

Online Events Calendar - June 2021



Sanskarika

Newsletter of the Swami Vivekananda Cultural Centre June 2021

BUDGETING & INVESTING IN PANDEMIC

Balancing you expenses

by Isuri Munasinghe

BCom. in Economics and Finance, Monitoring and Result Measurement, Former Investment Analyst at Asia Securities

Personal Wealth Management

by Losini Gajendran,

BSc (Hons), CFA, ACMA, CGMA

Director at Gajma & Co, Former Executive Director / Vice President at Goldman Sachs, London

Moderator - Aruniya Selladurai,

Associate Vice President for Private Investments at TWC

In collaboration with Astanka Yoga Mandir, Sri Lanka



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Sunday

4.00pm - 5.30pm

21

Monday
6.00 pm

World Music Day Celebrations

Tabla Recital

by Pranshu Chatur Lal,

renowned percussionist from India



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Tuesday
6.00 pm

Bharatha Natyam Recital

by Vasanti Joshi from India



For details in regard to online classes on Bharatha Natyam, Kathak, Sitar, Violin, Tabla, Carnatic vocal, Yoga and Hindi please call on tell no.011 2684698 or email to iccrcolombo2@gmail.com. For upcoming facebook live events, visit www.facebook.com/ICCRSriLanka

Free Events. All are cordially invited

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UNIE ARTS, 011 2330195





Online Events Calendar - June 2021 - International Day of Yoga Celebrations



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Saturday

4.00PM - 5.00PM

Chair Yoga for All Ages

Selladurai Vijayarani B.B.A, MBA

Hatha Yoga Instructor and Yogic Lifestyle Counsellor-AYM
-2000 H, Diploma in Yoga Therapy and Yogic Lifestyle
Counsellor (3000H -R)

Dinusha Wickremesekera B.A, MSc

Hatha Yoga Instructor and Yogic Lifestyle Counsellor-AYM
-1000 H, Diploma in Special Needs Education

In collaboration with Astanka Yoga Mandir, Sri Lanka



Power Yoga for beginners

by Nibi Sujesh

Yoga Alliance professional Trainer
Al Nahdah Karate & Yoga Centre, UAE

10.30 am

4.00PM - 5.00PM

6

Sunday

5.30pm

How to evolve from Asana to Advance Asana

Mr Raju Mehanadas Y.I.C

Hatha Yoga Coach -3000 H, Head of Yoga Asanas Unit -
Astanka Yoga Mandir -Sri Lanka

In collaboration with Astanka Yoga Mandir, Sri Lanka

Yoga - Diabetes management

Mr. Ajay Kumbhar

UGC-NET, MA in Yogshastra, PGDYS,
YIC (SVYASA Bangalore) & T. T. C in Yoga Science,
Member of Indian Yoga Association



9

Wednesday
5.30pm

Blood pressure management

Mr. Ajay Kumbhar

UGC-NET, MA in Yogshastra, PGDYS,
YIC (SVYASA Bangalore) & T. T. C in Yoga Science,
Member of Indian Yoga Association



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Saturday

4.00PM - 5.30PM

Looking after Your Mental Health

Dr Venura Palihawadana

Senior Lecturer in Psychiatry, University of Sri
Jayawardenapura, Consultant Psychiatrist, Colombo South
Teaching Hospital

In collaboration with Astanka Yoga Mandir, Sri Lanka

Obesity / Yoga for Weight Loss

Mr. Ajay Kumbhar

UGC-NET, MA in Yogshastra, PGDYS,
YIC (SVYASA Bangalore) & T. T. C in Yoga Science,
Member of Indian Yoga Association



Yoga - Eye Sight

Mr. Ajay Kumbhar

UGC-NET, MA in Yogshastra, PGDYS,
YIC (SVYASA Bangalore) & T. T. C in Yoga Science,
Member of Indian Yoga Association



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Wednesday
5.30pm

Body Alignment in Asana

Ms Amalka Bsc. FIELD

Hatha Yoga Instructor and Yogic Lifestyle Counsellor-AYM
-2000 H, Diploma in Yoga Therapy and Yogic Lifestyle
Counsellor (3000H -R)

Ms Thirishanthi MBA

Hatha Yoga Instructor and Yogic Lifestyle Counsellor-AYM
-2000 H, Diploma in Yoga Therapy and Yogic Lifestyle
Counsellor (3000H -R)

In collaboration with Astanka Yoga Mandir, Sri Lanka

4.00PM - 5.00PM

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Saturday

5.30pm

Yoga Senior Citizens

Mr. Ajay Kumbhar

UGC-NET, MA in Yogshastra, PGDYS, YIC (SVYASA
Bangalore) & T. T. C in Yoga Science, Member of Indian
Yoga Association



Yoga for Digestive System

Ms Maheswary Sivakumaran Y.I.C

Hatha Yoga Instructor-AYM -Sri Lanka, Diploma in Yoga
Therapy and Yogic Lifestyle Counsellor (3000H -R)

Ms Sumathi Raj Y.I.C

Diploma in Yoga Therapy and Yogic Life Counselor (3000H -R)

In collaboration with Astanka Yoga Mandir, Sri Lanka



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Sunday

4.00PM - 5.00PM



International Day of Yoga Celebrations

Monday 21 June 2021



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Saturday

4.00PM - 5.00PM

Yoga for Back and Joint Disorders

Ms Samantha Ramanayake L.L.B

Hatha Yoga Instructor and Yogic Lifestyle Counsellor-AYM
-2000 H, Diploma in Yoga Therapy and Yogic Lifestyle
Counsellor (3000H -R)

