



**Hindu Centre**  
Jnana • Bhakti • Seva

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[WWW.HINDUCENTRE.ORG.SG](http://WWW.HINDUCENTRE.ORG.SG)

APRIL 2026

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

## SREE KRISHNA

[LINK FOR AUDIO](#)

VASUDEVA-SUTAṂ DEVAṂ  
KAṂSA-CHĀṆŪRA-  
MARDANAM  
DEVAKĪ-PARAMĀNANDAṂ  
KṚṢHṆAṂ VANDE  
JAGADGURUM.

I BOW TO BHAGAWAN KRISHNA,  
THE SON OF VASUDEVA, THE  
SUPREME LORD HIMSELF, THE  
DESTROYER OF KAMSA AND  
CHANURA, AND THE ONE WHO  
BRINGS SUPREME BLISS TO HIS  
MOTHER DEVAKI — THE  
JAGADGURU (TEACHER OF THE  
WORLD).



# From President @HC

Namaste and Vanakkam to everyone!

Last evening at Hindu Centre, the hall came alive with devotion and vibrancy together during the celebration of Lord Rama's birthday, Rama Navami. It was as if the new genre of bhajan clubbing had come to Hindu Centre, with the bhajan group from Gita Reading Society led by Shri Devaki Nandanji.

Events at Hindu Centre bring together different groups together to perform or to volunteer. This helps to unify the diverse Hindu groups under the umbrella of Hindu Centre. This is part of our mission – to have unity within diversity. While there has been an increase in the number of regional and language groupings in our nation, we should always remember “Vasudhaiva Kutumbakam” – we are all of one family

See you all soon!

Dr N Varaprasad  
President

## Meet Manogar Kannappan

**VICE PRESIDENT @HC, CHAIRPERSON OF OUR MITRA PROGRAM**



Manoji's journey with the Centre began in 2010 as a participant in our Vedic yoga classes. Since then, he has been a steady pillar of the organization, joining the MC in 2015 and previously serving as the Centre's Treasurer. Since 2013, Manogar has been a dedicated Mitra volunteer, conducting weekly Hindu counselling sessions for inmates at Singapore's prisons. He resonates deeply with the Mitra program's vision of bringing hope and meaningful change through the principles of Hindu Dharma.

In his professional life, Manogar runs a Speech Therapy and Social Communication centre that provides essential developmental services for children and young adults. In addition, he also serves as the Chairperson of the School Advisory Committee of a MOE Primary School.

# Editor's Corner

## RAMANAVAMI

The day of the birth of Sri Rama is celebrated as Ramanavami. Rama was an avatar of Mahavishnu, who had the virtues of an ideal human - like righteousness, kindness and good values. His story is told in the Ramayana, which we are told to begin our spiritual journey with. Why do we read the Ramayana? Because it teaches us many virtues, not only through the strength of Rama and Sita, but also through the bhakti of Hanuman, Lakshmana and Bharatha, and even through the character of Ravana and many smaller but no less important characters. Hindu Centre celebrates Ramanavami with the usual bhakti, we have also conducted seminars on Sita, Bharatha, Hanuman and taught the Hanuman Chalisa, Aditya Hridayam stotram, making the favourite naivedyam of Panakam and Kosumbari and many more.

One of our mentors once said, to a question on after the Ramayana, what shall we read next? His answer - read the Ramayana all over again!

CURIOUS TO KNOW????

WHAT IS ISHWARA ANUGRAHA?

[CLICK TO ANSWER](#)

YOGA IS AN UPASANA OR MEDITATION - IT IS A MENTAL TRANSACTION AND USES THE BODY AND PRANA TO REACH A MENTAL STATE OF SELF-REALISATION. ASANA WAS AUXILIARY IN THOSE DAYS, NOW IT IS PRELIMINARY. HC VEDIC YOGA INCLUDES STANDARD ASANA PRACTICE AND MANY PRAYER AND UPASANA METHODS MAKING IT A VERY HOLISTIC PRACTICE

*Shanthy Ravindran*  
Social Media @HC

# Chaitra Navaratri

Prayers offered at Chaitra Navaratri has great merit. We chanted Lalita Sahsrnamam, Soundarya Lahari, Devi Mahatmyam and Bhajans

## Ramanavami @HC



# April programs

[FIND OUT MORE](#)

**Vedic Yoga - Weekly Tuesday** - Gentle Yoga - 7:30 PM at the centre for 15+ years

**Vedic Yoga - Weekly Monday** - Focus on alignment - Yoga with Maniam sir - Singapore's Yoga Maestro

**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

**Long chanting classes** - Sessions every Monday, currently on Thirumanthiram - Tantra 3

**Mitra - Weekly - Counselling service** in the prisons - going on for many years now

**Bandhu - Monthly - Support service** for residents of senior homes like RenCi

Bouquet making	Yoga Nidra
Simple Bouquets for all occasions	Deep Relaxation
Apr 26, 2026	Apr 29, 2026
Sunday	Wednesday
3-5 PM	7:30-9 pm
Srividya Chadayappan	Dr Alka Prakash
\$30	\$10
<a href="https://sfh.sg/hcarts">https://sfh.sg/hcarts</a>	<a href="https://sfh.sg/hcseeds">https://sfh.sg/hcseeds</a>

## March Vedic Yoga @HC

We have expanded our Yoga program to include one more day's Yoga with Maniam Sir. Our Tuesday's Yoga class this month features our yoga teacher Sugandhi, who is also a trained classical dancer. She combines her knowledge of dance and yoga in the context of Hinduism and brings us yoga sessions focused on our deities - their strength and their postures, so that they are always in our minds, and our asana also becomes a prayer and meditation too.



