



Indian Council for Cultural Relations
vertically integrative, socially efficient,
Swami Vivekananda Cultural Centre
High Commission of India, Colombo

Sanskarika

Newsletter of the Swami Vivekananda Cultural Centre

JULY 2024





Yoga for Women Empowerment at Colombo National Museum



Yoga for Health at Heyzer stadium, Trincomalee



Yoga for Family at Colombo Municipal Council



**Yoga for spirituality at Parama Dhamma Chethiya Pirivena,
Ramakrishna Mission, Colombo, Sri Anthar Samudda Pirivena**



10 DAYS YOGA MAHOTSAV Commemorating 10TH INTERNATIONAL DAY OF YOGA 2024



Yoga For Humanity at iconic Gandhi Park, Batticaloa and Sigiriya Central College, Sigiriya



Yoga for Ayurveda - National Ayurveda Teaching Hospital Borella



Yoga for Wellbeing - At millennia-old sacred Kelaniya Raja Maha Viharaya



Yoga for Ayurveda at Kesbewa Town hall



Yoga for Peace - Sri Seethaiyammam Temple Ashokavanam Sita Eliya, Nuwara Eliya and Nuwara Eliya Cini Chitta Indoor Stadium



Yoga for Harmony Ruwanwelisaya - Anuradhapura & Mihintale



10TH INTERNATIONAL DAY OF YOGA 2024 CELEBRATIONS



IDY 2024 celebrations in Colombo, Galle Face green organized by High Commission of India, Colombo



IDY 2024 Celebrations in Galle organized by Consulate General of India, Hambantota



IDY 2024 Celebrations in Jaffna organized by Consulate General of India, Jaffna



IDY 2024 celebrations in Kandy organized by Assistant High Commission, Kandy

EVENTS CALENDAR – JULY 2024

THU	4 5:30 pm	BHAJAN RECITAL By Leo Dey Hari Bhakti Dev in ISKCON Mayapur, India
FRI	5 5:00 pm	Film Screening CHALTE CHALTE Hindi/Duration : 2 hrs 40 mins Directed by Aziz Mirza Venue: SVCC auditorium
TUE	9 5:30 pm	AN EVENING OF MUSIC AND DANCE by Artistes from India Kuchipudi performance by Dr. Pasumarthi Seshubabu Tabla performance by Guru Yogesh Sharma Venue: SVCC auditorium
THU	11 6:00 am	Online Yoga – Naad Yoga ON THE OCCASION OF GURU PURNIMA by Ajay Kumbhar, Yoga Expert from India
FRI	12 5.30 pm	Online Yoga – Naad Yoga ON THE OCCASION OF GURU PURNIMA THE ROLE OF GURU Talk by Umayal Venugopal followed by Bhajans

SUN	21 6:00 am	Online Yoga – Naad Yoga YOGSADHNA WITH AUM CHANTING by Ajay Kumbhar, Yoga Expert from India
WED	24 6:00 pm	Tabla Recital by D. P. Raniththri Ishanka Dissanayake, Master of Performing Arts Venue: SVCC auditorium
FRI	26 6:00 pm	Hindustani Vocal Recital NADA YOGA by Shasthrapathi Sangit Visharad Venue: SVCC auditorium

We Conduct
CLASSES on

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

for more information Contact us on

+94 11 2684698

or

iccrcolombo3@gmail.com

For upcoming facebook live events, visit [www.facebook.com/](https://www.facebook.com/ICCRSriLanka)

ICCRSriLanka

Free Events. All are cordially invited.