



2020 Multi- Region Online Retreat

Workshop Guide and Speaker Bios



2020 Multi-Region Online Retreat – Speaker Bios

Speaker Bios

Dr. Suma Rao

Dr. U. Suma Rao's journey with Bhagwan began as a student of the Balvikas programme in Mumbai. She then went on to pursue her studies at the Sri Sathya Sai Institute of Higher Learning where she received the All-Rounder Gold Medal from the Divine hands of Bhagwan in the year 1990.

Dr. Suma is currently serving as Associate Professor in the Department of Commerce and Management at the Anantapur Campus, which she joined upon Bhagwan's command in 1998. She completed her Ph.D. on 'Top women Executives in India' in 2014. Her study explored structure and agency in the areas of work-life balance and gender bias. She is also the recipient of the 'Sai Krishna Award' given by the Sri Sathya Sai Institute of Higher Learning for excellence in teaching.

Her family has been closely associated with Bhagavan since the late eighties. In addition to excellence in academics, teaching and mentoring students, she is also a superlative actor who has time and again been appreciated by Bhagavan for dramatic performances in her student days. She is also an inspired artist with several creative artworks to her credit.

Personally, she defines herself as a seeker, a learner and a pilgrim in the long, but sure journey towards Sai.

Mr. Leonardo Gutter

Mr. Leonardo Pablo Gutter is currently Member of the Prasanthi Council.

He served previously as Chairman of Zone 2, Latin America

A psychologist by profession, with vast experience in this field.

Since 30 years Mr. Gutter represents some of the largest American, European and Japanese TV and cinema studios in Latin America. Mr. Gutter has worked in Sai Organization for over 35 years now.

He is one of the founding and first Coordinating Committee members of the Sai Organization in Argentina, today probably the country of largest membership in the Sai Organization in Latin America.

Since, Mr. Gutter has held numerous posts within the Sai Organization, among which are: Founding Member of the Sri Sathya Sai Trust of Argentina and President of the Central Committee of Latin America



Workshops for Adults



2020 Multi-Region Online Retreat – Workshop Details

Finding the balance- managing our family, work, and community responsibilities

Description

As adults juggling family, career, and Sai Center/community responsibilities, we often struggle to find balance. The need to excel in all spheres can result in stress, guilt, or a breakdown in relationships. It goes without saying that establishing a sustainable work-life-community balance is important for our physical, emotional, and spiritual well-being. Join us, as our panel discusses several successful strategies of how to achieve this balance; increase personal well-being, develop strong family relationships, and enhance professional success.

Facilitators

Anjana Chandran is a pediatrician and works at a community health center in Durham, North Carolina. She grew up making many trips to Prashanti Nilayam as her grandmother has lived there since the 1970's. She has been blessed to work several times as a visiting physician in Swami's General Hospital. Anjana is the mother of 2 young elementary aged children. Her life's passion is to improve the lives of children. She enjoys working with parents, both at her clinic and in the local community, to bring positive parenting practices into their homes.

Malini Ramnath is a 3rd generation devotee of Sathya Sai Baba. She first attended bhajans in the US in 1981 at the South Bethesda Center with her grandmother and parents. Malini has served as a Service coordinator, SSE Guru, and recently completed her term as the Vice President and Treasurer for SSSBC Inc, the 5013C organization. Malini is married to Murali and they have 2 college going children. Their children completed their SSE and are currently active YA's at Center and Regional levels. She and her family currently live in Ellicott City, MD and are active in-service activities. She holds a degree in Accounting and Finance and currently works as a Controller at a Manufacturing company in the Baltimore Area.

Radha Babu Reddy has served the Sai organization as President and Vice President at the center level and Vice President and YA female advisor at the regional level. As well as being one of the five editors on Love In Action Sai website, she has also worked with a group of alumni students in transcribing Samarpan talks that was published as Sai Bhagavatam and was offered at Swamis feet on Avatar day 2019. Currently she attends Nashville Sai Center and has taken active roles in working for homeless and human trafficking victims, as well as a board member of an organization called Everyone human, fighting human exploitation. Radha is also a panelist of an united religions initiative (URI), that works for religious harmony and world peace.



2020 Multi-Region Online Retreat – Workshop Details

SaiFi Network- Can you hear Me "now"?

Description

Darshan, Sparshan, Sambashan... Our Lord Sai gave us all. Swami has also given his devotees another great gift, and that is access to His SaiFi Network, 24/7/365. Direct access and immediate connectivity with Him even without seeing His beautiful form, He has enabled. Experience Swami's SaiFi Network through accounts of 3 Sai devotees who connected to Omnipresent Sai without seeing His physical form to answer the question, can you hear us "now" Swami?

Facilitators

Anil Tammineni is from Hyderabad, India. He completed his MBBS from AIIMS, New Delhi followed by Internal Medicine residency at Cleveland, Ohio. He has been practicing as a hospitalist in Anderson, South Carolina since 2005. Though his native village is in Ananthapur district, he first heard of Swami in Anderson, South Carolina. With his family, he started going to the Anderson Sai Center in 2014. Captivated by Swami's practical approach to life, he now serves as President of Anderson Sai Center.

