

2020 Multi-Region Online Retreat Schedule

SATURDAY, MAY 23 AND SUNDAY, MAY 24 (EDT)

TIME	Program	Location on Website
8:30 - 9:00 AM	21 OMs, Suprabhatam, 108 Names	Bhajan Mandir
9:00 - 9:15 AM	Light (Jyothi) Meditation	Bhajan Mandir
9:15 - 9:30 AM	BREAK	
9:30 - 10:30 AM	Multi-Faith Prayers and Devotional Singing	Sai Kulwant Hall
10:30 - 10:40 AM	Welcome Address by Mr. Harish Naidu (Saturday)	Sai Kulwant Hall
10:40 - 10:45 AM	Introduction of Guest Speaker (Saturday – Ms. Aparna Murali; Sunday - Mr. Alex Grana)	Sai Kulwant Hall
10:45 AM - 12:00 PM	Guest Speaker Session (Saturday - Dr. Suma Rao; Sunday - Mr. Leonardo Gutter)	Sai Kulwant Hall
12:00 - 12:05	Summary and Vote of Thanks (Saturday – Mr. Srikanth Vaidyanathan; Sunday - Mr. Axay Kalathia)	Sai Kulwant Hall
12:05 - 1:30 PM	LUNCH	South Indian Canteen
1:30 - 2:30 PM	Workshop Slot 1	See following slides
2:30 - 2:45 PM	BREAK	
2:45 - 3:45 PM	Workshop Slot 2	See following slides
3:45 - 3:50 PM	BREAK	
3:50 - 4:05 PM	Sai Gayatri Chanting	Sai Kulwant Hall
4:05 - 4:20 PM	Aarathi, Samastha Loka and Vibhuti Prayer	Sai Kulwant Hall
4:20 - 4:30 PM	Vote of Thanks by Regional Presidents (Sunday)	Sai Kulwant Hall



2020 Multi-Region Online Retreat – Workshop Schedule

SATURDAY, MAY 23, 1:30 – 2:30 PM (EDT)

WORKSHOP TITLE

WORKSHOP LOCATION ON WEBSITE

Workshop Slot 1 (Adults)

- **Finding the balance: managing our family, work, and community responsibilities (by Anjana Chandran, Malini Ramnath, Radha Babu Reddy)**
- **The Science of Happiness (by Pallavi Vedantam, Gayathri Sunder, Padmanabh Kamath)**
- **SaiCares - Serving our Sai Brothers and Sisters (by Piyush Ghayal, Sri Akella)**

- **Poornachandra**
- **Hill View Stadium**
- **Super Specialty**

Workshop Slot 1 (YA)

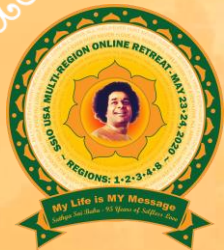
- **Embodying Love: A journey through the body to beyond the body (by India Gonzalez, Ananda Gonzalez)**

- **Vidya Giri**

Workshop Slot 1 (SSE)

- **GROUP 1 - Who wants to play Tag with Swami? (by Faranak Khandadia)**
- **GROUP 2 - God's Angels (by Srinivas Manthripragada)**
- **GROUP 3 - Power of Thought (by Geeta Reid, Haripriya Vittal Rao)**
- **GROUP 4 - The Battles No One Knows About (by Ravi Yegya-Raman, Saipriya Iyer)**

- **Planetarium**
- **Music Building**
- **Sports Center**
- **Chaitanya Jyoti**



2020 Multi-Region Online Retreat – Workshop Schedule

SATURDAY, MAY 23, 2:45 – 3:45 PM (EDT)

WORKSHOP TITLE

Workshop Slot 2 (Adults)

- SaiFi Network - Can you hear Me "now"?
(by Anil Tammineni, Sadhana Matheswaran, Anjaneya Shastri)
- The Spirit of Service (by Dr. Venkat Kanubaddi)
- The Spirit of Service in Spanish (by Dr. Jose Gomez, Noelina Arciniegas)

Workshop Slot 2 (YA)

- Grateful Living: A dialogue between you and your 'self'
(by Abilash Gangula, Deepa Rajendran)
- How does God protect His devotees? (by Juan Alfaro, Rachna Desai)

Workshop Slot 2 (SSE)

- GROUP 1 - Walk Through Values (by Prashanti Punnamaraju)
- GROUP 2 - Let's Dress up as Swami (by Faranak Khandadia)
- GROUP 3 - Self Confidence for Success
(by Arvind Kumar, Keerthana Gnanapradeepan)
- GROUP 4 - Multi-Layered: A Reflection (by Sohumi Bhatt)

WORKSHOP LOCATION ON WEBSITE

- Sai Kulwant Hall
- Hill View Stadium
- Super Specialty
- Poornachandra
- Vidya Giri
- Planetarium
- Music Building
- Sports Center
- Chaitanya Jyoti



2020 Multi-Region Online Retreat – Workshop Schedule

SUNDAY, MAY 24, 1:30 – 2:30 PM (EDT)

WORKSHOP TITLE

Workshop Slot 1 (Adults)

- Me to We to He (by Eric Wing, Leslie Farkas, Sujana Patel)
- Natural Disaster Relief
(by Rajen Ghayal, Dr. Axay Kalathia, Alex Grana)

Workshop Slot 1 (YA)

- The Divine Play: birth, death and everything in between
(by Saikrishna Kugabaloosooriar, Divya Chandramouli)

Workshop Slot 1 (SSE)

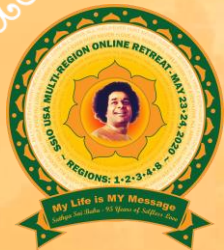
- GROUP 1 - Bhajan singing: Let's turn the key (by Rukmini Sivarajan)
- GROUP 2 - Who wants to have fun learning Human values? (by Fize Mohammed)
- GROUP 3 - Time Management (by Kavitha Gande)
- GROUP 4 - Self-confidence: The art of believing in "Self"
(by Praveen Makkena, Ravi Datla)

WORKSHOP LOCATION ON WEBSITE

- Poornachandra
- Hill View Stadium

- Vidya Giri

- Planetarium
- Music Building
- Sports Center
- Chaitanya Jyoti



2020 Multi-Region Online Retreat – Workshop Schedule

SUNDAY, MAY 24, 2:45 – 3:45 PM (EDT)

WORKSHOP TITLE

WORKSHOP LOCATION ON WEBSITE

Workshop Slot 2 (All)

- **Loving God Vs. Liking God (by Karthik Srinivasan, Ravi Mariwalla)**
- **Flip your Attitude; show your Gratitude!**
(by Ajay Yekkirala, Subramanian Sankaran, Vijay Sarathy)
- **Serving During a Crisis – The Sai Way (by Dr. Bangaruraju Kolanuvada)**

- **Poornachandra**
- **Hill View Stadium**
- **Super Specialty**

Workshop Slot 2 (YA)

- **Reflect Inward to Reflect Love Outward: An art-based workshop to help us connect to our hearts**
(by Meghana Iragavarapu, Sayee Shruthi Manickam)

- **Vidya Giri**

Workshop Slot 2 (SSE)

- **GROUP 1 - On the beach (by Purnima Ram)**
- **GROUP 2 - The Invisible Rockstar (by Pallavi Vedantam)**
- **GROUP 3 and 4 - Living with Sai, in Sai and for Sai (by Fize Mohammed)**

- **Planetarium**
- **Music Building**
- **Chaitanya Jyoti**