



MAHA योग-ध्यान KUMBH 8

A PSSM & PMC हिन्दी initiative

MAIN STAGE SCHEDULE

Yog Mahotsav Ghat, Muni Ki Reti
4 – 8 OCTOBER 2025

MYDK, Rishikesh is a plastic-free zone – please bring your own water bottles.

Annaprasadam Timings

Breakfast: 8 AM – 10 AM

Lunch: 1:15 PM – 3 PM

Dinner: 8:30 PM – 10 PM

Ganga Aarti 6 – 6:30 PM

Jagrut KIDS Session 5, 6, 7 October 2025

Location: Swaminarayan Ashram, 1st Floor

Part 1: 10AM – 1PM (2 Sessions)

*Pick up Kids by 1:00PM,
Drop Kids by 2:45PM*

Part 2: 3PM – 5PM (2 Sessions)



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October 4, 2025

Time	Session type	Details
9:00 AM	Registration	Guests check in with QR Code and receive MYDK Band
4:00 PM	Welcome Address	Grand Inauguration of Maha Yog Dhyana Kumbh
5:00 PM	Inauguration	Key note speeches by Chief Guests & Special Invitees
6:30 PM	Announcements	World's First Spiritual Science Lifestyle PMC APP - in 11 Indian regional languages
7:00 PM	Guru Sangam	Guest Speaker - Bhikku Sanghasena (Founder - Mahabodhi International, Ladakh)
7:45 PM	Dance Ballet	Kuchipudi Dance ballet on Divine Feminine by Natyashastra Dance Academy
10:00 PM	Guided Meditation	Oneness Meditation with <i>Tibetan Singing Bowl</i> by Shaveta Sharma



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October 5, 2025

Time	Session type	Details
5:30 am	3 hours Live Music Meditation	Shubodaydhyan led by Pari Patri Theme: We are Gods I am a speck of consciousness
10:00 AM	Holistic Health Workshop	Science of Meditation explained Dr. Sweta Adatia (Neurologist)
11:00 AM	Impact Report	Project Jagrut Yuva – Meditation in Education Sector
11:30 AM	Holistic Health Workshop	Science of Holistic Lifestyle explained – Dr. NK Sharma, Founder – RHF
12:15 PM	Spiritual Science talk	Case studies of healing through Spiritual Tablets (Dr. Gopalakrishna), Zero Budget Health, (Dr. S. Ranjan), Homeopathy (Dr. Khushali Lukhi)
3:00 PM	Panel Discussions	Q&A Session with Panel on – Knowledge of the Unseen Worlds: • US Pandey (Theosophical Society) • Suvarna Suvi (Pyramid Master) • Master Pallavi (Soul Network) Moderated by Dr. Kajal Tehri
4:00 PM	Impact Report	State wise presentation of Meditation awareness
5:00 PM	Cultural Programmes	Art & cultural presentations by PSSM Masters
6:30 PM	Live Music Meditation	Sitar Music Recital by Soumitra Thakur & Ujith Udaya Kumar on Tabla
7:30 PM	Spiritual Science Talk	Guest speaker – Pari Patri (Founder, PSSM Global)
10:00 PM	Music Meditation	Tibetan Singing Bowl by Shampa Mukherjee Theme: World Peace (Vasudhaiva Kutumbakam)



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October 6, 2025

Time	Session type	Details
5:30 AM	Live Music Meditation	Shubodaydhyam Music Meditation led by Rachna Gupta Theme: Heart Coherence with Gratitude
10:00 AM	Quantum Healing Workshop	Spiritual Growth Science – Dr. Newton & Dr. Lakshmi Kondaveti (Founders – Quantum Life University)
12:00 PM	Impact Report	Project Buddha CEO – Meditation in Corporate sector
12:15 PM	Mirror Work Workshop	Relationships – Hitesh & Shubhangi Vashisht (Consciousness Coaches)
3:00 PM	Panel Discussions	Q&A Session with Panel on Self-Healing techniques: • Mahesh Agarwal (Narayan Seva Sansthan) • Dhireen Sareen (Founder – Global Good Health Mission) • Sarika Saraf (Director – St. Xaviers School) Moderated by Dr. Rajashri Soni
4:00 PM	Impact Report	State wise presentation of Meditation awareness
4:30 PM	Panel Discussion	Journey with Patriji with expert panelists on New-Age Spirituality topics given by Patriji: • P. Chandrashekar • Sai Kumar Reddy • Kavita Chadda Moderator: Pragya Tomar
5:30 PM	Cultural Programmes	Art & cultural presentations by PSSM Masters
9:00 PM - 12:00 AM	Sharad Poornima LIVE Music Meditation	LIVE Music by Ajay Prasanna – <i>Flute</i> (Grammy award winning artist) & Saraswati Rajagopalan – <i>Veena</i> Led by Dr. Newton & Dr. Lakshmi Kondaveti



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October 7, 2025

Time	Session type	Details
6:00 AM	Live Music Meditation	Shubodaydhyana Music Meditation led by Parinitha Patri Theme: Compassion towards all
10:00 AM	Pyramid Energy Workshop	Pyramids Meditation Centers with Alekhya Shastri & PV Ramaraju (Director, PMC Hindi)
11:00 AM	Spiritual Science talk	Law of Attention – Parinitha Patri (Founder – SWAGG)
12:00 PM	Impact Report	State wise presentation of Meditation awareness
12:30 PM	Panel Discussions	Q&A Session with Panel on Wisdom of Gurus & Ancient Beings: • Rachna Gupta (Senior Pyramid Master) • Shampa Mukherjee (Multi-disciplinary Energy Therapist) • Swati Ponnala (PMC Bihar) Moderated: Chaya D.S.
3:00 PM	Spiritual Science talk	Guest speaker on Advait Wisdom by Dr. H.C. Jain (Retd. IRS)
3:45 PM	Impact Report	State wise presentation of Meditation awareness
5:00 PM	Cultural Programmes	Art & cultural presentations by PSSM Masters
6:30 PM	Live Music Meditation	Shehnai Music Concert with Lokesh Anand
7:30 PM	Panel Discussion	New-Age Spirituality topics given by Patriji: • Brahmarshi Premnath (Sr Master) • PV Ramaraju (Director PMC Hindi) • Maheshwari (Balvikas) Moderator – Rup Jhunjunwala
10:00 PM	Celebrations	Garba & Bhangra Night



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October 8, 2025

Time	Session type	Details
5:30 AM	Live Music Meditation	Shubodaydhyan Music Meditation led by Brahmarshi Premnath Theme: Connect to your Higher-Self
9:00 AM	Closing Ceremony	Important Announcements

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