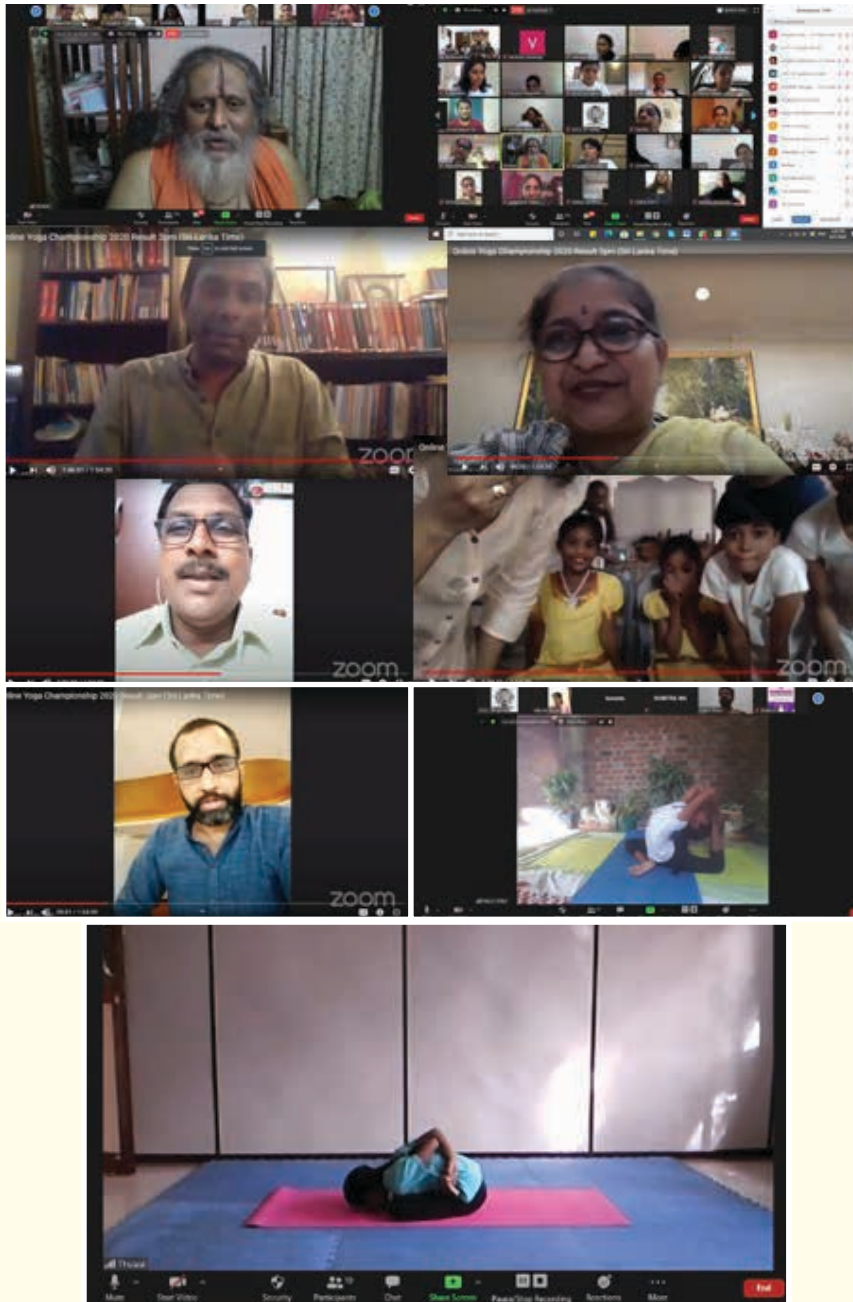


Online National Yoga Asana Championship



Published by the Indian Cultural Centre, 16/2, Gregory's Road, Colombo 07. Tel: 011 2684698
Email: iccrcolombo@gmail.com Facebook: facebook.com/indianculturalcentre

Online Events Calendar - July 2020

3
Friday
5.00pm
&
7.00 pm

Webinar - Esala Poya 2020
"Dhamma for Global Well-being"
by Panelists from Sri Lanka and India

Tabla Recital (Online)
by H.Dilan Priyasad

Join us on Facebook live:
<https://www.facebook.com/ICCRSriLanka>



Taste of Kerala
"Pidiyum Kozhiyirachiyum"
by Hari & Anitha
in association with World Malayalee Federation
and Kerala Samajam of Sri Lanka

Join us on Facebook live:



