

# SPIRITUAL RETREAT 2026

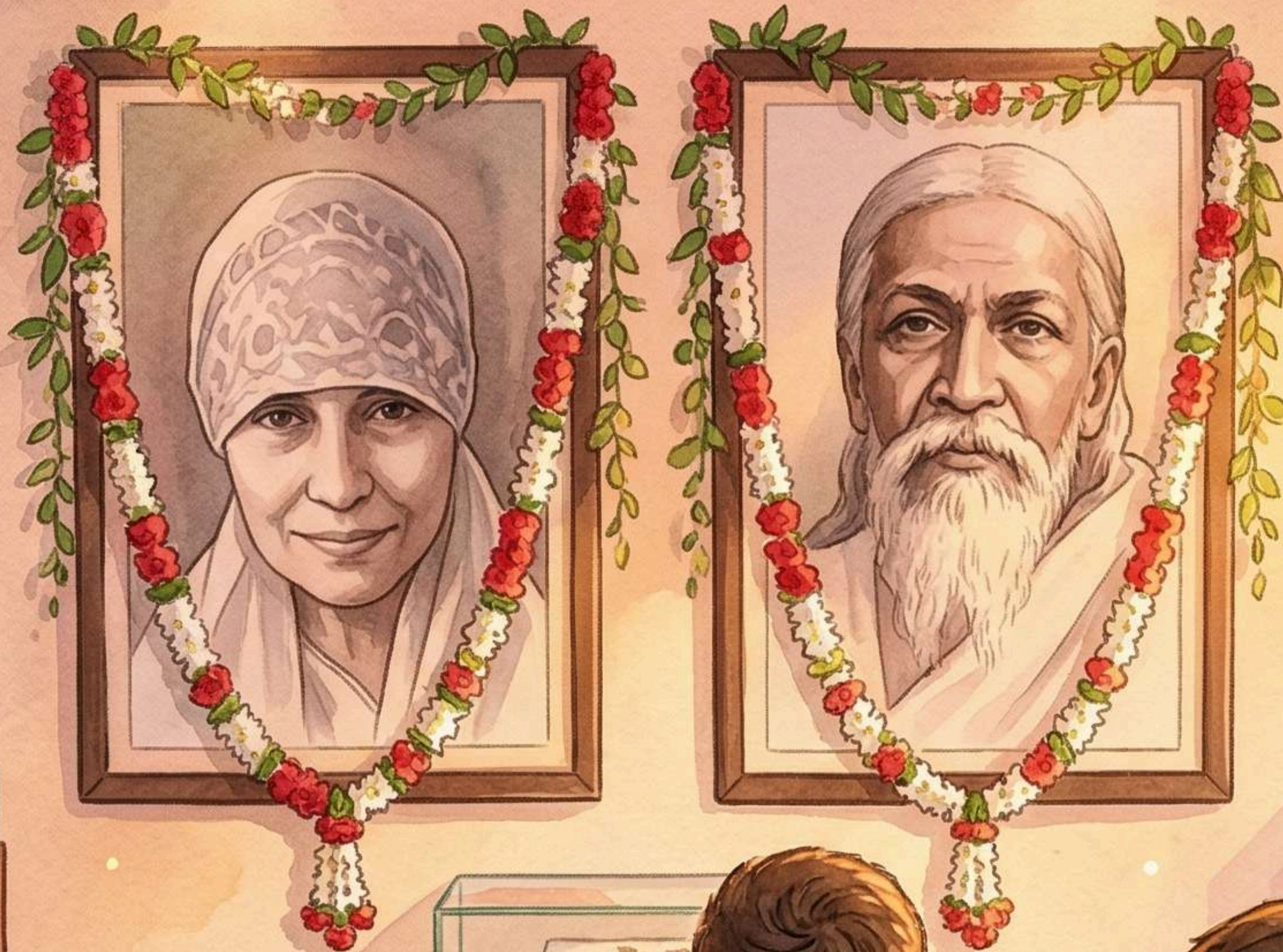
# ANTAR-JYOTI

*The Journey to Integral Perfection*

Tuesday 19<sup>th</sup> May to Saturday 23<sup>rd</sup> May, 2026



**Seth M.R. Jaipuria School Vineet Khand,  
Gomti Nagar, Lucknow**



"ARISE, TRANSCEND THYSELF,  
THOU ART MAN AND THE WHOLE NATURE OF MAN  
IS TO BECOME MORE THAN HIMSELF."  
- SRI AUROBINDO

## The Vision

We are not here to teach,  
but to awaken.  
To create a space where  
students begin to listen  
within, where  
awareness deepens and  
every experience  
becomes a step towards  
conscious living.

