

SEPTEMBER
2021



Desi
AUSTRALIA

SOUTH ASIAN MEDIA

"Keeping you connected"

#JabSavesLives

#JabSavesLives

#JabSavesLives

**Our key to
FREEDOM**





**NO TIME TO COOK
STOCK UP TASTY FOOD**

Kebabs Curries and Biryanis

Order Online

WWW.KEBABCHI.COM.AU

OR GET FROM OUR STOCKISTS

f @kkebabchi i @kkebabchi in @kkebabchi y @kkebabchi

0433 484 489, 0410 819 400



www.DesiAustralia.com



Desi AUSTRALIA

CALLING YOUNG ARTISTS!

A CALL FOR DESI AUSTRALIA MAGAZINE'S NEXT COVER PAGE WITH THEME

“DIWALI IN AUSTRALIA”

Submission Information:



- ▶ The theme of the artwork will be to represent celebration of Diwali in Australia
- ▶ The artwork can include the following: Painting, drawing, Digital illustration etc...
- ▶ Competition is for the children between the age of 10-15 only
- ▶ The winner's drawing will be published as **COVER PAGE** of Diwali special edition of **Desi Australia Magazine**
- ▶ Last day for submission of artwork is 20th October 2021.
- ▶ Announcement of Winner : 23rd Oct 2021
- ▶ This completion aims to get children involve with their culture and tradition to gain knowledge.

ONCE READY PLEASE EMAIL THE HIGH RESOLUTION PHOTO OF THE ARTWORK TO info@DesiAustralia.com



WHAT'S INSIDE



06 HSC 2021:
The academic year that was

10 Tea Time
Thoughts by Sydney Community Group

11 Teacher's Day celebrated across
Asia-Pacific, an intercontinental event in two hemispheres

16 Books to incorporate
for your Dream Health

20 Cyber Threats
are knocking on our door

28 YouGo with Rajni
Let's Be Mindful Series Pandemic Yoga 101: Yoga your way through lockdowns

32 My Voice season 3
New Era of Musical Reality contest!

34 FESTIVAL OF NOW
Celebrating Mental Health & Wellbeing in South Australia

35 'Child of The Sun'
A book in fiction/fantasy genre by Jagdish Saraf.

36 Indian Literary & Art Society
of Australia - 'Our Culture, Our Identity'

38 Ajay Devgn and Tabu
all set to commence 'Drishyam 2' shoot this December

39 My Saree journey –
Sonali Saxena

40 A collection of life stories:
On how creativity boosts wellness in the community.



PUBLISHER

Desi Media Group (Desi Australia Pty Ltd)

Editor-in-chief

Arti Banga

NSW Editor:

Harmohan Walia

Sales and Marketing:

Dimple Deez

Victoria Editor:

Daljeet Bakshi

Queensland Editor:

Priya Singh

ACT Editor:

Rajni Ghai Malhotra

Western Australia Editor:

Ankita Tandon

South Australia Editor:

Daljeet Bakshi

Designer

Ravi Mathur

Address: Desi Australia Pty Ltd
PO Box 102, Casula, NSW 2170
Email: info@DesiAustralia.com

Mob: 0433121339

Disclaimer: All rights reserved. Do not re-use any content and photo from Desi Australia without the prior written permission from the editor. All the material published in Desi Australia, including articles, features, fillers, advertisements, and all other contents, are published in good faith, and the editor or the Desi Australia magazine cannot be held liable for any errors or omissions. All material is published on the understanding that it is copyright free, and Desi Australia accepts no liability for any subsequent copyright issues. We also cannot accept responsibility for and do not endorse views expressed by the contributors.

Hello Everyone,

As the saying goes "If Winter comes, can Spring be far behind" - Percy Bysshe Shelley. Yes, we are out of winter and as we have entered spring, we look forward to the road map for recovery from COVID-19 restrictions and getting used to our new norms. Australia is racing towards getting it's 80% population fully vaccinated so we all can enjoy the freedoms we are used to and live our life freely.

After a challenging academic year, Class of 2021 is all set for HSC and we wish them all the very best. In this edition we spoke to few HSC students who shared their experiences with us. As always, we have covered stories from major cities of Australia with the aim to keep our Desi Community connected.



Arti Banga
Editor-in-Chief

If you have any stories that you would like to share with the South Asian community, please feel free to contact us.

We hope you enjoy reading this edition.

Stay safe and stay healthy.

DesiAustralia.com
"Keeping you connected"

MAGAZINE | WEBSITE | e-NEWSLETTER | WEB TV | BIZ DIRECTORY | SOCIAL MEDIA | MOBILE APP



Desi AUSTRALIA

DesiAdelaide.com

DesiMelbourne.com

DesiBrisbane.com

DesiPerth.com

DesiCanberra.com

DesiSydney.com

Australia's most popular source of South Asian Media

"Keeping you connected"

DMG

DesiMediaGroup

A division of the Desi Media Group dedicated to the South Asian Community.



www.DesiAustralia.com



HSC 2021: The academic year

On 17th September 2021, thousands of HSC students in NSW attended their last ever Time Tabled lessons of their school life and attended the Final Assembly proudly wearing their School blazers. However, all of this was online and the celebrations were in varying degrees but certainly not a patch on being at the School grounds with numerous photos being clicked.



By: Preeti Gupta

We have spoken about parents earlier; let us look at how some students of this Year group across different Schools have to say about their experience. We have Aarya Shipurkar from Cheltenham Girls High, Dev Yadav from Parramatta High, Esha Tiwana from MacArthur Girls High, Jamie Angelopoulos from Concord High, Khush Pershad from Ryde Second-

ary College and Rohan Gandhi from Newington College.

They were asked FIVE questions and the responses have a through line of lamenting the loss of rites of passage, of academic rigour but there is also the hope for the future and an acknowledgment of navigating the ‘unknowns’ in life. This is what each one of these young adults had to say:

Q.1 You have the dubious honour of being part of the Stage 6 COVID clan. How do you think this has impacted your academic learning across 18 months of Senior School?

Aarya Shipurkar: Personally, the covid situation has impacted my academic learning negatively. Learning specific content for content heavy subjects has been very difficult in terms of grasping and understanding the knowledge. The change: from school environment to home environment has affected my concentration, and will power to stay focused and understand key concepts.

Dev Yadav: I feel like it initially made me very demotivated and due to that I completely wasted the first lockdown by not doing anything. However, over the year I have become more accustomed to the ‘COVID lifestyle’ and have been working surprisingly well during this current lockdown. Overall, COVID has disadvantaged countless students including myself and has made me unable to achieve my full potential for the HSC.

Esha Tiwana: I think it has most definitely impacted the entire Class of 2021’s academic learning. Predominantly the lack of access to

teachers, in terms of asking questions and attaining help has been tough. I think many people fail to recognise how the impact has been dire on our cohort - we have not had a stable Year 11 foundation and the impact of that has followed on to impact learning in year 12. Also having to go into lockdown right before trial examinations has taken a major toll on learning with the constant uncertainty of whether we would conduct trials on site or remotely and elements of course content we had to learn ourselves or online.

Jamie Angelopoulos: Made it easier in some ways as ample time to study. No going out allowed and no sport or training. I have been able to simply study. Not much else to do.

Khush Pershad: For most of my year 12 and 11 education, I was able to attend school and learn most of the content as per normal. This recent lockdown had introduced uncertainty and anxiety around preparing for my trial exams, which were ultimately cancelled. Beyond that, I don’t feel that my learning has been limited.

Rohan Gandhi: It is certainly, not how I would have liked to enjoy the last months of my 13-year schooling journey, especially the precious year 12...the stain of covid lockdowns will be everlasting in our school memory. The last 18 months, academically, have been turbulent, chaotic and at times felt a little disorienting. However, despite all the disruptions, the ability to access help was ever-present and I could sense the collaborative nature of the study was only increased. In that sense, the worst of times brought out the best of us as learners.





r that was

Q.2 What strategies have you been provided by your school to cope with online learning and which ones have you worked out for yourself?

Aarya Shipurkar: We have been told we can contact our teachers and the welfare staff at school if we want to talk about anything, there are alternatives for students who may have internet issues. I have emailed my teachers if I had any enquires or issues about anything which has been very helpful.

Dev Yadav: The school tweaked the times by having shorter periods and having a 15-minute break between each period. This helped when I combined it with my own strategy of doing home workouts as they keep me motivated and let me cope with the demotivating online learning.

Esha Tiwana: I think it has most definitely impacted the entire Class of 2021's academic learning. Pre-dominantly the lack of access to teachers, in terms of asking questions and attaining help has been tough. I think many people fail to recognise how the impact has been dire on our cohort - we have not had a stable Year 11 foundation and the impact of that has followed on to impact learning in year 12. Also having to go into lockdown right before trial examinations has taken a major toll on learning with the constant uncertainty of whether we would conduct trials on site or remotely and elements of course content we had to learn ourselves or online.

Jamie Angelopoulos: Have worked out most of online stuff myself.



Esha Tiwana



Jamie Angelopoulos



Aarya Shipurkar



Dev Yadav



Khush Preshad



Rohan Gandhi



Khush Pershad: The school has provided details of a guidance counsellor and year advisor that can be contacted if needed. I have not felt any need to use either.

Rohan Gandhi: Our school has certainly been helpful during these unprecedented and challenging times. There was a smooth and effective transition to online zoom classroom style teaching from very early pandemic lockdowns. With regards to productivity in Zoom, the school has encouraged us to ensure that we try and move around between periods and during breaks and they ran a time-table as if it would have been in a person classroom. I have certainly adopted this habit, with a game (if not two) of passionate (often overly competitive) table tennis against my older brother.

Most of the strategies I adopt are well documented: go out for a run & regularly exercise, seek to develop new skills and allow for some 'down-time' away from a screen. The most effective strategy, however, is to stay connected. Conversations with your friends, whether through Zoom, Face-times or a voice call are invaluable during these times, and enables you to escape to a sense of normalcy. At the same time, don't forget to make time for meaningful family interaction - it is only when this lockdown is all said and done that you will realise just how significant their affection was for you to maintain sanity.

Q.3 Virtual Vs Real classrooms, your thoughts and feelings about it?

Aarya Shipurkar: In my opinion, real classrooms are much more effective for students especially year 12s. Interactive work is possible in real classrooms, such as performing experiments for science, which can help to understand and learn the required

knowledge. On the other hand, virtual classrooms have eliminated any travel time, which gave me more time to focus on studies and spend time with family.

Dev Yadav: I would 100% choose real classrooms over virtual learning as the learning experience, environment, and my engagement with the class is much better in a real classroom. I would be lying if I said I don't mind online learning because the truth is I do. It is repetitive, demotivating, and does not allow the same classroom connection amongst me, my peers, and my teachers.

Esha Tiwana: Real classrooms definitely. I feel that there is great flexibility in 'real' classrooms where teachers and students alike can experiment with a multitude of pedagogical techniques to comprehend course content. For example presentations and practice responses in terms of 'real time feedback' is easily carried out in real classrooms in contrast to virtual classrooms that restrict the scope of learning and perhaps, arguably demotivate students due to its tiresome nature and the way virtual classrooms inhibit a school/life balance - which is paramount for the well-being of Year 12 students.

Jamie Angelopoulos: Real classroom is my preference. Virtual is not the same. Miss being with my friends. Speaking to teachers in a real space. Some teachers are good with virtual and some not so good.

Khush Pershad: Virtual classroom allows you to ease into the day. No travel time to and from school as I'm not waking up so early.

Biggest deficit of online classroom is that its awkward asking teachers for help, especially in math, because it's not as simple as showing an

equation on paper. Other than that, virtual and real are very similar and I get as much work done as I'm willing/motivated to do.

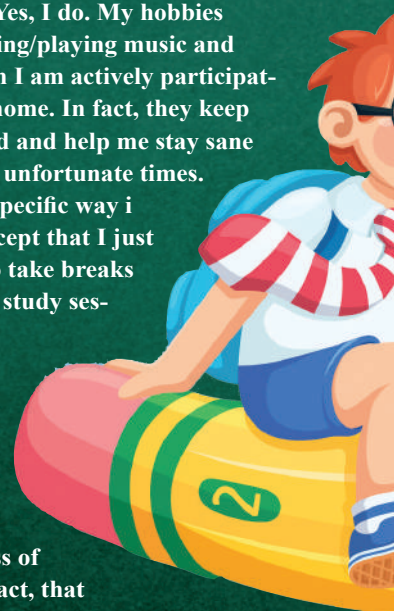
Rohan Gandhi: Obviously, I know which one I prefer. Whilst the extra sleep-ins are nice, the frequent hesitations, the lack of banter, and the inability to have truly 'interactive' classrooms all make the Zoomiverse just that little bit more unbearable.

Q.4 Do you think you have a balance between the two major aspects of your life at this point in time: academia and hobbies? If yes, how is it achieved. If not, why not?

Aarya Shipurkar: Yes, I think there is a balance between the two major aspects of my life at this point to a certain extent. My hobbies include playing the guitar which is easily balanced with my academics and online learning. My other hobbies include cricket and outdoor activities, which have been hard to balance as there, are restrictions as to where you can go, and what activities you can do with only a certain amount of people.

