



SREE NARAYANA ASSOCIATION

TORONTO, CANADA

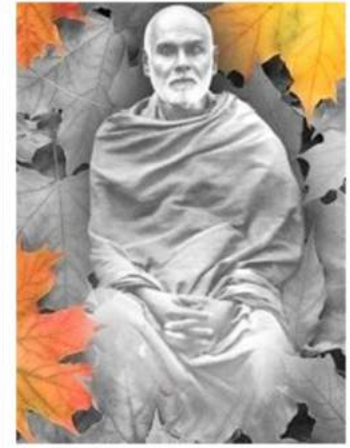
NEWSLETTER 2015

The **Sree Narayana Association (SNA)**, Toronto, is dedicated to Sree Narayana Guru (1855-1928), the admired sage, poet and philosopher from South India, whose wisdom teachings emphasizing human equality have inspired and improved the lives of millions over the last century. The Guru's philosophy continues to influence current generations towards an intellectually enriching life of spiritual enquiry and self realisation, while also instilling socially responsible thinking such as nonviolence and multicultural coexistence.

SNA, established in 2004, is a not for profit corporation that aims to unite all those who are respectful and desirous of learning and practicing Sree Narayana Guru's noble teachings in their everyday lives. SNA operates as an open organisation for intercultural learning activities, extending membership to those resident in the Greater Toronto Area (GTA) and neighbouring areas.

Mission:

To unite all those respectful of Sree Narayana Guru's philosophy and strive to learn, understand, practice, preserve and perpetuate the Guru's Upanishadic wisdom and its doctrines of universal brotherhood and multicultural coexistence in Canadian society.



SREE NARAYANA GURU

SNA's Guiding Light

Towards the end of the 19th century Narayana Guru emerged as a wisdom teacher with his gifted poetic skills in Malayalam and Sanskrit languages. Through poetic expressions he began to clarify mind-matter interactions, based on Upanishadic wisdom and contemporary social conditions. Living as a jnana yogi with his monastic disciples in the serene environments of his spiritual abodes (Ashrams), he often stepped outside as a karma yogi, mixing with ordinary folk, empathizing with their plight and working alongside reform aspirants, instilling in them hope and rationale for a spiritual and social renaissance and their political self-determination.



OBJECTS OF SNA

- 1.. Uniting the residents of Greater Toronto Area (GTA) and neighbouring areas who are respectful of the philosophy and teachings of Sree Narayana Guru.
2. Preserving the traditions of Sree Narayana Philosophy by members engaging in learning the philosophy and works of Sree Narayana Guru;
3. Perpetuating the noble tenets of Sree Narayana Philosophy, in particular the values of universal brotherhood and multicultural coexistence in Canadian society;
4. Hosting relevant literary, musical and other educational and cultural events and conventions, including festivities for the preservation of the common heritage of people of South Asian descent;
5. Promoting interests of members and mutual aid and assistance to new settlers and senior citizens; and
6. In the longer term, establishing and maintaining a centre for multicultural activities in line with Sree Narayana Philosophy.

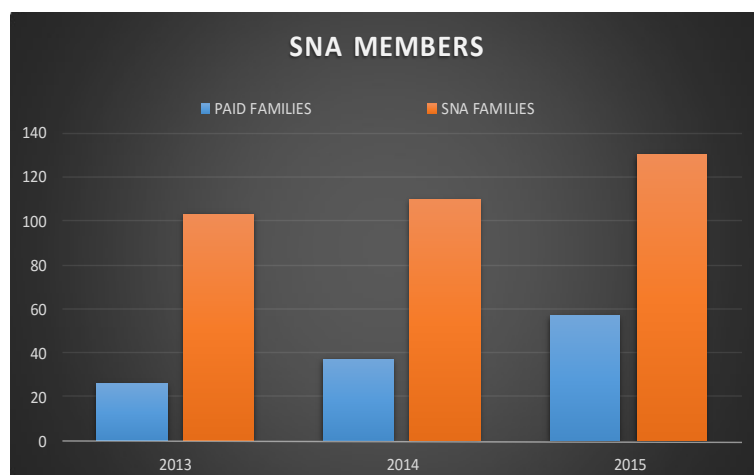
*“Without racial prejudice, Without religious malice, Hither shall be a model abode,
Where all of humanity In brotherhood thrive.”*

