

**High Commission of India
Colombo**

Subject: AKM Activities for the Month of June 2022

Week 65 (30th May -5th June, 2022) 1st June (2 events) 2nd June (2 events) 3rd June 4th June 5th June (2 events)

Event No. :01 Theme: India's rich cultural heritage Date: 1st June Venue: Brahma Kumari Raja Yoga Centre, Dehiwela Details: A curtain raiser event held on June 1st, under the theme of 'Blessings through Yoga' in collaboration with at Brahma Kumaris head office, Harmony House in Dehiwala. Director of SVCC Dr.Rewant Vikram Singh, inaugurated the event. Ms.Viji from SVCC conducted a yoga session and the talk was given by BK. Ambiga.

Event No. :02 Theme: India's rich cultural heritage Date: 1st June Venue: Virtual Details: Curtain Raiser Event – IDY 2022 An online yoga event was conducted by Mr. Ajay Kumbhar, Yoga expert from India under the title, Science of Pranayam Sadhana.

Event No. :03 Theme: India's rich cultural heritage Date: 2nd June Venue: Brahma Kumari Raja Yoga Centre, Dehiwela Details: Curtain Raiser event of IDY 2022 - Benefits of Raja Yoga'. A Yoga session to increase immunity, sharing experiences and creative meditation was organized in collaboration with Brahma Kumaris .

Event No. :04 Theme: India's rich cultural heritage Date: 2nd June Venue: Virtual Details: Curtain Raiser Event – IDY 2022 An online yoga session was conducted by Sonal Jain from India on the topic yoga for face and anti-aging exercises

Event No. :05 Theme: India's rich cultural heritage Date: 3rd June Venue: Brahma Kumari Raja Yoga Centre, Dehiwela Details: Curtain Raiser event of IDY 2022 - An event was held on the theme of 'Yoga & Cooking' for house wives and those who are interested in quality cooking in collaboration with Brahma Kumaris. BK Chandra conducted a Yoga Drill and BK.Anbumalar delivered a talk on the theme.

Event No. :06 Theme: India's rich cultural heritage Date: 4th June Venue: Brahma Kumari Raja Yoga Centre, Dehiwela Details: Curtain Raiser event of IDY 2022 -A yoga session was held under the topic of 'Yoga and Power to Discern'. Event started with Yoga session moving around (creative meditation) while observing breath with the commentary guided by BK.Vani.

Event No. :07 Theme: India's rich cultural heritage Date: 5th June Venue: Brahma Kumari Raja Yoga Centre, Dehiwela Details: Curtain Raiser event of IDY 2022 -BK.Seelan conducted a session on the theme of 'Success through Yoga'.

Event No. :08 Theme: India's rich cultural heritage Date: 5th June Venue: Virtual Details: Curtain Raiser Monthly Lecture Series Online Yoga lecture/workshop Online Yoga – at Ratmalana Pirivena by Shri Ajay Kumbhar, Yoga expert from India

Week 66 (6th – 12th June, 2022) 6th June 7th June 8th June (2 events) 9th June 10th June 11th June (3 events) 12th June (7 events)

Event No. :09 Theme: India's rich cultural heritage Date: 6th June Venue: Brahma Kumari Raja Yoga Centre, Dehiwela Details: Curtain Raiser event of IDY 2022 - On the 6th June following a yoga session which was conducted by BK.Sivamsan, a Panel Discussion was held and BK.Uthaya (Director of Statistics from Government Senses and Statistics Dept.) and BK Sekhar,(an

experienced meditation teacher) discussed and shared their experiences on the theme and session was moderated by BK.Dhinesh

Event No. :10 Theme: India's rich cultural heritage Date: 7th June Venue: Brahma Kumari Raja Yoga Centre, Dehiwela Details: Curtain Raiser event of IDY 2022 A yoga event on the theme of 'Yoga and Power of Healing' by BK.Seelan.

Event No. :11 Theme: India's rich cultural heritage Date: 8th June Venue: Brahma Kumari Raja Yoga Centre, Bambalapitiya Details: Curtain Raiser event of IDY 2022 'Yoga for the mind and Body' at Brahma Kumaris Centre, Bambalapitiya, Colombo 4. A yoga practitioner from Aranyam Yoga centre conducted few yoga asanas for the participants.

