



Hindu Centre
Jnana • Bhakti • Seva

WWW.HINDUCENTRE.ORG.SG

APRIL 2025

NEWS @ HC - PAST AND FUTURE EVENTS, HIGHLIGHTS AND NEW PROGRAMS

patrika
the voice of the Hindu Centre, Singapore

we're so glad you're here!



Prayer for the month



[PRAYER TO SARASWATI](#)
[SARASWATI NAMASTUBHYAM](#)
[varade kāmārupiṇi](#)
[vidyārambham kariṣyāmi](#)
[siddhir bhavatu me sāda](#)

[CLICK TO LISTEN](#)

[MY HUMBLE PROSTRATION UNTO](#)
[THEE, O GODDESS SARASWATI,](#)
[YOU ARE THE FULFILLER OF ALL](#)
[MY WISHES, I START MY STUDIES,](#)
[WITH THE REQUEST THAT I](#)
[ACHIEVE PERFECTION IN THEM.](#)

HOW ARE YOU?

From President@HC

Namaste.

Thank you for reading Patrika, our e-newsletter, bringing you the latest news and happenings at Hindu Centre.

Like all of here on planet Earth and in the Universe, we are all seekers of the Eternal and Universal Truth that our learned and realised rishis have handed down to us orally.

We are therefore very pleased to have had Niloofar ji, a scholar of Vedanta, at the Centre to engage with all of us. She is a wonderful speaker, very erudite and has been to the Hindu Centre before.

A first for us was a beach clean-up at the East Coast Park on a Sunday morning as part of our sustainability contribution to Planet Earth.

Thank you all for your continued support! If you are able to, please help us with a donation of whatever size to UEN S78SS0017J by PayNow (indicate Donation in the reference column).

Hope to see you all at our events.

Dr N Varaprasad
President

Shanti's Journey @HC

VOLUNTEER MANAGEMENT

AT HINDU CENTRE FOR THE LAST 25 YEARS

Shanti Rajaram came to Hindu Centre looking for Hinduism classes for her son, started with structuring Balagurukulam – the children's program, and ended up running it for nearly 17 years. The teachings at HC resonated deeply with her and it turned into a commitment to serve the community through HC, which for her was a way of giving back. She now runs Volunteer management at HC, please reach out to her if you'd like to volunteer at HC. In her day job, she is responsible for providing student care for the 1300 residential students at NUS.



April Events

[FIND OUT MORE](#)

VEDIC YOGA
TUESDAYS 7:30 - 8:30 PM

[REGISTER](#)

ONLINE CHANTING - ZOOM MORNINGS / EVENINGS

Please refer to last page for details of how and when to join

[JOIN ZOOM CALL](#)

APRIL 6 - 7:30-9 PM
RAMANAVAMI CELEBRATION



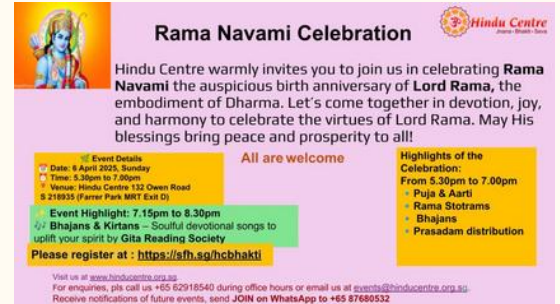
Bhangra with Pankhi
Enjoy the dancing
Learn basic steps of Bhangra
How to step with the rhythm
How to move to the beats of the DHOL
And dance to the peppy music

All ages & genders welcome
Pankhi Jain
She has been dancing on stage since she was 5 years old! Has taught more than 5 popular classes @HC.

Previous knowledge of dance NOT needed
DATE: April 12 (Saturday)
Timing: 3-5 pm
Fees: \$515
Venue: 132 Owen Road, S 218935

Please register early at <https://sfh.sg/hcarts> Limited seats available!
Or scan this QR code to register

For enquiries, please call us at +62918540 in office hours or email us at events@hinducentre.org.sg
Receive notifications of future events, send JOIN on WhatsApp to +65 87680532



Rama Navami Celebration

Hindu Centre warmly invites you to join us in celebrating **Rama Navami** the auspicious birth anniversary of **Lord Rama**, the embodiment of Dharma. Let's come together in devotion, joy, and harmony to celebrate the virtues of Lord Rama. May His blessings bring peace and prosperity to all!