Ms Sivasutha Thavaratnam

Hatha Yoga Instructor and Yogic Lifestyle Counsellor-AYM
-2000 H, Diploma in Yoga Therapy and Yogic Lifestyle
Counsellor (3000H -R)

In collaboration with Astanka Yoga Mandir, Sri Lanka



Yoga Asanas to Improve the Breath Efficiency

Shiri Vyasah Kalyanasunderam

Chief Yoga Instructor, Swami Vivekananda Cultural Center
Chief Yoga Therapist, Astanka Yoga Mandir -Sri Lanka

In collaboration with Astanka Yoga Mandir, Sri Lanka



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Sunday

4.00PM - 5.00PM

SUCCESS

Yoga for a Better World



The grand success that the International Day for Yoga has witnessed over the past few years across the globe clearly indicates that India has been successful in preserving the ancient tradition for future generations.

In India, traditionally, any activity or event, be it a talk, prayer or a meal would end with “Om shanthih shanthih”, which means “peace to all”. This chant sums up the Indian civilisation’s vision and lasting contribution to world, not just today, but from way before recorded history. If there ever has been one comprehensive science that has mapped out a way for every human being, without exception, to attain to these qualities, these levels of achievement, and station in life, then that science is yoga.

The Yoga Sutra of Patanjali, one of the definitive texts on yoga, begins with a profound vision statement, “yogah chi!a vril!i nirodhaha. tada drushtuh svaroope awasthanam” (yoga is the process by the help of which we stop the modifications of the human mind. Then the seer is established in his natural state of being).

If one were to assess what could be the greatest contribution of India, the oldest living civilisation in the world, to humanity, it can be argued that it is the institution of the guru-shishya, the master-disciple tradition. From the oldest scripture on earth, the Rig Veda, to the Upanishads, to the ancient Indian books on yoga, tantra, ayurveda, astronomy, trigonometry, architecture, law, logic, alchemy, metallurgy, the arts .. the role of the enlightened teacher or the guru has

been revered and held above all other achievements, stations, roles and relationships in life. The body of material of yoga has not been passed on through books. They have been handed down from an enlightened master, the guru, to a worthy pupil who has achieved the goal. Thus, we have always had yogis in India, who have embodied the teachings of yoga, and it is because of them, to this day, that this stream of ancient wisdom remains relevant.

To sum up what the ancient texts of India have contributed to today’s world, it is that they said that a clear, sorted out, enlightened body, mind and soul is the best contribution to world peace. And this is what is the vision of yoga – to enlighten humanity. This method has always been rational. Yoga does not require you to believe, or to forsake your

faith, but to experiment and find out for yourself. It is the science of self actualisation, of becoming the best you can be.

One among the many diverse approaches of yoga and the most popular in the modern day is Ashtanga or the eight-limbed approach, presented in the Yoga Sutra. These eight limbs are yama or discipline, niyama or duties, asana or posture, pranayama or regulation of the life force, pratyahaara or mastery of the sensory apparatus, dharana or single pointedness, dhyana or meditation, and samadhi or being. In this presentation of yoga, the physical body, the psyche as well as the being are all addressed. Yoga, can, therefore, be described as the blueprint and a detailed road map for the transmutation of every human being to a Buddha,



Indian High Commissioner to Malaysia Mridul Kumar leads Yoga enthusiasts at the iconic Batu Caves in Malaysia during the fourth edition of the International Day of Yoga



The fourth edition of the International Day of Yoga being celebrated at the Al-Madi park, Riyadh, Saudi Arabia, in 2018

or the enlightened one, and the transformation of society into a peaceful, vibrant and joyous whole. With the establishment of June 21 as the International Day of Yoga (IDY) by the United Nations General Assembly in 2015, through the efforts of Prime Minister of India Narendra Modi, yoga has now entered into the popular consciousness of the whole of humanity, with the day being not just observed but celebrated by the people of every country, who belong to diverse callings, nationalities, faiths and orientations.

This has been possible because Prime Minister Modi, who being a yoga practitioner himself, understands what yoga can do to every single human being by making the person cheerful, optimistic, and peace loving, and how yoga can, therefore, transform the very fabric

of the world order. Yoga improves an individual and better individuals will form a better society, country and world.

Over the last two decades and particularly over the last four years, yoga has become a portal through which the world at large has connected with India’s real and timeless appeal, its so# power. The reason why India once accounted for 25 per cent of the world GDP and was the knowledge capital of the world, was due to its strong and visionary civilisational values that are embedded in its heritage of yoga. The growing global popularity of yoga and the IDY can help achieve the same again.

At a time when the world looks at how to handle great leaps in technology, how to move to the

next level of evolution without being vulnerable to conflict, without having to pay the price of poverty, disease and exclusion, yoga is turning out to be a great tool to forge and strengthen relations between leaders who appreciate it, people who

practice it and therefore, between all the stake holders of the global community. The day dedicated to yoga has helped India preserve this wellness stream that is relevant for the current and future generations of humanity.



The fourth edition of the International Day of Yoga being celebrated in Riga, Sweden, in 2018

BHARAT THAKUR



Bharat Thakur is a prominent Yoga guru in India. He is a spiritual teacher who has conducted numerous meditation workshops, yoga sessions and corporate yoga workshops internationally. Time magazine called Thakur as the “Living Himalayan Master”. Thakur, is the founder of Artistic Yoga, a new style of yoga which is a combination of ancient yogic knowledge with sports medicine. An internationally- reputed yoga guru, Thakur practices and teaches Artistic Yoga.