



**SATHYA SAI INTERNATIONAL ORGANIZATION
UNITED STATES OF AMERICA**



**LIGHTS OF LOVE-SHINING BRIGHTER IN SAI
SAI WOMEN'S CONFERENCE
JUNE 29-30, 2019
INFORMATION PACKET**

“Love is light. It illumines your path and helps you reach the goal. Your journey of life will be safe and secure when you carry the light of love with you.”

Sathya Sai Baba, July 08,1968



Conference venue: 1 West State Street, Trenton NJ 08608

Parking: The TPA Public Parking Garage is located on East Front street [GPS address- TPA Public parking, East Front Street, Trenton, NJ 08608] and is just one block away from the 1 W State Street. Parking is free during weekends.

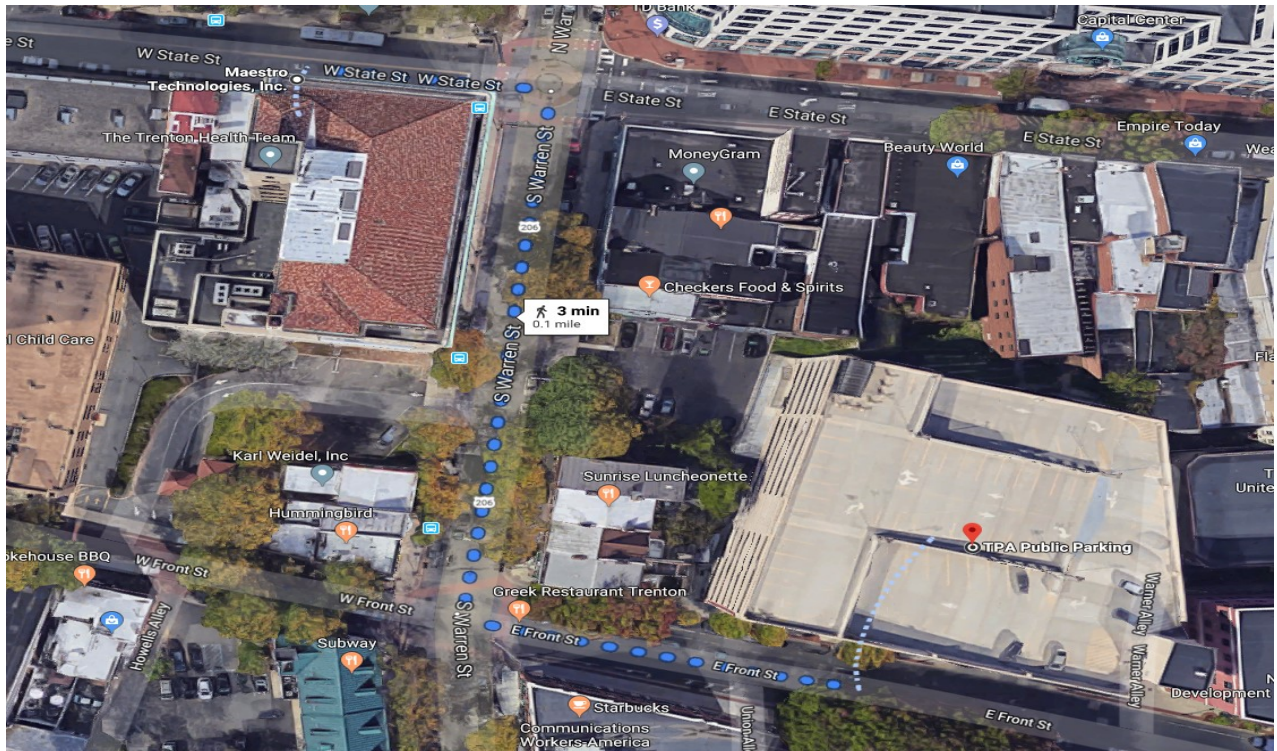
Directions with street names:

1. Leaving the parking garage, make an immediate right and walk to the corner of East Front Street and S Warren Street.
2. Another right, walking up to South Warren Street until 1 short block to the State Street intersection, followed by a left onto West State Street.
3. SWC2019 entrance will be on the left-hand side, just past the ornate doors of the historic First Trenton National Bank.

Directions with landmarks:

- After leaving the parking garage **make a right**.
- Once at Starbucks, **make another right**.
- Then walk up one block to the intersection of Warren and State (where TD Bank should be plainly visible across the street), and **make a left**, proceeding up West State street.
- The SWC2019 conference venue is ahead on **the left**, located at 1 West State Street, Trenton NJ.