SNA OBJECTS

1. Membership
2. Learning
3. Perpetuating
4. Cultural / Community Events
5. Assistance
6. Multicultural Centre

OBJECT 1. MEMBERSHIP

Sree Narayana Association had a very successful, productive and proficient 2015 with the whole hearted engagement of members and greater membership turn out. SNA would like to have continued support and engagement in the coming year. We are working on additional membership benefits as well. SNA values member's involvement in its directions and objects.



OBJECT 2 &3. LEARNING & PERPETUATING



*“When the lamp is lit nearby No devil appears to be, But for those afraid Of darkness, the very same Darkness looms as devil”
- Advaita Deepika Verse 5*

SNA Toronto started a book borrowing library facility for resident members of Greater Toronto Area and nearby areas in early 2015. This selected collection of books is being built in line with implementing SNA Toronto’s strategic objective of preserving the traditions of Sree Narayana Philosophy by members engaging in learning



the philosophy and works of Sree Narayana Guru. Library resources include both English language and Malayalam language reference books, journals and other educational material to support members with interest in the organisation’s learning initiative. Library resources are intended for holders of a current



membership in SNA Toronto. This collection of books is being built based on a learning plan and employing funds donated by well wishers for this purpose. Institutions or individuals wishing to donate funds specifically towards the continuing library/learning initiative



are welcome to contact the President, SNA Toronto. During Onam 2015 we displayed our Library and conducted a game for young children to initiate interest in these books. The library counter was well received and generated enthusiasm among the event attendees.

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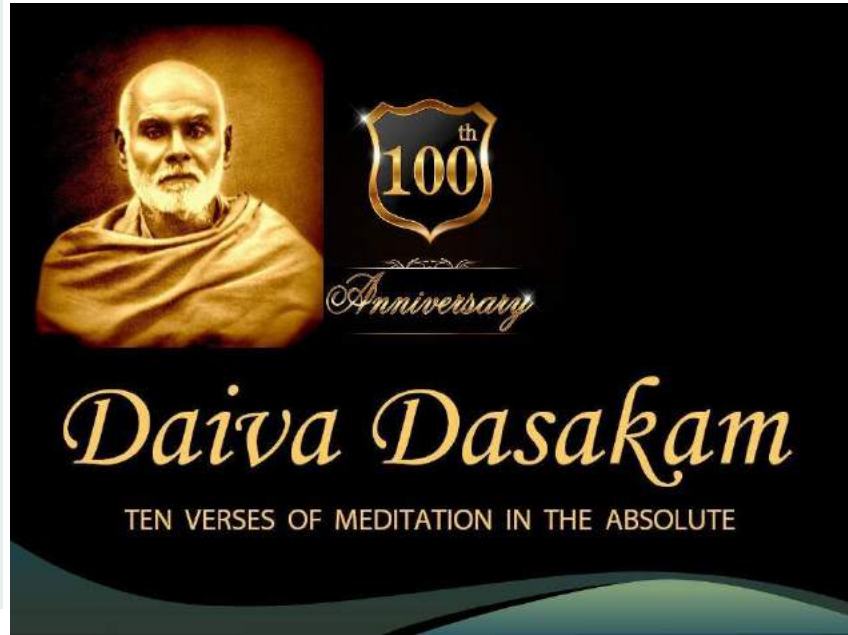
SNA TORONTO LIBRARY

