

PORTFOLIO

Leelananda Wickramarachchi



Spirituality is the most essential factor of human life

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ABOUT Me

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Leelananda_w@yahoo.com



PROFILE

Leelananda Wickramaarachchi was born in Kadugannawa, Sri Lanka. He had a series of inner awakenings at an early age and in 1996 he was introduced to Yoga philosophy. Thereafter, he has spent time mastering skills in various areas, acquiring a deep understanding of yoga philosophy. He has received training in yogic and spiritual sciences from Bodhizendo in Kodaikanal, Swami Sivananda Meenakshi Ashrama in Madurai, Bihar yoga school in Munger, Rikhiapeeth Ashram in Jharkhand and divine life society in Rishikesh in India. His tours in different countries have gifted him immense exposure and have positive impacts towards a rapid and early development into a profound scholar with much deeper and confirmed knowledge and understanding of the yogic and tantric traditions, modern sciences and philosophies.

A truly an inspirational teacher, Leelananda has an experience of over 20 years in practicing and teaching Hatha Yoga. He is the best spiritual teacher who practices Yoga daily as well as devoting his time to cultivate traditional concepts among his students to enhance their well-being. He has immense potential to convey the traditional information about Hatha Yoga to the modern people in a comprehensive and refined manner which is adapted to different cultures and races without losing or corrupting the essence of the subject matter. His ability to articulate ancient teachings from yogic, tantric and Vedic texts and bring these into a modern context makes Leelananda an ideal teacher to transmit the wisdom of yogic teachings to the society and people around the world.

The feedback from those who have experienced his teaching has always been nothing short of excellent. He has always been able to transform his followers' lives for the better. His proprietary techniques in concentration and meditation help release one from mind chattering and enhance steadiness and progress throughout their lives. His relaxation techniques have immensely empowered people showing vast improvements in well-being, creativity and success in achieving a peaceful life with true happiness. He is fully committed and dedicated to developing and teaching the best practices in traditional Yoga Training, Ashtanga Yoga and Pranayama and meditation techniques. As a spiritual Yoga teacher, currently he has fully dedicated himself to develop best qualities in Yoga lecture/instructors.

PORTFOLIO

2015 - 2016

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Educational Qualifications

Ph.D. in Yoga and Wellness

KEISIE International University, USA (2018)

B.A. Degree

University of Kelaniya, Sri Lanka (1999-2003)

Diploma in Yoga,

Bihar Yoga School, India (2004)

Diploma in Counseling

Institute of Psychological studies (Affiliated with the Sri Lanka National Institute of Professional Counselors (SL-NIPC), Colombo, Sri Lanka (2004/2005)

Diploma in Psychology and Psychological Counseling

Institute of Psychological studies (Affiliated with the Sri Lanka National Institute of Professional Counselors (SL-NIPC), Colombo, Sri Lanka (2006/2007)

Other Qualifications

- *Expert in Venom treatment, Trained under Dr. B.G. Sirisena, Ayurveda Consultant Physician, Specialist in Venom treatment (2005-to date)*
- *Completed the course on “Instructions in First Aid” conducted by National St. John Council for Sri Lanka (2009)*
- *Completed the course on “Ayurveda and Panchakarma Therapy” (Theory and Practical) conducted by Medical Federation for Development and Conservation of Indigenous Medicine, North Western Province, Sri Lanka (2008)*
- *Completed the Training program on Psychological Knowledge and Skills Development organized by Philosophy and Psychology society, Faculty of Arts, University of Sri Jayawardenepura, Sri Lanka (2002)*
- *Won the 3rd Place under Research (Sinhala), Open category, organized by Library Development Program, Central Province (1998)*
- *Completed the Training program on Leadership conducted by Sri Lanka Young Leaders’ Foundation (1994)*



Professional interests and Research conducted

- Sri Lankan Traditional Martial Art (Angan Pora), in association with Prof. Nina, University of St. Petersburg, Moscow, Russia (English medium)
- Astrology in association with (French medium)
- Coast Veddas - An indigenous community within the Sri Lankan Tamil ethnic group, Eastern province, Sri Lanka who make their living by fishing, honey gathering, agriculture
- Tibetan Vedic Art
- Tiruvannamalai - History and well-being of the community; one of the most ancient heritage temple site in Tamil Nadu, India
- Advaita Vedanta philosopher Sri Ramana Maharshi- Life history
- Yakgedara – Sinharaja Rain forest
- Bodhizendo, Kodaikanal, Tamil Nadu, South India: Journey to Bodhizendo and Study about Zen traditions, activities at the Bodhizendo Centre, Zen Meditation techniques and practice and mastered the Zen Meditation techniques
- Monasteries in Sri Lanka – Traditions and Practices
- Meditation Centres and Meditations Practices in Sri Lanka

