

CHINMAYA MISSION
OTTAWA

Nityam

.....Eternal



June 2026

UPCOMING EVENTS 2026

- Bala Vihar Summer Camp 6 - 10 July
Please see details on p. 11
- Guru Purnima 29 July
- Chinmaya Aradhana Day 3 Aug.



CHINMAYA
AMRIT MAHOTSAV
**Chinmaya Mission Celebrates
75 years!**

'Gita Panchamrit'
Talks by Swami Ishwarananda
at the Summer Family Retreat 20-22 Aug.
Sri Hanuman Chalisa Havan 22 Aug.
Please see details on p. 12

अविनयमपनय विष्णो दमय मनः शमय विषयमृगतृष्णाम् ।

भूतदयां विस्तारय तारय संसारसागरतः ॥ 1 ॥

avinayam-apanaya viṣṇō damaya manaḥ śamaya viṣaya-mṛga-trṣṇām ।
bhūta-dayāṃ vistāraya tāraya samsara-sāgarataḥ ॥ 1 ॥

O Lord Vishnu, please remove my arrogance (lack of humility). Subdue my wandering mind and calm its thirst for the mirage-like worldly pleasures. Expand my compassion towards all living beings and help me cross the ocean of cycles of birth and death.

- Adi Shankaracharya in Sri Vishnu Shatpadi



IN THIS ISSUE

Tilak Ceremony/Father's Day Puja
Satya Award Ribbons
Children share their learnings
Mini get-togethers
Mother's Day Puja



Selfish actions drain our energy. Actions dedicated unto the feet of the Lord, or for the matter of that, unto any higher cause, generate energy and ginger up enthusiasm in man.

- 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

Tilak Ceremony and Father's Day



The BV school year ended with a Tilak ceremony and Father's Day Puja. Children graduating to next level BV classes offered Namaskarams to their parents with gratitude. Parents applied Tilak on their children's foreheads and gave them their loving blessings. It must have been a double delight for fathers as Father's Day was also celebrated the same day! Dads offered Puja to Ma Saraswati. Mothers organized a delicious lunch for the fathers and all. It was a joyous gathering of the CMO family!



Prakruti earns her Delightful Recital Ribbon

Satya Award Ribbons

Reema and Nidhi earn their Perfect Attendance Ribbons

Aishwarya, Akshaya and Arohi earn their Enchanting Geeta Recital Ribbons

The SATYA (Self Achievement Through Your Actions) Challenge is continuing to encourage children and adults of all ages to push their own limits and grow within.

Right now, several participants have earned ribbons for their dedication and commitment to better themselves.

Great Purifier Knowledge SATYA Award: to learn the depth of the BMI chart, what it means and how it can be applied. Received by Varun Veerasubramanian, Anu Ramachandran.

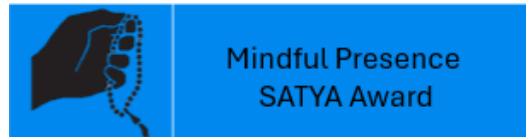
Delightful Recital SATYA Award: to master the art of delivering ten fundamental shlokas and Sri Guru stotram. Pronunciation, fluidity, memory, devotion in your voice and hard work will get you this achievement. Received by Prakruthi Sankar.

Perfect Attendance SATYA Award: to practice discipline in attending Balavihar class. Received by Nidhi Gupta, Reema Rao, Isha Ojha, Sharmila Ojha, Mili Ojha, Ankur Ojha.

Enchanting Geeta Recital SATYA Award: to master the art of chanting the beautiful teachings of Shree Krishna. Pronunciation, fluidity, memory, devotion in your voice and hard work will get you this achievement. The chanting material is Chapter 15 of the Bhagavad Geeta. Received by Akshaya Kunadharaju, Aishwarya Kunadharaju, Aarohi Nasi.

There is now a FIFTH ribbon up for grabs...

Mindful Presence SATYA Award



This award entitled Mindful Presence is to exercise your mind daily with consistent japa.

To achieve this award, you must

- 1) Pick a mantra and find a 54 bead mala
- 2) Find a witness to hold you accountable
- 3) Complete daily japa for a 108-day challenge. *If a day is missed, the count will restart*
- 4) Have your witness message Divya (6138890828) to confirm participation and consistency.

Beautiful life lessons from "24 Gurus" by Shivam Class

This year this class covered the '24 Gurus'. Children share below which Guru inspired them the most and why.

Idhanth Mahadevappa

"Air has taught me not to get attached and, when something comes, enjoy it, and when it goes, just move on."

Mili Ojha:

"All the 24 teachers inspired me because they are all unique in their own way, but what really inspired me is Air, I like it because it just comes and goes and I like it because it doesn't just stay on one thing. It comes and goes!"

