



Saaptahik

Come in. Sit down.
Have a cup of chai. ☕❤️

Here's a little something for
your week.

Saaptahik is a small weekly gathering place for stories, ideas, celebrations, discoveries and conversations that connect us to our culture, our memories and our lives here in Canada.

Some weeks, we may talk about a festival or tradition. Some weeks, we may discover something fascinating we never knew. We may celebrate an achievement, share a little piece of India, explore a word or expression that travelled across borders, or simply bring you something that makes you smile.

This is our little corner of the world—a place to pause for a few minutes, feel a little closer to home, and perhaps start a conversation with someone around us.

Whether you have been here for generations or have just arrived, whether you grew up with these traditions or are simply curious to learn more, you are welcome here.

We hope you enjoy this little something we have put together for you. 😊



THIS WEEK



One Sky, Two Shows

02

A solar eclipse by day, the Perseids by night



India at 80

02

Indian Independence day celebrations across Canada



Did You Know?

02

The story behind a familiar word.



Community



Conversations



Culture



Celebrations

◆ Nature Nuggets

The Sky has a Double Delight

One by Day. ☀️ One by Night. 🌙

*The sky has something special planned for this **Wednesday, August 12.***

During the afternoon, a partial solar eclipse will be visible across much of Canada. It is a beautiful reminder of the wonders happening above us. If you plan to watch, remember: never look directly at the Sun without proper eclipse-rated eye protection. [NASA](#) has viewing information and will also stream the eclipse live.

Then, the sky has another surprise waiting. After sunset, the Perseid meteor shower reaches its peak overnight offering a chance to spot bright meteors dancing across the night sky.



With the Moon at its New Moon phase, the dark sky should make it an especially good night for meteor watching. And if skies are clear, you may even catch a glimpse of the Milky Way.

So this Wednesday, take a moment to pause and step outside. Once during the day, and once again at night.

India @80 – Celebrating Freedom

Next weekend, India marks its 80th Independence Day—and celebrations are happening across Canada including:

August 15 - 9:00 PM

Flag Hoisting Ceremony followed by cultural celebrations and refreshments.

The Consulate General of India, **Toronto**
365 Bloor St E #700, Toronto, ON M4W 3L4.

August 15 - 10:15 - 10:30 PM

Iconic **Niagara Falls** (Horseshoe Falls) will be illuminated in the Tricolours of Indian Flag.

August 16 - 12:00- 9:00 PM

India Day Festival and Grand Parade
Nathan Phillips Square, **Toronto**

Did You Know?

*The word "**Shampoo**" has Indian roots.*

The English word shampoo traces its roots to the Hindi word chāmpo (चाँपो), meaning "massage" or "press."

A little word with a long journey.

Featured Event (Online)

🎵 **Sing Along or Sing Alone!** 🎵

Saturday, August 15 • 6:30 PM

An evening of Bollywood patriotic songs
Come sing along, or simply listen and enjoy!

Details & RSVP

www.meetup.com/videsidesi