

CHINMAYA MISSION  
OTTAWA

# Nityam

.....Eternal



April 2024

## UPCOMING EVENTS 2024

• Sri Chinmaya Jayanthi  
108th year Celebrations - 8 May

• "Divine Sangeet" by  
Shashank Subramanyam  
12 May  
Please see poster on p. 9

• "KRISHNA MAGIC"  
Bala Vihar Summer Camp with  
Swamini Supriyananda  
15 to 19 July  
Please see poster on p. 9

यत्र यत्र रघुनाथ कीर्तनं तत्र तत्र कृतमस्तकाञ्जलिम् ।  
बाष्पवारि परिपूर्णलोचनं मारुतिं नमत राक्षसान्तकम् ॥

yatra yatra raghunātha kīrtanaṁ  
tatra tatra kṛtamastakāñjalim |  
bāṣpavāri paripūrṇa locanaṁ  
mārutim namata rākṣasāntakam ||

*Prostrations to Sri Hanuman, the destroyer of demons, who is  
present with bowed head and eyes full of joyous tears wherever  
Sri Rama's glories are sung.*



## Maha Shivarathri And Shiva Parvati Vivah



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## Sri Ram Lalla Celebrations



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Sleepover at Chinmaya Bharati p. 8

Let us always try to measure our life, not in terms of the number of years lived, but in terms of the quality of our work and our love given to others around us.

- Pujya Gurudev Swami Chinmayananda

Chinmaya study classes are specifically designed for children, youth and adults, and are held at  
**Chinmaya Bharati, 1088, Ogilvie Road, Ottawa, ON K1J 7P8.**

For all the current week-day and Sunday classes, details are on page 10.

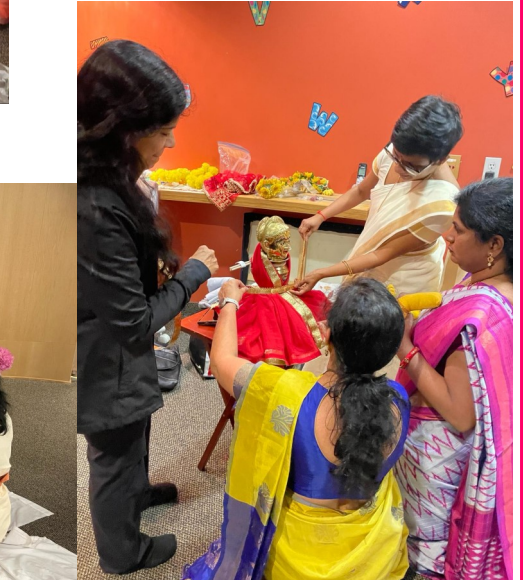
Email : Chinmaya.Ottawa@gmail.com

Website: www.chinmayaottawa.com

# Maha Shivarathri And Shiva Parvati Vivah



The divine night of Maha Shivarathri was celebrated with Puja, abhisheka and various chantings including Nirvana Shatakam which touched our hearts. This was followed by the most auspicious Shiva Parvati Vivah, set to begin at 3:30 AM Brahma Muhurtha time. It was a wonderful night of vigil. Preparations began to make the wedding Mandap, to get ready with puja items, readying the bride and the bride groom, etc. A great team work!



Vivah Preparations...

