



in



AYUSH CELL

1st Ayush Cell meeting in 2021 was held at the Embassy of India, Zagreb on the 12th January with participation of distinguished Croatian experts in the field of Ayurveda and Yoga at which they have discussed activities which will increase awareness about Croatian traditional medicine system among Croatians. Focus of the meeting was the sharing of ideas which would be beneficial for the 1st Yoga & Ayurveda International Conference, which is set at the 4-6 June 2021.



Embassy
of India
Zagreb

AYUSH CELL Croatia



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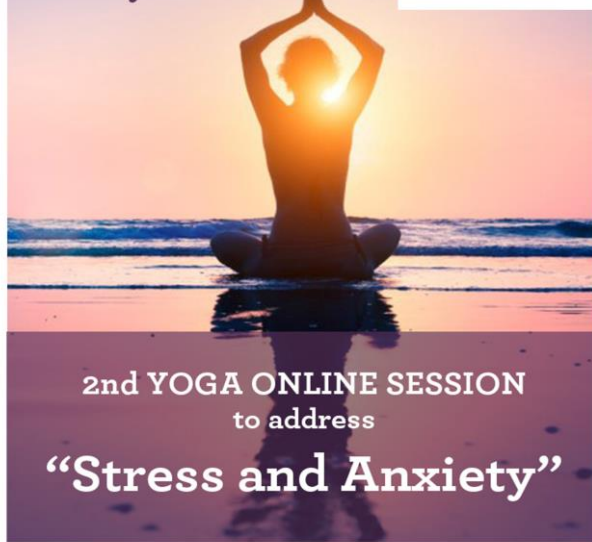
1st Yoga Online Session focused on the topic "Benefits of Yoga Practice for Reducing the Risks of Sedentary Lifestyle" with remarks of Ambassador of India to Croatia and Mrs. Morana Mandić, Yoga teacher.

Join us for the next Yoga Online Session:

February 9th
2:30 PM
Tuesday



Embassy
of India
Zagreb



2nd YOGA ONLINE SESSION
to address
"Stress and Anxiety"

Speakers:

Izabela Marić, Tamara Grdić, Tena Matolić, Nina Fabris Talenta,
certified yoga teachers in Svyasa Yoga University, India

AYUSH CELL CROATIA

Embassy scheduled the 2nd AYUSH Cell meeting in 2021 on the 18th Feb. at the Ayurveda Balance premises, Zagreb Focus of the meeting was the sharing of ideas which would be beneficial for the 1st Yoga & Ayurveda International Conference, which is set in June 2021.



At the meeting were praised the efforts of various centers & experts, introduced were latest R&D and publications from the Ministry of Ayush.

-> <https://main.ayush.gov.in/ministry-ayush>.

Ambassador pointed out the Traditional systems of healthcare which are benefiting for a stronger partnership between Croatian and India



2nd Online Yoga Session with Croatian ITEC students offered practices for eliminating stress & anxiety with controlled breathing, which stimulates the parasympathetic system & brings the mind & body to a relaxed state.



WEBINAR was held about the practical application of plants in Ayurveda with Mr. Nebojša Radjenović, Dr. Biju Madhavan.



Free Online Yoga session addressing the topic "Yoga as preventive strategy for Coronavirus Disease", by Yogacharya Mr. Jadranko Miklec & with remarks of Ambassador Srivastava.



AYUSH CELL CROATIA

Ambassador Srivastava had a meeting with Dr. Željko Plazonić, State Secretary of the Ministry of Health, where both exchanged ideas for strengthening Croatian and Indian Healthcare cooperation that includes medical devices, pharma, skilled Human Resources & traditional medical systems like Yoga & Ayurveda.



Embassy scheduled the 3rd AYUSH Cell meeting in 2021 on the 25th March at the Soul food premises, Zagreb. Focus of the meeting was the sharing of ideas which would be beneficial for the 1st Yoga & Ayurveda International Conference, which is set in June 2021.



At the meeting were discussed different perspectives by several associations beneficial for the conference.



Online Session "[Ayurvedic Strategies for a Strong Immune System](#)" with Ambassador Srivastava, Dr. Wolfgang Schachinger & Mr. Jadranko Miklec emphasized on following the simple principles of Ayurveda, to improve human health and immunity, especially in the face of the current pandemic.

