

Revised Programme Schedule

Media Conference & Retreat
“Media, Spirituality & Social Transformation”

12th to 16th June, 2019

Venue: Academy for a Better World, Gyan Sarovar, Mt. Abu (Raj.)

- **Wednesday, 12th June 2019**

Arrival, Check-in

09.30 am - 06.30 pm – **Campus Visit / Sight-Seeing of Mount Abu**

08.45 pm – 10.00 pm: **Video Films**

- **Thursday, 13th June 2019**

07.00 am - 08.30 am: **Rajyoga Meditation Session-1**

Topic: Exploring & Experiencing Inner Being

10.00 am - 01.00 pm: **Reception-cum-Inaugural Session**

Theme: Media, Spirituality & Social Transformation

04.00 pm - 06.00 pm: **Plenary Session-1**

Topic: Empowering Media for Social Transformation

06.15 pm – 07.45 pm: **Insight Session -1**

Topic: Re-discovering Happiness

08.45 pm – 10.00 pm – **Cultural Programme**

- **Friday, 14th June 2019**

07.00 am - 08.30 am: **Rajyoga Meditation Session-2**

Topic: Awareness of the Supreme Being

09.30 am – 11.30 am: **Plenary Session-2**

Topic: Spirituality- A New Dimension in Media Profession

11.30 am – 01.30 pm: **Plenary Session -3**

Topic: The Role of Social Media in Social Transformation

04.00 pm – 06.00 pm: **Talk Show**

Topic: Social Accountability in Today's Media

06.15 pm – 08.00 pm – **Insight-Session-2**

Topic: Stress-Free Life

- **Saturday, 15th June 2019**

07.00 am - 08.30 am: **Rajyoga Meditation Session-3**

Topic: Raj Yoga - A Link with the Supreme Being

10.00 am – 12.30 pm: **Valedictory Session**

Topic: Value Centric Media - Call of the Time

02.00 pm: **Sight-Seeing of Mount Abu**

08.45 pm – 10.00 pm: **Video Films**

- **Sunday, 16th June 2019**

07.00 am - 08.30 am: **Rajyoga Meditation Session-4**

Topic: Experiencing Inner Powers through Rajyoga

10.00 am onwards: **Departure for a New Beginning**