

Cultural Retreat | June 2026



15- 16 JUNE 2026



Amriteshwari Hall

INSPIRING SPEAKERS

Swami Tapasyamritananda Puri

Day 1 - Welcome address, lamp lighting, invocation & opening remarks

15 June 2026 9:00 AM



Swami Tapasyamritananda Puri is a senior monastic disciple of Satguru Mata Amritanandamayi Devi (Amma) and a respected spiritual teacher known for his wisdom, humility, and compassionate guidance. Deeply inspired by Amma's vision of selfless service and universal love, he has dedicated his life to spreading spiritual values and supporting humanitarian initiatives. With a profound understanding of Vedanta, Indian philosophy, and spirituality, Swamiji has delivered inspiring discourses across India and abroad, helping seekers integrate timeless spiritual principles into their daily lives. His teachings are marked by clarity, practicality, and a deep commitment to inner transformation. Beyond his spiritual pursuits, Swamiji is a Black Belt holder in Karate and an accomplished guitarist. Having successfully cleared the Civil Services Preliminary Examination, he chose to dedicate his life to serving society through the path shown by his Guru.

Currently serving at Amrita Vishwa Vidyapeetham, Coimbatore, Swamiji is a cherished mentor and guide for students. His approachable nature, genuine concern for others, and unwavering dedication to their well-being make him an inspiring presence on campus.

Swami Shubamritananda Puri

Topic: "A Vision that Embraced the World"

15 June 2026 9:30 AM – 10:45 AM



Swami Shubamritananda Puri is a senior monastic disciple of the revered spiritual and humanitarian leader Sri Mata Amritanandamayi Devi (affectionately known as Amma, the Mother). He is Amma's translator, eloquent speaker, meditation teacher, singer and an amazing songwriter.

As the Director of M.A. Centers in Europe, he leads the activities of the Embracing the World organization across 24 countries in the continent. He has also been travelling extensively in Africa, Russia, and parts of the Middle East since two decades, holding talks, spiritual retreats and also managing the humanitarian initiatives. Since 1989, he has been an integral part of Amma's mission.

With profound insights drawn from Her teachings, enriched by scriptural studies, exposure to varied cultures and globetrotting experiences, Swami Shubamrita infuses his talks and workshops with an infectious blend of wisdom and humor, resonating deeply with audiences.

He also serves as the mentor of Ayudh Europe, a dynamic youth movement that has flourished under his guidance, earning prestigious awards and accolades for its impactful initiatives.

Br. Chidanandamrita Chaitanya

Topic: "Karma Yogam for teachers"

16 June 2026 3:45 PM – 5:00 PM



Dr. Swami Chidanandamrita Chaithanyaji has more than 32 years of combined experience in Electronics VLSI industry and academia. He has a doctorate in VLSI Electronics. Dr. Swami Chidanandamrita ji worked for 7 years in Silicon Valley, USA in VLSI Design and Test. He had Green card, a permanent resident status of USA. In 2005 he returned to India and currently serving as

Director at Amrita University, Nagercoil campus. He is also a Professor in the Department of Electronics and Communication Engg. He is a disciple of Satguru Mata Amritanandamayi devi and currently incharge of the Madurai Branch . He has more than 81 international publications in conferences and journals. He delivers talks on Values and Ethics in Social and Family life for school and college students.

His research areas are Computer Architecture, Signal processing Architectures and Optimization, FPGA and ASIC Design, VLSI Testing and Hardware Security, Cyber security, Data privacy and Connected world.

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INSPIRING SPEAKERS

Day 1 - 15 June 2026

Dr. Latha Satish Academician, Mentor & Inspirational Speaker

Topic: Stress, Burnout & Emotional Balance in Teaching

11:00 AM – 12:30 PM

A senior yoga therapist and academician, Dr. Latha Satish is a long-time student of Sri TKV Desikachar and a torchbearer of his teaching tradition.

