



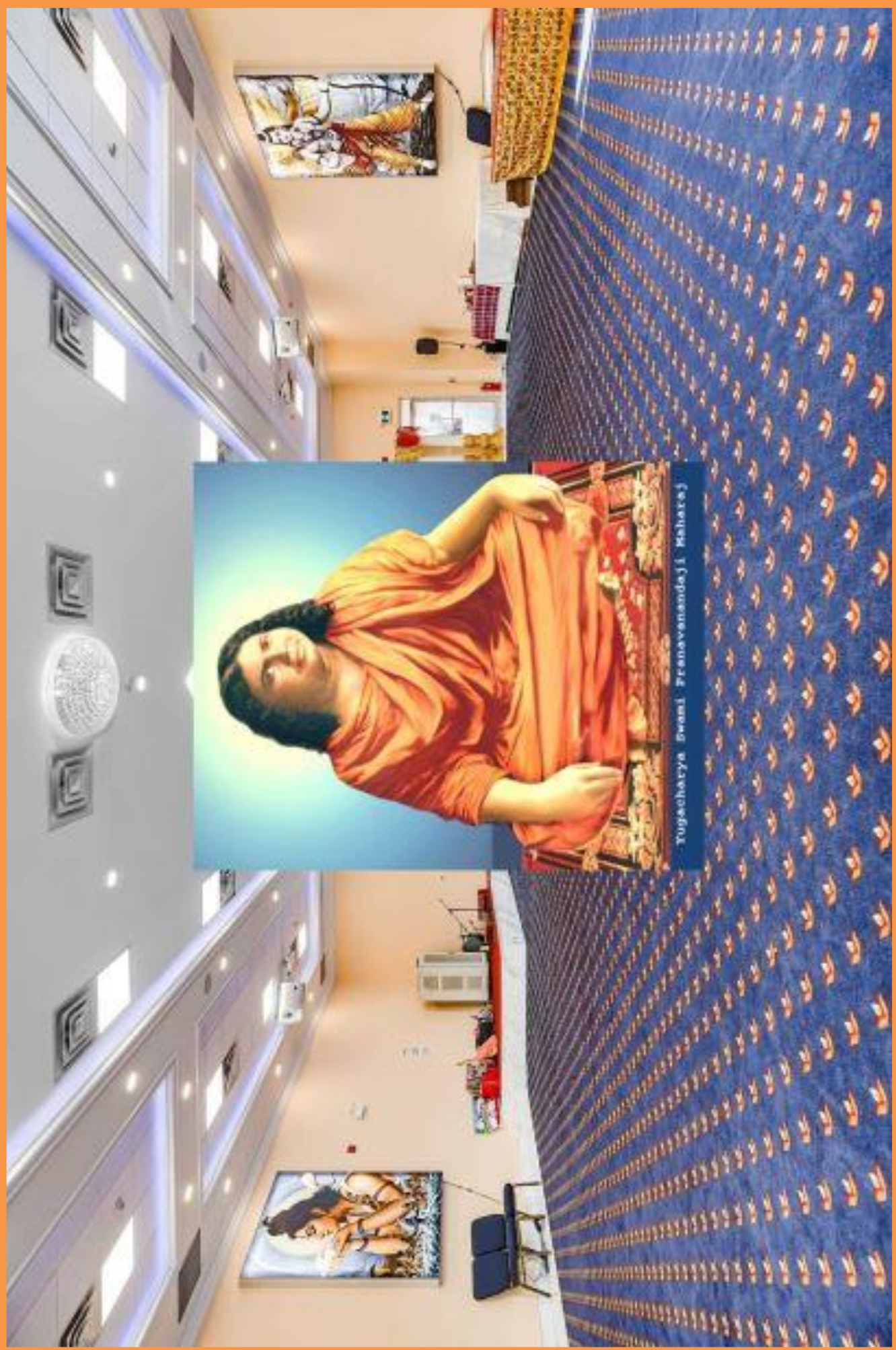
**BHARAT
SEVASHRAM
SANGHA**



Durga Puja 2023

Thursday October 19th - Monday October 23rd 2023





Tugacharya Swami Pranavanandaji Maharaj

DURGA PUJA GREETINGS

FROM:



*His Holiness Srimat Swami Purnatmanandaji Maharaj
President, Bharat Sevashram Sangha*



*His Holiness Srimat Swami Biswatmanandaji Maharaj
General Secretary*

A TRIBUTE TO
Swami Pushkaranandaji
by Dr. Lake Singh



Nov 28, 2022 will go down as the darkest day in the lives of Canadian bhaktas (devotees). On this sad day Swami Pushkaranandaji peacefully exited his mortal coil. As a drowning man would clutch unto a floating log, so too Swamiji was last seen clinging unto Guru Maharaj Acharya Srimat Swami Pranavanandaji Maharaj – the Lord and God of Bharat Sevashram Sangha. Our holy Shastras also concur: Guru is the raft that takes you across this *bhawa-sagar* or ocean of mundane existence.

I note too that it was with some effort that we were able to part him from Gurudev. Yes, a person's last thought determines his destination in the next life. With Swami Pushkaranandaji's thoughts so affixed upon Guru Maharaj, we can rest assured that his life shall be redeemed and recompensated accordingly. Guru Maharaj will absolve and save him harmless of all inequities. We pray that may his atman or soul be conferred the summum bonum or highest good of the human life – the quintessential state of nirvana, moksha or enlightenment.

Swamiji had laid down his life to build the Canada Ashram. It's something we must never lose sight of nor forget. He once said to me: "Lake bhai, only you know what I have done for the Canada Ashram, and, conversely, only I know what you have done for Canada and the other Ashrams. But such is life. It is devoid of gratitude and thanks."

I have always said it and will repeat it here once again. Whatever Swami Pushkaranandaji had done for our Ashram, it is not discernible nor apparent. When he took over the Canada Ashram, we had only the one property at 2107 Codlin Crescent. And that too was encumbered with a huge half-a-million-dollar mortgage which he toiled to payoff. After that he purchased the next-door property at 2103 Codlin Crescent for nearly half-a-million-dollar and eventually paid that off too.

Swamiji has not only laid a solid foundation but also contributed much to the new building. I distinctively remembered the day he asked me for my help with the construction. Two important things stood out in that conversation: Firstly, I gathered that he had no money in the bank to begin with. Secondly, he had already borrowed four-hundred-thousand dollars from devotees to get the necessary paperwork and building permits. We must give Swamiji credit for his foresightedness. Here is a monk who had pinned his faith upon Guru Maharaj and knew that He would work his magic wand.

Yes, Bharat Sevashram Sangha is a God-ordained Mission. My belief is that no one can deter it from its course. The Ashram is a beacon light to the faltering generation of lost souls. We therefore invite you to take shelter under its umbrella. Your life shall be certainly blest. Please be informed that we are setting aside a date to honour Swami Pushkaranandaji which will be Sunday November 26, 2023 at 10 am. Everyone is cordially invited. God bless and Jai Guru.

Treasurer Report

We are pleased to make this public disclosure of our financial status as at the end December 31, 2022. Below are our Accountant Mike Sookhoo's relevant Balance Sheet and Statement of Operations.