Mathuvanti Rajagopalan:

"The Pigeon has taught me how not to get too attached to stuff, like food, toys, and television! Even though I get attached, I try to control myself."

Kiran Kidney:

"All the 24 teachers taught something. The purpose of the 24 teachers is to learn values & wisdom from these teachers, so we can lead a happy life."

Aarohi Nasi:

"Air has taught me very well not to feel too attached to anything. It doesn't matter if it's a thing, a TV show or a game. If I feel too attached to it there might be a bad output."

Aishwarya Kunderaju:

"Space inspired me because I did not know that god is everywhere"

Akshaya Kunderaju:

"I think the moth taught me the most. Sometimes things look great but being attracted to them can burn you"

Krishaan Tharamal:

"The Osprey taught me not to give up and to let go of something for peace."

A Fulfilling Chinmaya Gita Samarpanam

Bravo to all Ottawans who participated in the Chinmaya Gita Samarpanam and chanted the 15th Chapter of the Bhagavad Gita alongside participants from around the world. It was a loving tribute offered to our Pujya Gurudev Swami Chinmayananda, on the day after Sri Chinmaya Jayanthi, as part of the Chinmaya Mission's 75th year celebrations.

Our heart-felt gratitude to Pujya Swami Swaroopanandaji, and all the organizers for giving an opportunity for all of us to chant the 15th Chapter globally at the same time.

We were fortunate to learn to chant the 15th chapter, which contains the essence of Sri Krishna's words of wisdom. The very chanting itself is quite rewarding, bringing joy and peace! The group chanting of the 15th Chapter every Sunday after Arati at our center for the last several months filled our hearts with divine vibes.

May His grace and blessings continue to guide us all! Hari Om!

Sundaram class children share their learnings...

A person's attitude toward a belief can be altered depending on their teacher. For example, Swami Chinmayananda's opinion on Hinduism was modified when Swamis such as Swami Sivananda and Swami Tapovan Maharaj enlightened him about the deeper meaning of Sanatana Dharma. He started as a skeptical journalist and then became a great swami, who will be remembered forever as the great guru of Chinmaya Mission! His guidance and wisdom will echo in our minds and hearts for generations to come.

-Ethan

This year I learned about sages and rishis such as Swami Chinmayananda; rivers, like river Saraswati; and festivals like Makar Sankranti. I learned lots of advice from those sages and rishis: Be positive, be relentless, and be pious. I learned Bhagavath Geetha chapter 15 (Purushottama Yoga). We do a lot of fun games and activities!

- Varun

The knowledge that I learned from Chinmaya is that to always follow the teachings from the guru, to be respectful to your parents, and to always try your best; from the stories, do not lie or be rude because it won't go to your ways, and teamwork always gives better results.

- Vihaan

This year I am in the fifth and sixth grade class and my teachers are Sangeetha aunty and Bharathi aunty. In our class, I learned about the origins of rivers, different Indian festivals and famous saints of India.

First, I learned about the origins of rivers, such as the river Ganga which was brought down to earth by king Bhagiratha for salvation of his ancestors. King Bhagiratha did meditation for many years until the Ganga river came to Earth. This story taught me to never give up on your goals and to do whatever it takes to achieve them. We also learned about the river Saraswati that was made out of Brahma and Saraswati's love. During the year, I also learned about different Indian festivals and how people celebrate them, such as the festival New Year in India. For example, in Tamil Nadu, people make food with all the types of tastes to represent the changes in life. Another festival is Maha Shivratri. During Shivaratri, people chant Shiva's name many times to worship him on his wedding day.

In class, I also learned about different saints and their origins, such as Soordas, a blind saint who was a devotee of Krishna. He wanted to learn carnatic music but was rejected by many teachers because he was blind. One day, he fell into a well and he was saved by a young boy. Soordas knew it was Krishna and he started to sing about him. This story teaches me that if you believe in god he will always be there for you. I also learned about saint Kabir, who was a muslim devotee of lord Krishna. At Chinmaya mission, I have learned to always persevere to achieve your goals and to believe in god. I am excited to go to Chinmaya mission every Sunday because I can learn something new.

- Prakruthi

I have learned a lot of things in this class but, the highlight for me was learning about all the different Swamis. The favourite Swami that I learned about is Kabira. Kabira originated from a Muslim family yet, he prayed to Lord Rama and thought himself as a devotee of Lord Rama. Kabira justified that no matter your culture, you can pray to any God.

Kabira is well known for his popular Dohe.

