



Vol 3

1<sup>st</sup> July 2020

**Contents**

6<sup>th</sup> International Yoga Day 2020

Virtual Interaction – IDY 2020

News Round up

35th anniversary of bombing of AI 182

Arts and Culture

Economy

Community Vibes

6<sup>th</sup> International Day of Yoga



Greetings from Prime Minister Shri Narendra Modi on International Day of Yoga 2020



Practice Yoga with PM Narendra Modi – Playlists of animated 3D videos of the Prime Minister of India



Message from Madame Sophie Trudeau, wife of Canadian Prime Minister, on the occasion of International Day of Yoga, 2020



6th International Day of Yoga With PP Yog Rishi Swami Ramdev Ji



6th International Day of Yoga Celebration with Sister Shivani on June 21, 2020



Yoga for Parliamentarians on June 20, 2020



An exclusive message from Gurudev Sri Sri Ravi Shankar for Canada wishing everybody for International Day of Yoga.



Brave soldiers of ITBP contingent of India celebrating IDY 2020



Spirit of Yoga



Common Yoga Protocol

## VIRTUAL INTERACTION - IDY 2020



On June 04, to kickstart preparations for IDY 2020, High Commissioner, Ajay Bisaria had a virtual interaction with 20 Yoga experts from all over Canada who joined us for online yoga sessions in June, 2020.


### Bubble Yoga in Toronto

People participate in an outdoor yoga class by LMNTS Outdoor Studio, in a dome to facilitate social distancing and proper protocols to prevent the spread of coronavirus disease (COVID-19), in Toronto, Ontario, Canada June 21, 2020. Giant outdoor 'yoga domes' let people join exercise classes without worrying about spreading the coronavirus. [Read here.](#)






**Various virtual Yoga sessions were organized by Team India (HCI & CGI's) in collaboration with yoga fraternity of Canada in June, 2020 (7-21 June).**

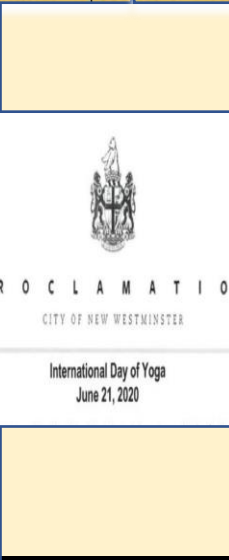
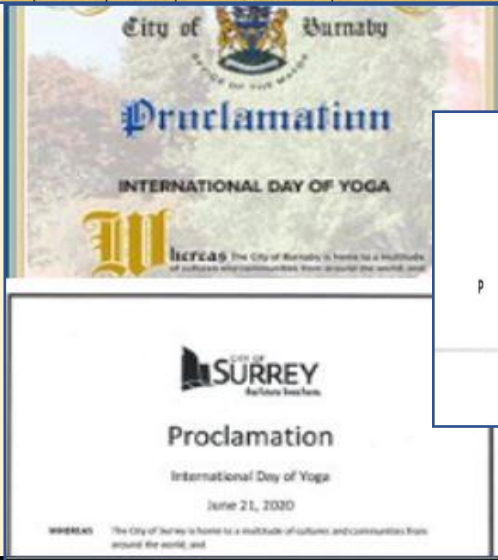