BHARAT SEVASHRAM SANGHA CANADA

2105 Codlin Crescent Toronto Ontario M9W 5K7

Telephone #(416) 679-0967

Business Number: 84794-2158 RR 0001

BALANCE SHEET

For The Year Ended December 31,2022

<u>CAPITAL: (Notes 4)</u>	2022	2021
Cash in Bank	65,241	84,645
Deposit - City of Toronto	0	8,045
Prepaid Insurance	11,733	9,501
Petty Cash	1,000	1,000
Receivable - HST Rebate	10,387	6,069
TOTAL CURRENT ASSETS	88,361	109,260
<u>CAPITAL: (Notes 4)</u>		
Land & Building	1,113,209	1,066,230
Building in Progress	3,902,661	3,902,661
Furniture & Fixtures	39,169	39,169
Muscial Equipment	2,000	2,000
Kitchen Equipment	38,304	34,465
Computer Equipment	2,500	2,500
Murti	88,958	88,958
TOTAL CAPITAL	5,186,801	5,135,983
TOTAL ASSETS	5,275,162	5,245,243
<u>LIABILITIES AND SURPLUS:</u>		
<u>CURRENT LIABILITIES: (Notes 5)</u>		
Account Payable	10,965	14,450
TOTAL CURRENT LIABILITIES	10,965	14,450
<u>LONG TERM LIABILITIES: (Notes 6)</u>		
Mortgage - TD Canada Trust	3,057,951	3,181,756
Canada Emergency Bussiness Account	30,000	30,000
Loan - Unsecured	6,500	14,000
TOTAL LONG TERM LIABILITES	3,094,451	3,225,756
TOTAL LIABILITIES	3,105,416	3,240,206
<u>EXCESS FUND BALANCES:</u>		
Capital Reserve	2,005,037	1,913,140
Excess Fund Balance	164,709	91,897
TOTAL EXCESS FUNDS BALANCES	2,169,746	2,005,037
TOTAL LIABILITIES SURPLUS	5,275,162	5,245,243

BHARAT SEVASHRAM SANGHA CANADA

2105 Codlin Crescent
Toronto, Ontario, M9W 5K7

Telephone #(416) 679-0967

Business Number: 84794 2158 RR0001

STATEMENT OF OPERATION

For The Year Ended December 31, 2022

REVENUE:

	<u>2022</u>	<u>2021</u>
- Aarti Collection	3,168	2,516
- Donations	323,919	268,051
- Fundraising (Dinner)	0	0
- Insurance Proceeds (Wind Damage)	0	0
- Special Events - {Youth Diwali Show}	5,805	0
- Interest Received	0	2
- Government Grants	24,604	0
TOTAL REVENUE	357,496	270,569

EXPENSES:

- Advertising & Promotion	4,992	5,177
- Bank Service Charges	6,043	2,865
- Banquet Hall Rental	0	0
- Employee Salaries & Wages	0	0
- Employer Contribution Expenses	0	0
- Insurance	11,693	9,540
- Loan Interest	119,360	124,309
- Legal & Brokerage Fees	13,901	12,659
- Office Supplies	4,405	729
- Payroll Clearing	0	0
- Property Tax	667	5,467
- Repairs and Maintenance	2,498	0
- Supplies - Kitchen & Alter	5,287	826
- Soft Cost/Computer Program	193	0
- Telephone	4,397	2,969
- Utilities (Gas, Water and Electricity)	19,351	14,132
TOTAL EXPENSES	192,787	178,673

EXCESS OF REVENUE OVER EXPENSES	164,709	91,896
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FUND BALANCES:

- Beginning of the Year	2,005,037	1,913,141
- Add: Excess of Revenue over Expenses	164,709	91,896
END OF THE YEAR	2,169,746	2,005,037

We are also pleased to release our last five years revenues comparison. You can see here how much covid has affected our performance. But thanks to generous and good-hearted devotees like your good selves, we were able to rally and survive the covid onslaught. How we managed is a miracle. It was nothing short of a Divine intervention. Obviously, someone is behind the curtain directing us all. Who else could that be but our beloved Guru Maharaj Himself.

REVENUES WERE AS FOLLOWS:

2018	\$518,926.00
2019	\$536,885.00
2020	\$264,982.00
2021	\$270,569.00
2022	\$357,496.00

It is quite heartening to know that we were able to meet our expenses thus far. Please note that the monthly mortgage payment alone is close to \$20,000.00. Add to that our other monthly carrying charges of approximately \$10,000.00, which bring our total monthly expenses to nearly \$30,000.00.

Again, let me take this opportunity to thank those of you who have been making financial contributions. May God's richest blessings be with you.

Swami Amarnatanandaji Maharaj



Appeal For Help

This is your Ashram – a haven of peace and tranquility. It's an ultra-modern, well-kept premises that imbues great pride and joys in the hearts of us all. And housed in the best country of the world, it makes our Canada Ashram that more delightful. Please be part of our larger family.

Right now, we are embarking upon some exciting projects and looking for sponsors. We will engrave your name and have it prominently displayed on the items sponsored. You will be also issued a Tax-Deductible Donation Receipt. Here are the projects being undertaken at the present:

3 Gates at \$3,000 each
Gift Shop \$5,000
Library \$8,000
Cabinets \$4,000
Lingam Housing \$4,000
Fence Staining \$5,000

Please enquire how you can also get your named engraved on our Donors Recognition Wall. You may even do so in the name of a deceased loved one. For further information, please call Dr. Lake Singh at 416-825-2700.



What Durga Puja Means to our Ashram

by Dr. Lake Singh

Guru Maharaj came to earth on a Preplanned Divine Mission. The perils of downtrodden India at the time couldn't have been more devastating. India was just emerging from a thousand-year long subservience and foreign domination by the ruthless Moguls and Britishers.

The Godsend trio simultaneously appeared on earth: Mahatma Gandhi, Guru Maharaj and Swamiji Vivekananda. Their lives arguably eclipsed one another for precisely this very reason: While Gandhiji liberated India from the clutches of the British and drove them out of India, it was left up to Guru Maharaj and Swami Vivekananda to offer spiritual healing and comfort – the task of reawakening the Hindu mass who understandably was suffering from a servile lack of spirit and gross inertia.

Frankly speaking, Guru Maharaj looked to the Divine Mother Durga for assistance. He realized that the Goddess was “the primal generative energy behind creation” which equates to a sort of militancy. Yes, she is the storehouse of an awesome power that crushes the opposition and ensures victory of the divine. Legend and sculpture both depict her riding upon a lion, crushing the demon Mahisasur under her toes. Accompanying her too were her quartet assistants: Lakshmi, Saraswati, Ganapati and Kartikeya.

The great tapasvi raja that Guru Maharaj was, he forged the much-needed alliance with Maa Durga. He himself had drawn into his being her exuberant power. Unto her he owed his redoubled enthusiasm and power. “Without her energy I would have been passive, silent and lost in my own ineffable slumber” claimed Guru Maharaj himself.

In this way he was able to instil valour into the wounded Hindu nation. He reminded them how well-equipped and armed she is with her celestial weapons in her ten hands. “And if that does not indefatigably evoke power in you, then nothing else would” exclaimed Guru Maharaj.

It is with this spirit of revivalism in mind that Guru Maharaj decided to celebrate a special Durga Puja every year at Banaras. So, during his sojourn on earth he would organize a huge festivity there. By popularizing and promoting this festivity, he had hoped to raise community consciousness.

The event usually consisted of puja, lectures, athletic displays, self-defence exhibitions, and contest in martial arts. An image of the Goddess was also made the centre of attraction, accompanied by monks and youths bearing tridents and other warlike symbols gracefully moving to the music of marching bands. It was seen as a display of energy, valour and Indianness that in a sense showcased national unity and strength.

I hope and trust that the Hindu mass of today does not look upon Durga as a social event occasioned by pomp and frolicking. Instead, it should be more of a spiritual reawakening process and a stern reminder to defend and protect Mother India at all cost. It's a time for us to contemplate deeply and vouchsafe not to stand guard. Jai Ambe Maa!

The Role of the Canada Ashram

by Dr. Lake Singh

Our Canada Ashram is on an upward trajectory where the sky could be the limit. Of course, it was an arduous and uphill battle to bring the new premises into fruition. But that's now behind us. It was as a result of a divine intervention and the direct command from the Supreme Dispenser Acharya Srimat Swami Pranavanandaji Maharaj – the Lord and God of Bharat Sevashram Sangha.