Dev Yadav: Yes, I do. My hobbies include making/playing music and fitness, which I am actively participating in from home. In fact, they keep me motivated and help me stay sane during these unfortunate times. There is no specific way i achieve it except that I just make sure to take breaks after intense study sessions.

Esha Tiwana: I do not necessarily think that in Year 12, regardless of COVID impact, that there can be a balance in hobbies



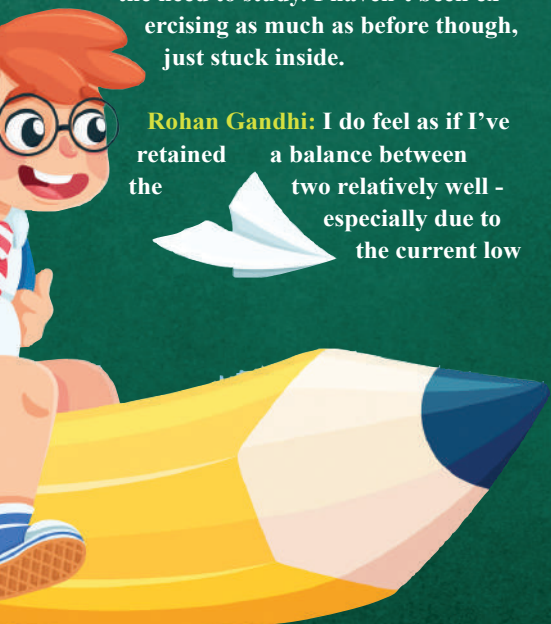


and school. Of course, it is essential to take time away from studying to relax and I suppose working out, playing/ listening to music, baking, cycling and playing cricket all alleviate stress and take my mind off school personally. But then again, in Year 12 - I feel that school does take a sort of priority, especially if further study is one of your aspirations. With COVID restrictions however, it has been tough to be able to enjoy hobbies and interests that are usually possible to undertake in a COVID free world - so there is definitely a significant impact of being able to maintain a balance between school and hobbies.

Jamie Angelopoulos: In the lead up to the HSC Trials and now to the HSC Examinations, I have spent most of my time studying. Hobbies include playing my guitar and reading.

Khush Pershad: I have a lot more time in the day to work and engage in indoor hobbies because getting ready for and returning from school used to take up so much time. The balance is mainly there because I can only relax for so much of the day before I feel the need to study. I haven't been exercising as much as before though, just stuck inside.

Rohan Gandhi: I do feel as if I've retained a balance between the two relatively well - especially due to the current low



mobility, filling the vacuums of empty space is often best achieved through pursuing those distinct hobbies.

Reading and music is perhaps the best example - I felt like earlier this year, as a normal 'busy' Year 12 student with limited 'time', I lost that connection to books, and making music. Now, I realise my foolishness, for these activities almost transcend time; both take you to different places, and allow you to pursue your wellbeing. They also have the practical benefits of increasing productivity, and allowing you to stay 'distracted' from the stresses of academia.

Q.5 Any lifelong impact on your behaviour as a consequence of this human experience and condition?

Aarya Shipurkar: No, there aren't any lifelong impacts on my behaviour as much, but more missing out on other experiences such as celebrating friends 18th birthday, delay of HSC, graduation and formal, and social aspect of meeting people and having a conversation.

Dev Yadav: I don't think there is anything lifelong from this situation but obviously my HSC is getting directly affected which does affect me which Uni I go to! However, even for that there are further solutions in the future and life goes on.

Esha Tiwana: Personally, I don't think that school and COVID19 has caused any behavioural changes in me as a consequence of the recent climate. However, I do feel that COVID has definitely taught us all significant life lessons- not taking things for granted (life, freedom and school) and personally to abstain from materialism. We all have these grand plans that we're going to have an exuberant formal, graduation, pretty dress, hair

and makeup but COVID has taught us that there are much dearer things to cherish in life - restrictions have meant we can't meet our families, cousins and friends and despite the happiness that a fancy dinner in a dress might give you, I think returning to a normal lifestyle of socialising and school would make me feel on top of the world right now.

Jamie Angelopoulos: Yes, covid19 has changed our lives. It is hard to say what lifelong impact it will have on us as we are still not over it. It is important to embrace life at every opportunity and the pandemic forces us to realise this.

Khush Pershad: Cannot really say. I hope that this means I will be better able to learn independently but I'm more concerned by short term impacts on my motivation. It is a bit draining with all the uncertainty about what could happen due to Covid, especially with my Trial Exams exams being cancelled.

Rohan Gandhi: Certainly. Realistically, we as a Year 12 cohort may be the only group in the near future that was not at school on our last days. Yet, at the same time, I feel that I cannot be prouder to be part of this cohort, who have responded with such resilience, optimism and good humour.

Ultimately, preparing for your final exams in lockdown is a defining experience. The ability to try to cling onto a goal, stay motivated, and understand that you can control only the controllable are such valuable skills that will inevitably hold me in good stead for the future. However, I have also realised the need for friendship, warmth and social functions not to ever be taken for granted!



TEA TIME

THOUGHTS BY SYDNEY COMMUNITY GROUP

Amid the COVID-19 crisis, supporting our local communities has become essential during these challenging lockdown times. Sydney Community Group, a Women’s initiative of 60 Women volunteers has been involved in Community initiatives by providing Food Hampers to the needy, Distributing PPE items, Organising Online Workshops on Job search Skills, Mental Wellness Programs, engaging kids in setting a Home Library and many more.

Tea Time Thoughts is another initiative and a concept of Host and a Guest speaker joining online every Sunday between 3PM-4PM to share their in-depth knowledge and years of experience they gained in this Multicultural land that supports the community to stay positive during this lockdown. Hosts including Vaibhavi Joshi-Vice-President, Emie Roy-Advisory Board, Ahalya Rental- Secretary, Divya Flora-Treasurer and Lakshmi Pillamarri-Hubs Lead will add value to the series in the coming weeks joining with Guest speakers from various sectors. SeethaLakshmi Srinivsan-Public officer along with other Team members is playing a key role in aligning our Guest speakers to the series.

It was initiated on Aug 15th 2021 by Guest Speaker Paul Mckenzie, Principal of ABS Conveyancing(Legal Sector) followed by Keeping Kids Busy(Online kids Channel), Sakhi Celebration(Event Organisers), Shine For Kids(Charity Organisation), and Councillor Bill Tyrell (City Of Parramatta). More Guest speakers are aligned in the coming weeks covering various sectors to understand the challenges,



impacts and what measures are taken to overcome the difficulties and stay positive.

Some Positive messages shared are “We all are in this together & this shall pass”, “Vaccination is the best & fastest solution to get back to the normal routine”, “There is light at the end of every tunnel and to get there just follow the silver lining.” and information on many valuable resources available to support the community. President Indu Harikrishna stated “we are aiming to bring the positivity, support local community and share the

available resources to keep the community engaged in this lockdown”.

This initiative of Sydney Community Group is proudly supported by SoftLabs, Dosa Hut, Women in Business, Empowered Beauties with Brains, Sakhi online, Kookie & Co, The Stories Untold, Team Nayak McGrath, Parramatta, Friends World TV and Desi Australia.

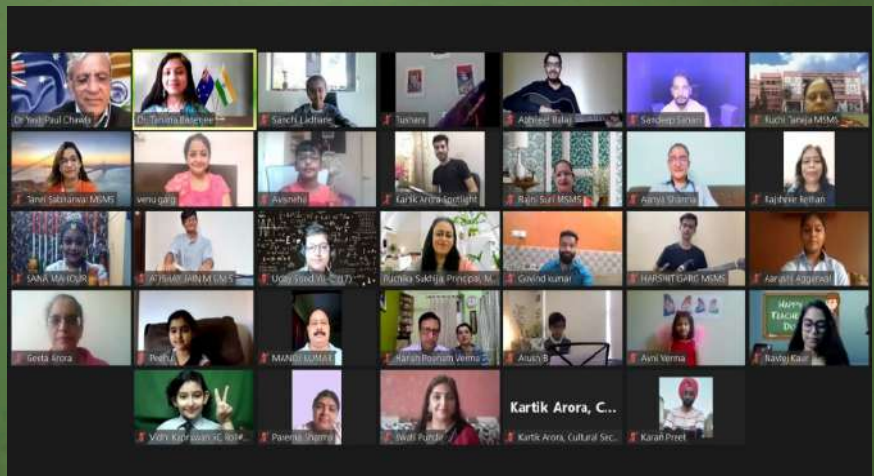
For more information and to nominate a Guest Speaker please contact TeamSCG on E:info@sydneycommunitygroup.com.au or Phone: 1300 983 222



TEACHER'S Day

celebrated across Asia-Pacific, an intercontinental event in two hemispheres

Bandana Cultural School, Sydney and Mahaveer Senior Model School, New Delhi, have celebrated Teachers' Day across the Asia Pacific- a move towards further strengthening the bonding between India and Australia. The participants got blessings and golden nuggets as words of wisdom from Dr Abdul Noor, CEO of Kingsford Institute of Australia, Dr Ramesh Khabayat of PSS Central Institute of Vocational Education, Bhopal Prof VS Mehrotra, Councillor Moninder Singh-Black Town, Mr Dave Sidhu- an Actor, Director and a qualified Trainer, Dr Garima Tiwari IPS office at New Delhi, Mr BS Agarwal Dy Director of Education in New Delhi, Mr Staya Bhusan Jain President of Management Alumni FMS Delhi University as Knowledge Partners, Dr YP Chawla as Secretary Association of Asia Pacific Union and Mentorx Australia, Mr SL Jain, Director Mahaveera School. Father's day celebrations on the same Day kept Mr Navneet Anand, Councillor Suman Saha, and Councillor



Sameer Pandey occupied.

A concept of an amalgamation of Multi-culturism of Australia and Indian heritage and values was n adapted. This Program is an amalgamation of the Multi-culturism of Australia and Indian heritage and values. The Program is built on the fusion of live art and live music emanating from different global locations. The students participated in a play

by acting from their respective homes because of Covid lockdown and yet giving a complete message worth remembering on this Teachers' Day.

The Program was anchored by Dr Tanima Banerjee of Bandana Cultural School- a young scientist and a multi-talented mentor and a Mrs Ruchika Sukhija Principal of Mahaveer School New Delhi-recipient of Saraswati Bai Phule Samman 2021, and a best Principal award of 2020.



NATA Canberra Champions



By: *Rajni Ghai Malhotra*

August 8, 2021 Canberra - Navya Andhra Telugu Association (NATA) Canberra organized a combination of contests - Canberra Indians Chess Championship 2021, Canberra Indians Carrom Championship 2021 and Canberra Indians Got Talent 2021

at Theo Notaras Multicultural Centre. The event was graced by the presence of ACT Attorney General Minister Shane Rattenbury and Canberra Multicultural Community Chair Mrs. Chin Wong.

The contests, conducted in keeping with all ACT Government COVID-19 restrictions in place at the time, witnessed an overwhelming attendance by the community members. Children of all age groups enthusiastically participated in the contest. All the winners, runners-up and participants were felicitated by ACT Attorney General Minister Shane RATTENBURY and Canberra Multicultural Community Chair Mrs. Chin





Championships 2021

Wong with every single participant leaving with a commendation letter for participation.

Winners and runners-up in respective age categories were:

Chess Championship winners and runners-up

Category Ages 5-12 years

Winner: Nivin Vinothkumar
Runners-up: Aneesh Divvela

Category Ages 18+

Winner: Srinath Tirumala
Runner-up: Rizwan Shaik

Carrom Championship:

Category Ages 5+

Winner: Advit Chugh
Runner-up: Hansini Adivi

Category Ages 18+

Winner: Madhu Kancharla

About Canberra Indians Got Talent Show:

NATA believes in keeping our young Indian Australians interested and keen about the rich Indian culture and encouraging them to balance both their identities with pride and grace and in keeping with this belief, the Talent show is an event which gives a platform to the Indian community of Canberra to showcase their unique talents. It not only helps the participants to show their abilities but also motivates other community members to present their hidden potential.

The talent show has a broad spectrum of creative skills for participants to choose from ranging from singing, dancing, spelling bee, piano, balancing ball and many other unique talents.

This year, the show was conducted and coordinated by teenagers with the support of NATA volunteers. This was an opportunity for teenagers to enhance their planning, scheduling and public speaking skills.

Talent show winners and runners-up:

Singing (Ages 5 – 8 years)

Winner: Gaanavi Beera
Runners-up: Dev Rajesh and Akshita Rajesh

Singing Ages 9 – 12 years

Winner: Heera Murali
Runner-up: Shiva Swamy Renukuntla

Spelling Bee: Ages 5 – 8 years

Winner: Tarunesh Kannan
Runner-up: Hemalok Golguri

Spelling Bee: Ages 9 -12 years

Winner: Rishika Vadlamudi
Runner-up: Dharshana Dhayalan

The NATA team comprising of Dr. Prasad Tipirneni (President), Satya Yarlalagadda (Vice-President), Ram Vadlamudi (Secretary), Lakshmikanth Immadi (Treasurer), Ravi Athota, Ratangiri Mandava (Executive members) and Mrs Sahithi Paturi (Advisor) extend their thanks to all the judges and volunteers for making this event a huge success and eagerly look forward to holding next year's Championships and Talent show.



