

**High Commission of India
Colombo**

AKAM activities in March 2022

Week 52 (28th Feb- 6th Mar,2022) 1st March 6th March

Activities Undertaken Event No.01 :Theme: India's rich cultural heritage

Date: 1st March Venue: Virtual Details: Monthly Lecture Series Online Science and Yoga Of Mahamrityunjay Mantra : Heal Yourself, Heal World! by Ajay Kumbhar, Yoga Expert from India

Event No.02 :Theme: India's rich cultural heritage Date: 6th March

Venue: Virtual Details: Monthly Lecture Series Online Yoga lecture/workshop Online Yoga – Science and Therapy of Surya Namaskar by Shri Ajay Kumbhar, Yoga expert from India

Week 53 (7-13 Mar,2022) 8th March 13th March

Event No. 03:Theme: India's rich cultural heritage

Date: 8th March Details: Women's Day Celebrations - "Yoga for Weight Management" by Dr. Aneshaa Rajandram , *Hatha Yoga Instructor and Yogic Life style counsellor*) and Ms. Rika Frost, (*Hatha Yoga Instructor, Yogic Life style counsellor and Founder of AYU Yoga, Japan*)

Event No. 04 :Presentation on Ramayana Trails : The presentation on **Ramayana Trails** organised by Sri Lanka – India Society and Sri Lanka Tourism Promotion Bureau at Swami Vivekananda Cultural Centre, Colombo on 10th March 2022. The programme included presentation to audience on prominent sites linked with Ramayana in Sri Lanka, which would be of interest to Indian tourists.

Event No.05 :Theme: India's rich cultural heritage Date: 13th March

Venue: Virtual Details: Monthly Lecture Series Online Yoga lecture/workshop Online Yoga – Science and Therapy of Surya Namaskar by Shri Ajay Kumbhar, Yoga expert from India

Week54 (14th -20th Mar,2022) 16th March 20th March Event No. 06:

Theme: India's rich cultural heritage Date: 16th March

Venue: Virtual Details: Sri Lanka Annual Holi Kavi Sammelan (International) By SVCC Colombo

Event No.07 :Theme: India's rich cultural heritage Date: 20th March

Venue: Virtual Details: Monthly Lecture Series Online Yoga lecture/workshop Online Yoga – Science and Therapy of Surya Namaskar by Shri Ajay Kumbhar, Yoga expert from India

Event No. 08:India - Sri Lanka Partnership for Sustained Growth : Enhancing Economic Engagement for Mutual Benefit : The event was organised by HCI, Colombo in association with The Ceylon Chambers of Commerce & ILCCI & ICF . A delegation of 13 members from CII visited to Colombo & having b2b meeting with their partners on 22 March ,2022

Event No. 09:High Commission celebrates Capacity Building Partnership with Sri Lanka -

High Commission of India, Colombo celebrated 'Indian Technical & Economic Cooperation' (ITEC) Day on **23 March 2022** at Hotel Taj Samudra. The function was attended by about 125 guests comprising ITEC Alumni and professionals from various sectors who have participated in various training courses in India as well as in e-ITEC courses, and officials from various Ministries of the Government of Sri Lanka. Hon'ble. Dr. Seetha Arambepola, State Minister of Skills Development, Vocational Education, Research & Innovations was the Chief Guest at the event. High Commissioner H.E. Gopal Baglay also graced the occasion. Several ITEC alumni from Sri Lanka who pursued various training courses also shared their experiences.

Week 55 (21st -27th Mar,2022 24th March 27th March

Event No.10 : Theme: India's rich cultural heritage Date: 24th March Venue: Virtual

Details: Monthly Lecture Series Online
Yoga Therapy for Tuberculosis by Ajay Kumbhar, Yoga Expert from India

Event No. 11:Boundaries 2022- A Collaborative Art Show of Sri Lanka and India'.

The event was organized on 25th March 2022 at Lionel Wendt Art Gallery. The art show was held in association with Alumni of Maharaja Sayaji Rao University Baroda, Vadodara, Gujarat and will feature art works by four (4) Indian artists and two (2) Sri Lankan artists, who have completed their higher studies from India.

Event No.12 :Theme: India's rich cultural heritage

Date: 27th March Venue: Virtual Details: Monthly Lecture Series Online Yoga lecture/workshop Online Yoga – Science and Therapy of Surya Namaskar by Shri Ajay Kumbhar, Yoga expert from India

Event No.13 : Divine Dance' -2022 a Bharat Natyam workshop was organised by Natya Kala Mandhir in collaboration with High Commission of India under the Grant in Aid programme of Ministry of Culture on 27.03.2022. The event was the part of celebration of 75 years of India's independence and achievements under the banner of 'Azadi ka Amrit Mahotsav' & the event was attended around 120 persons