Special Consents Obtained

“Yoga Sathsanga (Guarantee) Limited

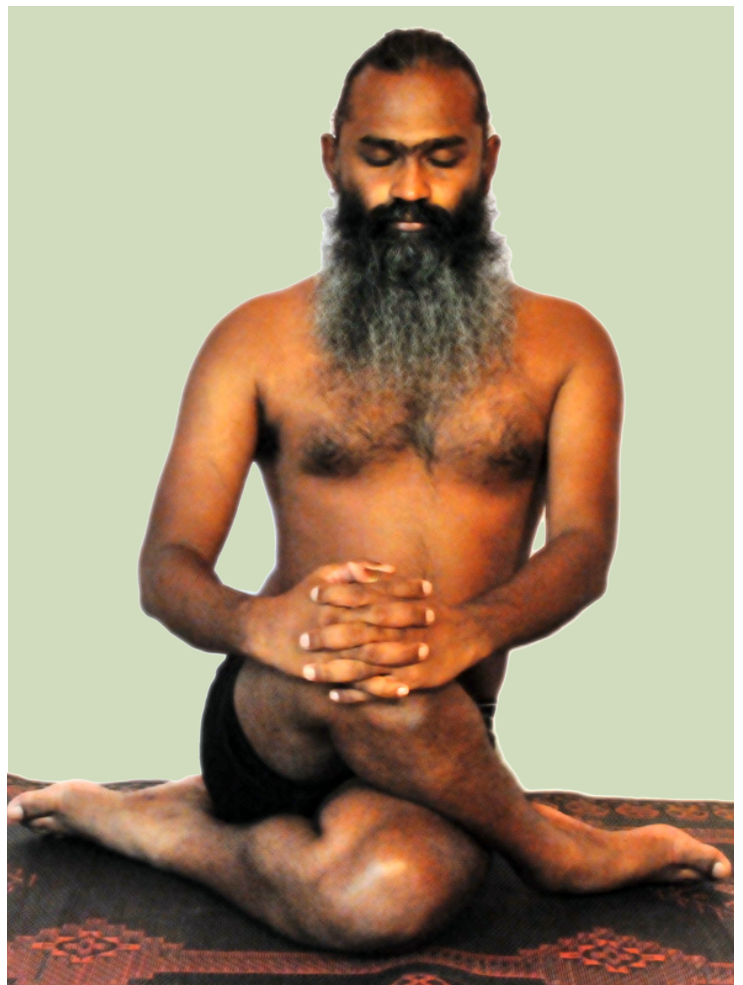
Certificate of Incorporation for Company Limited by Guarantee, under The Company Act, No. 7 of 2007, Democratic Socialist Republic of Sri Lanka (2013)



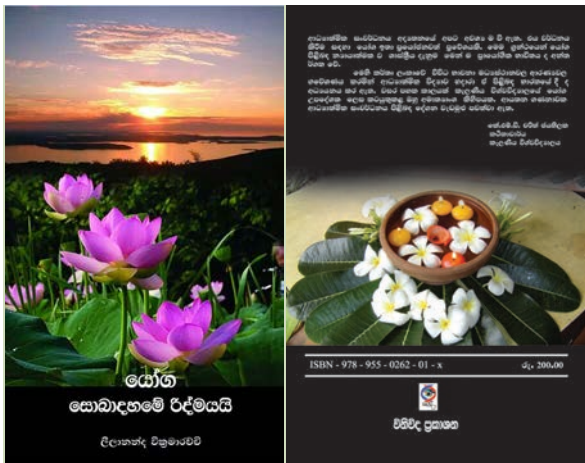


Publications

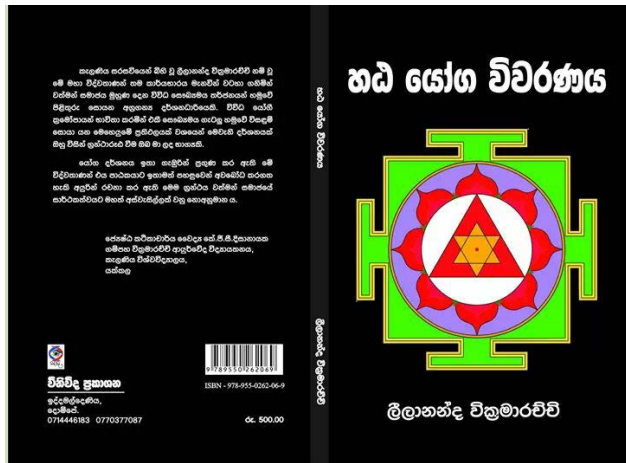
Yogi Leelananda is a magnetic source of wisdom of yogic philosophy, practice, and lifestyle. He has authored several books, co-authored some books, founded and continues to be the Chief Editor of Yoga magazines and contributed with his immense knowledge and shared his wide expertise on yoga by authoring many newspaper/magazine articles.



Yoga Sobadahame Ridhmayai (2009, Vinivida Publishers)

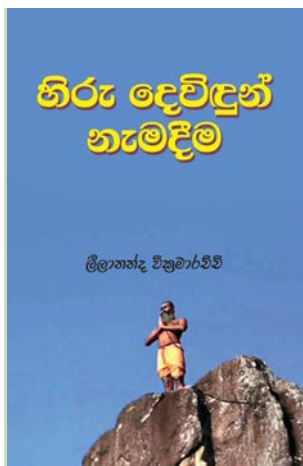


Hatha Yoga Vivaranaya-Part I (2012, Vinivida Publishers, ISBN 978-955-0262-06-9)



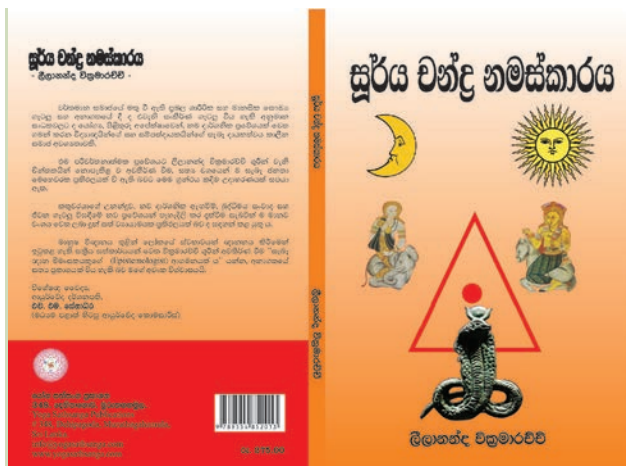
Hiru Devidun Namadima

(2013, Yoga Sathsanga Sansadaya, ISBN 978-955-4852-00-6)