- Autobiography of an Absolutist
- The Word of the Guru
- SreeNarayana Guruswamikalude Jeevacharitam
- The Biography of SreeNarayana Guru
- An Intelligent Man's Guide to Hindu Religion
- Karma and Reincarnation
- Guru the Unknown
- A Petal from the Life of the Guru
- Isavasya and Mandukya Upanishad
- Kena Upanishad
- Katha Upanishad
- Prasna Upanishad
- Mundaka Upanishad
- Aitareya Upanishad
- Chandogya Upanishad
- Atmopadesa Satakam
- Arivu
- Integrated Science of the Absolute
- That Alone - The Core of Wisdom
- The Psychology of Darsanama-la
- Garland of Visions
- Narayana Smritih

SNA OBJECTS

1. Membership
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OBJECT 2&3. LEARNING & PERPETUATING



*The happiness of another—that is my happiness;
one's own joy is another's joy—this is the guiding principle;
that action which is good for one person
should bring happiness to another.
— Verse 22 Atmopadesa Satakam*

TALK ON DAIVA DASAKAM

Sree Narayana Association (“SNA”) of Toronto hosted a public talk titled ‘100 Years of Daiva Dasakam’ on Sunday, 1 November 2015 at Oakville, Ontario, Canada. The event opened with a welcome note by Sreekumar Janardhanan, President of SNA.

The main speaker Sujit Sivanand elaborated on the background, concepts and literary construct of the poem Daiva Dasakam and its ten verses of meditation in the absolute. Daiva Dasakam is Sree Narayana Guru’s most popular literary work, which is composed as a universal prayer to the formless Brahman, or absolute, in a noumenal realm without spatial or temporal limitations. Set in ten of melodious verses, Daiva Dasakam is composed in the classical Anustubh meter. The underlying philosophy in the



poem swings between compositions in accordance with two schools of postulation namely Dvaita-vichara (dualism in thought) and Advaita-swaroopaa (monism in embodiment).



It was around 1914 that Narayana Guru composed Daiva Dasakam as a daily prayer for few poor children under his direct care and tutelage at the Sivagiri Ashram. This literary work went unnoticed until a visitor to Sivagiri Ashram incidentally heard the children reciting this melodious prayer.

TALK ON DAIVADASAKAM



"Progress through education. Strengthen through organisation."

The visitor was a then contemporary Sanskrit scholar and author Punnassery Nambi Neelakanta Sharma, who is also founder of a Sanskrit school, which later became the Government Sanskrit College in Pattambi, Kerala, India, an ongoing institution named after him. On hearing the children recite the unique prayer of astounding melody, Punnassery Nambi enquired



about the origins of the prayer, to which Narayana Guru remarked that it was he that wrote the prayer for the children. Since those days and over the past century, millions of homes, particularly in Kerala, India and across the globe daily recite this universal prayer, unaltered from its original form. Daiva Dasakam is a spiritual literary work equated at par with the Upanisads of India's wisdom heritage.



The talk on Daiva Dasakam was supported by the audio-visual learning module, developed by Narayana Philosophy Society (NPHIL) in partnership with Narayana Gurukula Foundation. The module includes an upfront briefing of the philosophical concepts and doctrines underlying Daiva Dasakam. The module further analyses the literary construct of the poem, clearly demonstrating the genius of the Guru, as a true master of verses. The event concluded on a note of thanks by Ananda Bose, who champions the learning initiatives and is a member of SNA's board of trustees.

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OBJECT 2 &3. LEARNING & PERPETUATING TALK ON HEALTH AND WELLNESS

Sree Narayana Association organized a talk on health and well being, and an information session on Stem Cell Donation.



Information Session on Stem Cell Donation was delivered by Dr. Santhosh Thyagu, Division of Hematology, University of Toronto & Ms. Charlene Goodwin, Territory

Manager, Canadian Blood Services. Most initiatives start with a personal note. This one is no different than that. A member of SNA identified the lack of awareness among the ethnic communities like us on this matter and brought it to the attention of the organisation.