Sadhana Matheswaran feels blessed to be born into a Sai Family and for the opportunity to attend SSE from the age of 6 years old. Since then, she has been an active member of the St. Louis Sai Center, and has had the opportunity to volunteer at the annual medical camp, write and direct SSE plays, lead service projects and has given speeches at the Center for various occasions.

Sadhana is involved with a variety of advocacy and service efforts in the community. She is a current youth Ambassador for the United Nations, chapter director for a children's organization called Just For Kidz, and a local ambassador for the St. Louis Period Alliance to combat period poverty in Missouri. Additionally, she is a trained Classical Indian Bharatanatyam Dancer and enjoys using dance as a medium to raise awareness about social justice issues such as girl's education and climate change.

Though **Anjaneya Shastri** was born and raised in India, he came into Swami's fold only in 1996 while pursuing his Master's at Georgia Tech. Anjaneya's initial connection to Sai was through bhajans - where he was drawn to the accompaniment aspects and took on learning tabla. He considers himself very lucky to have been chosen for attending the tabla workshops conducted by Ustad Zakir Hussain for the last 15 years. He also performs for Hindustani concerts on a regular basis.

During the early years of association with the Sai organization, Anjaneya was actively involved in leading YA activities and he eventually served as the YA representative for Region 3. He currently lives in Atlanta with his wife Saila and his two sons Varenya and Vigneya.



2020 Multi-Region Online Retreat – Workshop Details

Me to We to He

Description

Our awareness of who we are evolves with Love. By loving God, Me becomes We. When We Love Him in others, His Love shines back and transforms the ego. Finally, our sense of ego, this “idea” of Me fades more and more and Swami manifests Himself there. Loving Sai is the Path and the Goal.

Facilitators

Eric Wing is currently Vice President of Region 8. His involvement with Sai Spiritual Education, first as a student, then as a teacher, and later as a regional coordinator has had a transformative influence in his life. From an early age Eric grew up with Swami’s teachings, served in His organization, and directly experienced His love during many visits to Prasanthi Nilayam. These experiences have had a profound impact on him and have helped him realize that Love is both the Path and the Goal.

Leslie Farkas first visited Sathya Sai Baba when he was 21 in 1989. Although his mother Veronica was already an ardent devotee, Leslie was very skeptical. However, Swami soon won him over with His Love. Leslie’s trip in 1992 turned into a five-year spiritual odyssey of living and serving in the physical presence of the Lord. Swami asked Veronica and Leslie to run the Western Canteen. With Swami’s grace, and with the help of many devotees they both managed, cooked and baked, feeding many hundreds and sometimes thousands of devotees per meal. Leslie was blessed with numerous interviews, Swami’s close personal attention and deep, difficult and liberating spiritual lessons. In the last year of his stay, Swami asked Leslie to speak to visiting devotees as a Public Relations Officer, sharing Swami’s messages, teachings and his own experiences. After returning from India in 1997, Leslie has been working as a Design Engineer in the medical, electric transportation, aerospace and scientific fields. He lives in Ventura, California where he continues the journey back to his Source.

Sujana Patel serves as the president of the Sathya Sai center of Santa Barbara as well as the YA advisor for Region 8. Sujana attended Swami’s primary school during her early formative years and now lives and works in Santa Barbara. Swami is a constant inspiration as are the many strong women that pave the path for progress.



2020 Multi-Region Online Retreat – Workshop Details

Loving God Vs. Liking God

Description

Do we love God or do we like God? How do we differentiate that? What would it take for us to move from Like to Love? What makes some of us love God more? What can we do to love our dear Lord?

Ravi Mariwalla and Karthik Srinivasan will discuss these in detail based on their life experiences as Swami's students and based on their work experiences across the globe.

Facilitators

Karthik Srinivasan, who didn't know Sri Sathya Sai Baba, joined HIS institute in 1997 to complete his MBA in 1999. Karthik was very fortunate to be in close proximity to Swami who helped him in many ways including his personal transformation. Karthik lives by Swami's principle of "Love all, Serve all; Help ever, Hurt never". Karthik has served in a variety of roles in the Sai organization and is currently the President of the Chatsworth Sai Center in Los Angeles. Karthik has also served as a Seva Dal (volunteer) in the Prasanthi Ashram. He is currently working in a senior role in a large multinational bank, Karthik loves to play the Djembe and has played for his center during Akhanda Bhajans.

Ravi Mariwalla had the blessings of attending Swami's college in 1982 for nine years. At Swami's college, he was part of the Speakers group, the Brass Band and various Service activities. He was the blessed recipient of three Gold Medals for distinction in MSc, MBA and the All Rounder's medal from Bhagawan's own Hands! After completing the MBA program, Bhagawan asked him to work as one of the first employees of the Sri Sathya Sai Super Specialty Hospital at Prasanthi Nilayam, where he served for 14 years in the Cardiac Surgery departments. Ravi lives in Cary, North Carolina with his wife Jagruti and two boys, Krishna and Siddharth.



2020 Multi-Region Online Retreat – Workshop Details

Flip your Attitude – show your Gratitude!