Event Details
Date: 8 April 2025, Sunday
Time: 5.30pm to 7.00pm
Venue: Hindu Centre 132 Owen Road S 218935 (Farmer Park MRT Exit D)

Event Highlight: 7.15pm to 8.30pm
Bhajans & Kirtans – Soulful devotional songs to uplift your spirit by Gita Reading Society
Please register at: <https://sfh.sg/hcbhakti>

Highlights of the Celebration:
From 5.30pm to 7.00pm
• Puja & Aarti
• Rama Stotrams
• Bhajans
• Prasadam distribution

All are welcome

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APRIL 12 - 2-4 PM
BHANGRA WITH PANKHI

APRIL 19, 4:30 - 6:30 PM -
BHAJANS WITH BRAHMA SABHA

APRIL 9 & 10 - 7:30-9 PM
SHANTI MANTRAS
SAHANAVAVATU, POORNAMADAH



Vedanta in daily life! **Promises of Krishna**
What he says in Bhagavad Gita

Humans need guarantees in life to feel safe and secure. But no human guarantee lasts forever. On the other hand, Krishna's promises in the Bhagavad Gita will give us the confidence to go through this life, and ensure that none of our spiritual practices go to waste.

Learn more about these promises of Krishna to attain all your goals.

Date: 21st April 2025, Monday Time: 7:30 - 9 pm
Fees: SGD 5

Venue: Hindu Centre, 132 Owen Road, S 218935

Session conducted by: **S Anuradha**
Author, Editor, Publisher & Volunteer Teacher at Hindu Centre.
She has written, edited and published many articles and books including:
The Friendless God
Advaita Vedanta in Shiva Samhita
Forty Steps to Liberation

Please register soon to attend at <https://sfh.sg/hcalive> or Scan the QR Code

See our calendar of events at <https://sfh.sg/hcevents>
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APRIL 21 - 7:30-9 PM
KRISHNA'S PROMISES
IN BHAGAVAD GITA



Chanting Vedic Shanti Mantras

Vedic chanting is the highest form of chanting in Hinduism. Correct Chanting of the Vedic Shanti Mantras leads to immediate results

Chanting of Shanti Mantras give good health and intelligence to the individual and well being for the entire universe. Mantras such as Sahanavavatu, Poornamadaha etc will be taught.

Session conducted by: Rajeesh
Rajeesh has learnt Vedic chanting from several traditional teachers
Prior knowledge of Sanskrit NOT needed
Young children need to be accompanied by adult

2 sessions, Fees: SGD 10
Date: 9th & 10th April, Wed & Thurs
Time: 7:30-9 PM (on both days)
Venue: Hindu Centre, 132 Owen Road S218935 (Farmer Park MRT Sta, exit D)

Please register soon to attend at <https://sfh.sg/hinduillife> or Scan the QR Code

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APRIL 26, 4-6 PM - CONCERT @HC, WITH SONGS 7 STORIES
LIKE HARIKATHA

Editor's Corner

GRANTHA - OUR ONLINE BOOK CLUB

We are very proud of our Grantha program, where we read one important book per month together, something we would never be able to achieve otherwise, in our busy lives.

1. **The Vedas - Swami Chandrasekharendra Saraswati**
2. **The Value of Values - Swami Dayananda Saraswati**
3. **Prayer Guide - Swami Dayananda Saraswathi**
4. **Mindfulness in 8 days - K. Kathirasan**
5. **Teachings of Bhagavad Gita - Swami Dayananda Saraswati**
6. **Keep contact with God - Swami Sivananda**
7. **Lord Shanmukha and his worship - Swami Sivananda**
8. **In praise of the Goddess - Devadatta Kali**
9. **Moments with oneself - Swami Dayananda - 4 books**
10. **Saiva Siddhantha - by K. Ravindran**

The knowledge that we gain from these books helps us to live our own lives better and also enables us to create and deliver classes that benefit Singapore Hindus in the same way.