**Prof. Sampadananda Mishra**  
Dean-Culture and Director of the center of  
Human Sciences at Rishihood University, Haryana

# Awakening the Inner Being

## Psychic Being (Chaitya Satta)

Nurturing the discovery of the inner soul through sincerity and aspiration.



## Physical Being (Annamaya Satta)

Cultivating awareness of the body through conscious living, discipline, and work as a form of sadhana.



## Vital Being (Pranamaya Satta)

Refining emotions, desires, and life energy into courage, harmony, and conscious expression.



## Mental Being (Manomaya Satta)

Developing clarity of thought, concentration, and the ability to enter silence within.



# Daily Morning Yoga

A mindful start that brings balance, focus & inner readiness for the day.



# Guided Inner Exploration Through Sessions



**Sri Sraddhalu Ranade**

**Scientist, Educationist and Scholar**



**Prof. Vinod Solanki**

**Retd. HOD, Dept. of English,  
Deen Dayal Upadhyaya University, Gorakhpur**



**Mrs. Anjali Jaipuria**

**Vice Chairperson, Seth M.R. Jaipuria School**



**Mrs. Promini Chopra**

**Principal, Seth M.R. Jaipuria School, Gomti Nagar**

STUDENT-LED SESSION

# 5 Aspects of Mental Transformation



**PRAKARSH KAPOOR**  
Grade 10F



**ARJUN MISHRA**  
Grade 9C



Concentration



Expansion



Organization



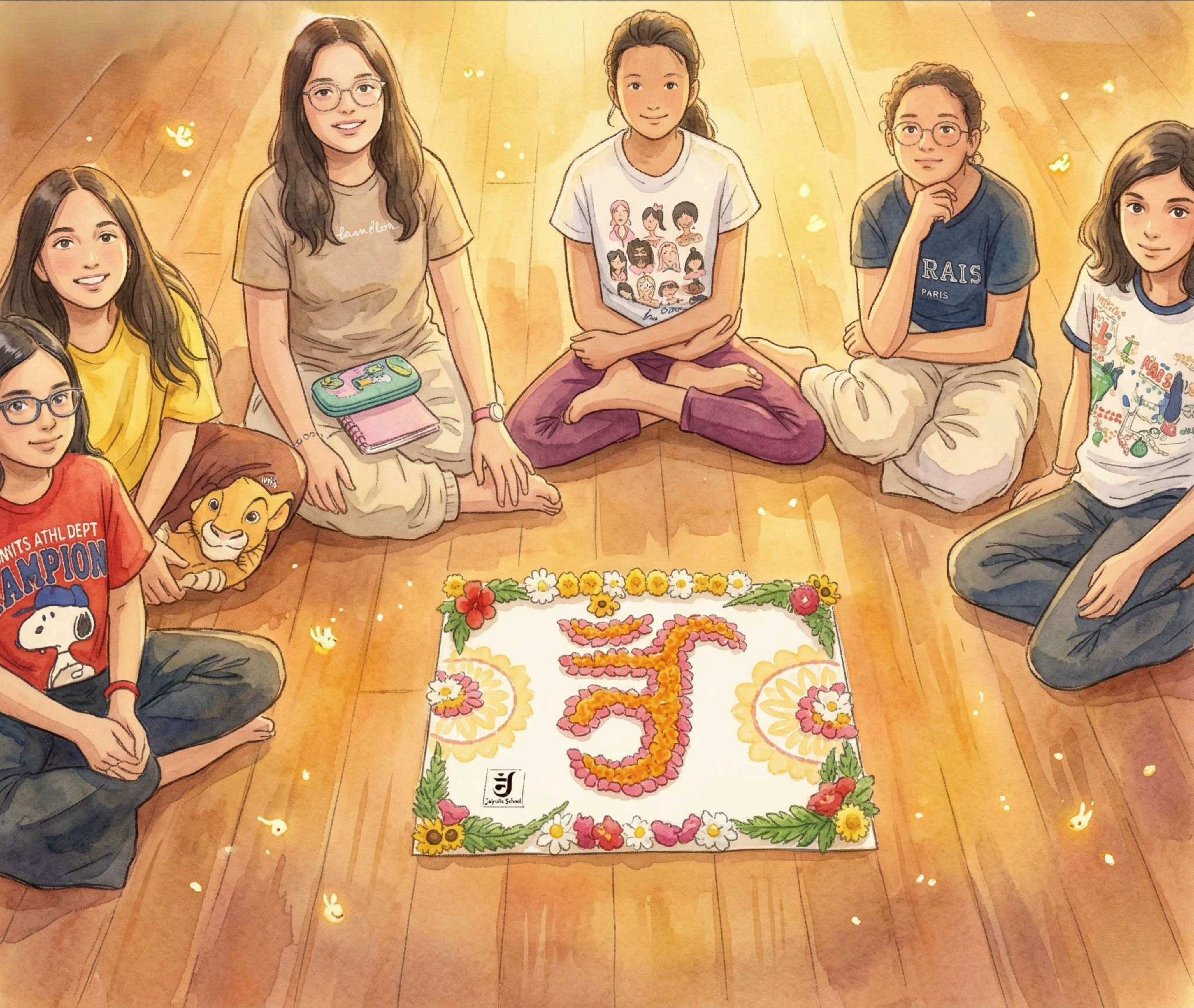
Mastery



Silence

## Expression through Art

Students meditate and bring their inner experience to life through art.





Love Bath  
A not to be missed experience.



