Celebrating Hindu Heritage Month



Sisler High School | Winnipeg School Division

Hindu Heritage Month in Canada

During Hindu Heritage Month, we honour the significant contributions of Hindu Canadians and acknowledge the vital role they play in communities throughout Canada. This month is also an opportunity to explore and appreciate the histories, cultures, and accomplishments of Hindu communities, whose influences continue to shape Canada.

- Ontario proclaimed November as Hindu Heritage Month in 2016, and the federal government followed in 2022 | Bill 56, 2016 and Canadian Heritage.
- In 2021, nearly 830,000 people, 2.3% of Canada's population, reported an affiliation with Hinduism, according to Statistics Canada | The Daily.

Did you know?

- Hinduism is believed to be the world's oldest living religion and teaches spirituality.
- "Om" or "aum" is known as the sound of the universe and is the most sacred sound and symbol of Hinduism.
- Popular games, including Chess, Snakes and Ladders and Polo were created by ancient Hindus | Waterloo Region District School Board

Books, films, and learning resources

- Hinduism | National Film Board
- Celebrate Hindu Heritage Month with these books for kids | Richmond Hill Public Library
- Animated map shows how Hinduism spread around the world | YouTube

History and heritage resources

- What is Hindu Heritage Month?| Toronto District School Board
- Hinduism |The Canadian Encyclopedia
- Hinduism beyond India: Trinidad and Tobago | Hindu American Foundation (HAF)
- Surviving Colonization and Indentureship - The Caribbean Hindu Story | CoHNA

Employee Resource Groups (ERGs)

The IDEAA office has 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.

This resource was developed by Sophia Okyere-Oduro, Anti-Racism Implementation Specialist. If you have any comments or would like to suggest additional resources, please email **ideaa@hollandbloorview.ca**