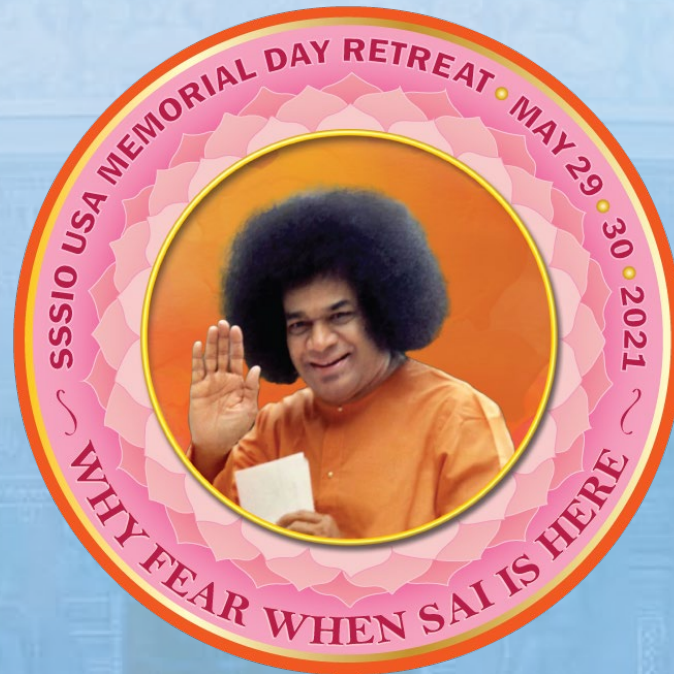
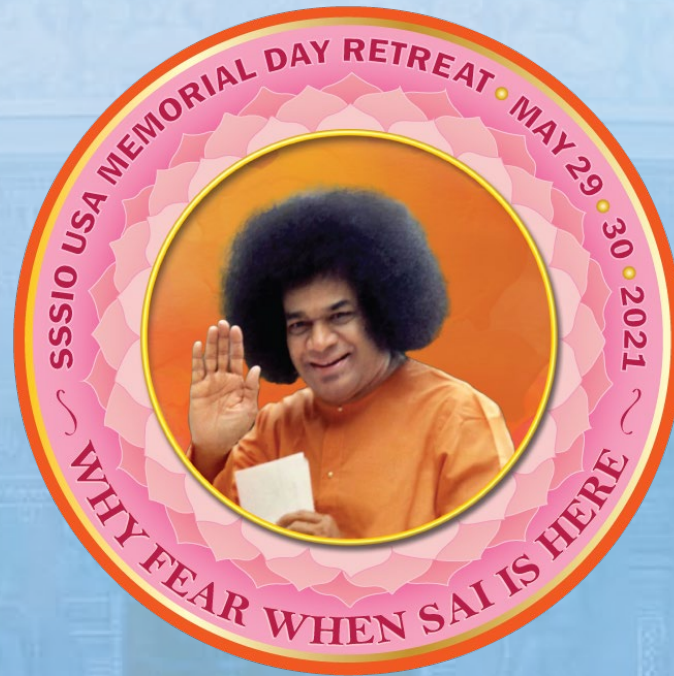


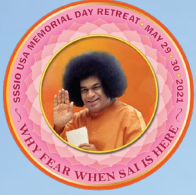
2021 SSSIO USA Memorial Day Online Retreat *Information Packet*



www.sathyasai.us/mayretreat2021

Retreat Schedule

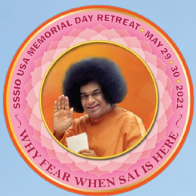




2021 Memorial Day Online Retreat Schedule

SATURDAY, MAY 29 (EDT)

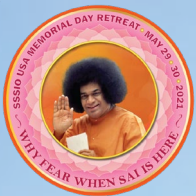
TIME (EDT)	Program	Location on Website
8:30 - 9:00 AM	21 OMs, Suprabhatam (Sanskrit), 108 Names	▪ Bhajan Mandir
9:00 - 9:15 AM	Light (Jyothi) Meditation	
9:15 - 9:30 AM	BREAK	
9:30 - 10:30 AM	Multi-Faith Prayers and Devotional Singing	
10:30 - 12:15 PM	Welcome Address by Dr. Phil Gosselin National Anthem Introduction of Guest Speaker by Dr. Hari Conjeevaram Keynote Speakers: Dr. Gopi Krishna Pidatala, Mr. Jeremy Hoffer Moderator: Mr. Satheeshan Siva Vote of Thanks by Mr. Lakshman Mantha Garland of Love from Children of Sai – Part 1	▪ Sai Kulwant Hall
12:15 - 1:00 PM	LUNCH BREAK	
1:00 - 1:45 PM	Speaker Introduction by Mrs. SuryaLakshmi Pochincherla YA TED style talk – Ms. Ananda Gonzalez and Ms. India Gonzalez Vote of Thanks by Mrs. Padmashree Ravindra Garland of Love from Children of Sai – Part 2	▪ Sai Kulwant Hall
1:45 - 2:00 PM	BREAK	
2:00 - 4:00 PM	SSE Slot and Contemplative Personal Time (for YAs and Adults)	▪ See following slides
4:00 - 4:15 PM	BREAK	
4:15 - 5:15 PM	Workshop Slot 1	▪ See following slides
5:15 - 5:30 PM	BREAK	
5:30 - 6:30 PM	Workshop Slot 2	▪ See following slides
6:30 - 6:45 PM	BREAK	
6:45 - 7:00 PM	Aarathi, Samastha Loka and Vibhuti Prayer	▪ Sai Kulwant Hall



2021 Memorial Day Online Retreat Schedule

SUNDAY, MAY 30 (EDT)

TIME (EDT)	Program	Location on Website
8:30 - 9:00 AM	21 OM's, Suprabhatam (English), 108 Names	▪ Bhajan Mandir
9:00 - 9:15 AM	Light (Jyothi) Meditation	
9:15 - 9:30 AM	BREAK	
9:30 - 10:30 AM	Multi-Faith Prayers and Devotional Singing	▪ Sai Kulwant Hall
10:30 - 11:10 AM	Speaker Introduction – Dr. Hymon Johnson YA TED Style Talk – Mr. Samir Vedantham Vote of Thanks – Dr. Joe Phaneuf Garland of Love from Children of Sai – Part 3	
11:10 - 11:15 AM	BREAK	
11:15 AM - 12:15 PM	Workshop Slot 3	▪ See following slides
12:15 - 1:00 PM	LUNCH BREAK	
1:00 – 1:45 PM	Speaker Introduction – Mrs. Kalika Grana YA TED Style Talk – Ms. Namrata Niranjana Vote of Thanks – Mrs. Doris Hampton Garland of Love from Children of Sai – Part 4	▪ Sai Kulwant Hall
1:45 - 2:00 PM	BREAK	
2:00 - 4:00 PM	SSE Slot and Contemplative Personal Time (for YAs and Adults)	▪ See following slides
4:00 - 4:15 PM	BREAK	
4:15 - 5:15 PM	Workshop Slot 4	▪ See following slides
5:15 – 5:20 PM	BREAK	
5:20 - 5:35 PM	Garland of Love from Children of Sai – Part 5	▪ Sai Kulwant Hall
5:35 - 5:45 PM	Vote of Thanks by Regional Presidents	
5:45 - 6:00 PM	Aarathi (English), May All the Beings and Vibhuti Prayer	



2021 Memorial Day Online Retreat – Workshop Schedule



SATURDAY, MAY 29, 2:00 – 4:00 PM EDT

WORKSHOP TITLE

LOCATION ON WEBSITE

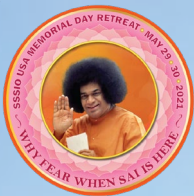
Workshop Slot (SSE):

- Group 1 - Meet God, He's My Best Friend!
- Group 2 - Healthy Body and Mind (BMI) Connect to your inner self with a fit body & pure mind!
- Group 3 - Self-Confidence Design Challenge and Speaker Session (Soumya Panchanathan)
- Group 4 - Finding Me in I - Searching for love in ourselves Challenge and Speaker Session (Ajay Yekkirala)