The Quad Summit 2021 -

the Quad as the epicentre of new global order



By: *Rajni Ghai Malhotra*

Leaders of the four nations, Prime Minister Narendra Modi (India), Prime Minister Scott Morrison (Australia), President Joe Biden (USA) and Prime Minister Yoshihide Suga (Japan) recently met for the first in-person Quad Leaders' Summit to discuss strengthening of ties with a promise of a shared vision for a free, open and inclusive Indo-Pacific. In a joint statement issued after the summit, the leaders, emphasising the common world view and common vision to take on key challenges by coming together of democratic partners, said their "co-operation remains unflinching" and they stand "undaunted by coercion". The leaders said they recognise that "our shared futures will be written in the Indo-Pacific, and we will re-double our efforts to ensure that the Quad is a force for regional peace, stability, security and prosperity".

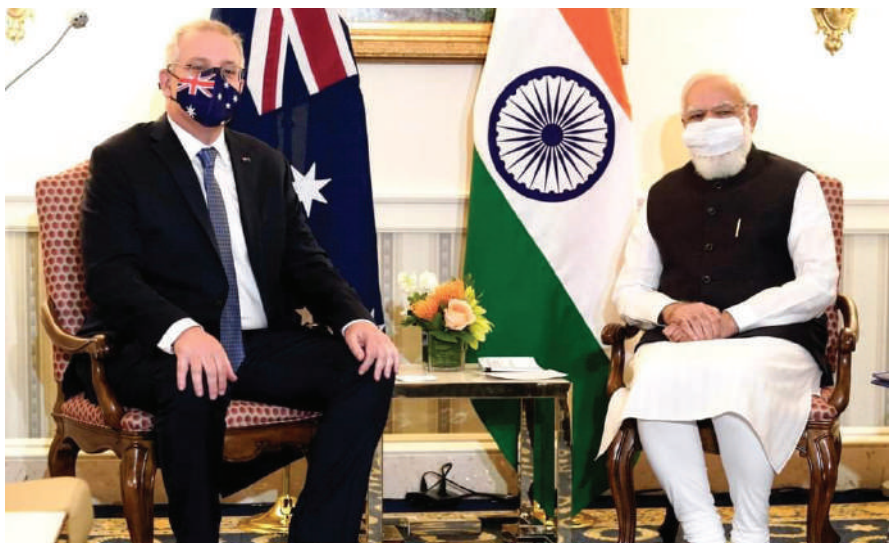
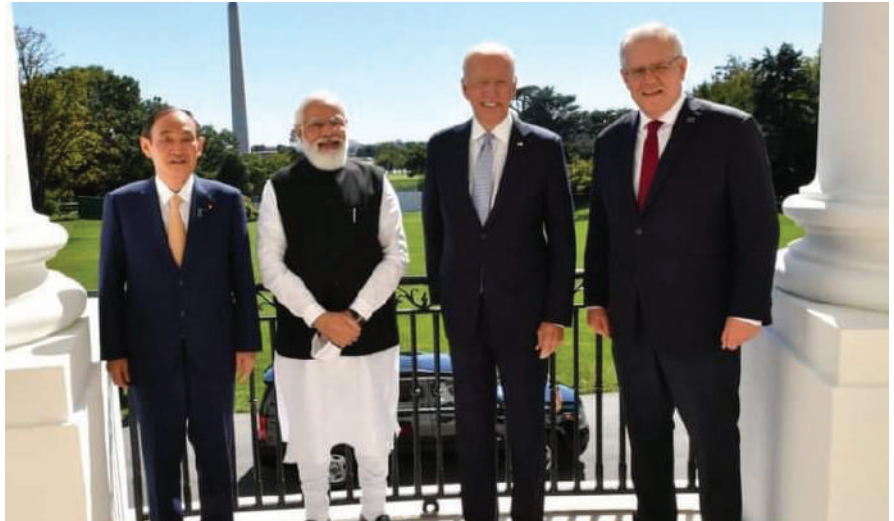
The Quad announced a number of new initiatives and a promise to step up to existing commitments. These include:

Covid-19 vaccines to help the world

Together, the four Quad countries - India, Australia, US and Japan pledged to donate more than 1.2 billion doses of Covid-19 vaccines globally, in addition to the vaccinations that have already been financed through the international vaccine access facility for low-income countries, known as Covax. The Quad stated that they "recognize the importance of open and secure supply chains for vaccine production." India, one of the world's largest vaccine producers, said it will resume exporting vaccines starting next month.

Quad Infrastructure Coordination Group

The leaders announced a group that will coordinate efforts to build high quality infrastructure and provide technical assistance to regional partners to meet the Indo-Pacific region's infrastructure needs. The group will undertake coordina-





tion of technical assistance and capacity-building efforts, including with regional partners, to ensure their efforts are mutually reinforcing and complementary in meeting the significant infrastructure demand in the Indo-Pacific.

Action on climate change The Quad identified climate change as one of the key areas of focus. The group announced several measures including forming a green-shipping network where major ports from each country would be invited to work together to reduce carbon emissions from the shipping value chain. Quad countries commit to increasing the Indo-Pacific region's resilience to climate change by improving critical climate information-sharing and disaster-resilient infrastructure.

Critical and emerging technologies

With regard to critical and emerging technologies like 5G, the Quad announced advancing the deployment of secure, open, and transpar-

ent 5G and beyond-5G networks, and working with a range of partners to foster innovation and promote trustworthy vendors and approaches such as Open-RAN. It also announced plans to establish a semiconductor supply chain initiative to map and identify vulnerabilities and secure access to semiconductors and their vital components affirming their positive commitment to resilient, diverse, and secure supply chains of critical technologies.

People-to-People Exchange and Education

The Quad Fellowship: a first-of-its-kind scholarship program, to provide 100 graduate scholarships to leading science, technology, engineering, and mathematics graduate students across our four countries. The Fellowship, under the administration of Schmidt futures in consultation with a non-governmental taskforce, comprised of academic, foreign policy, and private sector leaders from each Quad country, will sponsor 25 students every year from each Quad country to

pursue masters and doctoral degrees at leading STEM graduate universities in the United States. Founding sponsors of the fellowship program include Accenture, Blackstone, Boeing, Google, Mastercard, and Western Digital.

Space

The Quad comes together in the arena of Space to by setting up a Quad Climate working Group. Together, the countries will share satellite data to protect the Earth and its waters, enable capacity-building for sustainable development and consult on norms and guidelines.

Talking about the Quad's firm resolve to build a stronger fairer Indo-Pacific, PM Scott Morrison states, "At a time that tests us all, our commitment to realize a free and open Indo-Pacific is firm, and our vision for this partnership remains ambitious and far-reaching. With steadfast cooperation, we rise to meet this moment, together."

EAM Dr S Jaishankar on 'Why the Quad matters' at ANU Oration

Ahead of the Quadrilateral Summit at The White House, Washington, USA, India's External Affairs minister Hon'ble Dr S Jaishankar delivered the annual JG Crawford Oration at The Australian National University presenting the case for Australia and India playing bigger roles in world politics outlining why the 'Quad' will play a pivotal role in a new global order.

Dr Jaishankar, referring to the Quadrilateral Coalition, a security partnership between the US, India, Australia and Japan with a focus on the Indo-Pacific, said its working takes into account the consequences of globalisation, requirements of the global commons and the expression of converging interests.

Dr Jaishankar remarked that the current global order 'had run its course and the world was ripe for change'. He talked about 'quantum shifts' noting that the Indo-Pacific will be at the epicentre of these shifts.

"The geopolitical turbulence in the Indo-Pacific, the ripple implications of the Afghanistan withdrawal and the larger consequences of the COVID pandemic are three such current examples," Dr Jaishankar said.

"Those who connect the dots would surely agree that we are really now at the cusp of something big. As we seek to discern the outlines of what emerges next, there is no question that the Indo-Pacific would be very much at its core," Dr

Jaishankar said in the virtual address.

"The fact is, the days of unilateralism are now over. Bilateralism has its own limits. And as COVID has reminded us, multilateralism is simply not working well enough," he said.

"The resistance to reform multilateral organisations, compel us to look for and action more immediate solutions. The Quad nations are all democratic polities, market economies and pluralistic societies. Apart from that natural understanding that it generates, similarity in the structural aspects of their relationships has helped to foster the platform."

He further added that in the last two years, the Quad has focused on challenges that vary from maritime security, cyber security and disaster response to connectivity and infrastructure, climate action and counter-terrorism.

Dr Jaishankar credited the role of the Indian diaspora living in the US and Australia which represents a "unique bridge between our societies", and regional convergence and natural empathy of democratic societies in ties with Japan as the reason for the Quad's proliferation.



Books to incorporate DREAM HEALTH



By: Poornima Vamsi

A positive mindset is a way of life and you can learn it through books, people, and experiences. It is a little unfortunate that we are not born with a positive mindset and have to train our minds into it. We often confuse positive thinking with optimism but in reality, these are two different things.

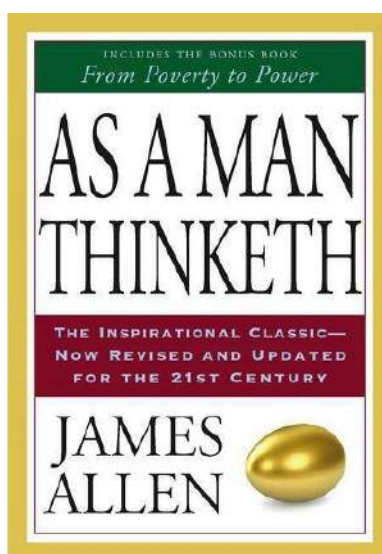
Optimism is being hopeful about the future and expecting the best outcome and the positive outcome of whatever we do. Whereas positive thinking is about living in the present and paying attention to amazing things going around us.

So, since positive thinking requires regular work, here are the top 3 'train your brain' books, which can be the fuel for your positive mind as they help you achieve an attitude that can lead to a transformational life:

1. As a Man Thinketh:

It is a classic self-help book published in 1902 written by James Allen, this book can easily be finished in an hour. This book is about the following concepts:

You are your thoughts: How true is that? Have you ever introspected?



Good thoughts can never produce bad results and bad thoughts can never produce good results. If you truly want to change yourself, you need to change your thoughts and every little action you take arises from the hidden seeds of thoughts.

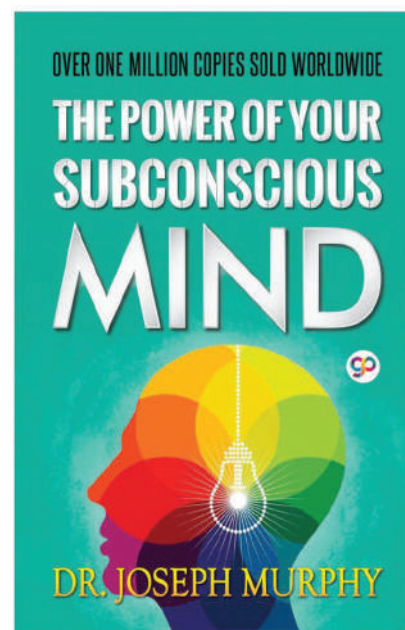
The mind is just like a garden: You reap what you sow - what do you want to sow?

The author has beautifully compared the mind with a garden and how taking care of the mind is no different than taking care of the garden. If we do not plant the flowers in the garden, the garden itself will produce some weeds. Just like a gardener, we need to make sure we plant beautiful flowers in the form of thoughts in our minds and take care of the unnecessary weed (negative frames) growing on its own.

Thoughts are not limited to mental health but also physical health: I can

vouch for this.

Our thoughts have a significant impact not on just the mind but also on our bodies, it is said that the body is a servant of mind and it takes orders from the mind. Having a positive mindset is the first step towards getting your dream body or dream health.



Change of diet will not help the people who will not change their thoughts.

2. The Power of Your Subconscious Mind:

These days finding a good self-help book is hard but finding a self-help book with a unique and valuable insight is even harder. Written by Joseph Murphy and published in 1963, the Power of Your Subconscious Mind is that book that

for your HEALTH

helps you explore the power within you.

The idea of this book is to make the reader believe that we can bring our thoughts to reality by fully and truly believing them. Initially, it can be overwhelming for people to grasp this idea, as “sub-consciousness” is a vast concept for our minds to absorb. However, once we get a hold of it we will not only start believing in it but will also see the value and benefits of it in your personal as well as professional life. This book is about the following concepts:

You can use your imagination to suggest ideas to your subconscious mind: Try it to believe it!

Picture yourself achieving a certain goal and see yourself actually achieving it. The author has compared it with the idea of the placebo effect. For example, if you make the patient believe they are getting a strong medication and just give them candy they will actually start to recover, that is the power of your subconscious mind.

