

CHINMAYA MISSION
OTTAWA

Nityam

.....Eternal



March 2026

UPCOMING EVENTS 2026

- Sri Chinmaya Jayanthi - 8 May
- Mother's Day - 10 May
- Father's Day - 21 June
- BALA VIHAR SUMMER CAMP 6 - 10 JULY
Please see details on p. 12
- Guru Purnima - 29 July
- Chinmaya Aradhana Day - 3 Aug.



'Chinmaya Amrit Mahotsav'
Chinmaya Mission Celebrates 75 years!
Upcoming Special Events

'Chinmaya Gita Samarpanam' - Global
chanting of Chapter 15 Gita - 9 May
Please see details on p. 10

'Gita Panchamrit'
Talks by Swami Ishwarananda at the
Summer Family Retreat - 20 - 22 Aug.
Please see details on p. 11

Sri Hanuman Chalisa Havan - 22 Aug.
Please see details on p. 11

यथागदं वीर्यतमं उपयुक्तं यदृच्छया ।
अजानतोऽप्यात्मगुणं कुर्यान् मंत्रोऽप्युदाहृतः ॥१९॥

yathāgadam vīryatamam upayuktaṁ yadṛcchayā |
ajānato'pyātmaguṇaṁ kuryān manthro'pyudāhṛtaḥ ||

Just as a powerful medicine can act on the body regardless of whether one takes it knowingly or unknowingly, the holy name of the Lord, when chanted, exerts its spiritual influence irrespective of the chanter's awareness or intent. The efficacy of the holy name is inherent and does not depend on the individual's understanding.

-Srimad Bhagavatham 6.2.19

IN THIS ISSUE



*Sri Ram Lalla at
Chinmaya Bharati...*



*Shivam class enjoys an
amazing day camp...*

Fall 2025 and Winter 2026 Activities...

Every day is bursting with opportunities for us to do and serve, to act, to express, to love and to live. We must make use of these lush chances and diligently make our life rich, fruitful, and useful for others at all times. When we have such a team of even a few courageous and honest servants of God, the nation is made, the world is saved.

- 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 9.

Email : Chinmaya.Ottawa@gmail.com

Website: www.chinmayaottawa.com

Celebrating Holi...



The colours of Holi are the colours of life and they reinforce the positive emotions of joy, forgiveness, fun and friendship. Hug each other with robust LOVE.

- Pujya Gurudev Swami Chinmayananda



Maha Shivarathri

On the Maha Shivarathri night, the CMO families were fortunate to participate in the divine Shiva Puja, Abhisheka, Chanting of Sri Rudram and other shlokas, Bhajans, Japa, and the precious moments of Sacred Silence. A blissful time indeed! Om Namah Shivaya!

Shivam means all that which is auspicious. What is most auspicious? All the great virtues of life, values of life, shraddha, bhakti, vairagya, jigyasa, prem, daya, karuna, these are all auspicious things. So, Om Namah Shivaya means I revere, respect all these virtues, all that is auspicious, and all that bring auspiciousness. So it is not just only that one form then, Shiva represents kalyana guna nidhaan. My mind also becomes tanmaya manah shiva sankalpamastu , my mind also becomes shiva mayam.

-Swami Tejomayananda

Sri Ram Lalla Visits Chinmaya Bharati



A grand welcome to Sri Ram Lalla; children shower Him with flowers and welcome Him with beautiful dance...



Sri Ram Lalla is entertained with dance, music, and Bhajans ...



Shishu class artwork offered to Sri Ram Lalla



Sri Ram Lalla in Chinmaya Bharati Cont'd...



Naivedyam and Aarati offered to Sri Ram Lalla



Our sincere gratitude to Vishwa Hindu Parishad for bringing Sri Ram Lalla to Chinmaya Bharati and for facilitating His Darshan to CM Ottawa family; and also for distributing Akshata and Prasad from Sri Rama Janma Bhumi! Thank you Chinmaya Ottawa for the excellent organization and the awesome program by the CMO children and adults, and delicious Prasad. Jai Shree Ram!