- Planetarium
- Music Building
- Sports Center
- Chaitanya Jyoti

Contemplative Personal Time (YAs and Adults)

- See Slide 38



2021 Memorial Day Online Retreat - Workshop Schedule



SATURDAY, MAY 29, 4:15 – 5:15 PM EDT

WORKSHOP TITLE

LOCATION ON WEBSITE

Workshop Slot 1 (All)

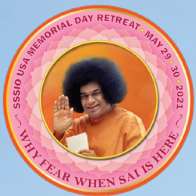
- **I AM I (by Varun Ram, Rukmani Sivarajan, Niyanta Gopal and Aaron Powell)**
- **Stress Management (by Dr. Jack Feely and Dr. Balu Karanam)**
- **Workshop in Spanish - If you are GOD, why fear? SI ERES DIOS, ¿ POR QUÉ TEMER? (by Rosa Lina Muñoz, Guillermo Caminos, Mauricio Guzman)**

- **Poorna Chandra**
- **Hill View Stadium**
- **Super Specialty Hospital**

Workshop Slot 1 (YA)

- **Finding Your Equilibrium: When I stray far away, Swami, bring me back again (by Meghana Sai Iragavarapu)**

- **Vidya Giri**



2021 Memorial Day Online Retreat - Workshop Schedule



SATURDAY, MAY 29, 5:30 – 6:30 PM EDT

WORKSHOP TITLE

LOCATION ON WEBSITE

Workshop Slot 2 (All)

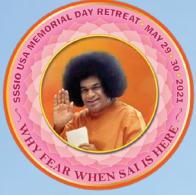
- **Overcoming Obstacles with Sai (by Sujatha Suresh, Akshaya Ravishankar, Vijayshankar Sharma and Sudarshan Ramanan)**
- **Go Green - Zero-Waste Lifestyle (by Sonali Razdan and Chandrasekhar Sivaraman)**

- **Poorna Chandra**
- **Hill View Stadium**

Workshop Slot 2 (YA)

- **Intuition: Finding the inner voice of Sai and making decisions through a Sai lens (by Ayswariya Ganesan and Rachna Desai)**

- **Vidya Giri**



2021 Memorial Day Online Retreat - Workshop Schedule



SUNDAY, MAY 30, 11:15 AM – 12:15 PM EDT

WORKSHOP TITLE

LOCATION ON WEBSITE

Workshop Slot 3 (All)

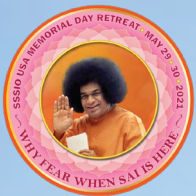
- **How to see God in Everyone and Everything? (by Dr. Sudha Amaty, Dr. Sivakumar Sreenivasan, Nalini Dasana, and Dr. Mani Hull)**
- **The Sadhana of Seva. Swami's Guidance on Service (By Jeremy Hoffer and Dr. Gopi Krishna Pidatala)**

- **Poorna Chandra**
- **Hill View Stadium**

Workshop Slot 3 (YA)

- **Deal or No Deal? - Are We Ready To Have Challenging Conversations With Other Generations?(by Vishwa Raval, Pragya Pradeep and Hiten Khemani)**

- **Vidya Giri**



2021 Memorial Day Online Retreat – Workshop Schedule



SUNDAY, MAY 30, 2:00 – 4:00 PM EDT

WORKSHOP TITLE

LOCATION ON WEBSITE

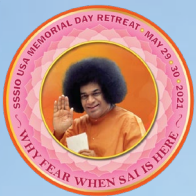
Workshop Slot (SSE):

- Group 1 - God Calling
- Group 2 - Sai Formulas for Success
- Group 3 - Uncovering the Sheaths with Swami's 5S and Speaker Session (Ajay Yekkirala)
- Group 4 - Healthy Body - Healthy Mind - Spirituality in Daily Life and Speaker Session (Soumya Panchanathan)

- Planetarium
- Music Building
- Sports Center
- Chaitanya Jyoti

Contemplative Personal Time (YAs and Adults)

- See Slide 38



2021 Memorial Day Online Retreat - Workshop Schedule



SUNDAY, MAY 30, 4:15 – 5:15 PM EDT

WORKSHOP TITLE

LOCATION ON WEBSITE

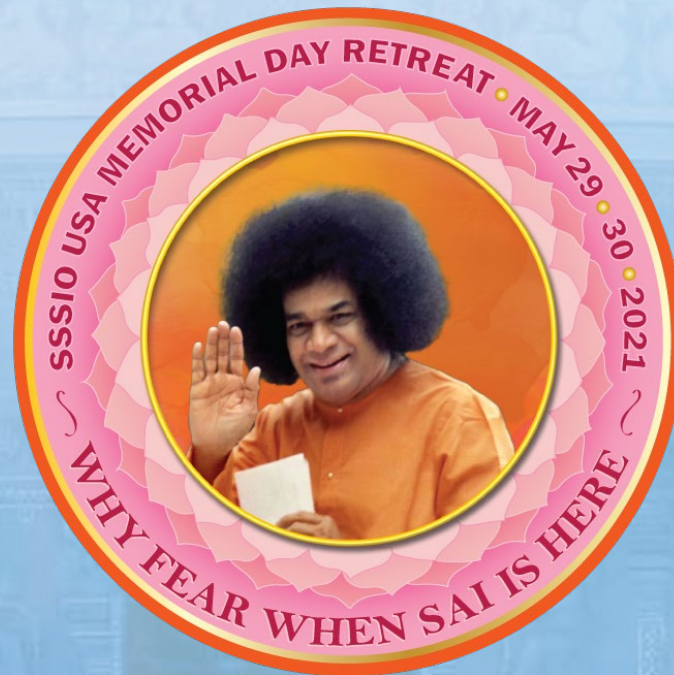
Workshop Slot 4 (All)

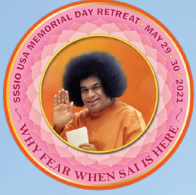
- **REFLECT BACK, CHARGE FORWARD: Divinity for the new reality** (by Seema Miller, Karen Pasternak, Sandeep Menon and Dr. Axay Shanti Kalathia) ▪ Poorna Chandra
- **Sai Tutoring (how to organize)** (by Anjana Chandran, Srilatha Krishnamurthy and Shripriya Ramanujam) ▪ Hill View Stadium
- **Repeat Workshop in Spanish - If you are GOD, why fear? SI ERES DIOS, ¿ POR QUÉ TEMER?** (by Rosa Lina Muñoz, Guillermo Caminos, Mauricio Guzman) ▪ Super Specialty Hospital

Workshop Slot 4 (YA)

- **Building Your Sai Mobile Hotspot** (by Sai Lekshmi Akella, Sree Kodavatiganti, Arvind Kumar and Rekha Ramnath) ▪ Vidya Giri

Speaker Bios and Workshop Guide





2021 Memorial Day Online Retreat – Speaker Bios



Speaker Bios

Dr. Gopi Krishna Pidatala and his family have been associated with Bhagawan Baba for more than 5 decades. Brother Gopi is one of the founding members of the Hyderabad Youth group of the Sri Sathya Sai Seva Organisations. He is a Trustee of the Sri Sathya Sai Grama Seva Trust formed by Bhagawan Sri Sathya Sai Baba for rural development initiatives. He currently serves the Convener of the Sri Sathya Sai National Leadership Program for Self Transformation – a youth initiative of the Sri Sathya Sai Seva Organisations, India . He is also the Convener of the Sri Sathya Sai Vidya Vihar High School. Brother Gopi has translated many books on Bhagawan Baba from Telugu to English. He is a well-known speaker in the Sai community and has given many talks across the world. By profession, Gopi is the CEO of a HealthCare firm in Hyderabad. He lives in Hyderabad with his family.

Mr. Jeremy Hoffer learned about Sathya Sai Baba when he was in high school and went on to make many trips to India. He attended the Summer Course in Brindavan in 1995 and lived in Hyderabad from 1997-98 studying Telugu and doing service with the Hyderabad youth group. Back home, Jeremy was active with the Indiana youth group and the local Sai Center. He has held various positions at the center and regional level and taught SSE classes. Jeremy currently lives in Denver, Colorado.

