

Indian Cultural Centre, Colombo
Activities of May 2016

4 May Curtain Raiser - International Day of yoga 2016
Hatha Yoga - Conducted by the art of Living, Sri Lanka for the
undergraduates students of the University of Colombo

Indian Cultural Centre in association with University of Colombo organized a Yoga session - "Hatha Yoga" conducted by The Art of Living, Sri Lanka at the National Art Theatre University of Colombo for the under graduate students on 4th May 2016 at 3.15 p.m. The Yoga programme was conducted by Mrs. Yasodha Sivaganasundaram, Mr. Senthamil Selvan and Mr. Sri Ram of The Art of Living.

The programme commenced with introduction by Dr. Mahees, the student counselor of University of Colombo followed by the welcome address by the Director of the Indian Cultural Centre, Mrs. Rajashree Behera. The students were explained about the activities of The Art of Living, Sri Lanka and the benefits of Yoga. The session commenced with loosening exercise and continued with some breathing techniques that are useful for the students to have more energy to concentrate on their studies. Around 300 under graduate students participated in the session.





6 May Tagore Jayanti Celebrations - Garlanding of Tagore Bust

The Indian Cultural Centre, Colombo organized garlanding of the Tagore bust at the Main Library of University of Colombo to commemorate the birth anniversary of Gurudev Rabindranath Tagore on 6th May at the Library of University of Colombo.

His Excellency Shri Y.K.Sinha, High Commissioner of India garlanded the Tagore bust in the presence of the academic community, officers from High Commission and Tagore aficionados. Several eminent personalities were also offered flowers.

The event was jointly organized by the Centre for Contemporary Indian Studies, University of Colombo and the Indian Cultural Centre. Around 40 guests participated in the event.







6 May Tagore Jayanti Celebrations

The Tagore Jayanti celebrations continued at the Centre, Colombo at with screening of "The story of Gitanjali"- a documentary film on Rabindranath Tagore's Gitanjali, the book that received Nobel prize for literature in 1913 produced by Public Diplomacy Division, Ministry of External Affairs, Govt. of India, followed by a rendition of Rabindra Sangeet by trained singers and ICCR scholars from Sri Lanka Shasthrapathi Charith Perera , Shasthrapathi Palinda Udawela Arachchi and Shasthrapathi Maduranga Samarasinghe . An evening of music which lasted for an hour enjoyed by the Tagore lovers gathered at the Centre. Around 75 guests attended the event.





13 May "Ma you are the Divine"

**A Bharatha Natyam Recital dedicated to motherhood of the world
by Thushanthy Velauthan**

Thushanthy Velauthan under the guidance of Ms. Thivya Sujen presented a Bharatha Natyam Recital at the Centre. Her performance showed brilliance in a 30 minutes composition in which she incorporated Raja Yoga.

Thushyanthi learnt Bharathanatyam from her childhood from eminent gurus Rahini Muralitharasarma , Rathika Mahadeva and Nalayini Rajathurai and now practicing and performing at Abhinayakshetra, School of Dance, Colombo. She has performed in various events held in Sri Lanka and abroad. She has performed in productions including Swami Vivekananda charitham, Satyam Shivam Sundaram (The relationships), Sat Chit Anand (Truth Consciousness Bliss), Pancha Kanya etc. Around 70 guests participated in the event.



14 May Lecture - Healing Aspects of Homeopathy by Ms. Shobana Cooke

On 14 May a lecture titled "Healing aspects of Homeopathy" by Ms. Shobana Cooke (B.sc, C.Hom.) was organized by the Indian Cultural Centre in association with A.A.Y.U.S.H. In her talk Dr. Shobana explained about the benefits of Homeopathy. Around 60 guests attended the lecture.



**15 May Curtain Raiser – International Day of yoga 2016
Yoga Workshop – Inversion Conducted by The Om Space**

Another Curtain Raiser event to I 2nd International Day of Yoga was organized by Indian cultural Centre, Colombo in collaboration with The Om Space. Ms. Serena Burgeese, the Director of The Om Space conducted a workshop on " Inversions in Yoga" at the Om Space. The workshop started with simple loosening exercises and breathing techniques followed by practice of Surya Namaskar. She explained the technique and usefulness of inversion techniques in Yoga and 15 enthusiastic Yoga practitioners participated in the workshop.





**20 May Curtain Raiser – International Day of yoga 2016
Nritya Yoga – Yoga in Kandyan, Bharatha Natyam, Kathak &
Contemporary dance forms**

As part of the curtain raiser events for the International Day of Yoga 2016 Indian Cultural centre organized for the first time an experimental event in which dance items were choreographed and presented incorporating Yoga in different dance forms. Four styles were chosen for this and it was presented by eminent dance institutions of Sri Lanka such as Kandyan by Ravibandhu Samanthi Narthana Ayathaneya, Bharatha Natyam by Aru Sri Art Theatre, Kathak by Moksha Art of Dance and Contemporary dance by Mesh Academy of Dance . Around 100 guests attended the event.





27 May Bharatha Natyam Performance by Ms. Abirami Patkunam

Abirami presented a captivating Bharatha Natyam performance at the Centre which captivated the audience. A programme lasted for an hour included five performances. The finale of the performance was Thillana which encompasses all the aspects of dance including pure Nirtha Adavus, beautiful poses, intricate foot work, excellent expressions and appropriate Abinayas. Around 80 guests attended the performance.

Abirami Patkunam has completed her Post Graduate Diploma in Visual Communication at Loyala College, Chennai and Bachelor of Arts (Choreography) at Bangalore University, India. She has been trained by eminent gurus in Bharatha Natyam, Kalaree and Kathak in India. At Present she is pursuing her Masters Degree in Bharatha Natyam at the Madras University. She is also a choreographer and permanent dancer of Aru Sri Art Theatre, Sri Lanka and since 2005 she has taken part in all the productions of Aru Sri Art Theatre.



28 May Mosaic Festival - To mark the International Day of Cultural Diversity organized by the Serendipity Trust

Indian Cultural Centre participated in the Mosaic Festival organized by The Serendipity Trust to mark the International Day of Cultural Diversity at Galle Fort on 28th May 2016. Workshops on Hindi, Yoga, Kathak and Mehendi was conducted by the teachers and students of Indian Cultural Centre.