Event No. :12 Theme: India's rich cultural heritage Date: 8th June Venue: Virtual Details: Curtain Raiser for IDY 2022- Yoga for Migraine .An online yoga event was held by Mr. Ajay Kumbhar, Yoga expert from India under the title, Yoga for migraine

Event No. :13 Theme: India's rich cultural heritage Date: 9th June Venue: Brahma Kumari Raja Yoga Centre, Bambalapitiya Details: Curtain Raiser event of IDY 2022 'Yoga and Happiness '- BK.Gobalachandran, conducted Yoga demonstration with few asanas and BK.Ranjith shared his experiences, how he found yoga and how it helps him to remain happy even at challenging times.

Event No. :14 Theme: India's rich cultural heritage Date: 10th June Venue: Brahma Kumari Raja Yoga Centre, Bambalapitiya Details: Curtain Raiser event of IDY 2022 BK.Aji conducted yoga asanas and shared his insights on the topic of 'Yoga and Inner Peace'.

Event No. :15 Theme: India's rich cultural heritage Date: 11th June Venue: Brahma Kumari Raja Yoga Centre, Wattala Details: Curtain Raiser IDY 2022 Yoga Asanas was conducted by BK.Indu. BK.(Dr) Viji gave a talk on 'Body and mind health through Yoga'.

Event No. :16 Theme: India's rich cultural heritage Date: 11th June Venue: Sahana Udaya Elders Retreat Home, Dehiwela Details: Curtain Raiser IDY 2022 'Cool mind and Warm heart'. BK.Jinasiri, BK.Jeyasiri and BK.Ruwan conducted the sessi

Event No. :17 Theme: India's rich cultural heritage Date: 11th June Venue: Virtual Details: Curtain Raiser Event – IDY 2022 Online Yoga Yoga for concentration and memory An online yoga event was conducted by Mr. Ajay Kumbhar, Yoga expert from India under the title, Yoga for concentration and memory.

Event No. :18 Theme: India's rich cultural heritage Date: 12th June Venue: Virtual Details: Curtain Raiser IDY 2022 Monthly Lecture Series Online Yoga lecture/workshop Online Yoga – at Ratmalana Pirivena by by Shri Ajay Kumbhar, Yoga expert from India

Event No. :19 Theme: India's rich cultural heritage Date: 12th June Venue: Moors Road, Wellawatte Details: Curtain Raiser IDY 2022 At Wellawatte, the theme was- 'Yoga, health and Prosperous life' - Yoga asanas were conducted by Ms. Pushpakanthi from Araniyam Yoga Institute. BK.Dr.Viji gave the talk on the topic of Yoga, Health and Prosperous Life.

Event No. :20 Theme: India's rich cultural heritage Date: 12th June Venue: Manning Housing Scheme , Narahenpita Details: Curtain Raiser IDY 2022 At Narahenpitiya - 'Facing the challenges through Yoga' - BK.Saravanapavan, BK Gowri, BK Vidyashini and BK Vishwa together organised the event.

Event No. :21 Theme: India's rich cultural heritage Date: 12th June Venue: Online Details: Curtain Raiser IDY 2022 Yoga for stress-free life a Yoga event organized in collaboration with Rhythmic Yoga Academy, Colombo

Event No. :22 Theme: India's rich cultural heritage Date: 12th June Venue: Mayurapathi Temple Details: Curtain Raiser IDY 2022 IDY 2022 curtain raiser event organized in collaboration with Mayurapathy Sri Bathrakali Amman Hindu Religious School

Event No. :23 Theme: India's rich cultural heritage Date: 12th June Venue: Online Details: Curtain Raiser IDY 2022 Yoga for Thyroid, a Yoga event organized. The Session was conducted online by Sonal Jain from India.

Event No. :24 Theme: India's rich cultural heritage Date: 12th June Venue: Jaffna Details: Curtain Raiser IDY 2022 At Jaffna, the event was organized on the topic of 'Yoga for healthy Mind and Body'. Event co-ordinated by BK. sister Ranji, BK.(Dr) T.Shyama, BK(Dr) Sivasubramaniam and team.

Week 67 (13th -19th June ,2022) 13th June (2 events) 14th June (4 events) 16th June (3 events) 17th June (2 events) 18th June (5 events) 19th June (7 events)

Event No. :25 Theme: India's rich cultural heritage Date: 13th June Venue: Brahma Kumari Raja Yoga Centre, Dehiwela Details: Curtain Raiser event of IDY 2022 BK.(Dr) Chelvi conducted a session under the topic of 'Yoga & Transformation'. BK. Aji demonstrated few yoga asanas related to the theme. 14 participants joined in the event.

Event No. :26 Theme: India's rich cultural heritage Date: 13th June Venue: Pintpidro, Jaffna Details: Curtain Raiser event of IDY 2022 IDY 2022 curtain raiser event at Point Pedro, Jaffna - organized together with Astanka Yoga Mandir - Sri Lanka and Velummayilum Foundation and Gnalalayam Yoga Centre.