Mr. Samir Vendantham currently serves as the Co-Lead of the Sadhana of Love YA Subcommittee of the Sri Sathya Sai International Organization. Samir has earned a degree in Electrical and Computer Engineering from the Georgia Institute of Technology, and currently works as a software engineer in Atlanta. In 2019, Samir had the opportunity to perform in a play in Prasanti Nilayam. When not doing organization work, you can usually find him planting trees or baking pizza from scratch!

Ms. Ananda Gonzalez has been a Sai devotee all her life and is a graduate of the Sri Sathya Sai Center 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 Sri Sathya Sai Center of Manhattan and feels immensely blessed to travel through this life with Swami by her side.

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

Ms. Namratha Niranjan or Nammu as many in the Sai family know her is a recent graduate of Vanderbilt University as of May 2021, graduating with an M.Ed. in Child Studies with a concentration in Poverty and Intervention, and is passionate in promoting positive youth development and social-emotional learning opportunities in the education field. She grew up in the Sri Sathya Sai Center of Dallas and is an SSE Group 4 graduate of their program. She currently serves as a Group 3 teacher at the Sri Sathya Sai Center of Nashville, in addition to serving as their YA Female Representative. Nammu feels blessed to be part of the Sai family, and strives in her personal and professional lives to meet Swami's expectations that "the end of education is character."



Workshops for All



2021 Memorial Day Online Retreat – Workshop Details



I AM I - Saturday, May 29, 4:15 – 5:15 pm EDT

Description

Swami says -"Man identifies himself with a name and form and builds up all the relations on that basis. But how real and permanent are these names and forms? They are all projections of the mind and have existence only as long as the body and mind remain." This workshop goes to the depths of Swami's teachings to explore the tools, practices and frameworks provided by Him for us to understand that it is not just a fanciful esoteric notion but a reality of life that I am I.

Facilitators

Varun Ram is the son of Geetha Mohan Ram and Mohan Ram. Varun's family came into Swami's fold in the 1940s, starting with his great uncle Seshagiri Rao, who was Swami's personal attendant. His grandfather Dr. Padmanabhan, a renowned dental surgeon, was very dear to Swami and served Him in various organizational capacities at Whitefield, Bangalore till 2008. Varun grew up in Maryland and was named by Swami. Swami also performed both his thread ceremony in 1998 and his wedding in 2008 in Puttaparthi. Varun has been an active member of the Sri Sathya Sai Center of South Bethesda (Region 2). He served as the Devotion Coordinator and is currently the YA Male Advisor. Varun has been in Consulting for over 15 years and currently leads Program Delivery at Nava.

Rukmani Sivarajan completed her Bachelor of Science from Sri Sathya Sai Institute of Higher learning, Anantapur Campus. She was part of the band and the music group at Anantapur. After graduating from Anantapur, she did her B. Tech in Instrumentation technology from Madras Institute of Technology. She currently works as an IT Application Architect and lives in the Boston area. She is an active member of the Sri Sathya Sai Center of Northborough, in the Greater Boston area. She has served Sri Sathya Sai Organization as an SSE coordinator, bhajan trainer, teacher, and currently serves as the Devotion Coordinator of Northborough Sai Center (Region 1).

Niyanta Gopal was blessed to have been raised in a Sai Family. Growing up in the Greater St. Louis region (Region 4), she regularly attended bhajans, center activities, and grew up in the SSE program. She was fortunate enough to participate in the International Children's Choir for Christmas in Prashanthi in 2001 and the World Youth Conference in 2007. She has served as a center and regional YA rep, and is currently teaching Group 4 class. She resides in Kansas City and is a registered Architect.

Aaron Powell is blessed to have grown up 'in the center', as the Sri Sathya Sai Center of Atlanta was founded in his family home. From a young age he has been quite focused in spiritual pursuits, spending prolonged periods in meditation. He has made many trips to Prashanti Nilayam, has had multiple interviews with Swami and many experiences. He has a degree in Philosophy, owns and operates multiple businesses in Atlanta involving real estate and arts events, and engages in voluntary work. He is currently serving as Devotion Coordinator of the Sri Sathya Sai Center of Atlanta (Region 3). He has recently initiated a project titled -" Stories of His Glory" which recounts transformative experiences that devotees from Atlanta and surrounding community have had with Sri Sathya Sai Baba.



2021 Memorial Day Online Retreat – Workshop Details

Stress Management - Saturday, May 29, 4:15 – 5:15 pm EDT

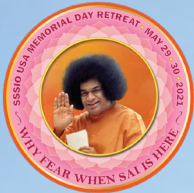
Description

In this workshop, we will share Swami's powerful antidotes to our fears, stresses, and anxieties. Our panelists will present practical, everyday tips and spiritual insights along with examples to illustrate.

Facilitators

Dr. Jack Feely is a licensed psychologist with a clinical practice in St. Louis. He also provides organizational and management development services for private corporations nationally. He began reading about Sathya Sai Baba in 1978 and attended some center meetings, and he became more active in the SSSIO after his first trip to Prasanthi Nilayam in 1990. Since that time, he has served as Regional Adult YA Advisor, Center President of Sri Sathya Sai Center of St. Louis, and Regional President for Mid-Central Region. He also served in the position of National Service Coordinator followed by National Vice President of SSIO-USA, followed by National President of SSIO-USA. In addition, he served as Co-Chair International Disaster Relief Committee of SSSIO. Currently Dr. Feely serves as Central Coordinator, SSSIO-USA.

Dr. Balu Karanam was a student in Puttaparthi from 1978-1992. He attended the Smt. Eswaramma School (4th grade) through postgraduate studies at Sri Sathya Sai Institute of Higher Learning, Prasanthi Nilayam (1978-1992). He served as the President of Sri Sathya Sai Center at Greater Baltimore, MD and also as Regional Devotional Coordinator for the Mid-Atlantic Region. Currently, he is serving Swami as Regional President for SSSIO USA Region 3. Balu is a Professor in Cancer Research. He firmly believes that it is "SAI" and the education in SAI institutes that transformed him from a rustic villager to a research scientist.



2021 Memorial Day Online Retreat – Workshop Details



SPANISH WORKSHOP - If you are GOD, why fear? SI ERES DIOS, ¿ POR QUÉ TEMER? - Saturday, May 29, 4:15 – 5:15 pm EDT

Description

La transformación de lo humano en Divino, a través del florecimiento de los valores humanos, nos lleva a ver a Dios en todo. Este taller está dirigido a cada uno de nosotros que, aun sabiendo que somos divinos, olvidamos quiénes somos. En este encuentro discutiremos los diferentes caminos: el de la acción, la devoción, la sabiduría y la práctica diaria de los valores humanos, todos ellos para lograr la realización de la verdad: nuestro origen divino. Si nos damos cuenta de la verdad de quiénes somos, ¿cuál es la razón para temer? ¿Será que el miedo nos está impidiendo darnos cuenta de nuestra Divinidad? The transformation of the human into the Divine, through the blossoming of human values, leads us to see God in everything. This workshop is aimed at each of us who, even knowing that we are divine, forget who we are. In this session, we will discuss the different paths: that of action, devotion, wisdom, and the daily practice of human values, to achieve the realization of the truth: our divine origin. If we realize the truth of who we are, what is the reason to fear? Could it be that fear is preventing us from realizing our Divinity?

Facilitators

Rosa Lina Muñoz conoció a Swami en 1996. Sus enseñanzas y bhajans cautivaron su alma. Swami le dio el regalo de cantar dos veces en Su presencia como parte del coro Estadounidense y el Grupo Sailahary. En compañía de otros devotos fue cofundadora del Centro “Metropolitan New York” (parte de la Región 2). En diferentes momentos a lo largo de los años se ha desempeñado como Presidenta, Coordinadora de Devoción y Educación. Rosa Lina nació en Colombia S.A. Es Arquitecta de profesión con Maestría en Preservación Histórica. Rosa Lina eligió nacer en esta vida en una familia muy religiosa la cual con su guía y valores la ayudó a descubrir su camino espiritual.

