

BHARATHA NATYAM

Dr. Subashini Pathmanathan

TUESDAY | FRIDAY

3.00p.m - 4.00p.m
4.00p.m - 5.00p.m
5.00p.m - 6.00p.m



Mrs. Vasugy Jeegatheeswaran

WEDNESDAY | SATURDAY

3.00p.m - 4.00p.m
4.00p.m - 5.00p.m

- Course duration: Each level 1 ½ to 2 Years (duration will vary depending on the student progress)
- Registration fee: SL.Rs 250/=

- Monthly fee: SL.Rs. 500/=
- Each Student will attend the class twice a week

KATHAK

Mrs. Moksha Samarasooriya

**MONDAY
THURSDAY**

3.30p.m - 4.30p.m
4.30p.m - 5.30p.m
5.30p.m - 6.30p.m



- Course duration: Each level 1 ½ to 2 Years (duration will vary depending on the student progress)
- Registration fee: SL.Rs 250/=
- Monthly fee: SL.Rs. 500/=
- Each Student will attend the class twice a week

SITAR

Dr. Nirmala Kumari Rodrigo

MONDAY

2.00p.m - 3.00p.m
3.00p.m - 4.00p.m
4.00p.m - 5.00p.m
5.00p.m - 6.00p.m
6.00p.m - 7.00p.m



- Course duration: Each level 1 ½ to 2 Years (duration will vary depending on the student progress)
- Registration fee: SL.Rs 250/=
- Monthly fee: SL.Rs. 500/=
- Each Student will attend the class once a week

VIOLIN

Dr. Somasiri Illesinghe

WEDNESDAY

2.00p.m - 3.00p.m
3.00p.m - 4.00p.m
4.00p.m - 5.00p.m
5.00p.m - 6.00p.m
6.00p.m - 7.00p.m



- Course duration: Each level 1 ½ to 2 Years (duration will vary depending on the student progress)
- Registration fee: SL.Rs 250/=
- Monthly fee: SL.Rs. 500/=
- Each Student will attend the class once a week

TABLA

Mr. S.W. Randoowa

TUESDAY | SATURDAY

2.00p.m - 3.00p.m | 2.00p.m - 3.00p.m
3.00p.m - 4.00p.m | 3.00p.m - 4.00p.m
4.00p.m - 5.00p.m



- Course duration: Each level 1 ½ to 2 Years (duration will vary depending on the student progress)
- Registration fee: SL.Rs 250/=
- Monthly fee: SL.Rs. 500/=
- Beginners only Once a week / seniors twice a week

CARNATIC VOCAL MUSIC

Dr. Arunthathy Sri Ranganathan

TUESDAY | SATURDAY

4.00p.m - 5.00p.m | 9.00a.m - 10.00a.m
5.00p.m - 6.00p.m | 10.00a.m - 11.00a.m
11.00a.m - 12.00noon

- Course duration: Each level 1 ½ to 2 Years (duration will vary depending on the student progress)
- Registration fee: SL.Rs 250/=
- Monthly fee: SL.Rs. 500/=
- Beginners only Once a week / seniors twice a week

YOGA

Mr. Vyasha Kalyanasundaram

SATURDAY & SUNDAY

MONDAY & WEDNESDAY

CLASS LEVELS	HOURS PER WEEK
Beginners	4.00p.m - 5.00p.m
Beginners	5.00p.m - 6.00p.m
Intermediate	7.30a.m - 8.30a.m
Intermediate	6.00a.m - 7.00a.m



- Course duration: 4 Months
- Course fee: SL. Rs.2250/- (Registration fee SL.Rs. 250/- + Monthly fee SL.Rs.500/- for four months = SL.Rs.2,000/-)
- Each Student will attend the class twice a week

Cultural Calendar - March 2018

1
Thursday
10.30 a.m

Holi Celebrations - Festival of Colours

Venue: Venue: ICC

Celebrating International Women's Day

Hindi Feature Film: Mary Kom

(with English subtitles. Duration:2 hrs)

Director: Omung Kumar

Casts: Priyanka Chopra, Darshan Kumaar & Sunil Thapa

Venue: ICC Auditorium

14
Wednesday
6.00 p.m.

Carnatic Vocal Recital
by Dharshani Arulanandam

Venue: ICC Auditorium

Suhana Safar - An evening of old Hindi Songs
by Lanka Bharathiya Arts & Cultural Foundation

Venue: ICC Auditorium

19
Monday
10.00 am.

Lecture on Yoga - "Pranayama as therapy"
by Manisha Singhania from India
organized in collaboration with AAYUSH, Sri Lanka &
Astanka Yoga Mandhir
Venue: ICC auditorium

