



# patrika

*the voice of the Hindu Centre, Singapore*

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

## Prayer for protection especially in calamity

ANYATHA SHARANAM NASTI  
TVAMEVA SHARANAM MAMA

TASMAD KARUNYA BHAVENA  
RAKSHA RAKSHA  
JANARADHANA

I HAVE NO OTHER REFUGE,  
THOU ART MY SOLE REFUGE,

OUT OF SENSE OF  
COMPASSION, PROTECT ME,  
O SUPREME LORD!



## From President @HC

Namaste and Vanakkam to everyone!

On June 8, 2025, we held our 47th Annual General Meeting, electing 6 members of the Management Committee of Hindu Centre. I was pleased to table the society's report of activities for 2024. Believe it or not, in 2024, we had around 600 different activities during the year!

May I invite you to read the full report here: <https://sfh.sg/hcAR2024> It has been a most satisfying year for everyone to bring the beauty of Sanatana Dharma to everyone through myriad channels. 2025 will be an even better year as we are seeing higher attendances and better outreach.

I thank all our volunteers and participants for their participation in our Jnana, Bhakti and Seva programs.

May Ishwara bless you and your family.

Dr N Varaprasad  
President

[CLICK TO READ](https://sfh.sg/hcAR2024)  
ANNUAL REPORT

## Meet Dhanam Krishnasamy

**HEAD OF BANDHU TEAM @HC AND BHAKTI VOLUNTEER**



Dhanam has been a steady supporter and long term volunteer at HC for 20 years, as a Bhakti team volunteer and Book Sales team volunteer with her dear friend Ravethy. She has been leading the Bandhu team for many years now, organising visits to the elderly care homes, and running the program to help, supporting and cheering them up with prayers, Puja, songs, activities and simply being there with them.

Dhanam has a generous heart, and is generous with her donations for Hindu Centre and time for volunteering. Dhanam turned 70 recently and we wish and pray for Ishwara's blessings for her happiness and health!

# Editor's Corner

## PRAYERS

On June 12th, we saw a heartbreaking tragedy unfold as the Air India flight from Ahmedabad to London crashed, claiming many lives – passengers, pilots, crew and people on the ground. In this time of sadness, let us pray for sadgati for the departed 🙏

And for Ishwara to give their families the strength to deal with their great loss. We also pray for the wounded to heal quickly.

We can light a lamp in our altar to pray for them and chant Om namah Shivaaya or Om namo Narayanaya 🙏

And add a prayer:

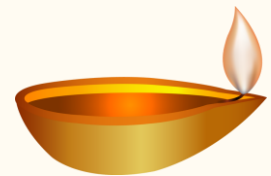
Mrityunjaya Rudraya Neelakantaya Shambhave,  
Amrithaya Sharvaya Mahadevaya Te Namaha 🙏

CURIOUS TO KNOW????

WHY DO WE RING BELLS DURING PUJA?

[CLICK TO ANSWER](#)

LAST MONTH'S ANSWER:  
WE PRAY FOR FULFILLMENT OF OUR GOALS (SEEN RESULTS), TO OBTAIN PUNYA (UNSEEN RESULTS) AND TO EXPRESS ONE'S GRATITUDE TO BHAGAVAN



Shanthi Ravindran  
Social Media @HC

## Balagurukulam – what they learn young, stays

Our Balagurukulam program is an immersion program meant for children 5-15 years old to immerse themselves in spiritual and cultural learning. Mainly an online program, with a couple of in person sessions @HC, it runs on Sundays, as 2 semesters during school term time.



Our children learn about our values, Sastras, Worship practices including a simple 5-step pujas, small slokas and mantras, stories from our puranas like Ramayana and Mahabharata, our festivals etc through story-telling and in many fun ways.

We have been running this program for over 20 years now and we have seen our children grow up into strong individuals with concern for society and with great pride in their Hindu identity. As parents know, this is increasingly important in a globalised world where youngsters are in the midst of social media all the time.

# July programs

[FIND OUT MORE](#)

- Vedic Yoga - Weekly Tuesday** - Gentle Yoga - 7:30 PM at the centre for 15+ years  
In July, one day will be dedicated to Chair Yoga - that everyone can use everywhere.
- Grantha - Monthly - Book club** - Read a book every month for the past year, no mean feat!
- Balagurukulam - Weekly** - operates in 2 semesters on Sundays, closed for the school holidays  
2nd semester will run from 6th July to 21st September 2025
- Online Chanting - Monthly** - Chanting of stortams on many auspicious days including Pournami
- Bhajans - Monthly** - conducted by Hindu centre and Brahma Sabha together
- Mitra - Weekly - Counselling service** in the prisons - gong on for many years now
- Bandhu - Monthly - Support service** for inmates of senior homes lke RenCi

## Bhakti - Guru Poornima celebrations - July 10, Thursday 7:30-9 pm @HC

Thirumurugattu padai	Sanskrit Devanagari	Ganesa and Krishna Bhajans	Varalakshmi Puja
One of the first texts on Murugan, describes the Aru Padu Veedu	Script and pronunciation as the first step to learning Sanskrit. Includes books for study	Learn soulful and energetic bhajans, iconic bhajans suitable for beginners, youngsters and senior singers	Learn the basics of this popular puja and get a silver Varalakshmi face for your prayers
5-Jul	July 4, 11, 18, 25, Aug 1, 8, 15, 22	12-Jul	19-Jul, 20-Jul
Saturday	Friday	Saturday	Sat, Sun
3-4 PM	7:30-9 PM	3-5 PM	3-5 PM
Krishna, Strategic Consultant, has taught other texts @HC	Sanskrit Bharati - Experienced teachers	Pushpa & Yogesh, Senior teachers and experienced Bhajan singers	Vasanthy Bala, Bhakti team volunteer and Puja enthusiast
Free	\$60	Free	\$25