# March programs

[FIND OUT MORE](#)

## Concert by Trichur Brothers – 7 March

As Marketing Partner with Purple Aura partners, HC organised a concert by Trichur Brothers, at the Singtel Waterfront Esplanade Theatre on 7<sup>th</sup> March, Saturday.



## Balagurukulam onsite @HC – 8 March

This semester’s Balagurukulam children were at Hindu Centre this Sunday and what fun they had! Great to see our hall filled with children, we are always happy when we can do this, appreciate the support of the teachers and parents who made it happen



## Wellness Journey – 13 March

Lalit M Kapoor has had an incredible journey transforming from a state of many serious illnesses to wellness. Founder of the PBW Foundation, he shared his personal journey and the Five Pillars of Health including plant based health.

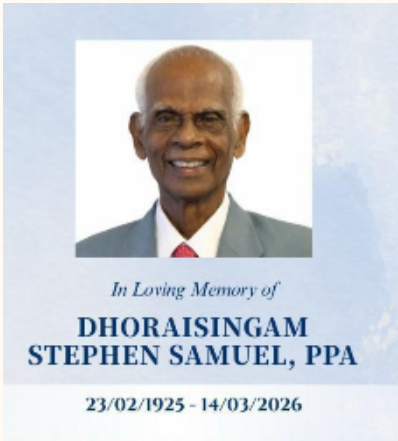


## Arunachala – 14 March

Harini Chari spoke about the famous Siddha Yogis of Thiruvannamalai – Ramana Maharishi, Seshadri Swamigal and Ram Surat Kumar, speaking about their life and teachings and what makes them great teachers to follow.

# Condolences on the passing away of Mr Dhoraisingam

**DEAR FATHER OF OUR LONG TERM VOLUNTEER YASHO DHORAISINGAM**



Mr Samuel Dhoraisingam was a retired Singaporean educator, historian and author, best known for his scholarly work on the history of minority communities and historical sites in Singapore and Malaysia. He has held leadership positions as Head of Education in MOE and MINDEF, and as President of the History Association of Singapore and was on the Board of Singapore Member of the Singapore History Museum and his works include books on the Chitty Melaka, Singapore’s heritage sites, Working for Dr Goh Keng Swee, Legacies of Tan Tock Seng, V. Pakiriswamy Pillai and Robert Fullerton. He passed away at the age of 101 years, cared for till the end by his loving daughter, Yasho.

We offer our prayers for him to rest in peace and for Yasho and family to find the strength to overcome their great loss. Yasho is the founder-mentor of HC Mitra counselling program.

# April Online Chanting

- 1) \*POURNAMI LALITHA SAHASRANAMAM CHANTING\*: 2.4.2026 (THURSDAY)  
7 PM - 8:30 PM SGT/4:30 PM TO 6 PM IST VIA ZOOM ONLINE
- 2) \*SIVARATHRI DAY CHANTING\*: 15.4.2026 (WEDNESDAY) 7:30 AM - 8:30  
AM SGT/5 AM TO 6 AM IST VIA ZOOM ONLINE
- 3) \*AMMAVASYA ABIRAMI ANDADI CHANTING\*: 17.4.2026 (FRIDAY) 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, MANDASMITHA SHATHAKAM SHLOKAS) CHANTING\*: 18.4.2026  
(SATURDAY) 7:30 AM - 10:30 AM SGT/5 AM TO 8 AM IST VIA ZOOM ONLINE
- 5) \*CHATHURTHI CHANTING\*: 20.4.2026 (MONDAY) 7:30 AM -8 AM SGT/5  
AM -5:30 AM IST VIA ZOOM ONLINE
- 6) \*SASHTI DAY CHANTING\*: 22.4.2026 (WEDNESDAY) 7 PM -8:30 PM  
SGT/4:30 PM -6 PM IST VIA ZOOM ONLINE
- 7) \*SOUNDARYA LAHARI (SHLOKAS 1-100) CHANTING\*: 23.4.2026  
(THURSDAY) 7 PM - 8:30 PM SGT/4:30 PM - 6 PM IST VIA ZOOM ONLINE
- 8) \*DEVI MAHATMYAM (CHAPTERS 1-13) CHANTING\*: 25.4.2026 (SATURDAY)  
7:30 AM - 10:30 AM SGT/5 AM TO 8 AM IST VIA ZOOM ONLINE

**\*ZOOM MEETING DETAILS:\***

**JOIN ZOOM MEETING**

**[HTTPS://US02WEB.ZOOM.US/J/84059244048?](https://us02web.zoom.us/j/84059244048?pwd=V3DKTLR3CMRMDINDWC84RXDYRGLDQT09)**  
**PWD=V3DKTLR3CMRMDINDWC84RXDYRGLDQT09**

**MEETING ID: 840 5924 4048**  
**PASSCODE: BHAKTI**

**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/HCSGP](https://t.me/hcsgp)**

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

[TELEGRAM  
CHANNEL](#)

[WHATSAPP  
CHANNEL](#)

[HINDU CENTRE YOUTUBE CHANNEL](#)

**SUBSCRIBE**

**TO JOIN OUR EVENTS**

Email to [events@hinducentre.org.sg](mailto: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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