



Table of Contents

President's Message	2
Sanskrit – Our Heritage: Learn a Mantra	3
Learn 5 Sanskrit words.....	3
Advaita Corner	4
Temples in SG – A walk with our ancestors	4
Jagannath Rath Yatra in June	6
Guru Purnima.....	8
Recent Events at Hindu Centre	9
Ayurveda – A Boost for your health.....	111
Upcoming events at Hindu Centre.....	13
Request for Volunteers & contributions to the Patrika	15
Help Us Promote our Vedic Heritage.....	16
Ask Us Anything on Hinduism	16
The Hindu Centre WhatsApp group.....	17



President's Message

Dear Friends of Hindu Centre,

The June school holiday has just ended, and students are back in school. During the long break, the Hindu Centre rolled out activities to engage Children, Parents and Bhaktas alike.

The South India Yatra in July is primed to start soon with eight Yatris ready and eager to leave. To follow up on the success of this, we have also curated a similar Yatra of North India. Read about it in this issue and register your interest. International Yoga Day was celebrated on June 21st at the Centre as well as other places with our representation. Chair Yoga is the answer for those who are sedentary and need to get moving.

Kids' Holiday Funfest saw a good number of kids at our Centre engaged in arts, dance and what else, Yoga activities. The energy of the kids was amazing and all of them had a chance to showcase their talent.

Thirupugazh classes and Thiruvagasam Mutrothal gave all the bhaktas more ways to engage in spiritual devotion with their ishta devatas. For those interested in Jnana, this month, we have our first article on Isvara anugraha and sudda citta. We have two new sections - on Ayurveda and our rich temple heritage in Singapore - which I'm sure you will find very interesting.

Our editorial team is excited and brimming with ideas. Do send us a note of appreciation and suggestions. We would love to hear your feedback on how we can make this newsletter more meaningful in your spiritual quest.

May I wish Iswara's blessings upon all of you dear friends with good health, happiness and more Jnana, Bhakti and Seva.

Dr N Varaprasad

President



Sanskrit – Our Heritage: Learn a Mantra

This is a Guru Stotram. Typically, Guru Mantras are chanted at the beginning of any congregation in praise of the Guru, or simply the Teacher. These prayers are chanted to seek the blessings of the Supreme Lord or the Brahman.

अखण्ड मण्डल आकारं व्याप्तं येन चर अचरम् ।
तत् पद दर्शितं येन तस्मै श्री गुरवे नमः ॥

(Transliteration)

Akhanndda-Mannddala-Akaaram Vyaaptam Yena Cara-Acaram |
Tat-Padam Darshitam Yena Tasmai Shrii-Gurave Namah ||

Meaning

1. (Salutations to the Guru) Whose **Form** is an **Indivisible Whole** of **Presence**, and **By Whom** is **Pervaded** the **Moving** and the **Non-Moving** Beings,
2. **By Whom** is **Revealed** (out of Grace) **That Feet** (of Indivisible Presence), **Salutations to that Guru**.

Learn 5 Sanskrit words

1. **Rajas**: The quality (guna) of passion, restlessness, activity, emotions such as anger, greed, grief.
2. **Satva**: The quality (guna) of purity, calmness, serenity, joy, strength, goodness.
3. **Tamas**: The quality of (guna) dullness, ignorance, delusion, inactivity, inertia, sloth.
4. **Atma-Vichara**: Reflection, investigation, inquiry, continuous self-examination
5. **Yuga**: Era; there is a cycle of four yugas: Krita, Treta, Dwaapara, and Kali. We are in the Kali yuga.

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Advaita Corner

Isvara anugraha & suddha citta



Why only some people have interest in spiritual matters?

A pure mind and clear mind come from Ishwara's grace or kripa. This grace makes it possible to have faith or visvasa in Isvara.

Only a person full-of-faith can unquestionably surrender – wholly & totally to Isvara's will. This enables the person to not make any sankalpa or affirmations. Sankalpas are usually made with a desire for a certain goal and attain its karma phala. Actions undertaken without a sankalpa are called nishkama karma as the karma phala has been relinquished.

Such a person is sometimes equated to a feather in the wind. However, this does not mean that the action of such individuals is illogical. They still have a motive/objective for their actions. However, not attaining the

desired karma phala does not cause them suffering.