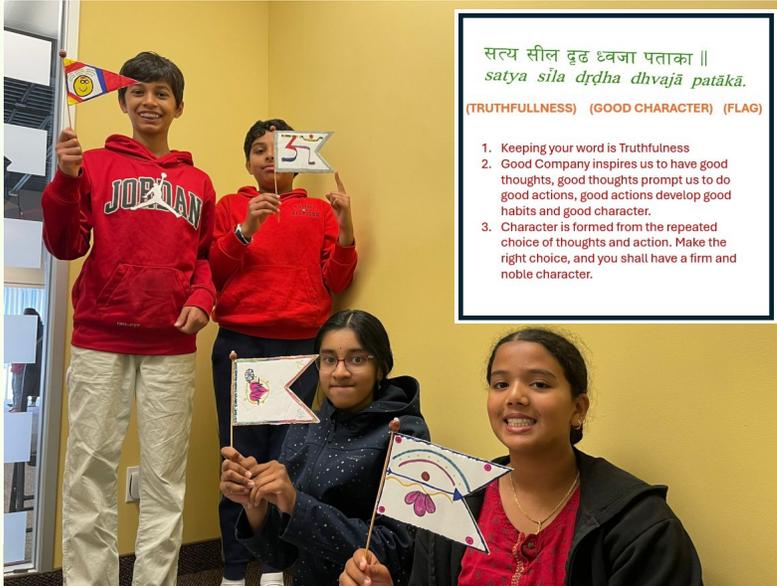
Welcoming the New Year with Gayatri Havan



In chanting the Gayatri Mantra, the devotee is actually praying for spiritual unfoldment: "May my intellect be steady without agitations; may it be clean without the dirt of passions. May the light of Consciousness come to shine forth its radiance through my intellect. Thus, may my perception of the world be clear, my discrimination subtle, my judgements correct and quick, my comprehension of situations precise and wise".

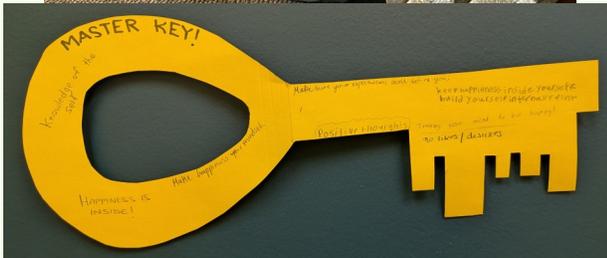
-Pujya Gurudev Swami Chinmayananda

Shivanandam class learns Vibheeshana Gita...



सत्यं सीलं दृढं ध्वजा पताका ॥
satya sila dr̥ḥḥa dhvajā patākā.
 (TRUTHFULNESS) (GOOD CHARACTER) (FLAG)

1. Keeping your word is Truthfulness
2. Good Company inspires us to have good thoughts, good thoughts prompt us to do good actions, good actions develop good habits and good character.
3. Character is formed from the repeated choice of thoughts and action. Make the right choice, and you shall have a firm and noble character.



Pranav and Jishnu help donate socks and other items to the needy... Thank you to all the donors of CMO!



Shawna's Outreach - Ottawa
 43m · 🌐

I LOVE when children are involved and learn about helping others!!! These donations were collected for our street friends by members of the Chinmaya Mission. Children made the collection box (cute, practical and fun)!!! Together, we prove every single day that when we each do what we are able, beautiful things happen. Thank you everyone!!!



Shivam class enjoys a Day Camp

Day Camp with Amazing Kids

We had the joy of spending a wonderful day with our Shivam class at the recent day camp, graciously hosted by Bina Di (Sevak teacher for Shivam Class). The day was filled with learning, laughter, creativity, and teamwork.

The camp began with a warm welcome from Bina Di and Divya, along with the adorable Amigo the cat, who quickly became everyone's favorite. The kids jumped right in, playing and laughing, setting a cheerful tone for the day.

We started with yoga, where the children enjoyed stretching, breathing exercises, and playful movements. It was a fun and energetic way to wake up both the body and the mind. Next, the children took part in a cooking activity led by Divya, preparing veggie paper wraps. Each child made not just one, but several wraps, enjoying both the process and the delicious results.

Bina Di then guided the children in learning Rama Stuti, composed by Tulsidas ji, and we also learned a bhajan through Zoom, adding a musical and spiritual element to the day. The kids picked it up quickly, impressing everyone with their focus and enthusiasm.

The creative highlight was a snaking painting activity hosted by Wah Uncle. The kids began painting their imagined seasons, then moved on to continue someone else's artwork. By the end, each painting had transformed beautifully, teaching them to accept change and adapt creatively.

The energy continued with a team hurdle game organized by Divya. The kids were competitive but supportive, cheering for each other throughout. We also had fun showing off our colorful socks, bringing smiles all around.

The day ended with a hearty dinner of hot pasta and garlic bread by Shailesh Bhayya, perfectly capping off a day filled with joy, learning, and creativity. Our Shivam class truly made the day special with their enthusiasm, teamwork, and cheerful spirit, leaving everyone with cherished memories and a joyful experience.

