individual is a unique combination of these four factors. Only a guru (teacher) can advocate the appropriate combination of the four fundamental paths as it is necessary



for each seeker. All ancient commentaries on Yoga have stressed that it is essential to work under the direction of a guru.

Yogic practices for health and wellness

The widely practiced Yoga sadhanas are: Yama, Niyama, Āsana, Prānāyāma, Pratyāhāra, Dhāraṇa, Dhyāna, Samādhi, Bandhās and Mudras, Shatkarmas, Yuktāhāra, Mantra-japa, Yukta-karma etc.

Yamas are restraints and Niyamas are observances. These are considered to be pre-requisites for further Yoga practice. Āsanās, capable of bringing about stability of body and mind, "kuryattadasanam- sthairyam", involve adopting various psychophysical body patterns and giving one an ability to maintain a body position (a stable awareness of one's structural existence) for a considerable length of time.



Prānāyāma consists of developing awareness of one's breathing followed by willful regulation of respiration as the functional or vital basis of one's existence. It helps in developing awareness of one's mind and helps to establish control over the mind. In the initial stages, this is done by developing awareness of the "flow of in-breath and out-breath" (svāsa-prasvāsa) through nostrils, mouth and other body openings, its internal and external pathways and destinations. Later, this phenomenon is modified, through regulated, controlled and monitored inhalation (svāsa) leading to the awareness of the body space getting filled (puraka), the space(s) remaining in a filled state (kumbhaka), and it getting emptied (rechaka) during regulated, controlled and monitored exhalation (prasvāsa).

Pratyāhāra indicates dissociation of one's consciousness (withdrawal) from the sense organs which connect with the external objects. Dhāraṇa indicates broad based field of attention (inside the body and mind) which is usually understood as concentration. Dhyāna (meditation) is contemplation (focused attention inside the body and mind) and Samādhi (integration).



Bandhas and Mudras are practices associated with Prānāyāma.

They are viewed as the higher yogic practices that mainly adopt certain physical gestures along with control over respiration. This further facilitates control over mind and paves the way for a higher Yogic attainment. However, practice of dhyāna, which moves one towards self-realisation and leads one to transcendence, is considered the essence of Yoga Sādhanā.

Śatkarmas are detoxification procedures that are clinical in nature and help to remove the toxins accumulated in the body. Yuktāhāra advocates appropriate food and food habits for healthy living.

Mantra Japa: Japa is the meditative repetitions of a mantra or a divine consciousness. Mantra Japa produce positive mental tracts, helping us to gradually overcome stress.

Yukta-karma advocates right karmas or actions for a healthy living.

General Guidelines for Yoga Practice

Yoga practitioner should follow the guiding principles given below while performing Yogic practices:

BEFORE THE PRACTICE

- Śauca means cleanliness - an important prerequisite for Yogic practice. It includes cleanliness of surroundings, body and mind.
- Yogic practice should be performed in a calm and quiet atmosphere with a relaxed body and mind.
- Yogic practice should be done on an empty stomach or light stomach. Consume small amount of honey in lukewarm water if you feel weak.
- Bladder and bowels should be empty before starting Yogic practices.
- A mattress, Yoga mat, durrie or folded blanket should be used for the practice.
- Light and comfortable cotton clothes are preferred to facilitate easy movement of the body.
- Yoga should not be performed in a state of exhaustion, illness, in a hurry or in acute stress conditions.
- In case of chronic disease/ pain/ cardiac problems, a physician or a Yoga therapist should be consulted prior to performing Yogic practices.
- Yoga experts should be consulted before doing Yogic practices during pregnancy and menstruation.

DURING THE PRACTICE

- Practice sessions should start with a prayer or an invocation as it creates a conducive environment to relax the mind.
- Yogic practices shall be performed slowly, in a relaxed manner, with awareness of the body and breath.
- Do not hold the breath unless it is specially mentioned to do so during the practice.
- Breathing should be always through the nostrils unless instructed otherwise.
- Do not hold the body tightly, or jerk the body at any point of time.
- Perform the practices according to your one's capacity. It takes some time to get good results, so persistent and regular practice is very essential.
- There are contra-indications/ limitations for each Yoga practice and such contra-indications should always be kept in mind.
- Yoga session should end with meditation/ deep silence / Sankalpa Śhānti patha.

AFTER PRACTICE

- Bath may be taken only after 20-30 minutes of practice.
- Food may be consumed only after 20-30 minutes of practice.

FOOD FOR THOUGHT

A few dietary guidelines can ensure that the body and mind are flexible and well-prepared for practice. A vegetarian diet is usually recommended, and for a person over 30 years, two meals a day should suffice, except in cases of illness or very high physical activity or labour.



INTERNATIONAL DAY OF YOGA 2016

Organized by Embassy
of India Dublin with the
support of Dublin City
Council and Yoga
Associations in Ireland

Dartmouth Square Park,
Ranelagh, Dublin 6

18 June 2016
@ 10.30am

Commemoration of the 125th Birth Anniversary of Dr. B. R. Ambedkar

The commemoration ceremony of 150th Birth Anniversary of Dr. B. R. Ambedkar was organized by Embassy of India at the prestigious Sutherland School of Law, University College Dublin with the support of UCD. The eminent speakers spoke extensively on the share history of India and Ireland with particular emphasis on how the Irish Constitution was referred to by the members of the Constituent Assembly of India and Dr. B R Ambedkar with particular emphasis on the adoption of Directive principle of State Policy from the Irish Constitution to the Indian Constitution.





