

	ANNOUNCEMENT	SUGGESTED ACTIVITY	RESOURCES
1	<p>We officially welcome you to Hindu Heritage Month with the most sacred sound and symbol of Hindu Dharma, “Om” or “Aum”. It is a Sanskrit word known as the sound of the universe and means universal consciousness. So, by chanting OM, we are symbolically and physically acknowledging our connection to nature and all other living beings. Sanskrit is the language of Hindu Sacred texts and is known to be the root of many languages, including English.</p>	<ul style="list-style-type: none"> <li>▪ Look up the Sanskrit alphabet online and practice a few alphabets to experience the sound of the Sanskrit language.</li> <li>▪ Look up why Sanskrit is considered to be suitable for developing artificial intelligence.</li> </ul>	<ul style="list-style-type: none"> <li>▪ <a href="#">Science of Om/Aum</a></li> <li>▪ <a href="#">TEDTalk by a student on Sanskrit</a></li> <li>▪ <a href="#">Effect of Sanskrit on the brain</a></li> <li>▪ <a href="#">Knowledge Representation in Sanskrit and Artificial Intelligence</a></li> </ul>
2	<p>Hindu Dharma is said to be the oldest living religion in the world and is India’s spiritual and cultural heritage. The ancient Hindu civilization was known for its rich economy and culture. There are over a billion Hindus worldwide, most of whom live in India. There are about a million Hindus living in Canada today, coming from India, Sri Lanka, Nepal, Caribbean, South America, among others.</p>	<ul style="list-style-type: none"> <li>▪ <a href="#">Visiting a Hindu Temple</a></li> <li>▪ <a href="#">Hindu Temples Video</a></li> <li>▪ <a href="#">BAPS Shri Swaminarayan Mandir, Toronto</a></li> <li>▪ <a href="https://vishnumandir.com/temple-tour-requests/">https://vishnumandir.com/temple-tour-requests/</a></li> </ul>	<ul style="list-style-type: none"> <li>▪ <a href="#">Hindu Heritage Month Resource Handbook</a></li> </ul>
3	<p>Hindus believe in the oneness of all living beings and everything in creation and the universe. All is One. The whole world is One Family. Hindus revere and love teachers. A teacher not only gives education, but also gives inspiration and direction. Hindus often follow a spiritual Guru, a living saint, who can guide them on the spiritual path and answer questions about life and the religion.</p>	<ul style="list-style-type: none"> <li>▪ Do an online search for ‘Vasudhaiva Kutumbakum’ - the Sanskrit expression for ‘The World is One Family’.</li> <li>▪ Name some famous Hindu saints such as Vivekananda.</li> <li>▪ Write a letter to your teacher to say thank you for guiding your learning.</li> </ul>	<ul style="list-style-type: none"> <li>▪ <a href="#">Hail Hindu Heroes!</a></li> </ul>
4	<p>The Hindu Dharma teaches about spirituality. Hindus believe that all humans are born as spiritual beings whose true nature is truth, peace and joy known as Sat-Chit-Ananda. Hindus are seekers of truth and are free to follow a personal path known as swadharma.</p>	<ul style="list-style-type: none"> <li>▪ Ask students what brings them peace and joy? Why is it important to seek the truth? Create a poster to explore these ideas.</li> </ul>	<ul style="list-style-type: none"> <li>▪ <a href="#">The Vedic Experience</a></li> </ul>

**\*\*Note the use of the term “Hindu Dharma” vs “Hinduism”\*\***

Hindus follow the “Hindu Dharma”, a “way of life”. The narrative of describing the Hindu Dharma as Hinduism has been challenged. ‘Ism’ is used to describe a condition or doctrine, not always positive, for example, fascism, racism, abnormalism, plagiarism, criticism, absurdism, etc.