The lack of interest in the karma phala results in little or no agitation in the mind of such a person. This lack of mental agitation is due to the person having no anxiety of the outcome of a particular action. This mindset is called: Arpana buddhi & Prasada buddhi. With such a mindset, a person offers the actions as an offering to Isvara and in return takes whatever result that comes – or its karma phala – as the Prasada. Hence it is called Arpana buddhi & Prasada Buddhi.

Such an approach frees the mind of clutter and makes it pure [suddha citta]. A pure mind thus fully reflects the nature of their true Self or Atman thereby attaining realisation.

Temples in SG – A walk with our ancestors

A report by Nitya Menon

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ஸ்ரீ வைரவிமட காளியம்மன் கோயில்
Sri Vairavimada Kaliyamman Temple



Source: SG Cares

Established in the 1860s, Sri Vairavimada Kaliyamman Temple is one of the oldest Hindu temples in Singapore. Its name comes from its original location at a *choultree* or rest place for Indian plantation workers and dhobis, which then evolved into a place of worship for Kali. The lower part of Orchard Road leading to Dhoby Ghaut was also known as *vairavimadam*, or place where roads meet, resulting in the temple's presiding deity's name.

Today, the temple is in Lorong 8 Toa Payoh. Its main prayer hall houses Goddess Vairavimada Kaliyamman with

Lord Ganesha and Lord Murugan on the side. The Temple also hosts Guruvayurappan, Durgai Amman, Periachi Amman, Angala Parameswari and Madurai Veeran.



Source: HEB

Significantly, the sanctum for Lord Ayyappan was the first to be built in Singapore for his worship. This was due to the efforts of the Malayalee Hindu Samajam in the 1960s, which were supported by the late President SR Nathan and Mr P Govindasamy who at the time was the MP for Anson CC and the Chairman of the Hindu Endowment Board. The temple also hosts Singapore's only *thulabaram* or weighing scale where devotees can be balanced against offerings like sugar or coconuts.

The Temple is also known for the beautiful reliefs on its exterior wall. One of these depicts the wedding of Shiva and Parvati, with Vishnu giving away the bride, and Brahma officiating.

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The temple holds various significant festivals that garner active community participation. These include Chitra Pournami in April, Navarathri in October, and Ayyappan prayers culminating in Makaravilakku from mid-November to January.

Jagannath Rath Yatra in June

- A report by Nitya Menon



Source: Sri Krishna Mandir, Singapore (TBC)

This year the world famous *Jagannath Puri Rath Yatra* was on 20 June this year, during the bright half of the lunar month of [Ashadh](#) (June-July). Believed to be the oldest and largest chariot procession in the world, during the festival, the three deities of Jagannath Temple in Puri, Orissa, travel to nearby Gundicha Temple in massive individual chariots. The three deities – Lord Jagannath, his brother [Balabhadra](#) and sister [Subhadra](#) – later return after a week of stay in their aunt's house. Interestingly, the English word *juggernaut* derives its meaning from this spectacle involving Lord Jagannath – a depiction of Lord Krishna.

The festival begins at the Jagannath Puri Temple – one of the *Char Dhams* [literally meaning four sites of pilgrimage] identified by Adi Shankara. The Hindu belief is that visiting these dhams will help achieve liberation or moksha. The Temple is home to Lord Jagannath, who is depicted as an unusual wooden statue alongside his sister Subhadra Devi and their brother Lord Balabhadra. The three idols are first carried in the *pahandi* ritual from the temple to the chariots, a process that can take several

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hours. They then travel along Puri's Grand Road to reach the Gundicha Temple at the other end, where they remain for 7 days before returning.

The festival is believed to re-enact a chariot journey made by Lord Jagannath, Lord Bhalbadra and Subhadra, when the latter wished to travel to Puri. Today, all three chariots for the festival are hand crafted from Neem wood, without the use of nails, and pulled by devotees who believe that touching the rope of Lord Jagannath's chariot cleanses all sins committed, knowingly or unknowingly.

The International Sri Krishna Mandir organises a Rath Yatra every year in Singapore. This year it was organised in Toa Payoh Stadium with Mr Mohd Fahmi Bin Aliman Mayor, South East District, Marine Parade GRC as the Chief Guest.



Source: Sri Krishna Mandir, Singapore (TBC)



Source: Rath Yatra in Singapore

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Guru Purnima

- By Priya Nagarajan

The word guru is derived from the [Sanskrit](#) root words, gu and ru. Gu means “darkness” or “ignorance”, and ru means “dispeller.” In the Puranas, the Guru principle of Lord Shiva is symbolized as *Dakshinamurthy*.

