



HINDU AMERICAN VANAPRASTHI NETWORK (HAVAN) CONFERENCE

Engaging Vanaprasthis (age 55+) in Meaningful Activities

Saturday, June 14th, 2014 from 9:00AM - 4:30PM

Rajdhani Mandir, Chantilly, VA

PROGRAM DETAILS

Session	Time	Topic	Moderators & Speakers
Registration	9.00AM	Registration	
Session 1	9:30AM	Conference Inauguration	Shashi Chopra
		To purpose of this session is to set the stage and the tone for the conference – Objective and Vision	
	6	Ekatmata Mantra	All
	6	Invocation	Temple Priests
	8	Welcome	Shashi Chopra
	10	Overview of the HAVAN and Expectations	Kumar Dave
Session 2	10:00-11:00	Engaging Vanaprasthis - Discussion and Q & A	Moderator – Dr. D C Rao
	15	Vedic Vision and Modern day Vanaprasthi lifestyle	Shardananda Ji
	10	Vanaprasthis lifestyle in American context	Sant Gupta
	10	Current state of Vanaprasthis - Medical Science perspective	Dr. Bijal
	15	Guest Public Speakers	David Ramadan & Jody Srinivasan
	10	Discussion, Q and A (Moderated)	
Break	11:00-11:15	Break	
	10	Experience - History of Hindus in America	Rev. Kamal Dadlani
	10	Contemporary Vanaprastha – Purpose & obstacles	Dr. D C Rao
	10	Vanaprastha Stage of life	Prof. (Dr.) Lakshmishwar Jha
	15	Discussion, Q and A (Moderated)	
Break	12:00 Noon	Lunch	
Session 3	1:00 PM	Engaging Vanaprasthis – Health & Seva	Moderator– Sant Gupta
	12	Seva opportunities at local and national level.	Dr. Neeraj Bhushan
	15	Jeopardy – Memory lane (this is a fun filler)	Sanjay Mehta
	12	Mental Health	Drs. Sushma & Suni Jani
	15	Discussion, Q and A (Moderated)	
	30	Dance Performance	Group Dance
Session 4	2:30 PM	Engaging Vanaprasthis – Networking and Planning	Moderator – Kumar Dave
	12	What can we accomplish collectively that we cannot as individual Hindus?	Dr. Vimal Patel
	12	Simple and Effective Way to Retire Smartly	Rajiv Sood
	6	Discussion, Q and A (Moderated)	
Break	15 Min	Tea/Coffee	
	12	Building Bridges - Youth	Srinidhi, Tejashwini, Sabrish, Hemasree
	12	Living together (Senior Living)	Sarvaananda Swamini
	12	Discussion, Q and A (Moderated)	
Session 5	4:00 PM	Next Step, Closing..	
	15	HAVAN'S Next Steps	Sanjay Mehta
	10	Closing remarks and Vote of Thanks	Alok Srivastava