Registration

The registration desk is located by the entrance in the conference venue. Please be sure to register and pick up your badges. On the back of your badge, your workshop choice will be listed. For those who have not signed up for workshops, there will be an opportunity to do so after conference registration in an adjacent area.

Help desk

There will be a help desk available with transportation/medical/general queries on the second floor of the building.

Program

Saturday June 29, 2019

7.30 am – 8.55 am	Registration and breakfast
8.55 am – 9.25 am	Devotional singing and prayers
9.30 am – 9.40 am	Welcome address by Prity Bhatt
9.45 am – 10.15 am	<i>Lights of love</i> - Doris Hampton
10.20 am – 10.40 am	Workshop allocation/break
10.45 am – 11.55 am	Concurrent workshops*
12.00 pm – 12.30 pm	Presentation of workshop highlights by individual groups
12.30 pm – 1.40 pm	Lunch
1.55 pm – 2.25 pm	<i>Learning to embrace vulnerability</i> - Anila Narayana
2.30 pm – 2.40 pm	Workshop allocation
2.45 pm – 3.55 pm	Concurrent workshops*
4.00 pm – 4.20 pm	Tea break
4.25 pm – 4.55 pm	<i>Love in Action</i> -Norma Bustillos, Jagadeshwari Ramavenkat, Dr. Supriya Bavisetty
5.00 pm – 5.30 pm	Devotional singing and prayers
5.35 pm – 6.45 pm	Dinner
6.50 pm – 8.10 pm	Lights of love, shining brighter in Sai- Cultural program

*Concurrent workshops

1. Heartbreaks and hope
2. Got 25 hours
3. Diamonds are a girl's best friend
4. Victorious secret- I AM

5. God squad
6. Golden years [For ≥ 55 y and only Saturday AM session]
7. When I said 'Yes' [For Group 4 and only Saturday AM session]

Sunday June 30, 2019

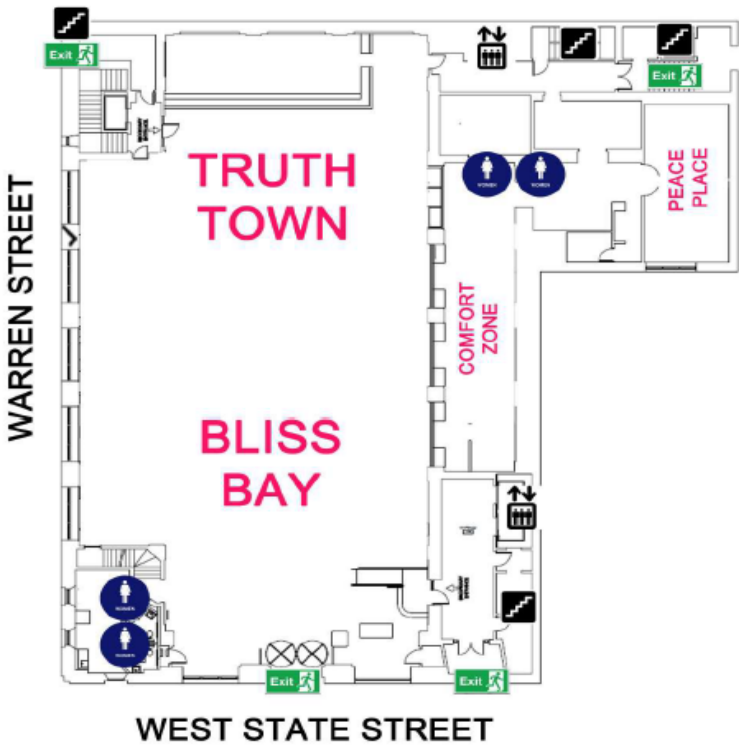
7.30 am – 8.55 am	Breakfast
9.00 am – 9.30 am	Devotional singing and prayers
9.35 am- 10.05 am	<i>Two chairs-</i> Aparna Murali
10.10 am- 11.20 am	<i>Connecting the dots-</i> Geeta Mohan Ram, Dr. Soumya Panchanathan, Niyanta Gopal with Sumana Murali
11.20 am – 11.35 am	Break
11.40 am – 12.10 pm	Reflection and Recommit- activity led by Gayatri Kuppli
12.15 pm – 12.25 pm	Closing remarks-Sujatha Suresh Vishvanathan
12.30 pm – 1.00 pm	Devotional singing and closing prayers
1.00 pm	Lunch

