



Happy Diwali

from all of us at Holland Bloorview

Diwali 2024 (Row of lights)

Diwali is an important religious festival that originated in India. Many people associate Diwali with Hinduism, but it is also celebrated by Jains (Jainism) and Sikhs (Sikhism). [Source](#)

When is Diwali in 2024?

- The exact dates change each year, but Diwali falls from Thursday, October 31 to Friday, November 1, 2024.
- The name Diwali is derived from the Sanskrit term "dipavali," which means "row of lights." The festival generally symbolizes the victory of light over darkness. [Source](#)

Community Events

- [Diwali Fiesta!](#) (October 5) A night of celebration and joy at the Courtyard Toronto. Brampton
- [North York Diwali Fest](#) (October 19 – 20) Festival Of Lights (Festival Of Lights with music, dance, food, and a lot more)

What are the 5 days of Diwali?

- **Day 1** (Oct 29th, 2024) **Dhanteras** - The festival begins with Dhanteras, which means the "worship of wealth." On this day, devotees pay homage to Lord Dhanwantari, the god of Ayurveda and healing practices, signifying that health is the true wealth. [Source](#)
Traditions: People traditionally clean their homes, light a diya lamp around the Tulsi plant, and pray to Lord Yama for their well-being. There's also a custom of purchasing something precious, often gold, symbolizing the ushering in of prosperity. [Source](#)
- **Day 2** (Oct 31st, 2024) **Narak Chaturdashi or Choti Diwali** – Naraka Chaturdashi is linked to the legend of Lord Krishna defeating the demon Narakasura, restoring peace



and righteousness. **Traditions:** Ritual oil baths, application of kumkum or oil symbolizing victory, lighting lamps, and sharing sweets and savouries are customary, representing the triumph of light over darkness. [Source](#)

- **Day 3** (Nov 1, 2024) **Lakshmi Puja (Diwali Day)** The central day of Diwali falls on Amavasya, the new moon day of the Hindu month of Kartik. Celebration of the return of Lord Rama to Ayodhya and the worship of Goddess Lakshmi, the deity of wealth and prosperity. **Traditions:** Lights are lit on diyas, and fireworks are let off to symbolize joy and the defeat of evil. It represents the spiritual triumph of knowledge, light over darkness, and inner awakening as well. Families gather to share meals, and candies, exchange gifts, and visit temples bringing happiness and positivity into their lives. [Source](#)
- **Day 4** (Nov 2nd, 2024) **Govardhan Puja or Padva, Annakut-** Different cultures celebrate the day after Diwali in different ways. In some regions of India, it is celebrated as New Year's Day; in others, it is known as Govardhan Puja or Vishwakarma Puja. **Traditions:** People worship cows, give food, and make replicas of the hill out of cow dung. In addition, it's a day for gift-giving and visiting with loved ones. [Source](#)
- **Day 5** (Nov 3rd, 2024) **Bhai Dooj, Yama Dwitiya-** the fifth and last day of Diwali celebrations, honours the relationship between brothers and sisters. The story of Lord Yama and his sister Yami is linked to the day, highlighting the enduring power of sibling bonds. **Traditions:** In addition to hosting a dinner and performing a tilak ceremony, sisters wish their brothers health and longevity. The relationship of love and care is strengthened when brothers give gifts to their sisters in return. [Source](#)

Explaining the five days of Divali to Kids

[Diwali Festival of Lights | 5 Days of Deepavali | Story of Dipavali](#) (YouTube)

- [Diwali Festival of Lights](#) (The Biggest Diwali event in Canada at Nathan Phillip Square on October 26th and 27th)

Holland Bloorview Resources

Employee Resource Groups (ERGs)

At Holland Bloorview, we recognize that empowering and elevating diversity is critical to fostering a healthy team. Creating a sense of well-being and belonging for all employees,



volunteers, and students is an important part of this work. We're doing this by supporting the formation of employee resource groups (ERGs) or interest groups.

The IDEAA office has released a [toolkit](#) with instructions for staff members who want to form a resource group. The IDEAA office can assist ERG leads with administrative support, such as creating internal communications, setting up meetings, and sharing information with managers to encourage employee participation in these groups with enough notice. Discretionary funds are available if any ERGs would like to organize an official learning event for their members and the organization.

Discrimination, Racism and Harassment Reporting Process (HB Connect)

An independent and confidential process is available for reporting workplace discrimination, racism, and harassment. Please go to [HB Connect](#) for more information

Wishing you and your family a Happy Diwali!!

This resource was by the Inclusion, Diversity, Equity, Accessibility and Anti-Racism Office (IDEAA). If you have any comments or would like to suggest additional resources, please e-mail ideaa@hollandbloorview.ca