Guillermo Caminos es un escritor, periodista y productor de televisión argentino. Conoció a Swami personalmente en 1992 y filmó a Swami en 5 cortometrajes grabados en 5 viajes a Whitefield y Prasanthi Nilayam. Participó en programas de difusión sobre la vida de Sai en televisión. En la Organización, ha sido Coordinador de Devoción en varias ocasiones y a cargo de Círculos de Estudio durante más de 25 años en Argentina y Estados Unidos. En 1999 sobrevivió a una caída del helicóptero donde trabajaba debido a un sabotaje. Se le concedió asilo en Estados Unidos y desde entonces reside en Florida con toda su familia. Es miembro del Miami Sai Central Center. Ha escrito 6 libros de historias sobre Los círculos de estudio, los Vedas y el Vedanta. Actualmente, produce videos sobre Vedanta en español y convirtió el Sathya Vahini en español en un audiolibro con su esposa.

Mauricio Guzman fue motivado a seguir las enseñanzas de Swami después de leer el libro Encarnación del Amor de Peggy Mason y Ron Laing, después de leer este libro con su esposa Gilda Castaneda supieron que habían encontrado a Dios. A partir de 1994 se interesaron y comenzaron a viajar a la India para recibir los darshans de Swami. El fue miembro activo de diferentes Centros Sai en El Salvador, fue Presidente nacional de la Organización SSS, Coordinador Nacional de Servicio, miembro de la Fundación Sathya Sai, profesor de Valores Humanos del Instituto de Valores Humanos de El Salvador, profesor de Balvikas, y actualmente miembro del Fairfax Sai Center in VA desde el 2013 que se movió a vivir a VA. El es casado desde hace 47 años con Gilda Castaneda, quien ha sido su compañera, su fortaleza y ejemplo de devoción por Swami y además fue Coordinadora Nacional de Educación Sai en El Salvador. Ellos tienen tres hijos y una nieta que son devotos de Swami.



2021 Memorial Day Online Retreat – Workshop Details



Overcoming Obstacles With Sai - Saturday, May 29, 5:30 – 6:30 pm EDT

Description

This workshop explores the various ways in which we have all overcome our personal challenges with the guidance of Swami, especially in times such as the COVID-19 pandemic. By mimicking a familial setting and conversation, the overarching themes of this session will center on practical spirituality and practicing self-care. It is our hope that through this session, we can all find new ways to use spirituality and our connection with Swami to get us through challenging times.

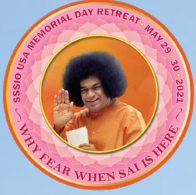
Facilitators

Vijayshankar Sharma is an IT professional and current Vice President of the Sri Sathya Sai Center of North East Atlanta (Region 3). He has held prior officer positions as SSE Coordinator and Center President. From his early days, he has been exposed to spirituality through his parents, and through various spiritual texts. Ever since his first trip to Parthi in 1989 and to Whitefield in 1990 Vijayshankar's parama guru has been Swami. Vijayshankar has subsequently made many trips to Prasanthi for service activities and darshan.

Akshaya Ravishankar was born in India, raised in Connecticut and has come to call the Northeast home. A friend informed her family about a center in Shelton, CT. Curious to see what it was all about, Akshaya attended bhajans for the first time and instantly loved the atmosphere and vibrations and hasn't looked back since! Being a part of pilgrimages to Parthi in 2007 and 2009 furthered her connection with Swami at a young age. Akshaya is very passionate about being connected to the larger Sai family. She also worked with other YAs to produce bhajan CD recordings for ZYC, to plan large-scale YA retreats, and to facilitate several workshops. Akshaya works at a startup company in Cambridge and serves as the Region 1 Female YA Rep.

Sudarshan Ramanan is a SSE group 4 student at the Sri Sathya Sai Center of Norwood, Massachusetts (Region 1). He has been attending the SSE program since the age of 6. As a passionate musician, he actively leads bhajans and provides violin accompaniment. In 2017, he was fortunate to be a part of the USA group to Parthi for Guru Poornima celebrations. He is currently a high school senior at Boston University Academy, where he is the President of a Model United Nations conference and a varsity tennis player.

Sujatha Suresh came to Swami through her husband's family in the 90s. She has been an SSE guru since the year 2000 and currently teaches group 4 at the Sri Sathya Sai Center of East Brunswick, NJ (Region 2). Sujatha has been committed to helping, guiding and working with children and young adults for many years. One of her favorite sayings by Swami is "Cultivate nearness with Me in the heart and it will be rewarded. Then you too will acquire a fraction of that supreme love."



2021 Memorial Day Online Retreat – Workshop Details



Go Green - Zero-Waste Lifestyle - Saturday, May 29, 5:30 – 6:30 pm EDT

Description

A Sai family adopts certain habits that reduce their garbage to 2 bags per year. What's the secret? This discussion will touch on all matters related to a zero-waste lifestyle including Swami's guidance and practical measures we can take to minimize our food, plastic, paper consumption and waste to help protect Mother Earth.

Facilitators

Sonali Razdan is blessed to have attended Sai Centers since the age of 6 and developed a homegrown passion for the environment. She is an active Young Adult in Region 1 and serves as the current Envirocare Representative. Over the years, she has helped lead several environmental initiatives including helping pass a petition declaring Climate Emergency in her own town in Massachusetts. Sonali graduated from Cornell University, studying Operations Research Engineering, and currently works as a management consultant at Bain & Co.

Chandrasekhar Sivaraman has been an active YA for the last 5 years involved in Go-Green related initiatives such as Serve the Planet (STP), Ceiling on Desires (COD) and Envirocare. He currently serves as the Envirocare Representative for Region 8 and is passionate about living an enviro-conscious lifestyle as well as studying and sharing Swami's teachings. Chandrasekhar graduated from University of Southern California with M.S in computer science. He is currently self-employed as a cloud technology solutions architect.



2021 Memorial Day Online Retreat – Workshop Details



How to see God in Everyone and Everything? - Sunday, May 30, 11:15 am – 12:15 pm EDT

Description

Swami says - "I am God and so are you. The only difference between you and I is that while I am aware of this fact, you are not." So why then do we struggle to see this and practice it in our everyday life? What prevents us from doing so? It is easy to see those who are kind to us as Swami's divine instruments. What about the others? Is there a way to overcome this? Join us as we peel the many layers to this complex yet simple challenge that Swami has given us. The members of our panel will share their experiences and learning in their efforts to see God in everyone and everything!

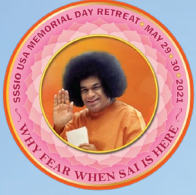
Facilitators

Dr. Sudha Amatya is currently serving Sri Sathya Sai center of Point Loma San Diego (Region 8) as a Devotional Coordinator. She came to know about swami during her visit to Nepal, her native country 21 years ago. Following year she had Swami's darshan in parthi & knew without a doubt that this was the God she had been seeking all her life ! Her husband & 3 children are also ardent devotees of Swami in their own unique ways. She works as a pediatrician & provides medical care to the underserved population. Swami's teachings keep her inspired & help her provide the best possible medical care with love & compassion.

Dr. Sivakumar Sreenivasan first visited Puttaparthi during Swami's 60th birthday in 1985 and fell in love with Swami's organization and His teachings, including the 'ALL' in the "Love all serve all" and 'there's only one caste... the caste of humanity'. Since that time, he became a regular attendee at Sai centers in South Bethesda, Boston, New York and Chicago, where he attended dental school and residency programs in Anesthesiology and Oral Surgery. Siva has served as the Devotion Coordinator for the Mid-Atlantic Region and President of the Sri Sathya Sai Center of South Bethesda in Maryland (Region 2). Along with volunteering locally in Maryland and Puttaparthi/Whitefield Hospitals for over 15 years, he has also served in Sai missions in Guyana, Haiti Tacloban-Philippines and Kazakhstan. He feels serving others makes his connection to Swami stronger.

