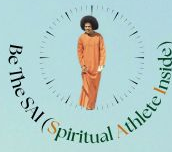




Region7, SSSIO, USA Global Akhanda Bhajan, 2026

Be The SAI “Spiritual Athlete Inside”





Divine Discourse - Akhanda Bhajan - Continuous Namasmarana Is The Goal - November 13, 2007

ONE has to understand what is meant by “Akhanda Bhajan ”?. There are two kinds of Bhajans - one is Khanda Bhajan and the other, Akhanda Bhajan . Khanda Bhajan is for a specific time, for example, the Bhajans held for a limited period either in the morning or evening.

On the other hand, Akhanda Bhajan involves constant contemplation on God in the morning, evening or even during the night time. It is constant contemplation on God during all the three states - the waking, dream and deep sleep. It is “*sarvada sarvakaleshu sarvathra Harichintanam .*” Suppose you are watching a clock.

There are three hands in the clock , namely, the second hand, the minute hand and the hour hand. The second hand is the longest; the minute hand is slightly shorter and the hour hand is the shortest of the three. When the second hand crosses sixty spaces, the minute hand moves forward by one space. When the minute hand crosses sixty spaces, the hour hand moves forward by one space. Which one of these three hands is important? Undoubtedly, the hour hand is important. On the same analogy, doing namasmarana and bhajan only in the morning and evening is like the second hand. The divine name is highly potent. Each one of the several names of God has one type of power specific to it. If you wish to make good use of this power and derive lasting benefit out of it, you have to participate in Akhanda bhajan .

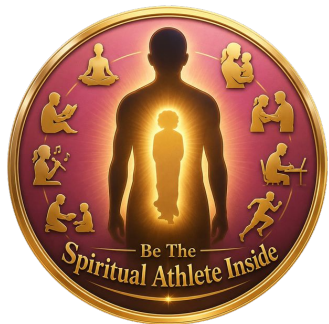


With that in mind, let us establish our sankalpa through HIS Namasmarana. This year's theme for GAB is to embody & practice **"BE the SAI ~ Spiritual Athlete Inside"**.

Our Swami has said that the purpose of human life is to realize our inner divinity.

We are blessed to be born as human beings so we can use every moment for this purpose.

*"Engage in Karma, under the shade of Dharma;
practice Dharma with the awareness of Brahma.
March along the path of Karma and reach
Dharmakshetra where Brahma-realization awaits."
(Sathyam Shivam Sundaram, Volume 3)*



Spiritual Athlete Inside (SAI) is someone who uses every role, every action, and every moment of life as a disciplined practice to realize their inner divinity and live in a state of peace and bliss.



Why We Connect to Swami Within

The heart of the Spiritual Athlete



Awareness in every role

To be a spiritual athlete, we carry an awareness of Swami inside us as we go about whatever role we play — at the center and beyond.



One hour, a lasting habit

When we come to the center, that hour of bhajans is practice time. Its purpose is to use those moments to connect with Swami.



A habit that carries with us

That habit of connection begins to travel with us as we attend and leave bhajans — building the connection with Swami through devotional activities.



R7GAB2026 Center Slots

GAB Multifaith Unison Practice Calendar

All are welcome to join

Practice Type	Date	Time	Location
Multi-Faith Unison	Oct 3, 2026	10:00 AM - 1:00 PM	3187 Mackenzie Pl Fremont, CA 94536
Multi-Faith Unison	Oct 31, 2026	10:00 AM - 1:00 PM	1567 Calle De Stuarda San Jose, CA 95118

Center Slots	Dates	Start Time	End Time
Event Start	11/14	5:15 pm	
Veda Chanting	11/14	5:15 pm	5:55 pm
Unity	11/14	6:00 pm	8:00 pm
Trivalley adults/SSE	11/14	8:00 pm	9:30 pm
Peninsula adults/SSE	11/14	9:30 pm	11:00 pm
Sacramento	11/14	11:00 pm	12:30 am
CSJ Adults 1	11/15	12:30 am	1:30 am
YA	11/15	1:30 am	3:00 am
Open Slot	11/15	3:00 am	4:30 am
West San Jose (WSJ)	11/15	4:30 am	5:00 am
21x Oms, Suprabhatam	11/15	5:00 am	5:30 am
Multifaith Unison	11/15	5:30 am	6:15 am
Fremont Adults 1	11/15	6:15 am	7:15 am
Oakland	11/15	7:15 am	7:45 am
San Jose SSE & Adults	11/15	7:45 am	8:30 am
San Francisco	11/15	8:30 am	9:00 am
Tracy SSE/Adults	11/15	9:00 am	10:45 am
CSJ SSE	11/15	10:45 am	12:00pm
Stockton	11/15	12:00 pm	12:45 pm
Fremont SSE & Adults 2	11/15	12:45 pm	3:00 pm
CSJ Adults 2	11/15	3:00 pm	4:00 pm
Unity & Closing Prayers	11/15	4:00 pm	6:00 pm