International Day of Yoga 2020

7 June	10 am	Art of Living Toronto	Immunity Boosting with Julia Arbuckle
8 June	7 am	Patanjali Yoga Canada Ottawa	Strengthening Immunity with Dr. Kumar Bharti
	7 pm	Patanjali Yoga Canada Toronto	Pranayama with Uma Bhalla
9 June	5 pm	Art of Living Ottawa	Stress Management and Immunity Boosting with Mr. Evan Runge and Ketevan Chigogidze
	7 pm	Hindu Swayamsevak Sangh, Toronto	Yogasana for General Health
10 June	5 pm	Patanjali Yoga Canada Ottawa	Managing diabetes and heart related problems through yoga n Ayurveda with Dr. Kumar Bharti
	6 pm	Brahmakumaris	Yoga of the Mind and Yoga of the Body
	6:30 pm	Art of Living Toronto	Immunity Boost and wellness with Bélen Montefalcone
11 June	7 am	Yog Deep with Gayatri Ramesh	Introduction to Yoga Practice
	6 pm	Arkaya Yoga with Maitreyi Yogacharini	Emotional Energy and Stress Management
	7 pm	Isha Yoga	Yoga for Mental Health
12 June	5 pm	Arogya Yoga with Nivedita Joshi	Integration of strength with spiritual discipline
	6:30 pm	Art of Living Toronto	Immunity Boost and wellness
	9:30 pm	CINS-SVYASA-VYASA Canada	Yoga in Covid-19 Management with Padmasri Dr. HR Nagendra, Bengaluru.
13 June	10 am	Patanjali Yoga Canada Toronto	Yogasana with Ravi Suhag
	2 pm	Yoga for happiness with Tarana Kaur	Melting Anxiety
14 June	6 pm	Yoga with Ira Trivedi	Staying Young and rejuvenating your body
	10 am	Ashlang Yoga with Ajay Tokas	Integration of strength with spiritual discipline
	2 pm	Sookshma Meditation with Dr. Suman Kollipara	Yoga for Wellness and Oneness
	12 pm	Isha Yoga	Yoga for Respiratory Health
15 June	6 pm	Brahmakumaris	Introduction to Raja Yoga
	7 am	Sun MoonYoga Montreal	Sun salutations and stretching asanas with Marianne Thorborg
	2 pm	Yoga with Nutan Thakur	Yoga & Pranayam
16 June	7 pm	Yoga with Anurita	Yoga Session to alleviate Back Pain
	7 am	Art of Living Ottawa	Stress Management and Immunity Boosting with Mr. Evan Runge and Ketevan Chigogidze
	5 pm	SunMoonYoga Montreal	Pranayama, focusing and mind calming with Marianne Thorborg
	6 pm	Yoga with Gayatri Kaul	Pranayam & Healing Methods
	6:30 pm	Art of Living Toronto	Immunity Boost and wellness



17 June	5 pm	Yoga for the World	Yoga for all ages
	5 pm	Maharshi Sadafaldeo Ashram	What is Yog with Saint Shri Naam Deo
	7pm	Hindu Swayamsevak Sangh, Toronto	Yogasana for General Health
18 June	7 am	Yoga: Harmony with Nature	Mental & Physical well-being and happiness
	6 pm	Yoga with Neeraj Kumar	Breathing Techniques
	7 pm	Brahmakumaris	The Brahmakumaris: Service in Canada
19 June	4 pm	Yoga: Aligning to the Source	Mental & Physical well-being and happiness
	5 pm	Art of Living Ottawa	Yoga for Parliamentarians
	7 pm	Isha Yoga	Yoga for Success
20 June	9:55 am	Prime Minister Shri Narendra Modi's Greeting for IDY 2020	
	10 am	Exclusive Yoga Session with Baba Ramdev	
	2 pm	6th International Yoga Festival and Health Expo	
	6 pm	Special Message from Gurudev Sri Sri Ravi Shankar	
	6:30 pm	Ayurveda for Deeper Yogic Practices with Dr. Shiksha Thakur	
	7:30 pm	Launch of ICCR's short film "Spirit of Yoga"	
	8:30 am	Online Yoga Protocol with Art of Living and Special Meditation with Pandit Sri Sri Ravi Shankar	
21 June	9 am	Streaming of Common Yoga Protocol	
	10 am	Yoga sessions by Panorama India	
	11 am	-Yoga for Seniors	
	12 am	-Yoga for Kids	
	12 am	-Yoga for Immunity	
	6 pm	Yoga tools for well being with Isha Yoga and a special message from Sadhguru Jaggi Vasudev	
	7 pm	Namaste Live with Panorama India	
21 June	7:30 pm	Sailing through Turbulent times with Brahmakumaris Sister Shivan!	
	8 pm	Holistic Health and Education in Canada by VISHWA - VYASA Canada with Guruj Dr. Hr Nagendra, Padmasri Swamis Dr. Satya Prakash, Dr. Manjunath and Yogashri Satyam Dr. Preeti and Vyasa Community.	





