

CONTINUOUSLY SPREADING POSITIVITY THROUGH OUR PRICELESS CULTURAL HERITAGE



1 June-7 June 2020

स्विक मैके अनुभव THE SPIC MACAY EXPERIENCE

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

SPIC MACAY Online Anubhav Series Tentative Schedule (1st-7th June 2020)

Day/Date	Time	Programme
Monday 1st June	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 Pesident/PM/Vice President , Prof.Manjul Bhargav
	7-8:30pm	Ust.Amjad Ali Khan
	8:30-10pm	Prof.T.N.Krishnan/ Vid.Yesudas
Tuesday 2nd June	2-3:15pm	Vid.Parvathy Baul
	3:15-4:30pm	Vid.Teejan Bai
	6-7:30pm	Dr.L.Subramanium
	7:30-9pm	Pt.Rajan & Sajan Mishra
Wednesday 3rd June	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
Thursday 4th June	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
Friday 5th June		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
Saturday 6th June	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 7th June	10-11:30am	Environmental Talk: Shri Valmik Thapar
	2-5pm	Heritage Tour: Dr. Swapna Liddle/ Dr. Ramji Narayan
		All 5 days Schedule
2nd-6th 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
2nd-5th June	1:15-1:45	Yog Nidra
	5-6pm	Dinner
		Workshops
		8 Classical Dance Forms
		2 Carnatic Vocal
		2 Hindustani Vocal
		1 Dhrupad Vocal
		1 Koodiyattam
		10 Crafts