

WK1 – Connecting with Sai, SAI's center and the SSE program **Saturday - 1:30pm to 2:45pm: Devotion Hall**

In this day and age when we are on the go 24/7 with many distractions, instructions and demands on our time from all areas, is it possible to create a personal spiritual practice? And what about our children - how are we supporting them in their spiritual growth? Are these aspirational activities that we put off to later in life or can we do something now?

Come! Let us share our experiences to discuss these questions. In this interactive workshop, we will collectively discuss and share tips and techniques to staying connected with Swami, with Sai's Center, and supporting our child's spiritual and character development.

Facilitators: Swami, Piyush Ghayal and Prity Bhatt

Piyush Ghayal feels blessed to have been an SSE Teacher, Education Coordinator, Regional YA Male Advisor, and Mid-Atlantic Region President from 2005-2011. Piyush has conducted Sai Parenting workshops in Region 2, Region 7 and Region 8. He was also the Keynote speaker at the National Parenting Enrichment Program in 2022.

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. Prity became interested in the teachings of Sri Sathya Sai Baba when her two sons started attending Sai Spiritual Education or SSE classes at a local Sai Center. She started facilitating SSE classes in 2002 and has since then held several positions in the Sri Sathya Sai International Organization at the regional and national levels. She is grateful for the opportunity to learn and grow through this experience. Currently, she is serving Swami as the National Female YA advisor.

WK2 – Navigating the maze of life using Sai's GPS **Saturday - 1:30pm to 2:45pm: Canteen**

We face various situations and conflicts in our journey of life and we have to make decisions. This journey can sometimes feel like a maze, where the path ahead is unknown. We will explore how by using our faith in God and adhering to human values, we can navigate through this maze more easily. We will discuss how our faith in God and ourselves can keep us on the right path and help us make better decisions along the way.

Facilitators: Hema Kodavatiganti, Manoj Gootam, Ramya Balasubramanian and Gayatri Balakumar

Hema Kodavatiganti is a member of the Sri Sathya Sai Center of Pittsburgh. Hema and her family came to Swami's fold when she was three years old. Her spiritual experience started when attending Balvikas. Throughout her YA years, she had the opportunity to participate in different Sai services locally, regionally, nationally and zonally. Hema is looking forward to the regional role of the newly formed women's wing and learning along the way.

Manoj Gootam is a young adult from Sri Sathya Sai Center of Fairfax in Northern Virginia. He has fostered a deep connection with Swami since his childhood days through Balvikas. Actively engaged, he has contributed to various devotional activities, participated in plays, and performed in front of Swami at Puttaparthi. Additionally, he has dedicated his time to volunteering for several service initiatives at Shivam and Fairfax. His enthusiasm for being a part of the Sai community is palpable, as he eagerly seeks to give back to the world.

Ramya Balasubramanian is a member of Sri Sathya Sai Center of Cherry Hill. As a 4th generation Swami devotee originally from Mumbai, she has completed 9 years of Balvikas. Having participated in Ashadi Ekaadashi through the Maharashtra group every year, she has grown up being guided by Swami's divine presence throughout her life. Currently she is pursuing a Pediatric residency in Philadelphia, aspiring to enter critical care medicine in the future.

Gayatri Balakumar is a young adult from the Sri Sathya Sai Center of Richmond. She was born and brought up in India. She is blessed to be born in a family who have been in Swami's fold for the past four generations. When she was in India, she used to visit Parthi very often. When she moved to the US in 2013, she thought she had lost all her connections with Swami. She has become an active member in the Richmond Sai Center where her daughter attends SSE.

WK3 – Letting go of loneliness**Saturday - 1:30pm to 2:45pm: Arts and Crafts**

What is loneliness? Loneliness is a symptom of anxiety, depression or trauma. In this workshop we will discuss what loneliness is. What are things we can do for oneself, if we are lonely. We will also talk about what are some things that Swami talks about associated with loneliness.

Facilitators: Gita Sawhney and Raj Lowtan

Gita Sawhney is a member of the Sri Sathya Sai Center of Manhattan. Gita became an actively involved member after Sri Sathya Sai Baba called her in her dreams. After the dream, Gita spent three months at the ashram in Puttaparthi, until Swami left His physical form. In Puttaparthi, Gita spent some time healing herself and understanding the benefits of meditation, self-awareness, chanting, bhajans, service and much more. The time in Puttaparthi made Gita realize that she was not being true to herself and wanted to make a positive difference in people's lives. Gita went on to change her career later in life from finance to mental health professional by earning her Master's from NYU in Mental Health counseling. Gita is currently working with young adults and adults with OCD, trauma, depression, and anxiety in her own private practice.

Raj Lowtan served as the President of the Greater Baltimore Center from 2001 to 2005, and also served as the Medical Director for Multiple Volunteer Sai Medical Camps in Maryland, and also participated in Sai Medical Camps in Virginia. He feels blessed to have served in Medical Camps for Guru Poornima and Swami's Birthday celebrations in Prasanthi Nilayam for many years until prior to COVID pandemic. With Swami's Grace he was also able to serve at Sri Sathya Sai General Hospital in Prasanthigram doing multiple 15 day rotations in the Ambulatory/Outpatient Clinics at the Sri Sathya Sai General Hospital over the period of 2007 to 2019.

Moderator: Anar Jani is the Young Adult Coordinator for the Sathya Sai Center of Pittsburgh, Pennsylvania. Anar is an SSE graduate. She has been teaching SSE for three years and plans to continue with Swami's blessings. Currently, Anar is pursuing her Master's in Behavioral Psychology. In her free time, she enjoys serving the local community, reading and going out to dinner with friends and family. Anar's enthusiasm to serve Bhagavan and her community fosters an unconditional love for all beings and the world.

