



Indian Council for Cultural Relations
भारतीय सांस्कृतिक सम्बंध परिषद्

SWAMI VIVEKANANDA CULTURAL CENTRE
HIGH COMMISSION OF INDIA
COLOMBO
SRI LANKA

REPORT ON ACTIVITIES HELD
AT THE
CENTRE DURING THE MONTH OF
JUNE 2021

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Performing/Visual Art events by artistes/groups from India

S.N o.	Name of artiste/group	Venue	No. of audience
01	International Day of Yoga 2021 curtain raiser event (Online)– “Yoga for diabetes management” -by Mr. Ajay Kumbhar (Yoga Expert) -on 6 th June 2021	Online	766
02	International Day of Yoga 2021 curtain raiser event (Online)– “Power Yoga for beginner” -by Nibi Sujesh -on 6 th June 2021	Online	94
03	International Day of Yoga 2021 curtain raiser event (Online)– “Yoga for blood pressure management” -by Mr. Ajay Kumbhar,Yoga Expert on 9 th June 2021	Online	838
04	International Day of Yoga 2021 curtain raiser event (Online)– “Yoga for weight loss” by Mr. Ajay Kumbhar, Yoga Expert on 12 th June 2021	Online	969
05	International Day of Yoga 2021 curtain raiser event (Online)– “Yoga for skin care (managing skin diseases)” by Mr. Ajay Kumbhar, Yoga Expert on 14 th June 2021.	Online	538
06	International Day of Yoga 2021 curtain raiser event (Online)–“Yoga for Eyesight Management” by Mr. Ajay Kumbhar, Yoga Expert on 16 th June 2021.	Online	557
07	International Day of Yoga 2021 curtain raiser event (Online)–“Yoga for senior citizens” by Mr. Ajay Kumbhar, Yoga Expert on 19 th June 2021.	Online	239

08	World Music Day Celebrations with a Tabla Recital by Pranshu Chathurlal on 21 st June 2021.	Online	1000
09	International Day of Yoga 2021– Online yoga session by Sona Jain on 21 st June 2021.	Online	80
10	International Day of Yoga 2021 (Online)“Constipation and Digestive issues” by Mr. Ajay Kumbhar, Yoga Expert on 21 st June 2021.	Online	900
11	Baratha Natyam Recital by Vasanti Joshi on 22 nd June 2021	Online	1200

Performing/Visual Art events by local artistes/groups & general events

S.No	Name of artiste/group	Venue	No. of audience
01	International Day of Yoga 2021 curtain raiser event (Online)– “Chair Yoga for all ages” -by Selladurai Vijayarani and Dinusha Wickremesekera (Hatha yoga instructor and Yogic life style Counsellor-Astanka Yoga Mandir) -on 5 th June 2021	Online	316
02	International Day of Yoga 2021 curtain raiser event (Online)– “How to evolve from Asana to Advance Asanas”	Online	295

	-by Mr Raju Mehanadas Y.I.C (Head of Yoga Asanas unit – Astanka Yoga Mandir) -on 6 th June 2021		
03	International Day of Yoga 2021 curtain raiser event (Online)– “Looking after Your Psychological and Emotional Health” -by Dr Venura Palihawadana, Senior Lecturer in Psychiatry, University of Sri Jayawardenapura on 12 th June 2021	Online	500
04	International Day of Yoga 2021 curtain raiser event (Online)– “Body Alignment in Asanas” by Ms. Amalka & Ms Thirishanthi, Hatha yoga instructors and Yogic life style Counsellors on 19 th June 2021	Online	170
05	International Day of Yoga Celebration 2021 with Venerable Monks and select lay devotees at Param Dhamma Chaitya Pirivena, Ratmanala (Colombo) on 20 th June 2021. High Commissioner shared a recorded message in Sinhala language.	Online	200
06	International Day of Yoga 2021 curtain raiser event (Online)– “Yoga for digestive system” by Ms Maheswary Sivakumaran , Diploma in- Yoga Therapy and Yogic Life Counselor and Ms Sumathi Raj Y.IC Diploma in- Yoga Therapy and Yogic Life Counselor on 20 th June 2021	Online	250
07	Celebration of 7 th International Day of Yoga with Sri Lankan Armed Forces on 21 st June 2021.	Online	500

08	Poson Poya Day Celebrations - Dhamma Discussion by three Ven. Theros on "Amba Prashnaya, the Buddhist Perspective of Life, & COVID-19" on 24 th June 2021	Online	30
09	International Day of Yoga 2021 - Online yoga session – "Yoga for back and joint disorders" by Ms Samantha Ramanayake and Ms Sivasutha Thavaratnam (Hatha yoga instructors and Yogic life style Counsellors) on 26 th June 2021	Online	200
10	International Day of Yoga 2021 - Online yoga session "Yoga asanas to improve the breath efficiency" by Shiri Vyasah Kalyanasunderam, Chief Yoga Instructor Swami Vivekananda Cultural Center, Chief Yoga Therapist Astanka Yoga Mandhir (Sri Lanka) on 27 th June 2021	Online	200