Canadian Organization for Hindu Heritage Education

	ANNOUNCEMENT	SUGGESTED ACTIVITY	RESOURCES
5	India is the birthplace of the ancient Hindu civilization. In the past Hindu Dharma was peacefully spread to Afghanistan, Thailand, Indonesia, Japan, and beyond. Angkor Wat, in Cambodia, is the largest Hindu complex in the world; it was a Hindu temple of Lord Vishnu built by a Khmer King. Even today, the King of Thailand is called Rama, after Lord Rama, who was a Hindu avatar.	<ul style="list-style-type: none"> <li>Make a map of the world to mark areas of ancient Hindu civilization and the location of the Angkor Wat temple.</li> <li>How did Hindu Gandhara become known as Kandahar?</li> <li>Why was Lord Rama called an avatar?</li> </ul>	<ul style="list-style-type: none"> <li><a href="#">Angkor Wat</a></li> <li><a href="#">History of Kandahar</a></li> <li><a href="#">Story of Rama: 7th Avatar of Lord Vishnu</a></li> </ul>
6	95% of Hindus live in India and they speak over 22 different languages, such as Hindi, Tamil, Kannada, Gujarati and Punjabi. As a result of this diversity of languages and cultures, there are many differences in how customs or traditions are celebrated among Hindus.	<ul style="list-style-type: none"> <li>On YouTube can you find examples of these languages? How are they similar or different than what you speak? Discuss how your own celebrations are similar or different.</li> </ul>	<ul style="list-style-type: none"> <li><a href="#">Indian Languages Map</a></li> </ul>
7	The most common way for them to greet each other is by saying Namaste or Namas-karam- palms are held together in prayer position in front of the heart area while bowing the head down slightly. Namaste is a Sanskrit word which means, the divine in me bows to the divine in you. The bowing down of the head is a way to show love, respect, and humility. In Tamil the greeting is Vanakkam.	<ul style="list-style-type: none"> <li>Practice saying Namaste to each other. Discuss in what way the act of doing namaste is different from when we greet each other with a Hello or Hi?</li> </ul>	<ul style="list-style-type: none"> <li><a href="#">Video on Namaste</a></li> </ul>
8	Did you know that almost a million Hindus live in Canada? Hindus represent 2.23% of the total Canadian population. Immigrants of Hindu origin started coming to Canada over a hundred and twenty-five years ago. Most Hindus came later, starting in the 1970s. They came from many countries including India, Sri Lanka, Nepal, Uganda, <a href="#">Fiji</a> , <a href="#">Guyana</a> , <a href="#">Trinidad &amp; Tobago</a> , <a href="#">Suriname</a> , East Africa, South Africa among others.	Draw a map of the world to see the different countries from which Hindus came to Canada.	<ul style="list-style-type: none"> <li><a href="#">Hindus in Canada. Ethnocultural and religious diversity – 2021 Census promotional material</a></li> </ul>

**\*\*Note the use of the term "Hindu Dharma" vs "Hinduism" \*\***

Hindus follow the "Hindu Dharma", a "way of life". The narrative of describing the Hindu Dharma as Hinduism has been challenged. 'Ism' is used to describe a condition or doctrine, not always positive, for example, fascism, racism, abnormalism, plagiarism, criticism, absurdism, etc.



	ANNOUNCEMENT	SUGGESTED ACTIVITY	RESOURCES
9	<p>Hindus pray to many Devis or Goddesses, including Saraswati Devi, the Goddess of Knowledge and Learning. Lakshmi Devi is the Goddess of Wealth and Durga Devi is the Warrior Goddess. Since ancient times there have been important Hindu female scholars, leaders, warriors, and saints. Each Hindu deity is associated with some animal or bird.. For example, Saraswati, the goddess of art and education, has the swan as her companion and Goddess Durga, is seated on a tiger.</p>	<p>See pictures of the different Goddesses online to learn about the symbolism of the objects they hold in their hands and the animal or bird that accompany them. Read on Shaktism; one of the four main branches of Hindu Dharma (the other 3 are Shaivism, Vaishnavism and Smartism)</p>	<ul style="list-style-type: none"> <li>▪ <a href="#">Magic and Power Of Shaktism</a></li> </ul>
10	<p>Did you know that thousands of years ago, ancient Hindu sages discovered the idea of infinity known as ananta? Hindus believe that there is no beginning or end to the universe - only endless cycles of its creation and dissolution. In this way Hindu dharma teaches to have an awareness about the wondrous universe we are part of as humans.</p>	<ul style="list-style-type: none"> <li>▪ What is the symbol used for infinity today? Draw it.</li> <li>▪ What are the many sacred symbols of Hindu Dharma?</li> </ul>	<ul style="list-style-type: none"> <li>▪ <a href="#">Concept of Infinity in Hindu Dharma</a></li> <li>▪ <a href="#">Sacred Hindu Symbols</a></li> </ul>
11	<p>An estimated 3.8 million Indian soldiers volunteered and fought valiantly in the two World Wars as part of the British Empire- 1.3 million in WW1 and 2.5 Million in WW2. More than a third of them were Hindus. To commemorate the thousands of lives lost, a memorial named Chatra can be found in Brighton, England, the site where many Hindu soldiers were cremated.</p>	<ul style="list-style-type: none"> <li>▪ As part of the Remembrance Day lesson, learn more about the contributions of Hindu soldiers.</li> </ul>	<ul style="list-style-type: none"> <li>▪ <a href="#">Indian soldiers of WW1</a></li> <li>▪ <a href="#">Freeing Haifa</a></li> </ul>
12	<p>Did you know that Zinc was discovered by ancient Indian scientists? 1000s of years ago, Hindus did research in metallurgy, astronomy, physics, mathematics, engineering, medicine, botany, architecture, agriculture, urban planning just to name a few.</p>	<ul style="list-style-type: none"> <li>▪ Find out about some of the discoveries made by ancient Hindu scientists and engineers in some of the fields mentioned here.</li> </ul>	<ul style="list-style-type: none"> <li>▪ <a href="#">ILLUMINATING INDIA OPENS AT THE SCIENCE MUSEUM</a></li> <li>▪ <a href="#">Ancient Indian Inventions &amp; Discoveries</a></li> <li>▪ JS Kharakwal, (2011) Indian Zinc Technology in a Global Perspective, Infinity Foundation series</li> </ul>