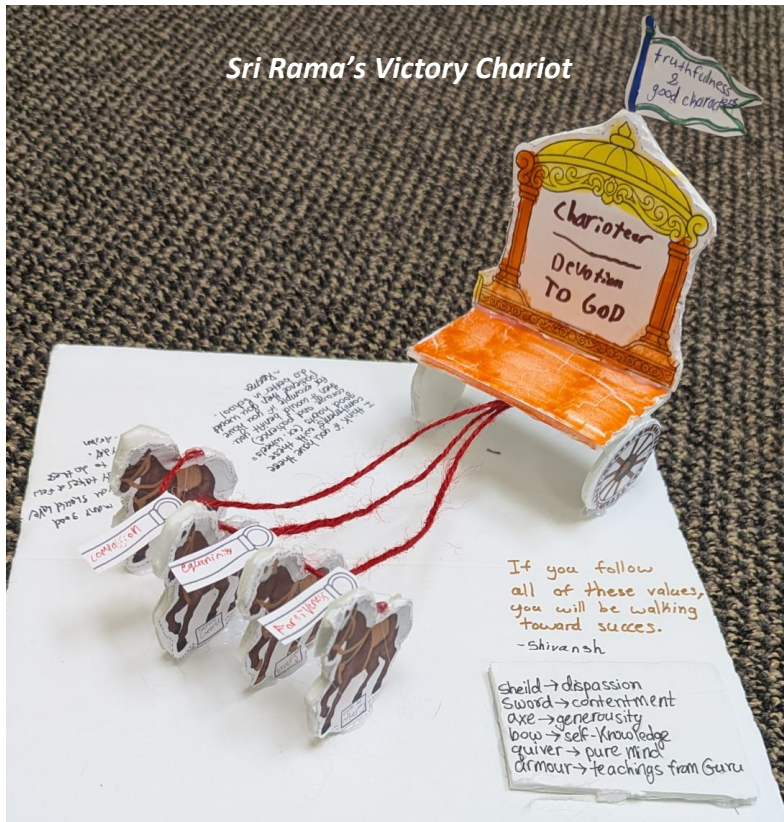
Ex.

BURA JO DEKHAN MEIN CHALA
BURA NA MILIYA KOI
BURA JO DEKHAN MEIN CHALA
BURA NA MILIYA KOI
JO DIL KHOJA AAPNA
MUJHSE BURA NA KOI
KABIRA, MUJHSE BURA NA KOI

Coming to Chinmaya Mission has taught me more about my culture than I could've ever learned.

**THANK YOU
CHINMAYA** *-Aashi*

Learnings from Vibheeshana Gita by Shivanandam Class



Sauraja dhīrajā tehi ratha cākā
(courage) (patience) WHEELS

Satya sila dṛḍha dhvajā patakā
(truthfulness) (good character) FLAG

bala bibeka dama parahita ghore
(strength) (discrimination) → (sense control) → (caring for others) → HORSES

ksamā kṛpā samatā rajū jore
(forgiveness) (compassion) (equanimity) REINS

iśa bhajanu sārathi sujānā
(devotion to god) CHARIOTEER

birati carma samtoṣa kṛpānā
(dispassion) SHIELD (contentment) SWORD

dāna parasu budhi sakti pracandī
(generosity) AXE (understanding)

bara bigyāna kathina kodandā
(knowledge of the self) BOW

amala acala mana tṛṇa samānā
(pure mind) QUIVER 5 values → disciplines of life

kavaca abheda bipra gura pūjā
ARMOUR teachings from Guru

ehi sama bijaya upāya na dējā
no other means to gain everlasting victory!

sakhā dharmamaya asa ratha jākem
friend duty chariot

jitana kaham na kataham ripu takem
no more enemies to conquer

mahā ajaya saṁsāra ripu jiti sakai so bīra

jākem asa ratha hoi dṛḍha sunahu sakhā matidhīra

wheels - courage + Patience
flag - truthfulness + good character
horses - strength, discrimination, sense control, caring for others
reins - forgiveness, compassion, equanimity
Charioteer - devotion to god
Shield - dispassion
Sword - contentment
axe - generosity
bow - self-knowledge
quiver - pure mind
armour - teachings from Guru

Shivanandam Class, with guidance from their teachers, have beautifully created this chariot inspired by the teachings of the Vibhishan Gita. Each part of the chariot represents the noble qualities that lead to true success in life, truth, courage, self-discipline, compassion, wisdom, and devotion. Just as Lord Rama's victory chariot was built on virtues rather than weapons, this creation reminds us that real strength comes from character. May these timeless values continue to guide our children on their journey through life!

-Gita Aunty (Teaching Sevak)

If you follow all of these values, you will be walking toward success.
-Shivansh

Shield → dispassion
Sword → contentment
axe → generosity
bow → self-knowledge
quiver → pure mind
armour → teachings from Guru

If you follow all of these values, you will be walking toward success.
-Shivansh

I think if you have these commitments with these good habits (ex. wheels = courage and patience) then it would benefit you. for example if you have patience then you would do better in school.
~Reema

There are so many good values that you should take, but it only takes a few seconds to do these everyday.
-Arin

Satyam Class has a blast at Pushpi Aunty's house

A Memorable Day at Pushpi Aunty's Home

Learning, Creativity, and Joy in the Spirit of Chitrakoot

The children of Satyam Class at Chinmaya had a truly special and memorable experience when they were invited to Pushpi Aunty's home for a fun-filled arts and crafts workshop.

