

## Yog Mahotsav (17-19 March 2023)

Organized by Shri Ram Chandra Mission, Heartfulness Institute, MMMUT, Gorakhpur & Ministry of Culture, Govt. of India

### Minute to Minute Program

17<sup>th</sup> Mar 2023

#### Friday (Morning 7 AM)

06.45 AM	Program starts	Soft music, bhajan etc.
07:00 AM	Yogasana, Pranayam & Mudra by Patanjali team	Sh. Harinaryan Dubey 7236970777
07:45 AM	Polarity	Br Hemant 8445449654
07:55 AM	Brighter Minds	Br Prabhat Yadav 9935888264
08:15 AM	Relaxation followed by Meditation	Sr Vandana 9415282496 (For relaxation) Br D D Pandey 9450882663
8:45 AM	Morning session ends, invitation for the evening session.	

#### (Evening 5 PM)

04:00 PM	Music by Sh. Sharad Mani Tripathi	Sh. Sharad Mani Tripathi: 9415691564
05:00 PM	Welcome of chief guest Prof Rajesh Singh, VC, DDU University, Gorakhpur  Welcome of Patron Prof J P Pandey, VC, MMMUT, Gorakhpur	By CSA Prof. Rakesh Kumar   By Heartfulness Team
05:05 PM	Lighting of lamp by guests	
05:08 PM	University Anthem (Kulgeet)	
05:10 PM	One Music item by the Sh. Sharad Mani Tripathi	
05:20 PM	Chair Yoga & Polarity	Sh. Harinaryan Dubey 7236970777
05:35 PM	Brighter Minds	Br Prabhat Yadav 9935888264
05:50 PM	Relaxation followed by Meditation	Sr Vandana 9415282496 (For relaxation) Br D D Pandey 9450882663
06:20 PM	Address of chief guests, Felicitation of guests,  Address By Patron	
6:30 PM		

06:35 PM	Vote of thanks	
06:40 PM	National Anthem (राष्ट्र गान जन गण मन)	

**18<sup>th</sup> Mar 2023**

**Saturday (Morning 7 am, 9 am, 11 am, 3 pm, 5 pm)**

07:00 AM	Program starts	Soft music, bhajan etc.
07:30 AM	Yogasana, Pranayam & Mudra by Patanjali team	Sh. Harinaryan Dubey 7236970777
08:30 AM	Polarity	Br Hemant 8445449654
08.40 AM	Brighter Minds	Br Prabhat Yadav 9935888264
09:00 AM	Welcome of Chief Guests - Dr Surekha Kishor, Director AIIMS, Gorakhpur 8475000258	
09:05 AM	Lighting of Lamp	
09:08 AM	Kulgeet (University Anthem)	
09:10 AM	Brighter Minds Part 2	Br Prabhat Yadav 9935888264
09:25 AM	Relaxation followed by Mediation	Sr Vandana 9415282496 (For relaxation) Br D D Pandey 9450882663
09:55 AM	Felicitation of guests, Address of chief guests	
10:05 AM	Vote of thanks, invitation for the next session.	
11.00 AM	Chair Yoga	
11.15 AM	Anger Detox, Fear Detox	
11.30 AM	Relaxation followed by Mediation	
03:00 PM	Music by Rakesh Srivastava	Rakesh Srivastava 9415282997
03:30 PM	Relaxation followed by Meditation	
04:30 PM	Music by Rakesh Srivastava	Rakesh Srivastava 9415282997
05:00 PM	Chair Yoga & Polarity	Sh. Harinaryan Dubey 7236970777
05:15 PM	Brighter Minds	
05:35 PM	Relaxation followed by Mediation	
06:00 PM	Vote of thanks, Invitation for the next session	
06:05 PM	National Anthem (Jan gan man)	

**19<sup>th</sup> Mar 2023**

**Sunday (Morning 7 am & 9 am)**

06:45 AM	Program starts	Soft music, bhajan etc.
07:00 AM	Yogasana, Pranayam & Mudra by Patanjali team & Polarity	
08:00 AM	Brighter Minds	Sh. Harinaryan Dubey 7236970777
08:20 AM	Welcome of chief guest - Prof. J. P. Pandey, Honorable Vice Chancellor, MMMUT Gorakhpur	
08:25 AM	Lighting of Lamp	
08:28 AM	Kulgeet (University Anthem)	
08.30 AM	Music by Rakesh Upadhyay	Br Prabhat Yadav 9935888264
08:50 AM	Relaxation followed by Mediation	
09:30 AM	Address by the chief guest	
09:40 AM	Music by Rakesh Upadhyay	
10:00AM	Vote of thanks	
10:05 AM	National Anthem	