

Indian Cultural Centre, Colombo Activities of November 2016

1st November Standard English Competition organized by Angunawela Academy

The Angunawela Academy of speech and drama conducted their speech and drama competition at the Centre on 1st November. Children from different age group took part in this competition and the topics were on their choice. Mrs. Ananya Bagchi, English teacher and spouse of the deputy High Commissioner graced the occasion as Chief Guest. The competition was judged by Mrs. Ananya Bagchi and Mrs. Rajashree Behera, Director of the Indian Cultural Centre. At the end of the competition certificates and shields were awarded to the winners and participants. Programme was conducted by Mrs Angus.





4th November Bharatha Natyam recital by Apeksha Mundargi from India

Renowned Bharatha Natyam exponent Apeksha Mudargi from India presented a brilliant Bharatha Natyam repertoire which captivated the audience gathered at the Centre. She presented Shivakama Sundari a Keertanam in raagam Jaganmohini, Shive Shringaradra a Varnam in raagam Ragamalika, Kona kawada in raagamKafi , KulandeyaGanapati in raagam Hindolamand concluded with Mahishasurmardini Tillana in raagam Revati. Her performance was very well received by the audience. Around 50 members attend the performance.



8th November **Lecture on Health, Healing & Harmony by Dr. Vasistha Arun Khodaskar from India followed by Convocation of Teachers Training course in Yoga education for students of Dharmya Yoga Academy.**

Lecture on Health, Healing & Harmony by Dr. Vasistha Arun Khodaskar from India followed by Convocation of Teachers Training course of Yoga education - students of Dharmya Yoga Academy. The event was organized in collaboration with DharmyaYoga Academy at the Centre on 8th November 2016. Mrs. Rajashree Behera, Director of the Centre graced the occasion as Chief Guest and awarded the certificates. Around 100 guests attended the event.





11 November Children's Day Special - Friday Matinee - Stanley kadabba

Indian Cultural Centre will screened Children Hindi Film "Stanley KaDabba" directed by Amole Gupte starring Divya Dutta, Partho Gupte, Divya Jagdale, Raj Zutshi, and Amole Gupte on Friday 11 November 2016 at its auditorium.

Stanley is the most popular boy in fourth grade, His friends want him around all the time and eagerly share their lunch with him every day since he doesn't bring his own lunch from home. This heart-warming and highly acclaimed film leaves you with a touching message. Partho Gupta who won the best actor award for his role for this film at the Schellingel International film Festival in Germany. Around 50 members attended the screening



The poster features a circular logo at the top left with the text "Indian Council for Cultural Relations" and "संस्कृति सांस्कृतिक सम्बन्ध परिषद्" below it. The title "Stanley ka dabba" is written in a stylized font with a subtitle "A little story, with a BIG heart" and a small heart icon. The central image shows a group of children smiling. At the bottom, there is a row of five cartoon children.

**Children's Day Special
Friday Matinee**

Stanley ka dabba
A Little story with a Big Heart
(Hindi with English subtitles)

Directed by Amol Gupte

On Friday 11th November 2016
at 3.00 p.m.
at Indian Cultural Centre
16/2, Gregory's road,
Colombo 07

(Duration - 1 hrs 36 mins)

12 November Shankar's International Children's Competition 2017

The Indian Cultural Centre celebrated children's day, which falls on November 14, coinciding with the birth anniversary of Pandit Jawaharlal Nehru, by hosting a painting, drawing and essay writing competition for children on 12th November. Around 275 children from all over the Island participated in the competitions held at the Centre. Boys and girls between the age groups of three and fifteen drew and painted colourful pictures on a wide variety of themes using their imagination. It was interesting to see such enthusiasm among the children. At the end of the day each participant was awarded a certificate for participation. All entries completed at the Centre were sent to India to be adjudged in the Shankar's International Competition 2017.





**15 November
& 16 November**

The Power of Pranayama by Mr. Satywan from India

A two day work shop on the Power of Pranayama was conducted by Yogacharya Satywan, disciple of Swami Baba Ramdev from India on 15th & 16th November 2016 at the Centre. The event was organized in collaboration with Astanka Yoga Mandhir. In the workshop he explained about 8 different type of Techniques of Pranayama ,important points of pressure point sand vital pressure points . Around 60 members took part in both days workshop.