Description

Want to know the ingredients to keep your inner state steady and happy? The context of this workshop is to have an honest conversation, in His presence, about how gratitude can lead to happiness. But there are challenges and pitfalls that get in our way.

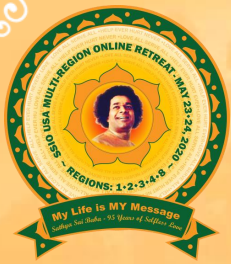
We will systematically try to get to the heart of the all-important questions: What, Why, To Who and finally brainstorm practical tips that can help us actualize this message

Facilitators

Ajay Yekkirala was fortunate to complete high school and B.Sc. in Biosciences at Sri Sathya Sai Higher Secondary School and Sri Sathya Sai Institute of Higher Learning (SSSIHL), respectively. With Swami's blessings, he was part of the SSSIHL Brass Band as a percussionist and guitarist and has performed several times in Swami's Divine presence. He holds a PhD in Pharmacology from University of Minnesota and finished his research fellowship in Neurology at Harvard Medical School. Ajay is also co-founder and CSO of Blue Therapeutics, a startup focused on developing non-addictive painkillers. Swami blessed his father who served as a visiting professor at SSSIHL and his mother served in the IT department of Swami's Whitefield super-speciality hospital. Ajay and his wife, Sonia, attend the Norwood Sai Center in MA.

Subramanian Sankaran originally hails from Chennai and moved to the US in 1997 for his graduate studies. He came to Swami's fold in mid-1980s through the forum of bhajans. By Swami's grace and inspiration he started to learn keyboard/harmonium by himself several years ago and had always wanted to play for Bhagawan. An avid music lover, he believes that music is one of the most powerful mediums to converse with Him. He had the opportunity to offer a devotional music CD to Him titled "Be with me Bhagawan". He owes everything that he has, to Swami who is the inspirer, and to his parents who provided the best environment for him. He currently lives in Acton, Massachusetts with his wife Raji and two sons and they attend the Boston Sai center.

Vijay Sarathy is a management consultant; Vijay has spent the past quarter of century advising CEOs and senior executives what to do in their businesses. On the personal front, however, he needs a lot of advice! He views himself as a novice seeker trying to make sense of life. Vijay and his family attend the Boston Sai Center.



2020 Multi-Region Online Retreat – Workshop Details

The Science of Happiness

Description

Everyone seeks happiness but few know how to be happy. Happiness is our nature. One who recognizes the source of happiness one is seeking outside is within, will be happy all the time!

We will cover the Why, What and How

Facilitators

Pallavi Vedantam has been in Bhagavan's fold for 29 years and resides in Region 1. She is an alumna of Sri Sathya Sai Institute of Higher Learning, Anantapur campus. Currently she works as a scientist at Memorial Sloan Kettering Cancer Center and conducts research in Immuno-oncology.

Gayathri Sunder was initially drawn to Swami through the beauty and simplicity of bhajan singing. After beginning to attend the Scarsdale Sai Center in 2008, she involved herself in various service activities. She has also been a senior Sai Vibrionics practitioner since 2017 and currently serves as the Devotional coordinator of Scarsdale Sai Center. Gayathri has facilitated several workshops in Region 1 Annual Retreat.

Padmanabh Kamath had the first exposure to Bhagwan Sri Satya Sai Baba in his childhood days when Sai Bhajan sessions used to be conducted in his house. He has been an active member of the Rochester Sai Center since 1992. He was the President of the Center from 1993 to 1997. He has facilitated a couple of workshops at the Regional Retreats held in Albany.



2020 Multi-Region Online Retreat – Workshop Details

SaiCares - Serving our Sai Brothers and Sisters

Description

The workshop will cover how we can better serve our own Sai brothers and sisters in need. While the Sai family does extraordinary work all around the world, we often pay less attention to our needs at home. This great need at home has often gone unnoticed. SaiCares is a helpline service that has been founded with the intent that no Sai brother and sister should feel alone or helpless. This workshop will cover how SaiCares works, how we can become more aware of our own community's needs at the center and regional levels, as well as how we can respond as a family to needs within our community.

Facilitators

Piyush Ghayal was born in Uganda and has had the privilege of living in Kenya, India, the UK, before settling in the USA to pursue a career in Information Technology. His first trip to see Swami was Christmas time 1984. After that Piyush became involved in the Bal-Vikas/SSE programs at the Roseland and East Brunswick Sai Centers. He has served as the Mid-Atlantic Region YA Male Advisor and as the Mid-Atlantic Region President from 2006-2011. Piyush volunteers as a trained facilitator with an organization that provides free support to children, teens, and young adults after the death of a mom, dad, brother, or sister. Piyush facilitates pre-teen children and adult groups. He feels blessed by Swami and firmly believes that Swami prepares all of us ahead of time to deal with whatever situation unfolds later.

Sri Akella grew up in the Sai family and spent many of his childhood summers in Prashanti Nilayam and Brindavan. He most enjoys teaching SSE (Group 4, in particular), which he has done for the last several years. He is also currently the Region 2 Service Coordinator. By profession, Sri runs a small company by the name of the Dream Seekers Academy - which provides support for foreign students coming to the USA to study.