**\*\*Note the use of the term "Hindu Dharma" vs "Hinduism" \*\***

Hindus follow the "Hindu Dharma", a "way of life". The narrative of describing the Hindu Dharma as Hinduism has been challenged. 'ism' is used to describe a condition or doctrine, not always positive, for example, fascism, racism, abnormalism, plagiarism, criticism, absurdism, etc.



	ANNOUNCEMENT	SUGGESTED ACTIVITY	RESOURCES
13	Can you imagine science or technology without the discovery of zero as a mathematical place marker? We can thank Hindu mathematicians who not only discovered the zero but Algebra, square root and cube root, Geometry, Trigonometry, and calculus. Famous Hindu mathematicians include Arya•bhata, Brahma•gupta, Rama•nuja and Bose.	<ul style="list-style-type: none"> <li>▪ Research famous Hindu mathematicians Aryabhata, Brahmagupta, Ramanuja and Bose.</li> <li>▪ Watch the Hollywood film, The man who knew Infinity - a film on Ramanujan.</li> </ul>	<ul style="list-style-type: none"> <li>▪ <a href="#">Five Ways Ancient India Changed the World With Math</a></li> </ul>
14	Hindus knew the earth was round and not flat 1000s of years ago - hundreds of years before the others discovered this. In fact, the Sanskrit word for geography is Bhu•gol, which means round earth.	Learn more about Hindu cosmology. Look up why the number 108 is seen as significant in calculating the distance between the sun or moon and the earth.	<ul style="list-style-type: none"> <li>▪ <a href="#">Video on ancient Indian knowledge about the earth being flat</a></li> </ul>
15	Hindus brought the idea of Ahim•sa or nonviolence to the world. It's one of their core values. Ahim•sa means doing least harm. There have been many Hindu saints and activists who have spread the message of peace and nonviolence to people all over the world.	<ul style="list-style-type: none"> <li>▪ Research on the concept of Ahimsa</li> </ul>	<ul style="list-style-type: none"> <li>▪ <a href="#">Ahimsa: To Do No Harm</a></li> <li>▪ <a href="#">THE HINDU CONCEPT OF AHIMSA: THE PATH OF NON-VIOLENCE</a></li> </ul>
16	Hindus believe in reincarnation or rebirth. Hindus believe that the soul is immortal, which goes on forever and is born again and again. One can be reborn as a human being or a being in the animal world. We carry karmas and impressions of our past births into the next birth.	<ul style="list-style-type: none"> <li>▪ Draw a picture of the Hindu concept of rebirth from an animal of your choice to a human.</li> <li>▪ Read about past life regression theory in psychology and stories of people who remembered their past lives.</li> </ul>	<ul style="list-style-type: none"> <li>▪ <a href="#">Karma and Reincarnation</a></li> </ul>
17	Protection of animals is part of the Hindu religion. because Hindus respect all living beings and believe all animals also have divine consciousness. Vegetarianism is therefore an integral part of the Hindu ethics. The Indian native cow is revered as mother and different animals play a role in religious celebrations.	<ul style="list-style-type: none"> <li>▪ Is vegetarianism growing in Canada? Why or why not?</li> <li>▪ What is the carbon footprint of eating meat as compared with eating vegetarian food? Why?</li> </ul>	<ul style="list-style-type: none"> <li>▪ <a href="#">The Meat-Free Life</a></li> <li>▪ <a href="#">The Guardian Article about Carbon Footprint</a></li> <li>▪ Read about the symbolism of <a href="#">Goddess Saraswati</a></li> </ul>

