



# Sri Aurobindo Ashram (Delhi Branch) Trust Society

Sri Aurobindo Lane, Sri Aurobindo Marg, New Delhi-110016

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## Programs For This Week

### TALK BY DR. RAMESH BIJLANI

Friday, 16th January 2026, 7:00 pm

Venue: Meditation Hall

### CLASS BY DR. APARNA ROY

**TOPIC:** प्रार्थना और ध्यान (PRAYERS AND MEDITATIONS)

Saturday, 17<sup>th</sup> January 2025, 5:30 pm

Duration: 1 hour

Mode / Venue: Online Only

To Attend Class Online: Whatsapp Amit Arora (+91-9560088456)

### CLASSES BY SHRI PRASHANT KHANNA

**TOPIC: ISHA UPANISHAD**

Tuesday, 13<sup>th</sup> January 2025, 11:30 am

**TOPIC: THE MESSAGE OF THE GITA**

Friday, 16th January 2026, 11:30 am

Duration: 1 hour

Mode: Online + Physical Class

Venue: SAAM (Room 005), near Ashram Library

To Attend Class Online: Whatsapp Amit Arora (+91-9560088456)

### SUNDAY SATSANG

Sunday, 18th January 2026, 10:00 am

Topic: Life of Swami Vivekananda

Speaker: Sarvalokananda Maharaj ji

Venue: Meditation Hall

(Before and after the talk, Aditya & Arunima Pathak will make an offering of devotional music.)

### NOTICES

- Daily meditation from 7 pm to 7:30 pm (Monday to Saturday) Venue: Meditation Hall

*In the service of The Mother,  
The Ashram Family*