



SANSKAR CANADA NEWSLETTER

Highlights!

- Sunderkand Path
- Seniors meet
- Mother's Day celebration

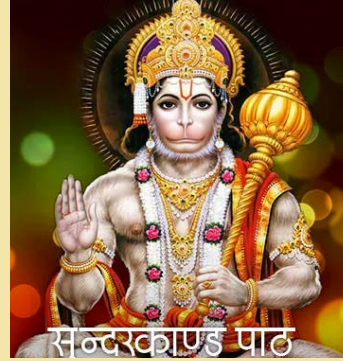
Featured Articles:

- Tilak: The Third Eye
- Earth Day and Sanatan Dharma
- Remembering Rabindranath Tagore on His 164th Birth Anniversary

What's New?



Monthly Sunderkand Recital at Sanskar Canada



At Sanskar Canada Mandir, we host a monthly group recitation of Sunderkand on the first Saturday of every month, led with devotion and grace. These gatherings are not just recitations—they are spiritual journeys, inviting each participant to reconnect with their inner strength, deepen their faith, and experience the divine presence of Lord Hanuman.

Our most recent session, held on May 3rd, filled the Mandir with a vibrant energy of devotion and unity. The atmosphere was one of heartfelt prayer and shared purpose. In the true spirit of seva, Unnati Patel and Shivani Sood offered prasad and snacks, enriching the experience with their selfless contributions. We warmly invite you and your loved ones to join us for this uplifting and transformative experience.

Let us come together in faith, unity, and devotion—and celebrate the timeless wisdom and grace of Sunderkand. **Our next Sunderkand will be on June 7th, 2025.**

- Keeshika Dhussa, Grade 8

Seniors meet

Celebrating Mother's Day with Our Seniors

Our vibrant seniors' community came together for a series of uplifting events this May. We held our regular online Seniors Meets on May 7th and 21st, providing a warm space for connection and conversation along with an hour of Yoga session and Health Talk with Dr. Abhishek Thakur, a physiotherapist from Burlington and Dr. Shanti Bala from Ajara Ayurveda clinic in Mississauga.

The in-person gathering on May 14th was especially heartwarming as we celebrated Mother's Day. The event was filled with joy, music, and laughter. Each senior received a lovely dahlia plant as a token of appreciation, and the room came alive with the singing of their favorite songs.

Following the celebration, a relaxing yoga session helped everyone unwind, and the day concluded with a delicious lunch shared in great company. The atmosphere was cheerful and spirited, filled with meaningful conversations and shared memories.

The Senior Meet schedule is now available on our website: www.sanskarcanada.ca

We welcome all who can attend. For those joining in-person, the program includes light refreshments, tea, and a hearty meal, followed by interactive games, activities, and social time to foster community and connection.





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Mothers' Day celebration: Matri Devo Bhav, Pitru Devo Bhav in Sanatan Dharma

Sanatan Dharma is a term in Hinduism, meaning "Eternal Religion" or also a set of religious practices for all Hindus.

What is Matri Devo Bhav?

Matri Devo Bhava, a Sanskrit phrase in Sanatan Dharma, translates to "May you regard your mother as God." This phrase emphasizes that mothers in the world deserve respect because a mother is a child's first teacher, the one who gives love, and the person who helps build a great future. We should consider having a mother as a blessing, and it is important to realize that they deserve honour and politeness.

What is Pitru Devo Bhav?

Pitru Devo Bhava is a Sanskrit phrase in Sanatan Dharma, translating to "Consider your father as God." This phrase emphasizes that it is also important to obey and respect your father as much as you do your mother. Respecting our father is important because he also gave us life and plays a role in our lives by helping build our future..

Why should we think of Matri and Pitru Devo Bhav?

It's important, and we should be respecting our mother and father almost every single day, because they are the people we look up to the most, as they are our first in almost everything. Our manners, values, teachings, and behavior all come from our first role models—our parents. Loving your parents makes the environment with them more positive and much more supportive. Having a good relationship with our parents can help you build better trust, improve well-being, and give you someone to rely on when you don't believe in yourself. As parents help build our lives and do everything for us so we stay happy, they deserve a gift too. They deserve respect and honour. Last but not the least, always try and make your parents proud.

