



**Hindu Centre**  
Jnana • Bhakti • Seva

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

DECEMBER 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 PARENTS

MĀTĀ PITṚBHYĀM VAPUŚAḤ  
JANAKĀBHYĀM MUDĀNVAHAM  
NAMASKAROMI VIJÑĀNA  
JANAKĀBHYĀM ŚIVĀPṬHAYE  
OM MĀTĀ PITṚ BHYĀM NAMO  
NAMAḤ

MAY MY PARENTS, WHO CAUSED  
THIS BODY AND GAVE ME  
KNOWLEDGE, BE FILLED WITH  
AUSPICIOUSNESS. MY DELIGHTFUL  
PROSTRATION TO THEM



# From President @HC

Namaste and Vanakkam to everyone!

As we come to the close of the Gregorian year, all of us would look back and reflect on how quickly the months passed by.

We would have had moments of joy, sadness, success, failure, laughter and tears. In Sanatana Dharma, all these are one and the same as well as transient. We experience these feelings but don't become attached to them.

We come to realise that we can't have one without the other. The only constant is Brahman and that we are part of the universal consciousness and truth.

With these thoughts, I wish you and your family a fulfilling year ahead.

Dr N Varaprasad  
President

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**We encourage all our friends and followers to move to our new channels**  
To receive notifications of future events, save our new  
**WhatsUp @Hindu Centre number +65 87741320**

And follow our Whatsapp channel <https://sfh.sg/hcwa>  
And our Telegram channel at <https://t.me/hcsgp>

(this replaces our broadcast Whatsapp at +65 87680532 which will be retired)

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## Meet Dr Uma Natarajan

**HONORARY SECRETARY, HINDU CENTRE**



Dr Uma Natarajan is the Honorary Secretary of the Hindu Centre (HC) and is a volunteer at HC since 2017. Besides her secretarial duties, she is keenly interested in our Jnana and Bhakti activities and provides innovative ideas for enhancing our programming. She volunteers in other community and education related projects and sits on other charity committees in Singapore. Professionally, Uma is Assistant Director of an education research centre at NIE, NTU and manages operations at the centre. She is trained in Carnatic music and it's great to have her with us.

# Editor's Corner

## ARTS@HC

At Hindu Centre, we understand that culture is integral part of our lives and part of how we celebrate our festivals and find laya or flow. It is also a way of engrossing ourselves in thinking of Ishwara in bhakti - a meditation in itself.

- Cuisine for the Gods - Naivedyam making - we teach making of different tyoes of Modhakam every Vinayaka Chaturthi - Modhakams with sweet and savoury fillings, uzundu kozhukkattai, ammini kozhukkattai, fision modhakams like bandung and pandan flavour. We also taoght kosumbari and panakam making one Ramanavami
- Traditional drawing forms like Warli art and Madhubani painting - that you can learn to draw with simple forms
- Kolam - geometrical and floral patterns that we draw at the front of our homes and in our altars with dry or wet flour, rangoli with colours. We have taught simple kolams and special ones for navaratri and for navagraha worship
- Singing traditional bhajans and simple songs and Taranga bhajans with mudras - to remind us of the forms of Ishwara
- Dances from all traditions - Garba and Dandiya, Bhangra, Thiruvathirakkali, Kathak, Dance with Yoga, Bharatanatyam and more waiting like kolattam

Tell us if you'd like to join us and also what else you'd like to see from Hindu Centre!

CURIOUS TO KNOW????

WHAT IS KARMA?

[CLICK TO ANSWER](#)

**LAST MONTH'S ANSWER:  
DHARMA IS THE NATURE OF  
A BEING AND THE ORDER IN  
THIS UNIVERSE.  
AN INDIVIDUAL HAS  
SAMANYA (YAMA / NIYAMAS)  
AND VISHESHA  
DHARMA (AS PER ROLES).**

*Shanthi Ravindran  
Social Media @HC*

## Thiruvathira dance

Thiruvathira dance is an old and traditional art form from Kerala, danced during Dhanu month Thiruvathira nakshatra day for Shiva, as a prayer or Anushtana karma. It is now danced with the same purity for many other festivals and occasions. It is performed by women at home, dancing in a circle. Simple, Gentle swaying steps, synchronised and is performed as a group with deep devotion. No specific mudras or bhava or strict adavus like classical dances. Usually starts with a Ganesa stuti, then the dance itself and ends with a faster Mangalam in Kummi style, all of which we will show. We want to popularise this dance form:

- To use it in all prayers and pujas
- To show that the simple steps can be learned
- For people who don't know Malayalam also



# December 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 stortams 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 lke RenCi

## Bhakthi Celebration - Vaikunta Ekadasi special puja - Dec 30th, Tuesday, 7:30 PM - 5 AM on Dec 31st

### Dance Mudras

Deva hastas showing our Devatas



Learn simple Bharatanatyam hand mudras signifying gods, goddesses and their vehicles.

