

**Indian Cultural Centre, Colombo
Activities of June 2016**

1 - 6th June SAARC Film Festival at Colombo

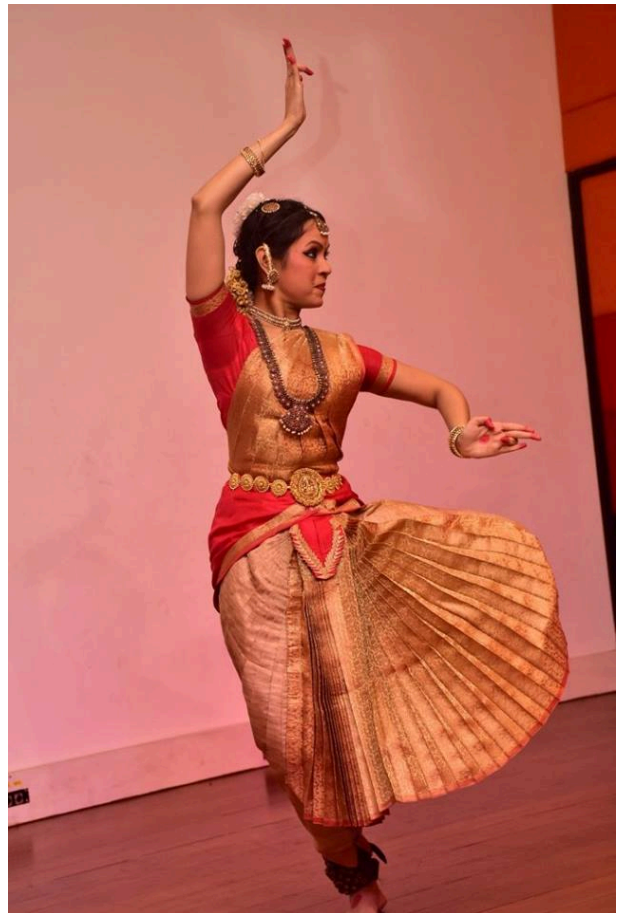
For the SAARC Film festival 2016 two feature films and three short films were nominated from India and India bagged 4 awards this year. Best Feature Film—Masaan, Best Feature Film(Second Runner up)---Goonga Pehelwan, Best Director--Neeraj Ghaywan for Masaan, Special Jury Mention--Benegal's Cinema directed by Iram Ghufra. The awards were accepted by the Director of the Indian Cultural Centre Mrs. Rajashree Behera.



3 June Bharatha Natyam Recital by Ms. Arupa Lahiry

Renowned Bharatha Natyam danseuse Arupa Lahiry presented a brilliant Bharatha Natyam performance at the Centre which kept the audience spellbound. Her power pack performance lasted an hour. The performance was very much appreciated by the audience. Around 70 guests attended the event.

Arupa Lahiry, is a passionate dancer from Kolkata, whose search for excellence in Bharatnatyam took her to study this art form from the legendary Smt. Chitra Visweswaran in Chidambaram Academy of Performing Arts, Chennai. Arupa is a Senior Scholarship holder from the Department of Culture, Government of India. She has gone on to prove her mettle in solo performances at major festivals and sabhas, nationally and internationally.



**4 June Curtain Raiser – International Day of yoga 2016
Asanas & Sequences by Mr. Dharmapala Wijesiri of Dharmya Yoga
Academy**

Indian Cultural Centre in association with Dharmya Yoga Academy organized a Yoga session - "Asanas & Sequences" at the Dharmya yoga academy, Nugegoda. Mr. Dharmapala Wijesiri conducted the session and Mr. Vyasah Kalyanasundaram, Yoga instructor of the Centre also contributed for the Yoga session. In the session simple asanas and the sequence of it was explained and demonstrated. Around 50 members participated in the Session.



5 June Curtain Raiser - International Day of yoga 2016
Meditation and special yoga technique conducted by Chamin
Warnakula of Sethsada Yoga Nikethanaya

Indian Cultural Centre in association with Sethsada Yoga Nikethanaya organized another curtain raiser to IDY at Weli park conducted by Yogacharya Mr. Chamin Warnakula. The programme commenced with the welcome address by the Director of Indian Cultural Centre Mrs. Rajashree Behera. Around 200 yoga enthusiasts participated in the event.



8 June - 11 June Classical Guitar Workshops & Concerts by Aakash Saha, from India

India Cultural Centre, Colombo in association with Amarnath Guitar Academy, Colombo and Asian Guitar Federation organized classical guitar workshops and Concerts by Aakash Saha, Bachelor of Music from Chicago College of Performing Arts, Roosevelt University, USA from 7th to 11th June 2016 at Colombo and Kandy.

