



patrika

the voice of the Hindu Centre, Singapore

Prayer for the month - a favourite with children!



PRAYER FOR GANESA
MŪṢIKAVĀHANA MODAKAHASTA
CĀMARAKARṆA VILAMBITASŪTRA
VĀMANARŪPA MAHESVARAPUTRA
VIGHNAVINĀYAKA PĀDA NAMASTE

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SALUTATIONS TO SRI VIGHNA VINAYAKA, WHOSE VEHICLE IS THE MOUSE AND WHO HAS THE MODAKA IN HIS HAND, WHOSE LARGE EARS ARE LIKE FANS AND WHO WEARS A LONG SACRED THREAD, WHO IS SHORT IN STATURE AND IS THE SON OF SRI MAHESWARA (LORD SHIVA), PROSTRATIONS AT THE FEET OF SRI VIGHNA VINAYAKA, THE REMOVER OF THE OBSTACLES OF HIS DEVOTEES.

From President @HC

Namaste and Vanakkam to everyone!

Looking around us and seeing what's happening, we are blessed to be living in a country that enjoys religious peace and harmony among different practices. It is heartwarming to see non-Hindus participating in Thaipusam and praying to Hindu deities.

But this is not necessarily the natural order of things. From the days of the Crusades, to Nalanda to Babur, to present-day Gaza, wars have been fought on religious grounds. The danger of a slide to intolerance is only a small step away. It can happen when politics intrudes into religion. In Singapore, the Maintenance of Religious Harmony Act (MRHA) helps to curb such behaviour.

Our Sanatana Dharma teaches us Vasudhaiva Kutumbakam. The World is One Family. Let us follow our traditions and respect everyone as a divine spark.

May Ishwara bless you and your family.

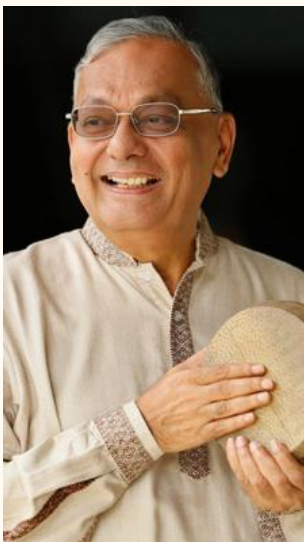
Dr N Varaprasad
President

Meet Shri Shankar Rajan

FORMER HEAD OF BHAKTI TEAM @HC

Shankarji has been with HC as volunteer and MC member for 6 years. He was our Bhakti team Head for 5 years till 2025.

A keen music aficionado and a mridangam and kanjira player himself, he was the Principal of SIFAS for over 8 years, bringing many eminent musicians to perform in Singapore. Shankarji and his family performed in the Singapore Indian Orchestra and Choir (SIOC) for many years. As HC Bhakti team lead, he was instrumental in leading our big festival celebrations and bringing lots of music and dance and colour into Hindu Centre, like at the Navaratri 2024 celebrations. Above all, he is always very supportive of our team efforts, bringing us flowers and always being there to cheer us on. Thank you Shankarji and we wish you the best of health and happiness in life!



Editor's Corner

VEDIC YOGA @HC FOR THE LAST 15 YEARS

Vedic Yoga @HC combines the strength of modern yoga with Vedic pedagogy, to deliver holistic yoga knowledge and practice for our students. Vedic Yoga is based on Ashtanga Yoga with 8 limbs – Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana, Samadhi. Hindu Centre provides knowledge on Sanatana Dharma – its values including Yama, Niyama. In the weekly Tuesday Yoga class which lasts for 1 hour, we focus on Asana, Pranayama, Dharana and Dhyana.

Our Asana practice includes warm-up, stretches, twists and strengthening asanas, and surya namaskar, with breathing incorporated into the practice. We also concentrate on different types of pranayama that keeps our prana vigorous and active, Dharana practices like Trataka that improve our focus and Dhyana practice that includes Japa and other techniques.

We also ensure that our students, who come in tired after their day at work, get a complete yoga nidra that gets recorded as the deepest relaxation on our modern devices.