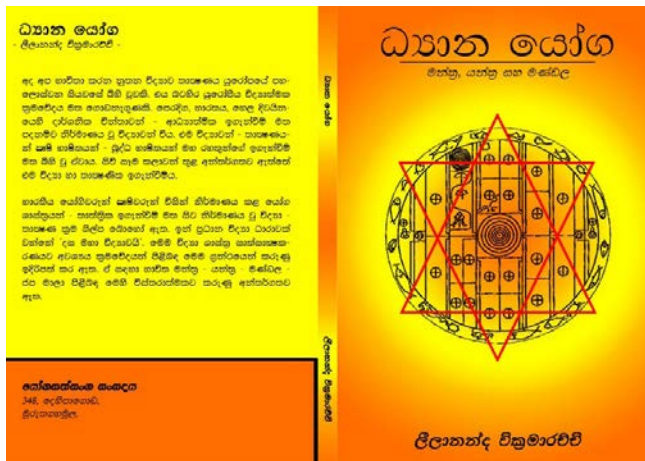
Surya Chandra Namaskaraya

(2015, Yoga Sathsanga Sansadaya, ISBN 978-955-4852-01-3)



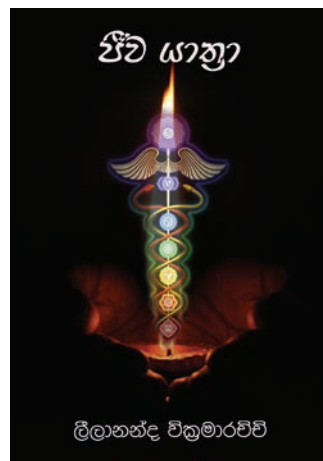
Dhyana Yoga: Mantra, Yantra & Mandala

(2016, Yoga Sathsanga Sansadaya, ISBN 978-955-4852-02-0)



Jeewa Yathraa

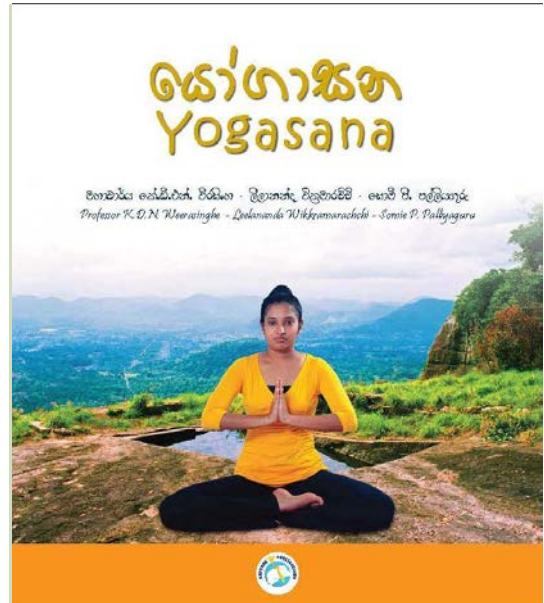
(2018, Yoga Sathsanga Sansadaya)



Books (Co-Authored)

Yogasana

(2015, Neptune Publications, ISBN 978-955-0028-43-6)



Books (Coordination)

Lin-Chi or RinZai: The ZEN teachings

by Prof. W.M.Gunathilaka

(2017, Yoga Sathsanga Sansadaya,

ISBN 978-955-4852-05-1)

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Yoga sathsang Publications,
348, Dehipagoda, Muruthagahamula,
Sri Lanka.

www.leelananda.com

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Services at National Level

Yogi Leelananda-the best Yoga Guru is empowered with immense potential to perform in wide range of activities. With his exceptional physical and mental capabilities and wisdom of yogic philosophy and practice, he has been invited by almost all national institutions and the national programs conducted to provide his expertise on Yoga and Relaxation techniques to empower the community, government officers, medical officers, University entrants as well as School-Teachers and Children.

- **Yoga training programme for Staff members of the Divisional Secretariat, Poonakary** under the theme 'Yoga and Relaxation Techniques' with a view to promoting physical, mental and spiritual well-being of the employees, Poonakary Divisional Secretariat, Killinochchi, Jaffna District, Sri Lanka (November, 2017)
- **Contribution as the Key Resource person on Yoga and Relaxation techniques (Demonstration and Practice sessions) at the Commemoration of the 3rd International Day of Yoga** organized by the Department of Education-Southern Province, Traditional Yoga Training Centre and Yoga Sathsangaya Sansadaya, with the participation of School Teachers and School Children with a view to enhance their personality and educational intensity, held in Town Hall, Galle, Sri Lanka (July, 2017)
- **Contribution as the Key Resource person on Yoga and Relaxation techniques (Demonstration and Practice sessions) at the Commemoration of the 3rd International Day of Yoga** organized by the Assistant High Commission of India, Kandy, Sri Lanka and Chief Secretary's Office-North Western Province, Sri Lanka, with the participation of more than 500 officers from various institutions of North Western Province, held in Kurunegala, Sri Lanka (June, 2017)
- **Contribution as the Key Resource person on Yoga and Relaxation techniques (Demonstration and Practice sessions) for the Community Medical Officers, Uva Province Council, , Department of Ayurveda, Sri Lanka** (July, 2017)
- **Invited keynote speech on "Relationship between Sanskrit, the Vedas and Yoga" at the "Seminar on Yoga and its relations with Veda, Sanskrit and Ayurveda/Traditional Medicines in India & Sri Lanka"** organized by the Assistant High Commission of India, Kandy, Sri Lanka in association with the Provincial Department of Ayurveda, Central Province, Sri Lanka (June, 2017)
- **Podium demonstration on Yoga practices and contribution as a key resource person at the conversational program at the "Haritha Sihinaya 2017"**, Educational and Environmental Exhibition in Kurunegala, organized by the Department of Ayurveda, North Western Province, Sri Lanka (February, 2017)
- **Invited Chief Guest** at the Ayur Way-2016 Ayurvedic Exhibition, organized by Provincial Ayurvedic Department, Southern Province, Sri Lanka (November, 2016)

