

WS1 – SAI in ME (Sustain and Invest in Mother Earth): A Panel Discussion
Saturday - 1:30 pm to 2:45 pm: Devotional Hall

This panel discussion will focus on deepening our awareness and creativity to reduce our environmental footprint. Together, we will reflect on how we—both as individuals and as Centers—can shift our actions to better care for and invest in our Mother Earth’s future. The session aims to inspire small, mindful changes that, when practiced collectively, contribute to the long-term restoration and protection of our planet. Ultimately, this is a call to action—an invitation to invest in Her future through conscious choices, shared responsibility, and a renewed sense of care for our common home. **SAI in ME** – Let’s show Her a little more Love.

Facilitators: Shailaja Rabindran, Trish Sneddon and Venkat Iyer

Sister Shailaja Rabindran is currently the SSSIO Region 2 Envirocare Coordinator and a member of the Sri Sathya Sai Capital Area Group. She has been a Sai devotee since 1981 and an active member of the Orlando and Delaware Sai Centers, holding various positions at these centers, including as President in both centers. She grew up in Bombay, India, and after completing her PhD in Canada, has spent most of her career as a plant pest researcher. Since 2008 she has worked for the United States Department of Agriculture establishing plant health policies, and overseeing various plant pest programs, with a focus on safeguarding U.S. Agriculture and facilitating safe trade.

Sister Trish Sneddon is a humble inhabitant of Pennsylvania, US, Mother Earth, who is a loving vegetable-flower-shrub-tree-yard Caretaker. She is a sadhaka working on integration of thought, word and deed. Trish is a curious investigator of ways to keep her home clean and green using less plastic. She serves as the Lead at Sri Sathya Sai Group of Capital Area.

Brother Venkat Iyer is the Vice President, Devotion Coordinator, and the Envirocare representative of Sri Sathya Sai Center of Hampton Roads, Virginia. He was blessed to be born in a family of Sai devotees and has been an active member at this Center for more than three decades, serving as Devotion Coordinator, Vice President and President. Professionally, he works as a Senior Scientist for a contractor at NASA Langley Research Center, Virginia, focusing on research and development in aircraft noise mitigation at the Flight Vehicles Acoustics Branch.

WS2 – Light and Lightning
Saturday - 1:30 pm to 2:45 pm: Arts & Crafts

The purpose of this workshop is to bring to the surface the “flashes of lightning” in our lives—those moments of challenge, struggle, and intense experience that shape our spiritual journey. Together, we will explore how these powerful but fleeting moments can be transformed into a steady, enduring inner illumination—a light that guides us continuously. Drawing inspiration from the teachings of Sri Sathya Sai Baba, the session emphasizes core values such as love, truth, and selfless service as expressions of Sai consciousness in daily life. Through reflection and shared insight, participants will discover practical ways to move from momentary awareness to sustained spiritual clarity. This workshop offers a meaningful space to deepen understanding, strengthen inner resilience, and nurture a lasting connection to the divine within.

Facilitators: Ram Marri and Sanjai Murali

Brother Ram Marri serves as the lead for the Sri Sathya Sai Group of Charlottesville in Central Virginia. He studied at Sri Sathya Sai Vidya Vihar from grades 5 through 10, where he was first introduced to the teachings of Swami. As he transitioned from student life into adulthood, he found that Sri Sathya Sai Baba’s teachings have been a steady guiding force throughout his personal and professional journey. He and his wife, Srilakshmi, are blessed with two teenage sons—one in high school and the other pursuing undergraduate studies in college.

Brother Sanjai Murali is an alumni of SSE program and had the blessing of receiving his SSE graduation certificate from our beloved Bhagawan. Brother Sanjai has served as the regional education coordinator for the Mid-Atlantic region and most recently as young adult advisor for the region. He is a SSE teacher at the Sri Sathya Sai Centers of Scotch Plains/Central Jersey in New Jersey.