As far as India is concerned, our motto says it all: “To nurse the sick, clothe the naked, feed the hungry, educate the underprivileged children and shelter the homeless.” However, the need here in Canada is obviously different. Our beloved Guru Maharaj shows concerns for Hindus who have settled abroad. He does not want them to part with their religion, culture or Indianness. He felt that that would be worst than death.

Guru Maharaj enjoins us that though we live in the West, we must not let the West live in us. It is for this reason that he deputed missionary monks to every nook and corner of the world. He sent them to preach and propagate the lofty ideals, heritage and glory of Sri Satya Santayana Dharma.

PART A: HERE'S WHAT IS BEING DONE PRESENTLY

That's why we faithfully observe the undermentioned parbs, festivals and observances which we wholeheartedly invite you to participate in.

WEEKLY SUNDAY SATSANGS

We live in a foreign land, which, if we are not careful, could have a negative impact upon us. These weekly Sunday Satsangs allow us the opportunity to meet, greet and even dine together. Many religions of the world promote this idea as it acts as the glue that holds us and binds us together. Our children are also given the opportunity here to participate in the Congregational Worship. They in turn lead the choir (chanting) and conduct the Havan Ceremony. It is our job to gradually pass the mantle of leadership over to the next generation. If not, all shall be lost.

MAGHI PURNIMA

This is the birth anniversary of our illustrious Founder Acharya Srimat Swami Pranavanandaji Maharaj. Here we have an opportunity to worship, study and inculcate his teachings into our lives. He is the Prophet of the New Hindu Age who seeks to raise the consciousness of Hindus in this dark age of Kaliyuga.

SHIVARATRI

This is one of the more popular parbs where we conduct an all-night worship of Sada Shiva. We have even imported from India a magnificent one-ton, 5-feet, Shiva Lingam. Unsurprisingly, this acts as a magnet that draws devotees to the Ashram. Yes, Shivaratri is a glorious occasion for the Canada Ashram yearning devotees who flock in droves.

SPRING NAVRATRI & RAMNAUMI

This is an auspicious time in our Hindu calendar to which we pay great heed and attention. We

look upon Ramchandra as the Supreme Godhead who sets the perfect example how to conduct one's life. Shree Ram and Mother Sita are our mentors whom we have been worshipping and idolizing all the days of our lives.

HANUMAN JAYANTI

Western devotees in Canada go head over heels where Pawan Putra Hanumanji is concerned. We all endeavor to become like him – the perfect bhakta or devotee of the Lord. Children amusingly fall in love with him as they find in him a valiant hero. Superman could be no match.

108-KUND OUTDOOR HAVAN YAGNA

For the very first time this year, we were able to secure 108 kunds. It was such a spiritually uplifting experience. It allows us the opportunity to relive the Vedas. Such acts of worship does not only keep our culture alive but also hold us intact in this faraway removed land from Motherland India.

GURU PURNIMA

Guru worship is one of the cornerstone practices of our Ashram and so we strictly adhere to its observance. We are afforded here the chance to show our honour and respect to our Sada Guru in human form – Acharya Srimat Swami Pranavanandaji Maharaj.

JANMASHTAMI

Whereas Shree Ramchandra lived the Vedas, Shree Krishna preached the Vedas. These are two avatars or embodiments of the Lord that we greatly extoll and emulate in our lives. Hence both of these parbs are celebrated with great love, bhakti or devotion.

PITRI PAKSHA

Our Ashram promotes Ancestral Worship. During these 14 days reprieve, our ancestors come to earth to partake of the offerings we avail them. We are hereby granted the opportunity to honour and pay our gratitude and respect to our forefathers who are as glorious as heaven itself.

DURGA PUJA

Durga Puja is one of the most decorated and celebrated festivity in our Canada Ashram. During this time, it is estimated that as many as ten-thousand clamoring devotees will make their way to the Canada Ashram. The occasion is usually celebrated in an ostentatious manner accompanied by great pomp and grandiosity. This year we are expecting a mammoth crowd of over ten thousand clamouring devotees, mostly Bengalis.

DIWALI

Today Diwali is a household word even among non-Hindus. It is widely embraced the world over. Diwali has even found its way into places like the American Whitehouse, the British and Canadian parliaments. Then there are countries like Guyana, Trinidad and Surinam where it is declared a national holiday. Its good to see that our culture is making such great inroads all over the world. The world is finally waking up to the

reality that Hinduism is the way forward – the beacon light to the errant mankind. Yes, many small lights can overcome the greatest gloom or darkness.

PART B: HERE'S WHAT THE FUTURE HOLDS

The challenge for us is to be able to add to what we are doing at the present moment. Our Ashram was designed more-so as an Institution of Higher Learning rather than a Place of Worship. Look, the first Commandment or Message of our Sangha Bani says is all: Make your self gods and goddesses. When questioned what the goal of life is, Guru Maharaj categorically answered, “God-realization.”

These are the programs and classes we hope to add now:

- MUSIC
- HINDI AND SANSKRIT
- YOGA
- MEDITATION
- GITA
- RAMAYANA
- PLAYS
- INTERFAITH SEMINARS
- COMPETITION
- DEBATES



In Loving memory of our Parents

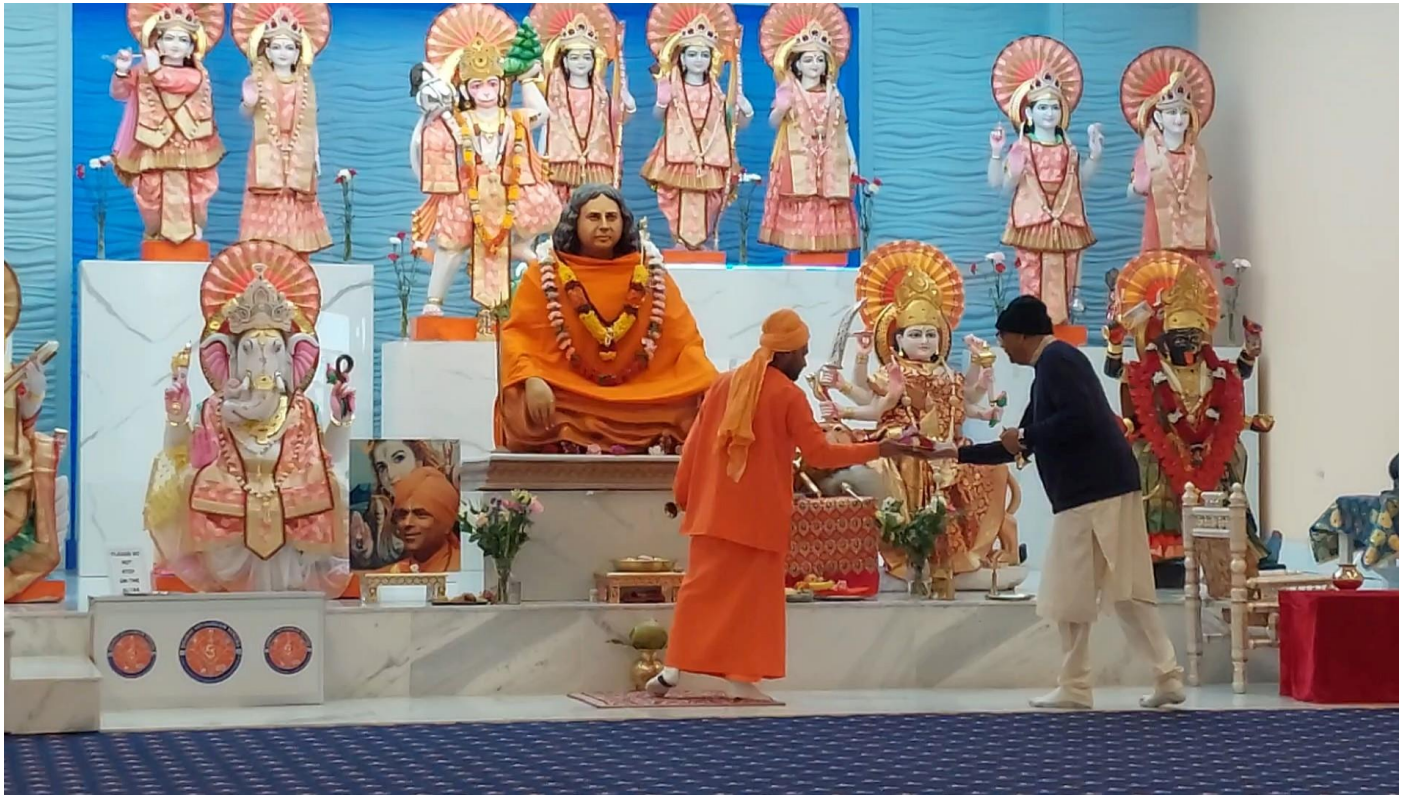
Dr. Srish Chandra Sarkar, Charu Porva Sarker