Use them in devotional dances and even while singing and chanting, to increase your absorption

You can recreate the images of the devatas in your mind through these hand gestures and movements

**Do not miss this unique opportunity!**

**Volunteer Teacher Sugandhi Balakrishnan** is a well known dancer and certified yoga instructor





Register at the this link  
<https://sfh.sg/hcarts>  
Or scan this QR code

For enquiries, pls call us at 87741320  
or email us at [events@hinducentre.org.sg](mailto:events@hinducentre.org.sg)

**Fees: SGD 10**  
**Saturday 13<sup>th</sup> Dec 2025, 3-5 PM**  
**Venue:**  
**Hindu Centre, 132 Owen Road,**  
**S 218935**

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# November programs

[FIND OUT MORE](#)

**November 19, 20, 21 – Talks by Nilooferji  
Wisdom of the Foremost Guru – Sri Dakshinamurty –  
Exploring Dakshinamurti Pancaratna Stotram  
His very presence and grace in our thoughts can  
lead us to liberation.**

In his stillness, Sri Dakshinamurti beckons us to turn inward, to look beyond the distractions of the external world, and to seek the eternal truth that resides within each of us. His teachings, being timeless, are relevant not just to the sages of ancient times but to all seekers of knowledge. He reminds us that the answers we seek are not to be found in the external world, or the endless, restless, mental chatter; but in the silent, introverted recognition of the Truth.



**November 2 – Devil Mahatmyam Chanting  
online 6 months (Every Sunday 9–10 PM  
class)**



**Volunteer Teacher: Aruna Subramanian, happy and interested to share this divine knowledge**

**November 4 – Thirumanthiram chanting**  
On Thirumoolar Guru Puja day, the flower from Nataraja's head fell just as we at the point where Thirumoolar merged with Nataraja. It was great catching up with our online friends.



## Felicitations to our Volunteer family!

**BHAKTI VOLUNTEERS - KARTHIK, DIVYA AND BABY AADAV**



Karthik had been volunteering with us for many years before he married Divya. At that time, he was leading our monthly Lalita Sahasranamam Pournami day chanting sessions.

After their marriage they volunteered at HC together, with Divya leading a class on Naivedyam, helping with our children's workshops and Bhakti events.

They were the Yajamana couple in one of our Homas and the next year, they had baby Aadav. It was lovely to have him run around HC too.

We wish our volunteer family all the best for the future!

# October Online Chanting

- 1) \*POURNAMI LALITHA SAHASRANAMAM CHANTING\*: 4.12.2025 (THURSDAY) 7 PM - 8:30 PM SGT/4:30 PM TO 6 PM IST VIA ZOOM ONLINE (CANCELLED THIS MONTH)
- 2) \*MARGALI CHANTING BY OURSELVES AND THERE WILL BE NO ZOOM CHANTING\* - :16.12.2025 TUESDAY TILL 14.01.2026 WEDNESDAY
- 3) \*SIVARATHRI DAY CHANTING\*: 18.12.2025 (THURSDAY) 7:30 AM - 8:30 AM SGT/5 AM - 6 AM IST VIA ZOOM ONLINE
- 4) \*AMMAVASYA ABIRAMI ANDADI CHANTING\*: 19.12.2025 (FRIDAY) 7 PM - 8:30 PM SGT/4:30 PM - 6 PM IST VIA ZOOM ONLINE
- 5) \*CHATHURTHI CHANTING\*: 24.12.2025 (WEDNESDAY) 7:30 AM - 8:15 AM SGT/5 AM - 5:45 AM IST VIA ZOOM ONLINE
- 6) \*SASHTI DAY CHANTING\*: 25.12.2025 (THURSDAY) 7 PM - 8:30 PM SGT/4:30 PM - 6 PM IST VIA ZOOM ONLINE
- 7) \*MOOKA PANCHA SATHI (MPS)-(ARYA SHATHAKAM SHLOKAS, PADHARAVINDHA SHATHAKAM, STUTHI SHATHAKAM, KATAKSHA SHATHAKAM SHLOKAS) CHANTING\*: 26.12.2025 (FRIDAY) 7:30 AM - 10 AM SGT/5 AM TO 7:30 AM IST VIA ZOOM ONLINE
- 8) \*SOUNDARYA LAHARI (SHLOKAS 1-100) CHANTING\*: 26.12.2025 (FRIDAY) 7 PM - 8:30 PM SGT/4:30 PM - 6 PM IST VIA ZOOM ONLINE
- 9) \*DEVI MAHATMYAM (CHAPTERS 1-13) CHANTING\*: 27.12.2025 (SATURDAY) 7:30 AM - 10:30 AM SGT/5 AM TO 8 AM IST VIA ZOOM ONLINE

JOIN ZOOM MEETING

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

[TELEGRAM  
CHANNEL](#)

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

[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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