Workshops

Workshop	Description	Facilitators	Location
Got 25 hours	How do we balance our different commitments-family, work, Center and stay centered on our journey and self-transformation? Is it possible to have it all? Which teachings of Swami are relevant to balancing commitment and time?	Dr. Soumya Panchanathan (Region 9), Dr. Disha Mankame (Region 3)	Truth Town
Heartbreaks and hope	There is no life that is untouched by adversity. It may manifest in many different ways-relationships, lack of opportunities, fertility issues, mental health. How can we learn to seek support, develop positive resilience and transform adversity into opportunities for growth? Which teachings of Swami are relevant to dealing with heartbreaks and hope?	Suzanne Slyman (Region 7) & Sai Priya Iyer (Region 2)	Bliss Bay

Diamonds are a girl's best friend	There are two aspects to this workshop topic a) why women also need to be aware of financial planning for retirement/ independent. B) How does Swami's ceilings on desires program help in developing fiscal discipline and savings for the future.	Dr. Prema Rao (Region 7) & Anamika Pradeep (Region 1)	Love Lane
Golden years [<u>>55y</u>]	Empty nest, rediscovering your identity and purpose, planning for downsizing and de-cluttering (physical, mental and emotional baggage) and preparing for golden years of life.	Cathy Daub (Region 2), Rev Dr. Cassandra Butler (Region3)	Peace Place
Victorious Secret; I AM	Sai Sisters will; Unify in Silent Reflection. Expand 'heart-to-heart' connections. Reflect on cultural heritage identity. Create 'I Am From' poems. Identify and ignite inherent 'Victorious Values'. Actualize 'I AM' take-away-treasure. Glorify in unison song celebration.	Jan DiSanti (Region 9), Sai Vishudhi (Region 2)	Heart Circle
God Squad	Serving as an officer in SSIO- understanding the preciousness of the opportunity, navigating self-imposed limitations and external challenges.	Creta Schierman (Region 4), Dr. Lakshmi Jagannathan (Region 5) & Geeta Ram Mohan (Region 2)	Buddha Room
When I said Yes! [Group4]	Does saying yes to Swami result in separating yourself from mainstream? Do you find your outer world does not fit into the paradigm of your inner world? Do you find yourself draped with a different moral fiber than your peers? We will discuss challenges you face and what you can do to strike that balance between the outer and the inner world so you can confidently practice human values everywhere.	Dr. Chitra Sabhapati (Region 2)	Fun Place

CONFERENCE VENUE MAP



1st Floor

Main Event Area

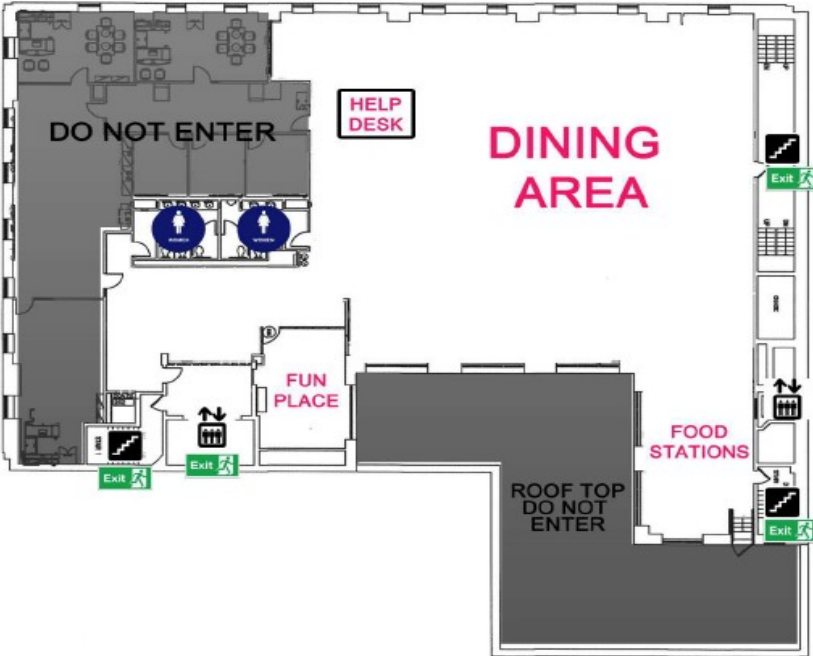
-  Women's Restroom
-  Stairs
-  Elevator
-  Exit