Wife Mary Sheila Theresa Sarkar

Brothers Tapan Sarkar and Subhash Sarkar

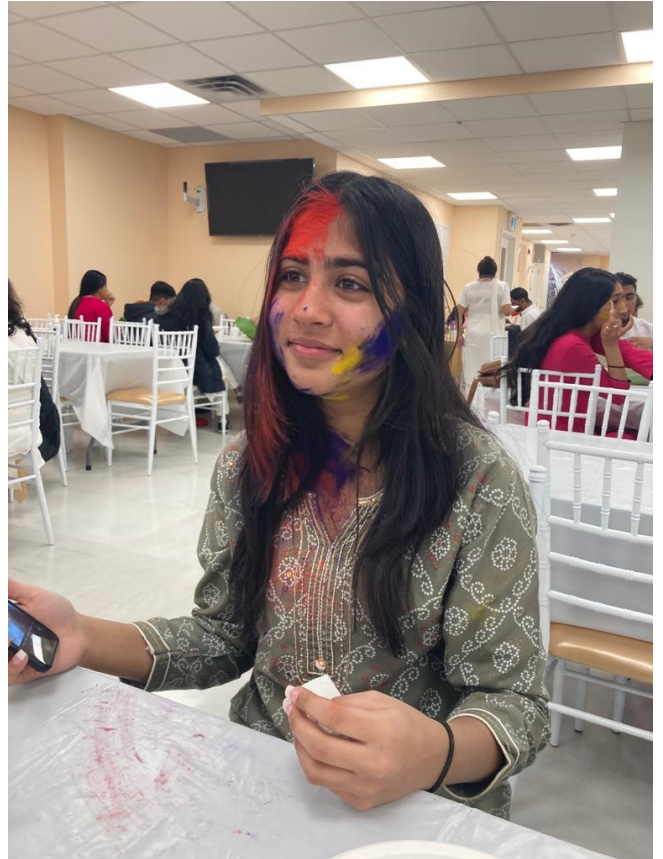
Sarkar Family

Shivratri





Holi









Pandit Narad Gosine Satsang





Shravan Shiva Lingam Worship







Outdoor Havan Yagna







108 KUND HAVAN YAJNA

Bharat Sevashram Sangha (BSS) Toronto

August 27, 2023

Warm greetings to everyone taking part in
BSS Toronto's 108 Kund Havan Yajna.

By participating in this sacred fire ritual, you are renewing your
commitment to peace, harmony and unity — universal values
that are at the core of your faith and are fundamental
to Ontario's way of life.

As you know, North Etobicoke is near and dear to my heart.
We are proud to be home to a flourishing Hindu community
whose many contributions have helped build this great province.

I am grateful to His Holiness Swami Advaitananda Giri
and BSS Toronto for your dedication to looking after the spiritual
and cultural needs of our diverse community.

Best wishes for a meaningful and inspiring event.

Doug Ford
Premier

Krishna Janam Ashtami

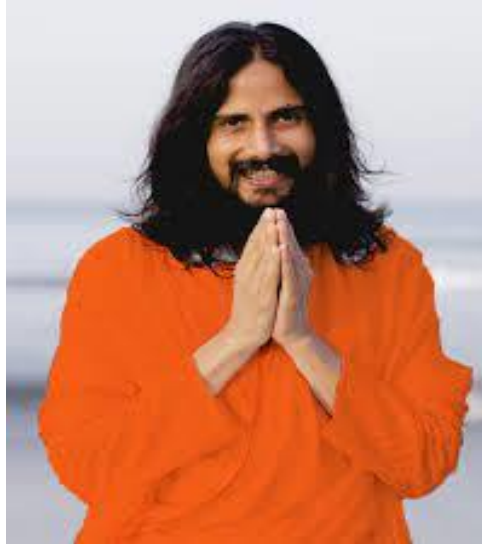






His Holiness Swami Advaitanandaji Maharaj

by Dr. Lake Singh



Here's the perfect example of an extraordinarily gifted, kind and compassionate soul. It is true that God does not come but he sends. When all seems lost, he deposes Apostles of Love who conquer and captivate hearts. This is one such Godsend monk who is capable of leading the errant human race unto the rarefied path of salvation.

This is what is intended in this faraway removed land from Motherland India. May the words of our beloved Guru Maharaj find fulfilment through him—the fact that the mass will draw inspiration from the aura such Sangha monks carry about them. We must count our blessings having a monk of his caliber with us.

BACKGROUND

Swamiji's calling came at the tender, infantile age of nine. Earmarked for spiritual greatness, his sojourn saw him undergoing intense *tapasya* and training at some of the most sacred and holy sites known to man: the Himalayan caves at **Kaaghbusandi** near to Bardinath, **Tapovan** next to Gangotri, and **Kailash Mansarovar**. He thereby passed countless number of years in the Himalayan presence and watchful eyes of his guru. Thus, we have today this pure-hearted, blessed yogi who is set to shed light to the world.

SIGNATURE STRENGTHS

Swamiji is a Meditation Expert, a Yoga Enthusiast, and a much sought-after Healer. Yes, he is much more than your average Western Holistic Life Coach and Spiritual Guide. Actually, he is the guru of gurus—a teacher who does not only teach teachers but also issue Teachers' Certificates to successful candidates.

MAJOR ACCOMPLISHMENTS

- Our much-respected and revered Swami Advaitanandaji was the mastermind behind the Government of India launching of the “one student, one tree” policy—an initiative that will go a far way in not only protecting our environment but also solving global warming and other related issues.
- Swamiji spearheaded a team that saw the inclusion of Physical Training in Indian Schools, Colleges and Universities—the main purpose of which is to have Mental Health, Physical Vitality and Social Enrichment introduced into their respective curriculums. He is also the brainchild behind the Youth Empowerment Project or YEP.

- Yet another great innovation of his was the integration of Universal Human Values into the Indian National Education Policy 2020. In a private meeting with the Honourable Indian Prime Minister Modi, Swamiji convinced him to have these laudable values included in the schools' syllabuses: Virtues such as love, truth, honesty, purity and contentment.
- He is the founder of the International Meditation Foundation—an organization that today already has 25 Centers across the globe.

MISSION IN THE WEST

Given his wide scope of knowledge and expertise, Swamiji is destined to do great things worldwide. Here are some of the areas he will develop in due course:

- Yoga for Everyone
- Advanced Kriya & Kundalini Yoga
- Meditation & Mindfulness
- Cultivation of Inner-Peace and Harmony
- Happiness and Wellbeing
- The Art and Secret of Sleeping Well
- Detoxification, Cleansing and Rejuvenation
- Techniques to Relieve Stress, Anxiety and Depression
- Healing
- Spiritual Counselling
- Diksha, Initiation and Guru Mantra
- Unleashing your True Divine Nature and Power

Here's your opportunity to embark upon a transformative journey of Self-discovery with this immensely-qualified Master as your Guide. He will also help you develop the perfect holistic lifestyle tailor-made just for you. If at all you were searching for the panacea or elixir of life, look no more. Yes, enhance your lifestyle today by joining him at Bharat Sevashram Sangha Canada. Contact information: hisholiness@www.yoga1.org 647-762-6252.



