

# Online Events Calendar - April 2021

9

Friday

ICCR Foundation Day celebrations



12

Monday  
6.00 pm

Bharatha Natya Recital  
by Ms. K.Raajalakshmi Iyer from India



21

Wednesday  
6.00 pm

Ramayana trail in Sri Lanka  
by Dr. Subashini Pathmanathan



25

Sunday

Bak Full Moon Poya Day Celebrations



29

Tuesday  
6.00 pm

Kathak Recital  
by Aditi Chakrabarti 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](mailto:iccrcolombo2@gmail.com). For upcoming facebook live events, visit [www.facebook.com/ICCRSriLanka](https://www.facebook.com/ICCRSriLanka)

Free Events. All are cordially invited

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# Sanskarika

Newsletter of the Swami Vivekananda Cultural Centre April 2021



## HAPPY SINHALA & TAMIL NEW YEAR



# HERITAGE SCHOOLED IN YOGA

Yoga has established India on the world wellness map and thousands from across the world want to learn more about this ancient science. Here are some traditional institutions in the country that offer training and research facility on yoga.

Yoga, the ancient Indian science of overall wellness, is amongst the six great Indian philosophies. In recent times, yoga has gained immense international popularity, due to its strengths in preventive, promotive and curative health care. A resurgence of interest in yoga, owing to such varied health benefits as increased flexibility, stress relief and overall fitness, is being witnessed across the country, even among the younger generation. Hundreds of enthusiasts travel to

India from around the world to learn this ancient science which has evolved from being a Vedic practice of Dhyana or meditation to a holistic discipline aimed toward one's general well-being. While there are various institutions working in the field of yoga within India and abroad, there are some that deserve a special mention, who are not only preserving the traditions of yoga, but are also contemporising its philosophies for modern-day relevance.

### **EAST AND NORTHEAST**

**Sri Ramakrishna Mission, Kolkata (West Bengal):** Swami Vivekananda established the mission in 1897. The mission conducts extensive work in health care, disaster relief, rural management, tribal welfare,



*Swami Niranjana (center in cap) with other swamis from Australia and around the world, walking in the grounds of the Mangrove Mountain Ashram (Australia). Swami Niranananda Saraswati was the President of the Bihar School of Yoga*

elementary and higher education and cultural development in India. The mission has several campuses across India, with an important one being in Belur in Hooghly district, near Kolkata.

### **Bihar School of Yoga, Munger**

**(Bihar):** Established in 1963 by Swami Satyananda Saraswati for promoting yoga and Indian culture, the Bihar School of Yoga is a reputed centre for yogic studies today. It conducts health management courses, sanyasa training courses, advanced yoga sadhana courses and offers a ashram-style (very basic) lifestyle.

### **Umachal Yogashram, Guwahati**

**(Assam):** It was founded by Swami Shivananda Saraswati Maharaj in

1929. The institution has been conducting scientifically accepted research in the field of yoga. Its yoga publications are very popular and also includes India's first Yoga Hospital and College.

### **WEST**

#### **Ramamani Iyengar Memorial Yoga Institute, Pune (Maharashtra):**

Established in 1975 by yoga guru BKS Iyengar, the institute is considered to be at the heart of the popular Iyengar style of yoga. The institute conducts courses on yoga and Iyengar-certified yoga teachers are propagating yoga across the world.

**The Yoga Institute, Santacruz, Mumbai (Maharashtra):** The



*The Vipassana International Academy, also known as Dhamma Giri, is a Vipassana meditation center located at Igatpuri in Nasik, Maharashtra. This was the first Vipassana meditation center in India, for teaching the technique and was set up at Igatpuri by SN Goenka*

oldest yoga centre in India, it was founded by Shri Yogendraji in 1918 to propagate the vision of yoga. Running several yoga courses for both learners and trainers, the institute is recognised by the Ministry of AYUSH, Government of India. The courses are taught in both Hindi and English.

