



SANSKAR CANADA NEWSLETTER

Highlights!

- Sunderkand Path
- Senior Engagement
- Celebration of our Learning at Sanskar
- Summer Camp week: July 7-11, 14-18

Featured Articles:

- Guru Purnima
- Nag Panchami

Follow Us!

Year at a Glance 2025-26

	Session-1	Session-2	Session-3
Saturday			
Kids Sessions 9:00 am - 11:00 am	Sept 13, 20, 27 Oct 4, 18, 25 Nov 1, 15, 22, 29 Dec 6, 13	Jan. 10, 17, 24, 31 Feb. 7, 21, 28 March 7, 21, 28	April 4, 11, 18, 25 May 2, 9, 23, 30 June 6, 13, 20
Sunday			
Kids' Sessions 9:00 am - 11:00 am	Sept. 14, 21, 28 October 5, 19, 26 Nov 2, 16, 23, 30 Dec 7, 14	Jan. 11, 18, 25 Feb. 8, 22, 29 March 8, 22, 29	April 5, 12, 19, 26 May 3, 10, 24, 31 June 7, 14, 21
SATURDAY 2 IN: PROGRAM FOR KIDS In-person and online 9:00-10:00- Yoga 10:00-10:30- Breakfast 10:30-11:00- Chanting			
SUNDAY 4 IN: PROGRAM FOR KIDS 9:00-10:00- Yoga 10:00-10:30- Breakfast 10:30-11:15- Chanting 11:15-12:00- Semi-classical Dance 12:00-12:30- Lunch 12:30-1:15- Art			
SATURDAY Sanskrit (online)- Saturdays 9:45 am -10:45 am Storytelling for kids (online)-11:00 am-12:00 pm Sunderkand Path on Saturdays- 12:00-2:00 pm			

Sunderkand Path at Sanskar Centre



We are very pleased to announce forty days' Sunderkand Sankalp that our Sanskar Families will be doing during the Shravan month. Daily Sunderkand Path started at Sanskar Mandir on Monday, July 14th and will be held at 7:30 in the evening most days. All are welcome to participate!

Monthly Sunderkand Path was completed on July 5th at Sanskar Centre. Prasad was brought in by Manisha Patel and snacks were served by Rachna and Ajay Sharma. 12 people attended the path from 12pm to 2 pm. As always, the energy was positive and the experience was blissful with the grace of Hanuman ji.

Senior Engagement – July Update

On July 2nd, our seniors enjoyed a delightful summer picnic at the scenic Coronation Park, Oakville.

The day began with enthusiastic groups boarding the buses from Waterdown and Burlington, filled with anticipation for a fun-filled outing. Upon arrival, everyone gathered under the open sky for a refreshing outdoor yoga session led by Uma Bhalla ji and her dedicated team, setting a peaceful and energizing tone for the day. Laughter and cheer filled the air as seniors participated in a variety of activities—including games, lively rounds of Bingo, and spirited dancing to upbeat music. A delicious lunch, catered by Shreeji Caterers, was a major highlight. Everyone savored the flavorful spread, which included crowd-favorites like vada pav, dhokla, and Dabeli. The food, the company, and the beautiful setting made the day truly memorable—a perfect celebration of community, connection, and summertime joy.





SANSKAR CANADA NEWSLETTER

Celebration of our Learning at Sanskar-June 29th



Can you guess what we did on June 29th to celebrate the end of our weekend program before summer? Well, we celebrated our learning by chanting, Ira gave a speech in Hindi, and we all got gifts as well as certificates from Rachna auntie! We also had a test for who wanted to go to level 2 in the weekend program. Moving on, during summer we do not close and instead we have an extraordinary summer camp with a different theme each of the four weeks it is running. During the camp, we participate in yoga, chanting, and dance, and we finish the week with a Friday program, where parents are invited to see what their children have learnt. Additionally, we will restart our weekend program next September, and you can register your child in August!

**Sanskar resumes regular classes in September!
See you soon !!!**

- Avish Sareen, Grade 7

Summer Camp week: July 7-11, 14-18

Week One (July 7-11) kicked off with great energy at Sanskar Summer Camp!

