



Prayer for the month



PRAYER TO GURU

GURUR BRAHMĀ GURUR VIṢṆUḤ
GURUR DEVO MAHEŚVARAḤ
GURUS SĀKṢĀT PARAM BRAHMA
TASMAI ŚRĪ GURAVE NAMAḤ

[CLICK TO LISTEN](#)

GURU IS BRAHMA,
Guru is Vishnu,
Guru is Maheshvara.
Guru is ultimate truth.
Unto that guru my prostration.



From President @HC

Namaste and Vanakkam to everyone!

It has been said many times and many people that Hinduism is a Way of Life, not a mere religion. It shapes the way we think of the world, of people, of nature, our planet and of the consequences of our actions. We are all part of the divine and our energy and efforts are part of the divine energy. Hence when we interact with each other and with nature, it is on equal terms.

When we say Namaste, we are saying "The Divine in Me honours the Divine in You". We recognise the divine nature of each person and being. What could be more life-changing? Mahatma Gandhi once said "*If you don't find God in the next person you meet, it is a waste of time looking for Him further.*"

It reflects our belief in seeing divinity in every individual and recognizing the sacredness in human interactions. If we follow this simple rule in all our interactions, we will have peace of mind and peace on earth and in the universe.

Dr N Varaprasad
President

Meet S. Anuradha

JNANA AND BHAKTI

Anu has been a volunteer at Hindu Centre for 21 years now. She is a certified Hinduism and Yoga teacher and leads Vedic Yoga. She is an Educom coordinator, curator and lead for Book Sales, a member of Bhakti and Research and Publications.

She is a true mentor for HC Jnana and has generated many of its strategic initiatives. A true scholar at heart, she is always learning and teaching what she learns. She has written a book 'Friendless God' and also edited and published 2 other books 'Advaita Vedanta in Shiva Samhita' and 'Forty steps to Liberation'.

Anu always says that HC has been a great support in her life in all these decades. We wish her all the best in all her future endeavours.



Editor's Corner

HOW DO WE DISPOSE OF SACRED PICTURES AND IMAGES OF OUR DEITIES WITH DUE RESPECT?

The pictures, icons and images that we use for our daily prayers and pujas are sacred to us because we invoke Ishwara into them, every time we pray. So we cannot easily throw them away, but sometimes we need to dispose of them when we move or people pass on.

They are also made of materials like paper, wood, glass, clay, metal paint etc and they must be disposed of properly or else they would harm the Mother Earth which sustains us. We know we should return them to the pancabhutas or 5 elements, but how? We cannot put them in water bodies or in the ground as we used to do, What then should we do?

This is what we recommend based on the indication from our sastras. After a proper puja, in which we invite the devata into the picture or idol and the last step of which is to bid goodbye to them, we should recycle them in the recommended manner for biodegradable and non-biodegradable materials for the respective countries -eg: if paper, it could be burnt, clay could be dissolved in a container of water at home - so that they all return to the panchabutas: the 5 elements.

**CURIOUS TO KNOW????
WHAT IS THE DIFFERENCE
BETWEEN A STOTRA AND A
MANTRA? ANSWER IS IN A
LATER PAGE!**

[CLICK TO ANSWER](#)

**LAST MONTH'S ANSWER:
SAMSKARAS
ARE MILESTONES IN OUR
LIVES THAT QUALIFY US
AND PREPARE US FOR THE
NEXT STAGE IN OUR LIVES.**

Shanthi Ravindran
Social Media @HC

A Prayer

Hindu Centre expresses its deepest condolences to the families of the victims of the tragic act in Pahalgam in Jammu & Kashmir, on the 22nd of April. May the souls of those lost attain Sadhgati and may Dharma guide the families in this time of sorrow.

Our prayers are with you.

Targeted killings of innocent people based on their religion have no place in the world.

We request you all to light a lamp in your homes and pray for those who have passed on and for peace for their families



May Events

[FIND OUT MORE](#)

Bhakti

Chitra Pournami - 12-May, Monday 7:30-9 PM

Homam for Peace & Well-being - 25-May, 9am to 1pm (date to be confirmed)

Online Chanting - Monthly - Chanting of stotrams on auspicious days of the month

Bhajans - Monthly - conducted by Hindu Centre and Brahma Sabha together

Jnana

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

Grantha - Monthly - Book club - Read a book every month of 2024, no mean feat!