- ✓ Ph.D in Psychology | UGC Research Scientist (Madras University)
- ✓ Managing Trustee, Krishnamacharya Yoga Mandiram (2009-2014)
- ✓ Lead Researcher: Yoga Intervention for Persons with Epilepsy (CCRYN Project)
- ✓ Expert in Yoga Therapy Research & Psychology
- ✓ Currently heads all Yoga Therapy Research activities at KYM
- ✓ Research focus: Type II Diabetes, Chanting & Cognitive Functions, Yoga & Depression and more



30+ years of learning under Sri TKV Desikachar



Ph.D Guide (Madras University) Guided 8 Ph.D scholars & co-guided several more



50+ research articles published in reputed journals



Senior Consultant Therapist & mentor to teachers and teacher-trainees



Dr. Gayathri Padmanaban Renowned Dancer, Artist and TEDx Speaker

Topic: Experiential Learning & Mental Wellness Through Indian Arts

2:00 PM – 3:30 PM

A celebrated dancer, artist, speaker, and storyteller whose journey reflects passion, perseverance, and resilience. Inspired by her rich artistic heritage, she chose to follow her passion for dance and drama, inspiring audiences through her performances, talks, and life experiences.

- ✓ Renowned Dancer, Artist & TEDx Speaker
- ✓ Granddaughter of Legendary Dramatist Kalanilayam Krishnan Nair
- ✓ Inspirational Speaker on Passion, Resilience & Personal Growth
- ✓ Creator and Host of the "Over a Cup of Tea" Series
- ✓ Advocate for Following One's Dreams Beyond Conventional Career Paths
- ✓ Mentor and Storyteller Inspiring Positive Life Choices
- ✓ Areas of Expertise: Dance, Performing Arts, Storytelling, Motivation, Personal Development & Creative Expression



Classical Dancer & Theatre Artist



TEDX Speaker & Inspirational Storyteller



From Academia to Following Her Passion



Embodies Resilience, Creativity & Purposeful Living



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INSPIRING SPEAKERS

Day 2 - **16 June 2026**



Dr. Mala Kapadia *Researcher, Educator & Indian Knowledge Systems Expert*

Topic : Panch Mahabhuta- The Signature Strengths

Session 1 : 9:00 AM – 10:45 AM &

Session 2 : 11:00 AM – 12:30 PM

A distinguished scholar and practitioner integrating ancient Indian wisdom with modern approaches to wellbeing, leadership, and organizational development.

- ✓ Director, Centre for Indigenous Knowledge Systems, Anaadi Foundation
- ✓ PI, MOE (India) IKS Research Project on Wellbeing & Happiness based on Ayurveda
- ✓ Professor & Director, Centre for Wellbeing: Wellness, Rashtram School of Public Leadership, Rishihood University
- ✓ Adjunct Professor, SP Jain School of Global Management (2005-2020)
- ✓ Areas of expertise: Wellbeing & Happiness, Sustainability, Indigenous Psychology, Leadership, Organizational Behavior



Grateful to Gurus (Indica Academy) selected her as Guru in 2023



Advisory Council Member, Centre for Indian Knowledge Systems, Chanakya University



Curator: AyuManasa 2022 - Psychology & Ayurveda



Chairperson, Ayurveda Conversations (2023, 2024)



Smt. Shefali Vaidya *Writer, Columnist & Cultural Commentator*

Topic: Nation, Dharma, & Education: Why History Matters for Teachers

2:00 PM – 3:30 PM

A distinguished voice in contemporary India, Smt. Shefali Vaidya is an acclaimed writer, columnist, cultural commentator, and inspiring speaker celebrated for her deep insights into Indian heritage, traditions, and civilizational values. Her impactful presence and fearless perspectives have made her a widely respected name in cultural and intellectual discourse across the nation. Based in Pune, she holds a Master's degree in Mass Communications and is a multilingual writer who contributes in English, Marathi, Konkani, and Spanish. She is a columnist with Swarajya Magazine, IndiaFacts, and Tarun Bharat, and has also written for several prominent media platforms. Through her writings, public talks, and popular vlog "Shef's Special," she engages audiences on topics ranging from culture and history to current affairs and society. Her commitment to preserving and promoting India's rich cultural heritage continues to inspire people across generations.



Independent Writer, Newspaper Columnist & Media Personality



Writes in English, Marathi, Konkani & Spanish



Columnist with Swarajya Magazine, IndiaFacts & Tarun Bharat



Creator of the popular vlog "Shef's Special"



Renowned Cultural Commentator and Public Speaker



Advocate for Indian Heritage, Traditions & Civilizational Values