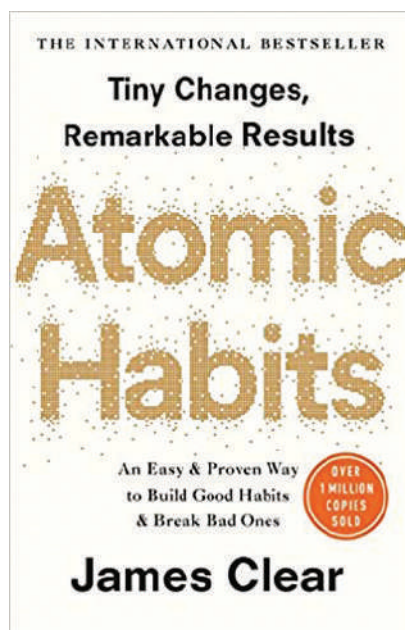
When you are in doubt, sleep on it: You will get your answers naturally overnight.

The author suggests that when you are in doubt the best way is to meditate and sleep and it will help you reach a decision, which will be beneficial for you. This idea is hard to believe but your subconscious mind can help you quickly and in different ways when you sleep on it, it helps you have clearer thoughts and opinions that you are more confident the next day.

Wish others well as envy only prevents you from getting what you want: Envy kills - mentally, physically, and psychologically.

It is said that if you secretly despise others for all the things you want there is a high chance you will not be able to get them for yourself, so having a mindset of wishing well for others will help you achieve everything in life.

--- Feeling the emotions associated with your DREAM HEALTH and BODY is the strongest way to communicate your weight release goals to your subconscious mind.



3. Atomic Habits

This book is very important for forming the right habits and getting rid of the ones that will pull you away from your goals. By replacing the bad habits with the good ones makes a little difference but ultimately helps you achieve bigger goals in life. This book is written by James Clear and was published in 2018. It is self-help as well as a self-improvement book & it is written on the following concepts:

There is a difference between a motion and an action: Just planning yields nothing, action does.

Motion is about planning and action is about delivering an outcome, sometimes people really cannot differentiate between a motion and an action and believe that just planning things is enough for us to see those lingering desires. This book helps us to understand that difference and it tells us simple, practical, and realistic ways to convert a motion into action.

We are surrounded by the delayed return environment: Isn't it true ?

What the author means by this is that - what we do today will have consequences in the future, so if you are going to have a cheeseburger today it will make you gain fat in the future. So knowing what you are choosing today will have serious consequences in the future, which is why knowing what is beneficial for us in the future and doing that in the present, is very important.

Identify what you want to become: Do you even know what you want ?

If you are looking for a real change in terms of a mental or physical level you need to be focused on what you want to become rather than how you are going to do it. Once you decide what you truly want to be, the how is naturally shaped around your goal.

When there is a will, there is a way. Being willing to do something is the foremost step.

These are the steps that I personally incorporated in my day-to-day life through my DREAM HEALTH journey. It was a pleasure sharing these thoughts with you and I wholeheartedly thank you for reading through.

If you enjoyed reading this and have the burning urge to bring those shifts in your life which will allow you to achieve your DREAM HEALTH naturally and holistically, you can connect with **Poornima Vamsi** for a health assessment Dream Health (poornima-vamsi.com)

Easy Self-Care Tips

COVID lockdown



By: Ms Anju Mathur

As the COVID lockdown continues, mental health experts are reminding people to take active steps in looking after their health and wellbeing and to reach out for help if they need it.

Your self-care, looking after your body, mind and soul is a key to keeping yourself healthy and safe during these challenging times.

5 easy tips for self-care:

1. Connect with nature - recharge your brain and your body by spending time in nature - going for a walk outdoors and getting fresh air can be a refreshing experience and even doing some light gardening in your backyard also can be very therapeutic.

2. Try eating healthy food

- Getting in shape and staying in shape does not mean that you need to take drastic measures. Make healthy choices for your meals. You can choose your breakfast cereals with low sugar and low fat and low salt content,

without compromising the taste; add more salads with low fat dressing to your main meals; cut down the sugar in your coffee/tea, try switching to black coffee at least 2-3 times a week. Drink plenty of water to stay hydrated. You can even start to build your hobbies and learn to cook healthy meals at home.

3. Stay active and practice doing regular physical exercise.

We all know that exercise has huge positive benefits not only for our general physical health but our mental health.

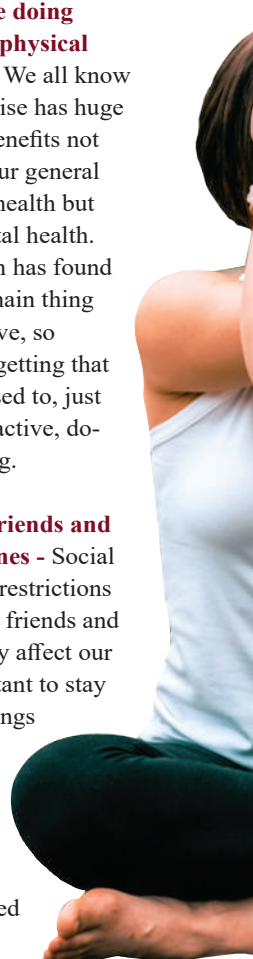
Research has found that the main thing

is to stay active, so

don't stress if you're not getting that intense exercise you're used to, just keep yourself physically active, doing things you enjoy doing.

4. Stay connected with friends and family and your loved ones

- Social distancing and lockdown restrictions has cut everyone off from friends and family and this can greatly affect our mental health. It is important to stay connected to combat feelings of isolation. Stay in connection through phone, whatsapp, social media, Zoom and put aside regular times for regular online catch-ups with loved ones.



during



5. Practice self-compassion – treat yourself with kindness and be gentle with yourself and write down and read positive thoughts/quotes/statements.

Remember there are

Mental health resources you can go to for help.

- **Beyond Blue** – Free 24/7 coronavirus mental well-being support via phone, chat, or email.
- **Head to Health** – A website where you can find apps, forums, and

information on digital mental health services.

If you are experiencing signs of anxiety or depression, consult your Gp and you can also reach out to a therapist or consult a counsellor for help.





Save \$80 Off Today
Award-Winning Antivirus

Advanced Antivirus Protection For All Your Devices

- ✓ Real-Time Antivirus Protection
- ✓ Protects Windows, Mac, Android & iOS Devices
- ✓ Safeguard Your Identity & Online Purchases

SAVE \$80

Get Protected Now **ONLY \$19** AUD Regular \$99 Save \$80 Today

<https://www.totalav.com/ultra-deal>

CYBER THREATS ARE KNOCKING ON OUR DOOR



By: Sarang Vengurlekar

We are amidst COVID-19 pandemic yet again and we have a lot of restrictions around us. We are locked in our homes and not able to socialise nor go out on holidays. We do try to keep ourselves busy with chores around our home like cleaning and re-arranging furniture, some people enjoy gardening and if you are like me then I love renovating a bit by bit just to kill time since we are locked in our homes. Everyone has something to do... Well so do cyber criminals. They too are house bound and cannot leave so what do they do in all this spare time???

You guessed it right!!! Yes, they will sit in front of their computers, and they will begin their hacking activities or will try to penetrate some corporate

system to make life harder for hard working people like us.

Well life is already hard enough, do you need any more challenges in your life specially to do with your computer system that you rely on a day-to-day basis to either work from home, playing games or just general browsing.

Do you protect your information saved on your computer or your smart phones? Well as explained above I think it might be a good time to invest in something that will protect you and your family from stolen personal information.

A protected home network means your family will enjoy the internet more safely and securely.

There are many devices running on your network at home including computers, gaming systems, TV's, smartphones, tablets, and other small devices like your Apple watch.

First, to keep you safe make sure all your devices have the latest software updates as they are the key to ensure any security loop holes have been identified and blocked by the monthly

updates that take place. Secondly you will need an up-to-date Security / Antivirus protection. Ensure all the devices are covered and you have not left out any. It may mean you will need to purchase a package which will protect 10 or more devices and there are many great deals currently available.

Here are few deals that you will benefit from as they are available at a reasonable cost. Do make sure you are following the exact URL given below as these deals are only available on them for you to purchase.

There are many more Total protection systems available but, in my view, these were the most relevant ones for bulk devices. It is possible to purchase subscription for 1 device but then again all of us now have over 5 devices at home, so it is wise to invest in extra number of devices for less.

I hope you understand the severity of personal device security given in this digital age. If this article has helped you in anyway then I would love to hear from you. Please do provide me with your feedback on sarang@vengurlekar.com



EXPENSIVE DIVORCE

In this day and age, it is not only expensive to get married, but to also to get Divorced!



By: Mittu Gopalan

If a party wishes to Divorce after being married, there are certain criteria and requirements that they must meet before they can apply for a Divorce Application:

1. They have to have been married for a minimum of two years (unless special circumstances apply, for example, one of the parties being subjected to severe domestic violence, et cetera).
2. The parties need to submit to the jurisdiction of Australia and need to be a permanent resident or Australian Citizen or intends to consider Australia to be their home to make an Application to the Federal Circuit Court of Family Court of Australia.
3. If your marriage certificate is in a foreign language, it will need to be translated by engaging a NAATI certified translator.

4. Once you decide to be separated, you need to be separated for a period of twelve months. If you are living under the same roof following separation, parties need to be sleeping in separate bedrooms. There should not be any physical relationship between the parties taking place in the twelve-month separation period.

5. Parties can then proceed to apply for a Divorce either jointly or solely. The current filing fee in relation to lodging a Divorce Application is \$940.00 as of 1 July 2021. Please note that this figure increases incrementally every year, however, you would be able to obtain a reduced fee of \$300+, if you are able to establish that you hold certain government concessions and that you are experiencing financial hardship. Of course, if your Application for Divorce is made jointly, then both spouses must meet the same criteria seeking reduction of fees.

6. You will not be granted a reduced fee unless you meet the requirements for financial hardship and only if a registrar is satisfied that your daily

living expenses, assets, income and liabilities are in fact low, that you will be given a concession. There are specific Application forms to be completed and lodged with the Court.

7. If you are going to self-represent, then the bulk of the costs relating to the Divorce Application relates to the filing fee. However, if you wish to obtain legal representation, you will have to bear costs in relation to retaining solicitors as well.

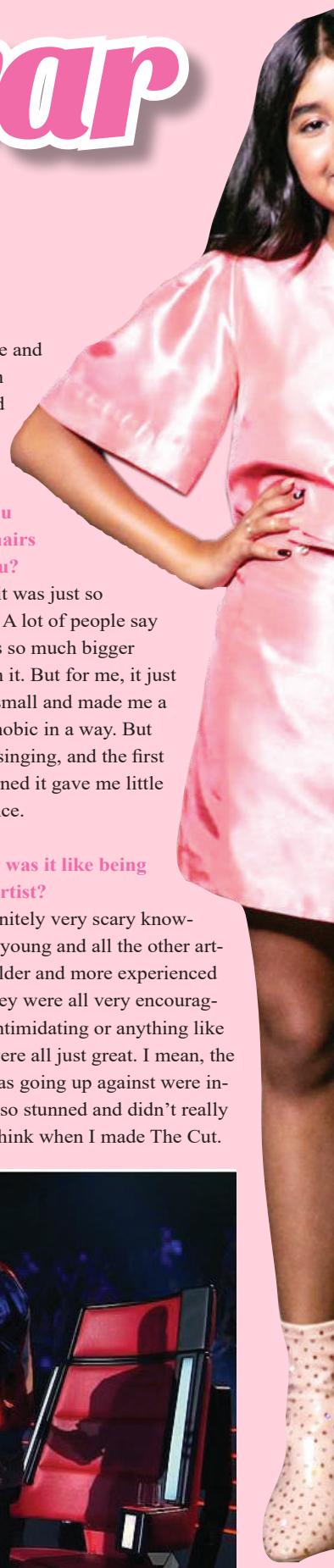
8. Within a year of obtaining a Divorce Decree Order, you will need to make an Application seeking Orders for property settlement, as you only have twelve months after a Divorce Order is granted. However, there is nothing prohibiting parties from obtaining orders in relation to property before a Divorce Order is granted.

If you wish to discuss your marriage or have any queries in relation to Divorce, please do not hesitate to contact Freedman & Gopalan Solicitors on 8917 8700.



Janaki Easwar

Pride of our Community



Janaki Easwar is now an Australian household name. At just 12 years of age, this superstar barely needs an introduction, having become the youngest contestant of Indian origin on The Voice Australia. Desi Australia had the pleasure of speaking to Janaki, between The Blinds and The Cut, to uncover her amazing journey.



By: Ruhani Dhillon

Q: So tell us about your journey Janaki. How did it all start?

A: My journey started when I was six years old. I was in Year Four and I was learning Carnatic music. Before that, I would only really listen just Indian songs around the house. But when I started going to school, my friends would always introduce me to new songs and that's when I actually started listening to English music.

Q: And when was your first performance? What song did you sing and how did you feel when you first stepped onto a stage?