DAY 1 – TUESDAY, 19TH MAY 2026

# THE INNER SUN: CHAITYA SATTA

## Discovering the Psychic Spark

Objective: Finding the guide within and exploring its expressions.

TIME	SESSION	ACTIVITY	LED BY
7:30 a.m.-8:30 a.m.	Reporting	Reporting, Room allotment	Teachers & Mrs. Mitali Srivastava
8:30 a.m.-9:30 a.m.	Breakfast	Meditative Breakfast	Mrs. Mitali Srivastava
9:30 a.m.-10:30 a.m.	Orientation	THE DEEPER AIM OF LIFE	Sampadanand Mishra
10:30 a.m.-12:30 noon	Session 1	THE SILENT RESIDENT: DISCOVERING THE PSYCHIC ENTITY	Anjali Jaipuria
12:30 p.m.-1:00 p.m.	Q&A	Question & Answer	Anjali Jaipuria
1:00 p.m.-2:00 p.m.	Lunch	Meditative Lunch	Mrs. Mitali Srivastava
2:00 p.m.-2:30 p.m.	Reflection	Journaling	Teacher Incharges
2:30 p.m.-3:30 p.m.	Session 3	THE CENTRAL FIRE: THE PSYCHIC AS THE INMOST GUIDE	Sri Sraddhalu Ranade
3:30 p.m.-4:00 p.m.	Q&A	Question & Answer	Sri Sraddhalu Ranade
4:00 p.m.-5:00 p.m.	Session 4	LIBERATION OF THE NATURE	Prof. Vinod Solanki
5:00 p.m.-5:30 p.m.	Break	Meditative Snacks	Mrs. Mitali Srivastava
5:30 p.m.-6:00 p.m.	Activity	Singing in the auditorium	Teachers
6:00 p.m.-9:00 p.m.	Movie	Hindi Movie	Teachers
9:00 p.m.-10:00 p.m.	Dinner	Meditative Dinner	Mrs. Mitali Srivastava
10:00 p.m.	Sleep	Meditative Sleep	Room In-charges

Day 2 – Wednesday, 20th May 2026

# CONSCIOUS TRANSFORMATION OF THE ANNAMAYA SATTA (Physical Being)

## “The Body – The Temple of Tomorrow”

**Objective:** To move from a mechanical understanding of the body to a conscious, disciplined, and plastic physical being.