**Kaivalyadhama, Lonavla, Pune (Maharashtra):** Founded by Swami Kuvalayananda in 1924, this institute focusses on amalgamating the traditions of yoga with modern science with a scientific understanding and approach. It includes a government-recognised yoga college that offers short-term and long-term diploma and degree courses. It also offers teachers' refresher courses.

## SOUTH

**Sri Aurobindo Ashram, Puducherry (Tamil Nadu):** Founded in 1926 by Sri Aurobindo, a freedom fighter, philosopher, yogi, guru and poet, the ashram conducts regular yoga sessions for residents of Auroville; has a yoga practicing centre called Auromode and offers sessions in various forms of yoga.

## NORTH

**Patanjali Yogpeeth, Haridwar (Uttarakhand):** Founded by Baba Ramdev in the year 2006, Patanjali Yogpeeth is one of the largest yoga institutes in India. Named after the Maharishi Patanjali, the institute's purpose is to practise and research in the field of yoga and Ayurveda.

**Sadhana Mandir Trust, Dehradun (Uttarakhand):** Swami Rama established Sadhana Mandir Trust and the Himalayan International Institute of Yoga Science and Philosophy in 1966. Trained in the tradition of the cave monasteries of the Himalayas, he taught the Upanishads and Buddhist scriptures and had also studied Tibetan philosophies. The Trust offers specialised retreats where one can learn yoga.

**Divine Life Society (Sivananda Ashram), Rishikesh (Uttarakhand):** It was founded in 1936 by Swami Shivananda, who was a student of medicine and joined the sanyasashrama under the guidance of Swami Vishwananda Saraswati. He established the Divine Life Society and Yoga-Vedanta Academy.



*A view of the meditation centre at Auroville. Puducherry was the residence of Sri Aurobindo and is now the operational base of the Sri Aurobindo Ashram*

**Krishnamacharya Yoga Mandiram, Chennai (Tamil Nadu):** This was established in the name of T Krishnamacharya, an Indian yoga teacher, Ayurvedic healer and scholar, in 1976 by TKV Desikachar. The institute propagates yoga as a holistic science. The other great personalities under this parampara are BKS Iyengar and Pattabhi Jois.

In the past decade, yoga has morphed from being a once-in-a-week exercise to a healthy lifestyle. And these yoga institutes are striving to offer the best courses in that are specially crafted to generate interest in pupils of all ages.

## Imparting wisdom

**International Center for Yoga Education and Research, Puducherry:** Swami Gitananda Giri

founded the centre in 1967. The institute conducts regular yoga teachers training courses and has affiliated centres all over the world. [icyer.com](http://icyer.com)

**Vipassana Yoga Research Institute, Igatpuri (Maharashtra):** Established in 1985 by SN Goenka. Vipassana Research Institute is one of the world's largest centres for the practice of Vipassana, offering 10-day meditation courses throughout the year. The Institute also includes a long-term course centre, Dhamma Tapovana as well, offering advanced long courses.

**Swami Vivekananda Yoga Anusandhana Samsthana, Bengaluru (Karnataka):** Established in 2002 by Dr HR Nagendra, it is the leading research institute of yoga.

The aim behind establishment of the institute is to understand and document the scientific evidence behind yoga practices, started initially as VK Yogas nearly 25 years back with Arogyadhama, it now is a deemed university of yoga, offering graduation and post-graduation courses on yoga, spirituality and medicine.

Morarji Desai National Institute of Yoga, New Delhi: Established by the Ministry of AYUSH in 1970, this institute is one of the most reputed yoga education and research centres in India. The Institute promotes yoga philosophy and offers training and advanced research on the subject. It offers foundation, advanced courses and offers both diplomas and degrees in yoga education.



## DR RAJIV RASTOGI

*Dr Rastogi is an Assistant Director at the Central Council for Research in Yoga and Naturopathy, under the Ministry of AYUSH, Delhi. He has authored several books on the subject like 'Surya Namaskar' and 'Food principles for Healthy Living'.*