-Sruthi Madali (Sevak teacher for Shivam Class)



Hari Om Bina ditye Since you are asking about the day camp, I actually liked it because when we made the rice wraps, it was delicious. When we were saying the stuti, I felt that I was making a connection to God. Also, when we were painting, I thought it would be messy & its going to be bad but it turned out good. Finally the pasta was so yummy and the socks photo shoot was so cool and funny. Thank you.

-Madhuvanathi

Shivam class enjoys a Day Camp Cont'd...



A day at Chinmaya Day-camp!

My experience of the day camp was so fun!
Bina Aunty invited us to her amazing house!

It started with everyone coming in and greeting. Then we made rice rolls. It was to teach us patience. Then we ate it. Eating the rolls was the part I didn't like, so I didn't eat the whole thing.

In between every activity we practised the Namami Bhakta Vatsalam prayer. This prayer is about someone named Atri Muni greeting, and praising Sri Rama.

After that, we went upstairs and we called someone to teach us a song. I don't remember their name but it was amazing. We were in front of a big TV for this song.

Then we did painting, and I loved it. But there was one condition, every three minutes we had to rotate left. So when I came back to my painting, it was so different from where it started.

After that, we did an obstacle course made of different homemade stuff!!

Later we all had dinner. YUM!!! It was pasta and garlic bread. When we were done our dinner, we played with fun stuff like marbles until our parents came to pick us up.

My experience was so GREAT!!!! I want to do it again!!

By: Tara Vaid

Saraswati Poonam Pooja

The Moon is The Presiding Deity of the Mind. All those who know a little about the psychological behavior of a human being have unanimously agreed that there is a relationship between the moon and the mind. Therefore, it is quite justified when the Rishis say in Sanskrit, the moon and the mind are both called by the same term Mati, which clearly shows that in the microcosm that which is mind, is itself in the macrocosm, the moon.

Why Saraswati Pooja?

Maa Saraswati is known to represent knowledge. Worshiping Maa Saraswati with humility brings about the required purity in our mind for this supreme knowledge to flow into us. It helps the spiritual wisdom to take root in our hearts. This is a great opportunity for you and your family to truly connect with the Divine Mother.

How long does the Pooja last?

The Pooja lasts about 30 minutes

How do I prepare for the Pooja?

A few days before the Pooja, Maa Saraswati will be bathed and her clothes and jewellery will be changed. You may select and purchase a new sari and any accessories you would like for her yourself (these should be given to the organizers at least 2 weeks prior to your Pooja) or you will be required to pay \$125 to cover the cost of purchasing the new set of clothes

What do I need for the Pooja?

For the Pooja, the following items will be required:

- A full meal to offer to Devi (made fresh that day)
- 2 bananas for Ganesh
- 2 fresh bouquets of flowers (for decoration)
- Fresh rose petals (at least 108 petals per person performing the Pooja)
- A minimum donation of \$175 as Dakshina for the Pooja
- Prepare any Bhajans you would like to sing as part of the Pooja
- Optional: flower garland to be placed on Devi during the Pooja

How can I sign up for this Pooja?

Contact Saakshi at 613-227-0828



Chinmaya Mission Ottawa offers the following programs from Sept. 2025 to June 2026 to foster our spiritual achievement:

Sunday Balavihar: Every Sunday at 10:30 AM. In-person classes begin on Sept. 8 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.**

Young Adults: Mondays at 7:30 PM. For university students and young adults (17 to 30). Discussion on concepts of Vedanta and Hinduism. Please contact Shailesh Sutarwala at hariomss@gmail.com or 613-591-5961 for details.

Vedic chanting classes: Tuesdays from 7:15 PM to 8:00 PM . Please contact Panch Athmaraman 613-698-2658 or Bina Sutarwala 613-591 5961 for more information and zoom link.

Bhagavad Gita chanting classes: Thursdays from 7:00 PM to 8:00 PM.

Please contact Deepa Sahasranaman +91 98804 86500 or Bina Sutarwala 613-591 5961 for more information and zoom link.

Bhagavad Geeta: Wednesdays at 7:00 PM. Starting from Chapter 1. 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 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 book 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.



'Chinmaya Amrit Mahotsav' Chinmaya Mission Celebrates 75 years!