<https://www.facebook.com/ICCRSriLanka>

11
Saturday
6.00 pm

17
Friday
6.00 pm

A musical tribute to Bollywood actors
Late Rishi Kapoor, Irfan Khan and
Sushant Singh Rajput

Join us on Facebook live:

<https://www.facebook.com/ICCRSriLanka>



Ayurveda approach towards Immunity
& Stress during Covid 19

by Dr.Sruthi Thejus, BAMS

Ayurveda Doctor & Co-Founder of Enliven Veda
Ayurveda & Yoga Retreat Center, from Thrissur Kerala

Join us on Facebook live:



<https://www.facebook.com/ICCRSriLanka>

31
Friday
6.00 pm

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 www.facebook.com/ICCRSriLanka

Entry Free. All are cordially invited



Sanskarika

Newsletter of the Swami Vivekananda Cultural Centre July 2020



UNIE ARTS, 011 2330195



Yoga Session marking the 6th International Day of Yoga held at Sri Lanka Army Headquarters

The High Commission of India organised a yoga session in collaboration with Sri Lanka Army at the Headquarters of Sri Lanka Army in Colombo to mark the sixth International Day of Yoga on 21 June, 2020. Special messages from Prime Minister Shri Narendra Modi and Hon. President Gotabaya Rajapaksa were telecast on the occasion.

High Commissioner of India H.E. Gopal Baglay and Lt. Gen. Shavendra Silva, Chief of Defence Staff and Commander of Sri Lanka Army along with various dignitaries and armed forces personnel participated in the session. Security Forces Headquarters West, Panagoda and Naval and Maritime Academy, Trincomalee also joined the yoga program online.

Commending Sri Lanka Army's role on the frontline in the fight against COVID pandemic in Sri Lanka, High Commissioner H.E. Gopal Baglay highlighted the benefits of Yoga and Ayurveda in building immunity and reducing stress during the current pandemic. He also noted that billions of people around the world

irrespective of their colour, religion, language or race practice some form of Yoga today and enjoy its benefits of health, happiness, greater awareness of inner self and even enlightenment.

Lt. Gen. Shavendra Silva, Chief of Defence Staff and Commander of Sri Lanka Army remarked in his address that Yoga signifies the solidarity that exists between Sri Lanka and India for thousands of years. He extended his appreciation to High Commission of India for observing the International Day of Yoga in-line with requirements in the prevailing situation. He noted that the virtual Yoga Session was a valued opportunity for all participants to experience a healthy activity which connects body, mind and soul.

This is the third consecutive year in which Sri Lanka Army has participated in International Day of Yoga programme. This year's yoga session with Army was organised while observing social distancing measures and other health protocol. Various other events were held throughout the day in Sri Lanka marking the occasion.

Curtain Raiser Events

To celebrate the 6th International day of Yoga the Swami Vivekananda Cultural Centre, Colombo conducted several curtain raiser events through online as well as events. The Centre started its Yoga curtain raiser events in the month of February 2020 with Yoga Workshop for the students of University of Peradeniya in collaboration with Assistant High Commission of India, Kandy. This Outbound Training 2020 was a three-day leadership programme organized by the Department of Sociology, Faculty of Arts, University of Peradeniya. More than 300 first-year undergraduates from the University of Peradeniya participated. The event was held from 21 to 23 February 2020 at International Ridee Viharaya Conference Hall, Kurunegala. In addition to the Outbound Training a Yoga camp was also held. Workshops were conducted in 3 batches. Each batch had about 350 students. In total, about 1000 first-year undergraduates from the University of Peradeniya participated. This event was held from 29th February 2020 & 1st March 2020.

In addition to this the Centre also conducted many other curtain raiser events. Such as:

- A 3 Week Online Yoga workshop for students of University of Kelaniya. Program was conducted twice (Monday and Thursday) a week from 4th May – 21st May.

- Online Yoga Workshop for Kids by Ms. Sona Jain on 17th May 2020 & 13th June 2020
- Yoga and Art of Movements Workshop (Online) by Ashley Fargnoli Board Certified Dance/Movements Therapist on 24th May in collaboration with Astanka Yoga Mandir.
- Online Yoga Workshops for Students and Staff of University of Colombo in collaboration with the Colombo University on 30th May 2020 & 6th June 2020
- Online Yoga Workshops for Students of 15 Sri Lankan Universities collaboration with the University Grants Commission of Sri Lanka on 30th May 2020.
- Upa Yoga (Online) by Dr. N.Gowri Balan, MBBS, Classical Hatha Yoga Teacher, Isha Foundation on 31st May 2020 in collaboration with Astanka Yoga Mandir.
- Online Yoga Workshops For Vice Chancellors of Sri Lankan Universities in collaboration with the University Grants Commission of Sri Lanka on 31st May 2020.
- Online Yoga Workshops for teaching and non-teaching Staff of Sri Lankan Universities in collaboration with the University Grants Commission of Sri Lanka on 31st May 2020.

