

12
Monday
6.00 pm

Sitar Recital

by Dr. Nirmala Kumari Rodrigo and her disciples
Venue: ICC Auditorium

21
Wednesday
6.00pm

Celebrating World Music Day

Folk & Semi classical vocal performance
(Thumri, Kajri, Dadra, Ghazal & Old Hindi Songs)
by Sarita Saaz from India
Venue: ICC Auditorium

Sitar Recital
by Pandit Birendra Nath Mishra from India
Professor & Faculty Dean of Barahas University, Lucknow
Venue: ICC Auditorium

14
Wednesday
6.00 pm

Bharatha Natyam Recital
by Smt Mahalakshmi Karthikeyan's disciples
from India
Venue: ICC Auditorium

30
Friday
6.00pm

Programmes subject to change
Admission to all programmes are on first come first serve basis.
All are cordially invited



**HIGH COMMISSION OF INDIA
COLOMBO**

3rd International Day of Yoga

on Saturday, 17th June 2017 at 6.15 am
at Independence Square



*Please come and join us...
Please bring along Yoga mats*

Supported by



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Sanskarika

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Cultural Tapestry

WHAT IS YOGA?

Yoga is essentially a spiritual discipline based on an extremely subtle science which focuses on bringing harmony between mind and body. It is an art and science for healthy living. The word “Yoga” is derived from the Sanskrit root ‘yuj’ meaning “to join”, “to yoke” or “to unite”. According to Yogic scriptures, the practice of Yoga leads to the union of an individual consciousness with the universal consciousness. According to modern scientists, everything in the universe is just a manifestation of the same quantum firmament. One who experiences this oneness of existence is said to be “in Yoga” and is termed as a yogi who has attained a state of freedom, referred to as mukti, nirvána, kaivalya or moksa. “Yoga” also refers to an inner science comprising of a variety of methods through which human beings can achieve union between the body and mind to attain self-realisation. The aim of Yoga practice (sádhana) is to overcome all kinds of sufferings that lead to a sense of freedom in every walk of life with holistic health, happiness and harmony.

Source: Common Yoga Protocol 2017



1ST INTERNATIONAL DAY OF YOGA 2015

The First International Day of Yoga was celebrated with great fanfare in Sri Lanka at the iconic ocean side promenade of Colombo: Galle Face Green, where events of only national importance are organized.



2ND INTERNATIONAL DAY OF YOGA 2016

The Second International Day of Yoga was held at Viharamahadevi Open Air Theatre, Colombo, Sri Lanka with great enthusiasm.