Nalini Dasana feels very blessed to have been brought into Sri Sathya Sai Baba's fold in 2000 through a devotee family in Maine, USA. Since then, Bhagawan made sure she always had either a Sai group or Sai center to attend in Maine and helped develop a strong inner connection with Him. Nalini has been actively involved in SSE and has been teaching group 3 in ME and NC for the past 10 years, drawing her inspiration from Bhagawan's eternal teachings and being a perpetual student of Baba. She currently serves as an SSE Guru at Sri Sathya Sai Center of Raleigh (Region 3). Nalini grew up in Hyderabad, India. She completed her bachelors in Computer Science Engineering and is working as a Director, Data and Analytics at an insurance company. Nalini continues to seek Bhagawan's grace to love Him and serve Him.

Dr. Mani Hull is the current President for the Sri Sathya Sai Center of Nashville (Region 4). She has also served as the Devotional Coordinator and Vice President. Her magical journey with Bhagavan Sri Sathya Sai Baba began in Malaysia when she was 19 years old. She took Baba's call for service to heart, founded the Tennessee Campus Compact, and worked for over a decade to institutionalize service-learning in Tennessee higher education. In 2017, she was recognized for "setting ablaze a torch of service that will never lose its flame". Mani has served as the Scholar in Residence at the Unity of Nashville church to advocate for interfaith education.



2021 Memorial Day Online Retreat – Workshop Details



The Sadhana of Seva. Swami's Guidance on Service - Sunday, May 30, 11:15 am – 12:15 pm EDT

Description

What 'counts' as seva? How can seva become a spiritual sadhana? This panel will share salient lessons derived from decades of direct experience and specific guidance from Swami on seva.

Facilitators

Jeremy Hoffer learned about Sathya Sai Baba when he was in high school and went on to make many trips to India. He attended the Summer Course in Brindavan in 1995 and lived in Hyderabad from 1997-98 studying Telugu and doing service with the Hyderabad youth group. Back home, Jeremy was active with the Indiana youth group and the local Sai Center. He has held various positions at the center and regional level and taught SSE classes. Jeremy currently lives in Denver, Colorado.

Dr. Gopi Krishna Pidatala and his family have been associated with Bhagawan Baba for more than 5 decades. Brother Gopi is one of the founding members of the Hyderabad Youth group of the Sri Sathya Sai Seva Organisations. He is a Trustee of the Sri Sathya Sai Grama Seva Trust formed by Bhagawan Sri Sathya Sai Baba for rural development initiatives. He currently serves the Convener of the Sri Sathya Sai National Leadership Program for Self Transformation – a youth initiative of the Sri Sathya Sai Seva Organisations, India . He is also the Convener of the Sri Sathya Sai Vidya Vihar High School. Brother Gopi has translated many books on Bhagawan Baba from Telugu to English. He is a well-known speaker in the Sai community and has given many talks across the world. By profession, Gopi is the CEO of a HealthCare firm in Hyderabad. He lives in Hyderabad with his family.

Subburaj Narayanasamy (Subbu) is blessed to be in Bhagawan's fold since 2000. He has served the SSSIO in various center-level positions and currently serves as the Service Coordinator for Region 3. Subbu has a Master's degree in Computer Applications from Anna University, India. He is currently working for a financial institution at Charlotte, NC.



2021 Memorial Day Online Retreat – Workshop Details



REFLECT BACK, CHARGE FORWARD - Sunday, May 30, 4:15 – 5:15 pm EDT

Description

2020 gave us all some much-needed time to reflect. Now there is no going back—we can only move forward. How can we not just inch forward, but leap forward to Sai? Let us first review what we have learned and how we have changed. Then let us assess what we need to change or add to our daily practice to purify our lives. Join us for an inspiring, interactive session that will help us all embrace our new reality with divinity.

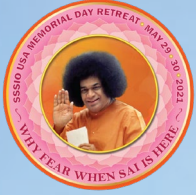
Facilitators

Seema Miller was named Shivamala by Swami, and nicknamed Seema by her parents. She is a third generation Sai devotee. Born in Chennai, Seema lived in many different parts of India, all within the Sai family. Her son Liam and great dane Cato compete for her attention. Over the last 25 years, Seema has been an active member of several Sai Centers including Champaign, Chicago, Singapore, Portland, Dallas, and now Sri Sathya Sai Center of Los Angeles (Region 8). Singing bhajans and playing the cymbals give her a disproportionate amount of joy, every day. Seema is the co-founder of Wolfgang, an advertising agency in Santa Monica.

Karen Pasternak serves as Devotion Coordinator at the Sri Sathya Sai center of Shelton (Region 1) in Connecticut. She has held an officer position for most of the 19 years, and has visited the holy abode of Prasanthi Nilayam numerous times. With deep conviction that everything is inseparable from its divine origin, Karen has undertaken the only possible journey for her: the one called “inward,” the one that happens only in the present moment, imminent, vibrant and transformational. Understanding that Swami’s teachings underscore this principle of unity, she feels the urge to live this whole journey in His Divine Presence, as close and real to her as her breath.

Sandeep Menon originally from Mumbai, India, is currently a member of Sri Sathya Sai Center of Boston (Region 1). He has held regional as well as local officer positions in the Sri Sathya Sai Organization USA, serving as a YA regional rep for Region I and as a Vice President and later President of the Sri Sathya Sai Center of Boston. Sandeep has been in the Sai fold since his student days and he was involved in service activities with the Sai youth in India and was actively involved in medical service activities at Dharmakshetra, Mumbai. He is very thankful to Swami to have brought him in His fold and tries to practice His teachings of ‘gratitude’ and ‘Work is Worship’ as his sadhana.

Dr. Axay Shanti Kalathia has been active for over 30 years in Sri Sathya Sai Baba's organization in the USA, serving as an officer in various roles at the center and regional level. He is currently serving as the National Service Coordinator. Starting in the year 2000 he has been privileged to have the opportunity to serve in Puttaparthi in Medical Camps and in the Sri Sathya Sai General Hospital as an ENT physician. He currently resides in Bradenton, Florida (Region 3).



2021 Memorial Day Online Retreat – Workshop Details



Sai Tutoring (how to organize) - Sunday, May 30, 4:15 – 5:15 pm EDT

Description

The mission of the SAI (Schoolwork Assistance Initiative) Tutoring Program is to help children who need assistance with their homework along with math, science and language arts enrichment. The program is also geared to motivate children to be successful students who enjoy learning through strengthening of basic skills and building self-confidence. The facilitators will share their experiences in SAI tutoring projects in both public school and community settings. Participants will gain an understanding of the project and learn how to launch and sustain SAI tutoring projects in various settings.

Facilitators

Dr. 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 lived there since the 1970's. She has been blessed to work several times as a visiting physician in Sri Sathya Sai General Hospital, Puttaparthi. Anjana is the mother of 2 young elementary aged children. Her life's passion is to improve the lives of children through her work and volunteer activities.

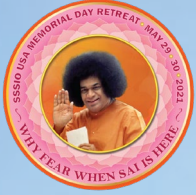
Srilatha Krishnamurthy came into Swami's fold through her marriage. Her love for His teachings and children led her to be an SSE teacher. She received her first SSE training in the year 1997. Since then, she has received SSE training over several years. She has been an SSE teacher since 1998. She has served as the SSE coordinator at the Sri Sathya Sai Center of Fort Worth, TX for 15 years and as the regional SSE coordinator for Region 10 from 2007 to 2011. She teaches group 4 SSE children at the Sri Sathya Sai Center of Atlanta. Her most memorable experience was when she led and presented a dance-musical - Sadhana program to Swami in the year 2008. Professionally, Srilatha has taught both in Public Schools and in colleges. She is currently working as a teacher in a local private school.