WS3 – Lighten Up with Sai
Saturday - 1:30 pm to 2:45 pm: Outdoor Amphitheater weather permitting
(backup location: Fitness Center)

Join us for a fun and uplifting workshop centered on a slight twist of the retreat theme: “Lighten up a little; Brighten up all around”. Through interactive games, creative activities, and moments of reflection, participants will explore how positivity, kindness, and connection can brighten everyday life. With potential for laughter and meaningful takeaways, this workshop encourages participants to discover their inner, lighter light and share a brighter day!

Facilitators: Gan Murali and Sashi Wunnava

Brother Gan Murali has been in Swami's fold right from 1994. Since 1996 Gan Murali has been cherishing all the learning he is receiving as a guru from SSE children. He has been fortunate to be both SSE coordinator at Columbus, OH and Regional Education Coordinator for Region 2. He is a member of SSSIO Central Jersey group. He enjoys nothing better than being with kids, telling stories, writing/directing and producing skits/plays, reading comics or watching cartoons, making badly formed limericks, hearing and telling jokes, and playing with model trains!

Sister Sashi Wunnava is a student of the Sri Sathya Sai institutions and Sri Sathya Sai Primary School, Prashanthi Nilayam. She has been in Swami's fold since childhood and is deeply influenced by His teachings. One of her greatest joys is singing bhajans, which allows her to express devotion and remain connected to her best friend Swami in a heartfelt way. For her, music and reading are not merely activities, but forms of prayer that nurture peace, gratitude, and inner reflection. Being part of Swami's path has shaped her outlook on life, helping her cultivate sincerity, humility, and a focus on inner growth, while striving to live with love, purpose, and meaning.

WS4 – Medical Workshop
Saturday - 1:30 pm to 2:45 pm: Infirmary

Part 1: Prevention is the Best Medicine

Whether you are looking to improve your own health, support a loved one, or simply become more informed, these two mini workshops offer valuable insights and expert guidance on holistic preventative care on bone health and beyond.

Good health begins long before illness appears. This educational medical workshop will highlight the importance of preventive care and how simple, proactive steps can lead to healthier and longer lives. This workshop is designed to empower individuals and families to take an active role in their healthcare, become more informed about preventive testing and services, and better understand how prevention and early intervention can improve quality of life and long-term well-being.

Facilitator: Bangaruraju Kolanuvada

Brother Bangaruraju Kolanuvada, (Dr. Raju) is a board-certified internist and physician leader. He serves as President and Chairman of the Medical Board at Montefiore Mount Vernon Hospital and is a Clinical Assistant Professor at New York Medical College. With over two decades in medical education, research, and leadership, he has contributed to cardiovascular research and mentored residents and students. Since 2001, he has actively engaged in humanitarian medical service in underserved communities in India and Guyana and currently serves as Vice-Chair of the Medical Committee, SSSIO Mid-Atlantic Region.

Part 2: Healthy Bones, Healthy Living

Bone health is essential to living an active, independent, and healthy life at every age. This informative and engaging medical workshop will focus on the importance of protecting and strengthening our bones through prevention, education, and healthy lifestyle choices. Attendees will receive practical guidance on maintaining bone strength through daily habits, healthy nutrition, safe physical activity, and preventive care. The workshop will also explore how early awareness and timely intervention can help reduce fractures, improve mobility, maintain independence, and support long-term wellness and quality of life.

Facilitators: Yatish Merchant

Brother Yatish Merchant, (Dr. Yatish) is a long time devotee and serves the Sri Sathya Sai International Organization as Co-Chair of the Humanitarian Relief Committee, Co-Chair of the International Medical Committee, and Medical Director for the Mid-Atlantic Region. He is board-certified in Internal Medicine and Cardiology and has been practicing cardiology since 1988. He serves as teaching faculty at AtlantiCare Health System and as a Clinical Assistant Professor of Internal Medicine at PCOM, Rowan University, and Geisinger Health System.