2020 Multi-Region Online Retreat – Workshop Details

The Spirit of Service

Description

This workshop will cover different facets of Service such as, “What is Selfless Service?

What are the forms of Selfless Service? How do we perform Selfless Service and whom do we Serve?”

Most importantly all the material presented are direct quotes of Bhagawan Sri Sathya

Sai Baba from His Vahinis which form the Compendium.

Facilitators

Dr. Venkat Kanubaddi serves as a Consultant Cardiac Anesthesiologist at Sathya Sai Super Specialty Hospital, Puttaparthi. He is a long-time devotee of Bhagawan Sathya Sai Baba. Dr. Kanubaddi has been blessed with many experiences with Bhagawan and received personal interviews on several occasions. He served as Regional President, Midwest Region 5 of USA during 2006-2011 and National Medical Director for Medical Health Service during USA pilgrimage in Prasanthi Nilayam in 2010. Dr. Kanubaddi is past Medical Director, Mind-Body-Wellness Center, St. Joseph hospital and Retired Chief of Anesthesiology, VA Medical Center, Fort Wayne, IN. Currently Dr. Kanubaddi lives in Orlando with his wife Janaki and serves as VP of Sathya Sai center of Orlando, FL. They have two sons, who grew up as Sai Young Adults and presently are entrepreneurs in USA.



2020 Multi-Region Online Retreat – Workshop Details

The Spirit of Service [in Spanish]

Description

This workshop will cover different facets of Service such as, “What is Selfless Service?

What are the forms of Selfless Service? How do we perform Selfless Service and whom do we Serve?”

Most importantly, all the material presented are directly from our own Bhagawan Sri Sathya Sai Baba.

Facilitators

Dr. Jose Gomez is a physician and practicing psychiatrist in Jacksonville, Florida and has served The Sathya Sai Baba Organization as a Regional Vice-President, Regional Service Coordinator for the Southeast Region, USA; Region 3; as well as Center President at the Sathya Sai Baba Center in Jacksonville. He has also served as a consultant psychiatrist at the Sri Sathya Sai General Hospital in Puttaparthi, India.

Noelina Arciniegas is a clinical social worker who works for the NYS Office of Mental Health and with YAI (the Young Adult Institute) in New York City. She specializes in psychiatric treatment for children with developmental, behavioral and emotional disorders. She serves children and families in the school and social service system. She was first introduced to Sai Baba by her father, Rafael Arciniegas, while attending her senior year in college. She has served as the President, Education Coordinator and currently as Devotional Coordinator for the Sathya Sai Center of Metropolitan New York, better known as the "Spanish Center."



2020 Multi-Region Online Retreat – Workshop Details

Natural Disaster Relief

Description

This workshop is about why we, as Sai devotees, have a responsibility to inculcate a first-responder mentality to help those in need. The contents of this workshop includes: what National Disaster Relief Training involves, what efforts are being made by the SSIO Disaster Relief Team around the world, how we can get involved and what has our response been to COVID.

Facilitators

Rajen Ghayal has been a Sai devotee since 1972. He was one of the founding committee members of the Sai Organization in the UK between 1973 and 1975, and upon Swami's instructions, he started the Manchester Sai Center UK in 1981. After the family migrated to New Jersey USA in 1982, he served as President of the Belle Meade, Holmdel and East Brunswick Sai Centers. Brother Rajen has also served as the Regional President, Vice-President and Regional Service Coordinator in the 1990s. Brother Rajen is an anchor person of the International and member of National Disaster Relief Team (NDRT). After developing NDRT policy and guidelines, now, he is part of the Operations Team involved in the planning, operational, and decision-making process.

Dr. Axay Kalathia was born in Mumbai, India and raised in the US since the age of 6. With Sai's Grace he was drawn into His fold prompting his first visit to Prashanti Nilayam in 1988. Over the past 30 years he has been active in His organization, serving as an officer in various roles at the center level. He has also served as the Region 3 (Southeast USA) YA Advisor, Devotional Coordinator, VP and President. He is currently the National Service Coordinator. Since 2000 he has been privileged to travel annually to serve in Sathya Sai's General Hospital in Puttaparthi as an ENT physician.

Originally from Peru, brother **Alex Grana** arrived at Sathya Sai Baba's Lotus feet in the mid 1980's, receiving much direct guidance from Him since. Over the last 20 years, Bro. Alex has served in various capacities in the SSIO, including Regional President for Sathya Sai Region 10, covering the states Texas, Oklahoma, Louisiana and Arkansas).

Today, Bro. Alex serves as the National Service, Public Outreach and Disaster Relief Coordinator for the SSIO USA and internationally, as worldwide Chairman of the Events Committee of the Sathya Sai International Organisation, and the Secretary of the SSIO's International Disaster Relief Committee. He has also been blessed to organize and present devotional programs in Sathya Sai Baba's Divine Presence and various international conferences and events in Prashanti Nilayam.



