

	TIME	TIME			
Saturday	FROM	TO	ACTIVITY	Presenter	Topic
6th Sept 2025	12:00 PM		REGISTRATION		
	4:00 PM	4.30PM	ORIENTATION	Mr Aditya Muzumdar	
	4.45PM	5.30PM	INTRODUCTORY TALK	Ms Vijayalakshmi Vijayakumar	
	5.30PM	6.15PM	DINNER IN THE ROOMS		
	6.15PM	8.00 PM	Bhagavati Seva -Kurudhi Puja	Priest Pravin Palakkol and group	
Sunday	5.00AM	6.00AM	GANAPATI HOMAM	Priest Madhusudhanan	
7th Sept 2025	6.00AM	6.30AM	MEDITATION	Swami Yatidharmananda	
	6.45AM	7.45AM	INDICA YOGA	Dr Vinayachandra	
	7.45AM	8.30 am	YOGA NIDRA	Swami Yatidharmananda	
	8.30 am		BREAKFAST-ROOM		
	9.00am	12.30pm	Treatment		
	12.30PM	1.30PM	Lunch		
	2.00pm	3.00om	TALK	Dr MV Viswanathan	
	3.15pm	4.15pm	UPANYASAM	Dr Rangan Ramakrishnan	
	4.30pm	5.30 pm	Talk	Dr Vinayachandra	
	5.30PM	6.00PM	DINNER/ROOMS		
	6.15PM	7.00PM	PRAYER		
	7.15PM	8.15PM	Kirtan	Swami Yatidharmananda	
Monday	5.00AM	6.00AM	HOMAM		
8 Th Sept 2025	6.00AM	6.30AM	MEDITATION	Swami Yatidharmananda	
	6.45AM	7.45AM	INDICA YOGA	Dr Vinayachandra	
	7.45AM	8.30 am	YOGA NIDRA	Swami Yatidharmananda	
	8.30 am		BREAKFAST-ROOM		
	9.00am	12.30pm	Treatment		
	12.30PM	1.30PM	Lunch		
	2.00pm	3.00om	TALK	Dr MV Viswanathan	
	3.15pm	4.15pm	UPANYASAM	Dr Rangan Ramakrishnan	
	4.30pm	5.30 pm	Talk	Dr Vinayachandra	
	5.30PM	6.00PM	DINNER/ROOMS		
	6.15PM	7.00PM	PRAYER		
	7.15PM	8.15PM	Kirtan	Swami Yatidharmananda	
Tuesday	5.00AM	6.00AM	Homam		
9th Sept 2025	6.00AM	6.30AM	MEDITATION	Swami Yatidharmananda	
	6.45AM	7.45AM	INDICA YOGA	Dr Vinayachandra	
	7.45AM	8.30 am	YOGA NIDRA	Swami Yatidharmananda	
	8.30 am		BREAKFAST-ROOM		
	9.00am	12.30pm	Treatment		
	12.30PM	1.30PM	Lunch		

	2.00pm	3.00om	TALK	Dr MV Viswanathan	
	3.15pm	4.15pm	UPANYASAM	Dr Rangan Ramakrishnan	
	4.30pm	5.30 pm	Talk	Dr Vinayachandra	
	5.30PM	6.00PM	DINNER/ROOMS		
	6.15PM	7.00PM	PRAYER		
	7.15PM	8.15PM	Kirtan	Swami Yatidharmananda	
Wednesday	5.00AM	6.00AM	Homam		
10 Sept 2025	6.00AM	6.30AM	MEDITATION	Swami Yatidharmananda	
	6.45AM	7.45AM	INDICA YOGA	Dr Vinayachandra	
	7.45AM	8.30 am	YOGA NIDRA	Swami Yatidharmananda	
	8.30 am		BREAKFAST-ROOM		
	9.00am	12.30pm	Treatment		
	12.30PM	1.30PM	Lunch		
	2.00pm	3.00om	TALK	Dr MV Viswanathan	
	3.15pm	4.15pm	UPANYASAM	Dr Rangan Ramakrishnan	
	4.30pm	5.30 pm	Talk	Dr Vinayachandra	
	5.30PM	6.00PM	DINNER/ROOMS		
	6.15PM	7.00PM	PRAYER		
	7.15PM	8.15PM	Stories & Temples of Devi		
Thursday	5.00AM	6.00AM	Homam		
11 Sept 2025	6.00AM	7.00am	Indica Yoga	Dr Vinayachandra	
	7.15am	8.30am	Upanyasam	Dr Rangan Ramakrishnan	
	8.30 am		BREAKFAST-ROOM		
	9.00am	12.30pm	Treatment		
	12.30PM	1.30PM	Lunch		
	2.00pm	2.45 PM	TALK	Dr MV Viswanathan	
	3.00pm	4.15pm	Talk	Dr Padma Subrahmanyam & Ms Rukmini Vijayakumar	
	4.30pm	5.30 pm	Talk	Dr Vinayachandra	
	5.30PM	6.00PM	DINNER/ROOMS		
	6.15PM	7.00PM	PRAYER		
	7.15PM	8.15PM	Bharatanatyam	Ms Rukmini Vijayakumar	
Friday	5.00AM	6.00AM	HOMAM		
12 Sept 2025	6.00AM	7.00am	Indica Yoga	Dr Vinayachandra	
	7.15am	8.30am	Upanyasam	Dr Rangan Ramakrishnan	
	8.30 am		BREAKFAST-ROOM		
	9.00am	12.30pm	Treatment		
	12.30PM	1.30PM	Lunch		
	2.00pm	2.45 PM	TALK	Dr MV Viswanathan	

	3.00pm	4.15pm	Talk	Dr Ramdas	Devi, Prakrti, Ayurveda
	4.30pm	5.30 pm	Closing ceremony	Mr Aditya Muzumdar	
	5.30PM	6.00PM	DINNER/ROOMS		