

**High Commission of India
Colombo**

Subject: AKAM Activities for the Month of July 2022

Week 69 (27 June – 3 July 2022) 3rd July (1 event)

Event No.:01 Theme: India's rich cultural heritage Date: 3rd July Venue: Virtual Details: Monthly Lecture Series Online Yoga lecture/workshop Online Yoga – at Ratmalana Pirivena by Shri Ajay Kumbhar, Yoga expert from India.

Week 70 (4th - 10th July 2022) 10th July (1 event)

Event No.:02 Theme: India's rich cultural heritage Date: 10th July Venue: Virtual Details: Monthly Lecture Series Online Yoga lecture/workshop Online Yoga – at Ratmalana Pirivena by Shri Ajay Kumbhar, Yoga expert from India.

Week 71 (11th - 17th July 2022) 13th July (1 event) 17th July (1 event)

Event No.:03 Theme: India's rich cultural heritage Date: 13th July Venue: Virtual Details: On the occasion of Guru Purnima Online Yoga – Ved Vyasa and Yoga by Ajay Kumbhar, Yoga Expert from India.

Event No.:04 Theme: India's rich cultural heritage Date: 17th July Venue: Virtual**Details:** Monthly Lecture Series Online Yoga lecture/workshop Online Yoga – at Ratmalana Pirivena by Shri Ajay Kumbhar, Yoga expert from India.

Week 72 (18th – 24th July 2022) 20th July (1 event) 24th July (1 event)

Event No.:05 Theme: India's rich cultural heritage Date: 20th July Venue: Virtual Details: Hindustani Vocal recital by Sangeet Nipun Darshana Pramod Nissanka, Visiting Lecturer, Department of Fine Arts, University of Kelaniya

Event No.:06 Theme: India's rich cultural heritage Date: 24th July Venue: Virtual Details: Monthly Lecture Series Online Yoga lecture/workshop Online Yoga – at Ratmalana Pirivena by Shri Ajay Kumbhar, Yoga expert from India.

Week 73 (25th June – 31st July 2022) 27th July (1 event) 28th July (1 event) 30th July (1 event) 31st July (1 event)

Event No.: 07 Theme: India's rich cultural heritage Date: 27th July Venue: Virtual Details: Kathak recital by Chilini Bhagya Pandigamage, ICCR Scholar, Diploma in Kathak dance, Kathak Kendra, New Delhi.

Event No.: 08 Theme: India's rich cultural heritage Date: 28th July Venue: Virtual Details: World Hepatitis Day Online Yoga – Yoga for Hepatitis by Ajay Kumbhar, Yoga Expert from India.

Event No.: 09 Theme: India's rich cultural heritage Date: 30th July Venue: Virtual Details: Swami Vivekananda Cultural Centre, Colombo Foundation Day celebrations

Event No.: 10 Theme: India's rich cultural heritage Date: 31st July Venue: Virtual Details: Monthly Lecture Series Online Yoga lecture/workshop Online Yoga – at Ratmalana Pirivena by Shri Ajay Kumbhar, Yoga expert from India.