- **Yoga Training Program** conducted to enhance the Physical and Mental Health and wellbeing of the officers of the Divisional Secretariat, Udapalatha, Gampola, Sri Lanka (November, 2016)
- **Contribution as a Key Resource person at the awareness program on “Development, Spiritual development, Interventions on Psychological issues”** conducted for the Government officers and the community to acknowledge the National Counseling Day and World Mental Health Awareness Week, under the theme “Psychological and Mental Health First Aid for All” organized by the District Secretariat, Kurunegala under the guidance of Ministry of Social Empowerment, Welfare and Kandyan Heritage, Sri Lanka (October, 2016)
- **Donation of the self-authored Book “Surya Chandra Namaskaraya-2015, Yoga Sathsanga Sansa-daya, ISBN 978-955-4852-01-3”** to the School Libraries of Southern Provincial Council (2016)
- **Yoga Demonstration program** conducted at the Commemoration of 2nd International Day of Yoga organized by the Assistant High Commission of India, Kandy, Sri Lanka and Chief Secretary’s Office-North Western Province, Sri Lanka, held in Kurunegala, Sri Lanka (June, 2016)
- **Contribution as the Key Resource person on Yoga and Relaxation techniques (Demonstration and Practice sessions) at the Commemoration of the 2nd International Day of Yoga** organized by the Assistant High Commission of India, Kandy, Sri Lanka and Chief Secretary’s Office-North Western Province, Sri Lanka, with the participation of more than 500 officers from various institutions of North Western Province, held in Kurunegala, Sri Lanka (June, 2016)
- **Invited keynote speech on “Practicing Yoga for curing without Medicines”** conducted at the AyurEx Kandy 2014, Ayurvedic International Educational & Trade Exhibition, organized by Department of Ayurveda, Central Province, Sri Lanka (July, 2014)
- **Yoga training programme for Community Medical Officers** conducted at the Ayurvedic Research Institute of Department of Ayurveda, Maharagama, Sri Lanka (September, 2013)
- **Invited Guest lectures conducted on “Why is it essential to create the Spiritual Development of the community in a village?”** at the training programs organized in association with the Awareness program for Management Directors & Zonal Managers under the Social Development Program-2010, held at Human Resource Development and Management Training Center, Gampaha and Tholangamuwa (May, 2010)
- **Invited Guest lectures conducted on “People’s Spiritual Values and Development”** in association with the Moral Development Program-2008 including the Development of 3095 villages under Village Uplifting program-Gama Neguma National development project organized by the Ministry of Social Empowerment and Welfare, Sri Lanka, held at Thalahena Community Training Center, Sri Lanka (April-May, 2008)
- **Invited Guest lectures conducted on “People’s Spiritual Values and Development”** island-wide in association with the Village Uplifting program-Gama Neguma National development project organized by the Ministry of Social Empowerment and Welfare, Sri Lanka (2007)



Services for the University Education

As an inspirational teacher, Leelananda Ji has been serving as a senior lecturer in many universities providing a great contribution to the degree programs. His contributions to the university system ranged from lecturing at undergraduate and postgraduate levels, coaching for the Physical Education unit, Examiner/Evaluator, Resource person for the special programs/workshops and also towards developing curriculum and module outlines for the degree programs/training programs and workshops.

