



Hindu Centre
Jnana • Bhakti • Seva

WWW.HINDUCENTRE.ORG.SG

OCTOBER 2025

DEDICATED TO THE ADVANCEMENT OF SANATANA DHARMA FOR THE PAST 47 YEARS

patrika

the voice of the Hindu Centre, Singapore

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

PRAYER FOR PEACE AND PROSPERITY

[OM SARVEŚĀM SVASTIR BHAVATU](#)

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SARVE SANTU NIRĀMAYĀH

SARVE BHADRĀṆI PAŚYANTU

MĀ KAŚCID DUHKHA BHĀG BHAVET

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PROSPERITY BE UNTO ALL; PEACE
BE UNTO ALL; COMPLETENESS BE
UNTO ALL;

AUSPICIOUSNESS BE UNTO ALL.
MAY ALL BE HAPPY. MAY ALL BE
FREE FROM DISEASE. MAY ALL
ENJOY PROSPERITY. MAY NONE
EXPERIENCE SORROW.

From President @HC

Namaste and Vanakkam to everyone!

As we celebrated Deepavali/Diwali last month, lighting diyas at home, doing puja, wearing new clothes and going to the temple to pray for good health, we also had a surprise gift.

The family of the late Shri Sant Kumar Rai has agreed to make an annual gift of money to Hindu Centre to help us increase our reach, recruit more volunteers and conduct more activities.

We are indeed very grateful to the Rai family and I quote from Shiva Rai "I hope this gift will inspire others to do the same and support the good work of Hindu Centre".

May Ishwara bless you and your family.

Dr N Varaprasad
President



Meet Shanthi Ravindran

**SOCIAL MEDIA HEAD, YOGA TEACHER,
EDUCATION & BHAKTI VOLUNTEER**

Shanthi started @HC as a yoga student in 2011 and went on to qualify as a HC Yoga teacher and has been teaching yoga regularly since then. She also joined HC Book sales and Bhakti teams and attended most of the Educom classes as well.

Post COVID, from 2022-2025, she led the Education Committee, where she used her religious & secular knowledge to make ancient Hindu concepts relevant to modern seekers.

Generating fresh ideas from within the EC/MC teams and partnering with teachers and organisations from outside, she created core classes in a new model and also new programs around culture for adults and children. Cultural practices like singing, dancing, naivedyam making and arts are part of all our religious practice and enhances our bhakti. The HC Dance team Taranga and book appreciation programs - Pustaka and Grantha, are all part of these initiatives. A well thought out publicity model maximised attendance.

As Head of HC Outreach and Social Media now, she works on HC daily social media presence and evolving to new models of outreach, including video formats / new channels.



Editor's Corner

DAANA AS A NIYAMA

Sanatana Dharma lists ten niyamas ((observances) that we must follow in our daily lives. Daana (charity) is one of them. Niyamas are observances that help us to appreciate the world order, purifies the mind, strengthens focus and brings clarity of thoughts, words and actions. The other Niyamas are Hri (remorse), Santosha (Contentment), Astikya (Faith in Sastras), Iswarapujana (Worship of Iswara), Arjavam (Straightforwardness), Mitahara (Moderate eating), Shaucha (purity).

Daana means not giving just material goods like food, clothes and money, and also sharing the teaching of the Sastras, known as Vidya Daanam.. Sastras also say we should identify the deserving people to give Daana to. And once given we should not dwell or revel in it. Daana should be given without any thought of reward, or seeking praise.

Daana is mentioned in our Upanisads and also in Yoga texts. These Niyamas, along with Yamas (social disciplines and values like Satyam, Ahimsa) provide us a set of desirable, achievable values from which we can build our day to day existence and shows us a way of life.

CURIOUS TO KNOW????

WHAT IS DHARMA?

[CLICK TO ANSWER](#)

LAST MONTH'S ANSWER:

RAMAYANA AND
MAHABHARATHA ARE
ITHIHASAS - NARRATIVES
ROOTED IN REMEMBERED
EVENTS, ELEVATED TO
REVEAL
ETERNAL DHARMA.

Shanthi Ravindran
Social Media @HC

Shri Sant Kumar Rai

On Vijayadasami day, we were very privileged to receive a first donation from the estate of our esteemed member, Shri Sant Kumar Rai, who attained Sadgati last year. Raiji wanted to give this money to Hindu Centre for the great work we are doing to uphold Sanatana Dharma in Singapore.

