

## **“Empowering Dynamic Wellness In Multicultural Communities”**

We (India Club) have hosted several sessions to raise Awareness & Empower the Community to speak up against any kind of DV and Cyber Bullying and a workshop on “Responding with Compassion when someone discloses DV or Elder Abuse”. A dialogue has now commenced openly in the Indian community also about DV and associated issues.

Based on the feedback from these sessions, India Club took Next Step to move forward & share precious knowledge & a variety of techniques available to stay well, vibrant & cheerful; raising greater awareness & empowering ourselves to empower the community, leading to a much safer & healthier lifestyle; and thus evolved this wellness Forum.

It was an amazing morning, buzzing with the excitement, energy & curiosity of the attendees. The enthused Mayor of the Hills Shire & Superintendent Rob Critchlow the Commander of the Hills LAC gave such inspirational Talk with statistics & praising that the Hills community is cohesive & inclusive of all diverse communities. Mr. Critchlow gave a an excellent overview of the wellness & what is a healthy community as well how DV impacts negatively on the wellness of the family. He also mentioned that how important is the role of community & its support to help police keep the community safe. The interesting point was that the police in the Hills gets more calls for DV than for a crime e.g. theft etc.

One just had to be there to feel the enthusiasm & energy of the Mayor & get essential and useful tips from Mr. Critchlow.

Trish Nov from NSW Health covered Active Aging and asked what would people want most when they get old – universal reply– stay active & live independent life. She gave a lively demonstration of simple exercises to stay active while getting older.

Delightful Uma Menon (IC Member) touched on some loving stresses today’s grandparents go through & challenged them to have their own stress free life while enjoying grandparenting. & Called for Collective Wisdom from the audience to address the issues of Modern Grandma. Uma also provided strong support in organising this event and that it flows smoothly.

Sadhna Kumar spoke about the change in “Aged Pension” from 1<sup>st</sup> Jan 2017, relevant for many in the community.

Then we moved on to some “Yoga Tips from Abhishek Gurru, Isha Hatha Yoga Teacher. When I asked Abhishek what will be your topic, he said forget what you know about Yoga; I will talk about what you don’t know about yoga. Very calmly he gave a refreshing Talk on yoga. To go deeper we need to organize a day seminar on this Topic.

Our active & keen IC member Anju Kalra helped shape this event with great enthusiasm. India Club is now ready to take next step and start a Women’s Group – the place may be either in the Hills or Hornsby Shire. Uma is very keen to get it off the ground. Feedback from Anju is that many women are already excitedly looking for this group to start & start now.

The Forum like these raise greater awareness, we get to know the precious knowledge & support available out there, to stay well vibrant & cheerful. This empowers ourselves to empower the community to openly discuss the DV & age related issues and ask for help.

Shubha Kumar  
President, India Club