On the occasion of International Day of Yoga on June 21, we have lined up 3 unique classes for you – Yoga Therapy for stubborn Visceral fat on 21st May, Japa workshop on 24th May and Yoga, Diet and More on 31st May. Please do join us and benefit!

Shanthi Ravindran
Social Media @HC

CURIOUS TO KNOW????

WHY DO WE PRAY?

[CLICK TO ANSWER](#)

**LAST MONTH'S ANSWER:
A STOTRA IS SUNG IN
PRAISE OF THE DEVATA
WHILE THE MANTRA IS THE
VERY DEVATA.**

Hindu Centre Resources



KRISHNA 108

A very useful and easy-to-read book talking about the life and times of Sri Krishna in easy Q&A format. Ideal gift for families, please reach out to us to get copies sent to you by post in Singapore.

[GET IT!](#)



BOOKS EVERYWHERE!

We sell curated books on Hinduism with all its related disciplines like Yoga, Ayurveda and more.

We sell at festivals at various temples.

We sell throughout the year and at all our events at Hindu Centre, please visit us!

Next Temple Book Sales at Layan Siddhi Vinayagar Temple on Ganesa Chaturthi day on 27 August, Wednesday

June programs

[FIND OUT MORE](#)

Vedic Yoga - Weekly Tuesday - Gentle Yoga - 7:30 PM at the centre for 15+ years
Grantha - Monthly - Online Book club -No online Grantha session in the holiday month of June
Balagurukulam - Weekly - operates in 2 semesters on Sundays, closed for the school holidays
Online Chanting - Monthly - No online chanting sessions in the holiday month of June
Bhajans - Monthly - conducted by Hindu centre and Brahma Sabha together
Mitra - Weekly - Counselling service in the prisons - going on for many years now
Bandhu - Monthly - Support service for inmates of senior homes like RenCi

Aditya Hrudayam	Dattatreya Vaibhavam
Talk: A powerful stotram taught by Sage Agastya to Sri Rama	Talk: Guru of Gurus and Incarnation of the Divine Trinity
6-Jun	18-Jun
Fri	Wed
7:30-9 PM	7-8 PM
Sri V. Prabhakar Rao, well known spiritual speaker, teacher and writer	Harini Chari, Spiritual Aspirant and Leadership Coach
Free	Free
https://sfh.sg/hcalive	https://sfh.sg/hindulife



May 10 - Talk by Swami Avyayanandaji, from Chinmaya Seva Kendra on "Inner peace and Outer deadlines - Vedanta in the Age of Multi-tasking" drew a great audience across all demographics. Swamiji draws from the great wisdom of Vedanta to help us in our everyday lives, translating this to us through the great rapport that he establishes with the audience. Bringing the critical issues into our minds in sharp focus, and the solution from Vedanta.

Pressure comes from many sources:

1. Gap in what we are & expectations
2. Weekend to weekend work pressures.
3. Jumping between Tasks -multitasking
4. Focus on outcome - what is going to happen.



Vedanta gives us the solution:

1. Focus fully on what is being done.
2. We can do only one task at a time, so focus on one task at a time.
3. Bring the mind to the present, this is the only moment we have.
4. Avoid focusing on the outcome only, then you will not be able to do the action thoroughly. Focus on the action.

May 15/16 - Medha Suktam Chanting

This was a very unique class taught by Rajeevji, who taught the chanting of Vedic Shanti Mantras last month. Medha Suktam (collection of Vedic Mantras) is chanted for the blessings of devata Medha or Saraswati Devi. We were happy to see youngsters come as a family to the class.

Medha is the goddess of learning and chanting Medha Suktam increases our intelligence and access to it when we need it and improves our memory power.

Chanting vedic mantras needs to be learnt from a teacher, because of the tones involved.

Rajeevji is a very kind teacher and he was able to teach the whole verse in 2 classes.





