Cultural Calendar - June 2016

Friday 6.00 pm

Bharatha Natyam Recital
By Ms. Arupa Lahiry, renowned Bharatha Natyam danseuse
from India

Venue: ICC Auditorium

Classical Guitar Workshops & Concerts

By Aakash Saha, Bachelor of Music, Chicago College of Performing
Arts, Roosevelt University, USA

Organized in association with Amarnath Guitar Academy
and Asian Guitar Federation

For registrations and information e-mail to amaranathguitar@gmail.com or contact # 0773475609

Workshops

Time: 10.00am - 1.00pm 2.30pm - 5.30pm Venue: ICC Auditorium 8 & 9
Wednesday Thursday

Tuesday - 9.30 am

1 O Friday - 7.00 pm

Saturday - 6.30 pm

Concerts

Venue: Overseas School of Colombo, Battaramulla (only for OSC students)

Venue: Russian Cultural Centre No.10, Independence Avenue, Colombo 07

Venue: Chandananda Buddhist College, Asgiri Vihara Mw., Kandy

Tabla Recital

By Amit Bhushan from India (Benaras gharana)

Venue: ICC Auditorium

Friday 6.00 pm

International Day of Yoga - 2016



Saturday 5.30pm - 6.30pm Curtain Raiser - International Day of Yoga 2016 "Asanas & Sequences" Conducted by Mr Dharmapala Wijesiri of Dhamya Yoga Academy

Venue: Dhamya Yoga Academy, No 211/2, High level Road, Nugegoda.

Curtain Raiser - International Day of Yoga 2016
"Meditation and special yoga technique"
Conducted by Mr.Chamin Warnakula
of Sethsada Yoga Nikethanaya
Venue: Weli Park, Nawala

5 Sunday 6.30am - 7.30am

Saturday 4.00pm - 6.00pm Curtain Raiser - International Day of Yoga 2016 Introduction to Isha Yoga By Rekha Krishnamoorthy of Isha Yoga India Venue: ICC Auditorium

Curtain Raiser - International Day of Yoga 2016 "Guided Meditation" Conducted by Mrs Girija Sinha,

Venue: India House (closed event) Friday 4.00pm - 5.00pm

Tuesday 6.00am - 8.00am 2nd International Day of Yoga 2016 Organized by High Commission of India, Colombo Venue: Viharamahadevi, Open Air Theatre, Colombo 7

Programmes subject to change
Admission to all programmes are on first come first served basis.

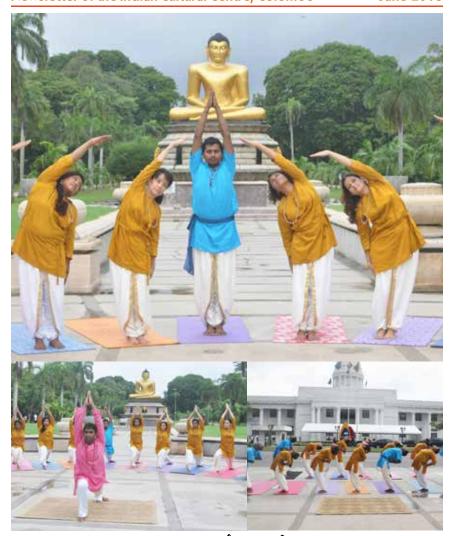
All are cordially invited



Sanskarika

Newsletter of the Indian Cultural Centre, Colombo

June 2016



International Day of Yoga

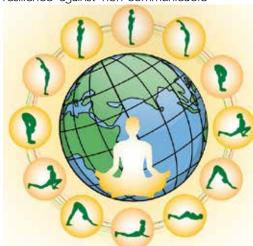
Cultural Tapestry

Yoga in the New Millennium

With hectic schedules and innumberable commitments likely to assume greater significance in the years to come, yoga seems to be the only advisable remedy.

For the first time ever, June 21 is being celebrated as the international Day of Yoga" all over the world. Interestingly, this date was announced by the United Nations and all countries including India, the place of origin of Yoga, agreed to celebrate the same in a benefitting way.

On this occasion, UN Secretary-General, Ban Ki-moon declared that the International Day of Yoga would bring attention to yoga's holistic benefits. "Yoga can contribute to resilience against non-communicable



diseases. It can bring communities together in an inclusive manner that generates respect and is a sport that can contribute to development and peace. It can even help people in emergency situations to find relief from stress," Ban said in a statement, The awareness has crossed all boundaries Interestingly, at this juncture, the question may arise as to why is there a sudden surge in the interest about yoga? Even today yoga 15 considered as a "spiritual practice" to be taken up only by those who have interest in that path and particularly after an age when the mind turns to Find the reason for survival

One of the most important causes is that this highly subjective science was objectively looked at by modern science which highlighted the merits of Yoga. Anything which just promotes the sensual pleasure has short life as the taste undergoes change. The mind and senses by their nature are Subject to constant change and unable to bear the monotony civilizations too

constantly look for change. Only those who adapt for newer circumstances survive. In this context, yoga has all the essential elements which provide it the wherewithal to meet with the requirements of the demand. Those techniques / objects which provide temporary solution go into an oblivion. The adaptability of yoga to any situation and demand is its strength. What started off in the caves of



the Himalayas today brings succour to thousands even in the hospitals. Yoga is a "self-sufficient" and makes the practitioner "independent". It is this unique feature that makes yoga popular. The course of yoga, like that of a river, flows for the welfare of all. Till a decade ago, it was practiced within small circles but it has assumed international interest now. Let us look what is in store for yoga in this millennium. In the years to come, yoga will assume a central position in "healing" thereby becoming a

compulsory complimentary healing system through not an alternative one.

Interestingly, the miraculous effects in healing mental illness make it the first choice of even neuroscientists. This is in the area of "yoga therapy". When it comes to yoga as a "fitness regimen", it has slowly started replacing gyms, even on international platforms. Yoga provides physical and mental fitness without side effects. Additionally, in the area of spirituality, its "neutral" stand on acceptance of god makes

with any religious belief system. With time, we will be witnessing more of scientific inventions which would make human beings rely more on "gadgets" for today's living and in turn, will bring illnesses of "wrong lifestyle". Therefore, regular yoga practice will become a compulsory regimen to move all the limbs of the body and keep them properly hydrated with fresh blood keeping the body in good shape. The asana (physical exercise), part of yoga provides overall a self sufficient and safe workout. In the area of therapy, the science is moving towards energy healing and yoga is the ideal alternative as it uses prana energy in healing. Pranayama, the breathing exercise, will prove the answer for the cure of illnesses. Yoga will bring humanity together as it ultimately makes the practitioners enjoy moments of "calmness", Dhyana, the meditation part of yoga,

it a best supplementary practice

will make the mind fit and efficient. It will change the quality of mind and purge all impurities such as lust, hatred and jealousy. In the next decade, yoga will find its way in the hospitals, offices and community gatherings. Independent yoga universities will emerge everywhere. In this context, the need of the hour is to generate good yoga teachers, the primary criteria being the one who practices yoga wand has found positive results on his physical and mental health. Summing up, in the words of Yogacharya Krishnamacharya, "yoga must be adapted for the individual and not the individual to Yoga."

Yogacharya S. Sridharan

The author is member(governing body), Morarji Desai National Institute of Yoga, New Delhi and trustee, Krishnamacharya Yoga Mandiram, Chennai

Source: **India Perspectives** Issue: July - August 2015