The Guru Purnima celebration is dedicated to spiritual and academic teachers or gurus. It is celebrated in [India](#), [Nepal](#) and [Bhutan](#) and the Indian diaspora worldwide. Guru Purnima is seen as a sacred day, in which gurus are revered like Gods and teachers are regarded as a link with the divine. This year it was held on July 3rd.

It is observed on the full moon day ([Purnima](#)) in the month of [Ashadha](#) (June–July) according to the [Hindu Calendar](#). Some of the key reasons why it is considered important:

- It is a celebration of Maharshi Veda Vyasa, who is said to have been born on this day. He is also considered the author of the Brahma Sutras, the four Vedas, the 18 Puranas, Mahabharata and Srimad Bhagavatam.
- [Mahatma Gandhi](#) revived this tradition to pay tribute to his spiritual guru, [Shrimad Rajchandra](#).
- In the yogic tradition, it is celebrated as the day Shiva became the first guru [Adi-Guru] and began transmitting yoga to the Saptarishis.

Observances

- The main tradition among guru-shishya is blessings. Students may recite poetry, or a quote and the gurus give blessings for success and happiness.
- [VyasaPuja](#) is held at various temples, including feasts, floral offerings, prasadam and symbolic gifts like charnamrita (nectar of the feet) for the disciples
- Irrespective of their religion, Indian academics celebrate this day by thanking their teachers. Educational institutions host events in which students thank their teachers and remember past scholars. Alumni visit their teachers and present gifts as a gesture of gratitude.

The other Indic traditions such as Buddhists and Jains consider the day of guru purnima as significant and celebrate with equal religious fervour



Source: [Yogapedia](#), [Wikipedia](#)



Recent Events at Hindu Centre

Kids' Holiday Funfest



Another Kids Fun Camp brought together kids from the age of 6 to 12 years (Primary)

Our Kids' Holiday Funfest was on June 17th. Looking at their beaming faces once can see the fun that they had!

The Hindu Centre Jnana team is happy that we could deliver such an ethnic and immersive experience.

The kids learnt to draw Warli Art, enjoyed the wholesome homemade snacks and then rocked right into our dancing - a Garba - which even parents joined in!

The session with a sit down mini yoga - blowing sky kisses before quietening down with a mindfulness session - breathing, buzzing and munching mindfully on a homemade chocolate chip muffin.

Tiruppugazh classes

The Thiruppugazh classes were held on Mondays, June 5th and June 12th. It started with a Puja for Lord Murugan, and participants learnt about the history and philosophy first before going on to learn the first 2 songs on Palani and Tiruthani.



Ms Padmini's talk and mellifluous singing kept us enthralled. But as she said, it is not about your singing capability, it's all about your devotion. Not surprisingly all the participants were singing quite nicely, as if by orchestration, by the end of the session.

Some of the popular devotional songs like Cholla Cholla inikkuthada muruga were explored.


Hinduism Alive series

Tiruppugazh பாடுவோம்

A rare opportunity for Muruga Bhaktas!



Enjoy learning to sing six songs on His Arupadai Veedu
Sung in beautiful Tamil by Saint Arunagirinathar
Also learn the meaning of these glorious songs!

Six songs in Tamil, sung in a simple bhajan tune
From our well-known bhajan singer
Padmini Chandrashekar

Venue: 132, Owen Road, S 218935
June 5 & 12 - Mondays, 7:30 to 9 PM
2 Sessions - Fees: S\$15



International Yoga Day

JUNE ! IT'S INTERNATIONAL YOGA DAY

Let's try Chair Yoga





Tired of sitting down all day long? Low on energy?

How to get your energy flowing again
How to correct your posture
With a simple routine that you can use anywhere

Chair Yoga is the perfect solution! Try it with us!

Energise yourself through gentle stretches and twists, deepening your breath, relaxing your mind

Register at:
<https://sfh.sg/hcyogart>
Or scan the QR code

For enquiries, please call us at 62918540, during office hours
or email us at admin@hinducentre.org.sg
Receive notification by adding +6587680532 to your contacts
WhatsApp JOIN to +6587680532



Thursday - 22 June
7:30-9 pm SGT
Fee: SGD 10 only
Venue: The Hindu Centre,
132 Owen Road S 218935



Chair yoga session on the occasion of International Yoga day was organised on June 22nd at the Centre. Teacher Swatee Amit Karpe led us through a great 1 hour session. It is an amazing feeling the calmness of mind and physical stretching just by focusing on oneself, for 1 hour.