2020 Multi-Region Online Retreat – Workshop Details

Serving During a Crisis – The Sai Way

Description

This workshop will involve a discussion of multiple aspects of service: Service to ourselves, Service to our families, and Service to society in times of crisis. What are Swami's expectations? How does Swami guide us?

Facilitators

Dr. Bangaruraju Kolanuvada is an internal medicine specialist in Mount Vernon, NY. He has been actively involved in coordinating medical camps in Prasanthi Nilayam over the last three decades.





Workshops for Young Adults



2020 Multi-Region Online Retreat – Workshop Details

Embodying Love: A journey through the body to beyond the body

Description

What is reality? Life? Human existence? Seeing ourselves as actors and Swami as the Divine Director of this universal play called life, we will look at creation on a grand scale, pulling back the curtains to talk about the purpose of our human birth, the best way to lead healthy, happy, and peaceful lives in this world, and how we can come to view death. As young adults at the beginning of our life journeys, we will also discuss being in this world but not of it, controlling our senses, monkey mind, and ego, and how we can detach from the physical realm to turn to the spiritual one instead.

Facilitators

India Gonzalez was born into the Sai fold. She is a graduate of the SSE program at the Sathya Sai Center of South Bethesda and is currently an active Young Adult at the Sathya Sai Center of Manhattan. She is a recent MFA graduate from New York University's Creative Writing program.

Ananda Gonzalez has been a Sai devotee all her life and is a graduate of South Bethesda's SSE Program. She carries a BA from Columbia University in Poetry, and recently received an MFA from Columbia University in Fiction. In addition to writing, she is also a professional dancer, choreographer, and filmmaker. She is grateful to have found a home as a YA in the Manhattan Sai Center and feels immensely blessed to travel through this life with Swami by her side.



2020 Multi-Region Online Retreat – Workshop Details

Grateful Living: A dialogue between you and your 'self'

Description

In the current age of multitasking, fast-paced life, social media explosion, and materialistic traps, the pursuit for happiness is focused on the external world. The unidirectional approach is instead adding more stress, anxiety, and uncertainty to their lives. This workshop addresses the need and ways to habitually turn to the inner world to realise the gifts of life and lead a grateful and happy life.

Facilitators

Abilash Gangula was born in Andhra Pradesh, India. Having raised up in a family devoted to Swami, Abilash started his journey with Swami at a tender age. The most cherished and beautiful part of his life belongs to the few years he spent in Swami's educational institution where the Divine Master has painstakingly sown the seeds of Love, Self-confidence, and Human Values. Abilash is currently a Post Doctoral Research Fellow at the University of Missouri, Columbia. His research interests include diagnostic paper microfluidics for Diabetic Retinopathy & Zika Virus; nanoparticle based targeted therapeutics for Cancer. He currently attends the Sathya Sai Center of Columbia and has been serving as the Devotional Coordinator at the center, and YA rep for Region 4.

Deepa Rajendran attended Bal Vikas while in Sri Lanka which inspired her to become an SSE teacher here at the Sathya Sai Center of Greater Kansas city. She has been an active member at the center, participating in devotional singing and service activities. Swami and Deepa have been best friends since childhood. Deepa currently is a nurse at the Rehabilitation Institute of Saint Lukes South in Kansas and enjoys being a part of a care team that helps people transition back into their normal lives.



2020 Multi-Region Online Retreat – Workshop Details

How does God protect His devotees?

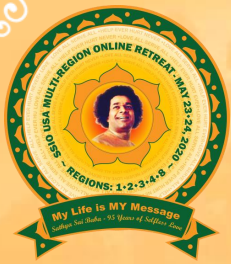
Description

"I will protect you like the eyelids protect the eyes. You always have me, and I have you. I will never leave you and you can never leave me," Swami says. It can be easy to forget this as the world continues to be in a state of constant turmoil, with fear, anxiety, and hopelessness appearing to reign supreme. How can we remember Swami's potent words and the absolute truth underlying them? Join us in an interactive session in which we will explore the ways in which God protects his devotees, serving as a steady bridge over turbulent waters.

Facilitators

Juan Alfaro was born in Tamaulipas, Gulf Coast of Mexico and was raised in Long Beach, California since the age of two years old. Juan has been a part of the Sai Young Adults U.S.A group since 2007 and is currently serving as the Region 8 YA Male Rep. Juan attends weekly bhajans at the Torrance Sai center and Torrance-South Bay Sai center. Juan holds a Masters in Healthcare Administration and he feels that the same love has guided and protected him through a successful career in Electronics Engineering & Healthcare IT.

Rachna Desai was blessed to have been born into the Sai fold. She grew up in Southern California where she was part of both SSE and the Young Adult program and is currently serving as the Region 8 YA Female Rep. Rachna currently works in the Business Development & Strategy Department at Providence Health.



2020 Multi-Region Online Retreat – Workshop Details

The Divine Play: birth, death and everything in between

Description

Our relationship with our bodies is complex, evoking a vast range of thoughts and emotions that can hinder or facilitate our spiritual journeys. But what is the body? And what does it mean to love it? How do we love our bodies all the while knowing we are not our bodies? We will explore these questions and more through an experiential, activity-based workshop on using and understanding the body for our spiritual development.

