



Sri Aurobindo Ashram (Delhi Branch) Trust Society

Sri Aurobindo Marg, New Delhi-110016

Contact: contact@aurobindoonline.in / 011- 26567863, 26524810

Programs For This Week

CLASS BY DR. APARNA ROY

TOPIC: प्रार्थना और ध्यान (PRAYERS AND MEDITATIONS)

Tuesday, 7th October 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, 7th October 2025, 11:30 am

TOPIC: THE MESSAGE OF THE GITA

Friday, 10th October 2025, 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, 12th October 2025, 10:00 am

Topic: The Symbolism of the Human Chariot from the Kathopanishad

Speaker: Dr. Narendra Murty

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*