Balagurukulam - Weekly - Online - Sundays, closed for the school holidays

Inner Peace and Outer deadlines: Vedanta in the age of multi-tasking	Vedic Chanting #2 - Medha Suktham	Yoga Therapy for reducing stubborn Belly Fat	Japa - for Ishwara's blessings and a strong mind
3-May	15-May, 16-May	21-May	24-May
Saturday	Thursday, Friday	Wednesday	Saturday
5-7 PM	7:30-9 PM	7:30-8:30 PM	3-5 PM
Swami Avyayananda Chinmaya Seva Centre, Singapore	Rajeev Expert in Vedic Chanting, long term learning from many gurus	Winnie Wong Certified Yoga Therapist, long term Yoga practitioner	S. Anuradha Certified Hinduism Teacher. Author
Free	\$10	\$10	\$10
https://sfh.sg/hclife	https://sfh.sg/hindulife	https://sfh.sg/hcseeds	https://sfh.sg/hclife



[FIND OUT MORE](#)

Our teacher Pankhi, is not only a natural dancer but also a kind teacher. Our first Bhangra class got off to a joyous start! To the rhythm of the traditional dhol! A celebration of life itself!

Culture is the mark of a civilisation and dance is one part of the cultural practices in Hindu families. Bhangra is a Punjabi traditional dance that takes us close to nature, mimicking the activities on the farms.

Pankhi teaches steps very simply and leads students up to a small dance with many different moves.

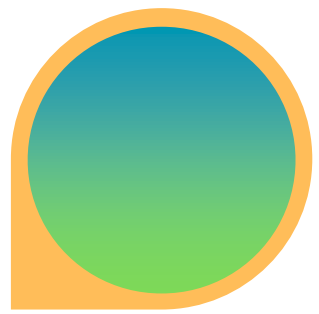


Our teacher Rajeev, believes in learning more and sharing. It was a unique class, on a subject not usually available. As the teacher explained, it is not the language itself, but the purpose for which it is used, and how it is used, and the important difference between mantra and stotra and taraka. A stotra is sung in praise of the devata, while the mantra is the very devata, and a taraka is a mantra used repeatedly. He even taught how to say Aum correctly – it is the spectrum of all mantras, He taught many mantras – commonly heard and uncommon ones – Om Sahana Vavatu, Om shanno, Om yaschandasa, om aham prakshyasaririta, Om purnamadah.



Our teacher, S. Anuradha is a true scholar, she keeps learning and teaching, and she is also a fountain of ideas for new classes. Bhagavad Gita is the most familiar of our spiritual texts, yet it needs much reflection to understand it. Especially these promises that Bhagavan Krishna makes. Whether we are Grihasta, or seekers of moksha, he is making these promises to you and me directly. If we have the faith enough to surrender, he will make us better versions of ourselves, able to deliver in this life and putting us on a path to moksha, without us even knowing it.





April 6 - Ramanavami @HC -

RamaNavami finally arrived, 3 hours filled with Bhakti, dwelling on Rama, his dharma, his courage, his strength.

Organised by our Bhakti team led by Vasandy, a special thanks to Shankarji for being there.

Chanting his name and Sita's in many ways, starting with the Puja sankalpa, Nama japa and archana, stotrams, Bhajans, Taranga - Hindu Centre's own Bhajan with abhinaya & Mudra,



Ramayana memories and the finally the namasankirtana bhajan from Gita Reading Society. All of us, including the young ones and our respected elders, came out with a little bit of Rama's strength, to face the world with renewed vigour !



April 26 - Aishwaryaa Srikanth's Song and Verse on Krishna -

Lovely enhancing evening spent immersed in the stories of Krishna from birth to childhood till his passing away, interspersed with familiar Tamil melodies starting with Katrinile varum geetham, Thaye Yasodham, the ragamalika Vadavaraiyai mathaakki from Silappadikaram, and other attractive songs like Kannanai ninai.



AnuRadha

FROM GOPI TO GODDESS - APRIL 26 AND
27



Hindu Centre collaborated with Apsaras Dance Company to present this dance-theatre masterpiece at the Esplanade. A journey of devotion and transformation from a devoted Gopi to the divine essence of a goddess, using dance poetry and music to bring alive the mystical beauty of Radha's devotion and spiritual evolution. Set to soul-stirring music by the legendary Bombay Jaisree Ramnath weaving through the rich tapestry of Hindi, BrijBhasa, Avadhi and Sanskrit poetry and choreographed in collaboration with the renowned dancer Rama Vaidyanathan. Artistic Director - Aravinth Kumarasamy of Apsaras Arts.

