



## HINDU AMERICAN VANAPRASTHI NETWORK (HAVAN)

### CONFERENCE REPORT

#### “Engaging Vanaprasthis in Meaningful Activities”

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Monday, November 12, 2012

The second HAVAN conference was held November 12, 2012 at the Hindu Temple of Toledo, OH. Forty members (mostly older adults – Vanaprasthi) of the Hindu community from OH, MI, and PA area participated in the conference.

The conference began with an invocation prayer by Madhav Karche, the priest of Toledo Hindu Temple. Sudershan Pasupuleti, the President of the Toledo temple, in his opening remarks reiterated conference objectives: “Engage Vanaprasthis in meaningful community service activities, develop network, and find opportunities to use their skills, specialties, and wisdom for the benefit of the society.” The conference was divided into six sessions covering areas such as the Vedic vision of Vanaprasthi lifestyle, medical and behavioral issues of older adults, how Vanaprasthis can be engaged in Seva to the community and help each other with personal and emotional needs. Subba Reddy of SV Temple in Pittsburgh discussed the Vedic concept of Vanaprasthi life style emphasizing the practice of Bhakti Yoga. Dr. Vipin Kalia of Indianapolis talked about the idea of cyber Vanaprasthi e-tool where seniors can log into a web site and seek the help and company of other seniors and younger ones too. Dr. Inder Saini of Michigan shared his 20 years of experience working with the senior group and fulfillment of their needs. He mentioned that Bhartiya Temple in Troy, MI is the focal point of their activities. Dr. Siva Yachoor of Toledo talked about the mental health aspect in which he discussed three dimensions of life: Physical, Emotional and Spiritual. He summarized that the key to peace is achieving contentment through Hindu spiritual practices. Manju Rastogi of Akron, OH shared her experiences of Seva for senior women of Bhutanese Hindu community.

Gautham Madhira, a youth of University of Michigan, talked about his grandfather’s influence on him and his family in moral precedent and interpretation of religious principles. At the end, conferees deliberated to start a communication news letter to connect Vanaprasthis across the nation. Most participants endorsed the idea of organizing HAVAN conferences at the Temples across the country.