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Swami Vivekananda Cultural Centre
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Sanskarika

Newsletter of the Swami Vivekananda Cultural Centre

NOVEMBER 2021

HAPPY
Diwali



75
Azadi Ka
Amrit Mahotsav

CULTURE & LIFESTYLE

The Science of Life



Apart from boosting immunity and replenishing the vital fluids of the body, Ayurveda also promotes and ensures holistic wellbeing. Dr Sanjeev Rastogi elucidates how this traditional Indian practice has become extremely relevant in today's time, especially during the pandemic

Ayurveda is considered India's

traditional system of medicine for reasons more than one. To begin with, it is a science of life with a holistic approach to health and medicine. Moreover, Ayurveda is known to be a complete medical system that comprises physical, psychological, philosophical, ethical and spiritual health. Indian Prime Minister Narendra Modi has always laid tremendous



Mulethi or liquorice root is prescribed in the Ayurvedic treatments for skin ailments and such respiratory symptoms as bronchitis. Mulethi also aids in boosting immunity and digestion

emphasis on the benefits of Ayurveda and has provided great impetus to this traditional science of overall wellbeing. In fact, when the coronavirus pandemic struck the country, and the world at large, last year, PM Modi advised citizens to consume hot water and kadha (an Ayurvedic drink that is made with herbs and/ or spices) frequently to boost immunity and maintain sound health. "To strengthen your immunity system, do adhere to the instructions issued by the AYUSH Mantralaya. Drink hot water and kadha frequently," PM Modi had said during his address to the nation on April 14, 2020.

Defining health

We often hear the saying "health is wealth" but not always do we connect the two. Sound health ensures better productivity which eventually leads to an optimised individual and societal gains. Interestingly, in Ayurveda, health has been defined as a positive state of mind, spirit and body. Ayurveda lays greater emphasis on health rather than on disease. This reflects in its fundamental objective, too, where maintaining the health is given the edge over treating the sick. Ayurveda proposes a few simple health-keeping strategies, which are of proven value. Preventing an illness largely counts

upon prevention of the factors that bring illness. This is essentially needed to be supplemented with measures to increase the inner strength. Ahara (diet), nidra (sleep) and brahmacharya (general code of healthy living) are the three core areas that together assure the best result for sustainable health.

Qualitative food intake

Food itself has emerged as one greatest healthcare interventions, if used judiciously. Ayurvedic classics are full of praise for quantitative, qualitative and methodological specifications of food as per the needs of an individual. The Ayurvedic science of food and nutrition is an edge over the

conventional nutrition science by providing a dynamic scale for food intake as per the daily requirements. Rather than fixing the energy needs of an individual on the basis of calories, Ayurveda fixes the quantity as per the instant requirements and the digestive status. Similarly the qualitative food intake is assured by proposing the availability of 'shada rasa' or six tastes – sweet, sour, salty, pungent (spicy), bitter, astringent – in food. Kaal bhojan (taking food at a time when previously consumed food is digested) is another highly valuable contribution of Ayurveda to health promotion. This concept of Ayurveda has caught the attention of nutritionists worldwide and is

being adopted as Time Restricted Feeding (TRF) by modern nutrition science.

Rasayana, the idea of nutrition

Rasayana, an Ayurvedic rejuvenation therapy, essentially means nutrition at all levels from macro to micro-cellular level. It replenishes the vital fluids of the body, and boosts the "ojas" (vital force of life) and the immune system, thus keeping an individual away from diseases and ill effects of advanced age. Rasayana application was thoroughly explored during the current pandemic and many herbs having rasayana effect like amalaki (Indian gooseberry), aswagandha (Indian ginseng) and brahmi (water hyssop) were found to be useful in boosting physical immunity and also in mitigating the post Covid-19 complications in long Covid cases. Unlike modern/Western medicine that offers quick relief from ailments, Ayurveda takes time as it addresses the root cause of an