The week was filled with a vibrant blend of activities—yoga, chanting, indoor and outdoor games that kept the campers engaged and enthusiastic each day. Children arrived eagerly at 9 a.m., and as the days progressed, so did their joy, confidence, and friendships. A standout feature was the daily public speaking sessions, where participants eagerly practiced and refined their speeches, thoughtfully applying feedback from their peers to improve day by day. At the end of the week, parents watched the campers present their public speaking along with other performances to display their knowledge.

Week Two (July 14-18th) focused on Math Problem Solving.

Campers explored math problem-solving through engaging, level-appropriate challenges and word problems. This approach not only strengthened their critical thinking but also helped build confidence as they applied math concepts in creative ways. The week continued with yoga, chanting, and dance, culminating in a joyful Friday celebration. Parents were invited to witness the children's progress through lively demonstrations of their learning. It was heartwarming to see smiles all around and new friendships flourishing.





SANSKAR CANADA NEWSLETTER

Featured articles in this issue

Guru Purnima



What is Guru Purnima?

Guru Purnima is a festival celebrated by Hindus, Buddhists, and Jains to honor and express gratitude towards their spiritual and academic teachers, or gurus. It is observed on the full moon day (Purnima) in the Hindu month of Ashadha (June-July). The day is also known as Vyasa Purnima, in honor of the sage Veda Vyasa, on his birth anniversary. He is credited with authoring the Grand Epic Mahabharat and the compilation of the great Vedas.

On this day, disciples offer prayers, perform Guru Puja, and express gratitude to their gurus for their guidance and wisdom. The day is also an opportunity to reflect on the importance of gurus in one's life and to appreciate their role in personal and spiritual development.

What is the meaning of the word Guru?

The word "Guru" is derived from Sanskrit, with "Gu" meaning darkness or ignorance and "Ru" meaning remover. Therefore, a guru is someone who removes darkness and ignorance, guiding an individual towards knowledge and enlightenment. In its simplest form, a guru can be interpreted as your mentor or guide. But we should understand that the real guru is much more than just a teacher.

Why do we celebrate Guru Purnima?

Guru Purnima represents the date on which Lord Shiva taught the Seven Rishis and seers of the Vedas as the Adi(Original) Guru. This reflects the fact that Shiva is Omkara and all the higher teachings arise out of Om as both the Divine Word and its Yoga Shakti. The day holds significance for both spiritual seekers and students of knowledge, emphasizing the guru-disciple relationship as a path to enlightenment.

How do people celebrate Guru Purnima?

Devotees perform puja ceremonies, offering flowers, fruits, sweets, and other items to their Gurus, expressing their respect and gratitude. Many engage in meditation, study the scriptures, and reflect on the teachings of their Guru as a spiritual practice. People visit their Gurus, or connect with them virtually, to seek their blessings and guidance. Students often present gifts and express their appreciation to their gurus.

Charity and community service are common practices on Guru Purnima, as they are seen as ways to honor the Guru's teachings. Some visit temples and participate in religious ceremonies, singing hymns, mantras and dedicating themselves to the Guru's teachings. Some devotees also fast to purify their minds and bodies. Community satsangs (spiritual gatherings) and lectures are held to spread wisdom and knowledge.

What does Guru Purnima teach us?

Guru Purnima is a day to express sincere gratitude to our gurus for their wisdom, guidance, and support. This is especially important for people in our life who are the torch bearers on the path of knowledge yet live on without formal recognition. By celebrating this day, we honor and cherish those personalities so crucial to our life.

Spiritual teachers who guide us on our spiritual path, as well as academic instructors and mentors who help us grow in knowledge and understanding. The festival highlights the vital role of mentors in our lives, emphasizing that their guidance is essential for personal and spiritual growth. It is a big realization of the value of these people in our lives. In spiritual traditions, Guru Purnima is a day to connect with the divine through the guru, seeking liberation and enlightenment.

As rare and hard it is to find the right guru, let's use every opportunity to express our gratitude towards them for they are the true lighthouse in the journey of life.