2nd Floor

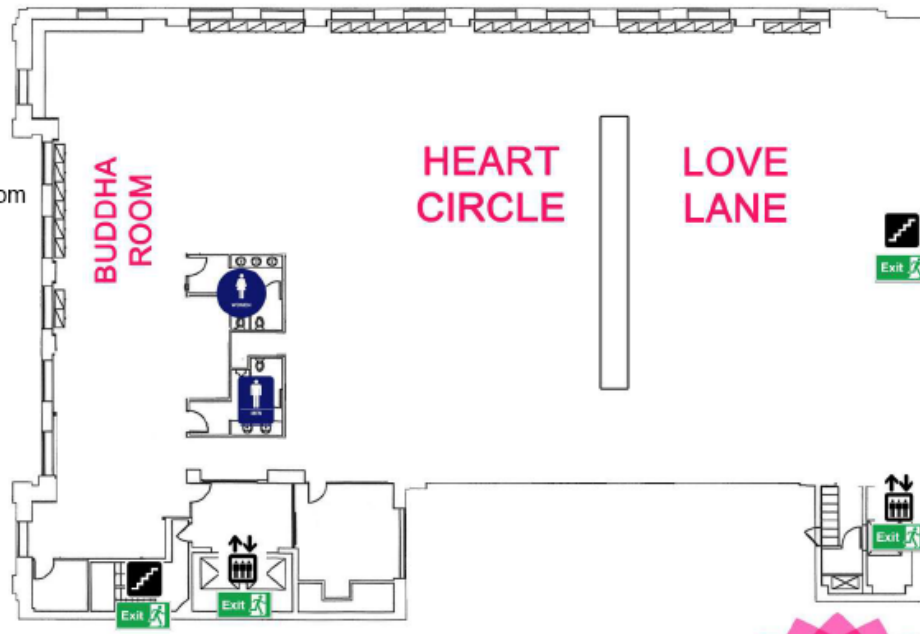
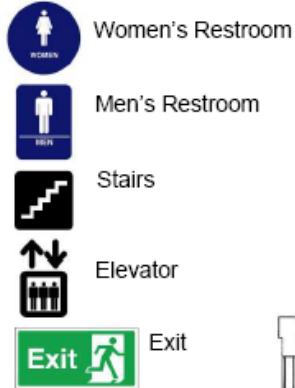
Dining/Lounge

-  Women's Restroom
-  Stairs
-  Elevator
-  Exit



3rd Floor

Workshops



Speaker Bios

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 after 30 years of professional career 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 2 children started attending SSE at East Brunswick, NJ. SSE's impact on her 2 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 Mid-Atlantic region's Education coordinator and then President. Currently she is serving as the National Devotion Coordinator.

Doris Hampton

Doris first visited Prasanthi Nilayam in 1983 and stayed for 9 months. She has held many positions in the SSIO at Center, Regional, ISSE, and World Foundation levels. Her most notable passion has been serving the community through various SSEHV programs. Doris has had a big impact in the greater St. Louis area where she has taken Sai teachings to schools, churches, universities and government agencies. She has worked with formerly homeless and abused women and their children via the SSEHV program for many years. She has been a speaker and presenter at many conferences and retreats including Poland, Zambia, and Prasanthi Nilayam. She has been recognized for Development of Outstanding Community Service program by former President Bill Clinton. Doris headed up the project for the Global Compendium of SSEHV Programs which was presented to Swami the morning of His birthday 2018.

Anila Narayanan

Anila Narayanan is a recent high school graduate from Colorado. She has been involved with the Little Rock, Arkansas and the Denver, Colorado Sai Centers since she was a little girl, where she participated in SSE classes that instilled in her the pillars of love, non-violence, truth, right action, and peace. Her first experience with seva was serving breakfast to the homeless, and as she has grown older, she has continued volunteering at nursing homes and with Colorado's community emergency readiness program with her Sai Center.

It was through Swami that she learned how small acts of kindness have tremendous ripple effects; she learned to embrace vulnerability and its ability to unite people. After learning of the isolating effects of mental illness, she has become passionate about spreading awareness and breaking the stigmas surrounding mental health. She hopes to use vulnerability and positivity as tools to foster empathy between people.

