

SPIC MACAY Anubhav 2021 Schedule

21st June to 27th June 2021

(TENTATIVE)

Monday, 21st June

4:00 am - 7:00 am	Naad Yog
	Hatha Yog
	Meditation
7:00 am - 7:15 am	Shramdaan
7:15 am - 9:00 am	Personal Time & Holistic Breakfast
9:00 am - 12:30 pm	Cinema Classic Screening: The Making of the Mahatma
	Interaction with Shri Shyam Benegal (Director) and Shri Rajit Kapoor (Actor)
12:30 pm - 3:00 pm	Holistic Lunch & Personal Time
3:00 pm - 4:30 pm	Orientation
4:30 pm - 5:00 pm	Holistic Dinner
5:00 pm - 6:30 pm	Inauguration Ceremony
6:30 pm - 8:00 pm	Ustad Amjad Ali Khan (Sarod)

Tuesday, 22nd June

4:00 am - 7:00 am	Naad Yog
	Hatha Yog
	Meditation
7:00 am - 7:15 am	Shramdaan
7:15 am - 9:00 am	Personal Time & Holistic Breakfast
9:00 am - 12 noon	Intensives
12 noon - 1:15 pm	Holistic Lunch
1:15 pm - 2:00 pm	Yog Nidra
2:00 pm - 3:30 pm	Murtaza Danish Hussain (Dastangoi)
3:30 pm - 5:00 pm	Vidushi Teejan Bai (Pandvani)

5:00 pm - 6:00 pm	Holistic Dinner
6:00 pm - 7:30 pm	Dr. N Rajam (Hindustani Violin)
7:30 pm - 9:00 pm	Vidushi Aruna Sairam (Carnatic Vocal)
Wednesday, 23rd June	
4:00 am - 7:00 am	Naad Yog
	Hatha Yog
	Meditation
7:00 am - 7:15 am	Shramdaan
7:15 am - 9:00 am	Personal Time & Holistic Breakfast
9:00 am - 12 noon	Intensives
12 noon - 1:15 pm	Holistic Lunch
1:15 pm - 2:00 pm	Yog Nidra
2:00 pm - 3:30 pm	Vidushi Vishaka Hari (Harikatha)
3:30 pm - 5:00 pm	Smt. Anjolie Ela Menon (Talk)
5:00 pm - 6:00 pm	Holistic Dinner
6:00 pm - 7:30 pm	Pandit Vishwa Mohan Bhatt (Mohan Veena)
7:30 pm - 9:00 pm	Vidushi Sujata Mohapatra (Odissi)
Thursday, 24th June	
4:00 am - 7:00 am	Naad Yog
	Hatha Yog
	Meditation
7:00 am - 7:15 am	Shramdaan
7:15 am - 9:00 am	Personal Time & Holistic Breakfast
9:00 am - 12 noon	Intensives
12 noon - 1:15 pm	Holistic Lunch
1:15 pm - 2:00 pm	Yog Nidra
2:00 pm - 3:30 pm	Shri Chinta Venkateswarlu (Veeranatyam)

3:30 pm - 5:00 pm	Smt. Shabana Azmi and Shri Javed Akhtar (Poetry reading and Interaction)
5:00 pm - 6:00 pm	Holistic Dinner
6:00 pm - 7:30 pm	Vidushi S Sowmya (Carnatic Vocal)
7:30 pm - 9:00 pm	Ustad Bahauddin Dagar (Rudra Veena)
Friday, 25th June	
4:00 am - 7:00 am	Naad Yog
	Hatha Yog
	Meditation
7:00 am - 7:15 am	Shramdaan
7:15 am - 9:00 am	Personal Time & Holistic Breakfast
9:00 am - 12 noon	Intensives
12 noon - 1:15 pm	Holistic Lunch
1:15 pm - 2:00 pm	Yog Nidra
2:00 pm - 5:00 pm	Music in Prayer
	Bhai Manohar Singh (Gurbani)
	Chisti Brothers (Qawwali)
5:00 pm - 6:00 pm	Holistic Dinner
6:00 pm - 7:30 pm	Vidushi A Kanyakumari (Carnatic Violin)
7:30 pm - 9:00 pm	Pandit Ulhas Kashalkar (Hindustani Vocal)
Saturday, 26th June	
4:00 am - 7:00 am	Naad Yog
	Hatha Yog
	Meditation
7:00 am - 7:15 am	Shramdaan
7:15 am - 9:00 am	Personal Time & Holistic Breakfast
9:00 am - 12 noon	Intensives
12 noon - 1:00 pm	Holistic Lunch

1:00 pm - 3:00 pm	Presentations
3:00 pm - 4:00 pm	Holistic Lunch
4:00 pm - 7:00 pm	Yog Nidra
	Rest hours
7:00 pm - 8:00 pm	Holistic Dinner
8:00 pm - 6:00 am	Pandit Shiv Kumar Sharma (Santoor)
	Pandit Venkatesh Kumar (Hindustani Vocal)
	Guru Margi Madhu (Koodiyattam)
	Ustad Shahid Parvez (Sitar)
	Ustad F Wasifuddin Dagar (Dhrupad)
Sunday, 27th June	
6:00 am - 12 noon	Personal Time & Holistic Breakfast
12 noon - 1 pm	Interaction with Shri Sudarshan Sahoo (Sculptor)
1:00 pm - 2:30 pm	Holistic Lunch
2:30 pm - 3:30 pm	Heritage Tour with Dr. Ramji Narayan
4:00 pm - 5:00 pm	Virtual Tour at NGMA
5:00 pm - 6:00 pm	Holistic Dinner
6:00 pm - 7.30 pm	Interaction with Barat Duo (Western Classical Violin)
Intensives	
Bharatnatyam	Vidushi Geeta Chandran
Kathak	Pandit Rajendra Gangani
Sattriya	Guru Ghanakanta Bora
Koodiyattam	Guru Margi Madhu
Odissi	Vidushi Sujata Mohapatra
Mohiniyattam	Vidushi Deepti Omchery Bhalla
Kuchipudi	Vidushi Vyjayanthi Kashi

Dhrupad	Ustad Wasifuddin Dagar
Hindustani Vocal	Vidushi Shruti Sadolikar
Carnatic Vocal	Vidwan Neyveli Santhanagopalan
Miniature Painting	Shri Babu Lal Marotiya
Pattachitra	Smt. Saudamini Swain
Palm Leaf Engraving	Shri Sarat Kumar Pradhan
Madhubani Painting	Smt. Hema Devi
Chittara Tribal Painting	Shri Eshwar Naik

Morning Yog

Naad Yog	Ustad F Wasifuddin Dagar
Hatha Yog	Dr. Manju Deorari
Meditaiton	Miss Stanzin Lhadol

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Note:

All Timings are in IST.

Live Telecast will be available on <https://www.youtube.com/spicmacayofficial/live>

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