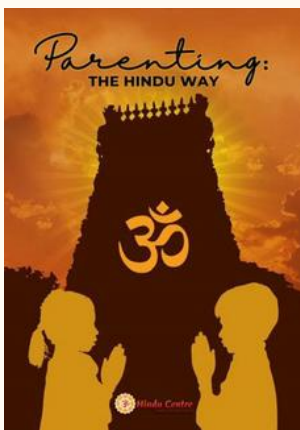
**CURIOUS TO KNOW????
WHAT ARE SAMSKARAS
AND HOW ARE THEY
SIGNIFICANT IN A
HINDU'S LIFE?**

[CLICK TO ANSWER](#)

**LAST MONTH'S ANSWER:
HIGGS' BOSON WAS
NAMED GOD PARTICLE BY
MISTAKE.
BUT IT IS ALSO HIGGS'
FIELD THAT GIVES ANY
PARTICLE A MASS.
COINCIDENCE?**

[JOIN US](#)

Resources



PARENTING - THE HINDU WAY

What is the Hindu worldview that we need to instill in our children? Why do we need to do it in this globalised culture?
And how?

[GET IT!](#)

Sustainability Beach Cleanup



BEACH CLEAN-UP

TAKING CARE OF THE NATURE (BHUTA YAGNA) IS ONE OF THE FIVE COMPULSORY DAILY DUTIES OF ALL HINDUS. FAMILIES, WITH BOTH YOUNG AND OLD GOT TOGETHER ON A SUNDAY MORNING TO MAKE THE EARTH CLEANER AND SAFER BY PICKING UP LITTER SUCH AS BROKEN GLASS PIECES AND PLASTIC ITEMS.

Past events - March



March 1 - Bhajans with Brahma Sabha

Many soulful Bhajan's more than 50 people from toddlers to seniors. Almost 2 hours of bhajans sang by so many people with such devotion. Yamuna theera Vihari and Prabho Ganapathi in the lilting tones of the children was heavenly. Please join us in our next month's Bhajans. Not to be missed

March 3 - Medical Astrology - Ms Vijayalakshmi is a unique teacher, who has learnt Astrology from a very young age. Generally she mentioned what are the character and physical of various lagnas and how to lessen the negative traits and remain healthy in body and mind.

Question: Are the positions of the planets in a horoscope, indicators of what is happening in a person's life, or can they impact and change it?

Her answer: The problem is indicated by the planetary position and the solution also lies in addressing that planet in diff ways, to lessen the impact of the same problem., which cannot be avoided completely but since you have some choices, the impact can be reduced.

March 8 - Ms Agila taught the Navagraha worship class - she taught the 7 different kolams and 7 different slokas for every day of the week, for navagraha. The slokas can be used at home or at the temple. Very useful class for us to pray to lessen the impacts in our lives, that the grahas are indicating to us and guiding us on.



March 15 - Our teacher Shanthi Ravindran is very passionate about how our traditional arts add to the depth of our prayers and pujas. She taught the basics of all types of kolams - Pulli kolams, Padi kolams, Puja kolams and more. The students, juniors and seniors alike were so engrossed and excited, one student even volunteered to teach us her on kolams !

March 9 - Balagurukulam had the first onsite program of the semester on March 6th, at the Hindu Centre. It is always a great pleasure to see the hall filled with the voices and laughter of children. The children, parents and teachers all had a great time, meeting and interacting with each other. Well-done, BG team!



Nilooferji's Talks @HC

March 21, 22, 23 – Nilooferji is a very learned teacher and always brings us a big step up in our learning. She has been to HC many times now, her classes are always very popular and this time too, we were houseful. She taught 3 sessions on Friday, Saturday and Sunday evenings. Nilooferji is also a musician and always starts with a Nottuswaram – she has taught us Muchukunda Varada and Pahimam Janaki before and now the third one – Kanchisham.

Day 1 - Interplay of Qualities that make up our character - Extracts from Bhagavad Gita

Introduced the 3 Gunas in a refreshing manner – these make up our approach to life. Tamas invests in laziness, Rajas invests in fulfilment of desires, Sattwa invests in knowledge. We need a bit of all three, but we need to step from 1 to 2 to 3. Are we born with these? Yes, but we can change them too. Like parents can, by giving them an atmosphere of Sattwa and it starts even when thinking of conception.