TIME	SESSION	ACTIVITY	LED BY
6:30 a.m.-7:30 a.m.	Yoga	Hatha Yoga	Yoga Teachers
7:30 a.m.-9:00 a.m.	Breakfast	Shower and Meditative Breakfast	Room In-charges
09:00 a.m.-10:00 a.m.	Vision Focus	What is Physical Education? The three aspects	Sampadanand Mishra
10:00 a.m.-11:00 a.m.	The Mastery	Method, Order, Discipline:	Sampadanand Mishra
11:00 a.m.-11:30 a.m.	Break	Fruit Break	Mrs. Mitali Srivastava
11:30 a.m.-12:30 p.m.	The Instrument	Perfection of the Body: Beauty, Harmony, and Strength.	Sampadanand Mishra
12:30 p.m.-01:00 p.m.	Q&A	Question and Answers	Sampadanand Mishra
01:00 p.m.-02:00 p.m.	Lunch	Meditative Lunch	Mrs. Mitali Srivastava
02:00 p.m.-03:00 p.m.	Recovery	Sleep and Food (Part II)	Sampadanand Mishra
03:00 p.m.-03:30 p.m.	Q&A	Discussion on lifestyle habits: Sleep cycles and diet.	Sampadanand Mishra
03:30 p.m.-04:00 p.m.	Snacks	Meditative Snacks. Transition to the final intensive session.	Mrs. Mitali Srivastava
04:00 p.m.-05:00 p.m.	Transformation	Competition vs. Progress	Sampadanand Mishra
05:00 p.m.-05:30 p.m.	Reflection	Final reflections on the day's learning. Reflection Circle.	Sampadanand Mishra
05:30 p.m.-06:30 p.m.	Grand Finale	The Quiz (Annamaya Challenge)	Sampadanand Mishra
6:30 p.m.-7:30 p.m.	Games	Outdoor Games	Sports Teachers
8:30 p.m.-9:30 p.m.	Meditation	Shower and Meditation (in Meditation room)	
9:30 p.m. onwards	Dinner	Meditative Dinner	Mrs. Mitali Srivastava
10:00 p.m.- 11:00 p.m.	Preparation	Preparation for Presentations on Final day	Room In-charges
11:00 p.m.	Sleep	Meditative Sleep	Room In-charges

DAY 3 – THURSDAY, 21ST MAY 2026

# CONSCIOUS TRANSFORMATION OF THE PRANAMAYA SATTA (VITAL, EMOTIONAL BEING)

## 'The Master of the Storm'

**Objective:** To transform the vital from a source of disorder and desire into a powerful, harmonious, and heroic instrument of the soul.

TIME	SESSION	ACTIVITY	LED BY
6:30 a.m.-7:30 a.m.	Pranayam	Concentration and Pranayam	Yoga Teachers
7:30 a.m.-9:00 a.m.	Breakfast	Shower and Meditative Breakfast	Room In-charges
09:00 a.m.-10:00 a.m.	Inaugural	THE WILD HORSE	Sampadanand Mishra
10:00 a.m.-11:00 a.m.	Two-Fold Task	Observation and Control	Sampadanand Mishra
11:00 a.m.-11:30 a.m.	Break	Fruit Break	Mrs. Mitali Srivastava
11:30 a.m.-12:30 p.m.	Heroic Vital	Character Building	Sampadanand Mishra
12:30 p.m.-01:00 p.m.	Q&A	Handling anger, jealousy and bad moods. "The Mood Lab"	Sampadanand Mishra
01:00 p.m.-02:00 p.m.	Lunch Break	Vital Discipline and Taste Neutrality exercise	Sampadanand Mishra
02:00 p.m.-03:00 p.m.	Aesthetic Vital	Art, Beauty and Refinement using music and art.	Sampadanand Mishra
03:00 p.m.-03:30 p.m.	Q&A	Discussion on entertainment and energy.	Sampadanand Mishra
03:30 p.m.-04:30 p.m.	Mastery	Will and Persistence through a strong and steady will	Sampadanand Mishra
04:30 p.m.-05:00 p.m.	Reflection	Final reflections on emotional mastery	Sampadanand Mishra
05:00 p.m.-05:30 p.m.	Snacks	Meditative Snacks and observing speech	Sampadanand Mishra
05:30 p.m.-06:00 p.m.	Grand Finale	The Pranamaya Quiz	Sampadanand Mishra
6:00 p.m.-7:00 p.m.	Games	Outdoor Games	Sports Teachers
7:00 p.m.-8:00 p.m.	Meditation	Shower and Meditation (Meditation room)	Room In-charges
8:00 p.m.-9:00 p.m.	Dinner	Meditative Dinner	Mrs. Mitali Srivastava
9:00 p.m. onwards	Preparation	Preparation for presentations on Final Day	Room In-charges
11:00 p.m.	Sleep	Meditative Sleep	Room In-charges