Aakash commenced his tour with a performance at the Overseas International School, Battaramulla, Sri Lanka on 7th June. The event was coordinated by the music department of the school.

On 8th & 9th of June he conducted workshops for the students at the Indian Cultural Centre. There were 4 groups of student's consisting of 20 students in each.

On 10th June Aakash Saha presented a classical guitar performance at the Russian Cultural centre. Several guitar music lovers including Sri Lanka's renowned violinist and conductor of state Chamber Orchestra Mr. Lakshman de Saram graced the occasion.

Aakash Saha concluded his tour with a performance in Kandy on 11th June at the Chandannda Buddhist College, Kandy for which Ms. Radha Vengatraman, Assistant High Commissioner, Assistant High Commission, Kandy graced the occasion as Chief Guest.







10 June Presentation of musical instruments to Sri Lanka Broadcasting Corporation

The Indian Cultural Centre presented musical instruments to the Sri Lanka Broadcasting Corporation on their request. The musical instruments were presented by the Director of the Centre Mrs. Rajashree Behera to the Chairman of SLBC, Nanda Muruttettuwagama for the Tamil Orchestra Unit. The programme commenced with a welcome address by the Chairman of SLBS followed by a musical presentation by the Tamil Orchestra unit. The Director of the Centre, Mrs. Rajashree behera and the Former Chairman and also the present Carnatic Vocal teacher of the Indian Cultural Centre Dr. Arunthahty Sri Ranganathan also addressed the gathering. The musical instruments presented were 3 nos, Mirudangam, 2 Veenas, 1 Sitar, 1 set of flute.



11 June Curtain Raiser – International Day of yoga 2016
Yoga for wellbeing by Rekha Krishnamoorthy of Isha Yoga, India

Indian Cultural Centre in association with Isha Yoga conducted a curtain raiser to IDY 2016 on 11th June titled "Yoga for wellbeing". The session was conducted by Ms. Rekha Krishnamoorthy. A documentary on Isha yoga and demonstrations were part of this session. Around 40 members took part in the session.



17 June Curtain Raiser - International Day of yoga 2016
"Guided Meditation" conducted by Mrs. Girija Sinha at India House

Mrs. Girija Sinha, spouse of His Excellency Shri Y.K.Sinha conducted a Yoga session titled "Guided Meditation" as one of the curtain raiser events of International Day of Yoga 2016. Ambassadors and Spouses of HOMs, Director ICC took part in the meditation session.



21 June 2nd International Day of Yoga 2016

The Second International Day of Yoga was held in Colombo, Sri Lanka at Viharamahadevi Open Air Theatre on 21st June 2016, organized by High commission of India, Colombo in association with Astanka Yoga Mandhir, Sethsada Yoga Nikethanaya, Brahma Kumaris Raja Yoga Centre, Art of Living, Om Kriya Babaji Yoga Aranyam Dhanya Yoga Academy, My Yoga Lounge, Shakthi Aananda Yoga School, Hatha Yoga Centre & Indian Cultural Centre. Programme commenced with messages from Hon. Prime Minister of India, Shri Narendra Modi and Hon. External Affairs Minister of India Smt. Sushma Swaraj followed by a speech by His Excellency Shri Y.K.Sinha, High Commissioner of India. Programme consisted of Yoga Asanas, Pranayama and Meditation sessions followed by Yoga in Kandyan dance showcasing the commonalities of culture between India and Sri Lanka. Around 500 Yoga enthusiasts participated in the event.





24 June Tabla Recital by Amit Bhushan from India

Amit Bhushan from India (Benaras gharana) presented a table recital at the Centre on 24th June. Amit's rhythmic wizardry was very well appreciated by the audience. Around 70 guests attended the event.

Amit Bhushan is an internationally acclaimed Tabla Player from India. He is one of the finest exponents of Banaras Gharana. He was later trained under the guidance of legendary artist and world renowned Tabla Maestro Padma Bhushan Pandit Samta Prasad. Amit holds "Masters" in Indian Classical Music. He has performed widely in many countries like Lebanon, Singapore, Germany, Qatar, South Africa, Zimbabwe, Lesotho, England, Scotland, Wales, Ireland, Egypt, UAE etc.



29 June Post event – International Day of Yoga 2016

As a post event of International Day of Yoga 2016, Indian Cultural Centre, Colombo conducted a introductory Yoga session titled "Yoga a Healing System" at the World Health Organization Country Office for Sri Lanka on 29th June 2016. The session was conducted by Mr. Vyasa Kalayanasundaram, Yoga Instructor of Indian Cultural Centre, Colombo was attended by WHO staff, members from UN agencies and other ministries.