**\*\*Note the use of the term "Hindu Dharma" vs "Hinduism" \*\***

Hindus follow the "Hindu Dharma", a "way of life". The narrative of describing the Hindu Dharma as Hindu•ism has been challenged. 'Ism' is used to describe a condition or doctrine, not always positive, for example, fascism, racism, abnormalism, plagiarism, criticism, absurdism, etc.



	ANNOUNCEMENT	SUGGESTED ACTIVITY	RESOURCES
18	<p>Hindus are taught to follow five personal ethics or Ni•yamas:</p> <p>§ Shau•cha - cleanliness of the body and mind</p> <p>§ San•tosh - contentment and gratitude</p> <p>§ Ta•pas - self-control and self-discipline</p> <p>§ Swa•dhya•ya - study of the Self and abiding in the Self</p> <p>§ Ish•wara•prani•dhana - believe that there is a higher force taking care of everything in the world</p>	<ul style="list-style-type: none"> <li>▪ Ask students to start a gratitude journal and write down what they feel grateful for and why.</li> <li>▪ Students can be asked to do some random acts of kindness as a way to inspire themselves and others to spread kindness.</li> </ul>	<p><a href="#">Code of Conduct, Hindu Way of Life</a></p>
19	<p>“The mind acts like an enemy for those who do not control it”</p> <p>This quote from the Bhaga•vad Gita, (Chapter 6, verse 6), which is the most important book of Hindu Dharma. The book describes the nature of God, creation, and the human mind. It explains the many different ways for humans to develop spiritually and live happily.</p>	<ul style="list-style-type: none"> <li>▪ What is the main story told in the Bhagavad Gita?</li> <li>▪ Look up other sacred texts of Hindu Dharma, for example, Vedas, Upanishads, the Ramayana.</li> </ul>	<ul style="list-style-type: none"> <li>▪ <a href="#">This is a online resource on views on the Bhagavad Gita.</a></li> </ul>
20	<p>Yoga and meditation are some of Hindu Dharma’s important contributions to world civilization.</p> <p>Today Yoga poses and meditation are practiced by millions of people worldwide. Yoga is known to help calm the mind and body, and to discover the peace that lies within. In December 2014 the United Nations declared June 21<sup>st</sup> as the International Yoga Day.</p>	<ul style="list-style-type: none"> <li>▪ Learn and practice some simple Yoga poses and/or breathing exercises to experience how it can help to calm the body and mind.</li> <li>▪ Watch this documentary on 'History of Yoga – the Path of my Ancestors which is a 6000-year journey into origin, evolution &amp; development of yoga". Watch trailer <a href="http://vishuddhifilms.com/">here</a></li> </ul>	<ul style="list-style-type: none"> <li>▪ <a href="#">Yoga, Meditation and Genetics</a></li> <li>▪ <a href="#">Article by Harvard</a></li> </ul>
21	<p>Kol•am (Ran•goli) an art, in which powdered rice is used to draw colorful art on the floor, it teaches us about the significance of harmonious coexistence with nature. The real purpose behind this traditional practice is to feed the ants and birds! Ko•lam art can be used to learn about math and geometry.</p>	<ul style="list-style-type: none"> <li>▪ Create <a href="#">rangoli art designs</a> using pastels, chalk or pencil crayons. Decorate on paper or using floor space.</li> </ul>	<ul style="list-style-type: none"> <li>▪ Self-explore using the link <a href="#">rangoli art designs</a></li> </ul>

**\*\*Note the use of the term “Hindu Dharma” vs “Hinduism” \*\***

Hindus follow the “Hindu Dharma”, a “way of life”. The narrative of describing the Hindu Dharma as Hinduism has been challenged. ‘Ism’ is used to describe a condition or doctrine, not always positive, for example, fascism, racism, abnormalism, plagiarism, criticism, absurdism, etc.



