



Indian Council for Cultural Relations
भारतीय सांस्कृतिक सम्बंध परिषद्

SWAMI VIVEKANANDA CULTURAL CENTRE
HIGH COMMISSION OF INDIA
COLOMBO
SRI LANKA

REPORT ON ACTIVITIES HELD
AT THE
CENTRE DURING THE MONTH OF
JUNE 2026

Office No: 0094 11 2684698

Fax No: 0094 11 2684697

Email: iccrcolombo@gmail.com/iccrcolombo2@gmail.com

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

twitter:iccr_colombo

S.N.O	Date	Name of artiste/ group
1.	2 June 2026	As a curtain-raiser event, the yoga session for school children was filled with learning, laughter, and positive energy. The children actively participated in yoga practices that promote flexibility, better breathing, confidence, stress relief, and overall well-being. The session was conducted by the Sakthi Anandha Yoga School, Batticaloa, in collaboration with the Swami Vivekananda Cultural Centre (SVCC).
2.	2 June 2026	Yoga Sequence for Freshers" session was held at the Southern Maritime Training Institute in Galle. The event was organized by Jeeva Shakthi in collaboration with the Swami Vivekananda Cultural Centre (SVCC).
3.	3 -6 June 2026	The inauguration and first session of the four-day Mallakhamb Rope Yoga Workshop 2026, organized as a curtain-raiser event for the International Day of Yoga (IDY) 2026, commenced today at the Centre. The workshop is being conducted by Padma Shri Uday V. Deshpande, Founder Director of the Vishwa Mallakhamb Federation and a renowned exponent of Mallakhamb. During the initial session, participants were introduced to the fundamentals of Mallakhamb Rope Yoga—an ancient Indian discipline that combines strength, flexibility, balance, concentration, and yogic practices. This four-day workshop aims to promote awareness and appreciation of the traditional Indian sport while encouraging physical fitness, mental well-being, and holistic development. The programme is part of a series of activities being organized across Sri Lanka in the lead-up to the celebrations for the International Day of Yoga 2026.
4.	3 June 2026	As part of the curtain-raiser events for the International Day of Yoga (IDY) 2026, a special Mallakhamb Rope Yoga session was conducted at Ramanathan Hindu College. Through engaging demonstrations and hands-on training, the participants learned basic techniques and postures while gaining a deeper understanding of the practice's physical and mental benefits.
5.	4 June 2026	An enriching session of yoga, Ayurveda, and mindful living was held under the guidance of the Swami Vivekananda Cultural Centre (SVCC), High Commission of India, Colombo, in collaboration with the Ayu Suwa Yoga Unit of the Ayurveda Community Medical Service.
6.	5 June 2026	Another captivating Mallakhamb session was held at Hindu Ladies' College, Wellawatte, generating keen interest among both students and teachers who were eager to learn more about this unique traditional Indian practice. The programme introduced participants to the origins and heritage of Mallakhamb—an ancient discipline that beautifully blends yoga, athleticism, agility, balance,

		and mental focus.
7.	5 June 2026	Ms. Roshni Thomson, First Secretary (PIC), had the honour of presenting a Certificate of Appreciation from Kurukshetra University, India, to Prof. Asanga Tilakaratne. This prestigious certificate was awarded in recognition of his valuable contribution as an invited speaker at the 10th International Gita Conference 2025.
8.	5 June 2026	A captivating Mallakhamb session was held at Vivekananda College, Colombo 13, generating keen interest among both students and teachers who were eager to learn more about this unique traditional Indian practice.
9.	5 June 2026	The final session of the Mallakhamb training program was successfully conducted at the Swami Vivekananda Cultural Centre (SVCC). Participants proudly demonstrated the skills and techniques they had acquired throughout the program, beautifully showcasing their strength, flexibility, balance, and discipline.
10.	7 June 2026	The Mayurapathy Sri Bhadrakali Amman Hindu Religious School, in collaboration with the Swami Vivekananda Cultural Centre (SVCC), organized a special "Kids Yoga for a Healthier Generation" programme. The session introduced young minds to the benefits of yoga, promoting physical well-being, mental calmness, and healthy lifestyle habits from an early age.
11.	6,7 June 2026	The Swami Vivekananda Cultural Centre (SVCC) hosted a two-day program organized by the Yogoda Satsanga Society of India. The event brought together devotees, members, and spiritual seekers for a meaningful and enriching experience focused on meditation, spiritual growth, and self-development.
12.	7 June 2026	An online yoga session on the "Neurobiology of OM" was conducted by Ajay Kumar from India.
13.	7 June 2026	As part of the curtain-raiser events for the International Day of Yoga 2026, the Swami Vivekananda Cultural Centre (SVCC), in collaboration with the Brahma Kumaris Raja Yoga Centre, organized a special wellness programme. The event focused on promoting physical health, mental well-being, and inner harmony through yoga and meditation.
14.	7 June 2026	As part of the curtain-raiser events for the International Day of Yoga 2026, the Swami Vivekananda Cultural Centre (SVCC) of the High Commission of India, Colombo, organized a special yoga programme at the Ramakrishna Mission.
15.	7 June 2026	As a curtain-raiser for the International Day of Yoga 2026, a special event for "Young Stars" was organized by Universe Yoga in collaboration with the Swami Vivekananda Cultural Centre (SVCC). The programme focused on empowering young minds through meaningful sessions designed to foster