DAY 4 – FRIDAY, 22ND MAY 2026

# CONSCIOUS TRANSFORMATION OF MANOMAYA SATTA: Mental Being

## "The Fivefold Ascent of the Mind"

**Objective: To move from a chaotic, reactive mind to a disciplined, wide, and silent consciousness.**

TIME	SESSION	ACTIVITY	LED BY
6:30 a.m.-8:00 a.m.	Breakfast	Shower and Meditative Breakfast	Room In-charges
8:00 a.m.-9:00 a.m.	5 Aspects	5 ASPECTS OF MENTAL TRANSFORMATION	Prakarsh Kapoor 10F, Arjun Mishra 9C and Anmol Sharma 9C
09:00 a.m.– 9:30 a.m.	Q&A	Question & Answer	Prakarsh Kapoor 10F, Arjun Mishra 9C and Anmol Sharma 9C
09:30 a.m. – 10:30 a.m.	Step 1	CONCENTRATION	Sampadanand Mishra
10:30 a.m.– 11:30 a.m.	Step 2	EXPANSION	Sampadanand Mishra
11:30 a.m.-11:45 a.m.	Break	Fruit Break	Mrs. Mitali Srivastava
11:45 a.m. – 12:45 p.m.	Step 3	STEP 3: ORGANIZATION	Sampadanand Mishra
12:45 p.m.– 01:15 p.m.	Q&A	Question & Answer	Sampadanand Mishra
01:15 p.m.– 02:15 p.m.	Lunch Break	Lunch Break Step 4: Thought Control	Sampadanand Mishra
02:15 p.m. – 03:15 p.m.	Step 4	MASTERY Control of Thoughts	Sampadanand Mishra
03:15 p.m.– 03:45 p.m.	Q&A	Question & Answer	Sampadanand Mishra
03:45 p.m. – 04:15 p.m.	Snacks	Meditative Snacks	Sampadanand Mishra
04:15 p.m.– 05:15 p.m.	Step 5	SILENCE Mental Silencce and becoming a mirror for the higher light	Sampadanand Mishra
05:15 p.m. – 05:45 p.m.	Reflection	Question & Answer	Sampadanand Mishra
05:45 p.m.– 06:15 p.m.	Grand Finale	Grand Finale The Fivefold Path Quiz	Sampadanand Mishra
6:15 p.m.-7:45 p.m.	Love Bath	LOVE BATH	Mrs. Promini Chopra
7:45 p.m.-8:45 p.m.	Dinner	Meditative Dinner	Mrs. Mitali Srivastava
8:45 p.m. onwards	Preparation	Preperation for presentations on Final Day	Room In-charges
11:00 p.m.	Sleep	Meditative Sleep	Room In-charges