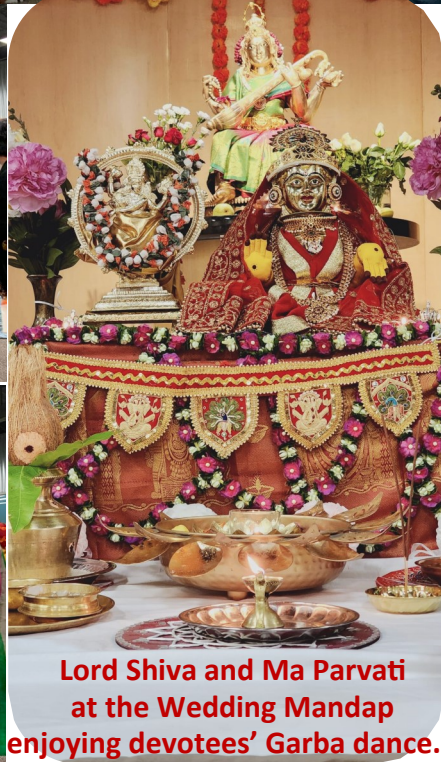
*Celebrations Begin!*



**Baraat - Grand Entry of Lord Shiva with music, dance and drums by the super-energized Shiva Ganas...**

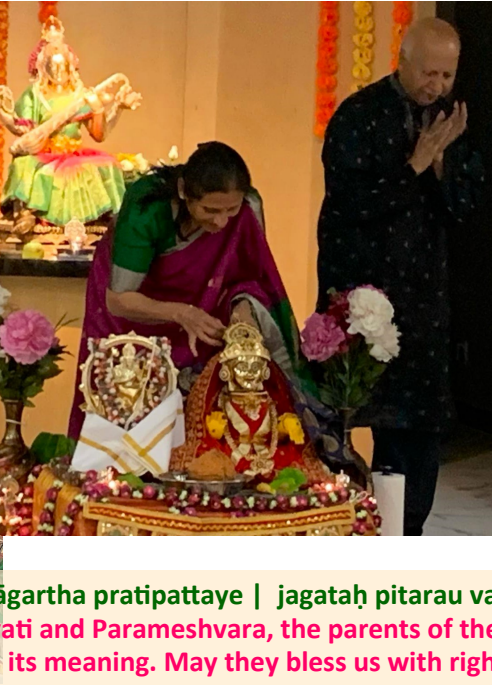


**Graceful Entry by Ma Parvati - with melodious music and Garba dance by Ma's family...**



**Lord Shiva and Ma Parvati at the Wedding Mandap enjoying devotees' Garba dance..**

# Shiva Parvati Vivah



vāgarthāviva sampṛktau vāgartha pratipattaye | jagataḥ pitarau vande pārvati paramēśvarau ||  
Our salutations to Parvati and Parameshvara, the parents of the universe, who are united inseparably like a word and its meaning. May they bless us with right speech and right knowledge!



It was a great blessing and a unique divine experience for all that witnessed the Shiva Parvati wedding!  
Many Thank you's to all that were part of this event!

# CMO families Celebrate Sri Ram Lalla's Coming to Ayodhya



The much-awaited historic divine moment, the joyous Sri Ram Lalla's coming in Ayodhya, brought to all devotees around the world a sense of unity, pride and gratitude. The Chinmaya Ottawa families were equally eager to celebrate the event at Ma Sarasvati's altar! The spirit of Sri Ram did the magic; with music, dances, presentations, and Prasad, the celebrations at Chinmaya Bharati turned out to be very fulfilling and memorable!

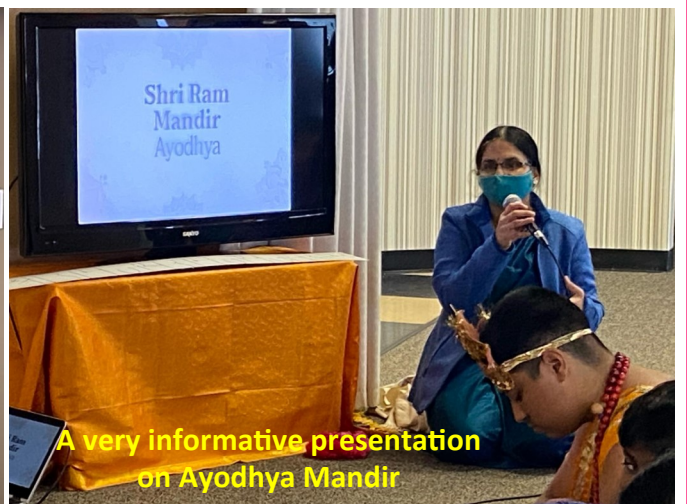


Sri Ram Dhun led by children spark divine ambience...

Rama Rama Jai Raja Ram  
Rama Rama Jai Sita Ram

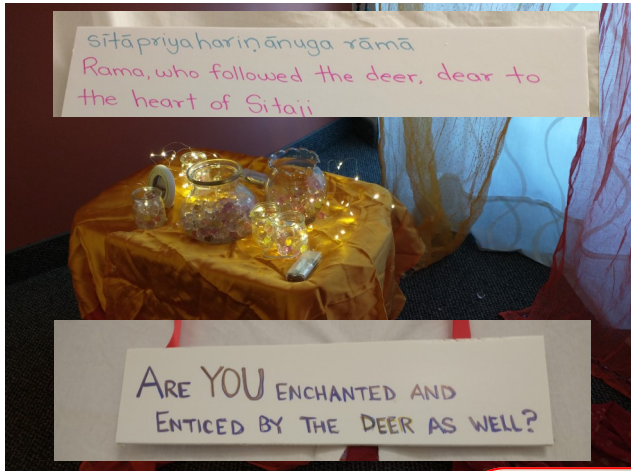
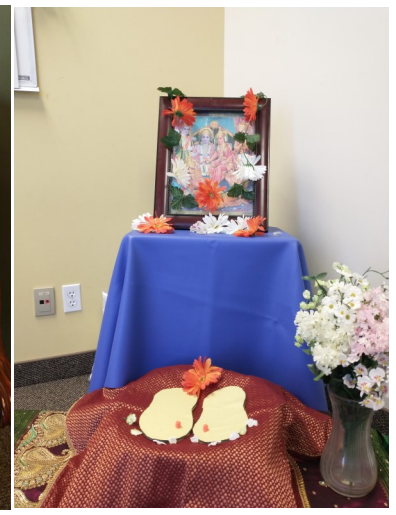


suno suno Raja Ram ki kahani ....  
a junior BV kid recites a poem beautifully!

