



SRI AUROBINDO SOCIETY, JP NAGAR, BENGALURU

SPECTRUM

Indian Culture - Connecting Communities



Indian Culture has a unique contribution in every field of human activity – religion, philosophy, science & technology, architecture, music, dance, arts, trade and commerce. Its basis has been Spirituality, along with a powerful, rational, ethical and aesthetic mind, combined with prolific creativity.

SPECTRUM is an initiative by Sri Aurobindo Complex Trust, JP Nagar, Bengaluru, promoting Indian Culture and Connecting Communities. It draws inspiration from the immortal teachings of Sri Aurobindo and the Mother and aspires for a new consciousness, a new society and a new world order.

SPECTRUM engages to rediscover these truths and their application in our daily life and modern times. It endeavors to evoke among the youth a Sense of Patriotism, a pride in their heritage and an aspiration and Will to create a greater future. SPECTRUM is an acronym for: Spirituality; Philosophy; Education; Culture; Transcendence; Realisation; Understanding and Movement.

Open to All

SPECTRUM PROGRAMS

When and Where:

From Second Saturday of April, 2019 onwards, SPECTRUM is organising regular weekly programs for the general public enhancing community bonding and mutual learning. Talks and activities will cover a wide range of topics of interest related to spirituality, wellness and daily living.

Time: Every Saturday between 5.30 pm - 6.30 pm

**Venue: Sri Aurobindo Complex, 1st phase, JP Nagar, Bengaluru.
(Mirambika School Campus)**

Program List provided here is tentative and subjected to change. There shall be NO entry fee.

SRI AUROBINDO COMPLEX

Sri Aurobindo Complex, situated in South of Bengaluru, is surrounded by grown up trees, lush green lawns and clean environment providing soulful moment and serene ambience for an unforgettable experience. Sri Aurobindo Complex is the headquarters of Sri Aurobindo Society in Karnataka and functions as an experimental laboratory in service of the Truth as envisaged by Sri Aurobindo and the Mother. This spiritual edifice attracts many visitors who seek inner peace. The entire complex brims with meaningful activities all seven days a week.

Regular Activities: Meditation, Music and Yogasana classes, Satsang, Cultural Programs, Discourses in the light of teachings of Sri Aurobindo and the Mother, Exhibition of teachings of Sri Aurobindo and the Mother, Publication of Books and many more. The Complex has the CBSE affiliated “Mirambika School for new Age” with about 850 children (www.msfn.ac.in)

Open to All

PROGRAMS (13th April - 29th June, 2019)

Timing: 5.30 pm to 6.30 pm

DATE	TOPIC	RESOURCE PERSON
13-04-2019	SPECTRUM Inauguration	Dr. Ajit Sabnis Managing Trustee - Sri Aurobindo Complex Trust, J.P. Nagar, Bengaluru
	Bharatanatyam Dance	Kumari Daya Santoshi Disciple of Smt. Sudharani Raghupathy – Alwarpet, Chennai. (Bharatalaya Dance School)
20-04-2019	Devotional Songs	Smt. Priya and Smt. Preeti (Sisters)
24-04-2019 DARSHAN DAY	“Sri Aurobind’s Relevance in today’s India”	Sri S.S. Lahiri Trustee – Sri Aurobindo Complex Trust, J.P. Nagar, Bengaluru
27-04-2019	Understanding of Happiness	Dr. R. Srinivasa Murthy Professor of Psychiatry (Retd.) NIMHANS, Bengaluru
04-05-2019	Mastering Emotions	Dr. Shamanthakamani Narendran Consultant Neonatologist and Paediatrician, Gunasheela Surgical and Maternity Hospital, Bengaluru
11-05-2019	Harvesting Human Growth- Consciousness Perspective	Dr. Ajit Sabnis Managing Trustee Sri Aurobindo Complex Trust, J.P. Nagar, Bengaluru
18-05-2019	Devotional Songs (Carnatic Music)	Kumari Sanjana H S Junior - Student of Smt. Aruna Rajagopal, Arekere Mico Layout, Bengaluru
25-05-2019	Yoga and Wellness	Dr. B. N. Gangadhar Director - NIMHANS, Bengaluru
01-06-2019	Cultural Program (Dance)	Sri S. Lakshmikanth, Dance Choreographer – Kanasu Nanasu Kalanikethana, Bengaluru
08-06-2019	What is the Goal of our Life? Perspectives from Ancient Indian Wisdom	Dr. B. Mahadevan Indian Institute of Management, Bengaluru
11-06-2019 RELICS DAY	The Mother and Sri Aurobindo Views on Gratitude	Sri Rajiv M. Nadig
16-06-2019 11 am to 12.30 pm	Spiritual Quest	Sri Nirakar Das, Orissa
22-06-2019	Sugama Sangeeta	Mirambika School Choir, Bengaluru
29-06-2019	Renaissance of Indian Culture	Dr. Sampadananda Mishra Sri Aurobindo Society, Puducherry

FACILITIES AT SRI AUROBINDO COMPLEX



Meditation Hall: Meditation Hall has at its centre enshrined relics of Sri Aurobindo. This hall is Open to Public for Meditation from 8 am to 12.00 noon and 4.00 pm to 8.00 pm on all days. Marble platform of relics will be decorated with flowers on Darshan days and other important occasions. Group meditation with music will be arranged on these days.

Cultural Hall: Cultural cum Exhibition hall with a seating capacity of about 200, is the centre of all activities in the complex. Cultural programs, yogasana classes for school students and general public, dance classes, spiritual talks etc. are being held on daily basis along with display of teachings of Sri Aurobindo and the Mother. The exhibition topics will keep changing on regular basis.

Audio-Visual Hall: It is a multipurpose space for teacher’s workshop, parent-teacher meeting, presentations, talks by eminent personalities etc. Discrete lighting system creates perfect ambience for conducting various activities.

SRIRANGA - The Open Air Theatre: OAT is one of those open spaces bubbling with activities. With about 800 seating capacity, it is one of the most loved places in the campus, especially in the evening. It is a place which hosts cultural, inter-house, inter-school events, dance performances, skit, music, scientific demonstrations, campaigning, scholastic book exhibition, yoga display etc.

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For details please contact:

Sri Aurobindo Complex Trust®

Sri Aurobindo Marg, J.P. Nagar I Phase, Bengaluru - 560 078.

Ph.: 080 - 2244 9882; E-mail: sactmsf@gmail.com

Web: <http://www.sriurobindocomplex.org/>