



Indian Council for Cultural Relations
भारतीय सांस्कृतिक सम्बंध परिषद्

Indian Cultural Centre
High Commission of India
Male' Maldives



Activity Report for the month of November, 2023:

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November 24, 2023:Attending Children Art Exhibition by UNICEF

Luminous Melodies Night (Diwali Special), November 2, 2023: Friends and family of ICC Male wove a tapestry of love, harmony and brotherhood through radiant notes of melodies in a musical evening amidst delectable food and shared merriment, making the celebration and the festive spirit a luminous reflection of togetherness radiating the brilliance of unity!





8th Ayurveda Day, November 13, 2023: ICC Male, High Commission of India, Maldives observed the 8th Ayurveda Day on the 13th of November, 2023 (that falls on 10th November every year) at the Indian Cultural Centre in collaboration with Ayurvedic Therapy, a registered Ayurvedic wellness clinic under the Ministry of Health, Maldives with presentations in both **Dhivehi language and in English**, a Q& A session by the Presenters, a music therapy session conducted by the ICC music teacher, presentation of certificates to the Presenters and ended with networking over healthy refreshments. The event which saw a significant turnout with active participation from local people as well as members of the Indian community garnered a lot of interest and appreciation due to its insightful and informative content **was graced by the High Commissioner of India to Maldives, HE Mr. Manu Mahawar and attended by senior officials from the Ministry of Health, Maldives.**

In his Opening Speech, High Commissioner of India to Maldives said that the theme for this year's Ayurveda Day, **'Ayurveda for One Health'** with the tagline **'Ayurveda for Everyone'** underscores the holistic approach of Ayurveda that transcends boundaries and encompasses the interconnectedness of human, animal, plant and environmental well-being. He said this is in consonance with the theme of India's G20 Presidency **'Vasudhaivakutumbakam'**.

The presentations by Dr. Archana Birajdar, an Ayurvedic doctor and Ayurvedic Therapy Presenters explored how Ayurveda extends beyond treatment, aiming for holistic healing and well-being of the human body, how lifestyle diseases can be treated with the fundamental principles of Ayurveda and the importance of balance in the three doshas. The music therapy session with its immersive and uplifting experience proved to be another highlight.









Tabla Workshop, November 21, 2023: ICC Male, High Commission of India, Maldives was delighted to organise a second workshop on tabla with vocals at the Centre titled '**Introduction to Taal System and the Role of Tabla in Rhythm-Oriented Compositions**', on November 21, 2023 conducted by the ICC music teacher where the fundamental aspects of taal, encompassing rhythm, musical meter was explored, delving into every nuance. The session elucidated how musical compositions are intricately woven around these elements, providing a comprehensive understanding of their interplay. The workshop was pronounced extremely informative and enlightening by the participants.





Children Art Exhibition by UNICEF, November 24, 2023: Director ICC represented the High Commission of India, Republic of Maldives at the Children’s Art exhibition titled, ‘The Island We Want’ organized by UNICEF in collaboration with Ministry of Education, Republic of Maldives on November 24, 2023 at Centre For Higher Education (CHSE), Hulumale, inaugurated by the First Lady, HE Ms. Sajidha Mohamed.



