



# 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, 6th February 2026, 7:00 pm

Venue: Meditation Hall

### CLASS BY DR. APARNA ROY

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

Saturday, 7<sup>th</sup> February 2026, 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, 3rd February 2026, 11:30 am

**TOPIC:** THE MESSAGE OF THE GITA

Friday, 6th February 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, 8th February 2026, 10:00 am

Topic: An Invocation to Awaken and Transform (Based on The Prayers & Meditations of the Mother, February 08, 1914)

Speaker: Dr. Mithu Pal

Venue: Meditation Hall

(Before and after the talk, Dr. Mithu Pal 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*