*“The dawn of brilliance comes like the brilliance united of ten thousand suns This light it is
That, with its keen saw can tear asunder the darkness, Truth hiding, impermanent Of Maya:
And victorious reigns! The Primordial Sun Supreme!”
— Verse 35 Atmopadesa Satakam*



Canadian Blood Services coordinates the collection and delivery of stem cells in Canada through their OneMatch Stem Cell and Marrow Network program and works with registries all over the world to help patients access the stem cell treatments they need. They focus on registering ethnically diverse donors between the ages of 17 and 35.

SNA encourages these sort of activities and will be providing possible help and guidance to those who are interested in being one among the diverse ethnic stem cell donors.



Lifestyle and Cardio Metabolic risk, Alternative Medical Choices talk delivered by Mr. Sajeev Ampadi BHMS MD(Homeo), Consultant, Homeopath Nutrition House and Injury Prevention during Winter talk by Mr. Bibu Thomas, Physiotherapist.

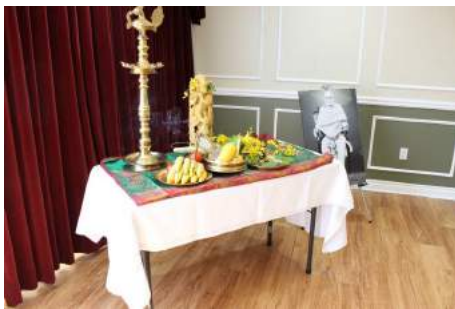


OBJECT 4. CULTURAL / COMMUNITY EVENTS

VISHU AND ANNUAL GENERAL MEETING



“One in kind, One in faith, One in God is Man;
Of one womb, Of one form, Difference none there is at all”
- Verse 2, Jati Nirnayam



The meeting started off with a melodious prayer by Sajna Rijesh followed by handing out of Vishukaineetom to kids by Mr. N.Raveendran, outgoing Chairman of the SNA Board of Trustees.

The highlights of the event includes an opening report by the outgoing President, Mr.Udayan Purushothaman, financial report presentation by the outgoing Treasurer Mr. Sanu Sahadevan, presentation of The Five year Plan, and operation report for 2014 followed by the election for the new Board of Trustees and Executive committee. The nominations for the Board of Trustees and Executive committee were announced and accepted by the General Body.



SNA OBJECTS

1. Membership
2. Learning
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2015- BOARD OF TRUSTEES

1. Udayan Purushothaman
2. Ananda Bose
3. Divakaran Kallidumbil
4. Sadasivan Raman

2015- EXECUTIVE

COMMITTEE MEMBERS

1. Sreekumar Janardhanan
2. Sree Umasankar
3. Shamita Bharathan
4. Sajikumar Pankajakshan
5. Sreejithu Panicker
6. Sreekumar Sivan
7. Sini Pengat
8. Sanu Sahadevan
9. Pravilal Viswambharan
10. Suresh Ponnann
11. Sajeev Khodhot
12. Sanal Kumar
13. Anil L S
14. Lolbi Josephine
15. Binu Sivanand
16. Shiji Aji
17. Hari Sreedharan
18. Ajeesh Rajendran

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OBJECT 4. CULTURAL / COMMUNITY EVENTS SPRING PARK CLEANING



On a rather chilly day, our volunteers showed up and cleaned the Thorncrest Park in Mississauga. SNA is consistently cleaning this park for the third year. SNA issued Volunteer certificates to con-

firm the volunteer hours our youth participants put forward for this community involvement activity.



“I am not the body but Awareness. Even before the body was born I– The Awareness was there. Even if all these cease to exist, I will remain effulging like this.”
— Gadya Prardhana

CITY OF MISSISSAUGA’S RECOGNITION TO SNA

It is with immense pleasure and gratitude to convey the news that SNA was considered one of the noteworthy contributor for the green initiatives of City of Mississauga. SNA's representative was invited to participate to join City of Mississauga Community Environmental Appreciation Evening, hosted by the Environment and Forestry Divisions. The evening is a celebration to recognize green leaders from across the city for engaging the community in environmental and forestry initiatives that support the environmental goals of the City's Living Green Master Plan.