## Telephone conversation between Prime Minister Shri Narendra Modi and Prime Minister of Canada



On June 15, 2020, Prime Minister Narendra Modi spoke on phone with His Excellency Justin Trudeau, Prime Minister of Canada. The leaders updated each other about the evolving situation related to the COVID-19 pandemic in their countries, and also discussed the possibilities of international collaboration to address the health and economic crisis. They agreed that the India-Canada partnership can be a force for good in the post-COVID world, including for advancing humanitarian values in the global discourse. [Read more](#)

## 35TH ANNIVERSARY OF BOMBING OF AIR INDIA FLIGHT 182

Message by Ajay Bisaria, the High Commissioner of India, on the anniversary of the bombing of Air India Flight 182  
“Terrorists blew up an AI plane 35 years ago. This was a Canadian tragedy, this was a British Tragedy, this was an Irish tragedy, this was an Indian tragedy, it was a Global tragedy” .....



In Memoriam: 329 who perished in the worst terrorist attack in Canadian history 35 years ago. Homage to the victims of Air India flight AI 182 bombing were given at Ottawa, Toronto, Vancouver and Montreal.

# ARTS & CULTURE

## Life Again - International Collaboration of Eminent Musicians

India Council for Cultural Relations (ICCR) has launched a song for Solidarity during COVID-19. As the world continues to reel under the oppression of COVID-19, distinguished global musicians from various Corona impacted countries have come together to create a melody which proves that this is a time only for social distancing, not emotional distancing. This unique musical tribute conceptualized and composed by renowned violin maestro Dr. Mysore Manjunath has been composed in the Raga Charukeshi, an ancient Indian Raga. All musicians have played and done the recordings from their respective countries.



Source <https://www.tripsavvy.com/puri-rath-yatra-festival-essential-guide-1539254>

## Puri Rath Yatra

The iconic 12-day Ratha Yatra festival sees Lord Jagannath (a reincarnation of lords Vishnu and Krishna), along with his elder brother Balabhadra and sister Subhadra, venture out of their abode in Puri's Jagannath Temple. The gods are transported on massive towering chariots. It's Odisha's most popular festival.

## GANDHI KATHA

Sunday, June, 07 High Commission of India organized virtual narration of Gandhi Katha by renowned Gandhian Dr. Shobhana Radhakrishna.

[Watch here](#)



## MEA Performance Smart Board

an initiative aimed at putting performance indicators of the ministry at the disposal of the people



Ministry of External Affairs  
Government of India

**INDIA**  
PERSPECTIVES  
TAKING INDIA TO THE WORLD

THE FLAGSHIP MAGAZINE OF THE  
MINISTRY OF EXTERNAL AFFAIRS,  
GOVERNMENT OF INDIA

AVAILABLE IN  
**16**  
LANGUAGES



# ECONOMY

## India, with 12 nations, leads initiative at UN to counter misinformation on COVID-19

UNITED NATIONS: India, along with 12 other countries, has led an initiative here aimed at spreading fact-based content to counter misinformation on the coronavirus, with over 130 nations endorsing the global call to fight the "infodemic" relating to the COVID-19 pandemic.

[Read here](#)



## India will definitely get its growth back: PM Modi at CII Annual Session



The Prime Minister delivered the inaugural address at the 125th Annual Session of Confederation of Indian Industries (CII) through video conference. PM said Corona may have slowed down the speed of the growth, but today the biggest fact is that India has overtaken the lockdown phase and entered in the Un-Lock Phase one. [Read here](#)

## Global Partnership on Artificial Intelligence (GPAI)

India joins Canada in founding the Global Partnership on Artificial Intelligence or #GPAI responsible development & use of AI, grounded in human rights, inclusion, diversity, innovation, and economic growth.