	ANNOUNCEMENT	SUGGESTED ACTIVITY	RESOURCES
22	<p>Did you know that games like, Chess, Snakes and Ladders, Playing Cards and Polo originated by ancient Hindus and were later adapted to other countries?</p> <p>The game of Snakes and Ladders was invented by 13<sup>th</sup> century poet-saint Gyan•dev. The ladders in the game was about good actions or good karma that helped one make spiritual progress. The snakes were about bad actions or bad karma that made one go backwards. The game was originally played with shells and dice.</p>	<ul style="list-style-type: none"> <li>Learn how the games of Chess and Snakes and Ladders are played.</li> </ul>	<ul style="list-style-type: none"> <li><a href="#">Chaturanga</a></li> <li><a href="#">Snake &amp; Ladder</a></li> </ul>
23	<p>Ayur•veda is known as the mother of indigenous health knowledge. It is a holistic health system discovered by Hindus to bring harmony in the body, mind and emotions. Thousands of years ago Ayur•vedic doctors in India were performing surgeries using metal tools. They could diagnose health by feeling the pulse on a person's arm. Ayurveda created a body of knowledge about plants now called botany. Medicinal plants and herbs were catalogued for their healing qualities.</p>	<ul style="list-style-type: none"> <li>Look up research on some Ayurvedic medicinal herbs, such as turmeric, that are being used in modern medicine to fight diseases.</li> <li>Find out what the ancient metal surgical tools looked like.</li> </ul>	<ul style="list-style-type: none"> <li>Shroff, F. (2000). Ayurveda: Mother of Indigenous health knowledge In G. Dei, B. L. Hall &amp; D.</li> <li>Goldin Rosenberg (Eds.), Indigenous knowledges in global contexts: Multiple readings of our world, Toronto, ON: OISE/UT, University of Toronto Press. 215-233.</li> <li><a href="https://law.duke.edu/cspd/itkpaper3/">https://law.duke.edu/cspd/itkpaper3/</a></li> </ul>
24	<p>Do you remember the story of the Lion and the Mouse or the Tortoise and the Hare? Many of today's popular children's stories such as those in the Aesop's Fables and Arabian Nights are said to have originated from ancient Hindu fables such as the Pan•cha•tan•tra and Hito•pa•de•sha.</p>	<ul style="list-style-type: none"> <li>Look up and read/tell some stories from Panchatantra online. Draw some pictures about these stories.</li> </ul>	<ul style="list-style-type: none"> <li><a href="#">Panchatantra Tales</a></li> <li><a href="#">Hitopadesha Tales</a></li> <li><a href="#">Stories from Hindu contexts</a></li> <li><a href="http://chandamama.in/">http://chandamama.in/</a></li> </ul>
25	<p>In Hindu Dharma dance, art and drama are celebrated as forms of spiritual expression. Sage Muni's work on Nat•ya Shastra is recognized as the source text on performing arts. a tool to express devotion to God through dance, drama and music. These art forms are therefore viewed as devotional and spiritual practices using movement, sound, and emotion.</p>	<ul style="list-style-type: none"> <li>Look up the grid of nine emotions taught in Natya shastra. In drama classes students can experiment speaking a line using this grid to express/convey different meanings or emotions.</li> </ul>	<ul style="list-style-type: none"> <li><a href="#">Nine Emotions</a></li> <li>Kak, Subhash, 2002, Early Indian Music, 2002 pg. 17: <a href="https://www.ece.lsu.edu/kak/manila.pdf">https://www.ece.lsu.edu/kak/manila.pdf</a></li> <li><a href="#">Navarasa: The Nine Flavors of Emotions – Aakash Chowkase</a></li> </ul>

**\*\*Note the use of the term "Hindu Dharma" vs "Hinduism" \*\***

Hindus follow the "Hindu Dharma", a "way of life". The narrative of describing the Hindu Dharma as Hinduism has been challenged. 'Ism' is used to describe a condition or doctrine, not always positive, for example, fascism, racism, abnormalism, plagiarism, criticism, absurdism, etc.