Event No. :27 Theme: India's rich cultural heritage Date: 14th June Venue: Harmony Hall Dehiwela Details: Curtain Raiser event of IDY 2022 A yoga event was organized at Harmony Hall, Dehiwala on the topic of '**Yoga at Home & Work**'. BK.Geetha has conducted the asanas and BK.Kalyani gave a talk and the participants shared their experiences , how Raja Yoga help them practically in their day -today life.

Event No. :28 Theme: India's rich cultural heritage Date: 14th June Venue: Matakuliya Details: Curtain Raiser event of IDY 2022 Another one on the 14th June, the event was organized by Mattakuliya family, on the topic of 'Benefits of Yoga' in one of the Hindu schools, BK.Manoharan delivered a talk on the theme and BK.Inthu conducted yoga asanas.

Event No. :29 Theme: India's rich cultural heritage Date: 14th June Venue: Navatkuli,Jaffna Details: Curtain Raiser event of IDY 2022 Pre IDY event at Sivapoomi Thiruvassaga Aranmanai Temple Navattakuli organized by Swami Vivekananda Cultural Center (High Commission of India in Sri Lanka), Consulate General of India - Jaffna, Astanka Yoga Mandir Sri Lanka, Jazh Yoga Ulaham (யாழ்ப்பேணியில் உலகம்) and eminent Siddha Yoga instructors of Jaffna.

Event No. :30 Theme: India's rich cultural heritage Date: 14th June Venue: Asia Securities, Colombo Details: Curtain Raiser event of IDY 2022 On the 16th day, two events were held, one was organized for the staff of the Asia Securities, Colombo. Yoga asanas demonstrated by a instructor from Swami Vivekananda Cultural Centre . BK.Sivathan spoke on 'Stress Management & Happy Living' and BK.Prathayini conducted the meditation.

Event No. :31 Theme: India's rich cultural heritage Date: 16th June Venue: Online Details: Curtain Raiser event of IDY 2022 An online yoga event was conducted by Mr. Ajay Kumbhar, Yoga expert from India under the title, Yoga in Vedas.

Event No. :32 Theme: India's rich cultural heritage Date: 16th June Venue: Negombo Details: Curtain Raiser event of IDY 2022 The second event was held in Negombo on the topic of 'The power to Discern, Decide and Face through Yoga'. The program was organized by BK.Sripriya.

Event No. :33 Theme: India's rich cultural heritage Date: 17th June Venue: Mallika Elders Home Details: Curtain Raiser IDY 2022 Curtain raiser event organized at Mallika Elders Home today.

Event No. :34 Theme: India's rich cultural heritage Date: 17th June Venue: Virtual Details: Curtain Raiser IDY 2022 An online curtain raiser event yoga for positive vibes by Niby Sujesh

Event No. :35 Theme: India's rich cultural heritage Date: 18th June Venue: Kandana Details: Curtain Raiser IDY 2022 At Kandana the programme was organized and conducted by BK.Sekar and BK Indhu on the topic of 'Healthy Life through Yoga'.

Event No. :36 Theme: India's rich cultural heritage Date: 18th June Venue: Virtual Details: Curtain Raiser IDY 2022 An online yoga event was conducted by Mr. Ajay Kumbhar, Yoga expert from India under the title, Yoga for Arthrities.

Event No. :37 Theme: India's rich cultural heritage Date: 18th June Venue: Bambalapitiya Details: Curtain Raiser IDY 2022 Another event was held at Bambalapitiya for children by the 'Service Team' for children on the topic of 'Mountain of Strength'. BK Kohulan, BK.Geetha, BK.Ithayavani, BK.Prathayini, BK.Harshini and BK.Puvanesh supported the event. Ms.Premi from Ashtanga Yoga Mandhir conducted the Yoga asanas for children.

Event No. :38 Theme: India's rich cultural heritage Date: 18th June Venue: Hindu College, Mattakuliya Details: Curtain Raiser IDY 2022 An event was conducted by BK.Manoharan at Hindu College, Mattakuliya on the topic of 'Benefits of Yoga'. BK.Inthu conducted the Yoga asanas.

Event No. :39 Theme: India's rich cultural heritage Date: 18th June Venue: ISKON, Colombo Details: Curtain Raiser IDY 2022 A curtain raiser organized in collaboration with Siva Vishnu Yoga Peetham Iskon, Sri Sri Radha Krishna Temple

Event No. :40 Theme: India's rich cultural heritage Date: 19th June Venue: Brahma Kumaris, Kotahena Details: Curtain Raiser IDY 2022 On 19th there were two events organized, one was at Kotehena Centre and other one at Dematagoda, for police officers. At Dematagoda, 37 Police officers participated. BK.Baskaran organized the event and BK.Ruwan gave the talk on 'Cool Head and Warm Heart'.