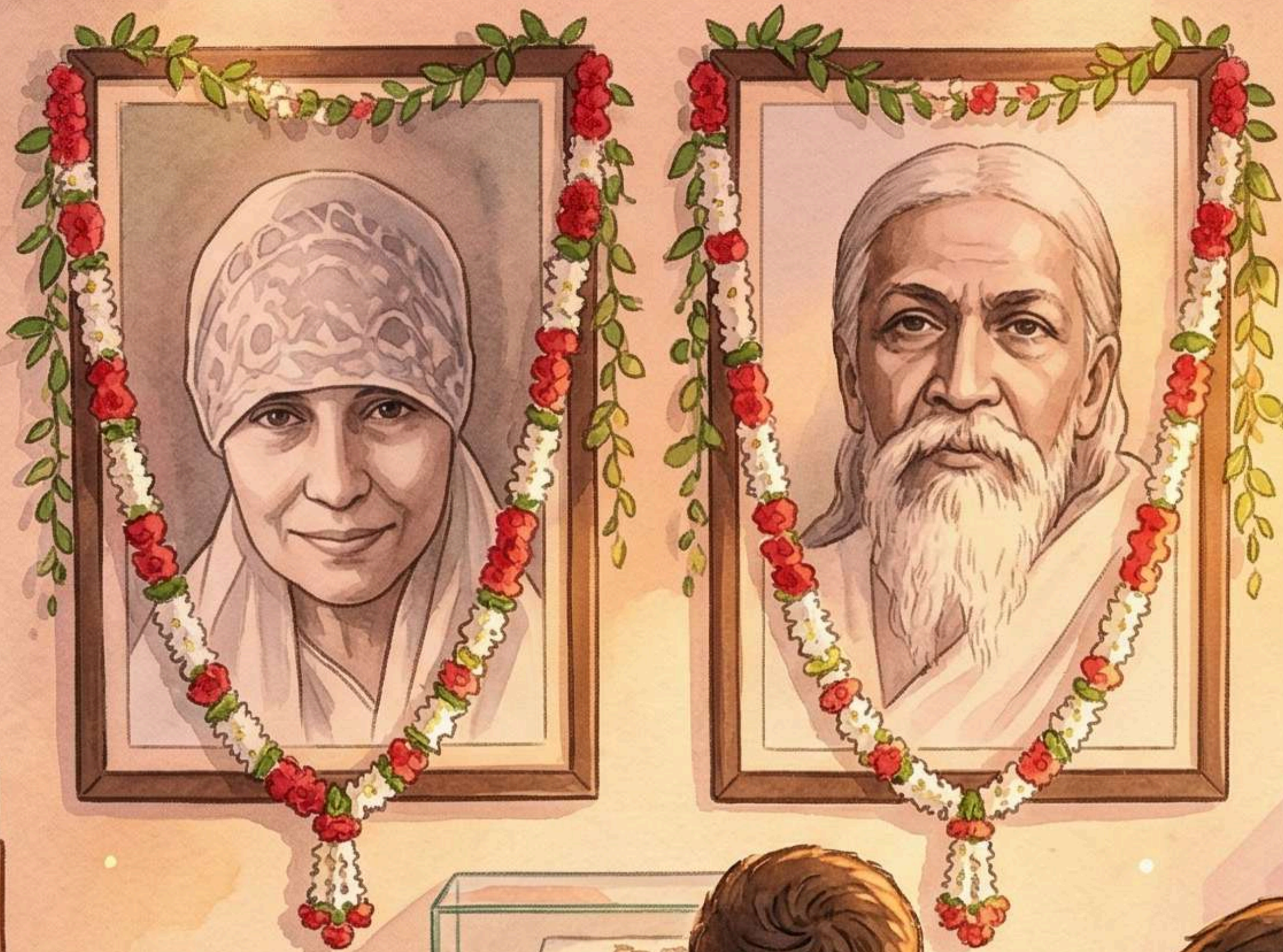
DAY 5 – SATURDAY, 23<sup>rd</sup> MAY 2026

# THE HARMONIOUS WHOLE: PURNA SATTA

## Integration, Expression, and the Future Human

Objective: A New Beginning

TIME	ACTIVITY	LED BY
6:30 a.m.-7:30 a.m.	Shower	Room In-charges
7:30 a.m.-8:00 a.m.	Fruits to be served in room	Mrs. Mitali Srivastava
8:00 a.m.-10:30 a.m.	Rehearsal & Room Packing	Students and Teachers
10:30 a.m.-11:30 a.m.	Gratitude time	Students and Teachers
11:30 a.m.-12:30 p.m.	Heavy Brunch	Mrs. Mitali Srivastava
12:30 p.m.-3:00 p.m.	Final Practice of the Presentation	Students and Teachers
3:00 p.m.-7:00 p.m.	Final Presentation for Parents & Guests	Students and Teachers
7:00 p.m.-9:00 p.m.	High Tea and भाव भीनी विदाई	Mrs. Mitali Srivastava



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