

Convocation 2024 / Schedule of Online Events – India Standard Time (IST)

Monday July 15	Tuesday July 16	Wednesday July 17	Thursday July 18	Friday July 19	Saturday July 20	Sunday July 21
			12:30 AM – 1:30 AM Guided Meditation in Italian with Technique Review Brother Sattvananda		12:00 AM – 1:00 AM Guided Meditation in German with Technique Review Brother Nikhilananda	1:30 AM – 2:30 AM “A Portable Paradise: Sustaining the Strength and Inspiration of Divine Fellowship Wherever You Go” Sister Draupadi
			2:30 AM – 3:30 AM Guided Meditation in Portuguese with Technique Review Sister Bhavani	2:30 AM – 3:30 AM Guided Meditation in Spanish with Technique Review Brother Ekananda	2:30 AM – 3:30 AM Online Fellowship “What Are Some of Your Key Takeaways From Convocation?”	
	3:00 AM – 4:00 AM “Recharging the Body with Cosmic Energy” Brother Prafullananda	3:00 AM – 4:00 AM “Mastering the Techniques of Meditation – Part II” (Aum Technique of Meditation) Brother Padmananda		4:30 AM – 6:00 AM Kirtan and Meditation From YSS Ranchi Ashram Matri Mandir YSS Monks’ Kirtan Group		
6:30 AM – 7:30 AM Online Fellowship “What do you hope to gain from this year’s Convocation?”	5:00 AM – 6:00 AM “Mastering the Techniques of Meditation – Part I” (Hong-Sau Technique of Concentration) Sister Karuna	5:00 AM – 6:00 AM Guided Meditation in Japanese with Technique Review Sister Shankari	5:00 AM – 6:00 AM Online Fellowship “What Aspect of Paramahansa Yogananda’s Teachings is Most Meaningful to You?”			
8:00 AM – 9:00 AM “Allowing Joy to Be a Part of Our Everyday Lives” Brother Kamalananda	8:00 AM – 9:00 AM “Using the Mirror of Introspection For All-Round Success” Brother Satyananda	8:00 AM – 9:00 AM “Forging a Personal Connection With the Divine” Sister Ranjana	8:00 AM – 9:00 AM “Intuition: Nurturing the Love and Wisdom That Come From Meditation” Brother Govindananda	8:00 AM – 9:00 AM “Highest Expression of Friendship: The Sacred Bond Between Guru and Disciple” Brother Bhumananda	8:00 AM – 9:00 AM Satsanga with Brother Chidananda	
9:30 AM – 10:30 AM Meditation Brother Tyagananda	9:30 AM – 10:30 AM Meditation Brother Jitananda	9:30 AM – 10:30 AM Meditation Brother Vimalananda	9:30 AM – 10:30 AM Meditation Brother Vijayananda	10:00 AM – 10:30 AM Meditation Brother Dhruvananda	9:30 AM – 10:30 AM Meditation Brother Saralananda	
8:30 PM – 11:30 PM Meditation with Kirtan (Devotional Chanting) SRF Nuns’ Kirtan Group	8:30 PM – 9:30 PM Meditation Sister Sarala	8:30 PM – 11:30 PM Meditation with Brother Chidananda SRF Monks’ Kirtan Group	8:30 PM – 9:30 PM Meditation Sister Chetana	8:30 PM – 11:30 PM Guided Meditation Sister Yogamayee	8:30 PM – 9:30 PM Meditation Sister Jyoti	
	11:00 PM – 12:00 AM Satsanga (Questions & Answers) Sister Brahmani		11:00 PM – 12:00 AM Satsanga (Questions & Answers) Sister Nandini			