CHINMAYA GITA SAMARPANAM is part of the Chinmaya Mission 75th Year Celebrations worldwide. This event is a **Guinness World Record Attempt By Chinmaya Mission** for “Most people chanting online simultaneously” (Target: 108,000 participants) – Group Chanting of **CHAPTER 15 – Puruṣottama Yoga of the Bhagavad Gita.**

Details are given in <https://cmw.chinmaya75.org/global-gita-chanting/>

Please register to join Chinmaya Mission in the Global Gita Chanting of Chapter 15 at

<https://cmw.chinmaya75.org/global-gita-chanting-registration/>

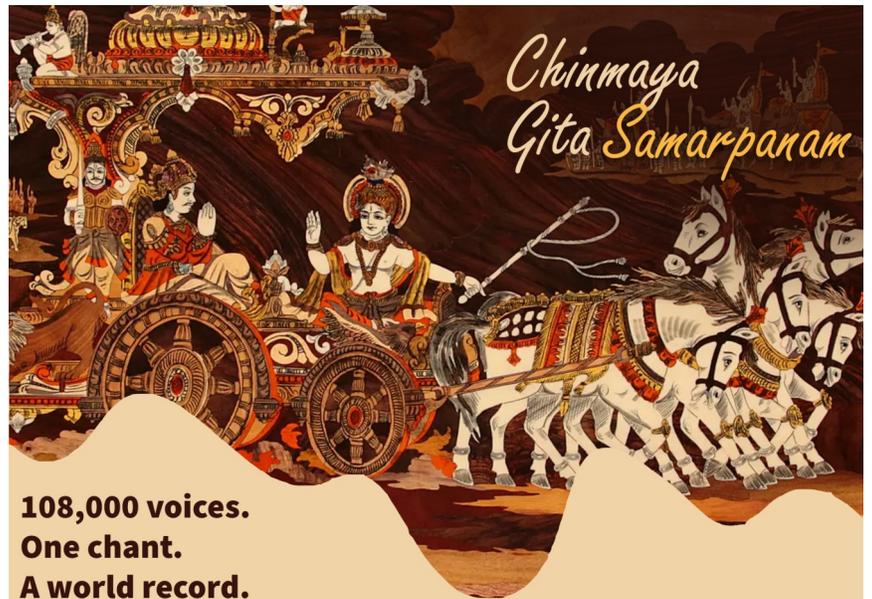
Be a part of this historical event! Let us chant together for inner peace, clarity, and global harmony. Together, let's fill the world with the vibrations of the Lord's words!

Location: Cisco Webex (virtual/
online)

Date: May 9, 2026

Time: 7 AM PT / 9 AM CT /

10 AM EST / 7:30 PM IST / 3 PM GST



**108,000 voices.
One chant.
A world record.**

Join worldwide in a simultaneous **ONLINE** chanting of Bhagavad Gita Chapter 15

Be part of this historic world-record achievement



MAY 9TH 2026
7 AM PT / 9 AM CT
10 AM ET / 7:30 PM IST
3 PM GMT



ONLINE
Cisco Webex
Registration Required!

REGISTER TODAY



Guinness World Record Gita Chanting

<https://tinyurl.com/Gita75>



Register Now!



'Chinmaya Amrit Mahotsav' Chinmaya Mission Celebrates 75 years!

CHINMAYA MISSION OTTAWA PRESENTS

Gita Panchamrit - *Summer Family Retreat*

Learn, Live and Lead WITH Swami Ishwarananda

4:00PM AUGUST 20TH - 12:00PM AUGUST 22ND

Camp Scout Awacamenj Mino
143 Chem. Mcnicoll, Wakefield, QC J0X 3G0

Cost (includes lodging and food):
Adult: \$200/person
Student/Child: \$125/person

Registration for Samshti Shri Hanuman Chalisa Havan is **FREE** for Retreat Participants

Come recharge your batteries for the year and have a great time with Vedanta teaching, team building activities and connecting with nature through canoeing, kayaking, hiking and swimming

Registration Open
www.chinmayaottawa.com
First come first serve basis

5 Shlokas. 1 Essence.
A simple way for everyone to connect with the Bhagavad Gita



CHINMAYA MISSION - OTTAWA - invites you for

Samashti Shri Hanuman Chalisa Havan

108 *havan* KUNDAS | 11 *recitations of* HANUMAN CHALISA

Experience the multiplied power of collective chanting - hundreds joining in a Samshti Havan and offering ahutis for strength, devotion, and peace

