

Indian Cultural Centre Colombo

Report – June 2015

4 June Odissi Dance Performance by Alpana Nayak & group

Indian Culture Centre organized an Odissi dance performance by Alpana Nayak and group, renowned Odissi exponent from India at its auditorium. A variety of items from Odissi repertoire presented by Alpana and her group kept audience spellbound. Ms. Alpana Nayak is a well known Odissi exponent based out of New Delhi and has performed Odissi in many major dance festivals in India and abroad. She is the first Odissi exponent to perform to Sinhala songs in Jaffna Peace Festival in 2013. She has taught Odissi and different Indian folk dances in several cities of India, England and Japan. She takes special care to train specially gifted children (physically and mentally challenged) in Indian classical and folk dance forms for their holistic development in the society. Around 75 guests attended the event.





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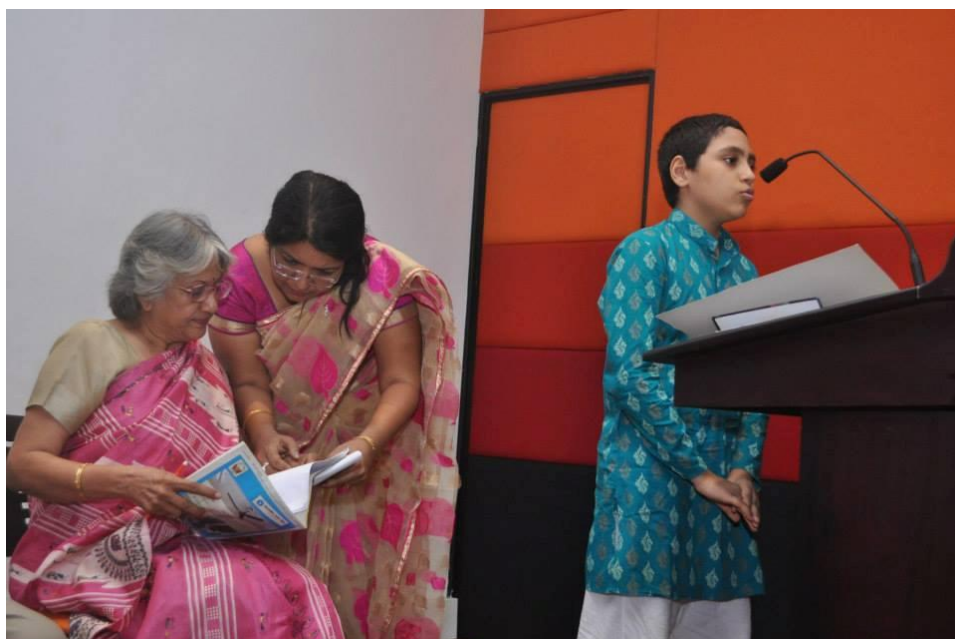
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elan

Indian Cultural Centre, Colombo organized "Kavi Sammelan" for the teachers and the students learning Hindi in Sri Lanka on 11 June at Indian Cultural Centre. Hindi poets Dr .Madhu Chaturvedi from Lucknow and Prof. C.B Pandey, from Benaras, Prof. Upul Ranjith, Head of Hindi Dept. University of Kelaniya, Dr. Lakshman Senevirathne, Dean Humanities, University of Kelaniya graced the occasion and participated in the programme. Students of various age groups presented their poems. Around 125 teachers and students attended the event. Dr. Shirin Qureshi, ICC long term Hindi chair conducted the event.





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Organiser of 1st International Day of Yoga Film Screening and Lecture on Isha Yoga by Dr. Gowribalan

As a curtain raiser to First International Day of Yoga, Indian Cultural Centre Colombo screened a film "History Of Yoga-the path of my ancestors" by Deepika and Ramji on 17th June at 2.30pm at ICC auditorium. This film is a 6000 years journey into the origin and evolution of Yoga which enriches our experience and knowledge.

This was followed by a talk and lecture demonstration by Isha Yoga expert Dr. Gowribalan from UK. He explained the benefit of practicing Isha Yoga and also demonstrated few easy yoga practices. He screened a documentary published by Isha Foundation used for practicing Isha Yoga and the participants of the session also took part in the practices. Around 60 guests attended the event.





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International Day of Yoga

The First International Day of Yoga was celebrated with great fanfare in Sri Lanka at the iconic ocean side promenade of Colombo: Galle Face Green, where events of only national importance are organized.

