



## हिन्दू सांस्कृतिक केन्द्र

# HINDU HERITAGE CENTRE



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## UPCOMING EVENTS 2018

समस्त धर्मानुरागी, श्रद्धालुजनो! सप्रेम हरि स्मरण।

हिन्दू सांस्कृतिक केन्द्र में आपका हार्दिक अभिनंदन। हिन्दू सांस्कृतिक केन्द्र सन् २००८ से निरन्तर धार्मिक, सामाजिक, सांस्कृतिक गतिविधियों से आपकी सेवा में संलग्न है। आप सभी के सहयोग, श्रद्धा, सद्भावना के फलस्वरूप ही हिन्दू सांस्कृतिक केन्द्र सफलीभूत है। आपसे विनम्र निवेदन है कि अपनी संस्कृति की अस्मिता बनाए रखें। हिन्दू सांस्कृतिक केन्द्र में बच्चों, युवाओं व वृद्धजनों सभी के लिए कुछ न कुछ कार्यक्रम चलते ही रहते हैं। हिन्दू सांस्कृतिक केन्द्र में आगामी मनाए जाने वाले कुछ निश्चित कार्यक्रम, त्यौहार, व्रत और पर्वों की रूपरेखा दी जा रही है, कृपया आप सभी अवश्य सम्मिलित होकर पुण्यभागी बनें। आप सभी का जीवन मंगलमय हो, यही शुभकामनाएं हैं।

निमित्तमात्र : आचार्य सुरेन्द्र शर्मा

Dear Devoted Souls,

you are welcome with respectful felicitations of love and peace to this Hindu Heritage Centre.

This centre has been providing all services with your pure devotion, physical, mental and with material resources. We solicit your cooperation and valuable suggestions. This centre is an abode for prayers, spirituality and spreading Hinduism to masses. Therefore, we request you to co-operate with all your might, to your God given capacity, for this Centre.

Sincerely: Acharya Surender Sharma Shastri

**जून २०१८**

**शुक्रवार, जून १५,**

माता की चौकी सायं ६ से ९ बजे तदुपरान्त प्रीतिभोज

**शनिवार, जून १६,**

माता की चौकी सायं ६ से ९ बजे तदुपरान्त प्रीतिभोज

**रविवार, जून १७,**

माता की चौकी सायं ६ से ९ बजे तदुपरान्त प्रीतिभोज

**शनिवार, जून २३, निर्जला एकादशी**

विष्णु सहस्रनाम, विष्णु पूजा, अभिषेक प्रातः ९ से १० बजे तक

**शनिवार, जून २३,**

माता की चौकी सायं ६ से ९ बजे तदुपरान्त प्रीतिभोज

**बुधवार, जून २७, श्रीसत्यनारायण पूजा, विष्णु सहस्रनाम व कथा सायं ६ से ८:३० बजे तदुपरान्त प्रीतिभोज**

**JUNE 2018**

**Friday, June 15, Mata Ki Chowki**

6 pm – 9 pm followed by Preeti Bhoj

**Saturday, June 16, Mata Ki Chowki**

6 pm – 9 pm followed by Preeti Bhoj

**Sunday, June 17, Mata Ki Chowki**

6 pm – 9 pm followed by Preeti Bhoj

**Saturday, June 23, Nirjala Ekadashi,**

Vishnu Puja, Abhishek & Sahasranam,

9 am – 10 am

**Saturday, June 23, Mata Ki Chowki**

6 pm – 9 pm followed by Preeti Bhoj

**Wednesday, June 27, Satyanarayan Puja,**

Katha Sahasranam 6 pm – 8:30 pm

followed by Preeti Bhoj

## जुलाई २०१८

श्रीमद् भागवत पुराण ज्ञान यज्ञ  
परम श्रद्धेय श्री मृदुल कृष्ण शास्त्री जी  
रविवार, जुलाई ०८ से शनिवार, जुलाई १४  
रविवार कथा सायं ४ से ६ बजे तदुपरान्त प्रीतिभोज  
कथा सायं ५:३० से ८:३० बजे तदुपरान्त प्रीतिभोज