Raiji came to Singapore as a child in 1950 and has been HC member since 1989. He was always a great follower of Sanatana Dharma, participating in Friday weekly homas since his childhood with his first teacher Dasarath Singh, growing up in the then rough Tiong Bahru neighbourhood. He excelled in sports, became head boy of his school, and then MAS and Singapore Airlines pilot for 40 years. A follower of Sanatana Dharma, he meditated twice a day, keeping community first. His son Shiva Rai is also our member and ran our Yoga program for many years. Hindu Centre is very grateful for this donation and will capture this permanently as the Sant Kumar Rai Sanatana Dharma fund. It will help us to do more and reach more beneficiaries with Jnana, Bhakti and Seva.



November programs

[FIND OUT MORE](#)

- Vedic Yoga - Weekly Tuesday** - Gentle Yoga - 7:30 PM at the centre for 15+ years
- Grantha - Monthly - Book club** - Read a book every month, discuss last Tuesday of the month
- Balagurukulam - Weekly** - operates in 2 semesters on Sundays, closed for the school holidays
- Online Chanting - Monthly** - Chanting of stotrams on many auspicious days including Pournami
- Mitra - Weekly - Counselling service** in the prisons - going on for many years now
- Bandhu - Monthly - Support service** for inmates of senior homes like RenCi

| Jnana | Jnana | Jnana |
|---|---|---|
| Devi Mahatmyam | Thirumanthiram | Wisdom of the foremost Guru Sri Dakshinamurti |
| Online Chanting and basic meanings 6 month course | Chanting of Chapter 1 on Thirumoolar Guru Puja day | Exploring Dakshinamurti Pancharatna Stotram |
| Starts 2-Nov, every Sunday | 4 Nov | Wed 19th Nov Thu 20th Nov Fri - 21st Nov |
| Sun | Tue | Wed |
| 9-10 PM | 7-9 PM | 7-8:30 PM |
| Aruna | Aruna | Nilooferji |
| \$25 | free | \$15 |
| https://sfh.sg/hcpreview | https://sfh.sg/hcsloka | https://sfh.sg/hcalive |



October programs

[FIND OUT MORE](#)

Happiness and the nature of thoughts - 4 Saturdays from Oct 11 - Karthik Thirupathi -

This course is based on the timeless wisdom of the Upanishads. Based on the Seer-seen discrimination it introduces and nature of the knower or Self as the witness. Further, it uncovers and introduces Happiness as the true nature of this knower and removes the misconception that happiness arises from acquisition of material objects or from "my people". It concludes with an action plan so that the participant can internalise these teachings. When understood and practiced well, these Vedantic teachings help the Student to "respond and not-react" to everyday challenge



Thiruvathira dance class - 4 Sundays from Oct 12 - Sindu Padmini -

Thiruvathira dance is an art form from Kerala usually danced by women around a lamp as an Anushtana karma on Dhunu (Margazhi) month Thiruvathira day (Arudhra Drsanam). The songs are mostly about Parvathi and Shiva, with a dance made up of simple steps, age old songs and a grace that comes from devotion. The dance is structured with a Ganesa stuti at the beginning, then the slow dance, and a faster kummi with a lot of clapping of hands and mangalam at the end.

Shiva in Kamba Ramayanam - Renga Prasath - Oct 17 - Kamban kattum Kannuthalan

We heard that even the name Kamban could be a name of Shive - Ekambareshwarar of Kancheepuram, And thar verses of Shiva are there in all the padalams. Even Kamban the great poet said - how can I explain the greatness of Shiva in words.!



Tarpanam - 2 Wednesdays - Oct 29, Nov 5 - S Anuradha -

Prayers for ancestors - Students learn the intention behind doing it, how to do it and teh prayers to use. They also received the dharba materials foor the tarpanam and enough practice will be provided in the second session



Vijayadasami

On Vijayadasami day, Hindu centre conducted the final day puja for Navaratri, with prayers, 3 different namavali archanas for Durga, Lakshmi, Sawaswathi, stotrams and bhajans. Devotees brought many different types of prasadam and we ended the session with a kummi dance.