Almost over 1750 yoga enthusiasts, drawn from prominent local community organizations, and established yoga and spiritual centres participated in the event, including a huge number of school children.

The event (which lasted from 6:30 hrs-8:30 hrs) included the release of a special e-book on Yoga, screening of the message by Hon'ble Prime Minister of India on the significance of Yoga, and Yoga demonstrations.

Prominent guests at the event were Prof Maithree Wickremesinghe, spouse of Hon'ble Mr. Ranil Wickremesinghe, the Prime Minister of Sri Lanka, Hon'ble D.M. Swaminadan, Minister of Resettlement of Sri Lanka, Hon'ble Dayasiri Jayasekera, Chief Minister of North Western Province of Sri Lanka, a number of Members of Parliament including TNA leader Hon'ble R. Sampanthan, and Hon'ble Douglas Devananda, Mr. Muttiah Muralitharan, well known Cricketer, Ms. Otara Gunewardene, famous Sri Lankan fashion icon and Dr. (Mrs.) Arunthathy Sri Ranganathan, legendary Carnatic Vocalist of Sri Lanka. The Indian Cultural Centre joined hands with the High Commission of India in all pre event /day of the event arrangements /coordination's. The Yoga instructor of the Indian Cultural Centre, Colombo Mr. Vyasah Kalyanasundaram coordinated the main event day demonstrations and with other institutes.





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22 June Inauguration of the Photographic Exhibition on Yoga and felicitation of Yoga Institutes participating in IDY by His Excellency Shri Y.K.Sinha, High Commissioner of India

As a part of the celebration Indian Cultural Centre organized a photographic exhibition demonstrating yoga postures. The exhibition was inaugurated by H.E Y.K. Sinha, High Commissioner of India at the Cultural Centre. Evening Programme started with a welcome address by Mrs.Rajashree Behera, Director at the Indian Cultural Centre who expressed her gratitude to all the yoga Instructors and Institutes of Colombo who participated in the Celebration of First International day of Yoga. As a token of appreciation His Excellency felicitated the representatives of yoga Institutes. Members of the twelve institutes who are committed to the teaching and spreading Yoga in Sri Lanka such as Indian Cultural Centre, Astanka Yoga Mandir, Isha Foundation, Sadhana Yoga Shruti, Abhina Yoga Ashram, Prana Lounge Holistic Health Centre, Sri Lanka Sky trust, Art of Living ,Om KriyaBabaji Yoga Aranyam, The OM Space, Sethsada Yoga Institute, Brahma Kumaris World Spiritual University were present on the occasion.

The programme concluded with a performance "Yoga in Dance" by Kathak exponent Moksha Samarasooriya and group. Shri Arindam Bagchi, Deputy High Commissioner of India also graced the occasion. Around 100 guests attended the event.





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Yoga Postures for Good Health

Yogacharya Kriyanandamayi Krishnaveni Kulanthaivel, Director Sadhana Yoga Shrushti conducted a lecture on Yoga Postures for Good Health. The lecture was followed by question and answer session and various yoga postures were demonstrated by the members of the Sadhana Yoga Shrushti. Around 40 guests attended the event.





Mental wellbeing, stress and anger management through yoga

Ms. Anoja Weerasinghe, Founder of Abhina Yoga ashram spoke on mental wellbeing, stress and anger management through yoga. She elaborated on how you help to lead a better life and also how it reduces the stress. Around 70 guests attended the lecture.





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Kriya Yoga asanas & its benefits

Dr. Subramaniam Thayaparan of Om Kriya Babaji Yoga Aranyam delivered a talk on Kriya Yoga Asanas & its benefits. Around 45 guests attended the event. Members of the Om Kriya Babaji Aranyam and the guests took part in demonstrations.





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Deepening into asanas

Mr. Vyasah Kalyanasunderam Chief Yoga Instructor of the Indian Cultural Centre & Astanka Yoga Mandhir delivered a talk on Deepening into asanas. Students of the Indian Cultural Centre presented some demonstrations. Around 120 guests attended the event. He elaborated his talk with a power point presentation.





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Raja Yoga

Dr. Viji Chanramohan of Brahma Kumari's Raja Yoga Centre, Sri Lanka spoke on Raja Yoga. Around 50 guests took part in the event.



Yoga for balance: on and off the mat

The week long yoga lectures as continuation of the activities of 1st International Day of Yoga concluded with the lecture of Ms. Angelica Chandrasekran titled Yoga for balance : on and off the mat. She elaborated her talk with a PowerPoint presentation. Around 40 guests attended the event.