Shripriya Ramanujam came into Swami's fold in 1988 through her introduction to the Sri Sathya Sai seva organization as a result of an essay competition. She became a part of the seva dal – volunteer group in the Sri Sathya Sai organization. She graduated from Sri Sathya Sai university, Anantapur campus, AP, India in 1996. A daughter of Sai, she has been blessed with His love, training, and teaching beyond what words can express. Shripriya has been a part of the Sri Sathya Sai Center of Atlanta since 2014. She assists with SSE service projects and is involved in serving children through SAI Tutoring, Save the Horses, and Adopt-a-Road programs.

Mahendran Naidu serves as the SSIO Region 4 Service Coordinator. He has been involved in the Sri Sathya Sai Center of Lexington since 1999 and has served in various capacities including center SSE coordinator and President. He is trained as an SSE and SSEHV teacher and has conducted several EHV workshops and mentoring sessions in public schools. He is the Chief Operating Officer of ILS, a management consulting firm based in Lexington, KY. He received his bachelor's degree in Computer Science and Engineering from the Anna University, Chennai, India and a Master's degree in Business Administration from the University of Kentucky.



Workshops for Young Adults



2021 Memorial Day Online Retreat – Workshop Details



Finding Your Equilibrium: When I stray far away, Swami, bring me back again - Saturday, May 29, 4:15 – 5:15 pm EDT

Description

- What is equilibrium? What state of mind is Swami's ideal home?
- Recognition of Self vs. External Stimuli (Mindfulness)
- Asking what about this particular stimulus is bothering me? What am I hoping to resolve or what action can I take? (referencing Sai literature)
- Light meditation/Soham Meditation (at the end of workshop)

Objectives:

- Offering a starting point for personal exploration
- Skill of identifying the source of discomfort
- Practical tools for returning to an Sai-equilibrium (meditation, yoga)
- Sustaining Sai Practices
- Exposure to Sai literature/teachings with pertinent lessons (+ other resources)

Facilitators

Meghana Sai 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 graduates from Duke University this May with a degree in Nutrition Sciences. She will be moving to Boston to start her first job at Boston Children's Hospital in the upcoming months.

Bhuwan Thapa grew up in Nepal and came into Swami's fold during his undergraduate years. He is blessed to serve under different roles, including the YA coordinator of the Sri Sathya Sai Center of Houston, Regional YA coordinator of Region 2, Devotional Coordinator of the Sri Sathya Sai Center of Tucson, and a center youth coordinator and regional EHV coordinator in Nepal. He is currently a postdoctoral fellow at the University of Missouri, Columbia.



2021 Memorial Day Online Retreat – Workshop Details



Intuition: Finding the inner voice of Sai & making decisions through a Sai lens - Saturday, May 29, 5:30 – 6:30 pm EDT

Description

In our daily lives we are bombarded with an excess of information, news, opinions, and more. How do we filter through all this and find the voice of Swami within ourselves? How do we tap into our divinity and use the voice of God to guide us in our daily lives and the decisions that we make?

Objectives:

- Understand the difference between the inner voice of God vs. the voice of fear
- Learn ways to tap into this inner guide by ruminating on Swami's teachings on the topic
- Work through decision-making processes using real world scenarios
- Learn practical ways to filter out the "outside noise" and look within

Facilitators

Ayswariya Ganesan grew up in India and came into Swami's fold in 2012 when she got married into a Sai family. She attends the Sri Sathya Sai center of Fairfax and had the privilege of serving as a SSE Guru and a YA representative of her center. Though Ayswariya was initially drawn to Swami by His Divine Love, her connection with Swami strengthened during her years of serving in the YA officer role as she began to discover Swami's teachings and mission in depth. Professionally, Ayswariya holds a Masters degree in Information Technology and works as an Assistant Project Manager at a non-profit organization managing people with differing abilities. She is currently serving as the female YA Rep of Region 2 and SSE Group 3 teacher.

Rachna Desai was born and raised in a Sai household in Southern California where she attended both SSE and YA activities. She was blessed to be involved in many Sai activities including regional pilgrimages to Parthi, regional medical camps, teaching SSE, the Sai Clinic in Culver City, and YA female coordinator for Region 8. Professionally, Rachna works in Health Administration as a Program Manager overseeing strategic initiatives.



2021 Memorial Day Online Retreat – Workshop Details



Deal or No Deal? Are We Ready To Have Challenging Conversations With Other Generations? - Sunday, May 30, 11:15 am – 12:15 pm EDT

Description

Have you recently engaged in conversations related to polarizing events in today's climate? Was it frustrating to have your opinions labeled as too contemporary or old fashioned? Have you simply just avoided conversations with your loved ones in fear of conflict?

As YAs, we often have differences in opinions rooted in generational gaps. In order to successfully navigate them, it is important to understand where our discomforts arise from and harness them to develop tolerance and eventual acceptance. Using generational disagreements as our basis, let's explore some tools through Swami's teachings to help us, with Love All Serve All as the catalyst.

Facilitators

Vishwa Raval is a Region 1 Young Adult from Connecticut who was blessed to have been born in a family with devotion for Shirdi Baba. She began her journey with Swami through the SSE program at the Shelton Sai Center. She graduated from the University of Connecticut with a degree in Environmental Engineering and currently works as a consultant serving communities in an effort to improve environmental challenges the world faces today.

Pragya Pradeep is originally from the Scarborough Sai Center in her home state of Maine. Starting in 2017 she also became an active member of the Chelmsford and Boston Sai Communities, and has recently become involved with the Boston YA Group in the past year. Pragya graduated from Rutgers University this May and plans to start her first full time job as a Management Technology Consultant in the upcoming months

Hiten Khemani was born and brought up in Yokohama, Japan where he actively participated in Sai Activities and Balvikas. He moved to Rochester for his B.S. in Mechanical Engineering at University of Rochester and continued for a M.S. in Manufacturing Engineering at RIT. Currently he works as a Mechanical Engineer at Navitar Inc. He has been part of the Sri Sathya Center of Rochester since moving as a YA, and recently started teaching SSE.



2021 Memorial Day Online Retreat – Workshop Details



Building Your Sai Mobile Hotspot - Sunday, May 30, 4:15 – 5:15 pm EDT

Description

Sometimes as YAs, we find ourselves with two personalities that we have: one with Sai members and one with those outside of the Sai community. In this workshop, we are exploring the way we can merge our worldly responsibilities with our spiritual principles. We start by understanding that there is not a true world divide, both are one and same. By tethering into Swami's network, we can start to remove the duality that keeps those behaviors separate in our day to day lives.

Facilitators

Sai Lekshmi Akella was born into the Sai-fold. Up until her young adulthood, she spent her summers with her grandparents, attending daily activities held in the Thrissur Sai Samithi in Kerala, India. Her first memories belonging to a Sai Center began in Flushing, New York, where her family would often travel from New Jersey to participate in bhajans and special programs. She later found her home at the Sri Sathya Center of Bridgewater, in New Jersey, where she currently serves as the Young Adult Representative. Sai Lekshmi has recently begun serving as an assistant-Guru for the SSE-3 Girls' class. As her initial attraction to Swami, as for most of us, was bhajans and devotional music, she has more recently been guided to explore Sai-Literature through participation in YA-lead study circles. Some may see that the different paths she has been shown are Swami's way of inspiring her own transformation. In her free time, she loves to watch Disney movies with her 6-year old son, Amrith Sai.

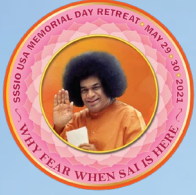
Sree Kodavatiganti was introduced to Swami when he was young. Growing up, He has many fond memories of time spent at the Sri Sathya Sai Center of Flushing. As a young adult, He moved to Pittsburgh and has been a member of the Sri Sathya Sai Center of Pittsburgh since then. He has had the valuable opportunity of being a Young Adult Representative and is lucky to get closer to Swami through various service opportunities. Professionally, he works at the intersection of community development and healthcare.

Arvind Kumar is a young adult from East Brunswick where he was raised and attended SSE. He graduated Rutgers university with a degree in Finance and completed his Master of Finance at MIT in 2019. He helps co-teach the group 3 SSE boys' class and loves listening to music and singing bhajans in his free time.