रविवार, जुलाई २२,  
माता की चौकी - सायं ३ से ६ बजे तदुपरान्त प्रीतिभोज

गुरुवार, जुलाई २६, श्रीसत्यनारायण पूजा, विष्णु सहस्रनाम व  
कथा सायं ५:३० से ८ बजे तदुपरान्त प्रीतिभोज

सोमवार, जुलाई ३०, श्रावण सोम व्रत प्रारम्भ  
प्रतिदिन रुद्राभिषेक प्रातः ८ से ९ बजे सोमवार, अगस्त २०  
तक

## अगस्त २०१८

रविवार, अगस्त ५ से शनिवार, अगस्त ११ तक  
श्रीमद्भागवत कथा  
परम श्रद्धेय श्रीकृष्णचन्द्र ठाकुरजी के द्वारा  
सायं ५:३० से ८:३० बजे तथा  
रविवार ४ से ६ बजे तदुपरान्त प्रतिदिन प्रीतिभोज

सोमवार, अगस्त ६, श्रीमहामृत्युंजय यज्ञ  
प्रातः ८ से १२ बजे तदुपरान्त प्रीतिभोज

शुक्रवार, अगस्त १०, गोस्वामी तुलसीदास जयंती  
विशेष सत्संग सायं ६ बजे तदुपरान्त आरती व प्रसाद

शनिवार, अगस्त १८, श्रीदुर्गाष्टमी चिंतपूर्णी  
श्रीदुर्गा पूजन, अभिषेक व दुर्गासप्तशती द्वारा हवन  
प्रातः ८ से ११ बजे तदुपरान्त प्रीतिभोज

शनिवार, अगस्त २५, श्रीसत्यनारायण पूजा,  
विष्णु सहस्रनाम व कथा  
सायं ३ से ६ बजे तदुपरान्त प्रीतिभोज

शनिवार, अगस्त २५,  
माता की चौकी सायं ६ से ९ बजे तदुपरान्त प्रीतिभोज

रविवार, अगस्त २६,  
माता की चौकी सायं ६ से ९ बजे तदुपरान्त प्रीतिभोज

## सितम्बर २०१८

रविवार, सितम्बर २, श्रीकृष्ण जन्माष्टमी  
श्रीकृष्णपूजा, अभिषेक प्रातः ९ से १० बजे तक

## JULY 2018

Sunday, July 8 to Saturday, July 14,  
Shrimad Bhagwat Katha by  
Shri Mridul Krishan Shastri Ji Maharaj

Monday to Saturday 5:30 pm – 8:30 pm and  
Sunday 4 pm -6 pm followed by Preeti Bhoj

Sunday, July 22, Mata Ki Chowki  
3 pm – 6 pm followed by Preeti Bhoj

Thursday, July 26, Satyanarayan Puja  
5:30 pm – 8 pm followed by Preeti Bhoj

Monday, July 30, Shrawan Som Vrat  
commences Rudrabhishek everyday  
8 am – 9 am till Monday, August 20

## AUGUST 2018

Sunday, August 5 to Saturday, August 11,  
Shrimad Bhagwat Katha by  
Shri Krishna Chandra Thakur Ji Maharaj

Monday to Saturday 5:30 pm – 8:30 pm and  
Sunday 4 pm -6 pm followed by Preeti Bhoj

Monday, Aug 6, Shri Mahamrityunjay Yagya  
8 am – 12 noon followed by Preeti Bhoj

Friday, August 17, Goswami Tulsidas Jayanti,  
Special Satsang at 6 pm followed by Aarti &  
Prasad

Saturday, August 18,  
Shri Durgasthmi Chintpurni  
Shri Durga Puja, Abhishek, Durga Saptshati  
Homam 8 am – 11 am followed by Preeti Bhoj

Saturday, August 25, Shri Satyanarayan Puja,  
Katha, Sahasranam 5:30 pm - 8 pm  
followed by Preeti Bhoj

