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भारतीय सांस्कृतिक सम्बन्ध परिषद्

SWAMI VIVEKANANDA CULTURAL CENTRE
HIGH COMMISSION OF INDIA
COLOMBO
SRI LANKA

REPORT ON ACTIVITIES HELD
AT THE
CENTRE DURING THE MONTH OF
JUNE 2019

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1st June YOGA FOR PEACE

A blissful session of yoga, Pranayama and Meditation was held at the hallowed grounds of Kelaniya Raja MahaVihara with the blessings of Most Ven. Prof KollupitiyeMahindaSangharakkhitaThera.



4th June YOGA FOR UNITY

A rejuvenating session of Yoga, Pranayama and Meditation was conducted at the serene surroundings of VishwaNiketan at Sarvodaya, Sri Lanka built with the coveted Gandhi Peace Prize money received by Dr AT Ariyaratne, an event to celebrate Gandhi@150 and IDY 2019



7th June YOGA & DANCE

Govt of India scholarship holders presented Divine Dance of Energy -an amalgamation of Yoga & Bharatnatyamby ICCR scholar Rathiksha and ITEC scholar Donisha from Sri Lanka



7th June YOGA FOR KIDS

Young Yoga enthusiasts of Sri Lanka mesmerized the audience with demonstration of their expertise in yoga postures



8th June YOGA IN THE PARK

A session of Yoga asanas and pranayama with chanting of Patanjali Yoga Sutra was conducted by Dhamma Yoga at the Diyatha Uyana Park with large participation of Sri Lankan Yoga enthusiasts.



15th JUNE INTERNATIONAL DAY OF YOGA 2019 CELEBRATIONS AT INDEPENDENCE SQUARE

The 5th International Day of Yoga was celebrated at the iconic Independence Square on Saturday 15th June 2019. High Commission of India organized the mega event with the gracious presence of Hon. (Dr.) Rajitha Senaratne, Minister of Health, Nutrition & Indigenous Medicine, Hon. Gayantha Karunathilaka, Minister of Lands and Parliamentary Reforms and Hon. Palani Digambaran, Minister of Upcountry New Villages, Infrastructure and Community Development as the Guests of Honour with the esteemed presence of High Commissioner of India H.E. Taranjit Singh Sandhu. Hundreds of yoga enthusiasts from all over Sri Lanka also participated in the event.

Addressing the gathering H.E. Taranjit Singh Sandhu High Commissioner of India to Sri Lanka noted that Yoga is an important pillar of the shared common heritage between India and Sri Lanka. He spoke about the strong connections between Yoga and Buddhist philosophy and stated that Yoga is a unifying force which can bring peace and harmony not only to our bodies and minds but to our societies.

Experts from eminent Yoga institutes of Sri Lanka such as Swami Vivekananda Cultural Centre, Ram Krishna Mission, Astanka Yoga Mandir, Sethsada Yoga, Hatha Yoga Centre, Kriya Babaji Yoga Aranyam, Dharmya Yoga, Institute of Human Excellence, Brahma Kumari Raja Yoga Centre, The Art of Living, My Yoga Lounge, Sakthi Anand Yoga School (Batticaloa), AdhiYogam, Arogya Anahata Yoga, Samskruti Patanjali Yoga Centre and Rhythmic Yoga conducted a refreshing session of Yoga, Pranayama and Meditation followed by advance Yoga demonstrations. The event was organized in collaboration with Ministry of Culture, Govt. Of Sri Lanka and Tata Motors Ltd. Sri Lanka.







22nd June Yoga & Energy Management

Lecture and workshop on by Yoga Guru Kiran Kumar, Yoga expert from India.



22nd June -First Ever Island wide Yoga Asana Championship

First Ever Island wide Yoga Asana Championship conducted by Astanka Yoga Mandhir with more than 400 participants from all over Sri Lanka in age groups of 8-75 in 5 categories was held at SVCC and Eastern province Aesthetic Centre, Colombo.

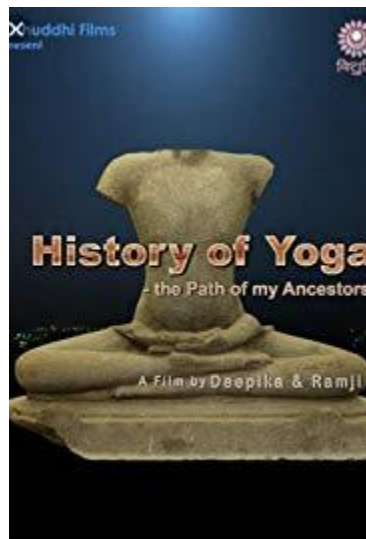






28th June Documentaries on Yoga

2 documentaries on yoga were screened at SVCC for Yoga lovers of Sri Lanka Yoga: aligning to the source by Raja Choudhury and History of Yoga: a film by Deepika and Ramji



29th & 30th June Yoga & Bharatanatyam workshops and performance

On 29th June and 30th June SVCC students DonishaMyleandran, Yoga expert (ITEC scholar) and RathikshaNishanthan, Bharatanatyam exponent (ICCR Scholar) performed and organised workshop for around 400 Engineers of Sri Lanka at the Engineers Annual Conference organised by Road development authority under the Ministry of Highways, Road Development and Petroleum Resources Development, Govt of Sri Lanka



A unique #idoyoga asana challenge on social media is also gaining popularity among the youth in Sri Lanka including President Maithripala Sirisena, High Commissioner Taranjit Sandhu, Model and activist Otara Gunawardene, Young Politician Namal Rajapakshya, members of High Commission.



Join the International Day of Yoga Challenge!

#idoyoga19 #idy2019 #yogaday2019



Yoga Enthusiasts must do the following:

1. Upload a video of themselves in any Yoga posture (up to 45 seconds) to Facebook, Twitter and/or Instagram. (A maximum of 2 persons in a video).
2. Tell us why you do Yoga (e.g: "I do Yoga for my happiness"..)
3. Nominate at least five friends to take on the challenge by tagging them in the post.
4. Tag the High Commission of India, Colombo in the post by using |@IndiaInSriLanka on Facebook |@IndiainSL on Twitter |indiainsl on Instagram.
5. Use the hashtag - #idoyoga #idy2019 & #yogaday2019
6. Copy-Paste the above 5 Rules in the Facebook/Twitter/Instagram post.

Yoga Enthusiasts whose videos have the maximum number of views at 11:59 PM on June 20th will win the International day of Yoga Challenge. Winners will be announced on June 21st

Inhale the future. Exhale the past

Media Coverage