Norma Bustillos

Norma Bustillos owns Plans for Life Insurance LLC along with her husband. For the past six years their focus has been to help multiple communities understand, enroll and stay enrolled in Obamacare marketplace plans. Through their business they've hired homeless employees to help them get back on their feet, as well as young people without goals or plans. They hold business leadership classes every other week for their employees where they use SSEHV and Swami's teachings. Norma has molded their business to be run as human management as their preface instead of business management and this has helped her staff as well as Norma and her husband flourish.

Sathya Sai Baba came to Norma when she was sixteen years old through a Sathya Sai Baba Group who told her that Swami could give her anything she wanted, especially when it came to children. Later, her daughter of only two years of age fell very ill. Her daughter's life seemed to be escaping her, she could not eat and was kept alive by intravenous food. Then she remembered what the Sathya Sai Baba Group had told her, that Baba would give her anything she wanted especially when it came to children. This is the day she reached out for Sai Baba, begging for his help. Sai Baba responded. Norma was standing over her daughter's hospital crib when she called on Baba and then saw Him standing in her daughter's eyes looking back at her for what seemed minutes. Her daughter was up talking, moving, walking after one week! She then knew that Sai Baba was the one she had been waiting for lifetimes. Norma became serious in her attempts to practice Swami's teachings from the age of twenty-one to present. She realized Sathya Sai Baba has been counseling her heart to heart since she was a child. Currently serving as the President of Sathya Sai Center of El Paso, Texas.

Dr. Supriya Bavisetty

Supriya Bavisetty, MD, FAAP is a board-certified pediatrician working currently as a General Pediatrician at Olive View-UCLA Medical Center and Assistant Clinical Professor for the David Geffen School of Medicine at UCLA. She completed medical school at University of California Los Angeles (UCLA), and residency at Mattel Children's Hospital at UCLA and was awarded the Leonard Tow Humanism in Medicine award in 2011. She was born into a

Sai family, graduated from the SSE program, recently completed her term as Regional Female YA coordinator and is currently Region 8 Assistant Medical Director. She has been able to regularly participate in numerous medical camps within region 8 and has participated in the Sathya Sai Free Medical and Dental Clinic, started by the Sai organization in Los Angeles. She has had the opportunity to serve in the Haiti disaster relief effort following the earthquake as part of the SSIO, international medical camps held in Puttaparthi, and volunteers regularly as a visiting doctor at the Sri Sathya Sai General Hospital in Prashanti Nilayam.

Jagadeshwari Ramavenkat

Jagadeshwari aka Radha, who was an ardent devotee of Shirdi Sai Baba, got married into a family who were very devoted to Sathya Sai Baba. She enjoyed listening to their experiences and miracles of Sathya Sai Baba but couldn't accept Him as a reincarnation of Shirdi Sai. In her journey of enquiring and questioning, she began to experience Sathya Sai Baba's divinity and began to embrace his teachings. Radha served as Center Service coordinator and has led many service initiatives. Some examples: teaching basic computer skills to underprivileged, supplying fresh food to shelters during week days, taking SSEHV to a pre-school, and coordinating Sewing projects. She is mother of two boys and works at a Pre-school.

Aparna Murali

Aparna is grateful to Bhagawan for many blessings, foremost being her family-parents and grandparents who came to Bhagawan in the early 60's. After completing high school and Balvikas in Chennai, she joined the Sri Sathya Sai Institute of Higher Learning, Anantapur Campus, graduating with Honors in Bachelors of Science. This was the turning point in her life in developing an inner relationship with Bhagawan. Aparna continued her postgraduate studies and has a Masters in Psychology and a second Masters in Genetic Counseling. Professionally, Aparna provides counseling services for women and their families who are at a high risk for genetic conditions in the Department of OB- GYN, UCLA. Aparna has been an active member in the Organization and is grateful to have served in different capacities- Center, Regional, National and Zonal officer. She currently serves as an SSE teacher and advisor of the Sathya Sai International Leadership Program. Aparna loves to "nature gaze," and tries to capture eternal beauty through a Cannon or Android lens.

Sumana Murali

Sumana, currently residing in New Jersey, USA, was among the early batch of students who joined the Sri Sathya Sai Primary School in Prashanti Nilayam when it was inaugurated in 1980. She was five years old when she enrolled into Grade 1. Initially very home sick, she found it hard to live away from her parents in Chennai. That was when an intervention from Her Divine Mother Sai came to her rescue.