International Yoga Month @HC

[FIND OUT MORE](#)

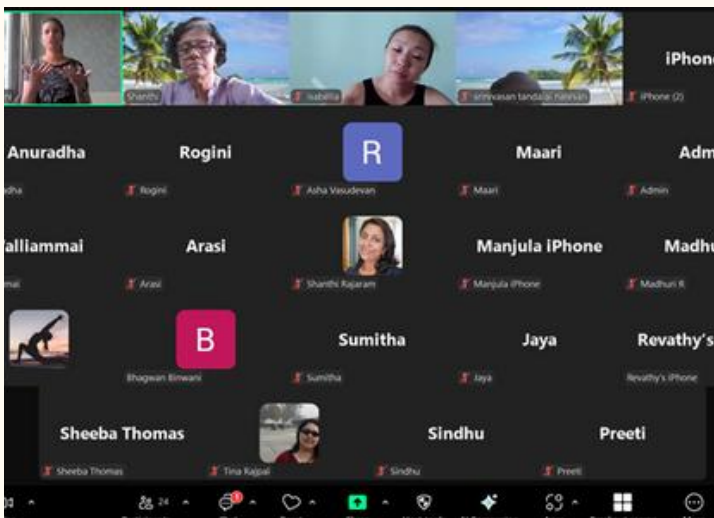
May 21 – Yoga therapy for stubborn fat! Ms Winnie Wong

Winnie is a seasoned HC Vedic Yoga practitioner of 10 years and recently qualified yoga therapist (Vyasa Yoga). She conducted a very useful class, with a sequence of asanas and repetitions, with breathing and deep relaxation that students can continue to practise at home. Full house of 20+ students.



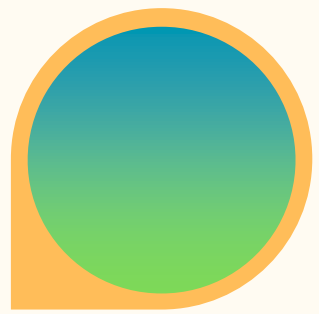
May 24 – Japa Workshop – Ms Anuradha

We were happy to see that our Japa workshop drew a set of diverse students across all ages and genders. Japa is the best of all yajnas, Bhagavan Krishna says, and it can be done bhakti and prayer to our ishtadevata with the form in mind and also lead to meditation. We use Saguna mantra japa on our ishta devatas in our pujas and in our Vedic Yoga meditations. Our teacher, Anuradha, taught the ways of chanting several mantras including the dedication and sankalpa mantras. She also taught the various of Japa like mental, verbal, written (likhita) and using the beads,



May 31 – Yoga, Diet and More! – Ms Uma Kalyani

Again, another unique workshop, combining both the key elements of wellness into one workshop. Intermittent Dieting and Mindful eating are two options of maintaining a nutritious, yet weight loss diet to be used judiciously. The 10 asanas are an easy way of maintaining lithe muscles and agile skeletal structure, and ideal metabolism. In fact, even a 15 min 'micro-yoga'. Uma is an experienced practitioner of wellness and yoga, founder of Umasnutriyoga and has been maintaining a wellness community through regular meetups and whatsapp, this is a model that can be emulated in Singapore.



May 12 - Chithira Pournami @HC

We celebrated Chitra Pournami with our usual 16-step puja and chanting of Lalita Sahasranamam and Navaratna malai. Our team also sang the newly learnt song - Bhooloka Kumar- (Bharatiyar's Sanskrit composition)



May 25 - Annual Homam for Peace and Wellbeing @HC

Our annual Homam was conducted by the gurukkal from Brahmana Sabha, and included Ganapathi Homam, Navagraha Homam and Mahalakshmi Homam. The gurukkal conducted the Homam slowly with lots of explanations to understand the process and the participants, diverse and with many newcomers, went away feeling very blessed.



All the best to our teacher, Vijayalakshmi!

SHAIVISM AND ASTROLOGY TEACHER AND BHAKTI VOLUNTEER



Smt Viji was a very popular teacher @HC, she conducted several classes on Saiva philosophy and texts and astrology, not just sharing the knowledge but also telling us how to apply the knowledge, for example to handle mental illnesses like depression and also how we can apply astrology to ward off or help to manage medical conditions. She has also composed a work on Karur Shiva and has her own YouTube channel.

Although young in age, she is a great scholar, having learned and trained with many teachers since a very young age. All her classes attracted many students, who were almost tearful at her leaving for India. Her sonorous voice still rings in our ears and her words echo in our minds. We are grateful that she will continue her classes online from India. We thank her and wish her all the best!

[KARUR AANILAI](#)

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GROUP

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

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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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