

# SICOGA NEWS 2022

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News from SI Media & Communications team (SI MCT)

## TRENDING TODAY

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- 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 all the introductions and reunion conversations. Servas members were being called for the introduction ceremony. Following the beats, our beautiful hosts and the inner rhythm of our bodies, we walked around the Asian Plateau and reached the beautiful flower mandala.

Then we proceeded to sit in the conference room where the current executive board was felicitated among other guests. During this ceremony, the previously mentioned people were covered with colourful scarfs (known as tilaks), candles were lit and some speeches were shared. These speeches reflected on the importance of peace, the importance to work against discrimination and the 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





Felicitation ceremony to the Servas board and guests

**Quotes:**  
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. It is a 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 of people of diverse cultures and backgrounds, who are committed to the transformation of society through changes in human motives and behaviour, 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 and governmental bodies, among others.

## Honour guest: Rajmohan Gandhi

During the welcoming ceremony, the Servas family was blessed by the presence of Rajmohan Gandhi, co-founder of the Asia Plateau Center and grandson of the leader and activist Mahatma Gandhi. With his inspiring speech he touched themes such as 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 was a huge success, with over 100 attendees.

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



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.