



# Sri Aurobindo Ashram (Delhi Branch) Trust Society

Sri Aurobindo Marg, New Delhi-110016

Contact: [contact@aurobindoonline.in](mailto:contact@aurobindoonline.in) / 011- 26567863, 26524810

## Programs For This Week

### CLASS BY DR. APARNA ROY

**TOPIC: सूर्यलोकित पथ (SUNLIT PATH)**

**Tuesday, 8th JULY 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, 8th JULY 2025, 11:30 am**

**TOPIC: THE MESSAGE OF THE GITA**

**Friday, 11th JULY 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, 13th JULY 2025, 10:00 am**

Topic: The Conditions of Attainment to the Gnosis (Based on Sri Aurobindo's *The Synthesis of Yoga*; Part 2, Chapter 23)

Speaker: Mankul Goyal

Venue: Meditation Hall

(Before and after the talk, Dr. Maitreyee 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*