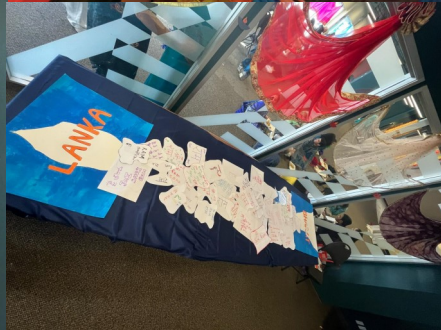


A very informative presentation  
on Ayodhya Mandir

*Sri Ram Lalla's Coming to Ayodhya... Cont'd...*



Every Bala Vihar class was fabulously decorated, highlighting a theme from the six kaandas/chapters of the Ramayana. Creative art works, posters, pictures, mazes, animated presentations, and games were a delight to all the visitors!



**A grand welcome to Siyavar Ram  
with music and dance....  
Rama Lakshmana Janaki Jai Bolo Hanuman ki!**

*Sri Ram Lalla's Coming to Ayodhya... Cont'd...*



Thank you to all the organizers and all the happy helpers for making this event a memorable celebration!



Li'l Khelan is always a part of the cleaning crew! Thank you dear!

# *A fun-filled Sleepover at Chinmaya Bharati!*

*Shivani , Grade 7, shares her thoughts...*

The Sleepover on Saturday, January 20th at 2 pm was a great opportunity for us to come together and experience something new. **The main reason for organizing the sleepover was to bring us all closer, as well as to teach us the value of perseverance and hard work. There was also an important event taking place, the placement of Lord Rama's murti in the Rama Temple.**

The first activity we engaged in was decorating and organizing the temple for the upcoming day. **It was a great bonding experience as we worked together to make the temple look beautiful and welcoming for the celebration on Sunday. As we worked, we talked and laughed, strengthening our friendships and creating new memories.**

After the decorating was complete, we gathered together to play a game. One person would tell a story about a specific moment and then ask the group questions about it. You had to step into a bucket of snow and stay there until you answered three questions correctly. **This game was not only fun and challenging, but it also taught us the importance of paying attention and remembering details.**

The story that was shared during this game was about Hanuman's journey across the ocean to Sri Lanka. We learned about the obstacles he faced and the determination he displayed in order to complete his mission. **It was an inspiring tale that reminded us of the power of perseverance and the importance of never giving up, no matter how difficult the journey may be.**

Following the storytelling activity, we split into two teams and played a game where team members had to answer questions about the Ramayana. The first person in each line was asked a question, and the one who called out the correct answer first would win the team a point. This game tested our knowledge of the epic story and encouraged us to learn more about the characters and events within it.

Next, we put on a play based on the story we had heard earlier, exploring how it related to our own lives and experiences. In the end, our team won the prize of Starburst for our efforts. The sense of accomplishment amongst us was strong as we celebrated our victory.

To replenish our energy, we made our way to the kitchen for a snack of cookies and fruits. We shared stories and memories from the day. It was a moment of relaxation and bonding that brought us even closer together.

We gathered together to chant with Deepa aunty. **The chanting filled the temple with a sense of unity, connecting us to something greater than ourselves.** We started practicing a dance that we would present the following day.

Later, we had dinner together, sharing stories and laughter. We then returned to the dance practice, running through the routine a few more times before we finally got ready for the night.

**Overall, the sleepover was a great chance for us to come together, learn new things, and strengthen our bonds of friendship. We had a fun and memorable time working together, playing games, and learning about Lord Rama.**

**Shishus celebrated Makara Sankranti, learning about the importance of the Sun in our lives. Moms and teachers showered the kids with flowers and rice along with their love and blessings for the children...**







Chinmaya Mission Ottawa Presents  
Summer Camp 2024

# Krishna Magic

July 15 – 19, 2024

Grades 1-8  
8:45am – 4:30pm

Cost: \$300/child  
(includes \$50 non-refundable deposit)

LIMITED SPOTS!

