



Indian Council for Cultural Relations
Varanasi International, Varanasi Office,
Swami Vivekananda Cultural Centre
High Commission of India, Colombo

Sanskarika

Newsletter of the Swami Vivekananda Cultural Centre

JUNE 2022



75
Azadi Ka
Amrit Mahotsav

International Day of Yoga 21st June

INNOVATION IMMUNITY THE NATURAL WAY



The human body to a great extent is a self-regulating, preserving, repairing and maintaining entity. Nature has designed the human body with an inherent capability to heal and provided the natural laws of healing are allowed to operate, our health is in its entirety, a natural outcome of all the encounters we have in life. This healing capacity that we are endowed with is called vitality or immunity. Our body has a self-reliant system of protecting its tissues against assaults by bacteria,

viruses, harmful proteins and oxidative stress through an interplay of nervous, endocrine and immune systems. In today's world these systems are constantly challenged due to our fast paced lifestyle, stress, unhealthy eating habits and exposure to pathogens. Yoga asanas and pranayama reduce stress and improve the body's immune response to fight infections and allergies. Yogic practices are well known for improving the immunity.

YOGA AND IMMUNITY

Yoga can help to modulate this immune response in an appropriate way. Yoga as a mind-body intervention has been used globally to combat these lifestyle related diseases where stress is believed to play a role. Yoga helps calm down the mind, bring stability and balance the vital energies. Studies have shown yoga to improve immunity in the population during influenza epidemics. Yoga is a system of holistic living, having its roots in Indian traditions and culture. It is a discipline to develop one's inherent power in a balanced manner. Now it is being practiced as a part of healthy lifestyle. Yoga is popular globally because of its spiritual values, therapeutic credentials, its role in the prevention of diseases, promotion

of health and management of lifestyle related disorders. One of the most useful and popular mode of yogic exercises which provides the benefits of Asanas, Pranayama and Mudras altogether is the Surya Namaskar. It consists of a series of twelve postures which are performed early in the morning facing the rising Sun. Each step of Surya Namaskar is accompanied with regulation of breath. Its regular practice energises all systems of the body and ensures a perfect harmony between them. It makes the body flexible and improves immunity.

Our body has its own set of immuno-responses, amongst them, inflammation is the most common. A natural counter which is often helpful when it comes



In the current times, incorporating practices like yoga and meditation in our daily routine can help promote a healthier, holistic and more aware lifestyle

to healing injuries and infections, inflammation often becomes chronic under constant psychological and physical stress, thereby weakening our immune system. Most asanas involve systematic stretching that alleviates inflammation and increases flexibility. The immunity boosting capabilities of even basic yogic practices also find mention in a new research published in the Journal of Behavioural Medicine. Today, even Western researchers vouch for yoga's benefits. The Harvard Medical School Guide to Yoga: 8 Weeks to Strength, Awareness, and Flexibility, says regular practice of yoga can lead to greater muscle and bone strength, improved sleep, better stress management and resilience, strengthened immune system and enriched brain health.

CLEANSING WITH KRIYAS

Cleansing techniques called kriyas also help in removing excess mucous and restore mucosal immunity. Shatkriyas are yogic cleansing techniques used to purge the internal organs and systems of the body. These are a part of the process of detoxification. These techniques are classified into six divisions as under: Neti (nasal washing); Dhauti (stomach washing); Basti (colon washing); Kapalabhati (purificatory yogic breathing); Nauli (isolation of abdominal recti-muscles) and Trataka (yogic visual gaze). These kriyas cleanse, activate and revitalise organs and develop deep internal awareness.

The practice of Surya Namaskara, deep breathing exercises, pranayama, meditation and deep relaxation is also highly beneficial. Pranayama is the fourth constituent of Ashtanga yoga, which deals with the regulation of Prana and energy, grossly translated as breath. It is a practice which helps to regulate vital energies through the regulation of breathing. The main purpose of Pranayama is to gain control over the autonomous nervous system and through it to influence the mental functions. Regular practice of Pranayama makes the mind calm and quiet.

