



**HIGH COMMISSION OF INDIA  
COLOMBO**  
invites you to join the  
**4th International Day of Yoga**



**on Saturday, 23rd June 2018 at 6.00 to 8.00 am  
at Independence Square**



Please bring along Yoga mats  
Please register at [iccrcolombo2@gmail.com](mailto:iccrcolombo2@gmail.com) Contact: 011 2684698

Supported by



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## Cultural Calendar - June 2018

**6**  
Wednesday  
6.00 pm

**Jugal Bandhi - A duet Kathak Recital**  
by Vihanga Rukshan and Ama Nethmi, ICCR Scholars  
Venue: ICC Auditorium



**8**  
Friday  
6.30 pm

### Euphonic Yoga

an amalgamation of Yoga with Indian classical dance and music  
Shruti Chaturlal Sharma – Concept & Rhythms  
Taranpreet Kaur – Yoga  
Shristi Amitaa Devi – Vocal  
Raudri Singh - Odissi  
Venue: ICC Auditorium



**9-10**  
Saturday & Sunday  
7.30 am-5.00 pm

"Yoga for Wellness"  
workshops conducted by  
Astanka Yoga Mandhir and A.A.Y.U.S.H., Sri Lanka  
For registration: 0777 393 999 / 0777 274 859  
Venue: ICC



**23**  
Saturday  
6.00am-8.00am

**4th International Day of Yoga**  
At Independence Square Memorial  
All are cordially invited.

**29**  
Friday  
3.00 pm

**Friday Maitnee**  
Bang Bang  
Director: Siddharth Anand  
Cast: Hrithik Roshan, Katreena Kaif, Danny Denzongpa, Javed Jeffery  
Venue: ICC Auditorium

Programmes subject to change  
Admission to all programmes are on first come first serve basis except 9th & 10th.  
**All are cordially invited**

UNIE ARTS, 2330195



# Sanskarika

Newsletter of Swami Vivekananda Cultural Centre

June 2018



PC: C.B.V. Raju



YOGA ROAD SHOW - 2017



GLIMPSES OF 3<sup>RD</sup> INTERNATIONAL DAY OF YOGA, AT THE INDEPENDENCE SQUARE, COLOMBO



“Yoga is the Practice of quieting the mind”  
“Yoga is essentially a spiritual discipline based on an extremely subtle science which focuses on bringing harmony between mind and body.”



“Yoga is journey to the self, by the self, through the self”



“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.”