A screenshot of an online webinar interface. The top section shows three video feeds of the participants: Ambassador of India to Croatia, Dr. Wolfgang Schachinger, and Jadranko Miklec. Below the feeds is a banner with the title "AYURVEDIC STRATEGIES FOR A STRONG IMMUNE SYSTEM" and the text "ONLINE WEBINAR ON AYURVEDA". The banner also features circular portraits of the three speakers with their names and titles: JADRANKO MIKLEC (YOGA-PRANAYAMA CROATIAN YOGA PIONEER), AMB RAJ SRIVASTAVA (AMBASSADOR OF INDIA TO THE REPUBLIC OF CROATIA), and DR WOLFGANG SCHACHINGER (Director, Maharshi Ayurveda Health Center, RAE, ALBERTA & Founder of European Ayurveda Medical Assoc.). At the bottom, it says "Tuesday, 23rd March, 2021, 8pm (CET)" and includes the AYUSH logo.

ACTIVITIES OF AYUSH CELL

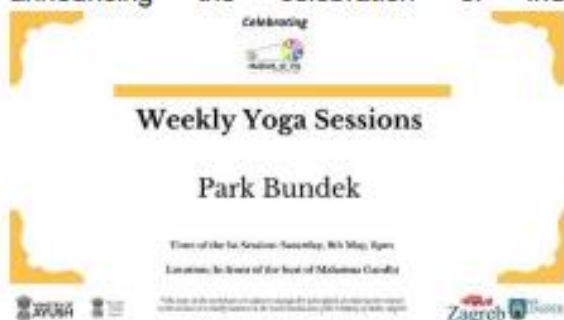
Ancient wisdom of Yoga was shared by Dr. Manmath Manohar Gharote Embassy's Ayush cell's fortnightly online session with participation of Ambassador, Yogacharya Miklec & others.



Webinar "Medicinal plants & Ayurvedic Formulations as a preventive strategy for coronavirus disease with Yogacharya Mr. Miklec, Amb Srivastava & Dr. Schrott, Vice-Pres. of the German Ayurveda Assoc.



The Embassy of India, Zagreb with the support of the City of Zagreb & the Zagreb Tourist Board, is organizing open yoga sessions in Bundek Park, announcing the celebration of India@75.



Watch the Ayurveda cooking experience in Croatia with Ambassador Srivastava & other Croatian Ayurveda experts about the gifts of nature in maintaining healthy and happy living in Ayurveda's extensive knowledge base on preventive care. LINK: <https://bit.ly/3A7RvsU>



IDY2021 celebrations in Croatia covered in Dobro Jutro, Hrvatska show at Croatian National Television on 5 June 2021. 40 events in 30 places between 06-24 June 2021. Coverage: <https://bit.ly/3vYDXh9>





INTERNATIONAL DAY OF YOGA



Since United Nations General Assembly declared International Day of Yoga in 2014, it has been celebrated from 21 of June 2015 worldwide. There is a significance to why this particular date was suggested by Prime Minister Narendra Modi. It is the longest day of the year in the Northern Hemisphere - the summer solstice. From the yogic perspective the summer solstice marks the transition to *Dakshinayana* – a six-month period between summer solstice and winter solstice, when the Sun travels towards the south. *Dakshinayana* is significant in the life of anyone who is doing any kind of yoga. Particularly for those of us who are living in the northern hemisphere, as the planet is moving in an anticlockwise direction. This produces a certain impact on the human physiology. It can regulate circadian rhythm (normalizes sleep cycles), as well as improves the ability to produce melatonin (sleep hormone), also, more daylight means more D vitamin intake (which boosts energy levels). The word 'yoga' is derived from Sanskrit and means to join or to unite, symbolizing the union of a person's body and consciousness. Yoga is an ancient physical, mental and spiritual practice that originated in India. According to its famous practitioner BKS Iyengar, "Yoga cultivates the ways of maintaining a balanced attitude in day-to-day life and endows skill in the performance of one's actions." As a holistic approach, Yoga targets all the different systems of the body and mind. It is said that the *asanas* make the body strong and flexible, as health improves; the mind too is renewed with confidence. This year more than 30 cities in Croatia will join the worldwide celebration of International Day of Yoga throughout June. Here is the table of confirmed dates and locations:

Date and Time	City and Location
6 th of June, 10:30	Zagreb, Budek Lake, stage on the lake (link)
6 th of June, 10:00	Sumartin (playground), Brač
11 th of June, 19:15	Suhopolje, Square sv. Terezije
11 th of June, 18:00	Virovitica, Antun Mihanović 3 street
21 st of June-25 th June, 19:15-20:15	Virovitica, Yoga place studio Virovitica
12 th of June, 9:00	Slatina, Lake Javorica, Voćinska street
12 th of June, 17:00	Križevci, square
18 th of June, 17:00, TBC	Osijek, Šetalište kardinala Franje Šepera 4
18 th of June, 18:00	Bjelovar, Eugen Kvaternik square
19 th of June, TBC	Dubrovnik, Lokrum Island
19 th of June, 19:00	Labin, at the peace tree.behind Erste Bank
20 th of June, 10:00	Umag, beach Africa
20 th of June, 19:00	Rovinj, Porton Biondi Beach
20 th of June, 7:00	Korčula, Pomirenja square
20 th of June, TBC	Rab
20 th of June, 9:30	Split, riva
20 th of June, 10:00	Novigradska biskupija park
20 th of June, 12:00	Krk, Punat, Zahvalnosti square
21 st of June, 7:30	Rijeka, TBC
21 st of June	Njivice, Krk
21 st of June, 18:30-20:30	Varaždin, green area by "Varaždin" sport hall (Graberje)
21 st of June, 19:00	Makarska, public beach
22 nd of June, 9:00	Hvar, Sunčani Hvar, hotel Amfora
24 th June, 18:00	Online session: Isha Foundation

Please look for details on our social media links  & .

Glimpses of Seventh International Day of Yoga celebration in Croatia

The central celebration of this year's IDY was held on June 16, 2021, in Park Bundek with over 100 attendees, organized by the Embassy of India in partnership with the City of Zagreb, Zagreb Tourist Board, Yoga in Daily Life, Art of Living & Croatian Yoga Federation. The special guest was Member of Croatian Parliament H. E. Mr. Kajtazi.



IDY was celebrated this year in 30 cities and 40 locations in Croatia. Please find below glimpses of the celebrations.

Osijek



Rijeka



Dubrovnik



Zadar



Šibenik



Split



Split



Sumartin, Brač



Punat, island of Krk



Suhopolje



Novigrad



Makarska



Jastrebarsko



Korčula



Vukovar



Varaždin



Virovitica



Umag



Labin



Rovinj



Samobor



Karlovac



Makarska



Slatina



Križevci



Ludbreg



Pula



Rab



Njivice, Krk



Hvar



AYUSH CELL CROATIA

Embassy scheduled the 4th AYUSH Cell meeting in 2021 on the 19th May in Zagreb. Focus of the meeting was the sharing of ideas for the International Day of Yoga 2021 which will be held across Croatia, 1st Yoga & Ayurveda International Conference, which is set in June 2021.



Zagreb based AYUSH Cell's online Session "Ancient Healing Secret to live 100 years" by Dr. Brincivalli (Italy), Siddha-Veda Specialist, Dr Sandya Okada (Japan) & Yogacharya emphasised on following the old & simple knowledge of Ayurveda for improving the human mind, health & immunity.



AYUSH Cell fortnightly Webinars

Embassy's Ayush cell's fortnightly online session was held with Dr. Vida Demarin, Pres. of Int. Institute for Brain Health, with Ambassador & Yogacharya Miklec. Emphasis was on the importance of early detection of risk factors responsible for the deterioration of brain health.



Glimpses of the 1st Open Yoga Session held at Bundeck Park, organised by Embassy of India, Zagreb, with the support of the City of Zagreb, & the Zagreb Tourist Board.



The IDY 2021 will be held on Sunday, June 6, in Park Bundeck (lake stage) starting at 11 am, organized by the Embassy of India in Croatia in partnership with the City of Zagreb & Zagreb Tourist Board. [LINK](#)



Inspirational views in Zagreb based AYUSH Cell's fortnightly Session "In the Breath the Secret of Life" with Amadio Bianchi Maharaj, founder of the World Yoga & Ayurveda Community, Ambassador & Yogacharya about the importance of Pranayama in the path of yoga which cannot be overstated.



AYUSH Cell fortnightly Webinars

Preparatory discussions regarding the forthcoming International Ayurveda & Yoga Conference in Zagreb on 3-5 October 2021, with the participation of Dr. Manoj Nesari from Ministry of Ayush, Ambassador Srivastava, Yogacharya Jadranko Miklec & other stakeholders from Croatia. The aim is to make this conference an outcome-oriented endeavor to take the universal heritage of traditional systems to friends in Croatia and Europe for healthy and happy life.

