



Indian Council for Cultural Relations
वन्देमातरम्, सत्यमेव जयते
Swami Vivekananda Cultural Centre
High Commission of India, Colombo

Sanskarika

Newsletter of the Swami Vivekananda Cultural Centre

OCTOBER 2022



75
Azadi Ka
Amrit Mahotsav

SNAPSHOT INDIA'S VIBRANT AUTUMN



Navratri, Durga Puja, Dussehra, Chhat Puja, Milad-un-Nabi and Diwali light up festive fervour across the country. Here are a few glimpses



Kali Puja is dedicated to the worship of Goddess Kali. It is celebrated largely in West Bengal, Odisha and Bihar. This festival is also known as Shyama Puja and Mahanisha Puja

Durga Puja is celebrated with great pomp and joy across the country with the grandest festivities happening in West Bengal. One of the characteristic features of Durga Puja is the performances by dhakis (drummers) who decorate their drums with feathers



On dashami, the last day of Durga Puja, women engage in a play of vermilion (sindoor khela). In this ritual, women apply vermilion powder to Maa Durga before applying it on each other

A scene from a Ramleela (Ram Leela) performance held in Ghaziabad, Uttar Pradesh, on Dussehra in 2019. Ramleela re-enacts the story of the Hindu epic Ramayana, where Lord Rama defeats Ravana, symbolising the victory of good over evil. Ramleela was inscribed on the Representative List of the Intangible Cultural Heritage of Humanity of UNESCO in 2008.





Ramleela performances are held during Navratri or nine nights. On the last day, which coincides with Dussehra, life-size effigies of Ravana, Meghnath and Kumbhakarna are burned in an enactment. Here,

actors dressed as Lord Rama and Lord Lakshmana aim an arrow towards an effigy of Ravana as they take a part in a Ramleela procession in Amritsar, Punjab.

Milad-un-Nabi celebrates the birth of Prophet Muhammed. Also known as Id-e- Milad, it is one of the major festivals of the Islamic festival calendar



On Dussehra, it is said that all the devatas (gods) of Kullu, Himachal Pradesh, come out and proceed with their band of musicians towards the temple of Raghunathji (Lord Rama)

Diwali marks the victory of light over darkness. Here, people gather with oil lamps on the banks of River Sarayu in Ayodhya, Uttar Pradesh in 2019



On Diwali, people light diyas (earthen lamps) and exchange

gifts, sweets and festive wishes. A traditional bhai dooj thali (platter) with sweets, conch shell, wheat grains, darbha grass, flowers and diya. On bhai dooj, celebrated across the country in regional variations, sisters apply tika (dot) on their brothers' forehead for the latter's well being.



One of the major festivals of India, Chhat Puja is celebrated in most parts of Bihar and Uttar Pradesh. This auspicious festival day is observed by fastings and offering prayers to the Sun God

Women offering prayers with bananas during Chhat Puja



Source : India Perspectives | Issue 05 | 2020

The Cages we carry मेरे रुद्र देव, मेरे महेश



Aren't we the prisoners of
our own desires,
Carrying our cages, where ever we go,
They keep us restless all the time,
With the burdens on us, we bestow!

Aren't we the slaves of our
expectations?
Or that of our own kind,
Like the elephant shackled,
with the thin chain,
Which is only so strong - in the poor
animal's mind!

Aren't we like passengers,
Not enjoying this beautiful journey,
Waiting for destinations,
We chase at the cost of our Liberty !

What will it take to be free?
What will it be like?
Will it be like the flight of the soaring
Swans,
Free from our own fears and Psyche!

Break free my friend,
Burn the cages you have built,
You will feel way better my friend,
When that inner fire melts your guilt!

Soar higher my friend,
Or dive when you feel like,
Enjoy the view
Or dart ahead to another sight!

हे नीलकंठ, हे महाकाल,
तुम ही अस्थिर,
तुम ही अविरल,
आशीष आपका माँगे हम ।

हे रुद्र देव, हे दिव्य भाल,
संहार करो मेरे अवगुण का,
मेरे ईर्ष्या का, मेरे द्वेषों का,
कृपा आपकी माँगे हम ।

हे उमा पती , हे कैलाशी,
हे अविचल, मेरे अविनाशी,
यश-कीर्ति के हम अभिलाषी,
आशीष आपका माँगे हम ।

हे गंगाधर , हे आदि देव,
तुम से ही लय , तुमसे प्रलय,
मुझे मुक्त करो , मेरे हलाहल से,
कृपा आपकी माँगे हम ।

तुम ही आरंभ , तुम ही में अंत,
तुम ही ब्रह्माण्ड, तुम हो अनन्त,
मुझ में हो तुम, और तुम में हम,
आशीष आपका माँगे हम ।

श्री गणेश स्तुति

गणपति, मेरे विघ्न हरो,
मैं अज्ञानी हूँ ,अहंकारी भी,
जाने अनजाने, लाखों पाप किये हैं मैंने,
पार्वती-नन्दन मेरे पाप हरो।

हज़ारों प्रतिज्ञाएँ करता हूँ,
हर दिन, आलोक की,
तोड़ता हूँ, हर क्षण उनको,
पर डरता हूँ, उन अंधेरी से, बप्पा,
हे दिव्य, तुम प्रकाश करो।

रुद्रानुश, अपनी शक्ति दो,
आराध्य, अपनी भक्ति दो,
शिव-तनय, अपना शिवत्व दो,
आमोद, अपना प्रमोद दो।

आशीष दो, के निज चेतना को जागृत करूँ,
अपने अस्तित्व को,
इस जगत में सार्थक करूँ,
नित दिवस, ईश की आराधना करूँ ।।

पंकज सिन्हा

२१/०८/२०२०

2 to 30
Every Sundays
4.00 pm

Monthly Lecture Series
– 103, 104, 106, 108, 109

Online Yoga lecture / workshop sessions
for Param Dhamma Chaitya Pirivena, Ratmanala
by Shri Ajay Kumbhar, Yoga expert from India

2
Sunday

Gandhi Jayanti
Commemorating the Birth Anniversary
of Mahatma Gandhi

3
Monday
6.30 pm

Sanskriti Sandhya Series – 34
Dhasara – The significance of Navarathiri
by Dr. Subashini Pathmanathan
Renowned Bharatha Natya Artiste and outstanding scholar (Online)

5
Wednesday
6.00 pm

Mahatma Gandhi Oration
“Gandhian Principles and Practice;
Relevance for Contemporary Sri Lanka”
by Dr. Vinya S. Ariyaratne
President – Sarvodaya Shramadana Movement
Venue: Bandaranaike Centre for International
Studies Auditorium, BMICH, Baudhaloka Mw.,
Colombo 07

Monthly Lecture Series-105
On the Occasion of World Mental health day
–Yoga for Mental Health by Ajay Kumbhar, Yoga
Expert from India (Online)

10
Monday
7.30 am

Monthly Lecture Series-107
On the Occasion of World Spine day
Topic: Yoga for Spine
(Online)

16
Sunday
6.00 am

Sanskriti Sandhya Series – 35
Deepa Deepam
An evening of dance and music to
celebrate DiwaliThe festival of Lights
By Nritya Nipun Moksha Samarasooriya and her
disciples
(SVCC Auditorium)

21
Friday
6.00 pm

Rashtriya Ekta Diwas
(National Unity Day Celebrations)

31
Monday
6.00 pm

Free Events. All are cordially invited.

For details in regard to
CLASSES on

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

please call on tell no. +94 77 672 6143 or E-mail to iccrcolombo2@gmail.com.

For upcoming facebook live events, visit www.facebook.com/ICCRSriLanka

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