Saturday, August 25, Mata Ki Chowki  
6 pm – 9 pm followed by Preeti Bhoj

Sunday, August 25, Mata Ki Chowki  
6 pm – 9 pm followed by Preeti Bhoj

## SEPTEMBER 2018

Sunday, September 2,  
Shri Krishna Janmasthan Shri Krishna Puja,

भजन, सत्संग, श्रीकृष्ण जन्मोत्सव सायं ७ बजे से मध्यरात्रि  
शनिवार, सितम्बर ८,  
माता की चौकी सायं ६ से ९ बजे तदुपरान्त प्रीतिभोज

बुधवार, सितम्बर १२, श्री विनायक ( पत्थर ) चौथ  
श्रीगणेश पूजा, अभिषेक सायं ५ से ८ बजे तदुपरान्त  
प्रीतिभोज

रविवार, सितम्बर १६, श्रीराधाष्टमी  
श्रीराधाकृष्ण पूजा, अभिषेक, स्तोत्र पाठ प्रातः ९ से १० बजे  
विशेष सत्संग सायं ४ बजे से ६ बजे तदुपरान्त प्रीतिभोज  
शनिवार, सितम्बर २२,  
माता की चौकी सायं ६ से ९ बजे तदुपरान्त प्रीतिभोज

सोमवार, सितम्बर २४, श्रीसत्यनारायण पूजा, विष्णु सहस्रनाम  
व कथा सायं ५:३० से ८ बजे तदुपरान्त प्रीतिभोज

मंगलवार, सितम्बर २५, पितृपक्ष प्रारम्भ

### अक्टुबर २०१८

सोमवार, अक्टुबर ८, सर्वपितृ श्राद्ध विर्सजन  
तर्पण प्रातः ९ बजे से १ बजे तक

मंगलवार, अक्टुबर ९, शरद नवरात्रि प्रारम्भ  
कलश स्थापना, श्रीदुर्गापूजा, अभिषेक प्रातः ८ से १० बजे  
तक  
माता की चौकी सायं ६ से ८:३० बजे तदुपरान्त हनुमान  
चालीसा एवं प्रीतिभोज

शुक्रवार, अक्टुबर १२,  
माता की चौकी सायं ६ से ९ बजे तदुपरान्त प्रीतिभोज

शनिवार, अक्टुबर १३, वार्षिक विशाल माता जी की चौकी  
श्रीदुर्गापूजा, अभिषेक, दुर्गा होमम्  
प्रातः ८ से ११ बजे तदुपरान्त प्रीतिभोज  
वार्षिक विशाल माता की चौकी सायं ५ से ९ बजे  
तदुपरान्त प्रीतिभोज

रविवार, अक्टुबर १४, माता की चौकी  
सायं ६ से ९ तदुपरान्त प्रीतिभोज

मंगलवार, अक्टुबर १६, श्रीदुर्गाष्टमी  
श्रीदुर्गापूजा, अभिषेक, दुर्गासप्तशती द्वारा हवन  
प्रातः ८ से ११ बजे तदुपरान्त कन्यापूजन  
माता की चौकी  
सायं ६ से ९ तदुपरान्त प्रीतिभोज

Abhishek 9 am-10 am, Bhajan, Satsang Krishna  
Janam Celebrations 7 pm to midnight

**Saturday, September 8, Mata Ki Chowki**  
6 pm – 9 pm followed by Preeti Bhoj

**Wednesday, September 12, Shri Vinayak  
( Patthar) Chauth** Shri Ganesh Puja, Abhishek  
5 pm -8pm followed by Preeti Bhoj

**Sunday, September 16, Shri Radhasthami**  
Radha Krishna Puja, Abhishek, Stotra Paath  
9 am – 10 am, Satsang 4 pm – 6 pm  
followed by Preeti Bhoj

**Saturday, September 22, Mata Ki Chowki**  
6 pm – 9 pm followed by Preeti Bhoj

**Monday, September 24, Shri Satyanarayan  
Puja,** Katha, Vishnu Sahasranam,  
5:30 pm - 8 pm followed by Preeti Bhoj

**Tuesday, September 25, Pitri Paksh starts**

### **OCTOBER 2018**

**Monday, October 8, Sarv Pitri Shraddh &  
Visarjan,** Tarpan 9 am – 1 pm

**Tuesday, October 9, Sharad Navratri**  
Kalash Sthapana, Shri Durga Puja, Abhishek  
8 am – 10 am  
Mata Ki Chowki 6 pm - 8:30 pm followed by  
Hanuman Chalisa & Preeti Bhoj