A: I'm still very, very scared of stages, but I think the first performance was at a school open night where we had the opportunity to perform on stage once a month. The first song I sang was 'This girl is on fire' and after that, I just went to a lot of local competitions.

Q: Does anyone else in your family sing?

A: Yeah, my dad, actually, used to sing a lot on stage. He hasn't been doing that much now because we're in lockdown but my dad's side itself is very musical. So I think that's where I got it from.

Q: So, was it your coach that encouraged you to audition for The Voice?

A: Initially we weren't too sure about the reality TV component, but then I realised that instead of taking it as a competition, it was more a platform on which I could showcase my singing skills. And if I had more followers on social media, then more people would listen to my originals. I also thought it was just a lot of fun and honestly, I didn't expect much when I went to the audition. My coach told me I was ready and that I may as well try out for it.

Q: And what made you choose the song Lovely at The Blinds?

A: I chose 'Lovely' because personally I just thought it was such a pretty song; the vibe and everything about that song is just so beautiful. It has a nice range as it starts off quite low and then you can go into the falsetto part. Plus it gave me space so that I

could improvise and add that section towards the end of the song.

Q: How did it feel when you saw all four chairs turning for you?

A: Honestly, it was just so overwhelming. A lot of people say the stage seems so much bigger when you're on it. But for me, it just seemed really small and made me a little claustrophobic in a way. But when I started singing, and the first coach, Rita, turned it gave me little bit of reassurance.

Q: And what was it like being the youngest artist?

A: It was definitely very scary knowing that I'm so young and all the other artists are much older and more experienced than me; but they were all very encouraging. It wasn't intimidating or anything like that and they were all just great. I mean, the people that I was going up against were incredible. I was so stunned and didn't really know what to think when I made The Cut.





Q: So why did you choose Jess?

A: Jess is just so sweet and I like everything about her aura. She's really warm and so nice, and her music of course

is incredible. Guy obviously pitched really well especially when he talked about the Indian heritage and obviously he's an incredible singer as well. So I was kind of stuck about who I should go with, but my mum reassured me from the side. She was like one; so that



meant first pick which was Jess.

Q: Tell us about your outfit for The Blinds.

So on Onam, my mum had actually picked an outfit for me which was very similar to the one that I wore on stage, and my mum thought, oh wait, this kind of looks cute. I thought it would be a good idea as well and my mum was like, okay, we should put together a similar outfit for the performance. And that was the main inspiration behind it.

Q: And how did it feel singing a song from your own culture which Australians probably don't understand?

A: It was so great and it made me feel really happy because I got to show my heritage and culture. When Guy asked me to sing something Indian, I was a little surprised but I was excited as well because that was such a great opportunity to showcase our culture.

The team at Desi Australia wishes Janaki all the best with her musical journey and future endeavours. She is truly a shining example for younger people and aspiring artists in our community.



Our Key to FREE

NSW has a clear path to follow out of the pandemic and lockdowns, with the roadmap for easing restrictions at the 80 per cent double dose target revealing a brighter future for the community.

From the Monday after NSW hits the 80 per cent (aged 16 and over) double dose vaccination target, eased restrictions will allow those who are fully vaccinated to have up to 10 people visit their home, participate in community sport, and access hospitality venues (where drinking while standing up will be allowed indoors). All premises will operate at 1 person per 4sqm indoors, and 1 person per 2sqm outdoors.

If you are not booked in for a COVID-19 vaccine, please book an appointment as soon possible.

80 PER CENT ROADMAP

Under the Reopening NSW roadmap at **80 per cent, the following freedoms will apply only to fully vaccinated adults (16+) and those with medical exemptions (staff and patrons).**

Gatherings in the home and outdoor public spaces

- ▶ Up to **10** visitors will be allowed in a home (not including children 12 and under)

- ▶ Up to **20** people can continue to gather in unregulated outdoor settings
- ▶ Up to **200** people can attend COVID Safe events
- ▶ Up to **500** people can attend controlled (ticketed and seated) events
- ▶ Community sport permitted
- ▶ Those who are not fully vaccinated may only gather outdoors in groups of 2 people.

Venues including hospitality, retail stores and gyms

- ▶ Retail stores can operate at **one person per 4 sqm** (those who are not fully vaccinated will continue to only have access to non-critical retail via click-and-collect)
- ▶ Personal services such as hairdressers, spa, nail, beauty, waxing, tattoo and massage) can operate with **one person per 4 sqm** (uncapped)
- ▶ Hospitality venues can operate with one person per 4 sqm inside and **one person per 2 sqm outside**, with the requirement to be seated while drinking indoors removed. Group bookings will be limited to **20** people. Those who are not fully vaccinated can only access hospitality settings for takeaway
- ▶ Gyms and indoor recreation facilities (excluding indoor pools) can operate with **one person per 4sqm**, capped at **20** people per class.

Major outdoor recreation facilities

- ▶ Major recreation outdoor facilities including stadiums, racecourses, theme parks and zoos can operate with **one person per 4 sqm**, capped at **5,000** people (or by exemption).

Entertainment, information and education facilities

- ▶ Entertainment facilities (including cinemas, theatres, music halls) can operate with **one person per 4 sqm** or **75 per cent** fixed seated capacity (whichever is larger)
- ▶ Information and education facilities (including libraries, galleries and museums) can operate with **one person per 4 sqm**
- ▶ Amusement centres and nightclubs will remain closed.

Working from home

- ▶ Employers must **continue to allow** employees to work from home, if reasonably practicable
- ▶ Employers must **require** employees who are not fully vaccinated to work from home, if reasonably practicable.

Education

- ▶ Return to school with COVID Safe measures on **25 October** (as previously announced).



COVID-19 VACCINATION

LET'S DO THIS

EDOM

Weddings, funerals and places of worship

- ▶ **One person per 4sqm** (uncapped) for weddings with dancing permitted and eating and drinking allowed while standing. Those who are not fully vaccinated may only attend weddings with a maximum of 5 guests (no receptions)
- ▶ **One person per 4 sqm** (uncapped) for funerals. Those who are not fully vaccinated may only attend funerals with a maximum of 10 people
- ▶ Churches and places of worship can continue to open with **one person per 4sqm**, with no singing. Those who are not fully vaccinated will be allowed.

Travel

- ▶ Unrestricted trips between Greater Sydney and Regional NSW will be permitted
- ▶ Caravan parks and camping grounds can operate, including for those who are not fully vaccinated
- ▶ Carpooling is permitted. Those who are not fully vaccinated can only carpool with their household.

Masks

- ▶ Masks will remain mandatory for all indoor premises and settings, except children under 12
- ▶ Only hospitality staff will be required to wear a mask while outdoors

Roadmap



80%
double dose



Road map to 80% - Once we reach the 80% double dose target, fully vaccinated adults (aged 16+) and those with medical exemptions will have access to easing of restrictions under the Reopening NSW Roadmap, including:

- ▶ Gatherings in the home

- ▶ and outdoor public spaces
- ▶ Hospitality, retail stores and gyms
- ▶ Major outdoor recreation facilities
- ▶ Entertainment, information and education facilities
- ▶ Education
- ▶ Weddings, funerals and places of worship
- ▶ Travel

S





80% Vaccine - Want to be around 80% less likely to get COVID-19?

Get vaxed!

Vaccines can reduce the likelihood of you getting COVID-19 by around 80% compared to people who are unvaccinated, according to a study by the New England Journal of Medicine.



COVID-19 Vaccine

CHANGES FROM 1 DECEMBER 2021

On Wednesday 1 December 2021, the following settings will apply to **all** NSW citizens, regardless of their vaccination status:

Gatherings in the home and outdoor public spaces

- ▶ **No limit** on the number of visitors to a home
- ▶ Density will shift to **one person per 2 sqm** for indoor and outdoor settings
- ▶ **No limit** on the number of people who can attend informal outdoor gatherings
- ▶ COVID Safe plan required for outdoor

- ▶ events with more than **1,000** people
- ▶ Community sport permitted for all people.

Venues including hospitality, retail stores and gyms

- ▶ Retail stores can operate at **one person per 2 sqm**
- ▶ Personal services such as hairdressers, spa, nail, beauty, waxing, tattoo and massage can operate with **one person per 2 sqm**
- ▶ Hospitality venues can operate with **one person per 2 sqm** inside and outside, with no seating required for eating and drinking

- ▶ Gyms and indoor recreation facilities, including indoor pools, can operate with **one person per 2 sqm** (uncapped)
- ▶ Intimate services can open with one person per 4 sqm

Major outdoor recreation facilities

- ▶ Major recreation outdoor facilities including stadiums, racecourses, theme parks and zoos can operate with **one person per 2 sqm**

Entertainment, information and education facilities

- ▶ Entertainment facilities (including cinemas, theatres, music halls) can operate

with **one person per 2 sqm**

- ▶ Information and education facilities (including libraries, museums and galleries) can operate with **one person per 2 sqm**
- ▶ Amusement centres and nightclubs can open with **one person per 4 sqm**

Working from home

- ▶ Working from home will be at employer's discretion.

Education

- ▶ All year groups return to face-to-face

learning.

Weddings, funerals and places of worship

- ▶ **One person per 2 sqm** for weddings with dancing permitted and eating and drinking allowed while standing
- ▶ **One person per 2 sqm** for funerals
- ▶ Churches and places of worship can operate with **one person per 2 sqm**, with singing permitted.

Travel

- ▶ Domestic travel, including trips between

Greater Sydney and Regional NSW

- ▶ Caravan parks and camping grounds can operate
- ▶ Carpooling is permitted
- ▶ Quarantine settings for vaccinated arrivals will be altered. A cap on unvaccinated travellers may remain.

Masks

- ▶ Masks wearing will be mandatory while travelling on public transport, on planes and at airports, and for front-of-house hospitality workers
- ▶ Mask wearing is not required when outdoors.

For further information about the Reopening NSW roadmap, go to www.nsw.gov.au/COVID-19

Road map to 80% - Once we reach the 80% double dose target, fully vaccinated adults (aged 16+) and those with medical exemptions will have access to easing of restrictions under the Reopening NSW Roadmap, including:

- ▶ Gatherings in the home and outdoor public spaces
- ▶ Hospitality, retail stores and gyms
- ▶ Major outdoor recreation facilities
- ▶ Entertainment, information and education facilities
- ▶ Education
- ▶ Weddings, funerals and places of worship
- ▶ Travel

80% Vaccine - Want to be around 80% less likely to get COVID-19?

Get vaccinated!

Vaccines can reduce the likelihood of you getting COVID-19 by around 80% compared to people who are unvaccinated, according to a study by the New England Journal of Medicine.

Second Dose - Had your first COVID-19 vaccine dose?

Don't forget your second!

Two shots of a COVID-19 vaccine can reduce your chance of hospitalisation, ICU admission or death by around 90%

If you booked through the eligibility checker, you should already have a date and time for your second appointment. If you're unsure, call 1800 020 080, 24 hours a day, 7 days a week.

Second Dose - Had your first COVID-19 vaccine dose?

Don't forget your second!

Two shots of a COVID-19 vaccine can reduce your chance of hospitalisation, ICU admission or death by around 90%

If you booked through the eligibility checker, you should already have a date and time for your second appointment. If you're unsure, call 1800 020 080, 24 hours a day, 7 days a week.

Don't forget your second dose!

NSW GOVERNMENT

YouGo with Rajni Let's Be Mindful Series

Pandemic Yoga 101: Yoga your way through lockdowns



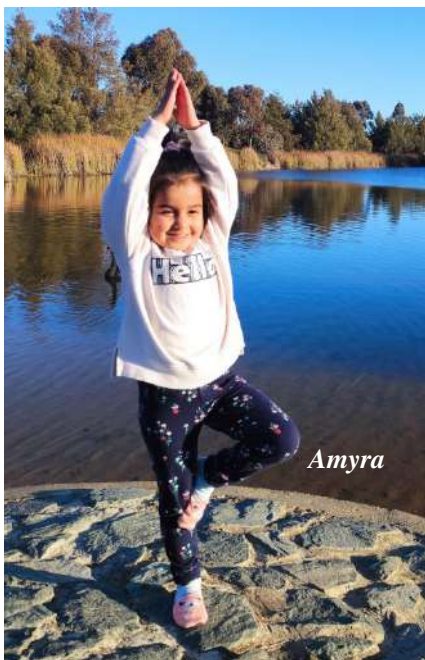
By: *Rajni Ghai Malhotra*

These are challenging times of lockdowns, disrupted schedules, wearing masks, physical distancing and having to deal with grief, isolation, loneliness and 'not knowing'. The pandemic has presented an array of challenges for children as they cope with the effects of home-schooling, increased screen time, parental fatigue and disconnected friendships. Pandemic fatigue is affecting all of us in some form or the other. But there are ways to counter this. And one most effective and easy to use strategy is yoga.

Here are messages from my global yoga community who have turned to/continued with yoga through lockdowns and found it helpful in more ways than one.

