

**High Commission of India
Colombo**

Subject: AKAM Activities for the Month of October 2022

Week 91 (25th Sept – 1st October 2022) 1st - 5th Oct

Event No. :01 Theme: India's rich cultural heritage Date: 1st – 5th October Venue: Sri Manikka Vinayaga Pillaiyaar Temple, Colombo 04. Details: Durga Pooja.

Week 92 (2nd – 8th October 2022) 2nd Oct, 5th Oct

Event No. :02 Theme: India's rich cultural heritage Date: 2nd October Venue: Virtual Details: Monthly Lecture Series Online Yoga lecture/workshop Online Yoga – at Ratmalana Pirivena by Shri Ajay Kumbhar, Yoga expert from India.

Event No. :03 Theme: India's rich cultural heritage Date: 5th October Venue: Bandaranaike Centre for International Studies Details: SVCC, High Commission of India, Colombo in collaboration with Sri Lanka India society and Bandaranaike Centre for International studies organized Gandhi Oration. Dr. Vinya Ariyaratne (President Sarvodaya Shramadana Movement) delivered the talk.

Week 93 (9th – 15th October 2022) 9th Oct, 10th Oct

Event No. :04 Theme: India's rich cultural heritage Date: 9th October Venue: Virtual Details: Monthly Lecture Series Online Yoga lecture/workshop Online Yoga – at Ratmalana Pirivena by Shri Ajay Kumbhar, Yoga expert from India.

Event No. :05 Theme: India's rich cultural heritage Date: 10th October Venue: Online Details: On the Occasion of World Mental health day -Yoga for Mental Health by Ajay Kumbhar, Yoga Expert from India

Week 94 (16th – 22nd October 2022) 16th Oct, 20th Oct, 21st Oct

Event No. :06 Theme: India's rich cultural heritage Date: 16th October Venue: Virtual Details: Monthly Lecture Series Online Yoga lecture/workshop Online Yoga – at Ratmalana Pirivena by Shri Ajay Kumbhar, Yoga expert from India

Event No. :07 Theme: India's rich cultural heritage Date: 20th October Venue: Online Details: On the Occasion of World Spine day Topic: Yoga for Spine by Shri Ajay Kumbhar, Yoga expert from India

Event No. :08 Theme: India's rich cultural heritage Date: 21st October Venue: SVCC, Colombo Details: Diwali Celebrations at SVCC, Colombo included cultural performances, Mehendi corner, Indian décor and food corner.

Week 95 (23rd – 29th October 2022) 23rd Oct (3 events), 25th Oct

Event No. :09 Theme: India's rich cultural heritage Date: 23rd October Venue: Virtual Details: Monthly Lecture Series Online Yoga lecture/workshop Online Yoga – at Ratmalana Pirivena by Shri Ajay Kumbhar, Yoga expert from India

Event No. :10 Theme: India's rich cultural heritage Date: 23rd October Venue: SVCC,Colombo Details: To commemorate the 7th Ayurveda Day, Swami Vivekananda Cultural Center, the cultural arm of the High Commission of India, Colombo, organized a special exhibition on the theme "Ayurveda Everyday, Ayurveda Everywhere " for Sri Lanka Police force. The key objective of the exhibition was to spread awareness about Ayurveda for better health and living. Acting High Commisisoner Vinod K Jacob graced the occasion as Chief Guest.

Event No. :11 Theme: India's rich cultural heritage Date: 23rd October Venue: Online Details: Details: To commemorate the 7th Ayurveda Day, Swami Vivekananda Cultural Center, the cultural arm of the High Commission of India, Colombo, organized an online talk – Clinical Yoga and Ayurveda by Shri Ajay Kumbhar, Yoga expert from India.

Event No. :12 Theme: India's rich cultural heritage Date: 25th October Venue: Parama Dhamma chethiya Pirivena, Ratmalana Details: SVCC, Colombo in collaboration with Parama Dhamma Chethiya Pirivena Ayurveda Unit organized Ayurveda Day. Lectures were given by Indian and Sri Lankan Ayurveda experts. Dr. Vasudha M.Sharma on Ayurveda Aahar, Dr. D.P.D.G. Wijerathne on Ayurveda for Senior Citizens, Dr. Haresha Aravinda Perera on Nutrition during pregnancy and Dr. R.M.C.T.K. Rathnayake on Ayurveda for holistic health.

Week 96 (30st October – 5th November 2022) 30th Oct (2 events), 31st Oct (3 events)

Event No. :13 Theme: India's rich cultural heritage Date: 30th October 2022 Venue: From SVCC, Colombo to Independence Square, Colombo 07 Details: SVCC, High Commission of India, Colombo organized Unity Run. Members of the Indian diaspora along with the staff of the Mission participated in this Unity Run.

Event No. :14 Theme: India's rich cultural heritage Date: 30th October Venue: Virtual Details: Monthly Lecture Series Online Yoga lecture/workshop Online Yoga – at Ratmalana Pirivena by Shri Ajay Kumbhar, Yoga expert from India.

Event No. :15 Theme: India's rich cultural heritage Date: 31st October 2022 Venue: High Commission of India,Colombo Details: High Commissioner and other officials of India in Sri Lanka (High Commission of India, Colombo) paid floral tributes to #SardarVallabhbhaiPatel on #RashtriyaEktaDiwas2022. High Commissioner administered the #RashtriyaEktaDiwas pledge on the occasion.

Event No. :16 Theme: India's rich cultural heritage Date: 31st October 2022 Venue: Online Details: An Online Exhibition "SARDAR PATEL the Architect of Unification" On The Occasion of "NATIONAL UNITY DAY.

Event No. :17 Theme: India's rich cultural heritage Date: 31st October 2022 Venue: Online Details: Talk on Sardar Patel: A Supreme Leader with Exemplary Qualities by Dr. Shobhana Radhakrishna
