

Cultural Calendar - June 2016

International Day of Yoga - 2016

3
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

7
Tuesday - 9.30 am

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

10
Friday - 7.00 pm

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

11
Saturday - 6.30 pm

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

Tabla Recital
By Amit Bhushan from India (Benaras gharana)
Venue: ICC Auditorium

24
Friday
6.00 pm



4
Saturday
5.30pm - 6.30pm

Curtain Raiser - International Day of Yoga 2016
"Asanas & Sequences"
Conducted by Mr Dharmapala Wijesiri of Dharmya Yoga Academy
Venue: Dharmya 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: Welil Park, Nawala

5
Sunday
6.30am - 7.30am

11
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 Girja Sinha,
Venue: India House (closed event)

17
Friday
4.00pm - 5.00pm

21
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



Sanskarika

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June 2016



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Cultural Tapestry

Yoga in the New Millennium

With hectic schedules and innumerable 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 is 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

it a best supplementary practice 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,

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 and 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

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