18 November Lecture by ShriYogacharayaArunKumarji (Guruji) - India

Shri Yogacharaya Aru Kumarji (Guruji) from India and Founder of Pranashakthi, USA presented a lecture on "Techniques to increase the Pranasakthi and Consciousness" at the Centre on 18th November 2016. The lecture was organized in collaboration with the Astanka Yoga Mandhir.

Beginning of life- energy existing in many different forms around consciousness wanting to transmit / transfer and be live, gives a bang to this consciousness and this creates the five elements where consciousness without energy to recreate cannot form into solid matter / 5 elements which are apo, thejo, vayo, patavi, jaal.

Pranashakti is basic mother energy which is also known as universal / cosmic energy amongst many types of energies among us like food, water, sun, air, meditation, divine / God, energy from praying, talking and thinking nice things, exercise nuclear, etc...

Around 115 members attended the lecture.





18th November NarthanaAaradhana - Lecture demonstration
Changing trends in BharathaNatyam
By Ms.Subashini Pathmanathan

Ms.SubashiniPathmanathan , renowned BharathaNatyam exponent and also one of the faculty members of the Indian Cultural Centre presented a lecture demonstration on Changing trends in BharathaNatyam. Here lecture was followed by performance in which she presented few items from traditional repertoires. Around 30 members attended the lecture demonstration.



20th November PranaVidya - A special meditation session by Rev. Padma Devi Sumananda

PranaVidya - A special meditation session by Rev. Padma Devi Sumananda was held at the Centre on 20th November 2016. The session was organized in collaboration with Astanka Yoga Mandhir. Rev. Padma Devi Sumananda Founder & President, Heart Of Living Yoga Foundation, Founder & President, Integral Yoga A.U.M. and Chair, Integral Yoga U.K.

In her lecture she spoke on the science of pranavidya is designed to facilitate the proper distribution of prana throughout the whole body. If there is an excess of prana anywhere, with this science you can balance it. If there is a disease caused by lack of pranashakti, then an excess of prana from another area is supplied to the affected part of the body. This is done by converting prana into magnetic energy and then into a flow of psychic energy. When prana has been converted into magnetic energy it can also be transmitted outside of the body through your fingers, a look, or a thought. It can be transported by a flower.

Around 60 members took part in the session.



22 November Prize Giving Ceremony - Arts of Glory

Prize Giving Ceremony - Arts of Glory - An All Island Poetry & Art Competition organized by CLEON, Academy of Speech, Drama & Leadership held on 22nd November 2016.

Competitions were held at the centre in the month of October, 2016.

Mrs. Rajashree Behera Director of the Indian Cultural Centre, Colombo graced the occasion as Chief Guest.



25th November Constitution Day of India Celebrations

To commemorate the Constitution Day of India the High Commission of India in Sri Lanka in collaboration with the Centre for Contemporary Indian Studies presented a lecture by Dr. Rohan Samarajiva, Founding Chair, LIRNE Asia on Representation and Stability: Experiences of the Indian and the Sri Lankan Constitutions.





25th November An evening of Poetry and Prose

The Indian Cultural Centre in collaboration with the English Writers Coperative, Sri Lanka presented an evening of Poetry and Prose at the Centre on 25th November. Th English Writers Copeperative of Sri Lanka is committed to the enrichment of English creative writing in Sri Lanka. An annual event in their calender is the evening of Poetry and Prose. This year highlighted the work of Late Prof. Ashley Halpe, eminent and upcoming Indian writers and members of the cooperative. Around 50 guests attended the event.





30th November Hindi Certificate Distribution

On 30th November the certificates were awarded to the successful candidates for the Hindi examinations conducted by the Kendiriya Hindi Sansthan , Agra, India in 2016. The certificates were presented by Mrs. Rajashree Behera, Director of Indian Cultural Centre and Dr. Shirin Qureshi, Long Term Hindi Chair. The Hindi students also presented cultural performances.