**Friday, October 12**  
Mata Ki Chowki 6 pm – 9 pm  
followed by Preeti Bhoj

**Saturday, October 13, Annual Grand Chowki,**  
Durga Puja, Abhishek, Homam  
8 am – 11 am followed by Preeti Bhoj  
**Grand Mata Ki Chowki**  
5 pm – 9 pm followed by Preeti Bhoj

**Sunday, October 14, Mata Ki Chowki**  
3 pm – 6 pm followed by Preeti Bhoj

**Tuesday, October 16, Shri Durgasthami**  
Durga Puja, Abhishek, Durga Saptshati Homam  
8 am – 11:30 am followed by Kanya Pujan  
**Mata Ki Chowki** 6 pm – 9 pm  
followed by Preeti Bhoj

गुरुवार, अक्टूबर १८, विजया दशमी  
अपराजिता पूजन सायं ६ से ७ बजे तदुपरान्त आरती  
मंगलवार, अक्टूबर २३, श्रीशरद् पूर्णिमा  
श्रीसत्यनारायण पूजा, विष्णु सहस्रनाम व कथा  
सायं ५ से ८ बजे  
तदुपरान्त हनुमान चालीसा व प्रीतिभोज

शनिवार, अक्टूबर २७, करवाचौथ  
पूजा कथा सायं ३ से ८ बजे तक  
चन्द्रोदय रात्रि ८:३७

बुधवार, अक्टूबर ३१, अहोई अष्टमी  
पूजा कथा सायं ६ से ७ तदुपरान्त आरती

### **नवम्बर २०१८**

शुक्रवार, नवम्बर २, दीपावली मिलन  
सांस्कृतिक कार्यक्रम सायं ६ से ९ बजे तदुपरान्त भोजन

मंगलवार, नवम्बर ६, दीपावली  
महालक्ष्मी पूजा सायं ७ बजे तदुपरान्त पटाखे

गुरुवार, नवम्बर ८, गुजराती नववर्ष  
विशेष सत्संग आरती प्रातः ९ बजे से १० बजे तक  
अन्नकूट, गोवर्धन पूजा सायं ६ बजे से ८ बजे  
तदुपरान्त प्रीतिभोज

सोमवार, नवम्बर १९, तुलसी विवाह  
सायं ६ से ९ बजे तदुपरान्त प्रीतिभोज

गुरुवार, नवम्बर २२, श्रीसत्यनारायण पूजा,  
विष्णु सहस्रनाम व कथा  
सायं ५:३० से ८ बजे तदुपरान्त प्रीतिभोज

### **दिसम्बर २०१८**

मंगलवार, दिसम्बर १८, श्रीगीता जयंती  
श्रीमद्भागवद्गीता पाठ श्रीललिता सहस्रनाम,  
हनुमान चालीसा सायं ५ से ८:३० बजे तक

शुक्रवार, दिसम्बर २१, श्रीसत्यनारायण पूजा,  
विष्णु सहस्रनाम व कथा  
सायं ५:३० से ८ बजे तदुपरान्त प्रीतिभोज

शनिवार, दिसम्बर २९  
माता की चौकी  
सायं ६ से ९ बजे तदुपरान्त प्रीतिभोज

Thursday, October 18, Vijaya Dashami  
Aparajita Pujan 6 pm – 7 pm Aarti

Tuesday, October 23, Shri Sharad Purnima  
Shri Satyanarayan Puja, Katha, Vishnu  
Sahasranam, 5 pm - 8 pm  
followed by Hanuman Chalisa & Preeti Bhoj

Saturday, October 27, Karwa Chauth  
Puja, Katha 3 pm – 8 pm  
Moonrise 08:37 pm

Wednesday, October 31, Ahoi Asthami  
Puja, Katha 6 pm – 7 pm followed by Aarti

### **NOVEMBER 2018**

Friday, November 2, Deepawali Dinner  
Cultural programme 6 pm to 9pm  
followed by Dinner

