



# CELEBRATING WOMEN

Past · Present · Future

## *Conference Programme*

Saturday 10 April 2010 & Sunday 11 April 2010

BAPS Shri Swaminarayan Mandir, Neasden



Organisers: BAPS Swaminarayan Sanstha, UK  
Inspired by: His Holiness Pramukh Swami Maharaj

*In observance of International Women's Day 2010, BAPS Swaminarayan Sanstha, UK's National Women's Forum is hosting a two-day conference to celebrate outstanding Hindu women of the past, be inspired by exceptional achievers of the present, and build a vision of excellence for the future.*

## *Day 1 – Saturday 10 April 2010*

**The Past:** *Revealing how Hinduism has empowered women in the past*

**4:00-5:30pm**

*Foyer & Gym*

**Registration & Reception**

*Reception drinks and exhibition of historical Hindu women*

**5:30-6:00pm**

*Haveli*

**Grand Opening Ceremony**

*Traditional welcoming dance representing women from all states of India*

**6:00-8:00pm**

*Haveli*

**Where Have I Come From?**

*Theatrical musical production portraying inspirational Hindu women of the past*

**8:00-8:15pm**

*Haveli*

**Closing Session**

*Hindu ritual with sacred candles*

**8:15-10:15pm**

*Gym*

**Buffet Dinner**

*With light entertainment (including magic, stand-up comedy and live music)*



# Day 2 – Sunday 11 April 2010

**The Present & Future:** Providing current examples of outstanding women achievers, and inspiring to achieve more in the future

**8.00-9.30am**

Gym

**Breakfast**

*Amid a calm, spiritual and reflective ambience*

**9.30-9.45am**

Haveli

**Dhun & Prathna**

*Traditional Hindu prayers*

**9.45-10.45am**

Haveli

**Where Am I Now?**

*Realising our potential for improvement*

**10.45-11:15am**

Haveli

**Keynote Address by Chief Guest**

*Inspirational speech from an outstanding woman who has successfully balanced family, career and faith*

**11:15-12:00pm**

Gym

**Break**

**12:00-1:30pm**

Haveli

**Seminars (by invited speakers)**

*Interactive sessions with practical tips & ideas on how to reach our full potential.*

**Seminar 1:** Financial & Legal Matters:  
Getting to Know the Basics

*(seminars continued overleaf)*



GOOD  
BETTER  
BEST



**Seminar 2:** Education & Career:  
How They Can Help Shape Me

**Seminar 3:** Family Bonds: Fostering  
Successful Relationships Across Generations

**1:30-3:30pm**

Gym & Marquee

**Lunch & Relaxation**

Cooking demonstrations

Relax, be pampered and spoil yourself with a  
head/back massage, manicure or pedicure

**3:30-4:30pm**

Haveli

**It Can Be Done!**

Learning from outstanding women achievers of  
various career backgrounds: Business, Science,  
Engineering, Arts/Culture and Sports

**4:30-5.00pm**

Haveli

**Where am I going?**

Building an aspiring vision for the future

**5.00-5.15pm**

Haveli

**Closing Session & Vote of Thanks**

**5.15-8:00pm**

Gym & Haveli

**Celebrating Women of the Past,  
Present & Future**

Buffer dinner and raas-garba with live music

**Overall Objective: To demonstrate how three key facets of a woman's  
life – family, career/education and faith – can be optimally balanced  
to achieve complete success.**