Facilitators

[Saikrishna Kugabalasooriar](#) grew up outside of Boston in the Boston Sai Center community. He served as YA Rep in Sathya Sai Center of Boston (Region 1) for four years. He is currently a resident, training in Psychiatry and Family Medicine at Boston Medical Center.

[Divya Chandramouli](#) has been an active member of the Boston YA group for the past several years. She is currently pursuing a PhD in South Asian studies.





2020 Multi-Region Online Retreat – Workshop Details

Reflect Inward to Reflect Love Outward: An art-based workshop to help us connect to our hearts.

Description

To love those around us, we must love ourselves first. Love all serve all is about connectedness. Embark on this guided meditative art session to help connect to your heart and bring Swami's message to life in your inner world. Join this workshop as an opportunity to free yourself from the outside stresses of the world and discover your inner self.

For this workshop, participants are requested to please have something to color with and something to color on. Examples include colored pencils, markers, paint, paper, canvas, etc. Alternatively, digital platforms such as Microsoft Paint and Concepts can be used.

Facilitators

Meghana Iragavarapu was blessed to be born loving Swami through the sweet lullabies of bhajans from her mother and divine love from her Sai family in Iowa, Minnesota, Greensboro, and now Raleigh, North Carolina. Meghana Sai completed over 17 years of Sai Spiritual Education, starting from age 0. Meghana's love for Swami manifests in her passion for music, service, and human connection. Knowing no world without the guidance of Swami, Meghana is currently a rising senior at Duke University, getting her undergraduate degree in the "Intersection of Food Availability, Nutrition, and Health Outcomes." Carrying the tenant of selfless service at the forefront of her professional goals, Meghana Sai hopes to become a practicing physician working toward mitigating health disparities and increasing access to equitable healthcare. Today, she's sending Sai energy to all, hoping everyone is staying safe and well, repeating Sai's name.

Sayee Shruthi Manickam was born into a family that came to know of Swami in the early 1960s. She began her pre-SSE in Cleveland, Ohio and later continued her SSE in Tampa, Florida and Bangalore, India. Her varied experiences in the US and India shaped her ability to apply Swami's universal teachings. Being involved in music and dance, bhajans and dramas played a key role in establishing her connection with Swami during her early childhood. She recognized the importance of Swami's teachings early on which influenced many of her decisions in her formative years. In her childhood, she was fascinated by Swami's immense love for animals. Inspired by this, she wants to pursue Veterinary Medicine in hopes of serving and continuing to spread Swami's love and affection to animals. Sayee Shruthi currently resides in Raleigh, North Carolina and is a rising senior undergraduate at North Carolina State University majoring in Animal Science. She is an active member of the Raleigh Sai Center and currently serves as the Raleigh Sai Center YA rep. She feels blessed to be part of the Sai Organization.



Workshops for SSE Children



2020 Multi-Region Online Retreat – Workshop Details

SSE Workshops for Group-1

Description

Who wants to play Tag with Swami?

Through a series of stories and very lively interactive activities, children will walk the Sai Path and make their lives His message.

Walk-Through Values

Value based Story narration with a take-away messages.

Bhajan singing - Let's turn the key

The objective of this session is to understand the significance of devotional singing and explore different techniques that would help us turn inward while singing

On the Beach

Nature is God. Children will engage in a directed drawing session and draw what they may see in a beach. This session allows children to use their imagination and patience to see the beauty in nature.

Facilitators

Faranak Khandadia is currently the SSIO Online SSE Coordinator. Faranak has been a Bal Vikas guru for over 40 years. She was one of the first EHV trainers on the Bombay Team. She worked as the lead psychologist for Bombay's Vocational Guidance wing of the Sri Sathya Sai Organization. She led His very First All-India Psychological research on 'The Impact of the Bal Vikas Program on Children's' Character Development', based on a huge sample of over 50,000 Bal Vikas children, alumni, gurus, and parents in 2017. She enjoys teaching online SSE children and has trained many SSE teachers. She is always focused on Walking in His Footsteps and teaches the same to the SSE children.

Prashanti Punnamaraju has always been passionate about Balavikas/SSE. With Swami's grace she was raised in a Sai Family and had the opportunity to attend Balavikas. She received diploma in Sathya Sai Spiritual Education in India to teach Balavikas. With his grace she had been given the chance to be a Group 1 assistant as well as a Seva Dal while in India. After moving to the USA, she was able to continue her teaching journey by being an SSE teacher for Pre-SSE, Group 1 and 2 serving as SSE coordinator and instrumental in several musical and play productions in the Greater Boston area for SSE. Currently, she is serving as President in Northborough Sai Center.

Rukmani Sivarajan graduated from SSSIHL, Anantapur campus with a Bachelor's degree in Physics and later pursued an Engineering degree in Instrumentation Technology. Rukmani was part of the Anantapur music group and the brass band. She currently lives with her family in the Boston area and works as an IT solution architect in the P&C insurance industry. She served as a Devotional coordinator, Bhajan trainer, SSE teacher and an SSE coordinator in the Sai organization and an active member of the Northborough Sai Center, in Region 1.