Lecture demonstration - "Shristi"
Relationship of one act Dance Drama
with Bharatha Natyam.
by Dr. Subashini Pathmanathan
Venue: ICC Auditorium

8
Thursday
3.00 p.m.

16
Friday
5.00 pm

23
Friday
6.00 p.m.



Indian Council for Cultural Relations
भारतीय सांस्कृतिक संबंध स्थापना समिति

Sanskarika

Newsletter of the Indian Cultural Centre, Colombo

March 2018



Scene from the play "Baawre Mann ke Sapne" (Sound of dreams)
by All Women Theatre Production - Creative Arts India.

Programmes subject to change

Admission to all programmes are on first come first serve basis.

All are cordially invited

THE NIKE FROM THE NORTHEAST

Letting the force of her will guide her along the road to glorious victory, Indian boxer MC Mary Kom has made history again by winning her fifth gold medal at the Asian Confederation Women's Boxing Championships 2017

Few sportspersons in the world have achieved what Indian boxer MC Mary Kom has achieved, and continues to achieve, defying all odds. It takes tremendous mental and physical strength to sustain such an outstanding performance record, and Kom continues to make history. In November 2017, the boxer won an unprecedented fifth gold medal at the Asian Confederation Women's Boxing Championships. Her next target is the gold medal at the 2018 Commonwealth Games in Gold Coast, Australia, and then at the 2020 Tokyo Olympics.

A five-time world champion, Kom is the only woman boxer in the world to have earned a medal in all six world

championships and the only Indian female boxer to have won an Olympics medal. It is her determination to keep outdoing herself that sets her apart. "A boxer has to be smart. A boxer has to be strong. But the main thing is will power," she says in an interview to 1843 magazine. With the power of her will as strong and unshakeable as ever, she defeated North Korea's Kim Hyang Mi 5-0 in the recently concluded 48 kg Asian Confederation Women's Boxing Championships held in Ho Chi Minh City, Vietnam, and Prime Minister Narendra Modi congratulated her on behalf of the nation, saying: "Congratulations Mary



Congratulations Mary Kom for clinching the gold at the ASBC Asian Confederation Women's Boxing Championships. India is elated at your accomplishment

Narendra Modi
Prime Minister of India



Kom during a practice session. Left: MC Mary Kom punches Pamela Paola Benavidez of Argentina at the Olympic boxing test event in London, 2011.

Besides her medals, Kom has won several other honours: she is a Padma Bhushan awardee and has also received the Arjuna Award

Kom for clinching the gold at the ASBC Asian Confederation Women's Boxing Championships. India is elated at your accomplishment."

The boxer dedicated her victory to those who have stood by her even when many were doubting her credentials and capabilities. She said, "As long as I am training hard and my body is fit, I can beat anyone. Bring it on." Her family has continued to support her through the years.

"When I first started boxing, it was very difficult and I had to struggle quite a bit. For five years, I fought without a good diet in place – no eggs, no supplements and no breakfast. I would just have lunch and dinner,

which would comprise plain rice and vegetables," she shares. Despite the hardships, the boxer was always mindful of the opportunity she had received. And she was not going to waste it. "Don't worry. I will never trouble you. I will work hard. When other girls are spending 10 rupees, I will spend one rupee," she would tell her father, Tonpa Kom. It was this dedication that drove her to glory. All naysayers were won over by her grit, hard work and skill. Kom even convinced her father that being a boxer was a goal worth pursuing for women. She has familial sporting links too - her father was a wrestler in his younger days, while her husband, Onler, was a footballer.



Kom receiving the Rajiv Gandhi Khel Ratna from former President of India, Pratibha Patil in 2009

In addition to her medals, the spirited boxer has won several other honours too. She is a Padma Bhushan awardee and has also been a recipient of the Arjuna Award. She was also awarded the Rajiv Gandhi Khel Ratna in 2009.

Today, Kom wants her legacy to reap rich rewards for Indian boxers. At the National Games Village in Langol, Manipur, the Mary Kom Regional Boxing Foundation runs an academy with the support of the Sports Authority of India (SAI). The boxer's eponymous foundation was established by her, along with her husband, to promote boxing in the Northeast and support underprivileged pugilists. The young players who come to the academy do not have to look farther for inspiration than the woman who put India on the world boxing map – MC Mary Kom!



**A boxer has to be smart.
A boxer has to be strong.
But the main thing is will power**

MC Mary Kom
Indian Boxer