- Jiyanshi Shukla, Grade 7





SANSKAR CANADA NEWSLETTER

Featured articles in this issue

Tilak: The Third Eye



What is Tilak?

In Hinduism, a *tilak* is a mark applied to the center of the forehead, between the eyebrows—precisely where the *Ajna Chakra* is located. The *Ajna Chakra*, often called the “third eye,” is considered the center of intuition and spiritual insight. The word *Ajna* means “to perceive” or “to command.” Applying tilak to this spot is believed to help invoke divine energy and serve as a reminder of one’s higher purpose in life.

Why do we apply Tilak?

Modern science has acknowledged that the area between the eyebrows is a vital nerve center associated with concentration and energy regulation. Ancient Indian sages and scientists recognized this long ago. Applying tilak has a calming effect on this nerve center, reduces stress, and enhances focus. The practice was thus introduced as a means to promote mental clarity and spiritual alignment in everyday life.

Materials used in Tilak

Tilak paste is usually made by mixing powdery substances with water to form a thick, spreadable consistency. Common ingredients include:

- Ash from a sacred sacrificial fire (*bhabhuti*)
- *Kumkum* (a red powder made from turmeric or saffron with mercury content)
- Sandalwood paste
- Turmeric
- Clay or charcoal

Tilak is traditionally applied by hand—typically using the ring finger or thumb of the right hand—or with a metal stamp for decorative and symbolic patterns.

The significance of Tilak

The tilak is more than a symbolic mark—it represents the idea of the body as a temple. In a world filled with distractions, applying tilak serves as a gentle reminder to refocus one’s attention on inner peace and spiritual goals. The materials used, often cooling in nature, help soothe the mind and stabilize emotional energy.

Thus, the tilak is both a spiritual emblem and a tool for mental and physical well-being. Outwardly, it signifies a person’s Hindu identity and commitment to a life of higher purpose.

Tilak is a sacred tradition and a powerful cultural symbol. Let us carry it forward with pride and awareness.

- Ira Sharma, Grade 6

Earth Day and Sanatan Dharma

Earth Day is celebrated on April 22nd every year. In Sanatan dharma, every day is Earth day. Earth day and Sanatan dharma both have a common aim, to protect the Earth.

The link between Sanatan dharma and Earth day: Sanatan dharma and Earth Day both aim to protect the earth. In Sanatan dharma, we consider the Earth as our mother, Bhūmi Devi, or Prithvi maa. Before getting out of our bed, we chant Samudra Vasane Devi, Parvata Stana Mandale, Vishnu Patni Namastubhyam, Paada Sparsham Kshamasva Me - to honor her. Earth day also aims to help protect mother Earth.

How you can protect mother Earth: Simple things like reducing, reusing and recycling can make an impact. We can also plant trees or plants in our backyard, and conserve water. Other practices like using organic and biodegradable products, using clean energy and advocating how important these practices are can make a difference.

It is up to you to choose if we want a healthier, greener, and better future for the generations to come!

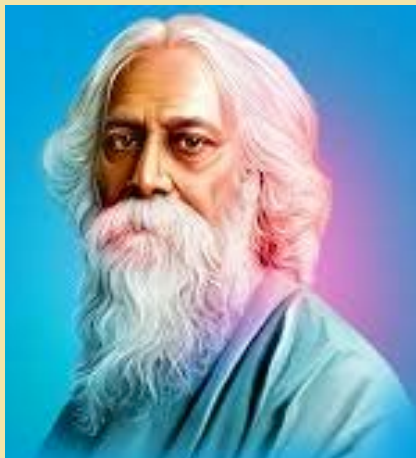
This Earth Day, let's plant a tree for Mother Earth! Ek ped Prithvi Mata ke naam pe!