Yoga is magical

In yoga I can be a cat, cow, bee, mountain, river or a tree. I can do yoga at any time and any place. I even do it in my trampoline.
~Amyra (5 years)



Amyra



Anya and Amyra

Yoga in a jiffy

I like to do yoga because it keeps me healthy and makes my body flexible. My favourite is Cobra pose which I can do in a jiffy.
~Bhav (7 years)

Yoga builds focus

I enjoy doing yoga and I practice yoga about 2 to 3 times a week. Yoga helps me to relax and focus as well. It keeps my body flexible. My favourite pose is the Tree Pose. It stabilises and improves my body balance. During the pandemic and lockdown, yoga has helped me stay calm and focussed. Being at home I could still practice yoga poses and keep myself active and relaxed.
~Angad (9 years)



Bhav

Yoga is fun

I attend regular weekly yoga sessions with my teacher Rajni aunty. Occasionally I also attend Art of Living sessions. Yoga is fun and one of the ways to get indoor exercise more so during lockdown. I like to do the Tree pose, Semi-Cobra pose, the Relaxation pose and the Crocodile pose. I also enjoy the memory game.
~Abhiram (10 years)

Yoga brings balance

I used to do yoga in the pandemic and it felt calming and it helped me get really fit. I did it because we all were going through a very challenging time and I needed something to take my



Angad



Naina

mind off things. After some time of doing yoga I even found my balance had improved and I could stand on a ball with my arms straight.

~Naina (8 years)

Yoga is calming

Yoga makes me calm and sometimes I go to sleep. Yoga makes me happy.

~Aashi (11 years)

Yoga is the best

Getting ready for my yoga
 Away from all the stress
 Pulling my yoga mat out
 Excited to start even though, I'm in a dress
 Making different shapes with my body
 To make it feel relaxed
 Feeling calm and peaceful
 Yoga is the best

~Tanishi (11 years)



Tanishi



Moyra

Yoga is rejuvenating

Pranayama gives me relaxation during lockdown. It relaxes my mind, body and soul it rejuvenates me for the next day.

~Moyra (12 years)

Yoga brings flexibility

Yoga makes me focus better and makes me more flexible physically and mentally. It also helps me to understand situations better.

~Aakarsh (13 years)

Yoga is my 'go-to'

It's amazing how yoga can make me feel energetic when I'm feeling tired and sleepy. It helps me slow down when I'm feeling rushed but also helps me quicken my pace when I feel I'm slowing down! It is a mood breaker and it helps me to push myself harder and challenge myself to find

balance in more and more difficult positions and situations. Yoga makes me happy within myself and helps me to be more mindful.

~Anya (12 years)

There YouGo! Words of wisdom from little souls. If they can keep their balance in these tumultuous times through yoga then so can we! Regardless of the restrictions and lockdown in your area, yoga can be done in the comfort and confines of your home, all you need is enough space to roll out your mat and the intent to engage in practice – take it from these children.

Yours mindfully, Rajni
 Follow Rajni on Facebook
 @YogaWithRajni



Anya



Family Time: The Best 'Gift'



By: Lalitha Chellappan

Sydney based filmmaker Pankaj Upadhayay has been an active contributor among the Australian-Indian diaspora and has worked with a variety of local artists in a number of ways. The man behind the lenses lately faced the lens himself by producing a simple take on a Birthday event that explores a Father-Daughter relationship amidst a pandemic. The short film subtitled in Hindi is worth a dekho if you haven't already seen it.

behind the scenes as well as introduce the artists. As a parent, if your reaction after seeing this film is one where your child gets to spend some quality time with you which you normally may not have had, it would have achieved its purpose.

12 year old Natasha's parents were contemplating a storyline based on the current reality where we have all been mostly indoors. The father in this case happens to be Pankaj so evidently there was no dearth of possibilities. After creative brainstorming galore, they decided to pay a tribute

We are pleased to share a link to the film here and to take you through what transpired





to a parent-child relationship by addressing what truly matters – ‘the gift of time’. They strongly felt that material things may come and go but what remains is the happy memories created together. Thus, the idea of making this short film was born and to Natasha’s delight they were able to complete the film during her birthday week. The film was released during the week of Father’s Day celebrations.

Speaking of lockdown which has put many of us through home learning for children, as well as months of working from home for parents, one would think a scenario such as this would help families bond better. After all being stuck at home means getting to spend more time with each



other but this has also created a distance due to conflicting priorities. In today’s times, lockdown or not, spending time with loved ones seems to be losing its meaning. A great way of showing love to a loved one is by giving them the gift of time but then the metaphor Time is Money has taken over for a few while others maybe stressed due to work pressure or other priorities that take precedence over the simple but much needed act of spending time.

While as adults we may be in a position to reason this out and come to terms with it, this hasn’t been easy on children. Their impressionable young minds may not be able to express what they feel but they do sense everything and neglect can make the feel unloved. The film well conveys this aspect and the beauty of it lies in its simplicity and the fact that there is no dialogue. Yet the father-daughter duo can be seen expressing their inner turmoil eloquently. Real life shots of childhood scenes showing Pankaj with Natasha when she was much younger, add to the charm.

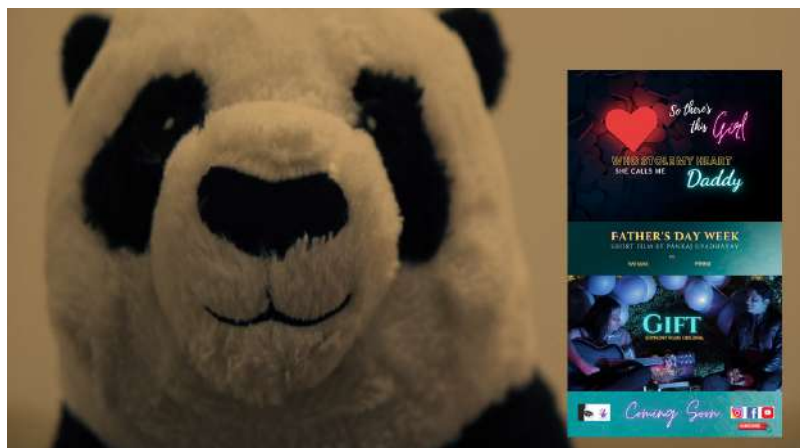
We hope you’ll enjoy watching this film

that touches the heart.

About the actors:

Natasha who is in year 7 came to Australia with her parents Pankaj and Mamta five years ago. She believes that every day with loved ones is special and spending time with each other is the most precious gift. She likes reading fiction, watching television and gaming. All things creative such as music, books and films inspire her. She can be seen making drawings, writing stories or assisting Pankaj in his productions at Euphony Films. Very passionate about writing, she has written a Children’s novel titled ‘The Vanished Twin’ that is available on Amazon.

Pankaj is a multiple award-winning Independent Filmmaker, visual artist and a poet. He draws his inspiration from poems and readings and his favorite lines are by Rumi: What you seek is seeking you and his motto of life is ‘Help Share Laugh’. Pankaj recently co-produced, shot and edited two anti-dowry videos for NSW Police and is currently producing and directing his Short Film series ‘Bhram’ – a collection of mystery short stories.





My Voice season 3

New Era of Musical Reality contest!



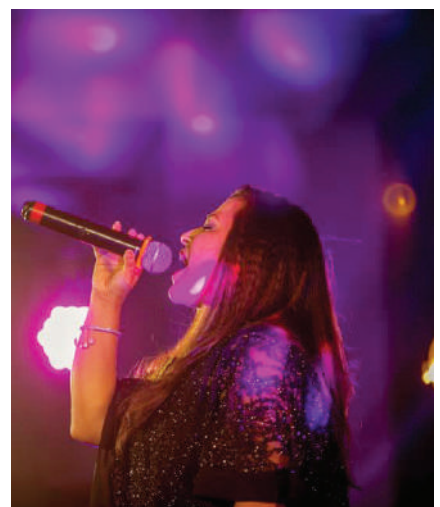
By: Daljeet Bakshi

ment, Digital Marketing and IT Services. It was born out of a commitment to redefining the infotainment landscape through bespoke offerings. It is Australia’s first OTT platform catering to the multicultural and multilingual audience across geographies.

My Voice - S3 allow participants to sing in English and any Indian language of their choice. This show leaves the field open for participants of all age groups, and allows you to participate from the comfort of your own home!

This is precisely why My Voice - Season 3 stands in a league of its own. With about **15000 AUD** worth prize money to be won, My Voice - Season 3 opens registration for the contestants from Sep 1st to 10th Oct 2021.

Allowing the contestants to sing in the choice of their languages - which include English and / or any Indian languages, there are four categories



for the contestants. Silver (6-14 years), Gold(15-23), Diamond (24-40) and Platinum (40+) which means age is not a barrier at all! No need to stand in long queues as contestants can upload their performances online! All registration process and details can be found on www.MeWorldet.com

MeWorld is a ME-TV venture- a Media and IT conglomerate with group companies in Television, Media, Content Production, Event Manage-

4 CATEGORIES

- SILVER - 6 to 14 yrs
- GOLDEN - 15 to 23 yrs
- DIAMOND - 24 to 40 yrs
- PLATINUM - 40+ yrs

Register Now

www.meworlddet.com

NO

AGE,
COUNTRY,
LANGUAGE RESTRICTION



.MY VOICE 3 SEASON



Bigger & Better like Never Before

\$ 15,000 AUD
(₹ 8,00,000 INR)
★ CONDITIONS APPLY



STREAMING PARTNER



PRIZE MONEY FOR ALL WINNERS

PARTICIPATION FEE

\$40 AUD only (Approx ₹ 2172 INR)

COMMUNITY PARTNERS



MEDIA PARTNER



RADIO PARTNER



DD
DESI DIGITAL
ENTER THE WORLD OF ONLINE MARKETING

FESTIVAL OF NOW

Celebrating Mental Health & Wellbeing in South Australia



By: Daljeet Bakshi

Adelaide is known as City of Festivals. The Festival of Now is a major event in Adelaide, held during South Australia's Mental Health Awareness Month (October). It is a celebration of mental health, creativity and inclusiveness that challenges stigma and promotes community connection. The Festival of Now is run by a committee of members from NGOs under the Mental Health Coalition of SA (MHCSA). It was originally designed to cater mostly for the Mental Health sector: consumers, carers and mental health workers.

This year it's happening at Wauwi (Light Square) on October 8th.

Though the festival is on, there would be safe plans for the COVID management and as per the directions of the authorities.

In 2021, the Festival of Now committee has



selected the event theme "Celebrating Our Stories" as key to building empathy. "Celebrating Our Stories" reflects Festival of Now's commitment to showcasing the creativity and contributions of artists with lived experience.

Attractions at the festival include live music and performance, free food, arts and crafts, games, animals, face painting, a chill-out zone, mental health and wellbeing information stalls and more. All artists who take to the main stage, and those who facilitate creative workshops or peer sharing circles, have a lived experience of mental illness. Also, there will be other activi-



ties at multicultural hub that will include dance workshops by Fusion Beats and Malwai Bhangra Academy.

Every year the Festival of Now runs a Poster Art Prize, where members of the community with lived experience of mental illness submit their work to the committee. In 2020 our winner was Tabitha Lean, a local Aboriginal writer, artist and activist who responded to the theme "A Place Where Everyone Belongs".

The Festival of Now is a positive event that not only brings all facets of the sector together but provides an opportunity for collaboration and cross-promotion, broadening the understanding of mental health in the community.



'Child of The Sun'

A book in fiction/fantasy genre by Jagdish Saraf .



By: Daljeet Bakshi

Adelaide based retired Physician Jagdish Saraf pens down his first book 'Child of the Sun', a book in fiction /fantasy genre . This book was released by publishers Balboa Press.

Jagdish Saraf migrated to Australia in 1973 and then settled in Adelaide. He was also the President of the oldest Indian association in Adelaide, IAASA and he initiated the Indian Mela Festival .