MEDITATE ON WELLNESS

The process of keeping one's attention focussed with sustained concentration on an object is commonly known as meditation. It is

an integral part of all yogic practices and is beneficial for psychological and spiritual growth. Over the years, the stress relieving benefits of regular meditation have been known to achieve a sense of calm which has a positive impact on an individual's health and promotes a healthy lifestyle.

It has been known to be beneficial when it comes to overcoming addictions of tranquilizers, reducing hypertension, insomnia, migraines, depression, anxiety, and other psychosomatic illnesses. It stabilises the mind, increases awareness, concentration and will power while simultaneously improving memory and alertness. It is an effective tool for rejuvenation of the mind, body and soul, and even helps in coping with the stressful situations of everyday life.



People meditate in the lotus position on a beach during sunset. Meditating after a busy day helps in releasing stress and achieving clarity for the forthcoming day



DR RAGHAVENDRA RAO

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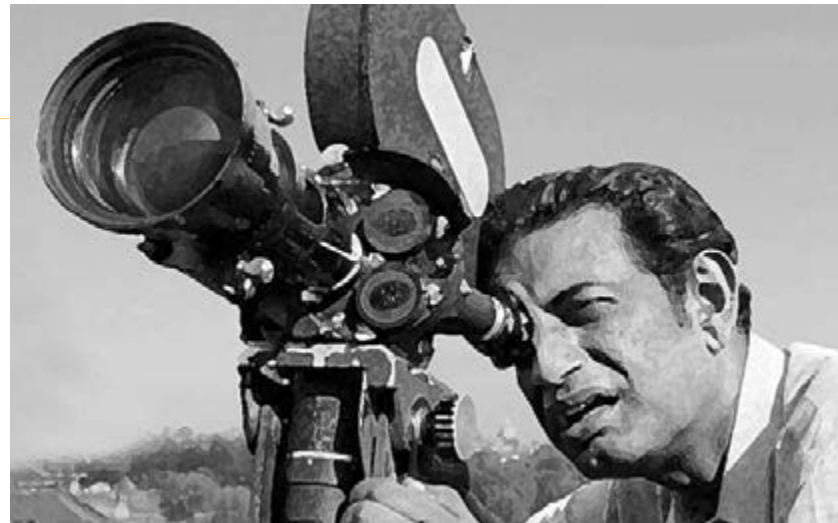
Source : India Perspectives | Issue 02 | 2022

Creativity Convergence: Legends of World

In this era of modern cinemas, we have many technologies that enable us to have high-quality films. But there is a rigid base of modern cinemas created by some connoisseur directors such as Akira Kurosawa, Satyajit Ray, Stanley Kubrick, Ingmar Bergman, Alfred Hitchcock, Steven Spielberg, Martin Scorsese, Charlie Chaplin and Clint Eastwood. In this article, I have focused on two legendary aficionados of movies, whom.

Akira Kurosawa (1910-1998):

Akira Kurosawa had made 30 films in his filmmaking career of



57 years which was influenced by his elder brother Heigo Kurosawa. Those 30 cinemas, each of them being a hit made him known as the legacy of

Japanese cinema with movies like Seven Samurai, Rashomon, Dreams, Yojimbo and Drunken Angel.

All his movies featured shots which had a beginning, middle and end, weather like rain, snow, fire, or smoke so that when the factors are still there is always something to catch your eyes. He made films of almost all genres ranging from Psycho Thriller to Comedy. Kurosawa entered the film industry in 1936, making his debut as a director with the famous action film Sanshiro Sugata. Movies like Rashomon, Ikiru, Seven Samurai,



Yojimbo, Kagemusha and Ran won awards at the Venice Film Festival and the prolific Oscars giving him international recognition. In 1990, he was acknowledged for the Academy awards of life time achievement.