Tuesday, November 6, Deepawali  
Mahalaxmi Puja 7 pm  
followed by fireworks

Thursday, November 8, Gujarati New Year  
Special Satsang Aarti 9 am – 10 am  
Annakoot, Govardhan Puja  
6 pm – 8 pm followed by Preeti Bhoj

Monday, November 19, Tulsi Vivah  
6 pm– 9 pm followed by Preeti Bhoj

Thursday, November 22, Shri Satyanarayan  
Puja & Katha, Vishnu Sahasranam  
5:30 pm - 8 pm followed by Preeti Bhoj

### **DECEMBER 2018**

Tuesday, December 18, Shri Gita Jayanti  
Shrimad Bhagwat Gita Paath,  
Shri Lalita Sahasranam, Hanuman Chalisa  
5 pm – 8:30 pm

Friday, December 21,  
Shri Satyanarayan Puja, Katha,  
Vishnu Sahasranam,  
5:30 pm - 8 pm followed by Preeti Bhoj

Saturday, December 29  
Mata ji ki chowki  
6 pm to 9 pm followed by Pritibhoj

# Differance in Festivals Between India and Canada/ America for 2018

## Krishna Janamashtami, Sunday, September 2nd, 2018

As per scriptures Shri Krishana Janamashtami is celebrated when Ashtami Tithi prevails during midnight and further rules are added to include Rohini Nakshatra. This year, Krishna Janamashtmi will be celebrated on September 2nd in India and in North America for Smaarat. As Ashtami will start at 11:17(EST) of September 2nd and ends on 9:49(EST) of September 3rd. In India Ashtami will start at 11:17 + 9:30= 20:47(IST) of September 2nd and ends on 9:49+ 9:30=19:19 (IST) of September 3rd. For Vaishnav devotees its beneficial to celebrate on September 3rd becuase vaishnav celebrate Ashtami when its presentnt at sunrise time. As per scriptures Shri Krishana Janamashtami for Vaishnav all over India and North America is appropriate on Sep 3rd but Smaarat should celebrate on September 2nd. Who is Smaarath or Vaishnav please article on page # 82 in Bhaskar Panchang.

## Pitripaksh Last Shradh Monday, October 8th, 2018

As per scriptures Pitripaksh Last Shradh is celebrated in Amavas. This year on October 8th Amavas is present until 23:46 for EST. It will be present in India until 9:16AM IST on October 9th (23:46+9:30=33:16). Therefore the Last Shraadh will be held on October 8th before 23:46 as Amavas concludes at this time.

## Sharad Navratri From Tue, Oct. 9th to Fri. Oct. 18th 2018

As per scriptures Sharad Navratri commence on the day Pratipada commences. This year Partipada will start 21:55 for EST. In India it will start at 7:24 AM IST on October 10th (21:55 + 9:30 = 31:25). Therefore Sharad Navratri will start on the 9th of October for EST and this will be the auspicious day for starting all Navratri Puja and Kalash Sthaapana.

## Shri Durga Ashtami Tuesday October 16th 2018

As per scriptures Sri Durga Ashtami is celebrated on the day Navami and Ashtami are both present in single day.

This year, Ashtami is on October 16th until 27:19 EST which is also the start time for Navami. In India Ashtami will end at (27:19-24:00 = 3:19+ 9:30) 12:49 PM IST October 17th and Navami will start right after. Therefore, in India Sri Durga Ashtami will be present on 17th while in North America it will be present on the 16th.

## Vijay Dashami Friday, October 18th 2018

As per scriptures Vijay Dashami is celebrated when Dashmi is present in the afternoon. This year Dashami is on the 18th of October as Dashami ends 08:27 AM on the 19th well before the afternoon. In India Dashami will end at (08:27+ 9:30) 17:57 on the 19th and will be celebrated in India on the 19th. In North America (EST), Vijay Dashami will be celebrated on the 18th of October this year.

