

All praises to Allah, Lord of the worlds. He who revealed in His Glorious Qur'an, "Oh you who believe, fasting is prescribed for you as it was prescribed for those who came before you that you may keep your duty to your Lord (having taqwa)," 2:185. And may blessings and peace of Allah be upon His last Messenger Muhammad ibn Abdullah, forever. Oh you who believe, Ramadan is a sacred month wherein Almighty Allah is constantly testing His creation and giving humanity the opportunity to achieve infinite, endless Bliss. Fasting is a complete purification and a means to developing the consciousness of Allah's presence.

- Nawabi Biryani
- Shahi Mutton Korma
- Condensed Milk Curls
- Haleem

PONGAL



The history of Pongal can be traced back to the Sangam Age, ie, 200 B.C. to 300 A.D. Pongal is an ancient festival of the Tamils and it is not known when exactly the Tamils began celebrating the festival, but some historians identify it with the Thai Un and Thai Niradal, believed to have been celebrated during the Sangam Age. Pongal, a traditional Tamilian food item that has found a place in the menu of Indian restaurants across the world, is perhaps the only dish to have lent its name.

- Puli Pongal
- Rava Pongal
- Khara Pongal

Source: <http://www.vahrehvah.com>

Cultural Calendar - April 2016

1 - 6
Friday - Wednesday
9.30am - 5.30 pm

Workshops

Conducted by Colombo International Theatre Festival

(by Registrations only, contact: Jayalath S. Gomes on tel:+94 75 852 1126)

Venue: ICC Auditorium



Festival of India

Narthana Bandham - A divine relationship binding two dance forms Bharatham and Kandyan

Produced and directed

by Dr. Arunthathy Sri Ranganathan

Venue: Bishops College Auditorium,

No.11 Perahera Mw., Colombo 03.

6

Wednesday
7.00 pm

8

Friday
6.00 pm

Guru Upahara – Vocal Recital

Dedicated to Sangeet Visharadh Sunil Shantha

by his senior pupil Visharadh Mahinda Tennkoon

Venue: ICC Auditorium



International Day of Yoga - Pre-Event

Vajra Yoga - Dynamic Yoga session

Asanas and Breathing practices

Conducted by Astanka Yoga Mandir

(Yoga practitioners and

new comers are welcome to take part)

To register - email – aym.lanka@gmail.com or SMS 077 727 4859

Venue :Viharamaha Devi Open Air theater,Colombo -07

9

Saturday
6.30a.m - 8.00am

28

Thursday
10.00 am

Sinhala Tamil New Year Celebrations

Organized by the Kathak class students of the Indian Cultural Centre, Colombo

Venue: ICC

29

Friday
6.00 pm

Celebrating International Dance Day Performances (Bharathanatyam & Folk Dance)

by the students of Natya Kala Mandhir

Director - Kalasuri Vasugy Jegatheeswaran

Venue: ICC Auditorium

Programmes subject to change

Admission to all programmes are on first come first served basis. Except 1st - 6th & 9th April

All are cordially invited

UNIE ARTS, 2330195



Sanskarika

Newsletter of the Indian Cultural Centre, Colombo

April 2016



Happy Sinhala and Tamil New Year

P.C: C.B.V. Raju

Festival Foods

BAISAKHI



Baisakhi is a derivative of Vaishakha. After harvesting the winter crop, the farmers of the northern states of Punjab and Haryana celebrate the beginning of another year. The day coincides with the solar equinox on the 13th of April. There is boisterous dancing and loud joyous singing as the traditional folk dances of Punjab, called the Gidda and Bhangra, are performed. It is also the anniversary of the creation of the Khalsa Pantha. People collect in the evening around a bonfire to celebrate the harvest. History has recorded the execution of Guru Teg Bahadur, the ninth guru of the Sikhs, by the Mughals, on November 11, 1675. In revolt against this in justice, his son Guru Govind Singh, who was also the tenth guru, was compelled to take up arms.

- Pindi chana
- Til Ke Ladoo

HOLI

Holi is the most colourful festival of the Hindus and falls on the Full moon day in the month of Phalgun according to the Hindu Calendar which is the month of March as per the Gregorian Calendar. This Holi festival has many elements of primitive and prolific rites and reveries that have defied civilisation and prudery. During the three days of this festival, particularly the whole country, towns, cities and villages - go gay with merry makers, streets, parks and public places are crowded with people, daubed in diverse colours, looking funny and ridiculous. Children and youngsters vie with each other in being original and use fast and sticky colours. It is all a mirthful abandon for them.

- Kesar Chawal
- Bengal Gram Dal Toffee



CHRISTMAS

The history of Christmas dates back over 4000 years. Many of our Christmas traditions were celebrated centuries before the Christ child was born. The 12 days of Christmas, the bright fires, the yule log, the giving of gifts, carnivals (parades) with floats, carolers who sing while going from house to house, the holiday feasts, and the church processions can all be traced back to the early Mesopotamians. Many of these traditions began with the Mesopotamian celebration of New Years.

- Chilean Bread
- Claus Cranberry Punch
- Christmas Cake
- Fruit Bars
- Christmas Fudge
- Almond Tuiles
- Simnel Cake
- Potato Chip Cookies



HANUKKAH

About 2200 years ago, Greek kings, who reigned from Damascus, ruled over the land of Judea and the Jews living there. One Greco-Syrian King, Antiochus

Epiphanes, forbade the Jewish people from praying to their God, practicing their customs, and studying their Torah. Antiochus forced the Jews to worship the Greek gods. It is said that he placed an idol of the Greek God Zeus on the altar in the Holy Temple of Jerusalem. In response to this persecution, Judah Maccabee and his four brothers organized a group of resistance fighters known as the Maccabees. They fought against paganism and oppression.

- Potato Pancakes
- Spicy Applesauce
- Hanukkah Shape Cookies
- Hanukkah Cranberry Chicken
- Spicy Walnuts
- Fried Lamb Chops



RAMADAN