Rekha Ramnath has been born and brought up in the Sai fold and is a YA from the Sri Sathya Center of South Bethesda in Maryland. She is a rising senior nursing student at Marymount University. In her free time she loves singing bhajans, attempting comedy and writing in her bullet journal.



Workshops for SSE Children



2021 Memorial Day Online Retreat – Workshop Details



SSE Group 1 - Meet God, He's My Best Friend! – Saturday, May 29, 2:00 - 4:00 pm

Description

Workshop Description:

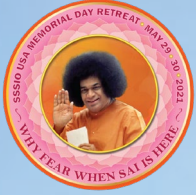
- Through activities, stories, music, children will introduce God as their best friend and feel His proximity.
- Children will also learn in an interactive way how to shape their character, so that God too accepts them as His best friend.

Supply Material Required:

1. About 5-6 blank printer paper
2. Color pencils
3. Eraser
4. Writing pencils

Facilitator

Faranak Khandadia, who is currently the SSSIO Online SSE Coordinator, grew up in a Sai family, knowing Swami as God in Human Form. A clinical psychologist and a psychotherapist by training, she was Professor and Head of Psychology Department in a Bombay University college, before she moved to the USA. Faranak has been a Bal Vikas guru for over 40 years. She was chosen by Swami's blessings, as one of the first EHV trainers of Bombay's English Team in the early 1980s and also as one of the trainers for Bal Vikas gurus in Bombay. She has trained many BV and SSE teachers from all over the globe since then Faranak has conducted Parenting workshops for teachers and parents internationally. Beside Bal Vikas and EHV, she feels humbled to have served in varied service activities of the Sri Sathya Sai Organization. She worked as the Lead Psychologist for Bombay's Vocational Guidance wing of the Sri Sathya Sai Organization. She has guided and worked for slum betterment programs, run free psychotherapy clinics for the underprivileged children and has been a reader and mentor for the visually handicapped college students. Faranak was blessed by Swami to conduct His First All-India Bal Vikas research on 'The Impact of the Bal Vikas Education on Children's Character Development'. This research was based on a huge sample of almost 50,000 Bal Vikas children, alumni, gurus, and parents. It was offered at Swami's Feet in Puttaparthi, in January 2017, during the All India Balvikas graduation ceremony. The most important life lesson that Faranak has learnt at Swami's Feet, is to practice Swami's teaching that "Happiness is Union with God" which is possible only by walking in His Footsteps.



2021 Memorial Day Online Retreat – Workshop Details



SSE Group 2 - Healthy Body & MInd (BMI) Connect to your inner self with a fit body & pure mind! – Saturday, May 29, 2:00 - 4:00 pm

Description

Workshop Description:

- Swami says, “The human body is a beautiful gift equipped with wonderful abilities and infinite potential given by God for a grand purpose, i.e. realizing the Lord within.
- Healthy habits keep our bodies vibrant and strong so that they become useful instruments in the service of the Lord.”
- Eating healthy, regular physical exercise, sense control, and strategies to quieten the mind play an important role in helping us achieve our noble purpose.
- This workshop uses a game-based approach to explore these aspects of connecting to our inner self by developing a fit body, and a pure mind!

Supply Material Required:

1. Plastic/Paper cup
2. Ball/foil ball/paper ball that fits in the cup
3. Few sheets of Paper
4. Pencil/Pen
5. Crayons/Color Pencils/Markers
6. Book or cup to balance
7. Kahoot.it

Facilitator

Deepa Suri has been actively involved with the SSE program for over 15 years and served as an SSE coordinator at the Sri Sathya Sai Center of North East San Diego. She is grateful to Swami for the opportunity to work with His children. She is currently a Group 3 and 4 teacher and is passionate about using creative and hands-on approaches to engage children in learning and practicing Swami's teachings. Deepa, along with several teachers and YAs from San Diego have led many SSE activity-based workshops, including an online Summer Showers series in 2020 for Region 8.



2021 Memorial Day Online Retreat – Workshop Details

SSE Group 3 - Self-Confidence Design Challenge – Saturday, May 29, 2:00 - 4:00 pm

Description

Workshop Description:

- The engine is the heart of a car. It holds all the power necessary for the car to function.
- Self-confidence is the engine of our spiritual heart.
- In this interactive and hands-on workshop, we will explore how to keep the engine of the spiritual heart well-tuned and balanced for the journey of life.

Supply Material Required:

1. Paper/Pencil,
2. Access to online tool like Jamboard

Facilitator

Prity Bhatt - Born and raised in Kolkata, India, Prity came to the United States as a teenager. She earned a Bachelor's and Master's degree in Computer Science from NJIT. She took an early retirement in 2017 after 30 years of service in the telecom industry. Although Prity's parents were ardent devotees of our dear Bhagawan, Prity did not come into Sai's fold until her two children started attending SSE at East Brunswick, NJ. SSE's impact on her two sons, brought her close to Swami's teachings and then into Sai's fold. Prity has taught SSE for several years before she was blessed to serve as the Region's Education coordinator and then President. She served as the National Devotion Coordinator for SSIO-USA from 2015-2019. Currently, she is a SSE teacher at SSSC of Scotch Plains, NJ.



2021 Memorial Day Online Retreat – Workshop Details



SSE Group 4 - Finding Me in I - Searching for love in ourselves – Saturday, May 29, 2:00 - 4:00 pm

Description

Workshop Description:

- When we think about love, we typically associate this with loving “others”. Additionally, we constantly seek validation which can negatively impact mental health and spiritual growth.
- This workshop will be about loving ourselves as a way to deal with our mental health. The idea is to reinforce the importance of self-love and learning to validate ourselves internally.
- We will also look into some “strength training” along the way, so bring your fun selves to the workshop!

Supply Material Required:

1. Pen/pencil,
2. Notecards/notebook,
3. Additional to the device used to join the zoom session we suggest an internet enabled phone/tablet for mentimeter/pollev/etc

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 is a research fellow in Neurology at Harvard Medical School. Ajay is also co-founder and CSO of Blue Therapeutics, a startup focused on developing non-addictive painkillers. He previously served as the Region 1 male YA rep and is the current president of Sri Sathya Sai Center of Norwood in MA.

Saipriya Iyer grew up in Queens, NY and attended SSE at the Sri Sathya Sai Center of Flushing. She is currently pursuing her PsyD in Clinical Psychology at Rutgers University. As a Young Adult, Sai Priya served as an SSE teacher and as the YA rep at the Sri Sathya Sai Center of Manhattan. She is passionate about developing content for workshops, and has led various workshops for SSE students, YAs and adults within Region 2 and nationally.

Prashant Krishnan attended the Sri Sathya Sai Higher Secondary School, Puttaparthi from 2008-2010. He holds a master's degree in mechanical engineering from Carnegie Mellon University and currently works as an engineer at MathWorks Inc. in MA. Prashanth has been an active member of Sai centers in the Greater Boston area, and recently served as a Group 1 SSE teacher and YA rep at the Sri Sathya Sai Center of Northborough. He currently serves as the Region 1 male YA rep. In his spare time, Prashanth enjoys volunteering, running and watching comic-book superhero movies



2021 Memorial Day Online Retreat – Workshop Details



SSE Group 1 - God Calling – Sunday, May 29, 2:00 - 4:00 pm

Description

Workshop Description:

- What makes an Orange float?
- What is the connection between aluminum foil and gratitude?
- There is a treasure, and we plan to make the journey to find it together with you.
- Come join us for an interactive, fun-filled session to connect with your creator and discover the jewel of prayer.

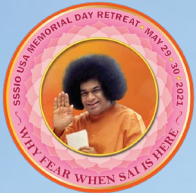
Supply Material Required:

1. Book
2. Pen or pencil
3. Two mandarins- one peeled and other unpeeled
4. Two glasses filled with 3/4 clear water
5. Square shaped cut aluminum foil piece- minimum 15 by 15 cms
6. Colored markers or Crayons

Facilitators

Priya Vijay has been teaching Sai Nursery since 2010. Currently she teaches at the Sri Sathya Sai Center of Atlanta Northeast in Georgia. She has a master's in science and works in Project management in IT. She loves Sai Nursery students to the core and learns much from them. Even though she has been asked to teach other groups, she's happy to teach Sai Nursery as long as Swami wills!