AnuRadha is a captivating dance-theatre experience that explores the eternal love story of Radha and Krishna, two iconic figures from Indian mythology. Set against a mesmerizing tapestry of lush landscapes and celestial realms, this production harmoniously fuses the classical dance styles of Bharatanatyam and Kathak with modern choreography, beautifully embodying the essence of their divine connection. The performance traces Radha's transformation from a humble gopi to a revered goddess, weaving together tales from ancient epics and folklore. It portrays key moments in her journey—her Awakening of Love, the Challenges of Separation, and her Ultimate Reunion with Krishna. AnuRadha invites the audience into a world filled with passion, devotion, and transcendence, celebrating love's transformative power through the mesmerizing language of dance.



Flagship programs

[FIND OUT MORE](#)

MITRA AND BANDHU

Our Seva team carries on week after week, month after month, year after year, small teams of people showing up without fail at the various locations allocated by Singapore Prisons and Ren Ci Homes, because we see the hope and change we bring to the inmates. Mitra is a program for youth and adult offenders and Bandhu is a program for elder-care. Our Mitra volunteers are friends to our offenders and our Bandhu volunteers befriend the elderly inmates and offer them spiritual comfort. All our volunteers receive rigorous training, please let us know if you are interested.

Mitra - Currently our volunteers are doing religious counselling at these facilities:

- Changi Prison Complex
- Tanah Merah Prison
- Selarang Prison Complex
- Singapore Boys Home;
- Singapore Girls Home;
- The Ashram-drug halfway house run by Hindu Endowments Board

Bandhu - Conducted for 10 residents at the Ren Ci Home, by 3-4 volunteers. Sessions start with a simple puja and various prayers for removing fear of death, for protection etc, slokas/japa, bhajans & a few simple exercises with some light chats to keep up their spirits



All the best to our volunteer, Aditi Khare!

BHAKTI AND SOCIAL MEDIA VOLUNTEER



Aditi came to Hindu Centre through our online chanting programs. Even though she did not understand the language, she felt the connection to the team and to Hindu culture, and stayed on to become a regular volunteer in our Bhakti events. She attended our volunteer orientation program in 2023 and stayed on to contribute to our social media team in Patrika and making very creative flyers. She says Hindu Centre contributed to her life, making her more calm giving her a chance to learn new things like chanting, dancing and we became her bigger family in Singapore. We will miss her, she brought great happiness to our group, always open always smiling! We wish her all the best as she relocates to Pune, India.

May Online Chanting

- 1)*Chathurthi Chanting*: 1.5.2025 (Thursday) 7:30 am -8:15 am SGT/5 am -5:45 am IST via zoom online
- 2)*Sashti day chanting*: 3.5.2025 (Saturday) 7 pm -8:30 pm SGT/4:30 pm -6 pm IST via zoom online
- 3)*Pournami Lalitha sahasranamam chanting*:12.5.2025 (Monday) 7 pm - 8:30 pm SGT/4:30 pm to 6 pm IST via zoom online
- 4)*Devi Mahatmyam (Chapters 1-13) chanting*: 17.5.2025 (Saturday) 7:30 am - 10:30 am SGT/5 am to 8 am IST) via zoom online
- 5)*Soundarya lahari (Shlokas 1-100) chanting*: 22.5.2025 (Thursday) 7 pm - 8:30 pm SGT/4:30 pm - 6 pm IST via zoom online
- 6)*Mooka pancha sathi (MPS)-(Arya shathakam shlokas, Padharavindha shathakam, stuthi shathakam, Kataksha shathakam shlokas) chanting*: 24.5.2025 (Saturday) 7:30 am - 10 am SGT/5 am to 7:30 am IST via zoom online
- 7)*Sivarathri day chanting*: 25.5.2025 (Sunday) 6:30 am - 12 noon SGT/4 am - 9:30 am IST via zoom online
- 8)*Ammavasya Abirami Andadi Chanting*: 26.5.2025 (Monday) 7 pm - 8:30 pm SGT/4:30 pm - 6 pm IST via zoom online

MEETING ID: 840 5924 4048

PASSCODE: BHAKTI

JOIN ZOOM CALL

May Grantha

NARADA BHAKTI SUTRAS

BY SRI SWAMI SIVANANDA (AVAILABLE ONLINE)

MAY 29. THURSDAY, 7:30 TO 9 PM

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).



HINDU CENTRE WHATSAPP BROADCAST
GROUP

SEND JOIN TO +65 8768 0532

[HINDU CENTRE YOUTUBE CHANNEL](#)

SUBSCRIBE



TO JOIN OUR EVENTS

Email to 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!](#)

[@hinducentresg](https://www.facebook.com/hinducentresg/) | hadmin@hinducentre.org.sg

<https://www.facebook.com/hinducentresg/>