		confidence, calmness, creativity, and compassion.
16.	10 June 2026	An online yoga session on "The Age Reversal Secret: Yoga Nidra & Cellular Life" was successfully was conducted by Ajay Kumar from India.
17.	12 June 2026	The Swami Vivekananda Cultural Centre (SVCC) hosted a special film screening of the acclaimed movie Dangal at the centre.
18.	12 June 2026	An online yoga session on "Fluid Dynamics of the Spine: The Physics of Kundalini" was successfully conducted by Ajay Kumar from India.
19.	15 June 2026	An online yoga session on "The Amrit Factor: Yogic Mastery Over Stress Hormones" was conducted by Ajay kumbar.
20.	13 June 2026	A joint yoga session between the Sri Lanka Navy and the Indian Navy was held at the Colombo Port during the visit of INS Sharda, organized in coordination with the Swami Vivekananda Cultural Centre (SVCC).
21.	13 June 2026	A special yoga programme for students and parents was organized by Rummy Yoga in collaboration with the Swami Vivekananda Cultural Centre (SVCC).
22.	13 June 2026	As a curtain-raiser for the International Day of Yoga 2026 celebrations, the Swami Vivekananda Cultural Centre (SVCC) organized a Chair Yoga programme for women at the Moor Road Church Hall. The session focused on promoting physical fitness, flexibility, relaxation, and overall well-being through simple yoga practices that can be easily performed while seated.
23.	14 June 2026	In anticipation of the International Day of Yoga 2026, Dharani Yoga had the pleasure of collaborating with the Swami Vivekananda Cultural Centre (SVCC) to organize a special yoga programme.
24.	15 June 2026	The Rhythmic Yoga Academy, in collaboration with the Swami Vivekananda Cultural Centre (SVCC), organized a special yoga event at the National Institute of Sports Science as a curtain-raiser for the International Day of Yoga (IDY) 2026.
25.	15 June 2026	As a curtain-raiser for the International Day of Yoga 2026 celebrations, the Colombo Babaji Yoga Centre, in collaboration with the Swami Vivekananda Cultural Centre (SVCC), organized a special yoga programme.
26.	16 June 2026	The International Day of Yoga 2026, themed “Yoga for Human Flourishing & World Harmony,” was organized by the Gampaha Wickramarachchi University of Indigenous Medicine in collaboration with the Swami Vivekananda Cultural Centre (SVCC) of the High Commission of India, Colombo, to promote health, peace, and unity. Ms. C. S. Ramya, Second Secretary (DC) at the High Commission of India,