Teaching - Visiting Lecturer

- Visiting Lecturer,** “Yoga and Relaxation Techniques” (SSM 441 2.0), Department of Sport Science & Management, University of Sri Jayawardenepura, Sri Lanka (2018)
- Visiting Lecturer,** “Yoga and Relaxation Techniques” (SSM 441 2.0), Special Degree, Faculty of Applied Sciences, University of Sri Jayawardenepura, Sri Lanka (2017)
- Visiting Lecturer,** “Yoga and Relaxation Techniques” Certificate course, Community Health in Complementary & Alternative Medicine, Centre for Education and Research in Complementary & Alternative Medicine (CERCAM), Faculty of Medicine and Allied Sciences, Rajarata University, Sri Lanka (2014)
- Visiting Lecturer,** “Drama & Theatre” for 2011/2012 Batch, Drama & Theater and Image Arts Unit, University of Kelaniya, Sri Lanka (2013)
- Visiting Lecturer,** “Drama & Theatre” for 2010/2011 Batch, Drama & Theater and Image Arts Unit, University of Kelaniya, Sri Lanka (2012)
- Visiting Lecturer,** “Yoga and Relaxation Techniques” for 2009/2010 Batch, Drama & Theater and Image Arts Unit, University of Kelaniya, Sri Lanka (2011)
- Visiting Lecturer,** “Yoga and Relaxation Techniques” for 2008/2009 Batch, Drama & Theater and Image Arts Unit, University of Kelaniya, Sri Lanka (2010)
- Visiting Lecturer,** “Yoga and Relaxation Techniques” for 2007/2008 Batch, Drama & Theater and Image Arts Unit, University of Kelaniya, Sri Lanka (2008)
- Visiting Lecturer,** “Yoga and Relaxation Techniques” for 2006/2007 Batch, Drama & Theater and Image Arts Unit, University of Kelaniya, Sri Lanka (2007)
- Visiting Lecturer,** “Drama Performing Practical exercises” for 2005/2006 Batch, Visual Arts & Design and Performing Arts Unit, University of Kelaniya, Sri Lanka (2006)
- Visiting Lecturer,** Certificate Course in Ayurvedic Beauty Culture, Gampaha Wickramarachchi Ayurveda Institute, University of Kelaniya, Sri Lanka (2017)
- Visiting Lecturer,** Certificate Course in Ayurvedic Beauty Culture, Gampaha Wickramarachchi Ayurveda Institute, University of Kelaniya, Sri Lanka (2016)
- Visiting Lecturer,** Certificate Course in Ayurvedic Beauty Culture, Gampaha Wickramarachchi Ayurveda Institute, University of Kelaniya, Sri Lanka (2014)
- Visiting Lecturer,** Certificate Course in Ayurvedic Beauty Culture, Gampaha Wickramarachchi Ayurveda Institute, University of Kelaniya, Sri Lanka (2012)
- Visiting Lecturer,** Certificate Course in Ayurvedic Beauty Culture, Gampaha Wickramarachchi Ayurveda Institute, University of Kelaniya, Sri Lanka (2013)
- Visiting Lecturer,** “Music, Yoga and Meditation for Medical Practice- GSYM 12012” for 2015/2016, Level 1, B.A.M.S. Degree Program, Gampaha Wickramarachchi Ayurveda Institute, University of Kelaniya, Sri Lanka (2018)
- Visiting Lecturer,** “Music, Yoga and Meditation for Medical Practice- GSYM 12012” for 2014/2015, Level 1, B.A.M.S. Degree Program, Gampaha Wickramarachchi Ayurveda Institute, University of Kelaniya, Sri Lanka (2017)
- Visiting Lecturer,** “Music, Yoga and Meditation for Medical Practice- GSYM 12012” for 2013/2014, Level 1, B.A.M.S. Degree Program, Gampaha Wickramarachchi Ayurveda Institute, University of Kelaniya, Sri Lanka (2016)
- Visiting Lecturer,** “Music, Yoga and Meditation for Medical Practice- GSYM 12012” for 2010/2011, Level 1, B.A.M.S. Degree Program, Gampaha Wickramarachchi Ayurveda Institute, University of Kelaniya, Sri Lanka (2012)
- Visiting Lecturer,** Diploma in Yoga and Relaxation – Session 1, Gampaha Wickramarachchi Ayurveda Institute, University of Kelaniya, Sri Lanka (2012)
- Visiting Lecturer,** Diploma in Yoga and Relaxation – Session 2, Gampaha Wickramarachchi Ayurveda Institute, University of Kelaniya, Sri Lanka (2013)
- Visiting Lecturer,** Diploma in Yoga and Relaxation – Session 3, Gampaha Wickramarachchi Ayurveda Institute, University of Kelaniya, Sri Lanka (2014)

Teaching - Visiting Lecturer

- V**isiting Lecturer, Diploma in Yoga and Relaxation – Session 4, Gampaha Wickramarachchi Ayurveda Institute, University of Kelaniya, Sri Lanka (2015)
- V**isiting Lecturer, Diploma in Yoga and Relaxation – Session 5, Gampaha Wickramarachchi Ayurveda Institute, University of Kelaniya, Sri Lanka (2017)
- V**isiting Lecturer, Certificate Course in Yoga and Relaxation Techniques – Session 1, Gampaha Wickramarachchi Ayurveda Institute, University of Kelaniya, Sri Lanka (June-September 2010)
- V**isiting Lecturer, Certificate Course in Yoga and Relaxation Techniques – Session 2, Gampaha Wickramarachchi Ayurveda Institute, University of Kelaniya, Sri Lanka (November 2010 – February 2011)
- V**isiting Lecturer, Certificate Course in Yoga and Relaxation Techniques – Session 3, Gampaha Wickramarachchi Ayurveda Institute, University of Kelaniya, Sri Lanka (May 2011 – August 2011)
- V**isiting Lecturer, Certificate Course in Yoga and Relaxation Techniques – Session 4, Gampaha Wickramarachchi Ayurveda Institute, University of Kelaniya, Sri Lanka (September – December 2011)
- V**isiting Lecturer, Certificate Course in Yoga and Relaxation Techniques – Session 5, Gampaha Wickramarachchi Ayurveda Institute, University of Kelaniya, Sri Lanka (December 2011 – February 2012)
- V**isiting Lecturer, Certificate Course in Yoga and Relaxation Techniques – Session 6, Gampaha Wickramarachchi Ayurveda Institute, University of Kelaniya, Sri Lanka (April – June 2012)
- V**isiting Lecturer, Certificate Course in Yoga and Relaxation Techniques – Session 7, Gampaha Wickramarachchi Ayurveda Institute, University of Kelaniya, Sri Lanka (July – September 2012)
- V**isiting Lecturer, Certificate Course in Yoga and Relaxation Techniques – Session 8, Gampaha Wickramarachchi Ayurveda Institute, University of Kelaniya, Sri Lanka (October – December 2012)
- V**isiting Lecturer, Certificate Course in Yoga and Relaxation Techniques – Session 9, Gampaha Wickramarachchi Ayurveda Institute, University of Kelaniya, Sri Lanka (February – April 2013)
- V**isiting Lecturer, Certificate Course in Yoga and Relaxation Techniques – Session 10, Gampaha Wickramarachchi Ayurveda Institute, University of Kelaniya, Sri Lanka (July – September 2013)
- V**isiting Lecturer, Certificate Course in Yoga and Relaxation Techniques – Session 11, Gampaha Wickramarachchi Ayurveda Institute, University of Kelaniya, Sri Lanka (2014)
- V**isiting Lecturer, Certificate Course in Yoga and Relaxation Techniques – Session 12, Gampaha Wickramarachchi Ayurveda Institute, University of Kelaniya, Sri Lanka (2014)
- V**isiting Lecturer, Certificate Course in Yoga and Relaxation Techniques – Session 13, Gampaha Wickramarachchi Ayurveda Institute, University of Kelaniya, Sri Lanka (2014)
- V**isiting Lecturer, Certificate Course in Yoga and Relaxation Techniques – Session 14, Gampaha Wickramarachchi Ayurveda Institute, University of Kelaniya, Sri Lanka (2015)
- V**isiting Lecturer, Certificate Course in Yoga and Relaxation Techniques – Session 15, Gampaha Wickramarachchi Ayurveda Institute, University of Kelaniya, Sri Lanka (2015)
- V**isiting Lecturer, Certificate Course in Yoga and Relaxation Techniques – Session 16, Gampaha Wickramarachchi Ayurveda Institute, University of Kelaniya, Sri Lanka (2015)
- V**isiting Lecturer, Certificate Course in Yoga and Relaxation Techniques – Session 17, Gampaha Wickramarachchi Ayurveda Institute, University of Kelaniya, Sri Lanka (2016)
- V**isiting Lecturer, Certificate Course in Yoga and Relaxation Techniques – Session 18, Gampaha Wickramarachchi Ayurveda Institute, University of Kelaniya, Sri Lanka (2017)
- V**isiting Lecturer, Certificate Course in Yoga and Relaxation Techniques – Session 19, Gampaha Wickramarachchi Ayurveda Institute, University of Kelaniya, Sri Lanka (2017)
- V**isiting Lecturer, Certificate Course in Yoga and Relaxation Techniques – Session 20, Gampaha Wickramarachchi Ayurveda Institute, University of Kelaniya, Sri Lanka (2017)