Swamiji sharing a platform with Swami Ramdeoji in the launch of “One student, one tree” initiative



Letter to the Editor

(Anonymous)

Seeta Ram devotes and welcome to Ashram's brand-new magnificent building which became a reality only through the blessings of our beloved Guruji Maharaj and the Great Lord. May both of their blessings be with you. As you are all aware we are in very difficult economic times. And it's only through the grace of Bhagwan and Guru Maharaj that we safely navigated the storm caused by covid.

Devotes, as you can all see, this illustrious building did cost a large sum of money to construct. That meant then having a large mortgage. You may be wondering why we embarked on such an elaborate project when we didn't have the funds. Well, we did it for two reasons: The first was to have an ashram in Toronto that we could call own and be proud of it too. And secondly, to leave a legacy for our children – to ensure that Sanatan Dharma continue to prosper and flourish in the West.

With all of that being said, we need your help in whatever way possible. It's not a demand but a humble request from our hearts. The choice is yours; it's totally up to you. Whatever decision you make, know that we would still continue to honour and respect everyone coming through the doors of the Ashram. But by choosing to support the ashram, know that you would be supporting a noble cause as well as the future of our ancient, universal, piece loving Dharma.

In the Bhagawat Gita Shree Krishna said to Arjuna: "Protect dharma, and dharma will protect you." So, please devotees we are making this humble appeal to you. No matter how small your contribution is, please know that every dollar counts. Your donation will help with the upkeep of the Ashram which is available to all devotees for their religious and spiritual needs. We will cherish and utilize every dollar collected with the utmost care and respect. We know how hard you toil to earn your money.

We will like you to have a unique experience at the Ashram. It is not like your typical Mandir. We trust that the experience here will be a memorable one. And please don't forget to obtain your donation receipt. We strive very hard to maintain our books and records in an utmost professional and trustworthy manner.



DURGA PUJA TIMETABLES



Sasthi: Oct 19, Thursday
Puja & Arati: 6:00 pm to 8:00 pm



Saptami: Oct 20th, Friday,
Puja & Arati: 12:00 pm to 2:30 pm
Pushpanjali: 2:30 pm to 3:00 pm
Evening Arati: 7:30 pm
Cultural Program: 8:00 pm to 10:00 pm

Astami: Oct 21st, Saturday
Puja & Arati: 10:00 am to 12:00 noon
Pushpanjali: 12:00 noon to 2:30 pm
Evening Arati: 7:30 pm
Cultural Program: 8:00 pm to 10:00 pm



Oct 22nd, Sunday,
Sandhi Puja: 7:15-8:15 am
Navami Puja, Kumari Puja, Yagna:
Puja & Arati: 9:00 am to 1:00 pm
Pushpanjali: 1:00 pm to 2:00 pm
Evening Arati: 5:00 pm
Cultural Program: 7:00 pm
Artist from India Trisha Chatterjee (see Flyer below)



Dashami: Oct 23rd, Monday
Puja & Bisorjon: 11:00 am to 12:00 noon
Devi Durga Boron: 12:30 noon to 3:00 pm





আগমনী ডঃ মুনমুন চ্যাটার্জী

শরৎ এলেই পূজোর বাঁশি
আগমনীর তান,
হৃদয় মাঝে পুলকরাশি
মিলন মেলার গান।

সবুজ ক্ষেতে কাশেরদোলা
জাগায় মনে সুর,
শিশির ভেজা শিউলিতলা
সুগন্ধে ভরপুর।

নীল আকাশে মেঘের ভেলা
পদ্ম ফুলের পাপড়ি মেলা,
বনের পাখি ওঠে গেয়ে
ভ্রমরা নাচে আলোয় মেতে।

শরতে সব নতুন লাগে
হিমেরপরশ পাতায় ঘাসে,
তুষার সাদা মেঘের রথে
মা আসেন মৃণ্ময়ী রূপে।

মাতব মোরা মাঁয়ের পূজায়
সুদূর কানাডায়
মোর মনের একটি কোণ পড়ে রয়
আমার পশ্চিমবাংলায়।

‘Joy Ma Durga’

By Kabita Goswami

‘Ma’ is a small word, but we know the meaning of “Ma”. She is the power. Head of the family, head of the institution, head of the nation, also head of the earth. We know her strength

Here is a little difference the inner meaning of “Ma” and “Ma Durga”. Thousands year before when the human civilization was destroy from the evils. The human was helpless, they prayed to gods help us save human in earth from these evils. “Bramha”, “Bishnu”, “Moheswar” and other gods helpless because the evils were strong. Need more powerful god. “Ma” always powerful than others. So the gods they convince “Maheshwar” that “Ma Durga” can do these job to save the human on earth. God Shiva knew the strength of “Ma Durga” she is one way ‘Ma’ means the symbol of love and care for the children in earth. Other way she don’t allow to harm her children from any evil strength. So finally “Ma Durga” came in earth from Kaylash to destroy the evils. That’s why we called her “Mahi shasuro Mordine

Since then the children in earth we pray to “Ma Durga” to come and save us from evils. We are gather together to give her blessings to save this world. We pronam to you. Joy Ma Durga, Joy Guru, Joy Ram, Joy Krishna.



Durga Puja 2023

We want to wish you Maa Durga blessings on this occasion of Navratri. We hope that this joyous time brings you and your loved ones peace and prosperity.

Pooran, Maggie, their three daughters, two sons-in-law and three grandchildren.

THE SIGNIFICANCE OF DURGA PUJA

By Dr Lake Singh



Durga Puja is the biggest festival for Bengalis. It celebrates Goddess Durga's triumph over the demonic asura Mahishasura. Though it's a 10-day festivity, the last six days are considered most significant.

Mahalaya: Durga Puja is preceded by Mahalaya which marks the beginning of Mother Durga's journey to her natal home here on earth. She is accompanied by her four divine children: Saraswati, Laxmi, Ganesha and Kartikeya.

Maha Shashti: The actual puja begins with Maha Sashthi which falls on the sixth day. Here devotees welcome the Goddess with pomp and gusto. The images of Durga and her children are unveiled before the public. Several rituals are performed which are accompanied by the rhythmic sounds of the dhak (a drum) that serves to lift the mood and spirit of the participants.

Maha Saptami: On the eve of Saptami, the main puja is performed. Just before the sun rises, a banana tree is submerged in holy water and then covered with a new red-bordered sari. This ritual is known as *kola bou* or *nabapatrika*. The banana tree is then placed besides the idol of Goddess Durga. Nine plants (representing the nine forms of

Goddess Durga) are also made ready.

Maha Ashtami: Maha Ashtami is believed to be the day when Goddess Durga killed the evil Mahishasura. In the olden days, a buffalo was sacrificed to mark the occasion. Hymns are chanted in Sanskrit and devotees offer their prayers known as *pushpanjali*. Little girls (less than nine years of age) are depicted as Goddess Durga and duly worshipped. After this, the Sandhi Puja is performed. A feast comprising of khichdi and other delicacies are prepared and served for the occasion.

Maha Navami: The ninth day is known as Maha Navami which is preceded by the Sandhi. The main attraction on the day is a large-scale artie which no one wants to miss. This is usually followed by cultural and recreational activities. Of course, maha prasadam or bhog is the norm.