Under the loving guidance of their teachers, Vinojee Aunty, and Pushpi Aunty, the children worked together to create a beautiful replica of Chitrakoot, complete with hills, trees, and a waterfall for Sri Ram, Lakshman, and Sita Mata. The young artists enthusiastically painted, cut figures, and brought their creative ideas to life while learning about this important chapter of the Ramayana.

The excitement did not stop there! The children enjoyed a delicious pizza lunch along with sweet treats, making the day even more special. They also had a wonderful time playing in the backyard with their akka, Vinuthna, delighting in bubbles, laughter, and outdoor fun.

What was planned as a three-hour workshop happily stretched into four hours because everyone was having so much fun. The warmth and generosity shown by Pushpi Aunty and Vinojee Aunty, who opened both their hearts and their home to the children and their parents, made the gathering truly unforgettable.

The love and affection the children have for Pushpi Aunty and Vinojee Aunty was evident throughout the day. Over the course of the year, the children have learned so much through their guidance, encouragement, and dedication. They have made Vedanta learning engaging, meaningful, and enjoyable for young minds.

A heartfelt thank you to Pushpi Aunty and Vinojee Aunty for nurturing the children with such love and for creating experiences that will remain cherished memories for years to come.

"Guru Kripa and loving guidance help young hearts grow in wisdom, creativity, and devotion."

- Taruna, a parent volunteer



Children and parents enjoyed a lovely fun-filled togetherness, along with an arts project making Chitrakoot, games, pizza, etc., organized lovingly by Vinojee Aunty and Pushpi Aunty.

Mother's Day Puja



Children filled with love and thankfulness made their mothers feel very special by performing a heart-felt puja to them.

Mothers were touched by the entire event. They also got to enjoy delicious lunch prasada provided by the fathers.



A mini retreat for Shivanandam Class at Gita Aunty's house



Children enjoyed a nice bonding time and fun activities including arts and crafts, games, music, and pizza, organized lovingly by Divya Didi and Gita Aunty.

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 Ganesha
- 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. 2026 to June 2027 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.



Madhuram Class Shishus celebrating Makara Sankranti ...



"Don't eat me up!"
Satyam class with Pushpi Aunty!

Only a few spots left!

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 Amrit Mahotsav' Chinmaya Mission Celebrates 75 years!

CHINMAYA MISSION OTTAWA PRESENTS



Gita Panchamrit - Summer Family Retreat



Learn, Live and Lead WITH
Swami Ishwarananda

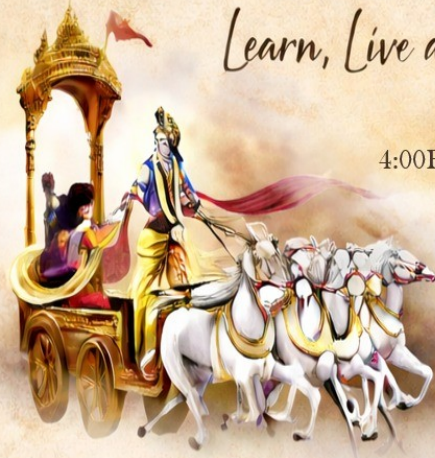
4:00PM AUGUST 20TH - 12:00PM AUGUST 22ND

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

Please Register
Now!



CHINMAYA MISSION
- OTTAWA -
invites you for



Samshti

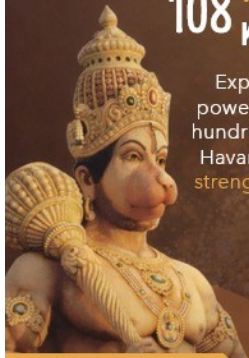


Shri Hanuman Chalisa Havan

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

years of
75 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

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

The Guru is like a gardener who will nurture the student, but the blossoming, the real fragrance, must come from within the student.

-Swami Chinmayananda

Falling prey to temptation and giving up our values is called compromise. Withstanding temptations and living up to our ideals is called sacrifice.

-Swami Tejomayananda

In times of despair and to face the woes of life, we need an anchor, something or someone to hold on to. At such times, even friends or family may not be able to help us due to their own limitations. Connecting with a power larger than ourselves, helps transcend self-limiting thoughts and tap into the potential within. There is no better deity to surrender our woes to than Lord Hanuman. He can both remove obstacles and bring us happiness and peace.

-Swami Swaropananada



We stand as one family bound to each other with love and respect.

Happy Summer Holidays!



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



*Om Shri Chinmaya
Sadgurave Namaha*