## World's Largest COVID Facility In Delhi, The Size Of 22 Football Fields



To effectively manage the anticipated wave of coronavirus cases, the Delhi government is converting the Radha Soami Spiritual Centre in South Delhi into world's largest temporary coronavirus healthcare facility with 10,000 beds, which do not need sanitisation. [Read here](#)



### NEWS FROM THE WEEK

**PM launches Aatmanirbhar Uttar Pradesh  
Rojgar Abhiyan; Landmark decisions by  
Cabinet to boost infrastructure & more!**

# COMMUNITY VIBES

## Passport Seva Divas – 24 June 2020



The Passport Act was enacted on 24th June 1967. Every year, 24th June is celebrated as the Passport Seva Divas. The Passport Seva Divas this year was marked through a Video Conference, in view of the pandemic situation. The event will be chaired by EAM and participated by MoS and Secretary (CPV & OIA), besides all 36 Passport Officers. A copy of EAM's message issued on this occasion can be [read here](#).

## Open up the economy, Indians will look after themselves: Watsa

Prem Watsa is ready to invest more in India, and his options include increasing investments through Bangalore International Airport and other firms. India's economy will bounce back once the lockdown is lifted, the Canadian billionaire tells Joel Rebello. For full interview, [read here](#)



### VANDE BHARAT MISSION Phase-IV

#### Schedule & Advisory

9 Flights from Canada to destinations in India

Now Booking at [www.airindia.in](http://www.airindia.in)

#AatmaNirbharBharat  
#GettingIndiansHome



#### Schedule

Air India Flight No.	Date	Time	From	Destination	Onwards to
AI 0188	03-Jul-20	12:15	Toronto	Delhi	Hyderabad
AI 0188	05-Jul-20	12:15	Toronto	Delhi	
AI 0188	06-Jul-20	12:15	Toronto	Delhi	Amritsar
AI 0188	07-Jul-20	12:15	Toronto	Delhi	
AI 0188	08-Jul-20	12:15	Toronto	Delhi	Bengaluru
AI 0188	09-Jul-20	12:15	Toronto	Delhi	
AI 0188	10-Jul-20	12:15	Toronto	Delhi	Chennai
AI 1144	12-Jul-20	23:00	Vancouver	Delhi	Bengaluru
AI 1146	13-Jul-20	11:00	Vancouver	Delhi	Kochi

#### Advisory

- Registration with the High Commission/ Consulate in compulsory for availing VBM flights. If not yet registered, please visit- [www.hciottawa.gov.in](http://www.hciottawa.gov.in) to register.
- After registration, travellers can book tickets directly on the Air India portal- <http://www.airindia.in/>
- Travellers booked to the final destination on evacuation flights will be quarantined at the destination of arrival. If booked on evacuation flights and connecting on domestic flights, they must complete the mandatory Quarantine, Customs and Immigration at the port of first entry.
- The latest regulations regarding quarantine can be seen at <https://www.mha.gov.in/media/whats-new>
- All travellers are required to sign an undertaking that they will comply with the quarantine requirements as required by law in India, including that they will complete mandatory quarantine at their cost at the port of first entry.
- The above flight timings are tentative and subject to change.

Follow us on Social Media



High Commission of India,  
10, Springfield Road,  
Ontario, Canada  
K1M 1C9,  
Ottawa.

Telephone Numbers: 613 744 3751,  
613 744 3752, 613 744 3753

---

Compiled by the Press, Information and Culture Wing of the High Commission of India, Ottawa

---

Only for subscription, please mail [inf.ottawa@mea.gov.in](mailto:inf.ottawa@mea.gov.in)

India Connect, July 2020, Volume 3