



Bihar Mahotsav 2026

(हिंदी)

Sept 3–6, 2026 • Art of Living International Centre, Bengaluru

The fragrance of Bihar's soil, the heartbeat of Bihar — now in Bengaluru's courtyard!

◆ Highlights ◆

Grand inauguration on Sept 3 by Chief Minister Shri Samrat Choudhary in the presence of Gurudev Sri Sri Ravishankar Ji • Live performance by renowned singer Kalpana Patowary Ji & Satyendra Kumar Sangeet Ji • Colorful folk dances — Jhijhiya (Performance & Learning – Easy Steps), Sama Chakeva, Kajari & Jhumar • Delicious Bihari cuisine and craft stalls • Garba and Bharatanatyam workshops • Games and Intuition demos for children • Every evening, a musical evening of "Gaan Gyaan aur Dhyaan" (Music, Knowledge & Meditation) with Gurudev

◆ Day 1 — Thursday, Sept 3, 2026 ◆

Time	Program	Venue
6:00 AM	Pre-registered Art of Living & Meditation Programs	Designated Venues
From 10:00 AM	Bihar Mahotsav Stalls — Bihari cuisine, industry, tourism, children's games, painting & pottery A unique blend of taste, culture and creativity — a fun stop for the whole family!	Near Main Reception
10:00 AM – 06:00 PM	Children's Play & Fun Zone A Day Full of Games, Joy & Adventure	Anugraha Mantap (Shiva Temple)
12:00 PM	Discover Art of Living – Introduction & Meditation Know your breath, know your life!	Anugraha Mantap (Shiva Temple)
4:00 PM	Bhajan Clubbing — group singing and dance An evening of melody and dancing feet — everyone sings together!	Anugraha Mantap (Shiva Temple)
5:30 PM	Arrival of Hon'ble CM Shri Samrat Choudhary Ji; tour of the stalls Exploring the vibrant showcase of Bihar's culture, cuisine and craftsmanship.	Near Main Reception
6:00 PM onwards	Grand inauguration of Bihar Mahotsav by CM Shri Samrat Choudhary Ji with Gurudev A magnificent start to Bihar Mahotsav with Gurudev's blessings — along with the musical evening of "Gaan Gyaan aur Dhyaan"!	Dhyana Mandir
	Bihar Gaurav Gaan (Bihar Pride Song) A song of Bihar's pride — hearing it will fill you with pride!	

Time	Program	Venue
	Jhijhiya — traditional Bihari dance performance & learning easy steps Lamps balanced on the head, a unique glimpse of a swaying tradition!	

◆ Day 2 — Friday, Sept 4, 2026 ◆

Time	Program	Venue
6:00 AM	Pre-registered Art of Living & Meditation Programs	Designated Venues
10:00 AM onwards	Bihar Mahotsav Stalls — Bihari cuisine, industry, tourism, children's games, painting & pottery A unique blend of taste, culture and creativity — a fun stop for the whole family!	Near Main Reception
10:00 AM – 06:00 PM	Children's Play & Fun Zone A Day Full of Games, Joy & Adventure	Anugraha Mantap (Shiva Temple)
11:00 AM	Sri Sri Yoga Session Feel the joy of movement!	Anugraha Mantap (Shiva Temple)
11:45 AM	Garba Dance Workshop Come learn to sway to the beat of Garba and dance along!	Anugraha Mantap (Shiva Temple)
12:30 PM	Discover Art of Living – Introduction & Meditation Know your breath, know your life!	Anugraha Mantap (Shiva Temple)
3:00 PM	Yoga Nidra Relax, Restore & Rejuvenate!	Anugraha Mantap (Shiva Temple)
3:30 PM	Ayur Jagruti – Ayurveda, Science of Life & Healthy Living Ancient Wisdom for Healthy Living!	Anugraha Mantap (Shiva Temple)
4:00 PM	Jhijhiya (Performance & Learning – Easy Steps) — Bihar special dance Another wonderful performance carrying the fragrance of Bihar's soil!	Anugraha Mantap (Shiva Temple)
4:15 PM	Bhajan Clubbing The start of a fun, musical evening!	Anugraha Mantap (Shiva Temple)
Evening	Intuition Kids Demo The astonishing talent of little ones — you'll be amazed!	Anugraha Mantap (Shiva Temple)

Time	Program	Venue
6:00 PM onwards	Musical evening of "Gaan Gyaan aur Dhyaan" with Gurudev A unique confluence of music, knowledge and meditation in Gurudev's presence — the mind will find wonderful peace and joy!	Dhyan Mandir
	Gujarat Special Garba A vibrant Garba performance with colorful attire from Gujarat!	
	Sama Chakeva — Bihar special A folk tale of sibling love, in dance and music!	