Event No. :41 Theme: India's rich cultural heritage Date: 19th June Venue: Brahma Kumaris, Kotahena Details: Curtain Raiser IDY 2022 The other event held at Kotehena and it was coordinated by BK.Priya and BK.Priyamvatha. Following Yoga asanas, BK.(Dr) Viji gave a talk on the topic of 'Healthy Life through Yoga'. Around 30 participants took benefit from the program

Event No. :42 Theme: India's rich cultural heritage Date: 19th June Venue: Hindu Maa Mandram, Navagampura Details: Curtain Raiser IDY 2022 An event organized in collaboration with Siva vishnu yoga peetham ,Sangatamizh Hindu Maa Mandram ,Nawagampura , colombo-14 for children.

Event No. :43 Theme: India's rich cultural heritage Date: 19th June Venue: Virtual
Details: Curtain Raiser IDY 2022 Monthly Lecture Series Online Yoga lecture/workshop Online Yoga – at Ratmalana Pirivena by by Shri Ajay Kumbhar, Yoga expert from India

Event No. :44 Theme: India's rich cultural heritage Date: 19th June Venue: Galleface
Details: Curtain Raiser IDY 2022 Yoga workshop organized at the blissful Galle face, Colombo

Event No. :45 Theme: India's rich cultural heritage Date: 19th June Venue: Ponnambalawaneswaram Kovil
Details: Curtain Raiser IDY 2022 Yoga workshop workshop organized at the Sacred Shri Ponnambalawaneswaram Kovil

Event No. :46 Theme: India's rich cultural heritage Date: 19th June Venue: Gangaramaya Temple
Details: Curtain Raiser IDY 2022 Yoga workshop organized at the Sacred Gangaramaya Temple

Week 68 (20th – 26th June,2022 20th June (3 events) 21st June (2 events) 26th June

Event No. :47 Theme: India's rich cultural heritage Date: 20th June Venue: Virtual Details: Curtain Raiser IDY 2022 An online yoga event was held by Mr. Ajay Kumbhar, Yoga expert from India under the title, Yoga for Humanity.

Event No. :48 Theme: India's rich cultural heritage Date: 20th June Venue: Brahma Kumaris Raja Yoga Centre, Dehiwela Details: Curtain Raiser IDY 2022 An event was conducted by BK.Thushy on the topic of 'Yoga and Dance'. She performed a dance, related to the subject and demonstrated few movements and she explained the connection of dance movements and Yoga asanas and did a presentation of the same. Technical support was given by BK.Puvanesh.

Event No. :49 Theme: India's rich cultural heritage Date: 20th June Venue: Nuwaraeliya
Details: Curtain Raiser IDY 2022 On the 20th the same day BK.Vanitha, participated and conducted asanas and conducted meditation in a program organized in Nuwara Eliya in collaboration with Assistant Indian High Commission and Lions Club of Nuwara Eliya

Event No. :50 Theme: India's rich cultural heritage Date: 21st June Venue: Virtual Details: On the occasion of World Music Day, an online vocal music recital by E.A.Akila V. Edirisinghe

Event No. :51 Theme: India's rich cultural heritage Date: 21st June Venue: Independence Square, Colombo Details: International Day of Yoga 2022 –

8th International Day of Yoga in Sri Lanka on 21 June 2022

High Commission of India in Colombo, Consulate General of India in Jaffna, Consulate General of India in Hambantota and the Assistant High Commission of India in Kandy will organize a series of events across different parts of Sri Lanka to mark the 8th International Day of Yoga on 21 June 2022.

2. A mega public event under the theme "Yoga for Humanity" would be held at the Independence Square in Colombo from 6 am onwards to mark the Day. Participation in the event, which is being held in collaboration with various partners including Ministry of Culture, Government of Sri Lanka, is free for public.

3. An innovative programme, named "Guardian Ring", under which participation of yoga enthusiasts from different countries, linked to the movement of the sun from, from east to west, will be the hallmark of the 8th edition of International Day of Yoga.

Event No. :52 Theme: India's rich cultural heritage Date: 26th June Venue: Virtual Details: Monthly Lecture Series Online Yoga lecture/workshop Online Yoga – at Ratmalana Pirivena by Shri Ajay Kumbhar, Yoga expert from India.