

Dear Friend,

Sri Aurobindo Ashram – Delhi Branch is pleased to bring you the following programs this weekend.

**Classes on Shrimad Bhagavad-Gita
(Based on Sri Aurobindo's Essays on the Gita)**

Friday, 24 March 2023, 11.30 am and

Sunday, 26 March 2023, 5.30 pm

(Duration: 1 hour)

Speaker: Shri Prashant Khanna

Venue: **The Ashram Library**

Saturday, 25 March 2023, 6 pm (IST)

An ONLINE talk

Topic: Tea and Coffee Do Not Give Energy, They Lend Energy

Speaker: Dr Ramesh Bijlani

Dr Ramesh Bijlani is a writer and inspirational speaker. Once a Professor at AIIMS, he is now a spiritual seeker at Sri Aurobindo Ashram – Delhi Branch

The link for joining the talk is:

<https://us02web.zoom.us/j/6082144500?pwd=dHJLWUNqcTIJR25JTnBJYzdjVG5OQT09>

Meeting ID: 608 214 4500

Passcode: 8kPJG6

Sunday, 26 March 2023, 10 am

Sunday Satsang

ICPR Lecture, organised by Rishihood University

**Topic: Bhaaratiyataa: Raashtra Nirmaan ki Anivaaryataa
(‘Indianness’: A Pre-requisite for Nation Building)**

Speaker: Dr Aparna Roy

Before the talk, and after it, Dr. Mithu Pal will make an offering of devotional music.

Venue: **Meditation Hall**

**Will also be livestreamed at
[youtube.com/rishihood](https://www.youtube.com/rishihood)**

In the service of The Mother,
The Ashram Family