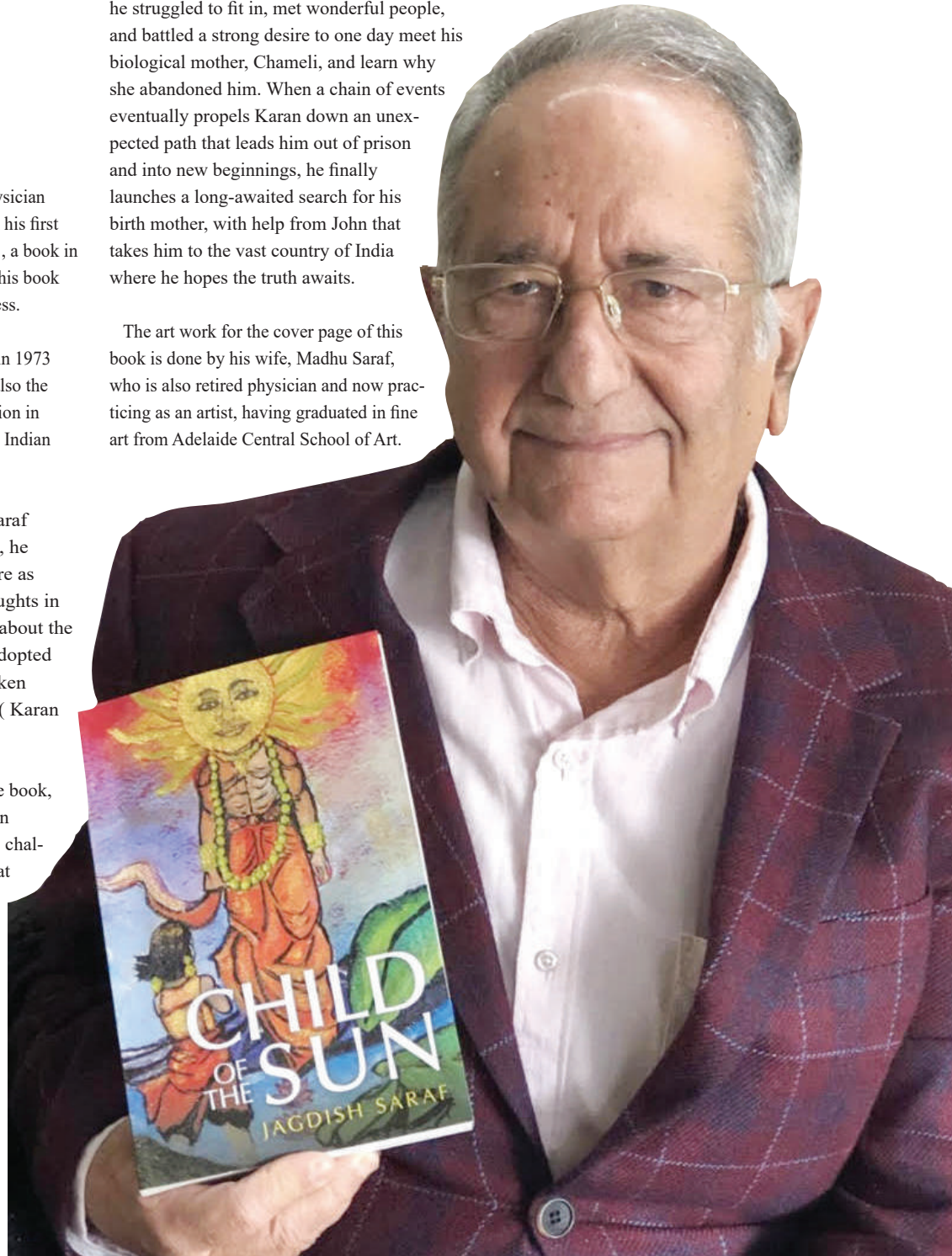
While discussing with Jagdish Saraf regarding the content of this book , he revealed that during his long tenure as physician , there were always thoughts in his mind about the adoptions and about the children who are left behind and adopted . In his book , Jagdish Saraf has taken relevance of historical mythology (Karan and Sun) .

If we talk about the synopsis of the book, Child of the Sun is a tale of an Indian adoptee's journey into manhood, his challenging, and difficult experiences that ultimately land him in dark places that fuel his desire to find his biological mother. When twenty-seven-year-old Karan White lands in a New York prison to serve a seven-year sentence, his cellmate, John, becomes curious about his life experiences. As Karan begins to share insight into his path to date, a fascinating story unfolds. After he reveals he was born in India to a mother who was unable to care for him, Karan details how he travelled to the United States at

age three where he was adopted by an American couple. As his story continues, Karan discloses his experiences in a new country where he struggled to fit in, met wonderful people, and battled a strong desire to one day meet his biological mother, Chameli, and learn why she abandoned him. When a chain of events eventually propels Karan down an unexpected path that leads him out of prison and into new beginnings, he finally launches a long-awaited search for his birth mother, with help from John that takes him to the vast country of India where he hopes the truth awaits.

The art work for the cover page of this book is done by his wife, Madhu Saraf, who is also retired physician and now practicing as an artist, having graduated in fine art from Adelaide Central School of Art.

The book is available on Amazon, through google, apple book store and Balboa press.





Book launch at the Indian Consulate, Sydney

Indian Literary & Art Society of Australia - 'Our Culture, Our Identity'

Celebrates 10 successful years

Literature is a gateway to understand the world. Literature allows a person to step back in time and learn about life on Earth from the ones who walked before us. We can gather a better understanding of culture and have a greater appreciation of them. Through literature, we can pass our culture to the younger generation, especially when we are settled in a foreign land.

It becomes important for us to preserve and promote our rich Indian literature, and without many organizations working for this cause, ILASA's role has become more crucial.

Hindi is the third spoken language in the world. Indian Literary & Art Society of Australia ILASA Inc has been celebrating Hindi Diwas on 14th September each year. This year ILASA Inc organized various literary programs to mark organizations' 10th Anniversary.

ILASA was formed in 2010 and was officially registered with the Department of Fair Trading in 2011.

At the time, there was a big gap in accessing Indian literature (in Hindi and other regional Indian languages) and art in Sydney. Without a forum, readers did not have ways to access the work of Hindi writers across Australia, India, or the world. As a poet and writer, Rekha Rajvanshi felt passionate

about filling this gap and founded ILASA. It brought writers and artists together on one platform, offering opportunities to showcase their talents.

ILASA has now completed 10 successful years of journey this year. Most of the events are listed on ILASA's digital magazine and



Hindi conference at the University of Sydney



has directors in most of the major cities of Australia who work together to promote literary activities (mainly, Hindi literature). The Patrons are well-known Indian personalities—the renowned poet and Padmashri Dr Ashok Chakradhar, the Chancellor of AISECT University and CV Raman University, Mr Santosh Choubey, and the Chancellor of the Academy of Arts and Founder of Film City Noida, Dr Sandeep Marwah. Australian patrons include Dr Peter Friedlander from the Australian National University in Canberra; Dr Ian Woolford from La Trobe University; Mr Murli Bhojwani, the CEO of MNB, Gambhir Watts OAM, the President Bhartiya Vidya Bhawan; and Neena Badhwar, Editor of the Indian Down Under. ILASA is also supported by Mala Mehta OAM; Avijit Sarkar at the Natraj Academy; Sheba Nandkeolyar, the CEO of Multiconnexions; Saba Zaidi Abdi from the Adakar Theatre Group. The supporting organizations include the Hindi Samaj Perth; Sahitya Sandhya Melbourne; IPSAA Brisbane and ILASA Adelaide and Brisbane.

In the past ten years, ILASA has held more than 65 literary and art events. It has published an anthology of 40 poets from six cities of Australia, which was launched in Vishwa Rang Tagore International Festival of Literature, Art and films at Bhopal, India in 2019.

ILASA has also been celebrating Hindi Diwas since its conception. ILASA organized a youth Hindi poetry competition at NSW Parliament house in 2015, which was supported by the Consulate General of India in Sydney and Bhartiya Vidya Bhawan Australia, along with participants, MPs and MLAs from Sydney and Canberra.

It also organized a Hindi Conference at the University of Sydney in 2016, with many Hindi lovers and community leaders present. Dr Ian Woolford, a Hindi Lecturer from La Trobe University, chaired the panel. Dignitaries present at the conference included the Consul General of India, Mr Vanlal Vawna and MP Jodi McKay. We had five panels – Hindi in Business; Hindi Teaching in Australia; Hindi Translation & Interpretation; Hindi Films & Media in Australia; and Hindi Literature. At Parramasala festival, ILASA along with Word Travels organized a slam poetry competition. ILASA also supported SAFAL (South Asian Film, Art & Literature festival for two years and organized various panels.

“Meet the Author” events were also arranged with English writer and Sahitya



Hindi Poetry competition at the NSW Parliament House

Academy Award winner Kiran Nagarkar; Urdu writer Khushbir Singh Shad; Nandi award-winning Telugu poet Ande Sri; Satyarthi award-winning Malayalam writer Dr R Surendra Arsu; Hindi writers from the UK, Usha Raje Saxena and Divya Mathur; along with Dr Kunwer Bechain, Dr Rekha Dwivedi, Dr Gaytri Singh, Vasudha Gadgil from India.

During Covid-19, ILASA continued to organize many Kavi Sammelans virtually. Last year, it supported the International VishwaRang, a virtual three-day festival that brought many artists, writers and Indophiles together. This year on Hindi Diwas, ILASA organized an International Kavi Sammelan and an Australia-wide short stories, skits, and short films competition.

Organizations like ILASA play a prominent role in keeping our country’s culture alive. ILASA’s motto is ‘Our Culture, Our Identity’. Poets, writers, and artists join groups like ILASA to satisfy their creative urge and stay connected with their roots, while becoming cultural crusaders and ambassadors in their host country and vice versa.

Rekha Rajvanshi, the founder of ILASA, said “It’s my passion that keeps me going. Most of our members are passionate about our homeland, as well as our host country. We know that there is little money in arts and literature--ILASA doesn’t have a membership fee, and anyone can be a part of ILASA’s activities. When we organize

events, we just charge enough to pay for the venue and the food. But we hope and are glad that ILASA is able to make a difference in people’s lives. Most of the work is done by our hard-working team members, who are mostly committed volunteers. We have also recognised the work of prominent writers, artists, media personalities; community workers and filmmakers, encouraging them to stay focused and dedicated to their work. Thanks to ILASA’s efforts, many Hindi poets have compiled their work and published books in Brisbane, Perth, Melbourne, and Sydney.

This year, ILASA is planning to publish a collection of stories written by Australian-Indian writers, in both Hindi and English. We hope to do more in developing good literary content for children. We are also planning to organize creative writing and drama workshops for budding writers and artists. We have a few more creative projects in the pipeline; we will reveal them as we go”.

If you are a writer or poet and want to join ILASA, then please contact Rekha Rajvanshi on rekha_rajvanshi@yahoo.com.au



Indian Literary & Art Society of Australia (ILASA Inc)
Our Culture, Our Identity



Ajay Devgn and Tabu all set to commence 'Drishyam 2' shoot this December

Jeethu Joseph's 2013 film *Drishyam* was remade in Hindi with a stellar cast including actors like Ajay Devgn, Tabu and Shriya Saran two years after the film released. The gripping story-line and the phenomenal performances left fans with goosebumps. Well, the Malayalam thriller's sequel, starring South superstar Mohanlal in the lead, arrived on OTT platform Amazon Prime Video earlier this year. Ever since, fans have eagerly been waiting for news about the Hindi remake of *Drishyam 2: The Resumption*.



Much to our delight, a report shared by

Peeping Moon has now revealed that the team is all set to begin shooting this year! That's

right. Ajay has reportedly given his dates from late December. He will take *Drishyam 2* on floors right after completing his list of current projects, which includes much awaited films such as Amit Sharma's *Maidaan*, *Thank God* alongside Sidharth Malhotra and Rakul Preet Singh, and *Mayday* co-starring mega-star Amitabh Bachchan and Rakul. Tabu, Shriya and Ishita Dutta will be reprising their characters in the sequel.



Earlier buzz had suggested that Jeethu Joseph might direct the Hindi sequel as well. However, the report has now revealed that after *Drishyam* director Nishikant Kamat's untimely demise, filmmaker Abhishek Pathak has been welcomed on-board to helm the sequel.

My Saree journey – Sonali Saxena

My love for saree began early. My mum used to only wear sarees and it was fascinating for a young girl to play with the beautiful six yards in her Godrej Almirah. It was the 80s and while there was not a lot of money floating around, it was quality over quantity. My mum used to buy beautiful silks and cotton handlooms which was an infrequent affair but an event on its own.

I wore my first saree at my year 10 farewell. It was a garden vareli floral print and was much admired on my 16year old self. I wore my mum's wedding saree at my cousin's wedding and while my wardrobe still consisted majorly of jeans and skirts, my love for saree was growing. In the next few years I wore a few of mum's sarees to special events - my college farewell, my best friend's wedding and so on. It was slowly becoming my garment of choice.

There is a funny story when I wore my mum's wedding saree. My mum got married in the 70s, so her saree was pure chiffon in deep magenta with heavy embroidery all over. I died when I looked at the blouse - till that time I had this image of my mum as a boring, chaste woman. The blouse was sheer material, teeny weeny and fashionable and it gave me insight into the fun loving fashionista my mum was - a real blouse defining moment for both of us!

When it came time for my own wedding, I ensured that saree made up most of my trousseau. In fact I even wore it on my honeymoon, something that was not common in those times.

And then we moved to Australia and I left me treasure behind because I wasn't sure if I will get a chance to wear it in this new country. For years, my sarees and I were estranged friends. I did not know many people in Australia and did not feel confident or comfortable to wear them. I missed my saree wearing days.

I was fortunate to meet Poornima and we developed a deep friendship over our common values, outlook towards life and of course love for sarees, no one can love sarees the way she does but she was instrumental in bringing back my confidence and my sarees back in my life.

I not only brought a lot of my sarees back but invested in some beautiful pieces since then.



My college farewell



Honeymoon in Mount Abu

Our estrangement is over and sarees are firmly back in my life as my choice of garment for the special occasions. It is also heartening to be part of a wider community who all share the love and are proud wearers of this beautiful garment.

I will end my saree journey with a quote I read somewhere which summarises my love for it

“A saree is not just a garment - it is a power, an identity and a language of its own!”