- Avish Sareen, Grade 7



SANSKAR CANADA NEWSLETTER

Remembering Rabindranath Tagore on His 164th Birth Anniversary – May 7



Born on May 7, 1861, in Kolkata's iconic Jorasanko Thakurbari, Rabindranath Tagore was a poet, philosopher, and reformer whose legacy transcends time and borders. A literary pioneer, Tagore became the first non-European to be awarded the Nobel Prize in Literature in 1913 for his poetic masterpiece *Gitanjali* (Song Offerings). This collection of deeply spiritual and philosophical poems explores themes of divine love, inner awakening, and the human connection with the infinite. Through simple yet profound verses, *Gitanjali* continues to inspire readers around the world.

Social Reformer and Visionary Educator

Beyond literature, Tagore was a passionate social reformer. He advocated for women's empowerment, education for all, and the removal of caste barriers. He challenged orthodoxy and promoted values of equality, dignity, and freedom. His efforts contributed to shaping modern Indian thought during a time of intense social change.

Tagore strongly believed in holistic education that nurtures creativity and moral values. In 1901, he founded a unique school at Santiniketan, which later evolved into Visva-Bharati University. His educational vision was rooted in freedom, self-expression, and learning in harmony with nature—far ahead of its time.

A Legacy of Unity and Humanity

Tagore also left a musical legacy, penning the national anthems of India (*Jana Gana Mana*) and Bangladesh (*Amar Shonar Bangla*), and inspiring Sri Lanka's anthem. His writings continue to spread the message of peace, harmony, and universal brotherhood.

“If you cry because the sun has
gone out of your life, your tears
will prevent you from seeing
the stars.”

— Rabindranath Tagore

Upcoming Events

- July 12th- Timeless Tales session-2 begins
- June 21st - INTERNATIONAL YOGA DAY
- June 22nd - Last day for Weekly classes at Sanskar
- Seniors Meet :
JUNE 4th - Online
JUNE 11th - In-person
JUNE 18th - Online
JUNE 25 - In-person

TIMELESS TALES
STORIES OF WISDOM, DEVOTION & FRIENDSHIP

SESSION 1 : Tales of Wisdom & Wit -Hittopadesha (March 22 - April 26) *6 Classes Sat 11 am -noon Clever fables that teach smart decision -making, resilience, and life lessons every child needs! Registration started Spots available	SESSION 2 : Inspiring Journeys (July 12 - August 23) *7 classes Sat 11 am -noon Surdas, Meerabai, Shabri, Tulidas, Chaitanya Mahaprabhu - faith, courage, and inner strength! Upcoming	SESSION 3 : Legendary bonds (Oct 18 - Nov 22) *6 Classes Sat 11 am -noon Krishna & Sudama, Rama & Duryodhan, Arjun and Krishna, Hanuman and Sugreev. -loyalty, trust, and selflessness! Upcoming
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Meet our storytellers
Rachna Sharma, Sai Gayatri

Our Storytellers... Rachna is an experienced elementary school teacher and founder of Sanskar Canada. A certified yoga instructor and children's author, Sai, a civil engineer by profession is deeply passionate about Indian culture, history, and heritage. Rachna and Sai masterfully weave ancient wisdom into engaging, modern storytelling.
Register your child to experience the magic of Storytelling.
\$40 PER SESSION OR ALL 3 FOR JUST \$100!
CONTACT: 905-699-8373

REGISTER TODAY AT WWW.EKAL.CA
Presented by Sanskar Canada
Ekal Canada (Niagara Chapter Initiative)
All Proceeds go towards education of children in rural and tribal India

**REGISTRATION
CLOSES SOON!**



Sealy Hall, 115, Main Street South, Waterdown
Contact for more info:
905-699-8373 WWW.SANSKARCANADA.CA

2025 SANSKAR SUMMER
Daily yoga, breakfast, lunch, collaborative games, heritage and cultural discussions, singing, outdoor time....

Week 1 Public Speaking	JULY 7-11 9:00 AM-4:00 PM	Week 2 Math Problem Solving
JULY 14-18 9:00 AM-4:00 PM		
Week 3 Drama & Storytelling	AUGUST 11-15 9:00 AM-4:00 PM	
AUGUST 18-22 9:00 AM-4:00 PM		Week 4 Dance and Art and Crafts