TEACHING As a Examiner

- **E**xaminer, **B.A.M.S. Level I Semester I Examination**, “Music, Yoga and Meditation for Medical Practice-GSYM 12012”, Gampaha Wickramarachchi Ayurveda Institute, University of Kelaniya, Sri Lanka (2016)
- **E**xaminer for the **Viva Examination Board**, B.A.M.S. Level I Semester II End Examination, “Music, Yoga and Meditation for Medical Practice-GSYM 12012”, 2013/2014 Batch, Gampaha Wickramarachchi Ayurveda Institute, University of Kelaniya, Sri Lanka (2016)
- **M**oderator/**S**upervisor, B.A.M.S. Level I End Semester Examination, “Music, Yoga and Meditation for Medical Practice-GSYM 12012”, 2011/2012 Batch, Gampaha Wickramarachchi Ayurveda Institute, University of Kelaniya, Sri Lanka (2014)
- **E**xaminer for the Viva Examination Board, B.A.M.S. Level I Semester II End Examination, “Music, Yoga and Meditation for Medical Practice-GSYM 12012”, 2011/2012 Batch, Gampaha Wickramarachchi Ayurveda Institute, University of Kelaniya, Sri Lanka (2014)
- **E**xaminer for the Viva Examination Board, Diploma in Yoga – Session 2, Gampaha Wickramarachchi Ayurveda Institute, University of Kelaniya, Sri Lanka (2014)

TEACHING

As a Evaluator

- **M**ember of the selection committee of Diploma in Yoga and Relaxation – 2016/2017 (2016)
- **I**nterview Panel member for the Certificate Course in “Yoga and Relaxation Techniques- Session 1” Gampaha Wickramarachchi Ayurveda Institute, University of Kelaniya, Sri Lanka (2010)



TEACHING As a Coaching

Visiting Coach on Yoga Techniques (Men/Women), 2009/2010 Batch, Sports and Physical Education Program, Department of Physical Education, University of Kelaniya (2011)

Visiting Coach on Yoga Techniques (Men/Women), 2008/2009 Batch, Sports and Physical Education Program, Department of Physical Education, University of Kelaniya (2009)

Visiting Coach on Yoga Techniques (Men/Women), 2007/2008 Batch, Sports and Physical Education Program, Department of Physical Education, University of Kelaniya (2008)

Visiting Coach on Yoga Techniques (Men/Women), 2006/2007 Batch, Sports and Physical Education Program, Department of Physical Education, University of Kelaniya (2007)

Visiting Coach on Yoga Techniques (Men/Women), 2005/2006 Batch, Sports and Physical Education Program, Department of Physical Education, University of Kelaniya (2006)

Visiting Coach on Yoga Techniques (Men/Women), 2004/2005 Batch, Sports and Physical Education Program, Department of Physical Education, University of Kelaniya (2005)

Visiting Coach on Yoga Techniques (Men/Women), 2003/2004 Batch, Sports and Physical Education Program-Phase I, Department of Physical Education, University of Kelaniya (2004)

Visiting Coach on Yoga Techniques (Men/Women), 2003/2004 Batch, Sports and Physical Education Program-Phase II, Department of Physical Education, University of Kelaniya (2004)