		Colombo, graced the occasion as the Chief Guest.
27.	16 June 2026	In the run-up to the International Day of Yoga 2026, High Commissioner Santosh Jha participated in 'Elevate', a session on Health, Lifestyle & Community organized by Colombo Indians (COLIND) at the Swami Vivekananda Cultural Centre (SVCC) in Sri Lanka. The session, presented by Dr. Azyan Shafeek, discussed building toward better health and highlighted the various health benefits of Yoga.
28.	17 June 2026	The Swami Vivekananda Cultural Centre (SVCC) hosted a special film screening of the acclaimed movie OMG at the centre.
29.	18 June 2026	Yoga sessions were held simultaneously across 112 Ayurveda institutions throughout Sri Lanka, bringing together practitioners, healthcare professionals, students, and communities in a shared celebration of wellness and healthy ageing. This remarkable collaboration between Ayurveda hospitals, universities, and wellness organizations successfully promoted the timeless benefits of yoga for physical, mental, and emotional well-being. Mrs. A. M. G. N. Deepthi Sumanasena, Commissioner General of Ayurveda at the Ministry of Health and Mass Media, Government of Sri Lanka, and Ms. Roshini Thomson, First Secretary (PI&C) at the High Commission of India, Colombo, participated in the event virtually and delivered goodwill messages.
30.	18 June 2026	During a special session titled "Yoga for Healthy Ageing," senior yoga practitioners demonstrated the immense benefits of yoga in promoting active, healthy, and graceful ageing. The event was organized by the Suwa Yoga Sansadaya and the Community Medical Officers Unit, Maharagama, under the Department of Ayurveda, Western Province, in collaboration with the Swami Vivekananda Cultural Centre (SVCC). The occasion was graced by Ms. Roshini Thomson, First Secretary (PI&C) at the High Commission of India, Colombo, who attended as the Chief Guest.
31.	19 June 2026	The Colombo Municipal Council, in collaboration with the Swami Vivekananda Cultural Centre (SVCC), successfully celebrated the International Day of Yoga 2026, bringing together participants to embrace the timeless benefits of yoga for physical, mental, and emotional well-being. Dr. C. Rambabu, Head of Chancery & Counsellor (Political) at the High Commission of India, Colombo, graced the occasion as the Chief Guest. The programme featured a practical yoga session led by Mr. Vyasah Kalyanasunderam, followed by insightful discussions on the role of yoga and pranayama in promoting wellness and combating modern health challenges.

		The event concluded with a certificate awarding ceremony recognizing the participants' commitment to healthy living.
32.	19 June 2026	The Art of Living is delighted to collaborate with St. Mary's Tamil Maha Vidyalayam in Colombo and the Swami Vivekananda Cultural Centre (SVCC) to organize a special yoga programme titled "Yoga and Mindfulness Session - Find Your Balance.
33.	20 June 2026	The Institute of Chartered Accountants of Sri Lanka, in collaboration with the Swami Vivekananda Cultural Centre (SVCC), successfully organized Wellness Day 2026 in celebration of the International Day of Yoga (IDY) 2026. Ms. Navya Singla, First Secretary (Political) at the High Commission of India, Colombo, graced the occasion as the Chief Guest.
34.	21 June 2026	The 12th International Day of Yoga (IDY) celebrations were held with great enthusiasm at Independence Square in Colombo, drawing over 2,000 participants who came together in the spirit of this year's theme, "Yoga for Healthy Ageing." The grand event was graced by the High Commissioner of India to Sri Lanka, His Excellency Santosh Jha, alongside several other distinguished guests. Notable attendees included the Minister of Science and Technology, Hon. Prof. Chrisantha Abeysena; the Deputy Speaker of Parliament, Hon. Dr. Rizvie Salih; the Deputy Minister of Plantation and Community Infrastructure, Hon. Pradeep Sundaralingam; and the Deputy Minister of Economic Development, Hon. Nishantha Jayaweera, as well as fellow Parliamentarians and dignitaries. Reflecting unity, wellness, and a growing embrace of yoga as a way of life, the celebration highlighted how deeply the practice has integrated into the community.
35.	22 June 2026	The National Institute of Traditional Medicine, in collaboration with the Swami Vivekananda Cultural Centre (SVCC), proudly hosted Wellness Day 2026 to commemorate the International Day of Yoga (IDY) 2026. The event was honored by the presence of Mr. Saurabh Sabhlok, First Secretary (E&C) at the High Commission of India, Colombo, who served as the Chief Guest. The programme featured an exclusive gathering of Ayurveda doctors and practitioners, alongside dynamic sessions on Chair Yoga and pranayama. Attendees also experienced a powerful Sound Healing session titled "A Healed Mind is the Beginning of Peace," and participated in personalized wellness

		consultations designed to instill mindfulness, balance, and holistic well-being.
36.	24 June 2026	The Swami Vivekananda Cultural Centre (SVCC) at the High Commission of India, Colombo, celebrated World Music Day 2026 with an exceptional musical evening. The event featured a beautiful Mohan Veena performance by Janith Gamage, a Visiting Instructor in the Department of North Indian Music under the Faculty of Music at the University of the Visual and Performing Arts, Colombo.
37.	25 June 2026	The Swami Vivekananda Cultural Centre (SVCC) hosted a special film screening of the acclaimed movie Mary Kom at the centre.
38.	27 June 2026	The monthly storytelling programme at the Swami Vivekananda Cultural Centre (SVCC) in Colombo. The session was led by Dr. Subashini Pathmanathan and focused on “The Ancient History and Tale of the Ramayana,” with a particular emphasis on the Rama Bridge that links India and Sri Lanka. Young children took part in the event with great enthusiasm.