SNA's sincere thanks goes to the Social Responsibility Team for coordinating these events. Thank you for fulfilling our collective responsibility for the environment and upholding Narayana Guru's philosophy on the cleanliness of body, mind and environment and overall the Mother Nature.

OBJECT 4. CULTURAL / COMMUNITY EVENTS

FAMILY PICNIC AND SPORTS DAY



“Whichever the religion, it suffices if it makes a better man.”



SNA celebrated its Annual Picnic and Sports Day in July 2015. We had record participation, quality social interaction, productive arts and craft kiosks, vibrant sports competitions, amazing food and above all kind nature and great weather. What an enthralling combination for a fun filled day. SNA acknowledges with pride, the growing participation in our events.

The picnic and sports day event was a big success because of the whole hearted participation. Gifts are something special we cherish over the years for that memorable moment. Our special thanks go to Manoj Karatha for sponsoring Picnic Sports Activity Gifts. Arts and craft kiosk added uniqueness to our event. This wouldn't have been possible without our dedicated team members.

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OBJECT 4. CULTURAL / COMMUNITY EVENTS
FAMILY PICNIC AND SPORTS DAY



*“Like the fire that emerges out of churning sticks,
That boundless wisdom that from within those who seek prevails,
As the Sun ascendent in pure reason’s firmament supreme,
It stays burning and to its flames consuming, fuel everything becomes.”
— Verse 82 Atmopadesa Satakam*



OBJECT 4. CULTURAL / COMMUNITY EVENTS

ONAM CELEBRATION



“One in kind, One in faith, One in God is Man;
Of one womb, Of one form, Difference none there is at all”
- Verse 2, Jati Nirnayam



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**OBJECT 4. CULTURAL / COMMUNITY EVENTS
ONAM CELEBRATION**



*“All plead but for one religion to prevail
Which the disputants fail to remember withal;
Those wise ones freed from rejection of another’s faith
Can know here wholly the secret of this all.”
— Verse 47 Atmopadesa Satakam*

SNA’s Onam celebration offered Greater Torontonians with a splendid display of Athapookalam, a festive feast and an evening full of rocking show. The evening started with the 100 year old prayer song Daivadasakam and the evening was facilitated by Masters of Ceremony Priti Ajith, Baiju John, and Ankitha Shyam. SNA’s 2015 Onam Celebration started by lighting the traditional lamp by Mr. N. Ravndran.



OBJECT 4. CULTURAL / COMMUNITY EVENTS

ONAM CELEBRATION



“One in kind, One in faith, One in God is Man;
Of one womb, Of one form, Difference none there is at all”
- Verse 2, Jati Nirnayam

The Program list included:

Daiva Dasakam - Sajna Rijesh

Inaguration & Onam Message - N. Ravindran & Sreekumar Janardhanan

Thiruvathira - Devi Dileepkumar, Priji Talwar, Ragi Sreejith, Seema Pradeep, Smitha Anoj, Sreeja Sreekumar, Suhara Sreekumar, Shamita Tarun

Semi classical dance - Harvi and Jenine

Western Contemporary Dance - Anoop Bipin, Bindu Mathew, Bindu Mekunnel, Mridula Vijay, Priti Ajith, and Salini Das

Rock Band - Hari Vattappilli, Swaroop Nair, Ankitha Shyam, Dhruv Hari, Anju Rajendran, Gokul, Linda Joseph, Rohan Adiyodi, Abey, Navaneeth Mulloli Panikan, Sudheendran Cheenikal

Vattappattu - Bipin Maliackal, Dileep Kumar, Krishna Kumar, Mukesh Mohan, Murali Narayanan, Pradeep Nambiar, Sreekumar Janardhanan, Sreekumar Sivan, Vijay Sethumadhavan

Firework Song - Ammu Umasankar

Hip-hop Fusion - Abhinav Sreekumar, Anjali Sreekumar, Femy George, Gautham Udayan, Priti Ajith, Prannoy Lal, Sidharth Nair, Sruthi Snehanad, Vishal Vinod.

