



I N T E R N A T I O N A L C O N F E R E N C E

MY LIFE ~ HIS MESSAGE

PROGRAMME OVERVIEW

DAY 1

THURSDAY 28TH SEPT

HOOVER AUDITORIUM, MEDICAL FACULTY, UNIVERSITY OF JAFFNA

6.30am	Breakfast
8.15am	Participants to be seated in the main hall
8.30am	Welcome Procession, Lighting of Lamp
8.45am	Bhajan and Divine Discourse
9.05am	Welcome Address: Mr. Manoj Kumar Singh <i>Chairman, Zone 4, Sri Sathya Sai International Organization</i>
9.25am	Keynote Address: Dr. Narendranath Reddy <i>Chairman, Sri Sathya Sai International Organization</i>
9.55am	Opening Ceremony and Flag Procession
10.30am	Opening Introduction
10.35am	Talk – Healthy Living (E.A.S.E) Dr. Ramadevi Sankaran <i>Pediatrician; Member, SSSIO, International Medical Committee</i>
10.55am	Introduction on Workshop on Physical Well Being
11.05am	Refreshments
11.45am	Inauguration of Exhibition
11.50am	Workshop on Physical Well Being <i>(Sessions will be conducted in English & Tamil)</i>

Session 1: **Exercise Regularly**
Session 2: **Attitude Positively**
Session 3: **Sleep Deeply**
Session 4: **Eat Responsibly**



1.20pm	Lunch
2.50pm	Workshop on Physical Well Being <i>(Sessions will be conducted in English & Tamil)</i> Session 1: Exercise Regularly Session 2: Attitude Positively Session 3: Sleep Deeply Session 4: Eat Responsibly
4.25pm	Refreshments
5.10pm	Young Adults and Sai Spiritual Education Cultural Programs
5.55pm	My Life is His Message - Practising Dharma in Daily Life Mr. Aravind Balasubramanya <i>Alumni, Sri Sathya Sai Institute of Higher Learning Member, Digital Media, Sri Sathya Sai International Organization</i>
6.40pm	Announcements
6.45pm	Bhajan and Mangala Arathi
7.15pm	Dinner
8.30pm	Departure to Hotel

DAY 2

FRIDAY, 29TH SEPT

JAFFNA SAI CENTRE AND

HOOVER AUDITORIUM, MEDICAL FACULTY, UNIVERSITY OF JAFFNA

5.30am	Omkar Suprabatham
5.55am	Nagasankeerthanam
7.00am	Breakfast
8.30am	Omkar & Bhajan
8.55am	Opening Introduction
9.00am	Opening Address - Mr. Billy Fong <i>Zone 4 Central Coordinator, Sri Sathya Sai International Organization</i>
9.10am	Swami's Divine Discourse
9.20am	My Life is His Message - Work is Worship Mr. Krishnamoorthy Venkataraman <i>Alumni, Sri Sathya Sai Institute of Higher Learning</i>
10.00am	Refreshments
10.45am	Young Adults and Sai Spiritual Education Cultural Programs
11.30am	My Life is His Message - Living a Balanced Life Ms. Anuradha Venkateswaran <i>Alumnus, Sri Sathya Sai Institute of Higher Learning Regional Devotional Coordinator, SSSIO USA, Region 3</i>
12.15pm	"My Life Is His Message" - Experiences & Engagement

1.00pm	Introduction on Workshop on Mental Well Being
1.10pm	Lunch
2.35pm	Workshop on Mental Well Being <i>(Sessions will be conducted in English & Tamil)</i> Session 1: Consistency in Sadhana Session 2: Objectivity – Finding your Purpose Session 3: Resource Management – Financial Literacy Session 4: Emotional Wellness – Being Happy
4.05pm	Refreshments
4.50pm	Panel Discussion Session 1: Panel Discussion – Sai Young Adults <i>(English with Tamil translation)</i> <i>Topic: Empowering leadership and formulating way forward to fulfil Sai's Mission</i> Session 2: Panel Discussion (conducted in Tamil) <i>Topic: How to play an effective role in the Sai Mission</i> Session 3: Panel Discussion (conducted in English) <i>Topic: How to spread Swami's message to the world</i> Session 4: Panel Discussion – Ladies <i>(conducted in English and Tamil)</i> <i>Topics: Empowering women -How to face challenges of today by practicing Swami's teachings</i>
6.30pm	Convocation – Sathya Sai International Leadership Program <i>Zone 4 and 5 Young Adults</i>
7.10pm	Bhajan and Arathi
7.25pm	Dinner
9pm	Departure to Hotel

DAY 3

SATURDAY 30TH SEPT

KKS BEACH

HOOPER AUDITORIUM, MEDICAL FACULTY, UNIVERSITY OF JAFFNA

4.45am	Buses depart for Beach
5.30am	Sunrise Prayers by the Beach
7.00am	Breakfast
8.10am	Photo Taking at University of Jaffna
9.00am	Omkar & Bhajan
9.30am	Swami's Divine Discourse

9.40am	Opening Introduction
9.45am	Dr. A.R. Ganeshamoorthy <i>Member of Sathya Sai Central Trust of Sri Lanka</i>
9.55am	Honoring of Senior Devotees <i>Sri Sathya Sai International Organization Zones 4 and 5</i>
10.25am	Refreshments
11.10am	Workshop on Mental Well Being <i>(Sessions will be conducted in English & Tamil)</i> Session1: C onsistency in Sadhana Session 2: O bjectivity – Finding your Purpose Session 3: R esource Management – Financial Literacy Session 4: E motional Wellness – Being Happy
12.40pm	Lunch
2.10pm	Sai Melodies – The Language of the Heart
3.00pm	Vision for Sai Mission Prof. Suresh Govind <i>Member, Prasanthi Council</i>
3.40pm	Panel Session – Question & Answer <i>(Sessions will be conducted in English & Tamil)</i>
4.40pm	Refreshments
5.25pm	Snr Prof. S. Srisatkunarajah <i>Vice-Chancellor of University of Jaffna</i>
5.50pm	Offering of Resolutions at the Lotus Feet of Swami
6.15pm	Valedictory Address Dr. Narendranath Reddy <i>Chairman, Sri Sathya Sai International Organization</i>
6.35pm	Closing Remarks Mr. Ashok Sakhrani, <i>Chairman, Zone 5, Sri Sathya Sai International Organization</i>
6.45pm	Swami's Divine Discourse, Bhajans & Mangala Arathi
7.15pm	Dinner
8.30pm	Informal Sharing Session
9.30pm	Departure to Hotel

DAY 4 **SUNDAY 1ST OCT**

6.30am	Breakfast
8.00am	Service Activity – Village Service & Tree Planting
11.30am	Departure
12.00pm	Lunch