Maha Dashmi: The tenth day or Maha Dashami marks the final day of Durga Puja. Married women take part in *sindoor khela* (playing with vermillion) where they smear the powder on one another's faces. Finally, Durga and the other deities are carried (a process also known as *visarjan*) to the river Ganga to be immersed. The processions are carried out by the worshippers on trucks, beating drums, singing and dancing. After the immersion, it is the custom for people to visit their relatives' homes to wish them *bijoya Dashami* (happy Dashami). Special delectable dishes are also prepared to mark the occasion.



Durga Puja 2022 at Bharat Sevashram Sangha.





Canada Ashram Seva or Selfless Endeavours

Bharat Sevashram Sangha Canada is exceedingly pleased to announce another breakthrough. We are now actively engaged providing selfless service to our local community here in Canada. As our name suggests, this is in keeping with our *seva* or philanthropic outreach programs elsewhere. It is something we take to heart quite seriously. Our beloved Guru Maharaj heart bled for suffering humanity.

There is one person in particular who is championing these initiatives. He is no other than Mr. Monish Sarkerji who also happens to be our Ashram's major donor overall. Here is a gentleman whom we obviously hold in high esteem and are in high praises of him. Words of commendations also to: Pooran, Sew, Mike, Anne, Indra, Baby, Vishnu Val, Krishna, Jasmie, Krishna, Babe, the youth group.

YOUTHS WITHOUT SHELTER

When we first started out this program, we thought of the name "The Soup Kitchen." But as it turned out, it is now much more than that today. Here's a project we commenced a year ago in October 2022. Its where we offer on a monthly basis a full course of meal for about fifty to sixty vulnerable or troubled youths right here in the City of Toronto. It is our ardent prayer for these budding minds to eventually realize their full potential Almighty God has bestowed upon them. Here is one of several Letters of Appreciations received from them.

ERNESTINE'S WOMEN'S SHELTER

Mr. Sarker does not only express sympathy for these women but also doing something about it. Again, commencing a year ago in October 2022, once every other month he has been donating to them groceries, toiletries, personal hygiene products, Walmart Food Bags and Gift Cards. We trust that these battered women and children shall eventually rebuild their lives.

FEEDING THE HOMELESS, POOR & DESTITUTE

This is program in downtown Toronto where they cater to about three hundred homeless, poor and destitute individuals. Mr. Sarker has already announced his intention to contribute to this program. He will be suppling not only food but also donating items such as socks, T-Shirts, winter clothing and blankets.

THE FOOD BANK

Our youths stand foremost in this regard. They started this drive and continue to promote it to this day. We may think that it cannot happen in a country like Canada but think again. There are countless number of people in this country that goes to bed on hungry stomachs. That's painful and we should not allow it to happen.

SEVA-FOR-LIFE HOME PROJECT

Here is a philanthropic organization we have teamed up with and have been working in close association with ever since. Bharat Sevashram Sangha Canada is proud to report that we have built a thatched home for a poor family in our ancestral land Bihar, India. We would like to acknowledge the good work of our brothers Roy Sugrim, Boohit Harman and the other bighearted members of Seva-for-life. They are actually doing what is expected of us – and for that reason alone we pledge our unconditional support to them.

STUDENTS & NEW IMMIGRANTS

The Canada Ashram has helped an estimated hundred students and new immigrants integrating and settling in Canada. We actually rescued these folks by housing them in our Guesthouse at 2103 Codlin Crescent. This is a service we have been providing for the past few decades now and do intend continue doing.

YOU MADE A
DIFFERENCE.



WITH OUR GREATEST APPRECIATION

BHARAT
SEVASHRAM
SANGHA



We hereby present you with this award
in recognition for your ongoing commitment
and dedicated services that contributed to
Youth Without Shelter

MONIKA FOX

Director of Philanthropy

STEVE DOHERTY

Executive Director



Youths and the Ashrams *by the Youths of the Ashram*



The most beautiful flower in the garden of creation is a young mind unfolding its sweet influence to the world. Youth is verily the season of hope. They hold in their hands the future prospect of our Ashram. Youths are obviously the leaders of tomorrow. Therefore, wise are they who invest in them. Our Ashram could benefit immensely if only they are tactfully engaged and ushered into the mainstream of things.

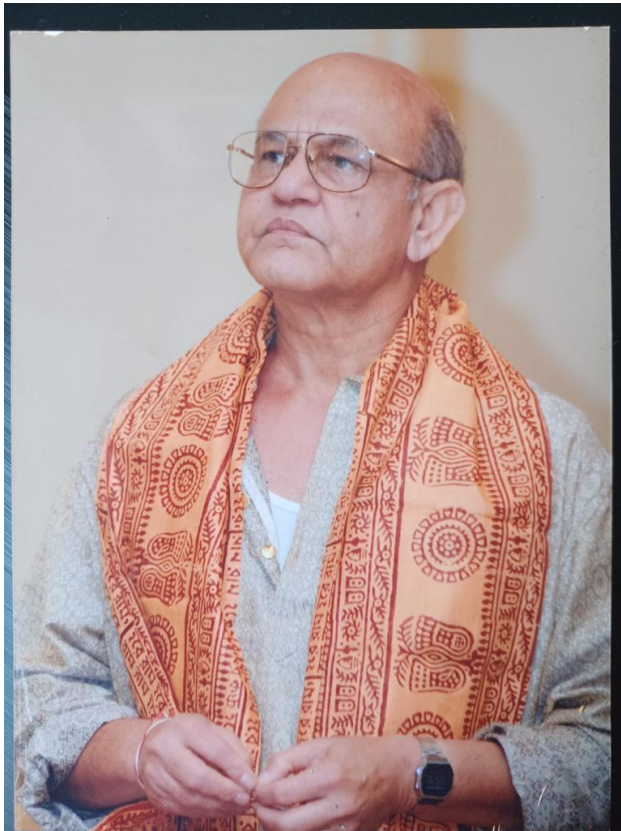
When Guru Maharaj first started the Ashram, that was his focus and modus operandi – to recruit brave young men. They, in turn, swarmed around him like honey bees. He wanted an army of heroic young men who were ready to serve at the cost of their lives. But by today's standards, females are also welcomed to join the crusade.

Here are what the youths of our Ashram have to say about how they can fit into the prospect of things. These are the areas in which they feel they could make a significant and meaningful difference to the Ashram.

1. **Teck-savvy:** This is the day and age of technology in which youths are naturally gifted. Today, one could easily surf the entire globe by the click of a mouse. So, we must come to the fore and seize the moment with both hands. We must step in immediately and mobilize all forces to achieve maximum growth for our Ashram. While we grow spiritually, we shall also keep a watchful eye on the developmental aspects of the Ashram.
2. **Greater Social Media Presence:** Our target is not just the handful of devotees who attend our regular Sunday Services. Guru Maharaj declared that “this is the age universal awakening and universal emancipation.” We must reach out to the world at large. We need new audiences and viewers. This can be easily achieved by instituting platforms such as Facebook, Twitter and Tiktok. This is the job for the youths and not the elders. We must step in now and take the lead role.
3. **Learn the Ropes:** Youths must fit themselves into the Ashram Administration and learn how to run it. We should do so by attending Administrative Meetings and observing how things are get done. We must prepare ourselves to take up the mantle of leadership. We ought to take a look at the Toronto Blue Jays Baseball Club Farming System. When the need arises, they call up junior players from Syracuse to play in their major league. We are of the opinion that the same system should also apply to the youths.
4. **Conducting Sunday Services:** This an area where we have gained significant grounds. But we need to persevere somewhat and be able to take over completely. The adults have been inspiring us all along. But the time has now come for us to gain added momentum. Never before had we the proper platform to do so. But not now we feel blessed with our magnificent state-of-the-art building; and with that, the sky is now the

limit. Trust we could garner the strength, will and impetus to forge ahead. With Guru Maharaj's blessings, a divine intervention cannot be ruled out.