## Aditya Hrudayam – June 5

Sri V Prabhakarji is a regular speaker @HC and he had a very engaged audience of more than 20 students for this free talk on the context and slokas of this powerful stotram, that we can chant any time the sun is up, to energise us and help us remove the negative emotions both in us and from others towards us.

Aditya, the Sun God represents Luminosity, Knowledge and is witness to all of humans' actions. It is Surya Bhagawan who gives us our life force. Mid-battle, Rama is waiting for Ravana to come back and Sage Agatsya advises Rama to pray to the Sun God in this stotram. Agastya is Rama's Guru, Gurus are always there to advise us at the right time.



## Dattatreya Vaibhavam – June 18

Ms Harini is a regular volunteer teacher @HC and she has taught classes on women saints, Panduranga Vittala and Hanumanji in Sundara Kadam. In this class, Ms Harini explains the symbolism behind the 3 faces of Dattatreya, the 4 dogs that follow him and Kamadhenu with him.

Dattatreya as Guru, as the worship of Jnana (another one is Hayagreeva), other worships of Vishnu as Ugra (Narasimha, Parasurama) and Sowmya (Krishna, Rama). She also taught a stotram on Dattatreya,

# Felcitations to Winnie on her graduation!

**CERTIFIED YOGA THERAPIST, VEDIC YOGA PRACTITIONER AND VOLUNTEER**



Winnie Wong started with Vedic Yoga back in 2011 along with her family. We all remember teaching them and admired the interest shown by the children in our activities in the yoga class.

Winnie has been regularly practising and organising our Vedic yoga classes. Inspired by the experience, she decided to take the course and certify as a Yoga Therapist in the Vyasa Singapore. Since then she has also conducted a workshop at Hindu Centre – Yoga Therapy for Visceral fat reduction.

We appreciate Winnie's perseverance and confidence in Yoga and her extended support for Hindu Centre. We congratulate Winnie on her graduation as Certified Yoga Therapist and wish her and her family all the best for the future!

# July Online Chanting

- 1)\*SASHTI DAY CHANTING:\* 1.7.2025 (TUESDAY) 7 PM -8:30 PM SGT/4:30 PM -6 PM IST VIA ZOOM ONLINE
- 2)\*POURNAMI LALITHA SAHASRANAMAM CHANTING\*:10.7.2025 (THURSDAY) 7 PM - 8:30 PM SGT/4:30 PM TO 6 PM IST VIA ZOOM ONLINE
- 3)\*AADI MONTH AMBAL SHLOKAS CHANTING ON WEEKDAYS\*: 17.7.2025 TILL 16.8.2025 ON WEEKDAYS 7:30 AM - 8:30 AM SGT/5 AM TO 6 AM IST) VIA ZOOM ONLINE
- 4)\*SOUNDARYA LAHARI (SHLOKAS 1-100) CHANTING\*: 17.7.2025 (THURSDAY) 7 PM - 8:30 PM SGT/4:30 PM - 6 PM IST VIA ZOOM ONLINE
- 5)\*MOOKA PANCHA SATHI (MPS)-(ARYA SHATHAKAM SHLOKAS, PADHARAVINDHA SHATHAKAM, STUTHI SHATHAKAM, KATAKSHA SHATHAKAM SHLOKAS) CHANTING\*: 19.7.2025 (SATURDAY) 7:30 AM - 10 AM SGT/5 AM TO 7:30 AM IST VIA ZOOM ONLINE
- 6)\*SIVARATHRI DAY CHANTING\*: 23.7.2025 (WEDNESDAY) 7:30 AM - 8:30 AM SGT/5 AM - 6 AM IST VIA ZOOM ONLINE
- 7)\*AMMAVASYA ABIRAMI ANDADI CHANTING\*: 24.7.2025 (THURSDAY) 7 PM - 8:30 PM SGT/4:30 PM - 6 PM IST VIA ZOOM ONLINE
- 8)\*DEVI MAHATMYAM (CHAPTERS 1-13) CHANTING\*: 26.7.2025 (SATURDAY) 7:30 AM - 10:30 AM SGT/5 AM TO 8 AM IST) VIA ZOOM ONLINE
- 9)\*CHATHURTHI CHANTING\*: 28.7.2025 (MONDAY) 7:30 AM -8:15 AM SGT/5 AM -5:45 AM IST VIA ZOOM ONLINE

\*ZOOM MEETING DETAILS:\*

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

## July Grantha

MIND, ITS MYSTERIES AND CONTROL

SWAMI SIVANANDA

JULY 31. THURSDAY, 7:30 TO 9 PM

MEETING ID: 840 5924 4048

PASSCODE: BHAKTI

JOIN ZOOM CALL

SUBSCRIBE TO OUR CALENDAR OF EVENTS HERE:

[SUBSCRIBE](#)

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[VISIT](#)

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



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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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