## Diwali Tuesday, November 6th 2018

As per scriptures Diwali is celebrated when Amavas is present in Pradosh Kal or present at midnight. This year, Amavas will start on the 6th of November at 11:57 EST and end on the November 7th at 11:02 EST. In India, Amavas will start on 6th of November at 22:27 IST and end on November 7th at 21:32 IST. In India, So in India Diwali will be celebrated on 7th of November as Amavas will be present in Pradosh Kal. In North America (all timezones) Diwali will be celebrated on 6th as Amavas will end before the start of Pradosh Kal on the 7th of November.

Please observe various timings on November 6th, 2018 for Diwali Puja as below:-

Abhijit	1:43 to 12:21
Pradosh Kaal	17:02 to 19:46
Kark Lagna	21:30 to 24:06
Vrish Lagna	17:25 to 19:11
Laabh Chaughadia	18:43 to 20:29
Shubh Chaugharia	14:29 to 15:45
Singh Lagna	24:06 to 26:42
Mahanishith Kaal	23:43 to 25:38
Amrit Chaughadia	24:02 to 25:48
Sayan Kaal	16:20 to 17:00

# Main Festivals and Significance of Festivals

## Raksha Bandhan

Raksha Bandhan in Sanskrit literally means "the tie or knot of protection". The word Raksha means protection, whilst Bandhan is the verb to tie. It is an ancient Hindu festival that ritually celebrates the love and duty between brothers and their sisters. The sister performs a Rakhi ceremony, then prays to express her love and her wish for the well being of her brother; in return, the brother ritually pledges to protect and take care of his sister under all circumstances.

On the morning of Raksha Bandhan, the brothers and sisters get together, often in nice dress in the presence of surviving parents, grandparents and other family members. The ritual typically begins in front of a lighted lamp (diya) or candle, which signifies fire deity. The sister and brother face each other. The sister ties the Rakhi on her brother's wrist.

## Prayer, Aarti, Promise and Food

Once the Rakhi has been tied, the sister says a prayer for the well being - good health, prosperity and happiness - for her brother. Prayer is येन बद्धो बलिराजा दानवेन्द्रो महाबलः। तेन त्वाम्

प्रतिबध्नामि रक्ष मा चल मा चल।। I am tying on your hand this Raksha, with which the most powerful and generous King Bali himself was bound; O Raksha, don't go away; don't go away. After the prayer, the sister applies a tilak, a colorful mark on the forehead of the brother. After the tilak, the brother pledges to protect her and take care of his sister under all circumstances. The sister then feeds the brother, with her hands, sweets (desserts), dry fruits. This ritual sometimes involves an aarti, where a tray with lighted lamp is ritually rotated around the brother's face, along with the prayer and well wishes.

## Krishan Janmashtami

Janmashtami, the birthday of Lord Krishna is celebrated with great devotion and enthusiasm in all over the world in the month of August or September. According to the Hindu calendar this religious festival is celebrated on the Ashtami of Krishna Paksh or the 8th day of the dark fortnight in the month of Bhadrapada in the presence of Rohini Nakshatra. The actual celebration of Janmashtami takes place during the midnight as Sri Krishna is believed to be born on a dark, stormy and windy night to end the rule and violence of his uncle, Kansa. All over world this day is celebrated with devotional songs and dances, pujas, arti, blowing of the Conch and rocking the cradle of baby Sri Krishna.

Shri Krishna is considered as the one of the most powerful human incarnations of the Lord Vishnu. He was born around 5,200 years ago in Mathura. The sole objective of Sri Krishna's birth was to free the Earth from the evilness of demons. He played an important role in Mahabharata and propagated the theory of bhakti and good karma which are narrated deeply in the Bhagwat Geeta.

Sri Krishna was born in a prison in the custody of Kansa. Vasudev, His father immediately thought of his friend Nand and

decided to hand over his child to him to save Krishna from the clutch of Kansa. Krishna grew up in Gokul and finally killed his uncle, King Kansa.

Hindus celebrate Janmashtami by fasting, worshipping Krishna and staying up until midnight, and offer prayers at special time when Krishna is believed to have been born. Images of Krishna's infancy are placed in swings and cradles in temples and homes. At midnight, devotees gather around for devotional songs, dance and exchange gifts. Some devotees also conduct readings of the Hindu religious scripture Bhagavad Gita.