75 years of CHINMAYA MOVEMENT

Program Details

Saturday August 22nd, 2026

10:00AM - 1:00PM

Awacamenj-Mino Camp
143 Chem. Mcnicoll, Wakefield, QC J0X 3G0

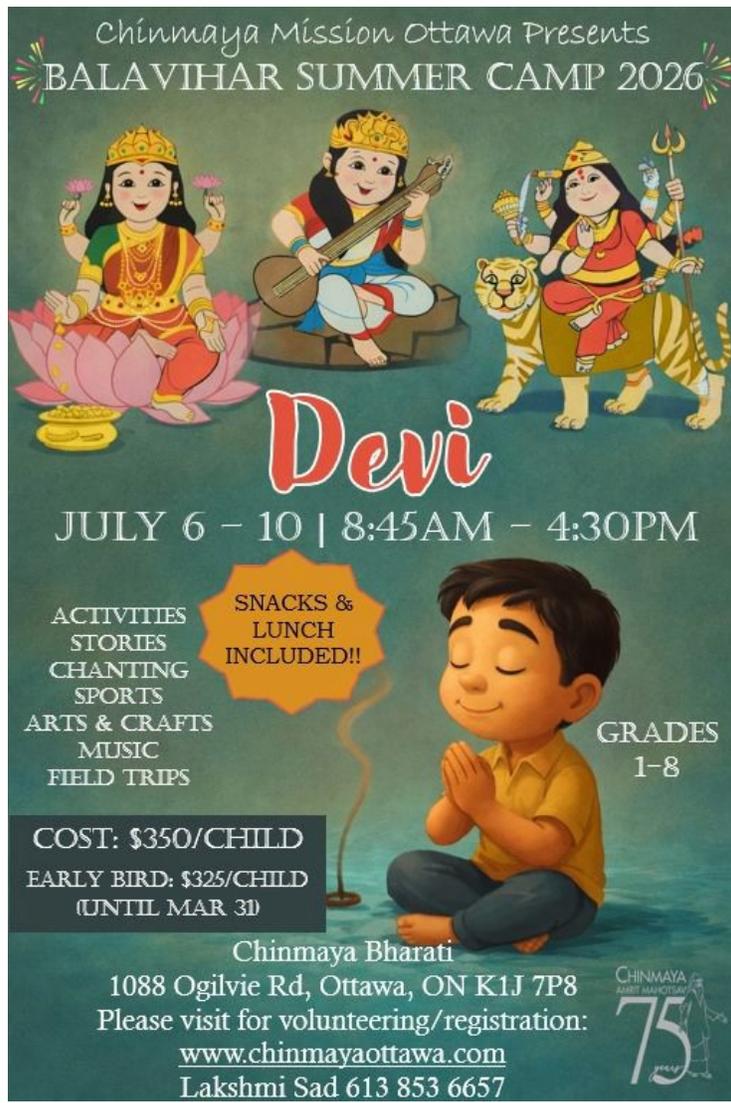
Participate

- Be a Yajman: \$75 per kunda (limited seats available)
- Be a Chanter
- Open to all - No age limit
- No prior experience needed

For more information/registration visit:
www.chinmayaottawa.com
Sangeeta Mohan: 613 501 9747

Please Register Soon!

Chinmaya Mission Ottawa Presents
BALAVIHAR SUMMER CAMP 2026



Devi

JULY 6 – 10 | 8:45AM – 4:30PM

ACTIVITIES
STORIES
CHANTING
SPORTS
ARTS & CRAFTS
MUSIC
FIELD TRIPS

SNACKS &
LUNCH
INCLUDED!!

GRADES
1-8

COST: \$350/CHILD
EARLY BIRD: \$325/CHILD
(UNTIL MAR 31)

Chinmaya Bharati
1088 Ogilvie Rd, Ottawa, ON K1J 7P8
Please visit for volunteering/registration:
www.chinmayaottawa.com
Lakshmi Sad 613 853 6657

CHINMAYA
ARBIT MANDIRAM
75

Please
Register
Soon!

That by the sight of which the mind becomes peaceful and turns towards Parameshwara is called the best darshanam.

-Swami Tapovan

Devotion does not mean Love to the Lord alone. It is to embrace all creation for all are his forms only. A true devotee expands his love to identify with all and feels his essential oneness with the totality. He continuously remains in the condition of just "BE".

-Swami Chinmayananda

The attitude "This is my worship of God" makes everything beautiful.

-Swami Tejomayananda

You like someone because of something. But you love someone in spite of everything.

-Swami Swaroopananda



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
1088 Ogilvie Road, Ottawa, Ontario, K1J 7P8
Phone: 613-749-3399
Email : Chinmaya.Ottawa@gmail.com
Website : www.ChinmayaOttawa.com



**Om Shri Chinmaya
Sadgurave Namaha**