Day 2 - Modifications of the self - The Essence of Being - Brahma Jnanavali by Adi Sankara

Introduced us to a process of understanding of the self through Sravana, Manana and Nidhidhyasana – Vedantic meditation. Sastra paints a role model for you. Sravana – with Medhasakthi the power of active listening with your mind in your ears. Manana – spend time thinking I am the infinite. Nidhidhyasana – to bring vedanta knowledge into the mind and meditate on it, to clear habitual patterns of thought.



Day 3 - The intricacies of choices and Consequences - Yaksha Prasna from Mahabharata

Yudhisthira answers many questions including those on the mind – Manah – Mind is the box through which you see the world – nourish it. You are what you perceive.

Question and Answer session - Best one! Why do you pray to Ishwara?

You are limited to a small costume. Ishwara has the big costume, and he can give you what you want and need.

Felicitations

Komalavalli, Vazhthukkal on 60th birthday !



HC VOLUNTEER FOR THE LAST 15 YEARS

Komala is a Bhakti and Bandhu team volunteer and helps us on all our other activities too. She also leads our Kandha Shashti mass chanting event which has been attracting 200+ people every year. She is a warm and welcoming person and a great networker too, bringing these qualities to help us run our events efficiently as our Event Manager. As she turns 60 this year, we wish her all the very best in life! May Ishwara fulfill all her wishes and keep her healthy and happy always!

March Online Chanting

- *HINDU CENTRE SINGAPORE (MONTHLY -APRIL 2025) - ZOOM CHANTING DETAILS:***
- 1) ***Chathurthi Chanting*:** 1.4.2025 (Tuesday) 7:30 am -8:15 am SGT/5 am -5:45 am IST via zoom online
 - 2) ***Sashti day chanting*:** 3.4.2025 (Thursday) 7 pm -8 pm SGT/4:30 pm -5:30 pm IST via zoom online
 - 3) ***Devi Mahatmyam (Chapters 1-13) chanting*:** 5.4.2025 (Saturday) 7:30 am - 10:30 am SGT/5 am to 8 am IST) via zoom online
 - 4) ***Pournami Lalitha sahasranamam chanting*:**12.4.2025 (Saturday) 7 pm - 8:30 pm SGT/4:30 pm to 6 pm IST via zoom online
 - 5) ***Soundarya lahari (Shlokas 1-100) chanting*:** 17.4.2025 (Thursday) 7 pm - 8:30 pm SGT/4:30 pm - 6 pm IST via zoom online
 - 6) ***Mooka pancha sathi (MPS)-(Arya shathakam shlokas, Padharavindha shathakam, stuthi shathakam, Kataksha shathakam shlokas) chanting*:** 19.4.2025 (Saturday) 7:30 am - 10 am SGT/5 am to 7:30 am IST via zoom online
 - 7) ***Sivarathri day chanting*:** 26.4.2025 (Saturday) 7:30 am - 8:30 am SGT/5 am - 6:00 am IST via zoom online
 - 8) ***Ammavasya Abirami Andadi Chanting*:** 27.4.2025 (Sunday) 7 pm - 8:30 pm SGT/4:30 pm - 6 pm IST via zoom online

Zoom meeting details:

JOIN ZOOM CALL

Meeting ID: 840 5924 4048
Passcode: bhakti

SUBSCRIBE TO OUR CALENDAR OF EVENTS HERE:

[SUBSCRIBE](#)

TO JOIN HINDU CENTRE AS A MEMBER

[VISIT](#)

ANNUAL MEMBERSHIP \$120 PER YEAR, LIFE - \$2000 (ONE-TIME).



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SEND JOIN TO +65 8768 0532

[HINDU CENTRE YOUTUBE CHANNEL](#)

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TO JOIN OUR EVENTS

Email to events@hinducentre.org.sg

HELP US PROMOTE, PROTECT AND PRESERVE OUR VEDIC HERITAGE
"EVERY LITTLE BIT COUNTS"

[DONATE](#)

Volunteer with us today

HAVE ANY QUESTIONS ABOUT WORKING WITH US?

Please join us at our events, join our WhatsApp broadcast group, engage with us on social media, email us or call us !

[LET'S CHAT!](#)

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