Purnima Ram is a nature and landscape artist who is primarily trained in oil painting on canvas. She has been painting for 35 years and has been teaching her students various techniques. Lately, she has been exploring techniques with acrylic paint and has been attending classes to enhance her skills.



2020 Multi-Region Online Retreat – Workshop Details

SSE Workshops for Group-2

Description

God's Angels

Stories of great humanitarians in the context of aspiring to become Swami's Angels.

Let's Dress up as Swami!

Through a series of fun, interactive activities and Chinna Katha, children will imitate being Swami and Think, Feel and Talk like Him.

Who wants to have fun learning Human values?

Through a series of fun-filled games, songs and interactive activities children will live his message.

The Invisible Rockstar

The session will be interlaced with story-telling and an activity to make the children aware of the ability of cognition of the concept of Swami's love through an awareness of knowledge, of thinking strategies. Inspire them to model their thinking and problem solving. Scaffold their thinking by helping them notice their own strategies and discover their inner potential.

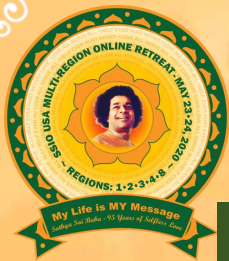
Facilitators

Srinivas Manthripragada has served the Sathya Sai Organization in various capacities, including as an SSE Teacher and Teacher Trainer of four decades. Over the years, he has taken many groups of SSE families and young adults to Parthi for drama and musical presentations in the Divine Presence

Faranak Khandadia is currently the SSIO Online SSE Coordinator. Faranak has been a Bal Vikas guru for over 40 years. She was one of the first EHV trainers on the Bombay Team. She worked as the lead psychologist for Bombay's Vocational Guidance wing of the Sri Sathya Sai Organization. She led His very First All-India Psychological research on 'The Impact of the Bal Vikas Program on Children's' Character Development', based on a huge sample of over 50,000 Bal Vikas children, alumni, gurus, and parents in 2017. She enjoys teaching online SSE children and has trained many SSE teachers. She is always focused on Walking in His Footsteps and teaches the same to the SSE children

Fize Mohammed has served the organization in various capacities, currently he is a Deputy Central Coordinator of West Indies; has enjoyed the role of a SSE teacher for over three decades, has served as a National YA Coordinator. He has given talks on Bhagawan and His teachings in many countries.

Pallavi Vedantam has been in Bhagavan's fold for 29 years and resides in Region 1. She is an alumna of Sri Sathya Sai Institute of Higher Learning, Anantapur campus. Currently she works as a scientist at Memorial Sloan Kettering Cancer Center and conducts research in Immuno-oncology.



2020 Multi-Region Online Retreat – Workshop Details

SSE Workshops for Group-3

Description

Power of Thought

Swami says "The entire world is suffused with mental vibrations. In fact, the whole world is the very manifestation of mental vibrations. Hence it is necessary to direct our thoughts on noble paths." All thoughts are not the same in their effect. In this workshop, we will explore the differences between various kinds of thoughts and how we can use the power of thoughts to bring about positive change in the world.

Self Confidence for Success

Swami has told us, "If only we have self-confidence, we can achieve everything; there is nothing in this world that we cannot accomplish". In this workshop we hope to delve into this theme of self-confidence by exploring what self-confidence means and how we can exude greater self-confidence in our daily lives.

Facilitators

Geeta Reid was born in England into a Sai Family. Her love for Swami inspired her passion to serve as an SSE teacher in the Charlotte Sai Center for over ten years as well as serve as SSE coordinator. Currently she is teaching in the SSIO Online SSE program as a SSE Group 3 teacher and is also the Regional YA female advisor for Region 3. Swami's life and message has continued to be an inspiration for her.

Haripriya Vittal Rao came into Swami's fold after she came to the USA. She served as an SSE coordinator and participated in many YA activities. Hari has also volunteered as a teacher at the 'Prema Dharma Children's Home' in Puttaparthi. Swami has blessed her with the wonderful opportunity of being an SSIO Online SSE teacher since 2017. She is ever grateful to Bhagawan for His constant Presence in her life.

Keerthana Gnanapradeepan grew up attending SSE at the Boston Sai Center, and has moved to Philadelphia to pursue her PhD in biochemistry. She has had the opportunity to work with SSE children, as well as lead many workshops and programs with both the vibrant YA communities in Region 1 and 2.

Arvind Kumar is a young adult from East Brunswick where he was raised and attended SSE. He graduated Rutgers University with a degree of Finance and recently completed his Master of Finance degree at MIT. He enjoys working with children and currently helps co-teach Group 3.



2020 Multi-Region Online Retreat – Workshop Details

SSE Workshops for Group-3 (Continued)

Description

Time Management

- 1.Divine use of time and what Swami says
2. How to spiritualize your spare moments while you wait in line, while you wait for your computer to restart, any free time etc.
3. Time management Time Blocking Concept and practice exercise
4. Time management Tips
5. Review Managing time to include school- work, spirituality, service, SSE, other academic obligations, home chores and job.