Visiting Coach on Yoga Techniques (Men/Women), 2002/2003 & 2003/2003A Batch, Sports and Physical Education Program-Phase I, Department of Physical Education, University of Kelaniya (2003)

Visiting Coach on Yoga Techniques (Men/Women), 2001/2002 & 2001/2002A Batch, Sports and Physical Education Program-Phase II, Department of Physical Education, University of Kelaniya (2003)

SPECIAL Programs

Contribution as the key resource person at “Yoga and Relaxation Techniques – Theory and practice” program organized by University Ayurveda Medical Centre and Physical Education Unit, Sabaragamuwa University of Sri Lanka (2017)

Special session conducted on *Yoga and Meditation* for BAMS students Orientation program, Gampaha Wickramarachchi Ayurveda Institute, University of Kelaniya, Sri Lanka (2016)

“*Yoga and Relaxation Techniques*” workshop conducted to commemorate the 2nd International Day of Yoga, Gampaha Wickramarachchi Ayurveda Institute, University of Kelaniya, Sri Lanka (2016)

Special *Yoga and Meditation* program conducted at the “Abhiman Abiyasa” Induction program held at MAS Fabric Park, Thulhiriya organized by Gampaha Wickramarachchi Ayurveda Institute, University of Kelaniya, Sri Lanka (2014)

Contribution as the key resource person “Yoga and Relaxation Techniques – Theory and practice” conducted at Bhiksu University of Sri Lanka (2014)

Contribution for the *Freshers’ Orientation Program* as a resource person and a member of the Angam Sri Vishuddhi Team, 2010/2011 Batch, Department of Physical Education, University of Kelaniya, Sri Lanka (2011)

Chief guest and speech on *Yoga and Relaxation Techniques* at the Inaugural Ceremony of New Entrants for the Certificate courses on Yoga and Relaxation Techniques & Ayurvedic Beauty Culture, Gampaha Wickramarachchi Ayurveda Institute, University of Kelaniya, Sri Lanka (2011)

Special lecture ““*Yoga and Relaxation Techniques*” delivered at the Orientation Program for 2010/2011 Batch, Gampaha Wickramarachchi Ayurveda Institute, University of Kelaniya, Sri Lanka (2011)

Contribution as the key resource person at the Staff Development program on “Yoga and Relaxation Techniques”, Faculty of Management studies and Commerce, University of Sri Jayawardenepura, Sri Lanka (2010)

Special program on “Physical Exercise and Team Games” conducted at the Orientation Program for 2008/2009 Batch, Gampaha Wickramarachchi Ayurveda Institute, University of Kelaniya, Sri Lanka (2009)

Contribution as the key resource person for the Documentary program produced under the “Production of Documentary Programs” module, Sri Palee Campus, University of Colombo, Sri Lanka (2005)

Courses/Module Outlines Developed

Services for the School Education

As truly an inspirational teacher, Leelananda Guru has been contributing with his immense expertise and knowledge while serving as motivator, counselor, a great teacher and a resource person in many school programs. He was able to provide a great contribution to uplift the well-being of school children with a proper guidance to feel calm, relaxed and full of positive energy & vibration to drive towards successfully achieving their dreams and Visions.

- “Udana” program conducted after Tsunami for school children at T/Nalanda Maha Vidyalaya, Chinabay for uplifting their physical and mental well-being (2007)
- “Dishabhimuka” program for Attitudes and personal development for Advanced Level students at St. Sylvester College, Kandy (2014)

Services extended to the Armed Forces

Army

Being truly an inspirational Yoga Guru, Leelananda Ji was privileged to serve the Armed Forces and secured the opportunity to extend his exceptional capabilities, knowledge and experience in yogic philosophy and practice and relaxation techniques for the well-being of the officers and executives holding various positions. Through the Armed forces, he also had the opportunity to reach the community people who have been severely affected by the Civil War prevailed over 30 years in Sri Lanka and with his wide expertise, he made a significant contribution towards enhancing the mental and spiritual well-being of both Sinhala and Tamil communities in the Civil-War affected areas.

- Yoga and Relaxation Techniques practiced at the Official Residence of the Commander of the Sri Lanka Army (General’s House), Colombo, Sri Lanka (2016)
- “Yoga and Relaxation Techniques” module (Theory/Practice) at the Electrical and Mechanical Engineering School of Sri Lanka Army, Gannoruwa, Peradeniya, Sri Lanka (2014)

Services extended to the Armed Forces

Navy

Conducted for the students at the University Leadership Training Programme on development of Leadership Qualities & Positive Thinking of 2014 Entrants under the guidance of Ministry of Higher Education and assistance of Ministry of Defence and Urban Development, held at the Electrical and Mechanical Engineering School of Sri Lanka Army, Gannoruwa, Peradeniya, Sri Lanka

- Yoga and Relaxation Techniques practiced at the Official Residence of the Commander of the Sri Lanka Army (General's House), Colombo, Sri Lanka (2016)
- "Yoga and Relaxation Techniques" module (Theory/Practice) at the Electrical and Mechanical Engineering School of Sri Lanka Army, Gannoruwa, Peradeniya, Sri Lanka (2014)

Police

Conducted for the 300 candidates/police officers of the Diploma course in Tamil Language and executives of the police staff of the Police College, Sri Lanka Police, Mahiyanganaya Unit, Sri Lanka.

- "Yoga and Relaxation Techniques" workshop at Police College, Mahiyanganaya, Central Province, Sri Lanka (2014)

Civil Security Department

Conducted for the staff members of Civil Security Department under Joint Commanding Head Quarters, Kilinochchi & Mullaaithivu with an aim to enhance the mental stability, organized life style, self-understanding of their lives and enhance devotion to the religious activities to improve the livelihood of the community people in Kilinochchi & Mullaaithivu that have been severely affected by the Civil War over 30 years.