Recent pics in saree

A collection of life stories: On how art boosts wellness in the community



By: Rupa Parthasarathy
 Founder | Art Therapist
 The person behind the practice
MINDKSHETRA

It has been over three months since over 5 million of us bunkered down into our homes in what will now be the most extended lockdown for NSW.

A sudden onerous restriction to our movement outside the house started a massive ripple of lifestyle shifts within our home. While the tides influenced lives differently depending on individual life scenarios, one thing we can all relate to is the feeling of “groundhog day”. The lull feeling of monotony, of days blurring into weeks and weeks into months: “Blursdays” was what a supervisor of mine called it.

Like many who still have the privilege of working from home, the first 30 days into the lockdown were a blur for me. Although, my life has changed and restricted within the confines of four walls. Nevertheless, I cruised confidently through most days, thinking I’d use the learnings from the last lockdown. However, slowly but steadily, as I spent Blursday’s after Blursday’s staring into the abyss of screens, spending hours and hours zooming through meetings, a zombie-like numbness started seeping in.

While online, I was spending hours on end connecting with people. Unfortunately, I got lost in the process of adjusting and migrating a creative practice into the digital realm. I wandered away from getting hands-on with art materials in the physical world. Added to this sense of losing path was the melancholy



#itsoknottobeek - series of pebbles work



ow creativity ity.



and grief of cancelled events, exhibitions and workshops. Fortunately for me, leaning on creativity and mindfulness has always been the go-to solution to boost my wellness.

During this time, I became inspired by a fellow art therapist, Georgia Freebody's initiative. Georgia was making art, capturing the free spirit of native birds on recyclable cardboard and exhibiting on trees, within the confines of her LGA and in a local park. She organised them like a treasure hunt, leaving them for community members to find, view. "Art is for everyone, art is everywhere" is a sentiment we both related to. So, inspired by her commitment to make art accessible to all in the most inaccessible time of all and continue the ripples within my community, I started the online campaign #creativity in the community.



**Driveway exhibits:
#Creativityinthecommunity**

As my first exhibit, I chose to make pebbles families and leave them outside, the theme of the artworks being #itsoknot-tobeok. On day three of leaving, the pebbles outside, the stones got adopted by unknown community members. I was happy that someone related to it so much that I posted a thank you message on our local community Facebook page. And thus began the journey of connecting with the community through art, even in isolation.

Each day, I started organising the fallen foliage on my front yard into patterns, adding messages to go along with them. "Your artwork makes my day", a lady in a mask who walked past my house commented. Hearing her words made my eyes well up, my heart skipped a beat, and goosebumps rose, as realisation set in that this was the first time in over 40 days I was hearing a different human's voice face-to-face.

Thus began the journey of making driveway exhibits each day, and starting the #creativityinthecommunity.



Nature Art by Divyansh



Nature Art by Sayona

This feeling of connectedness led me to take this initiative further through Mindkshetra's social media. We wanted to encourage, inspire and showcase stories of people leaning on creativity to get through these testing times.

Though we did share all submissions through a media post, as a mental health studio whose mission is to nurture life stories using creativity, we also wanted to go one step further and acknowledge the stories behind the artwork submissions. Hence, I decided to share these feel-good stories of people who were using creativity to spread positivity within the community – and give them a shout out through this article.

One of our youngest entrant duos is siblings Divyansh and Sayona. Divyansh



difference.” Reetika, an ardent supporter of Mindkshetra, is someone who aligns with our philosophy and understands the wellness benefits engaging in creative activities can bring. “I encourage my kids to do at least one creative activity a day”, Reetika shared when I called to thank Divyansh for his submission. “The Sun” is an artwork created by Divyansh during one such creative break. The young artist explained that “The rock in the middle represents the Sun’s centre and the sticks represent the rays of the Sun. The rocks between the sticks represent the people getting the sunlight”. Maybe it was the earnestness of the explanation or the days of being cooped up, reading the young child’s simple act of interacting with nature and his vivid imagination made my eyes well up, yet again.

The submission we received from Isha had a backstory too. Isha is twelve years old, a year seven student. A motivated young girl, she wanted to keep her scout mates cheerful during this lockdown. So she decided to teach them to make their stationery kits (on zoom). Her Mum, Aarti Aggarwal, is an art and cultural teacher who shared that “Isha runs the session regularly and keeps the connection going through art-making”. I was genuinely amazed by this young girl’s intuitiveness to rely on creativity, the willingness and capacity to think and contribute beyond her age.

One of the most gravely affected populations due to this lockdown has been our senior citizens. Elders, Parents, and grand-

parents are separated and unable to meet with their young family members – grandsons and granddaughters. So receiving this story and art contribution made my heart sing. The entry was from a very thoughtful granddaughter, Maya - who sent a love letter to her grandma Shanta Viswanathan. “This is the most precious gift I have received!!!”, is what grandma Shanta shared when she gave me permission to share this story. Reflecting on this story made me believe in the power of old fashioned letter writing and the significance of staying in touch. Maya’s artwork was hope packed in the mail, a much-needed gift to lift the spirits of the longing grandparents.

The artwork and her wise words speak for themselves: “Happiness can be found even in the darkest of times If one only remembers to turn on the light”.

It was a chance encounter that led me to discover this next story. Cooking and understanding the cultural nuances of creating master recipes has always been a passion of mine. It’s a simple, easily accessible creative outlet that nourishes our bodies and can satiate our souls. For many busy beings like me, the lockdown has provided the perfect opportunity to rekindle that passion and indulge ourselves in cooking. So when a new friend of mine invited me to join a WhatsApp group, I jumped and said yes. I didn’t realise that it was no ordinary group but a community of like-minded women who, along with sharing recipes, shared the history, cultural significance, and traditional



Art by Maya

is nine years old, a vibrant young lad. His current interest is doing nature art. His sister Sayona, who is seven, is a young artist who dabbles in all creative pursuits; her main interest is storytelling.

Their mum Reetika Balla is a passionate, creative arts enthusiast, educator, children’s advocate and founder of online platforms “Keeping Kids Busy” and “Let’s be the





Shirley Jacob- Founder of the Cooking and Hobby Club

knowledge of the origin of cuisine. Using recipes as a conduit, they also shared conversations about feeling disconnected, bored, or lonely.

The group’s founding member, Shirley Jacob, shared that the group has injected a sense of hopefulness into many families’ lives. She added that many members had been feeling isolated and anxious. The simple act of witnessing each other’s creations encouraged even the novice in the group to give cooking a chance. During one of her shares, Shirley shared the photos of a failed recipe.

When I asked Shirley what was her motivation to do so, she replied, “I want to share the failures too, as sharing only the successes may stifle having a true and meaningful conversation and steal the opportunity to

learn”. Her analogy hit the nail on the head as the symbolism hit home. At Mindkshetra, this is what we strive to do every day, normalise conversations about mental health and mental health conditions so that we can openly start having meaningful discussions and reduce the stigma attached to it - and all this using creativity.

Along with working on a monthly cuisine exploration, the group holds monthly meetings and invites members to impart their knowledge of unique skills.

Art made by Meena Patke

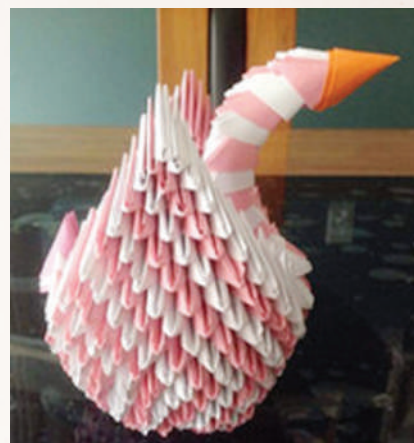

I met Meena Tai (elder sister) when attending one of those meetings. Shirley had instructed us to bring post-it notes or memo paper as they call in New Zealand in preparation for the meeting. Being an art geek, I did know some basic origami and was excited to attend, though I didn’t know what to expect. I was blown away by what Meena Tai had to teach, 3D origami. A sexagenarian, Meena Tai is a Kiwi who moved with her family to Sydney just weeks before the first lockdown. She is a courageous learner, a culinary connoisseur. “It all started with jewellery making, I didn’t like the jewellery I was gifted, so I decided to make my own”, she explained when I asked her the origins of how she started making art. “Later, I took to quilling. I used to work in a call centre, and my colleague would do 3D origami. As we sat next to each other, I got interested, and in between taking calls, he would teach me”, she narrated. Unfortunately, she had to part away with much of her beloved work during the move. “This keeps me busy, and I love teaching them to others”, she said as we concluded our chat.

So for the past few weeks, getting these contributions and collecting these backstories have not only kept me going but boosted my confidence and added to the repository of anecdotal evidence of the benefits of creativity and mindfulness. Though these anecdotal stories may not qualify into journals as research evidence to validate how engaging in creativity can boost wellness in particular or Art therapy in general. In my personal opinion, they are life stories of real people, sharing their experiences during one of the most testing times and vouching for their

wellness to the pursuit of creative measures. Hence for me, it is a good enough reason to acknowledge them, validate them and share them.

I’m grateful I can share them through my platform, as what started as an initiative to keep me in good stead led to unearthing stories of everyday people creating a ripple from within the confines of their homes.

These are a collection of stories; of creative rebellion, a staunch commitment to finding ways to stay motivated and use imagination to connect outside the confines of boundaries and restrictions and spread #creativityinthecommunity.

Culinary Art by Members of Cooking & Hobby Club
(Nutella buns made by Deepali Shipurkar, Fish Moilee by Helga Joseph, Zucchini fritters by Yamini Hemanth, Minion Cake by Dipti Pathare, Wontons by Ashwini Salvi)

ERth Summit 2021

30th Sept 2021 - 2nd October 2021



The 2021 Earth Summit (ERth) will be a 3-day long international conference – a platform where we aim to get the young people voices from over 193 countries and territories to discuss their concerns on environmental problems. The summit will be a global stage for young people to come work together in creating solutions for both local and global climate problems. Participating in the conference will empower young attendees to enhance various crucial skills. The first of these is research - to effectively understand climate issues, what the world is doing, and what needs to be done. The second is communication – adequately convincing a large committee of attendees and professionals why certain solutions may be worthwhile. By working with other young people from different countries, ethnicities, and linguistic and cultural backgrounds, participants will also enhance their leadership and teamwork skills.

3 days of intense discussion will culminate in the creation of a collaborative list of recommended solutions, which will then be submitted to the COP 26, scheduled in November of this year, for their consideration and to help inform their recommendations. The recommendation will be fed into a document on Ecological Rights of the Children

Notably, the ERth Summit is open to students and young people across the globe. It aims to foster dialogue at an international scale, providing an opportunity to showcase youth-led climate action around the world.

About the organizer : PRATYeK | NINEISMINE

PRATYeK is a child and earth rights organization based in New Delhi, India. The three cornerstones of the organization are Presence, Right Relations, and Liberation. We have a presence across all states and union territories of India through a vibrant and engaged network of schools and child rights organizations.

PRATYeK convenes the NINEISMINE campaign, which is a unique child-led advocacy initiative of, for, and by the children of India towards the realization of the Convention on the Rights of the Child, the UN Global Goals, and the Earth Charter. This national campaign has The UN campaigned for the collection of 400,000 signatures from children endorsing the promise to invest 9% of the GDP by the Government of India for education and health. NINEISMINE involved 1,20,000 children in the UN My World Survey which led to the formation of Sustainable Development Goals.

We work in collaboration with several international and national organizations such as UNICEF, Edmund Rice International, WWF, and Save the Children.



KEY THEMES:

The larger agenda of the day ERth Summit will focus on climate change. Important suggested themes within this area include energy; adaptation and damage; gender and climate change; sustainable development; and science and innovation.

Considering the conference will be student-led, we may also consider certain more focused sub-areas, including:

- 1.The impact of climate change upon vulnerable children and communities
- 2.Holistic Development of Children in a changing climate
- 3.Protection and Safety of children and vulnerable communities
- 4.Participation in dialogues and movements demanding change
- 5.Governmental responsibility and commitments to climate change – legislation and accountability
- 6.The Environmental Rights of Children
- 7.Changing business standards and ensuring better environmental practices
- 8.Children and the COP 26 Summit

These are, however, suggested themes and not strict guidelines of what must be discussed at the summit. The ERth Summit welcomes suggested topics from all its participating members.

For registration and queries, please contact earthsummit2021@gmail.com

ADVERTISE WITH US...

Let us connect you to Australia's fastest growing South Asian Community through our largest multi-platform Media Group.

With estimated reach of **140,000** per month

For advertisement enquiries email info@DesiAustralia.com

DMG
The MEDIA GROUP

A division of the Desi Media Group dedicated to the South Asian Community



f ausstarsports



@ ausstarsports

AUS STAR SPORTS

**CARROM | SOCCER | RUGBY | AFL
NETBALL | LEAGUE**



**BALLS & TRAINING EQUIPMENT
AT WHOLESALE PRICES
FOR YOUR SCHOOL & CLUB**

WHY PAY *RETAIL PRICE?*

www.AusStarSports.com.au



**0406 623 123
0424 403 243**

info@ausstarsports.com.au