

**CMSD Weekly Classes for Adults and CHYK-s**  
**Revised March 3, 2014**

Day/Time	Text/Class	Sevak/Sevika	Region/Location	Contact/Phone
Monday 7:30-9:00 PM	Self Unfoldment <b>NEW Group</b>	S. Sukumar	Poway- <i>Chinmaya Jyoti</i>	858-748-2013
Monday 7:30-9:00 PM	Self Unfoldment	Lakshmi Sukumar	Poway- <i>Chinmaya Jyoti</i>	Nita Halker 858-672-9760
Tuesday 7:30-9:00 PM	Self Unfoldment <b>NEW Group</b>	S. Sukumar	Poway- <i>Chinmaya Jyoti</i>	Prem Venkatesan (858) 342-4379
Tuesday 7:30-9:00 PM	<i>Bhaja Govindam</i> <b>NEW Text</b>	Lakshmi Sukumar	Poway- <i>Chinmaya Jyoti</i>	Lakshmi Sukumar 858-549-2908
Wednesday 6:30-8:00 PM	<i>CHYK Study Group</i>	S. Sukumar	UCSD	Akil Rajaratnam 858-880-5746
Wednesday 7:30-9:00 PM	<i>Srimad Bhagavatam</i> <b>Lecture</b>	Lakshmi Sukumar	Poway- <i>Chinmaya Jyoti</i>	Hema Pandya 858-674-4385
Wednesday 7:30-9:00 PM	Self Unfoldment	Nagesh Nookala	Carmel Valley	Puja Chitkara 858-509-7567
Thursday 7:30-9:00 PM	<i>Vivekachoodamani</i> <b>Video lecture by Gurudev</b>		Poway- <i>Chinmaya Jyoti</i>	858-748-2013
Friday 9:30-11:30 AM  <b>DEVI Group For women</b>	<b>Chanting-Kanakadharastotram, Sri Lalita Sahasranama, other stotrams</b>  <b>Topic- Valmiki Ramayana Lecture</b>	Lakshmi Sukumar	Poway- <i>Chinmaya Jyoti</i>	Nita Halker 858-672-9760
Friday 7:00-8:00 PM	<i>Bhajans &amp; Devotional songs</i> <b>Chinmaya Dhvani- Children's Choir</b>	Lakshmi Sukumar	Poway- <i>Chinmaya Jyoti</i>	Sumathi Iyengar 858-678-0291
Friday 8:00-9:00 PM	<i>Bhajans &amp; Devotional songs</i> <b>Chinmaya Dhvani- Adult Choir</b>	Lakshmi Sukumar	Poway- <i>Chinmaya Jyoti</i>	Sujata Kulkarni 858-385-0396
Friday 7:00-8:00 PM	<i>Upanishad Ganga</i> With English Subtitles followed by discussion		Poway- <i>Chinmaya Jyoti</i>	858-748-2013
Saturday 7:00 – 8:00 AM	<b>Vedic Chanting</b>	Lakshmi Sukumar	Poway- <i>Chinmaya Jyoti</i>	Lakshmi Sukumar 858-748-2013
Saturday 8:00 -9:00 AM	<i>Upanishad Ganga</i> With English Subtitles followed by discussion	Lakshmi Sukumar	Poway- <i>Chinmaya Jyoti</i>	858-748-2013

CMSD 2013-14

Sunday 9:00 -11:00 AM	<i>Bhagavad Gita</i> <b>Lecture</b>	Lakshmi Sukumar	Poway- <i>Chinmaya Jyoti</i>	858-748-2013
Sunday 11:15 AM -12:00 noon	<i>Bhagavad Gita</i> <b>Discussion</b>	S. Sukumar	Poway- <i>Chinmaya Jyoti</i>	858-748-2013