



Indian Council for Cultural Relations  
सरकारी अतिथिगृह, नई दिल्ली  
Swami Vivekananda Cultural Centre  
High Commission of India, Colombo



# *Sanskarikā*

**Newsletter of the Swami Vivekananda Cultural Centre**

**MARCH 2022**





# SNAPSHOT A CORNUCOPIA OF COLOURS



*One of the brightest festivals in the Indian calendar, Holi is celebrated in different ways across the country. Keeping the underlying joie de vivre alive, we feature glimpses of the festival from across the nation and the traditions that are followed during the occasion*

Holi (March 29, 2021) is celebrated with pomp and joy across the country, and even welcomes foreign nationals and tourists to join the festivities. Here, an international traveller applies colours to a man dressed in traditional Rajasthani attire in Pushkar, Rajasthan. Holi is called Dol Jatra in West Bengal. However, one of the most unique versions of the festival in the state can be witnessed in Santiniketan, where it is known as

Bosonto Utsob. A tradition begun by Nobel Laureate Rabindranath Tagore in Visva Bharati, a university which he founded, it is characterised by traditional attires, cultural events and a play of powder colours called rong khela. Women playfully hitting men with cloth dipped in coloured water in Beawar, a city in Rajasthan. In this form of the festival played in this region of the state, the mock fight ensues between sisters-in-law



and brothers-in-law. Holika dahan, celebrated a night before Holi in many parts of the country, is marked

by burning a pyre with an idol of Holika, an Indian mythological character who was blessed with



the boon of being immune to fire. According to legend, Holika's brother Hiranyakashyap (a demon king) wanted his son Prahlad to worship him. But the young boy was a devotee of Lord Vishnu. Engulfed in rage, Hiranyakashyap conspired with

Holika to immolate Prahlad, whose devotion saved him while Holika paid the price of cruelty by burning in the fire. Holika dahan, therefore, also signifies the victory of good over evil. In Bihar, a tradition called Phaguwa or Phagwah is followed



during Holi. It is characterised by folk music and dance. Here, students perform during a Holi function at Patna Women's College.

Foreign nationals soak in the spirit of Holi in Rishikesh, Uttarakhand. In the state, Holi is celebrated through various traditions. One of them is called Baithki Holi, in which men sit down and sing songs about the season and the festival





# VACCINES

## *Interesting Facts*

The current pandemic situation where we all are taking precautions against the deadly viral respiratory disease called COVID19 by washing hands, using face masks, maintaining social distancing etc. doesn't seem to exit so easily. Hence, there is a need of more promising and effective prevention against this disease and so the researchers are trying to find a suitable drug/ VACCINE/for treatment of this deadly virus.

Let's learn some important basic facts about vaccines and what exactly a vaccine is.

The word "vaccine" comes from the Latin Variolae vaccine (cowpox).

'Vaccine' applies to all biological preparations, produced from living organisms that enhances immunity against disease and either prevent or, in some cases, treat disease. Thus, Vaccines are like "teachers" who guides our body so that it can be saved against a microorganism bacteria or virus (pathogen-Foreign body /antigen). Vaccines are administered in liquid form, either by injection, by oral, or by intranasal routes.

### **Basic mode of action of vaccine:**

Vaccines are composed of disease causing microorganisms (foreign body/antigen) in killed or inactive form. When enters the body stimulates immune response and recognizes foreign body. Finally, results in its destruction.

### **Basic idea of IMMUNE SYSTEM:**

This system has many tools which helps in fighting germs and infections. Blood in our body is made up of following cells:

- 1) Red Blood Cells : These carries Oxygen to different parts of the body.
- 2) White Blood Cells/ Lymphocytes: These helps to fight infections and is further divide into three types:
  - A) Macrophages - They take in all infection and germs and stimulates antibody which attacks and kills them.
  - B) B-lymphocytes - They help in antibody production which kills antigens or foreign bodies.
  - T- Lymphocytes These are memory cells which remembers antigens and produce antibodies automatically when same antigen attacks.

### **Types of Vaccines:**

- 1) Live, attenuated vaccines used against viruses and bacteria. The vaccines have a part of the living virus or bacteria which is weakened so no infection is caused in people with healthy immune systems. Examples - measles, mumps, and rubella vaccine (MMR) and varicella (chickenpox) vaccine. This type cannot be given to the people or kids with weak immune system
- 2) Inactivated vaccines also used against bacteria and virus. Here, germ is killed during vaccine production. Multiple doses are given for immunity. Inactive polio vaccine is example.
- 3) Toxoid vaccines against bacterial infections producing toxins (poisons) in the body. The toxins produced are weakened and are called as TOXOIDS hence, no illness caused. When the immune system receives a vaccine containing a toxoid, it fight off the natural toxin. Example- DTaP (Diphtheria and tetanus toxoid) vaccine.
- 4) Subunit vaccines these are made by using a part of bacteria or virus. These have less side effects only a part of antigen is used. Example Pertussis of DTaP vaccine.
- 5) Conjugate vaccines against bacterial infections. These bacteria have poor antigens like polysaccharide linked to a carrier proteins. Addition of other proteins (via conjugation) confers the response of the carrier to the antigen, and thus produces a stronger immune response. This is effective approach for younger children as they are still growing and developing. An example- Haemophilus influenzae type B (Hib) vaccine.

Vaccines have played an important role in preventing infectious diseases and improving the quality of life and adding value to the society. It not only protects entire populations but prevents the spread of disease from one person to another hence, protecting an entire group of people, resulting in a global impact.



By

**Dr. Anumeha Chaturvedi**

**1**

Tuesday  
5.00 pm

## Monthly Lecture Series - 49

Online Yoga – Science and Yoga Of  
Mahamrityunjay Mantra : Heal Yourself,  
Heal World!

by Ajay Kumbhar, Yoga Expert from India

## Poya day celebration - 20

Event to mark  
Medin Full Moon Poya Day

**17**

Thursday

**8**

Tuesday

International  
Women's Day Celebrations

## Monthly Lecture Series - 53

Online Yoga – Yoga Therapy for  
Tuberculosis

by Ajay Kumbhar, Yoga Expert from India

**24**

Thursday  
7.30pm

**6 to 27**

Every Sundays  
4.00 pm

## Monthly Lecture Series - 50, 51, 52, 54

Ratmalana Pirivena every Sunday  
by Ajay Kumbhar, Yoga Expert from India

## Sanskriti Sandhya Series - 20

Hindustani Instrumental –Esraj recital  
By Shasthrapathi Sujeeva Ranasinghe,  
Senior Lecturer, Department of North Indian Music, Faculty  
of Music, University of the Visual & Performing Arts

**25**

Friday  
6.00 pm

**16**

Wednesday  
5.00pm

## Sanskriti Sandhya Series - 19

Sri Lanka Annual Holi Kavi Sammelan  
(International)  
By SVCC Colombo

## Sanskriti Sandhya Series - 21

Hindustani Instrumental - Tabla recital  
By Shasthrapathi Gayanath Dahanayaka, Lecturer,  
Department of North Indian Music  
Faculty of Music, University of the Visual & Performing Arts

**30**

Wednesday  
6.00pm

For details in regard to online classes on Bharatha Natyam, Kathak, Sitar, Violin, Tabla, Carnatic vocal, Yoga and Hindi  
please call on tell no. +94 77 672 6143 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. Except 28<sup>th</sup> Event