Satyajit Ray (1921-1992):

Influenced by French filmmaker Jean Renoir and Italian neorealism filmmaker Vittorio De Sica, Satyajit Ray was one of the greatest filmmakers of all time.

*Beginning his career as a commercial artist, he also was a screenwriter, music composer, graphic artist, lyricist, illustrator, publisher, calligrapher and a successful fiction writer like his father and grandfather. Born to a Bengali family in Calcutta, he was the only son of Sukumar Ray and Suprabha Ray. He wrote distinct novels and stories for teens and children such as the distinguished prosecutor **Feluda** and the notorious **Prof. Shonku**.*

Ray believed that music was a very important part of films, thus he worked with famed Indian classical musicians such Pdt. Ravi Shankar, Ustad Vilayet Khan, and Ustad Ali Akbar Khan. One prominent feature of Ray's films is its music. He is known for his popular Bengali films such as Pather Panchali, Aparajito, Apur Shongshar, Sonar Kella, Charulata, Mahanagar, Goopy Gyne



Bagha Byne, Hirak Rajar Deshe, Pratidwandi and Jana Aranya.

His most notable work is the Apu Trilogy which spans 3 Bengali films; Pather Panchali, Aparajito and Apur Shongshar and had won 32 Indian National Film awards, a Golden Lion, a Golden Bear, 2 Silver Bears and an Academy Honorary Award in 1952. So, in conclusion, these two movie directors from different parts of the world have created a legacy that has contributed to the future of modern cinema as we know today.

By

Shivangi Mishra

Source : UTSAV 2019-20





INTERNATIONAL DAY OF YOGA 2022 CURTAIN RAISER EVENTS



1

Wednesday
7.30 pm

Monthly Lecture Series – 72

**Online Yoga
Science of Pranayam Sadhna**

by Shri Ajay Kumbhar, Yoga expert from India



Monthly Lecture Series – 78

**Online Yoga
Yoga In Vedas**

by Shri Ajay Kumbhar, Yoga expert from India



16

Thursday
7.30 pm

2

Thursday
7.30 pm

Monthly Lecture Series – 73

**Online Yoga
Face and anti-aging exercises**

by Sonal Jain, Yoga Expert from India



Monthly Lecture Series – 79

**Online Yoga
Positive vibes Yoga**

by Niby Sujesh, Yoga expert from India



17

Friday
7.30 pm

5^{to} 26

Every Sundays
4.00 pm

Monthly Lecture Series – 74,77,81,83

**Online Yoga lecture / workshop
sessions for Param Dhamma Chaitya
Pirivena, Ratmanala**

by Shri Ajay Kumbhar, Yoga expert from India



Monthly Lecture Series – 80

**Online Yoga
Yoga Therapy for Arthritis**

by Shri Ajay Kumbhar, Yoga expert from India



18

Saturday
7.30 pm

8

Wednesday
7.30 pm

Monthly Lecture Series – 75

**Online Yoga
Yoga Therapy For Migraine**

by Shri Ajay Kumbhar, Yoga expert from India



Monthly Lecture Series – 82

**Online Yoga
Yoga for Humanity**

by Shri Ajay Kumbhar, Yoga expert from India



20

Sunday
7.30 pm

11

Saturday
7.30 pm

Monthly Lecture Series – 76

**Online Yoga
Yoga for Concentration and Memory**

by Shri Ajay Kumbhar, Yoga expert from India



International Day of Yoga Celebrations



21

Monday

Poya day celebration -23
Poson Full Moon Poya Day
Celebrations

14
Tuesday

Sanskriti Sandhya Series -26
On the Occasion of World Music Day
An Evening of Vocal performance
by E.A Akila Vishvanath Edirisinghe
(BPA University of the visual and performing arts, MA
University of Delhi) and well-known musician of Sri Lanka

21
Tuesday
6.00 pm

Free Events. All are cordially invited.

For details in regard to

CLASSES

on

**Bharatha Natyam,
Kathak, Sitar, Violin, Tabla,
Carnatic vocal, Yoga and Hindi**

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