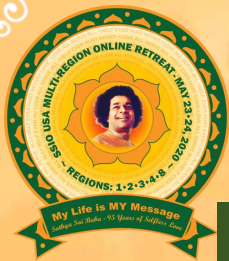
Living with Sai, in Sai and for Sai

Creating a good Character by engaging in stories, games, and interactive activities.

Facilitators

Kavita Gande was born in New Jersey and learned of Swami from a young age; She had Swami's first Darshan at the age of eleven. Throughout her life, Sri Sathya Sai Baba continued to maintain an important presence as she joined Bal Vikas, found a love for service as an SSE student, and visited numerous Sai Centers throughout the nation: Roseland, Bethesda, Norwalk, Las Vegas. And finally, Clearwater—which she has visited for the last nine years as she developed her life in Florida, where she is a Hospitalist and Medical Director (board certified in Internal Medicine), wife, and mother to three wonderful daughters. Additionally, she has also decided to further serve Swami by embarking on the journey of an SSE teacher, and is now in her fourth year of being an SSE Coordinator of Florida's Clearwater Sai Center—cherishing her memories of SSE, YA, the 1999 World Youth Conference in Puttaparthi, singing before Swami as part of the USA youth, and other positive elements of a childhood (and adulthood) graced by Bhagawan.

Fize Mohammed became a member of the Sai Organization in 1979 and since then he has served the organization in various capacities, including National YA Coordinator, National Devotional Coordinator; currently he is a Deputy Central Coordinator of the West Indies. He enjoyed serving as an SSE teacher for over three decades. He has given talks on Bhagawan and His teachings in many countries, including at the World youth Conference in Prashanthi Nilayam. Mr. Mohammed is Financial Consultant and Accountant in private practice and also an Assistant Branch Manager of a leading financial conglomerate. He lives in Trinidad with his family.



2020 Multi-Region Online Retreat – Workshop Details

SSE Workshops for Group-4

Description

The Battles No One Knows About

This workshop is about the things that we don't typically talk about. When someone at Sai Center asks, 'how are you?', how do you respond? How much do you know about what others are going through, and how much do they know about what you are dealing with? How does this connect to Swami's teachings, and what are the implications in terms of how we should treat others?

This workshop will involve both personal reflections, as well as active participation via polls, breakout rooms, and chat responses.

Multi-Layered: A Reflection

This will be an hour-long interactive session about peeling back the layers that make up each one of us. Through this exercise, we will find our inner strengths and goals that can help us understand and appreciate each other a little bit more. We hope to leverage your experiences in and outside of school to make this a reflective session.

Facilitators

Saipriya Iyer grew up attending Sathya Sai Center of Flushing. She is an active Young Adult and has had the opportunity to help lead many workshops and programs in Region 2. Saipriya is excited to begin pursuing a PsyD in Clinical Psychology at Rutgers starting this fall. In her spare time, she is usually soaking in the sun with a book in her hand.

Ravi Yegya-Raman lives in Boston, where he has been a Group 4 SSE teacher for the past few years. He is currently working at a startup in the E-Sports space. His favorite way to relieve stress from the start-up life is to put on headphones, play bhajans loudly, and jam along on his harmonium.

Sohum Bhatt grew up in New Jersey attending East Brunswick Sai Center as an SSE student. As a kid he loved playing all kinds of sports, but tennis became his favorite. In college he majored in engineering and after two years of work switched careers to teach high school chemistry in San Francisco Public Schools. He now spends his days working for students who mostly come from low-income or disadvantaged backgrounds. Teaching brings him so much joy; he would not trade it for any other job in the world. Well, maybe he would like to play professional tennis but that is a little out of reach.



2020 Multi-Region Online Retreat – Workshop Details

SSE Workshops for Group-4 (Continued)

Description	Facilitators
<p>Self-confidence – The art of believing in “Self”</p> <p>An interactive session where we shall discuss and learn, the ways and means of drawing strength and confidence from the source within.</p>	<p>Praveen Makkena is an alumnus of Swami’s institute. Blessed to have been born in a family of Sai devotees for three generations. He is currently serving as President of Chelmsford, MA Sai center.</p>
<p>Living with Sai, in Sai and for Sai</p> <p>Creating a good Character by engaging in stories, games, and interactive activities.</p>	<p>Ravi Datla came to Swami's fold in the 90's. He owes this life-transforming event to Swami's grace and his parents' blessings. He attends Chelmsford Sai Center with his wife and two daughters, where he served as Devotional Coordinator, Vice-President and President.</p> <p>Fize Mohammed became a member of the Sai Organization in 1979 and since then he has served the organization in various capacities, including National YA Coordinator, National Devotional Coordinator; currently he is a Deputy Central Coordinator of the West Indies. He enjoyed serving as an SSE teacher for over three decades. He has given talks on Bhagawan and His teachings in many countries, including at the World youth Conference in Prashanthi Nilayam. Mr. Mohammed is Financial Consultant and Accountant in private practice and also an Assistant Branch Manager of a leading financial conglomerate. He lives in Trinidad with his family.</p>