◆ Day 3 — Saturday, Sept 5, 2026 ◆

Time	Program	Venue
6:00 AM	Pre-registered Art of Living & Meditation Programs	Designated Venues
10:00 AM onwards	Bihar Mahotsav Stalls — Bihari cuisine, industry, tourism, children's games, painting & pottery A unique blend of taste, culture and creativity — a fun stop for the whole family!	Near Main Reception
10:00 AM – 06:00 PM	Children's Play & Fun Zone A Day Full of Games, Joy & Adventure	Anugraha Mantap (Shiva Temple)
10:30 AM	Sri Sri Lemurrian Yoga Experience a Ancient Unique Yogic Practice, based on simple body movements!	Anugraha Mantap (Shiva Temple)
11:30 AM	Bharatanatyam — Learn simple steps A chance to encounter the magical world of classical dance!	Anugraha Mantap (Shiva Temple)
12:30 PM	Discover Art of Living – Introduction & Meditation Know your breath, know your life!	Anugraha Mantap (Shiva Temple)
3:00 PM	Yoga Nidra Relax, Restore & Rejuvenate!	Anugraha Mantap (Shiva Temple)
3:30 PM	Well-being Session Know more about different Wellness Therapies!	Anugraha Mantap (Shiva Temple)
4:00 PM	Sama Chakeva — Bihar special Once again, the magic of Bihar's melodious folk tradition!	Anugraha Mantap (Shiva Temple)
4:15 PM	Bhajan Clubbing The evening begins with musical fun!	Anugraha Mantap (Shiva Temple)
6:00 PM onwards	Musical evening of "Gaan Gyaan aur Dhyaan" with Gurudev A unique confluence of music, knowledge and meditation in Gurudev's presence — the mind will find wonderful peace and joy!	Dhyan Mandir

Time	Program	Venue
	Intuition Kids Demo Children's unique talent takes the stage once again!	
	Gujarat Special Annakut A grand offering and a beautiful glimpse of tradition!	
	Live performance by renowned Bihari singer Kalpana Patowary Ji Immerse yourself in the voice of Bihar's nightingale — a memorable night!	
	Kajari dance performance A lively, intoxicating performance like the showers of monsoon!	

◆ Day 4 — Sunday, Sept 6, 2026 ◆

Time	Program	Venue
6:00 AM	Pre-registered Art of Living & Meditation Programs	Designated Venues
10:00 AM onwards	Bihar Mahotsav Stalls — Bihari cuisine, industry, tourism, children's games, painting & pottery A unique blend of taste, culture and creativity — a fun stop for the whole family!	Near Main Reception
10:00 AM – 06:00 PM	Children's Play & Fun Zone A Day Full of Games, Joy & Adventure	Anugraha Mantap (Shiva Temple)
10:30 AM	Introduction to Hatha Yoga Aligning Body, Breath & Mind	Anugraha Mantap (Shiva Temple)
11:00 AM	Well-being Session – Wellness Therapies & Ayurvedic Lifestyle Nurturing Body, Mind & Well-being!	Anugraha Mantap (Shiva Temple)
11:30 AM	Bharatanatyam — Learn simple steps Another golden chance to learn classical dance!	Anugraha Mantap (Shiva Temple)
12:15 PM	Jhijhiya (Performance & Learning – Easy Steps) — Bihar special cultural dance On the festival's final day, a splendid glimpse of Bihar's tradition!	Anugraha Mantap (Shiva Temple)
12:45 PM	Discover Art of Living – Introduction & Meditation Know your breath, know your life!	Anugraha Mantap (Shiva Temple)
3:00 PM	Yoga Nidra Non-sleep deep rest	Anugraha Mantap (Shiva Temple)
3:30 PM	Bhajan Clubbing Once more, an evening of song and music!	Anugraha Mantap (Shiva Temple)

Time	Program	Venue
5:00 PM	Discover Art of Living – Introduction & Meditation Know your breath, know your life!	Anugraha Mantap (Shiva Temple)
6:00 PM onwards	Musical evening of "Gaan Gyaan aur Dhyaan" with Gurudev A unique confluence of music, knowledge and meditation in Gurudev's presence — the mind will find wonderful peace and joy!	Dhyan Mandir
	Intuition Kids Demo The children's final and most special performance!	
	Jhumar dance performance A grand closing performance full of joy and celebration!	
	Live performance by renowned Bihari folk singer Satyendra Kumar Sangeet Ji The Folk Voice of Bihar — Celebrating Tradition Through Music	

**The program schedule is subject to change. Timings, venue and programs details may be revised as required.*

Special Highlights:

Music (Gaan), Wisdom (Gyan) & Meditation (Dhyan) with Gurudev

Main Ashram Programs (Please click on the hyperlinks to know more details):

[Art of Living Happiness Program](#): A 3-day workshop, introducing powerful practices for greater well-being and inner peace.

[Sahaj Samadhi Meditation Program](#): A 3-day meditation workshop, with approximately 2 hours of sessions each day, designed to help participants learn effortless meditation and experience deeper rest.

[Skills Development Centre](#): A space focused on learning, skill development, and empowerment.

Other Ashram Attractions:

[Visalakshi Mantap](#) | [Dhyan Mandir](#) | [Sri Sri Gaushala](#) | [Sri Sri Gurukul](#) | [Guru Paduka Vanam](#) | [Panchkarma](#) – (Sri Sri Wellbeing) | [Shiva Temple](#)

Multiple Food Joints in Ashram:

[Annapurna Kitchen](#) | [Panchamrut](#) | [Café Vishala](#) | [The Café](#) | [Vishala Express](#) | [Vishala Bistro](#)

This is grand confluence of Bihar's culture, flavor and celebration — come, join this colorful journey with your family!