- Launch of National Yoga Asana Championship 2020 (Online) in collaboration with astanka Yoga Mandir which continued till 20th June, 2020.
- Special Online Yoga Workshop for Women by Sona Jain on 5th June 2020.
- Semi-finals of National Yoga Asana Championship 2020 (Online) on 13th -16th June 2020
- Yoga for All (Online) by Sona Jain on 14th June 2020.
- “My Life My Yoga video blogging competition” organized via social media platforms on 22nd June
- Yoga for Youth – A yoga programme with Sri Lankan young celebrities was organized in collaboration with Foundation for Buddhist brotherhood. His Excellency Shri Gopal Baglay High Commissioner of India to Sri Lanka graced the occasion as Chief Guest

Online National Yoga Asana Championship

For the first time in Sri Lanka a revolutionary project “Online National Yoga Asana Championship” was organized by High Commission of India – Colombo, Swami Vivekananda Cultural Centre Colombo and Astanka Yoga Mandir – Sri Lanka.

Some of its salient features were:

- 1) The whole event was conducted online using videoconferencing applications.
- 2) Google forms were used for registrations of participation and judges.
- 3) All the participants and institutions were kept informed through social media and WhatsApp, email and phone calls. Hence this is a complete digital event.
- 4) Our first official announcement was released on 22nd May 2020.
- 5) Received 478 registrations of participation from 39 institutes, and 20 individuals from Ampara, Batticalao, Clombo, Galle, Gampaha, Hambantota, Jaffna, Kalutara, Kandy, Kurunegala, Matale, Matara, Nuwaraeliya, Ratnapura, Rathmalana. We also received few registrations from Japan.
- 6) We got 72 registrations to be part of our judges' panel from 7 different countries including Sri Lanka, India, Singapore, Australia, Canada, France and Mongolia.
- 7) Participants contested in 7 age categories, 8 to 13, 14 to 20, 21 to 27, 28 to 34, 35 to 41, 42 to 50, and 51 & above. For each age group we had a team of two members one team leader and a technical coordinator.

8) Within 22 days, commencing from registrations to finals, we conducted 28 online meetings, which includes mock competition by the team members to familiarize with all aspects of the competition. Judges brief to discuss about the judging aspects and general meetings with institutes and few demonstration sessions for participants.

9) We had the competition in two levels semifinals & finals. Semifinals were conducted from 13th June 2020 – 16th June 2020 and finals were conducted on 19th & 20th June 2020.

10) Demonstrations of the participants were judged based on 4 criteria. Winners are chosen based on perfection in Asana, Stability/ steadiness, Approach & Completion and asana name pronunciation.

11) For finals we selected:

- i. Top 30 male candidates and top 30 female candidates for age category 8 to 13
- ii. Top 25 male candidates and top 25 female candidates for age category 14 to 20
- iii. For other age group 50% of participants from the relevant age group were selected

12) We had 16 panels, 62 judges, 478 participants for semifinals. In total we took 142 hours to complete the semifinals. And for finals We had 208 finalists, 9 panels and 42 Judges and we selected our 14 Champions, 14 1st runner ups and 14 2nd runner ups.

13) Results of semifinals were announced on 16th June 2020 in the presence of Dr. Rewant Vikram Singh, Director of Swami Vivekananda Cultural Centre through online videoconferencing.

14) The valedictory function was conducted on 21st June 2020 to announce winners in the presence of Dr. Rewant Vikram Singh, Director of Vivekananda Cultural Centre Colombo, Mrs. Rajashree Behra, First Secretary (Culture) / Director – SVCC Embassy of India, Beijing China and Professor (Dr.) K. Chandrasekaran, Madurai.

15) This event was concluded with vote of thanks by Mr. Vyasah Kalyanasunderam, Chief Yoga Instructor –Swami Vivekananda Cultural Centre, Colombo.

Intotal, 20 Events conducted with 3170 participants

6th International Day of Yoga at Sri Lankan Army Headquarters



Yoga for Youth