- "Yoga and Relaxation Techniques" workshop at Civil Security Department under Joint Commanding Head Quarters Kilinochchi & Mullaaithivu, North Province, Sri Lanka (2014)

Symposium/Conference

Keynote Speaker

Keynote Speech on “Comprehensive Study on Practice of Yoga features for development of Pancha Kosha – Pancha Kosha Wardanaya Sandaha Yoganga Bhawitha kirima Pilibanda Adyayanaya”, 1st International Symposium on Traditional Medicine-Traditional Medicine for Healthy Life, organized by Gampaha Wickramarachchi Ayurveda Institute, University of Kelaniya, Sri Lanka with the collaboration of Ayurveda Department, Central Province, Sri Lanka, held at Kandy City Center (KCC), Kandy, Sri Lanka (July, 2014)

Resource Person

Participated at the Pre-conference Workshop on Yoga and Relaxation Techniques, Pandit G. P. Wickramarachchi Memorial International Research Symposium organized by Gampaha Wickramarachchi Ayurveda Institute, University of Kelaniya, Sri Lanka and held at Gampaha Wickramarachchi Ayurveda Institute, Sri Lanka (November, 2012)

Participated at the 8th International Medical Congress, organized by the Peradeniya Medical School Alumni Association (PeMSAA) (August, 2006)

Papers Presented

Presented a paper on “Hela Haramba shilpayanhi mulikangayak wana waidya shasthrayanhi sandahan Merman Thailaya pilibanda adyayanayak”, 1st International Symposium on Traditional Medicine-Traditional Medicine for Healthy Life, organized by Gampaha Wickramarachchi Ayurveda Institute, University of Kelaniya, Sri Lanka with the collaboration of Ayurveda Department, Central Province, Sri Lanka, held at Kandy City Center (KCC), Kandy, Sri Lanka (July, 2014)

PHOTO Awards of Appreciation



PHOTO Yoga Postures

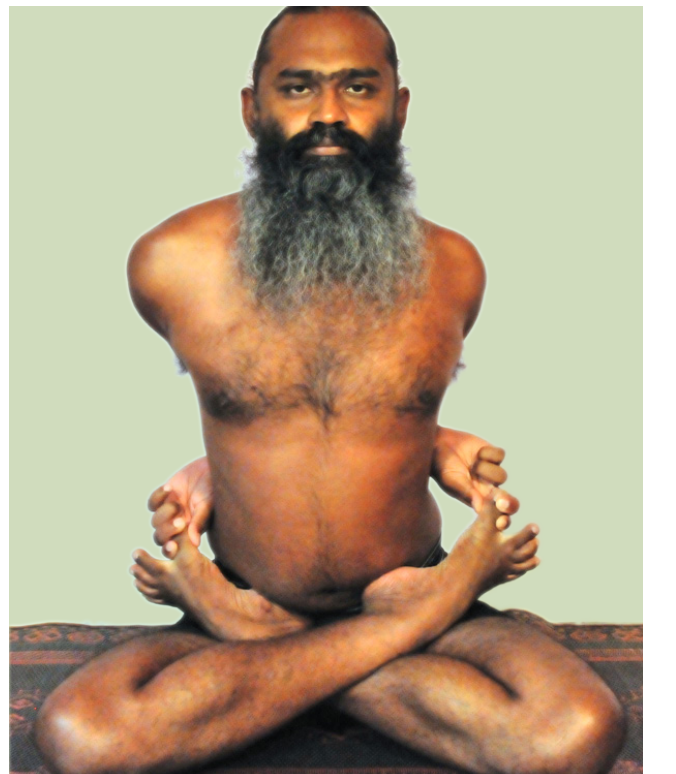
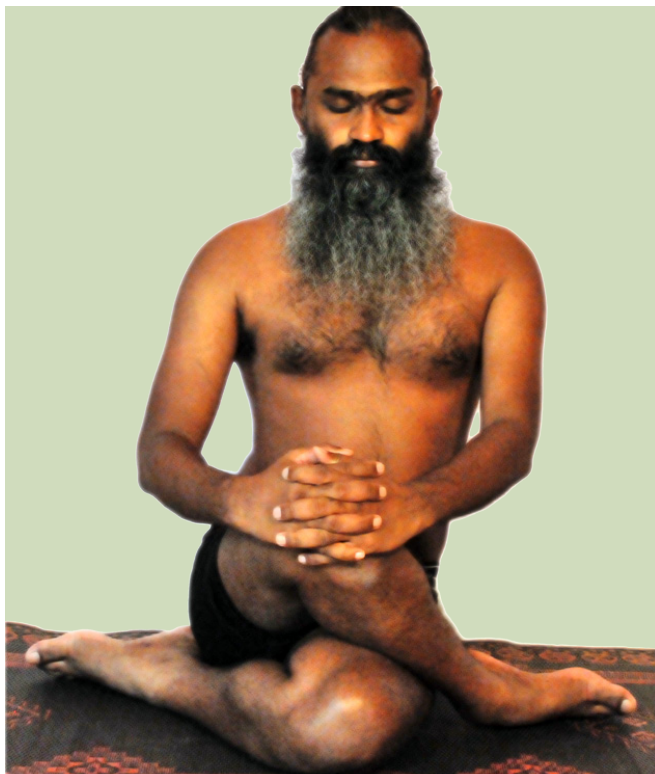


PHOTO In Class





Spirituality is the most essential factor of human life
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