- Ira Sharma, Grade 7



SANSKAR CANADA NEWSLETTER

Nag Panchami



Did you know, back in time people used to worship snakes (Nagas)? They worshiped them to avoid being feared by snakes, and snake bites. This is a festival even existing today called 'Nag Panchami' which usually falls in the months of July or August. Specifically, it falls on the 5th day of Shukla Paksha, in the Hindu month of Shravana Maas. This year it is going to be celebrated on July 29th, 2025.

This day became significant, when in the Mahabharata, an epic poem, King Janamejaya's father had a curse that he would be killed from a snakebite by a serpent named Takshaka. Janamejaya, wanting to save his father, sacrificed all the snakes into the fire. He later got stopped by a sage named Astika. Astika believed that it was not right to just burn innocent snakes down, and not right for many other reasons too. Janamejaya after hearing Astika, believed him and had ended the sacrifice. Since they stopped the sacrifice, Astika said that anybody that says his name would be protected from snakebites. From that day on, because of the end of the snake's sacrifice, Nag Panchami was a festival.

Moving on to the food aspect of this festival. People usually fast on the day of Nag Panchami, by avoiding fried and salty foods for the whole day. People fast to delight the snake god and they offer flowers, sweets, as well as milk. Furthermore, people also worship and pray to snake idols, especially cobras.

Although some people see snakes as a negative sign, Hindus consider them divine and honour them since ancient times. Snakes are scared and can be established to protect the Earth and Earth's treasures. Even Baghwan Vishnu rests on the coils of a great multihead snake called Sesha. Additionally, Lord Shiva has a snake named Vasuki wrapped around his neck. Goddess Manasa is considered to be the goddess of snakes. There are so many other deities who are related to snakes in some sort of way. All in all, Nag Panchami is celebrated to honour snake deities considered to be powerful and protective figures. Perhaps you should celebrate Nag Panchami this year to stay protected, and avoid being feared by snakes and snakebites.

- Jiyanshi, Grade 7

Upcoming Events

- August Sunderkand : August 2nd
- Summer camp: Aug.11-15 (Theme Storytelling and Drama)
: Aug.18-22nd (Dance and Art and Craft)

Registration for the year 2025-26

- Starts Aug. 10th and closes on August 31st- Register before August 31st to avoid disappointment.
- This year, we will be offering learning in two separate groups for level-1 and level-2 students.

Both groups will be attending on Sundays but follow a different schedule after the Yoga session to accommodate differentiated lessons.

- Hindi Class followed by Hanuman Chalisa (in-person): Monday, 5:00 pm-6:30pm
- Three session program -Public Speaking, Combat Bullying, Mindful Choices grade 4 and up) Tuesdays 5:00pm-6 pm
- Shloka and Hanumanchalisa: Wednesday, 5:00pm-6:00 pm
- Online Hindi Class Thursdays- 6:00 pm-7:00 pm
- Ramayana and Ramcharitmanas 7:00 pm-8:00 pm (online)



Sanskar Canada
weekend programs for kids
CONTACT US TO BOOK NOW....

SATURDAY- 2 hr PROGRAM FOR KIDS 9:00-9:45 Yoga 9:45-10:15- Breakfast 10:15-11:00- Chanting Storytelling for kids (online) Saturday 11:00 am-12:00 pm	SUNDAY- 4 hr PROGRAM FOR KIDS 9:00-10:00- Yoga 10:00-10:30- Breakfast 10:30-11:15- Chanting 11:15-12:00- Semi-classical Dance 12:00-12:30- Lunch 12:30-1:15- Art
--	---

Register on www.sanskarcana.ca
Email: admin@sanskarcana.ca
Call us: +1 (905) 699 8373



Sanskar Canada
week day programs for kids
CONTACT US TO BOOK NOW....

Hindi Class (in-person) Shloka/Hanumanchalisa (online on Zoom) Hindi (online on Zoom)	Monday Wednesday Thursday	5:00 pm to 6:30 pm 5:00-5:45 pm 6:00-7:00 pm
--	--	---

Register on www.sanskarcana.ca
Email: admin@sanskarcana.ca
Call us: +1 (905) 699 8373