A short clip of a speech delivered at the finalization of the constitution by Dr. Ambedkar from the TV series 'Samvidhan' directed by Mr. Shyam Benegal was also shown at the event.

The event was attended by the members of the Constitution Study Group in Ireland, senior officers of Department of Foreign Affairs and Trade, Prominent members of Indian Diaspora, students from the Law Faculty, UCD and members of the Indian Society of UCD. ■■■



Left to Right: Mr. Siraj Zaidi, Ms. Kate O'Malley, HE Mrs. Radhika Lal Lokesh, Ambassador, Mr. John O'Dowd, Lecturer in the faculty of Law, UCD.

International Students Ambassador and Government of Ireland Scholarship award ceremony



H.E. Mrs. Radhika Lal Lokesh, Ambassador with H.E. Ms. Jan O'Sullivan TD, Minister for Education and Skills at the award ceremony for the International Students Ambassador and Government of Ireland Scholarship in the Farmleigh, Ireland's State Guest House, on 21 April 2016.



Visit of Indian Neurologists to Ireland

A group of leading neurologists from IIT, National Centre for Biological Sciences (NCBS), National Institute of Mental Health and Neurosciences (NIMHANS), Indian Institute of Sciences (IISc), Bangalore visited Ireland for an India-Ireland Conference on Neuro Sciences from 21-23 April 2016 organised by the Trinity College Dublin. A reception was hosted by the Ambassador at India House on 22 April 2016 which was attended by the Chief Scientific Adviser to the Government, Prof. Mark Ferguson and the delegations.



Visit of the delegation from the state of Telangana to Ireland

A 4-member delegation from the State of Telangana visited Ireland from 21-23 April 2016 led by the Principal Secretary Industries, Commerce and Energy, Government of Telangana to get first hand exposure of the best in class waste management solutions and CETP facilities in Ireland. The delegation held meetings with GE(Water) who has established the ETP in Pfizer, Ringaskiddy and other similar facilities in Kinsale. The delegation also held meeting with PM Group in Dulin. ■■■

Consular News



PHISHING TELEPHONE CALLS

It has come to the attention of the Embassy that the expatriate community in Ireland, including Indian citizens, are being targeted through phone calls, purportedly from the local Irish authorities, and being asked to give their personal details, including their passport details, on one pretext or the other.

The Embassy wishes to clarify that such calls are not official, whatever may be the entity the caller claims to represent. These calls are being made to elicit personal information from the targeted receiver in a similar manner as a 'Phishing Expedition' over e-Mails and internet sites. The receivers of such calls are advised not to entertain these calls and not to part with any of their personal data.

The matter is receiving the attention of the local law enforcement authorities.■■■

Important Alert

The date for Submission of the application for registration as OCI cardholder by the erstwhile PIO cardholder has been extended **till 30.06.2016**.

For more details please visit <http://www.indianembassy.ie/eoi.php?id=PIO>.

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In India's Growth Story, You Write the Next Chapter



India Development Foundation
of Overseas Indians

The India Development Foundation of Overseas Indians (IDF-OI) is a not-for-profit Trust established by the Ministry of Overseas Indian Affairs which enables overseas Indians to contribute to social and development projects in India. The Trust is exempt from the provisions of Foreign Contribution Regulation Act, 2010

The Trust is chaired by Smt. Sushma Swaraj, Hon'ble Minister for Overseas Indian Affairs. Other Board members are prominent overseas Indians, eminent resident Indians and Senior Government of India officials.

How We Work



Contribute to

*Swachh Bharat Mission; National Mission for Clean Ganga;
& Social and Developmental Projects in States of India*

Our Priority Sectors

*Sanitation, Education, Women's Empowerment, Skill Development,
Healthcare, and Sustainable Livelihood*

Projects available in

*Punjab, Kerala, Karnataka, Rajasthan, Madhya Pradesh, Maharashtra,
West Bengal, Chhattisgarh, Uttarakhand, Mizoram, Sikkim, Bihar,
Tamil Nadu and Odisha*



"Although, the Indian Diaspora is a very heterogeneous group, there is a common factor which binds them - their desire to maintain their connection with their homeland and to contribute to the social and development efforts in India. We are seeking to strengthen and deepen our relationship through IDF-OI."

Smt. Sushma Swaraj
Hon'ble Minister of Overseas
Indian Affairs &
Chairperson, IDF-OI

Engage With Us

- You can Fund One Unit or Several Units of any Project
- You can fund as an individual or as an association.
- No Administrative Cost from Contributions Received.
- Detailed Project Information at: www.idfoi.org

Send your Contribution to

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State Bank of India,
Central Secretariat Branch,
North Block, New Delhi 110001
A/C no. 33819721882;
IFSC code SBIN0000625;
MICR 110002014

India Development Foundation of Overseas Indians

927, Ministry of Overseas Indian Affairs, Akbar Bhawan, Satya Marg, Chanakypuri, New Delhi- 110021

Website: www.idfoi.org Contact: +91 11 26881052/24676210; Email: ceo.idf@moia.nic.in

Scholarship at Kendriya Hindi Sansthan



Kendriya Hindi Sansthan, Agra is inviting application forms under the scheme of "Propagation of Hindi Abroad at Kendriya Hindi Sansthan" Agra, for the academic session 2016-17. The scheme is administered by the Ministry of Human Resource Development, Government of India. For more information, please visit: www.khsindia.org