ailment. This pandemic has given us a great learning in this regard. This would be hard to rewire the brain for some unconventional thinking about health keeping derived from Ayurveda, yoga and Naturopathy. Learning it early, however, will be immensely helpful to ensure overall health. PM Modi has always extolled the benefits of Ayurveda. In fact, when the Prime Minister took office in 2014, the Ministry of Ayurveda, Yoga, Naturopathy, Unani, Siddha, Sowa-Rigpa and Homoeopathy (AYUSH) was formed, giving the Indian ancient and traditional practices of well-being a major boost. And the properties of Ayurveda that have been tapped into since the outbreak of the Covid-19 pandemic and the benefits reaped bear testament to the fact that although it is an ancient and traditional practice, Ayurveda, when incorporated into daily life, ensures overall well-being effectively and efficiently.



Plumeria is used in Ayurvedic medicine to treat such ailments as skin diseases, wounds and ulcers



DR SANJEEV RASTOGI

Dr Sanjeev Rastogi, MD, PhD is known for his research in the field of Ayurveda. He has published over 100 research papers on the subject and is the chief editor of the Annals of Ayurvedic Medicine, a research journal enlisted by the UGC, India.

Source : India Perspectives | Issue 02 | 2021

The Untold Story of Abhimanyu



Abhimanyu was born to Arjun and Subhadra. But, sadly he wasn't able to see his father for the first 14-15 years. Abhimanyu was a very skillful warrior just like his father. He got his education and warrior skills from Shri Krishna and Shri Balarama.

Abhimanyu was the eldest Upa Pandava. He has ready to fight when Arjuna finished his exile, before the war he stayed in with King of Virat, the king asked Arjun to marry his daughter Uttara to his son Abhimanyu and Arjuna agreed to his proposal of marriage.

Abhimanyu fought Mahabharata war from his father side against Kaurava's.

He was only 16 years old when he participated in war. He fought like a great warrior in Mahabharata war held in Kurukshetra until the 13th day where he was stuck in the Chakravyuh. Since childhood he only knew how to enter the Chakravyuh but he never knew how to exit. Warriors from Kaurava side like Duryodhana, Karna, Dushashana, Ashwathama and Shakuni all stabbed him together at once and that led Abhimanyu's great tale to an end. Abhimanyu will always be remembered as a fearless, courageous warrior in the history of Mahabharata.

By

Prateek Majumdar

Age 12 years

Son of Mrs. Keya Majumdar
and Mr. Biplav Majumdar



2

Tuesday
3.00 pm

Monthly lecture series-23
6th Ayurveda Day Celebrations
Webinar – Ayurveda for Poshan

Children's Day Celebration

14

Thursday

4

Thursday
6.00 pm

Sanskriti Sandhya Series- 8
Diwali Celebrations
Deepam – Online Lecture cum Bharath Natyam recital (The significance of Diwali)
by Dr.Subashini Pathmanathan
Directress, Vimalothaya Classical Bharatha Natya Kendra

Poya day celebration -16
Event to mark II Full Moon Poya Day

18

Thursday

7 to 28

Every Sundays
4.00 pm

Monthly Lecture Series -24, 26, 27, 29
Online Yoga lecture / workshop sessions for
Param Dhamma Chaitya Pirivena, Ratmanala
by Shri Ajay Kumbhar, Yoga expert from India

Guru Nanak Jayanti

19

Friday

13

Saturday
7.30 pm

Monthly Lecture Series - 25
Online Yoga – Yoga For Cervical Spondylosis
by Shri Ajay Kumbhar, Yoga expert from India

Constitution Day Celebrations

26

Friday

Monthly Lecture Series-28
Online Yoga – Sankhya Darshan and Yoga
by Shri Ajay Kumbhar, Yoga expert from India

27

Saturday
6.00 pm

For details in regard to online classes on Bharatha Natyam, Kathak, Sitar, Violin, Tabla, Carnatic vocal, Yoga and Hindi please call on tell no. +94 77 672 6143 or email to iccrcolombo2@gmail.com.

For upcoming facebook live events, visit www.facebook.com/ICCRSriLanka

Free Events. All are cordially invited