Spanish Dance - Esmeralda Enrique Spanish Dance Company

Classical Jugalbanti - Akhila Thompson, Tanvi Ambat,

Amudha Jayapal, Surya Sudheendran, Medha Krishnan and Varsha Menon.

Skit - Sindu Jayapal, Sudhi, Jaypal, Raghu, Sreekumar

Senior Members Felicitation and Sponsors Felicitation

Vote of Thanks

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OBJECT 4. CULTURAL / COMMUNITY EVENTS

TREE PLANTING



“Engage in farming; agriculture is the backbone of society.”



SNA is ranked 12th among the Small Organizations participating in City of Mississauga plan of planting one million trees by the year 2032. We successfully planted 200 trees in 2015 totalling 430 trees since 2013. (<http://www.onemilliontrees.ca/#top5linkheader>).

SNA understands that it was a great experience for the participants, who were trained by the experts explaining the environmental impacts on your efforts, scientific planting techniques, safe handling of the tools, and the fun filled experience. By doing so SNA fulfills the collective responsibility for the environment and upholding Narayana Guru's philosophy on the cleanliness of body, mind and environment and overall the Mother Nature.

OBJECT 4. CULTURAL / COMMUNITY EVENTS

HOLIDAY GET TOGETHER

SNA OBJECTS

1. Membership
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*“Such Mercy that even to an ant
Would brook not the least harm to befall”.
- Anukampa Dasakam*

Sree Narayana Association celebrated Holiday Get Together with lot fun, interactive games, amazing food and highlight of the evening was the entertainment of our young minds and highlight for them was Santa and the gifts.



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**OBJECT 4. CULTURAL / COMMUNITY EVENTS
HOLIDAY GET TOGETHER**



“Whatever may be the differences in men`s creeds, dress, language, etc. – because they all belong to the same kind in creation, there is no harm at all in their dining together, or having marital relations with one another”.



OBJECT 5. ASSISTANCE

CRISIS ASSISTANCE



*“Grace, Love, Compassion – all the three -
Stand for one same reality – Life's Star.
He who loves is he who really lives.”
- Verse 3, Anukampa Dasakam*

May - 2015 – Mr. Gunasekaran Veluswamy Family

SNA extended financial and emotional support to Mr. Gunasekaran's family. Mr. Gunasekaran was met with a tragic and unexpected death at the age of 45. He is survived by his wife and two young sons. SNA was able to contribute to overcome their sudden financial needs and our members were in constant support to the family during this difficult time. SNA sincerely thank each one of you for the whole hearted help to accomplish the donation drive for this cause.

July - 2015 – Mr. Rajeev Raghavan Family

SNA's members helped the family of Mr. Rajeev Raghavan who met with an untimely sudden death at a young age. With the liberal contribution and generous volunteering from our members SNA was able to support Mr. Raghavan's family within a very short time span. With immense help of dedicated SNA members, all the related logistics were taken care of, which is of great relief to the grieving family.

SNA whole heartedly thanks the team who worked behind it and each one of you for the kind support.

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OBJECT 4. ASSISTANCE



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that action which is good for one person
should bring happiness to another.
— Verse 22 Atmopadesa Satakam*

MENTORING ASSISTANCE

SNA executive members and members work with skilled immigrants by providing information regarding preparing for the Canadian job market, avenues of finding work, connect with mentors in their area of expertise, connect with potential contacts in their professional field. SNA members also receive advice and support in finding work. Mentees gain valuable leadership experience, cross cultural communication skills and professional development opportunities through this interaction.

OBJECT 4. ASSISTANCE

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*"Acts that one performs for self satisfaction, should also result in comfort to other men".
- Verse 24 Atmopadesa Satakam*

SETTLING IN ASSISTANCE

SNA executive members and members have been actively involved in settling down new comers/immigrants to Canada by providing assistance with finding a place to stay, get bank account, OHIP cards, SIN cards, recommend best schools based on their experience, hospital/family doctor clinic information, transportation information, driving license information and other important emergency information.