## Sharad Navratri

Navaratri is a festival dedicated to the worship of the Hindu deity Durga. The word Navaratri means 'nine nights' in Sanskrit, nava meaning nine and ratri meaning nights. During these nine nights and ten days, nine forms of Devi are worshipped. The tenth day is commonly referred to as Vijayadashami or "Dussehra". Navaratri is an important major festival and is celebrated all over world. The beginning of spring and the beginning of autumn are considered to be important junctions of climatic and solar influences. These two periods are taken as sacred opportunities for the worship of the Divine Mother Durga. The dates of the festival are determined according to the lunar calendar. Navaratri represents a celebration of the Goddess Amba, (the Power). Navaratri happens to be the most auspicious and unique period of devotional sadhanas and worship of Shakti (the sublime, ultimate, absolute creative energy) of the Divine conceptualized as the Mother Goddess-Durga, whose worship dates back to prehistoric times before the dawn of the Vedic age. A whole chapter in the tenth mandal of the Rigveda addresses the devotional sadhanas of Shakti. The "Devi Sukta" and "Isha Sukta" of the Rigveda and "Ratri Sukta" of the Samveda similarly sing paeans and Kauravas in the Mahabharata – a foundational Sanskrit epic in the Hindu tradition – Lord Krishna worshipped Durga, the Goddess of Shakti, for the victory of the Pandvas.

Lord Brahma is cited in the Markandey Purana as mentioning to Rishi Markandey that the first incarnation of Shakti was as Shailputri. Further incarnations of the Divine Mother are: Brahmacharini, Chandraghanta, Kushmanda, Skandamata, Katyayani, Kalaratri, Mahagauri and Siddhidatri in that order. These nine manifestations of Shakti, are worshipped as "Nava-Durga". The fifth chapter of the Rudra Samhita of Shiva Purana also vividly describes the various Divine Emanations of Durga. Since the Vedic Age of the Rishies, the devotional practices recommended during Navaratri are primarily those of Gayatri Anushthana. On the auspicious occasion of Sharad Navratri, nine forms of Goddess Maa Durga are worshipped by the devotees. The devotees worship these nine incarnations of goddess Durga till nine days to get blessing of Maa Durga. It is believed that People who worship Maa Bhagwati, do fasting and chanting mantras and ShriDurga Saptashati Path during Navratri will be blessed with prosperity, health and wisdom in their life. Jaagran has also been made by the devotees during navratri nights.

# Hindu Heritage Centre's Hours and Daily Activities

## मंदिर का दैनिक समय व गतिविधियां ।

### प्रतिदिन का समय

सुबह ७:०० से रात्रि ९:०० बजे तक  
 प्रातः पूजा आरती प्रातः ७:०० बजे  
 सांय पूजा आरती सांय ७:०० बजे  
 रविवार आरती सांय ६:१५ बजे  
 मंगलवार आरती सांय ८:१५ बजे  
 प्रतिदिन हवन यज्ञ सुबह ७:३० बजे।

### सोमवार

वृद्धजन प्रातः भ्रमण व जलपान सभा सुबह ९ से ११ बजे  
 श्रीरुद्राभिषेक रुद्राष्टाध्यायी के मन्त्रों द्वारा, शिव  
 पूजा व आरती सांय ६:०० बजे से ७:३० तक  
 भरत नाटयम् नृत्य कक्षा सांय ६:३० बजे से ७:३०

### मंगलवार

श्री सुन्दरकाण्ड पाठ सुबह ९ से १० बजे  
 वृद्धजनों का मेल-मिलाप दोपहर १ से ४ बजे तक।  
 श्रीललितासहस्रनाम पाठ, श्रीहनुमान चालीसा पाठ आरती  
 सांय ६:०० बजे से ८:३० तक

### बुधवार

सुबह भ्रमण व जलपान सभा सुबह ९ से ११ बजे  
 भरतनाटयम् नृत्य कक्षा सांय ६:३० बजे से ७:३०  
 योग कक्षा सांय ७:३० से ८:३० बजे तक।  
 कुचुपुरी नृत्य कक्षा सांय ६ से ८ बजे।