Presenting, for the first time ever, the most amazing and talented teacher!



Chinmaya Bharati  
1088 Ogilvie Rd, Ottawa, ON K1J 7P8

Please visit for  
volunteering/registration:  
[www.chinmayaottawa.com](http://www.chinmayaottawa.com)

Swamini Supriyananda  
From Hong Kong!

OTTAWA SANGEET & CHINMAYA MISSION OTTAWA PRESENT

## DIVINE SANGEET

A SPIRITUAL MUSICAL JOURNEY WITH MAESTRO  
SHASHANK SUBRAMANYAM

12 MAY 2024  
4:30 PM - 6:30 PM



SHRI B. GURU RAGHAVENDRA  
MRIDANGAM



B.U. GANESH PRASAD  
VIOLIN



TICKETS: \$35  
PHONE: 613-898-7482  
EMAIL: [cmottawa.mail@gmail.com](mailto:cmottawa.mail@gmail.com)



RICHCRAFT THEATRE  
245 centrum blvd,  
Orleans ON

**Chinmaya Mission Ottawa offers the following programs from Sept. 2023 to June 2024 to foster our spiritual achievement:**

**Sunday Balavihar: Every Sunday at 10:30 AM.** In-person classes begin on Sept. 10 at Chinmaya Bharati located at 1088 Ogilvie Drive. Study classes for children from JK to Grade 12 will be on Hindu Culture, Values, and Philosophy through inspiring stories, interactive discussions, creative activities, fun games, arts and crafts, bhajans, chanting, etc. Adult study groups will study texts on Vedanta. **To register your family, please go to [ChinmayaOttawa.com](http://ChinmayaOttawa.com).**

**Young Adults: Every Monday at 7:30 PM.** For university students and young adults (17 to 30). In-person classes at Chinmaya Bharati. Please contact Shailesh Sutarwala at hariomss@gmail.com or 613-591-5961 for details.

**Yoga: Every Tuesday at 6:00 PM.** Based on the teachings of Patanjali, classes cover yogic jogging, stretches, and pranayama (breath control). In your home on your yoga mat and give it a try... Starting on Sept. 12. Please contact Anil Agarwal at agarwal.central@gmail.com for more information and meeting link.

**Vedic chanting classes: Every Tuesday from 7:15 PM to 8:00 PM** at Chinmaya Bharati Ottawa. Classes commence from 12th Sept. We will learn to chant Shanti Mantras and Rudram with proper vedic intonations. Please contact Panch Athmaraman 613-698-2658 or Bina Sutarwala 613-591 5961 for more information. Our goal is to be ready with Rudram chanting before the 2024 Maha Shivaratri.

**Bhagavad Geeta: Every Wednesday at 7:00 PM.** Starting Chapter 12 (Bhakti Yoga - The Yoga of Devotion) on Sept. 13. Video lectures of Swami Chinmayananda along with discussions. Please contact Anil Parekh at parekh.anil@gmail.com or 613-738-7466 for more information and a zoom meeting link.

**Rise to the Geeta: Every Tuesday and Thursday at 6:00 AM EST.** We cover all 18 chapters of the Bhagavad Geeta. Following the Holy Geeta by Chinmaya Mission a verse or two is first read and then we watch Swami Chinmayananda's video for a more well-rounded understanding of the verse. Please contact Bina at hariombina@gmail.com or 613-591-5961 for more information and a zoom meeting link.

Whatever we see is God. If, out of such firm faith, we are able to permeate all things with love, there will be no room for evil thoughts in our bosom.

-Swami Tapovan Maharaj

How far is water from the waves? How far is the waker from the dreamer? So far is God from you!

-Swami Chinmayananda

The first step in spiritual life is steadfastness in the performance of your duties. This will lead to neutralizing the likes and dislikes.

-Swami Tejomayananda

The act of concentration itself is not difficult. Do not struggle to change the point of your concentration - simply divinise what you are concentrating on!

-Swami Swaroopananda



Some CMO Families visited Trinidad Chinmaya Ashram in February and enjoyed the Satsang with Swami Prakashanandaji. Our BV Children and Sevaks have shared their experiences and pictures in our Nityam Special Edition on their trip to Trinidad. It is posted in CMO website for you to enjoy reading!



**Our mission is to provide to individuals from any background, the wisdom of Vedanta and the practical means for spiritual growth and happiness, enabling them to become positive contributors to society.**

**Chinmaya Mission Ottawa  
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Website : [www.ChinmayaOttawa.com](http://www.ChinmayaOttawa.com)**



**Om Shri Chinmaya  
Sadgurave Namaha**