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OBJECT 5. ASSISTANCE COMMUNITY ASSISTANCE

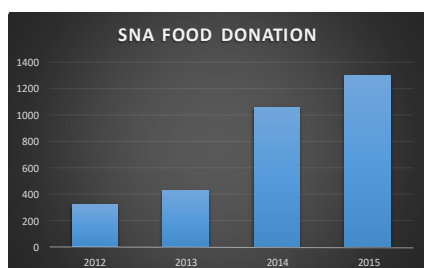


**“To win by fighting (any religion) is never possible;
no religion can be vanquished by dueling;
The opponent of faith not remembering this and persisting a fight;
His own doom shall he fight for in vain, beware!”
- Verse 46 Atmopadesa Satakam**

SNA was able to donate 1234lbs to The Mississauga Food Bank on December 2015. SNA is consistently donating to Food Banks since it has identified this as one its major Corporate Social Responsibility in 2011. SNA holds food drives for non-perishable food. In 2015 we took this as an year around project of SNA youths and kids. They raised a record breaking amount and theses relentless efforts of our youth deserve high appreciation.



We were able to donate 1058 lbs of non-perishable food to Salvation Army Burlington Community and Family Services in 2014, 422 lbs of non-perishable food to Knights Table Food Bank in Brampton from our December 2013 food drive compared to our 2012 contribution of 315 lbs to Mississauga Food Bank.



SNA due diligently identifies the most deserving Food Bank. Sree Narayana Association is proud to point out the steady and increasing support from the donors, in this gesture towards brotherly compassion towards all life forms. Each year SNA beats its previous year's record on the quantity of food donated.

OBJECT 5. ASSISTANCE COMMUNITY ASSISTANCE

Together we progress



*“Whichever the religion, It suffices
If it makes a better man”.*



Sree Narayana Association came to know about SEWA Canada's Social Responsibility initiatives. SNA Team participated and our members supported the team and was able to contribute a sum of \$ 1268.00 to build a Residential School in the remote North East hills of India, for under-privileged tribal girls to pursue secondary education. The team members who participated in the 5K run were Abhinav, Rithik, Tejas, Sreekumar Janardhnan, Suhara, Salini Das, Pravilal Pravibhavan, Sidharth Udayan, Prannoy Lal, Vijay Sethumadavan, Balan Pengat, Jayaraj Pengat, and Sini Pengat.



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OBJECT 6. MULTICULTURAL CENTRE



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— Verse 22 Atmopadesa Satakam*

In line with our sixth objective, Sree Narayana Association has started preliminary planning towards establishing a Multicultural center in Greater Toronto Area. In order to assure the best use of the resources raised or available, a team of dedicated members are working to provide the best feasible analysis to move forward with this project. In 2015 we have started our financial feasibility study for raising funds from various sources such as donations, loans, grants etc.



*Both offering and accepting Dowry as you like has always been despised by the noble-minded.
Giving or receiving dowry, in effect, is equal to selling one's own children
— Verse 181 Narayana Smritih*

SAVE THE DATES –2016

January 31, 2016 - Talk on PERSONAL FINANCIAL PLANNING

March 19, 2016 - Talk on HEALTH

April 10, 2016 - ANNUAL GENERAL MEETING & VISHU

May, 2016 - PARK CLEANING

July 16, 2016 - FAMILY PICNIC AND SPORTS DAY

September 10, 2016 - ONAM CELEBRATION

October, 2016 - TREE PLANTING

November 6, 2016 - Talk on NARAYANA PHILOSOPHY

December 17, 2016 - HOLIDAY GET TOGETHER

December, 2016 - FOOD DONATION

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2015 - NEWSLETTER

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**Sree Narayana
Association**

www.snacanada.org

E-mail:

secretary@snacanada.org

[https://www.facebook.com/](https://www.facebook.com/sna.canada)

[sna.canada](https://www.facebook.com/sna.canada)

