

SAMPOORNA RAMAYANA SAPTAH SCHEDULE - CHINMAYA MISSION TORONTO

MAR 21-27, 2026

Day	Time	Description
SATURDAY MARCH 21	7.00 am - 8.45 am	Sri Rama Taraka Homam, Sri Gurudev Ashtottara Namavali, Gurudev Aarti
	8.45 am - 9.15 am	Breakfast
	9.00 am - 9.45 am	Pothi Puja, Pothi Yatra (Kerala drums, dance, procession) Flags - Sri Rama Pataka
	9.45 am - 11.30 am	Poornakumbham, Swami Shantanandaji Discourse - 1
	11.30 am - 12.00 pm	Break
	12.00 pm - 1.00 pm	Swami Shantanandaji Discourse - 2
	1.00 pm - 2.00 pm	Lunch
	2.00 pm - 3.45 pm	Sri Rama Charitamanas Parayanam - 1
	4.00 pm - 5.30 pm	Swami Shantanandaji Discourse - 3
	5.30 pm - 6.00 pm	*** Sri Rama Janma Puja & Cultural Programs (Ladoo distribution) ***
	6.00 pm - 7.00 pm	Swami Shantanandaji Discourse - 4
	7.15 pm - 8.00 pm	Bhajans - Arti (Evening Sri Rama Arati - Guruji composed)
8.00 pm - 9.00 pm	Dinner	
SUNDAY MARCH 22	7.30 am - 8.30 am	Sri Rama Puja, Sri Gurudev Ashtottara Namavali, Gurudev Arti
	8.30 am - 9.00 am	Breakfast
	9.00 am - 10.00 am	Sri Rama Charitamanas Parayanam - 2
	10.00 am - 11.30 am	Swami Shantanandaji Discourse - 5
	11.30 am - 12.00 pm	Break
	12.00 pm - 1.00 pm	Swami Shantanandaji Discourse - 6
	1.00 pm - 2.00 pm	Lunch
	2.00 pm - 3.30 pm	*** Music/singing: Sri Sita - Rama Vivah Celebration, Baarat/Procession ***
	4.00 pm - 5.00 pm	Swami Shantanandaji Discourse - 7
	5.30 pm - 6.00 pm	Break
	6.00 pm - 7.00 pm	Swami Shantanandaji Discourse - 8
	7.15 pm - 8.00 pm	Bhajans - Arti (Evening Sri Rama Arati - Guruji composed)
8.00 pm - 9.00 pm	Dinner	
MONDAY MARCH 23	7.30 am - 8.30 am	Sri Rama Puja, Sri Gurudev Ashtottara Namavali, Gurudev Arti
	8.30 am - 9.00 am	Breakfast
	9.00 am - 12.30 pm	Sri Rama Charitamanas Parayanam - 3
	12.30 pm - 1.30 pm	Lunch
	2.00 pm - 4.30 pm	Sri Rama Charitamanas Parayanam - 4
	6.00 pm - 7.30 pm	Swami Shantanandaji Discourse - 9
	7.30 pm - 8.15 pm	Dinner
	8.15 pm - 9.15 pm	Swami Shantanandaji Discourse - 10
	9.15 pm - 9.30 pm	Evening Sri Rama Arati (Guruji composed)
TUESDAY MARCH 24	7.30 am - 8.30 am	Sri Rama Puja, Sri Gurudev Ashtottara Namavali, Gurudev Arti
	8.30 am - 9.00 am	Breakfast
	9.00 am - 12.30 pm	Sri Rama Charitamanas Parayanam - 5
	12.30 pm - 1.30 pm	Lunch
	2.00 pm - 4.30 pm	Sri Rama Charitamanas Parayanam - 6
	6.00 pm - 7.30 pm	Swami Shantanandaji Discourse - 11
	7.30 pm - 8.15 pm	Dinner
	8.15 pm - 9.15 pm	Swami Shantanandaji Discourse - 12
	9.15 pm - 9.30 pm	Evening Sri Rama Arati (Guruji composed)
WEDNESDAY MARCH 25	7.30 am - 8.30 am	Sri Rama Puja, Sri Gurudev Ashtottara Namavali, Gurudev Arti
	8.30 am - 9.00 am	Breakfast
	9.00 am - 12.30 pm	Sri Rama Charitamanas Parayanam - 7
	12.30 pm - 1.30 pm	Lunch
	2.00 pm - 4.30 pm	Sri Rama Charitamanas Parayanam - 8
	6.00 pm - 7.30 pm	Swami Shantanandaji Discourse - 13
	7.30 pm - 8.15 pm	Dinner
	8.15 pm - 9.15 pm	Swami Shantanandaji Discourse - 14
	9.15 pm - 9.30 pm	Evening Sri Rama Arati (Guruji composed)
THURSDAY MARCH 26	7.30 am - 8.30 am	Sri Rama Puja, Sri Gurudev Ashtottara Namavali, Gurudev Arti
	8.30 am - 9.00 am	Breakfast
	9.00 am - 12.30 pm	Sri Rama Charitamanas Parayanam - 9
	12.30 pm - 1.30 pm	Lunch
	2.00 pm - 4.30 pm	Sri Rama Charitamanas Parayanam - 10
	6.00 pm - 7.30 pm	Swami Shantanandaji Discourse - 15
	7.30 pm - 8.15 pm	Dinner
	8.15 pm - 9.15 pm	Swami Shantanandaji Discourse - 16
	9.15 pm - 9.30 pm	Evening Sri Rama Arati (Guruji composed)
FRIDAY MARCH 27	7.30 am - 8.30 am	Sri Rama Puja, Sri Gurudev Ashtottara Namavali, Gurudev Arti
	8.30 am - 9.00 am	Breakfast
	9.00 am - 12.30 pm	Sri Rama Charitamanas Parayanam - 11
	12.30 pm - 1.30 pm	Lunch
	2.00 pm - 4.30 pm	Sri Rama Charitamanas Parayanam - 12
	6.00 pm - 7.30 pm	Swami Shantanandaji Discourse - 17
	7.30 pm - 8.15 pm	*** Sri Rama Rajya Pataka Abhishekam Cultural Program *** - Bhajans aarti
	8.30 pm - 9.30 pm	DINNER