

**SPIC MACAY Online Anubhav Series Tentative Schedule (1<sup>st</sup>-7<sup>th</sup> June 2020)**

<b>Day/Date</b>	<b>Time</b>	<b>Programme</b>
<b>Monday 1<sup>st</sup> June</b>	8:30-8:45am	Morning Inauguration
	8:45-1pm	Screening of Film Gandhi Followed by Interaction with Smt.Rohini Hattangadi
	2-4:45pm	Orientation
	6-7pm	Inaugural Ceremony President/PM/Vice President , Prof.Manjul Bhargav
	7-8:30pm	Ust.Amjad Ali Khan
	8:30-10pm	Prof.T.N.Krishnan/ Vid.Yesudas
<b>Tuesday 2<sup>nd</sup> June</b>	2-3:15pm	Vid.Parvathy Baul
	3:15-4:30pm	Vid.Teejan Bai
	6-7:30pm	Dr.L.Subramaniam
	7:30-9pm	Pt.Rajan & Sajan Mishra
<b>Wednesday 3<sup>rd</sup> June</b>	2-3:15pm	Sh. Murtaza Danish Hussain
	3:15-4:30pm	Sh. M.T.Vasudevan Nair/ Sh. Ghulam Sheikh
	6-7:30pm	Sh.Guru Ghanakanta Bora
	7:30-9pm	Ust.Bahauddin Dagar
<b>Thursday 4<sup>th</sup> June</b>	2-3:15pm	Smt. Shabana Azmi & Sh.Javed Akhtar
	3:15-4:30pm	Dr. Karan Singh
	6-7:30pm	Vid. Yamini Krishnamurthy
	7:30-9pm	Dr.Prabha Atre
<b>Friday 5<sup>th</sup> June</b>		Music In Prayer
	2-2:45pm	Aao Naga Choir/CCM
	2.45-3:30pm	Bhai Alankar Singh
	3:30-4:30pm	Warsi Brothers
	6-7:30pm	Ust.Shahid Parwez
	7:30-9pm	Ust.Rashid Khan
<b>Saturday 6<sup>th</sup> June</b>	2-4pm	Intensive Presentation (1 student per intensive. 2 minutes for student + 2 minutes for Guru)
	4-4:30pm	Yog Nidra
	4:30-7pm	Compulsory Sleep time
	7-8pm	Dinner
		Classical Overnight

	8-10pm	Pt. Shiv Kumar Sharma
	10-12am	Pt. Venkatesh Kumar
	12-2am	Vid. Kapila Venu
	2-4am	Vid. A. Kanyakumari
	4-6am	Ust. Wasifuddin Dagar
Sunday 7 <sup>th</sup> June	10-11:30am	Environmental Talk: Shri Valmik Thapar
	2-5pm	Heritage Tour: Dr. Swapna Liddle/ Dr. Ramji Narayan
		<b>All 5 days Schedule</b>
2 <sup>nd</sup> -6 <sup>th</sup> June	4-5:30am	Naad Yoga
	5:30-7am	Hath Yoga- Swami Thyagaraj/ Swami Devanand
	7-8:45am	Breakfast and Personal time
	9-12noon	Workshops
	12-1pm	Lunch Break
2 <sup>nd</sup> -5 <sup>th</sup> June	1:15-1:45	Yog Nidra
	5-6pm	Dinner
		<b>Workshops</b>
		8 Classical Dance Forms
		2 Carnatic Vocal
		2 Hindustani Vocal
		1 Dhrupad Vocal
		1 Koodiyattam
		10 Crafts

CONTINUOUSLY SPREADING POSITIVITY THROUGH OUR PRICELESS CULTURAL HERITAGE



स्विक मैके अनुभव THE SPIC MACAY EXPERIENCE

1 June- 7 June 2020

A WEEK LONG ONLINE EXPERIENCE HELPING ALLEVIATE THE MENTAL STRESS CAUSED BY THE LOCK DOWN

**MYSTICAL ABSTRACT** **SPIRITUAL INSPIRATIONAL**

INDIAN CLASSICAL MUSIC  
CINEMA CLASSIC  
YOGA  
HERITAGE WALK  
LITERATURE  
CRAFTS  
THEATRE



INDIAN CLASSICAL DANCE  
NAAD YOGA  
TALKS  
HOLISTIC FOOD  
NATURE WALK  
WORKSHOPS

**EXPERIENCE AN ASHRAM LIKE ATMOSPHERE AT HOME**

Register at-<https://spicmacay.org/convention/anubhav/registration>  
LAST DATE FOR REGISTERING: 20th May 2020

FOR FURTHER DETAILS CONTACT JAI 7060890830 RAHUL 9358318264 NIKHIL 7089496685 SANJANA 7990207171