Purattasi Saturday book sales continues

Taranga @Grace Home annual event



**Bandhu –
Home
cooked
Deepavali
Lunch at
Rec-Ci
Home**



HC Volunteer Deepavali party on 25 October, Saturday

Mitra counsellors visited Angsana Home on 4 October



7

Congratulations to Shankarji

**ON RECEIVING LIFETIME ACHIEVEMENT AWARD
FROM ANDRUM INDRUM VARIETY SHOW**

Wishing all the best and thanks to our dear Shankarji!

Shankarji is a well known musician / musicologist in Singapore. He was Deputy General Manager of the Centre of Arts, NUS, was pioneer member of the Singapore Indian Choir and Orchestra of the People's Association and has served the National Arts Council and National Youth Council in various capacities.

He joined SIFAS as Academy Registrar in 2006, and served as Principal till 2012 and again from 2017 till 2019. Together with his wife Mrs Saradha Shankar, he was awarded the "Singai-Gamma" award for semi-classical award for semi-classical singing in 1992 and the Veteran Musicians award in 2004. He has co-authored a book "Kala Manjari"- 50 years of Classical Music and Dance in Singapore, released in 2015. Previous Head of Bhakti @HC, he is always a great supporter of all our events, especially all our festival celebrations and our Navaratri festival of arts.



October Online Chanting

- 1)*THIRUMOOLAR GURU POOJA* - *THIRUMANDIRAM TANTRA I CHANTING*: 4.II.2025 (TUESDAY) AT HC
- 2)*POURNAMI LALITHA SAHASRANAMAM CHANTING*: 5.II.2025 (WEDNESDAY) 7 PM - 8:30 PM SGT/4:30 PM TO 6 PM IST VIA ZOOM ONLINE
- 3)*SOUNDARYA LAHARI (SHLOKAS 1-100) CHANTING*: 6.II.2025 (THURSDAY) 7 PM - 8:30 PM SGT/4:30 PM - 6 PM IST VIA ZOOM ONLINE
- 4)*MOOKA PANCHA SATHI (MPS)-(ARYA SHATHAKAM SHLOKAS, PADHARAVINDHA SHATHAKAM, STUTHI SHATHAKAM, KATAKSHA SHATHAKAM SHLOKAS) CHANTING*: 14.II.2025 (FRIDAY) 7:30 AM - 10 AM SGT/5 AM TO 7:30 AM IST VIA ZOOM ONLINE
- 5)*DEVI MAHATMYAM (CHAPTERS 1-13) CHANTING*: 15.II.2025 (SATURDAY) 7:30 AM - 10:30 AM SGT/5 AM TO 8 AM IST VIA ZOOM ONLINE
- 6)*SIVARATHRI DAY CHANTING*: 18.II.2025 (TUESDAY) 7:30 AM - 8:30 AM SGT/5 AM - 6 AM IST VIA ZOOM ONLINE
- 7)*AMMAVASYA ABIRAMI ANDADI CHANTING*: 19.II.2025 (WEDNESDAY) 7 PM - 8:30 PM SGT/4:30 PM - 6 PM IST VIA ZOOM ONLINE
- 8)*CHATHURTHI CHANTING*: 24.II.2025 (MONDAY) 7:30 AM -8:15 AM SGT/5 AM - 5:45 AM IST VIA ZOOM ONLINE
- 9)*SASHTI DAY CHANTING*: 26.II.2025 (WEDNESDAY) 7 PM -8:30 PM SGT/4:30 PM -6 PM IST VIA ZOOM ONLINE

JOIN ZOOM CALL

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).



**TO RECEIVE NOTIFICATIONS OF FUTURE EVENTS, SAVE OUR
NEW WHATSUP @HINDU CENTRE NUMBER +65 87741320**

**AND FOLLOW OUR WHATSAPP CHANNEL
[HTTPS://SFH.SG/HCWA](https://sfh.sg/hcwa)**

AND OUR TELEGRAM CHANNEL AT [HTTPS://T.ME/HCSP](https://t.me/hcsgp)

[TELEGRAM
CHANNEL](#)

**(THIS REPLACES OUR BROADCAST WHATSAPP
AT +65 87680532 WHICH WILL BE RETIRED)**

[WHATSAP
P
CHANNEL](#)

[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"**

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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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