R7GAB 2026

DATE & TIME:

Saturday 14th November, 5:15 PM - Sunday 15th November, 6:00 PM

VENUE:

Aria University, 1521 California Cir, Milpitas, CA 95035

WEBSITE:

<https://gab.region7saicenters.org/>



R7GAB 2026

HOTEL ACCOMMODATION

Group name : Sathya Sai Baba

Start Date: Friday, November 13, 2026

End Date: Monday, November 16, 2026

Hotel(s) offering your special group rate:



- Residence Inn by Marriott Milpitas Silicon Valley for 119.00 USD - 169.00 USD per night
- **[Book your group rate for Sathya Sai Baba](#)** , to available the special group rate
you must book through group link. (Use QR code above)

The booking cutoff date is October 31, 2026 no exceptions. Reservations made after this date will not be eligible for the group rate



Center Slots	Dates	Start Time	End Time
Event Start	11/14	5:15 pm	
Vedam Chanting	11/14	5:15 pm	5:55 pm
Unity	11/14	6:00 pm	8:00 pm
Trivalley adults/SSE	11/14	8:00 pm	9:30 pm
Peninsula adults/SSE	11/14	9:30 pm	11:00 pm
Sacramento	11/14	11:00 pm	12:30 am
CSJ Adults 1	11/15	12:30 am	1:30 am
YA	11/15	1:30 am	3:00 am
Open Slot	11/15	3:00 am	4:15 am
West San Jose (WSJ)	11/15	4:15 am	5:00 am
21x Oms, Suprabhatam	11/15	5:00 am	5:30 am
Multifaith Unison	11/15	5:30 am	6:15 am
Fremont Adults 1	11/15	6:15 am	7:15 am
Oakland	11/15	7:15 am	7:45 am
San Jose SSE & Adults	11/15	7:45 am	8:30 am
San Francisco	11/15	8:30 am	9:00 am
Tracy SSE/Adults	11/15	9:00 am	10:45 am
CSJ SSE	11/15	10:45 am	12:00pm
Stockton	11/15	12:00 pm	12:45 pm
Fremont SSE & Adults 2	11/15	12:45 pm	3:00 pm
CSJ Adults 2	11/15	3:00 pm	4:00 pm
Unity & Closing Prayers	11/15	4:00 pm	6:00 pm

Slots	Dates	Start Time	End Time
Saturday Dinner	11/14	6:30 PM	9:30 PM
Sunday breakfast	11/15	5:30 AM	8:45 AM
Sunday Lunch	11/15	11:30 AM	2:00 PM



Envirocare



Bring Your Own
Water Bottle
&
Aim to Reduce Waste

SSE



SSE children are
encouraged to join and
participate in the Global
Akhand Bhajan.



Media



To ensure that everyone
enjoys a divine
experience, whether
attending in person or
through streaming, **a link**
will be shared closure to
event date



Event Coordinators and Coleads

Altar: Pavithra Mohan, Vaidehi, Anvitha Marlapti

Devotion: Sangeeta Rajagopalan, Ahimsa Govender, Sunil Kasturi

A/V and Hybrid: Deepak Yalamanchi, Sai Ninad

Streaming: Satyanand, Ritesh Reddy

Food: Shailaja Reddy, Aparajitha Venkat

Food Flow Coordination: Ramesh Giri

Logistics: Kalpana Dharamapuri, Pratap Sakala

Website/ Flyer: Ashwini Manjunath, Shravya

Volunteers Leads: Indira Iyer, Sub Sahoo



Contact us with questions

Devotion : gabdevotional2026@gmail.com

Devotion Leads: Sangeetha Rajagopalan, Sunil Kasturi & Ahimsa Govender
(YAs Shadow Team - Arjun Manoj, Abhi Das, Sai Shriya)

Regional Contact: Susandhya Narayani
(snarayani@sathyasai.us)



Contact us with questions

Logistics Lead: Sai Gunaranjan,
Shalini Sekar, Asha Giridharan

Logistics :

gabvolunteers2026@gmail.com

Devotion Leads: Sangeetha Rajagopalan, Sunil
Kasturi & Ahimsa Govender

*(YAs Shadow Team - Arjun Manoj, Abhi
Das, Sai Shriya)*

Devotion :

gabdevotional2026@gmail.com

Regional Contacts:

Devotion : Susandhya Narayani

Service : Pramond Madabhusi

SSE : Prashanti Paturi