5. **Organizing Annual Festivals, Galas and Plays:** We must quickly fit ourselves into these areas of endeavours. The youths must take on roles not attempted hitherto. In the Sangha Bani, Guru Maharaj spoke about *strength* which he defined as "energy, enthusiasm and perseverance." Come whatever may (hell or high waters), we must march forward like brave soldiers. We feel that youths do possess the wherewithal to do what it takes. Jai Guru!



In Memorium of Sri Prahbat Mukherjee

(Sept 20, 1940 – March 2, 2011)

Prabhat, always

"Now" is that special moment,
Existing on the cusp of Past and Future.
Fleeting, it struggles to catch up to the one,
Never quite reaching, staying only a
Moment ahead of the other.

It would be happier were he here, living amongst us
Our dutiful Husband, loving Father, Grandfather, and
dear friend.

We take comfort in our past memories, and the promise
of a future
When we shall meet again.

But for now, in the celestial skies,
And in the heavenly mornings,
We mourn, we laugh, are joyous
That we know he is within.

Gita, for Children!

By Rhea Bahadur
(Age 14 yrs)



Bhagavad-gita is a practical guide. It teaches the art of living our physical life in harmony with the spiritual one. It teaches the art of self-discipline and self-perfection. We are a synthesis of matter and spirit and both work in harmony with each other. We must blend them in proper proportions, assigning their due importance to both. Gita is really a treasure-house holding one of the most precious pearls of wisdom. It offers an answer to all our personal problems, though they vary in nature from individual to individual. There lies the simplistic beauty of the **Bhagavad-gita**.

The Lord's divine song is in the form of a dialogue between two characters Arjuna and Krsna-Nara and Narayana - where Nara symbolizes man and Narayana represents the refuge of man, God. The God directs and guides the dejected, depressed, helpless and erring man along the right path. This struggle in man between himself and the Lord of his heart and ultimately the Lord coming to his rescue when he surrenders to Him are quite common in our everyday life. However we fail to notice the play of God in our daily activities

One Liner of the Gita, summarizing the chapters..

These lessons and teachings are the main takeaways from the Gita chapters

Chapter 1 - Wrong thinking is the only problem in life .

Chapter 2 - Right knowledge is the ultimate solution to all our problems .

Chapter 3 - Selflessness is the only way to progress and prosperity .

Chapter 4 - Every act can be an act of prayer .

Chapter 5 - Renounce the ego of individuality and rejoice the bliss of infinity .

Chapter 6 - Connect to the higher consciousness daily.

Chapter 7 - Live what you learn .

Chapter 8 - Never give up on yourself .

Chapter 9 - Value your blessings .

Chapter 10 - See divinity all around .

Chapter 11 - Have enough surrender to see the truth as it is.

Chapter 12 - Absorb your mind in the higher.

Chapter 13 - Detach from Maya and attach to divine .

Chapter 14 - Live a life- style that matches your vision.

Chapter 15 - Give priority to Divinity .

Chapter 16 - Being good is a reward in itself .

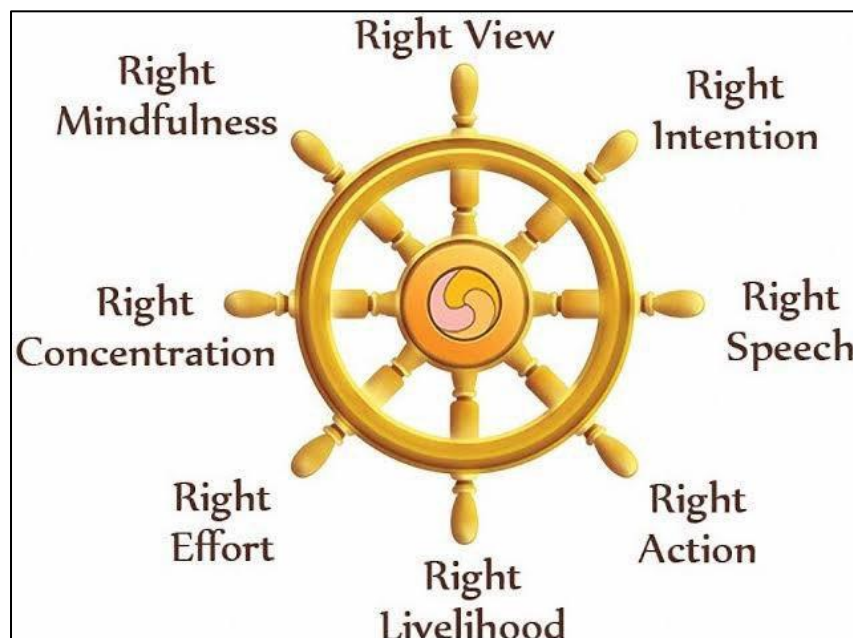
Chapter 17 - Choosing the right over the pleasant is a sign of power .

Chapter 18 - Let go, let us move to union with God .

Looking at these liners the other way, think opposite of what each one liner says about each chapter.. What do you find common in all chapters? **FEAR**

Gita is all about removing and replacing the FEAR from you which is present in various forms. If you've not yet read one of, or arguably, the greatest book on LIFE, you've NOT truly lived to your fullest possible potential. It does not stop with reading but living it every day. You'll have no FEAR. Hope the one liner summary of each chapter would inspire you to want to get started and dig deeper. From a young age, being introduced to the TRUTH about life and helping to answer the questions regarding the how's and why's of our lives, the **Bhagavad Gita** further deepens our knowledge of the world around us.

Finally, as **Hinduism** being more closely a Science of Self rather than a Religion, it is broken down to 8 steps to be free from suffering. It is called the **Wheel of Dharma**.



I Love my Ashram

by 14-year-old Jaya

I am really proud of our new Ashram. The word “Ashram” itself sounds so nice. It’s a holy place that makes you feel good when you go there. But that’s not the only reason why I am drawn to the Ashram. There are many other reasons as follows:

- It is so modern, beautiful and clean. Someone said it looks like a “jewel” and that person is so right. The décor is well put together. The blue and peach colour scheme blends in well with the theme of our Ashram. Even the outside colour is matching and appealing. The moment you enter the compound, it feels like a sanctuary.
- The Murties are another miracle. It looks like the gods and goddesses have descended from heaven. The ceiling design gives you that feeling: the sky, the clouds and sun which shines forth. What I also like is the way the Murties are positioned. They gracefully rise from bottom to top in a way where no one is blocking the other. The background blinking-lights also add to the overall splendor of the Alter.
- I long to attend our Summer Camps because it is so engaging. I believe that learning should be a fun-filled experience and that’s how it’s at the Ashram. I love everything about it and will encourage my friends and peers to attend. There is much to do and learn there.
- The Ashram gives me the opportunity to meet new friends and families. I made quite a few friends with whom I can share my ideas and feelings. Friends do comfort you at your hour of need. Sometimes we need someone with whom we could discuss and run things by them. I find that good company inspires you to do good things, while bad company produces the exact opposite.
- I learn a lot by listening to the kathas and stories of our Hindu religion. That’s how I have come to know all about Diwali, Holi, Ramnaumi, Janmashtami and now Durga Puja. Our religion is so rich and deep. I am really proud to be a Hindu. When I was much smaller, one of my friends at school said to me one day that “My God is Allah.” And I replied to her that “my God is Sita.” Mother Sita is my idol, heroine and inspiration.
- The Ashram is the place where we can learn more about our culture also. I love to dress in my Indian outfit when I go there. The clothes, the jewelry and everything else is so colorful and glamorous. Nothing beats Indian fashion.
- One of my best experiences at the Ashram was when I acted in one of the plays. That was an unforgettable experience. I wish we could do this more often. But something tells me that with this new Ashram, everything will fall into place. I feel that, one day when I grow up, I may end up producing one of these plays myself.
- I close with these words on Durga Puja. Mother Durga is also one of my heroines. She is a real powerful goddess. My nana told me that “the female of the species is deadlier than the male.” A mother will go any distance or length to protect her children. Similarly, Mother Durga will also take care of us if only we pray and ask for her protection and blessings. Victory to Her, and victory to all the mothers of the world.