WK 4 – A Panel Discussion: Swami and I - Serving with Love

Saturday - 3:00pm to 4:15pm: Fitness Center

As Swami says, "Service to man is service to God". The panel will explore the meaning of service, its role in our spiritual journey and how to perform service with love. The panelists will discuss ways to overcome impediments to serving with love and how selfless service purifies our mind to reveal our inherent divinity.

Panelists: Bob Singh, Trish Sneddon and Arjuna Swaminathan

Bob Singh attends the Sri Sathya Sai center of Flushing and was brought by Bhagawan to His lotus feet in June of 1970. Bob's passion is to always look for opportunities to coordinate, do or join in seva, whenever and wherever possible. He is passionate about being a resource for everything BABA and wishes to be His servant always.

Trish Sneddon grew up in CA but has resided in PA for 30+ years. Trish spent her early professional years as a Nursing Home, and Healthcare Administrator. Her later career was in an insurance role with a Christian organization, primarily teaching and counseling clients about Medicare benefits, options and how it works. Trish has been connected with the Sai organization since 2004 and has found herself drawn to the opportunity to share Universal Love with others through Service activities.

Arjuna Swaminathan: Beginning from his young adulthood, Swami has been guiding Arjuna along a gradual, yet steady, transformation journey to recognize Swami's presence in the depths of silence and in all beings. Having grown up in Sri Lanka, Arjuna is currently part of Sri Sathya Sai Center of Fairfax, where fellow devotees inspire him with their love, compassion and dedication to a cause greater than themselves.

Moderator: Noelina Arciniegas met Sri Sathya Sai Baba in 1998 when her father provided her with a book on Swami and told her, "This is God, and He lives in India". Noelina thought her father had lost his mind, but decided to read the book anyway. She was curious to learn more about this God who spoke about service and love to mankind. She has traveled to India on many occasions and has had many inner experiences with Baba. She is a social worker by profession, working with children with emotional and behavioral issues with the New York State Department of Mental Health and also sees clients privately. Swami has blessed her with coordination of the Bowery Food service for the past two years.

**WK5 - God and Gadgets
Crafts**

Saturday - 3:00pm to 4:15pm: Arts and

Feeling overwhelmed with Tech? Feeling like you are being controlled by AI? Come, join us to share ideas on how we may find relief in and through (S)AI.

Let's come together to share knowledge and experiences! We'll discuss how we can encourage the responsible use of technology and social media. More importantly we will review ways to bring awareness to the behavior that it inspires. Join us for an insightful discussion!

Facilitators: Vijay Sai and Sai Lekshmi Akella

Vijay Sai was born into a family of Sai devotees that have been in Swami's fold since the early 1950s. Christened by Bhagawan, he has experienced His unconditional love through transformative Guidance provided through many dreams. Along with his spouse Sailakshmi, he has raised his son Pranesh Sai and daughter Ashita Sai in the teachings of Bhagawan. Sailakshmi and Pranesh also attended college and school respectively in Bhagawan's educational institutions. Vijay Sai has also had the opportunity to serve as the President of Sri Sathya Sai Center of Pittsburgh and more recently, SSE Group IV teacher.

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. As her initial attraction to Swami was bhajans and devotional music, she has more recently been exploring Sai-Literature through participation in YA-lead study circles. Sai Lekshmi has served as a YA Rep and an assistant-Guru for the SSE Group III Girls' class. The different paths she has been shown are Swami's way of inspiring her own transformation. In her free time, she loves to play basketball with her son, Amrith Sai, and sing with her daughter, Sai Leela.

Moderator: Sasan Jahanian has been a part of the SSSIO-USA Media team since 2019. In service to Swami, he is launching a media community in the USA to bring videographers, photographers, and editors together to learn and enhance their skills. He also serves as an audio/video editor for the region's Sai SOUL 100 podcast. Previously, he served as the Male YA Rep for the Sri Sathya Sai Center of Bridgewater.

**WK6 – As you think, so you become
Devotion Hall**

Saturday - 3:00pm to 4:15pm:

Join us in an engaging, interactive workshop exploring the mind and how to purify it so that we can increase our happiness, reduce stress, and ultimately merge with the Atma. Experiential exercises will enable you to use self-inquiry to identify concrete ideas to implement at home.

Facilitators: Chitra Kumar and Sowmini Kommireddi

Chitra Kumar has been involved in the Sai organization for more than three decades. She matriculated from the Sai Spiritual Education program of South Bend, Indiana, and later was an active Young Adult in both Boston and Washington, DC, where she served as a YA representative. Professionally, Chitra has dedicated more than 20 years to advancing environmental protection policies and programs at the national level in federal government and nonprofits. She holds a masters in city planning from MIT and a BA from Boston University. With the encouragement of elders, in 2021, she accepted the role of National Envirocare Coordinator to champion the SSSIO USA's environmental sustainability initiatives - a Divine blessing and affirmation. Chitra lives in Arlington, Virginia with her husband and two sons and attends the Sathya Sai Center of Fairfax. Her boys are in groups 1 and 2 SSE.

Sowmini Kommireddi lives in Holmdel, NJ with her husband Balam and her daughters Shivani and Deeksha. She has had the opportunity to serve the Sri Sathya Sai Center of Holmdel in various positions and is currently an SSE 1 teacher. A pediatrician by profession, she enjoys her role as an SSE 1 teacher as working with children is her joy. She is very happy to be part of the Sai family and is grateful for Swami's unconditional love and guidance in her life

Moderator: Lizette Jaffri first visited Puttaparthi in 1982 after experiencing Swami's love and care through a series of dreams and life experiences. Lizette served as service and devotional coordinator and presently is serving as the vice-president of the Sri Sathya Sai Center of Manhattan. She feels lucky, blessed and grateful for Swami in her life.