Sumana completed her primary education up to Grade 5 in Prashanti Nilayam and continued her middle and high school in Chennai. She returned to Sri Sathya Sai University's Anantapur campus in 1991 and completed her bachelor's degree in English. She later acquired her

Master's and M. Phil in English from Chennai. Following her marriage, Sumana moved to New Jersey where she earned an Ed. M in Early Childhood and Elementary Education.

She has worked as a pre-kindergarten teacher in New Jersey and been closely associated with the Sri Sathya Sai Baba Centre of East Brunswick where she taught Sathya Sai Education (SSE) for 12 years and served as the Centre's Education Coordinator. Sumana comes from a family that is deeply committed to Bhagavan Baba and His teachings. She was named by Him and guided through every avenue of her life by Swami.

Geeta Ram

Mrs. Geetha Ram's family has been associated with Swami for four generations. Dr. Padmanabhan, her father, is familiar to everyone as the person who walked behind Swami during darshan in Whitefield. Her mother, Kamala, was handpicked by Swami to be part of the original group that developed the first SSE curriculum under the direction of Swami Himself. Her extended family, under Swami's direct guidance, started the first Akhanda bhajans in 1945, and her great grandfather, Mr. Seshagiri Rao, came to Swami in 1943 and was the temple priest of Prasanthi Nilayam for many years. At age 15, Geetha was selected by Swami to be an SSE teacher. In addition, she delivered lectures under the EHV program to high school teachers throughout the state of Karnataka. In 1978, her marriage to Mohan Ram was performed by Swami at Whitefield. Mohan and Geetha's twin sons were born in 1981. Five years later Swami directed the family to come to the US where they settled in Maryland. Geetha taught kindergarten children in a private school for 17 years and was named "Best Teacher of the Year" for five years in a row. In 1996, Geetha was invited to speak about Swami at the Mid-Atlantic Regional Retreat. At Swami's behest, she did so, and she electrified the crowd. Since then, Geetha has been invited all over the world to share her experiences of our beloved Lord.

Dr. Soumya Panchanathan

Dr. Soumya Panchanathan grew up in Windsor, Ontario and came to Swami when she was 12 years old. Her brother attended Swami's college in the early 80s, and her parents had the privilege of working in the General Hospital in Puttaparthi from 1998. She has served Swami as the devotional coordinator and the SSE coordinator in the Mesa Sai Center in Arizona, and as a Regional Young Adults advisor of Region 9. In her professional life, Soumya is a practicing pediatrician, Associate Program Director in the Phoenix Children's Hospital pediatric residency program, and the Theme Director of Biomedical Informatics at the University of Arizona-College of Medicine, Phoenix. She is also the medical director of a student-run, interprofessional free clinic for homeless people. In her personal life, Soumya is grateful to be happy as a wife and mother of two grown children.

Niyanta Gopal

Niyanta feels blessed to be born in a Sai family with parents who were dedicated to the teachings of Sathya Sai Baba and to serving the Sai center and community. Niyanta is a

graduate of the St. Louis Sai Center's SSE program and returned to serve as an SSE teacher. Niyanta has been a very active member in the Center, Region and Nationally as well. She has served on the Sai and the Arts Young Adult Committee from 2009 to 2011, Young Adult Local Rep for St. Louis from 2011 to 2014, Region 4 Female Rep from 2013 to 2018 and graduated from the SSILP in 2017. Currently served as Young adult local Rep for Greater Kansas City Sai Center and part of the International young adult subcommittee-Group 4 to SSE transition. After completing her Masters of Architecture in 2011, Niyanta works as an architectural project manager, focusing on healthcare design, of new and existing hospitals and clinic Buildings, pediatric spaces, research facilities at BSA LifeStructures.

Gayatri Kuppili

Gayatri feels grateful to be Swami's Loving fold. She grew up in Michigan and went through the SSE program and with Swami's grace she has been actively involved in the organization in different capacities - YA rep in Michigan, Philly/NJ, SSE coordinator and the president at Cherry hill Sai center. She has been teaching SSE group 2 for almost 13 yrs. now and also completed the SSEHV training course 1. Gayatri feels truly blessed how Swami's teachings had made such a great impact in her life.

Sujatha Suresh Vishvanathan

Sujatha Suresh came to Swami through her husband's family in the 90s. She's been committed to helping, guiding and working with children and young adults for many years. Along with being a mother of two YAs, Suja plays the role of an SSE teacher, mentor and confidant. She enjoys music, crocheting, dance, cooking and being around people.