Ten Divine Messages for Success & Inner Peace

1 | What is the Goal of Life?

Self-realization
Universal emancipation

2 | What is Religion?

Self-sacrifice
Self-discipline
Adherence to truth
and continence

3 | What is Real Death?

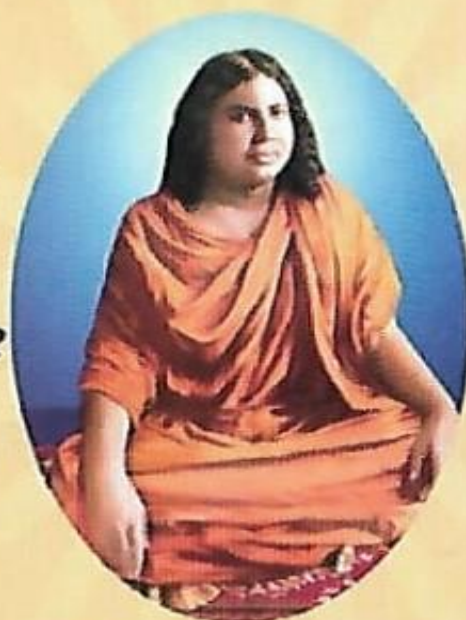
Forgetfulness of
the "self"

4 | What is Real Life?

Self-possession
Self-remembrance
Self-consciousness

5 | What are Real Virtues?

Heroism, Virility
Humanliness and Aspiration
for Emancipation



Founder
World Teacher

6 | What are Real Sins?

Weakness, Fear
Cowardice,
Meanness and
Selfishness

7 | What are Real Sources of Strength?

Patience, Fortitude
and Endurance

8 | What are Real Assets?

Self-confidence
Self-reliance
Self-respect

9 | What are Real Enemies?

Indolence, Slumber,
Inertia, Procrastination
Lustful senses and
passions

10 | What are Real Friends?

Energy, Enthusiasm
and perseverance

Shrimat Swami Pranavanandaji Maharaj

BHARAT SEVASHRAM SANGHA

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BHARAT SEVASHRAM SANGHA AND THE HINDU UNIVERSITY OF AMERICA

By
Ramnarine Sahadeo (ramjihindu@rogers.com)

Article 1 of the Indian Constitution states INDIA THAT IS BHARAT shall be a union of States. However it is rapidly becoming a global power promoting a value system in accordance with ancient Vedic principles. One of these is VASUDHAIVA KUTUMBAKAM, the world in one family.

It is perhaps the guiding principle that took Swami Purnanandaji Maharaj to British Guiana in the 1950s so the children of Bharat in that distant land could be exposed to the culture of their ancestors.

The challenges and hurdles he leaped can in some ways be compared to those now faced by the HINDU UNIVERSITY OF AMERICA (HUA). The goal to educate students about the history and glory of the most ancient civilization on earth however continue to be the central goal.

Few still know about the sacrifices, hardships and discipline of the founder of the Cove and John Hindu College in Guyana. Swami was a determined soul who slept on the ground and sat up sheltering under an umbrella when it rained; survived on dried coconuts or the tea from boiled papaya leaves; lived in huts and cow sheds and fasted for days; all of which qualified him to promote Sanatan Dharma. Those who pay homage to his memory today also point to the Sangha Centres in Trinidad, USA, UK, and Canada all of which he initiated but flourish with the support of thousands of volunteers who have met him personally.

Among those whom he guided is Gurugovind who recalls living with Swami in a zinc shack from where he mobilized support transforming 20 acres of swampy land that is today a Monastery, a school open to all religions, a temple and recently a modern IT centre.

In similar fashion HUA became necessary as even the best universities around the World were teaching a negative history of Bharat, a practice that may have contributed to the many books of Rajiv Malhotra and the formation of the INFINITY FOUNDATION. The Aryan Invasion theory e.g. held that the Aryans was invaders to India. Western University courses produce another generation with Colonial values, expressed as "Brown people with White Minds."

The university physical structure was a few trailers in Orlando, Florida in 1993 but thanks to the internet both students and instructors can now learn from their own homes. Covid-19 had a positive side-zoom. Now anyone with a computer and internet can take courses leading up to Masters and Doctoral degrees. They do not need to spent time and money to travel, apply for visas, or be victims of the current housing shortage and rental fiasco.

The culture that produced the First World University at Nalanda which strived during the Gupta Empire from 500 AD to 1300 AD but was destroyed by invaders, can now be revived as a Global source of Dharmic knowledge.

www.hua.edu or info@hua.edu or 1 407 205 2118 for more details.

Ramnarine Sahadeo is a retired Ontario Lawyer who strongly supports Vedic knowledge. He initiated and encourages others to put a GITA IN EVERY HOME.



सा विद्या या विमुक्तये
KNOWLEDGE IS THAT WHICH LIBERATES

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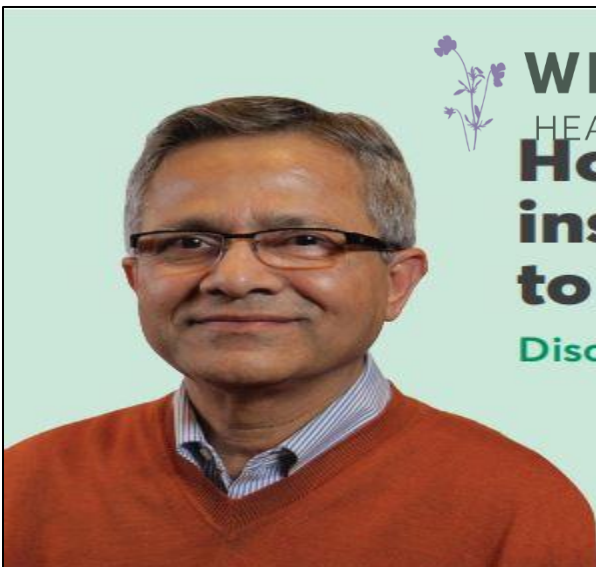
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Dr. Rupa Salwan
B.SCH, ND



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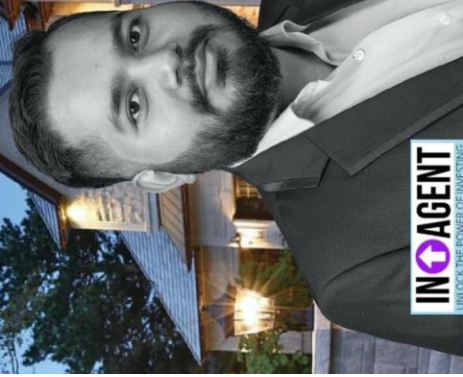
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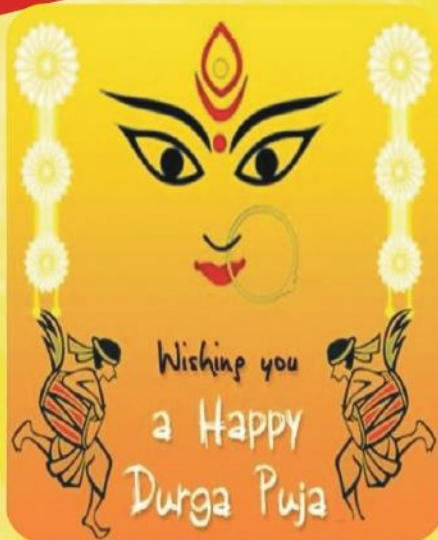
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