Canadian Organization for Hindu Heritage Education

	ANNOUNCEMENT	SUGGESTED ACTIVITY	RESOURCES
26	<p><i>Di•wali or Deepa•vali, the culmination of the five-day festival which celebrates the victory of good over evil. Oil lamps called diyas are lighted to invite the light of peace and knowledge into their lives and homes. They wear new clothes, share sweets with friends and family and offer prayers to Lak•shmi Devi, the Goddess of Wealth. Diwali also celebrates the return of Sri Ram, along with wife Sita Ma, to his kingdom after living in exile for 14 years. Happy Di•wali!</i></p>	<ul style="list-style-type: none"> <li>▪</li> </ul>	<ul style="list-style-type: none"> <li>▪</li> </ul>
27	<p><i>Hindu dharma teaches that peaceful co-existence with others can happen if we have an attitude of friendliness towards everyone. the Hito•pa•desha (Book 1, verse 71) says “Only people with a petty outlook differentiate, saying, this is my friend, and this is not my friend. But for those with a generous heart and open mind, the entire world is one family”. This mantra gives us a message of the interconnectedness that binds us as one humanity, one creation, one world family.</i></p>	<ul style="list-style-type: none"> <li>▪</li> </ul>	<ul style="list-style-type: none"> <li>▪</li> </ul>
28	<p><i>Yoga philosophy teaches that a more peaceful world is possible when we have more peaceful thoughts and feelings. To maintain a calm loving mind and harmonious relationships in the world, Yoga teaches to be more aware of our own thoughts. Hindus are taught values such as Ahim•sa (doing least harm); Sat•ya (truthfulness); As•teya (non-stealing), Api•gra•ha (non-possessiveness) to help create more peaceful relations with others. Yoga teaches to practice being more kind, accepting and forgiving of ourselves and others.</i></p>	<ul style="list-style-type: none"> <li>▪ Practice being kind by doing random acts of kindness at home or at school</li> <li>▪ Keep a journal in which you write down daily what you are grateful for</li> <li>▪ Learn yoga breathing techniques from a approved teacher</li> </ul>	<ul style="list-style-type: none"> <li>▪ <a href="#">Yoga Philosophy Basics: The 5 Yamas (yogainternational.com)</a></li> <li>▪</li> </ul>

**\*\*Note the use of the term “Hindu Dharma” vs “Hinduism” \*\***

Hindus follow the “Hindu Dharma”, a “way of life”. The narrative of describing the Hindu Dharma as Hinduism has been challenged. ‘Ism’ is used to describe a condition or doctrine, not always positive, for example, fascism, racism, abnormalism, plagiarism, criticism, absurdism, etc.



Canadian Organization for Hindu Heritage Education

	ANNOUNCEMENT	SUGGESTED ACTIVITY	RESOURCES
29	<p>Among the many Hindu deities, you may have seen Sri Ga•ne•sha who is depicted with an elephant head. The elephant’s large brain symbolizes vast knowledge. The elephant’s trunk, connected to the head, symbolizes action based on knowledge. Sri Ga•ne•sha symbolizes divine joy and bliss, which is reflected in his ever-smiling face. Together, Sri Ga•nes•ha symbolizes peaceful, knowledge-based action that helps overcome obstacles for peace and progress.</p>	<ul style="list-style-type: none"> <li>▪ Visit a temple to learn about other Hindu Deities and the symbolism behind each.</li> <li>▪ Learn which animal or bird is depicted beside each of the deities and what they symbolize</li> <li>▪ Learn about the different character strengths each of the different deities represent.</li> </ul>	▪
30	<p>The Hindu idea of Vasu•dhai•va Kutum•bak•am is based on seeing the divinity of every living being. Hindu dhar•ma teaches that every human being is born with a divine spark. We are asked to see beyond our differences and focus on what we share in common – we are all human beings with a divine spark. Hindu dharma teaches to celebrate the rich diversity of world cultures and traditions and to see Oneness of humanity. It’s a message of coexisting with peace and mutual respect. One World, One Family!</p>	<ul style="list-style-type: none"> <li>▪ Write down a journal about how you think we can have a more peaceful world.</li> <li>▪ Talk to your classmates from different cultures to learn about their traditions, foods, celebrations and so on.</li> </ul>	▪

## Hindu Heritage Month Daily Announcements

November is Hindu Heritage Month

Thank for using this material.

Please send us your feedback

At info

Canadian Organization for Hindu Heritage Education

**\*\*Note the use of the term “Hindu Dharma” vs “Hinduism”\*\***

Hindus follow the “Hindu Dharma”, a “way of life”. The narrative of describing the Hindu Dharma as Hinduism has been challenged. ‘Ism’ is used to describe a condition or doctrine, not always positive, for example, fascism, racism, abnormalism, plagiarism, criticism, absurdism, etc.