Jagruti Ravi Mariwalla is from Mumbai and currently resides in Cary, North Carolina. She feels blessed to be an SSE teacher since 2012, teaching Sai nursery and Group 1 in Jersey City, NJ and currently a Group 1 teacher in Raleigh, NC. She loves telling stories and teaching through science experiments.



2021 Memorial Day Online Retreat – Workshop Details



SSE Group 2 - Sai Formulas for Success – Sunday, May 29, 2:00 - 4:00 pm

Description

Workshop Description:

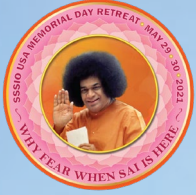
- The workshop is designed to bring out human values through science.
- Using several hands-on science experiments and emphasis on Swami's saying, "Why fear when I am here?"
- The goal of this workshop is for the kids to develop faith in Swami and self-confidence within themselves

Supply Material Required:

1. Balloon
2. Clear plastic cups (quantity of 6)
3. Magnet
4. Metal paper clips
5. Coffee filter
6. Grapes
7. Salt
8. Soap
9. Paper to make a boat
10. Large dish or aluminum tray
11. Empty clear jar (pasta sauce jar or peanut butter jar)
12. Optional – sand, mud, rocks, leaves from your backyard/garden
13. Optional – dried beans, raw rice, salt

Facilitator

Gouri Savkur started teaching SSE in 2007 and has taught group 1, group 2 and group 3. In the past, she had served as SSE coordinator for Sathya Sai Center of Billerica (now Chelmsford). Over the years, Gouri has led several workshops for SSE group 1 and group 2 during Region 1 Memorial Day retreats. Currently, Gouri attends Sri Sathya Sai Center of Chelmsford and teaches group 1 SSE.



2021 Memorial Day Online Retreat – Workshop Details



SSE Group 3 - Uncovering the Sheaths with Swami's 5S – Sunday, May 29, 2:00 - 4:00 pm

Description

Workshop Description:

- Understanding of Koshas
- 5 Sheaths through examples and activities.
- Benefits of Healthy Mind and Body

Supply Material Required:

1. Favorite dessert of their choice
2. Comfortable clothes, quiet spot away from distraction
3. Notepad or Paper
4. Pencil or pen
5. A mobile device to play online games.
6. Students should be logged in through an ipad or laptop
7. One copy of the Weekly Meal Plan for a week.

[Please click here to download the weekly meal plan editable template.](#)

Facilitators

Srilatha came into Swami's fold through marriage. Her love for His teachings and children led her to be an SSE teacher. Professionally she has taught both in Public Schools and in colleges. She is currently working as a teacher in a local private school. Srilatha has been an SSE teacher since 1998. She was SSE coordinator at the Sri Sathya Sai Center of Fort Worth, TX for 15 years. She was also regional SSE coordinator for Region 10 from 2007-2011. Her most memorable experience was when she had the opportunity to lead and present a dance-musical program to Swami in the year 2008. Working as an SSE teacher has been her greatest blessing in life from Swami. Srilatha is currently teaching group 4 at the Sri Sathya Center of Atlanta.

Anu Priya Suresh Kumar came to Swami's fold when she was studying in Primary School in Coimbatore, India. She wished and yearned to be Swami's student, and it came true when she was admitted in Sri Sathya Sai Institute of Higher Learning for the undergraduate program in commerce from 1999 -2002. She also holds Master's in Business Administration. She moved to the US in 2015 with her family and was actively involved in the Education Wing at the Sri Sathya Sai Center of Fort Lauderdale. She has been serving as an Educational coordinator since 2019. She considers herself a student more than an SSE teacher.



2021 Memorial Day Online Retreat – Workshop Details



SSE Group 4 - Healthy Body - Healthy Mind - Spirituality in Daily Life – Sunday, May 29, 2:00 - 4:00 pm

Description

Workshop Description:

- We will attempt to integrate our unique perspective on spirituality, life, brain and behavior while exploring the company we keep and the company within,
- Stressors and self-confidence, with Mandala art and devotional Zumba

Supply Material Required:

1. Paper
2. Color pencils or pens
3. Comfortable clothes
4. Comfortable location
5. Extra device for Kahoot or Mentimeter for polling/fun quizzes

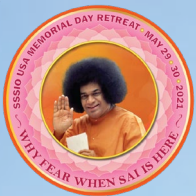
Facilitators

Swapna Putta is a neurologist with specialization in epilepsy from Brigham & Women’s Hospital, Boston MA. She was born in the family who were ardent devotees to Swami. Her roots of faith strengthened watching her grandfather’s dedication to service as he started Satya Sai center in her hometown in Kadapa, India. So, service activities, bhajans and attending Bal Vikas were her weekend activities in her childhood. Her bond with Swami strengthened when she actually moved out of home for the first time to prepare for medical entrance exam for a full year. She was fortunate to be associated closely during that one-year stay with a girl who grew up in Close association with Swami and had some Divine experiences. She strongly believes that Swami had been guiding her all along as she was able to find Swami in some form or the other throughout her journey from a small town in India to Michigan to Arizona and then to Boston. With her inclination towards fine arts like dance and music, she feels fortunate to balance her work with these destressing cultural activities. Carrying her physician responsibilities as “Madhava Seva”, and staying connected internally with Swami, helps her to be Intune with His Mission. Swapna is currently part of Sri Sathya Sai Center of Norwood and is an SSE teacher.

Dr. Sai Kiran Murthy is a neurosurgeon who specializes in traumatology and spinal reconstructive surgery. He is dually trained in neurosurgery and neurology and is based in New York, NY. He was born and raised in the U.S., into Swami’s fold, and was active in the SSSIO as the Mid-Atlantic regional young adult representative in 2000. He enjoys singing bhajans and attending satsang. His wife, Sunita Cheruvu is a pediatric endocrinologist and is also a long time Sai Devotee. Their boys, Isa 11 and Keshav 9, are both SSE students.



Contemplative Personal Time



2021 Memorial Day Online Retreat – Contemplative Personal Time



SATURDAY, MAY 29 AND SUNDAY, MAY 30, 2:00 - 4:00 pm EDT

CONTEMPLATIVE PERSONAL TIME (YA AND ADULTS)

LOCATION ON WEBSITE

Suggested activities include:

- **Mindful Nature Walk:** For this activity, we suggest you consider the following:
 - Go to a park or a scenic place near where you live.
 - Reflect on Swami's Divine words on Nature.
 - Spend this time in relaxing and reenergizing yourself by communing with nature.
 - Do not forget to wear a mask and maintain social distance.
- **Likhita Japam (writing the Lord's name):** Likhita Japam sheets are available on the retreat website. You could download and print them if needed.
- **Reading Spiritual Literature:** Please select any spiritual book of your choice to read. Below are some suggestions:
 - Vahinis (Written by Sri Sathya Sai Baba): <http://www.sathyasai.org/vahinis>
 - Sathya Sai Speaks (Divine Discourses): <http://www.sathyasai.org/discour/sathyasaispeaks/sathyasaispeaks.html>
 - Sathyam Shivam Sundaram (The Life of Bhagavan Sri Sathya Sai Baba Written by N. Kasturi): <http://saibaba.ws/avatar/sss/index.htm>
 - Thapovanam: <http://region7saicenters.org/csj/signups/sai-tapovanam-with-page-numbers.pdf>
- **Chanting (Namasmarana):** You could either listen to or chant any divine name of your choice.
- **Silent Sitting:** For information on this topic, refer to <http://www.isseducare.org/en/news/educational-experiences/137-ch-0?&l over=1>
- **Gratitude Journaling:** For information on this topic, refer to https://ggia.berkeley.edu/practice/gratitude_journal
- **Mandala coloring:** You could print the coloring sheets from <https://mondaymandala.com/m>
- **Bhajan Mandir – For Namasmarana, Gayatri Chanting will be available during this slot.**