### गुरुवार

कुचुपुरी नृत्य कक्षा सांय ६ से ८ बजे।

### शुक्रवार

श्री दुर्गा सप्तशती पाठ सुबह ९ से ११:३० बजे  
 शनिवार

माताजी की चौकी - सांय ६:०० से ९:०० तक  
 रविवार

योग प्राणायाम- सुबह ८:०० से ९:३० तक  
 संस्कृत कक्षा - सुबह १०:०० से १२:०० तक  
 तेलुगु कक्षा - सुबह १०:०० से १२:०० तक  
 भजन-सत्संग, प्रवचन, ध्यान, आरती व प्रीतिभोज  
 सांय ४:०० बजे से ६:०० तक  
 बाल विहार कक्षा सांय ५:०० से ६:०० तक  
 हिन्दी कक्षा सांय ४:०० बजे से ६:०० तक  
 संगीत कक्षा (वोकल, हारमोनियम, तबला)  
 कथक नृत्य कक्षा सांय ४:०० बजे से ६:०० तक

प्रत्येक मास की पूर्णिमा को श्रीसत्यनारायण पूजा  
 -कथा, विष्णुसहस्रनामार्चन व प्रीतिभोज।

प्रत्येक मास के प्रथम गुरुवार को श्रीगीताजी पाठ  
 सांय ५ से ७ बजे तक।

### TEMPLE TIMINGS -

Everyday 7:00 AM - 9:00 PM  
 POOJA - AARTI (Morning) - 7:00 AM  
 POOJA - AARTI (Evening) - 7:00 PM  
 Sunday Aarti Evening 6:15 PM  
 Tuesdat, Aarti Evening 8:15 PM  
 Every day Havan 7:30 am.

### MONDAY

Walking Club with breakfast --- 9 AM to 11 AM  
 Shiv-abhishek with the CHANTING OF Rudra-  
 Ashtadhayayi, Shiv Puja-Aarti 6:00 PM to 7:30 PM  
 Bharat Natyam Class 6:30 to 7:30 PM

### TUESDAY

Shri Sunderkand paath 9 AM to 10 AM  
 Seniors Program 1:00 PM to 4:00 PM  
 CHANTING OF DEVI SAHSRANAM, BHAJANS,  
 HANUMAN CHALISA 6:30 to 8:30 PM

### WEDNESDAY

Walking Club with breakfast --- 9 AM to 11 AM  
 Bharat Natyam Class 6:30 to 7:30 PM  
 Yoga 7:30 to 8:30  
 Kutchupuri Dance Class 6 PM to 8 PM

### THURSDAY

Kutchupuri Dance Class 6 PM to 8 PM

### FRIDAY

Shri Durga Saptshati paath 9 AM to 11:30 AM

### SATURDAY

Occassional Mata ji Ki Chauki 6:00 PM to 9:00 PM

### SUNDAY

YOG PRANAYAM CLASS 8:00 AM to 9:30 AM  
 Sanskrit Class 10 AM to 12 Noon  
 Telugu Class 10 AM to 12 Noon  
 Satsang, Bhajan, Meditation, Aarti & Preetibhoj  
 4:00 PM to 6:00 PM  
 BAL VIHAR CLASS 5:00 PM to 6:00 PM  
 HINDI CLASS 4:00 PM - 6:00 PM  
 INDIAN MUSIC CLASS (Harmonium, Tabla, Vocal)  
 3:15 PM to 6:45 PM  
 Kathak Nritya/Bollywood class 4:00 PM to 6:00 PM

Every month on Purnima day Satyanarayan Puja  
 katha evening time.

Every month first Thursday Shri Geeta ji Paath 5  
 pm to 7pm.

For all Sanskara's (Ritual), Bhajan, Chauki, Jagaran,  
 Sunderkand Paath, Puja, Havan, Katha, Shraadh etc.  
 Please contact

Hindu Heritage Centre 905-369-0363 OR  
 Acharya Surender Shastri at 416-457-0719

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