This Chair Yoga is suitable for all ages and people in all levels of sedentariness in our daily life. Best of all – all of this can be done in your daily work / home wear clothes!

Hindu Centre – Pustaka book club

“Chickpeas to Cook and Other Stories” by @Nilanjana Sengupta was the title of the book discussed on June 11th at Pustaka, Hindu Centre’s book club. With the author in attendance to present the background to the various stories in the book it was an active Q&A session from a full house of keen book lovers.

Ably chaired by Dr Chitra Sankaran, Head of English Language and Literature at NUS, Nilanjana elaborated on her interviews with the women who feature in her stories, the communities they came from, and their families.

It was a very enjoyable and stimulating afternoon’s discussion.

PS - the book “Chickpeas to Cook and Other Stories” is available at \$20 from Hindu Centre, 132 Owen Road during office hours only.



Ayurveda – A Boost for your health

When we eat, the only actions we control are the ingestion of food and the decision of *when* to eat. The digestion and assimilation of food thereafter, while critical to our mental and physical functioning, is not a conscious act on our part that we can either *start* or *cease*. In this context, one of the great miracles of the human body’s design is our digestive fire, or *jātharāgni* - so called because digestion is heat-inducing and itself requires energy to occur. Indeed the entire metabolic process mirrors the act of cooking (traditionally requiring ‘fire’), where our digestive enzymes, bile

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and stomach acids transform the food into components that can be absorbed by the body and fuel the mind.

The human body reflects the rhythms of Nature, and our digestive fire reflects the rhythms of the Sun. When the Sun is at its lowest in the evening – our digestive fire is at its weakest too. This is why Ayurveda recommends you eat your smallest meal at the end of the day. The meal should ideally be had before sunset, or at least a couple of hours before bedtime. It should be light and easy for your body to digest and assimilate. Just making this one change can benefit your digestive process and energy greatly – try it out and observe the changes you experience!



This health tip is contributed in part by Dr. Poorna Menon, a Singapore-based Doctor of Naturopathic Medicine who has also received guidance in Ayurvedic practices.

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Upcoming events at Hindu Centre

Balagurukulam : 9th July



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Balagurukulam Semester 2 is back!

Do you want your child to grow up learning about our traditions, scriptures, festivals & history?

Let us teach your child to be a good Hindu and know our heritage in a positive way.

We will be conducting our classes virtually for this semester, 10am to 11.30am

Fees: Only \$15 per child /semester.

Fee payment via PayNow to
UEN S78SS0017J

Commencing Sunday 9th July 2023.
Each semester comprises 11 Sundays.

Register early here: <https://sfh.sg/hcbg>

For more details kindly
email balagurukulam2003@gmail.com

10-day Yatra to Holy sites in North India



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**incredible
Odyssey**
Private, Exclusive, Escorted



Experience the Sacred Journey:
2 Jyotirlinga, 2 Ghats & much more
Organized by: Hindu Centre, Singapore

13 - 23 Oct, 2023 - North India Hindu Pilgrimage
Ayodhya to Vaidyanath Jyotirlinga
Managed by Incredible Odyssey Pte Ltd
TA 2478

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Hindu Centre is pleased to offer a specially curated guided Yatra of holy places in North India, from 13-23 Oct 2023. You can find the itinerary and prices here: <https://sfh.sg/hcnorthyatra2023.pdf>

Enjoy a spiritual journey and meet like-minded friends on this special journey covering Delhi-Gorakhpur-Ayodhya-Prayagraj-Varanasi-Bodhgaya-Deoghar-Patna-Delhi.

Among the places to be visited are Gorakhpur Dham, Sri Ram Janmabhumi Temple, Lodheshwar Mahadev Temple, Triveni Ghat Prayagraj, Kaal Bhairav Temple, Annapurna Temple, Kashi Vishwanath Jyotirlinga, Shri Vishalakshmi Shaktipeeth, Dhaashasweth Ghat, Sarnath, Vishnupad Temple Gaya, Mahabodhi Temple Bodhgaya, Rajgir, Nalanda University Ruins, Baba Vaidyanath Jyotirlinga, and Patna Sahib Sikh Temple.

Register your interest here: <https://sfh.sg/hc-north-india-yatra> and we will get back to you for a face-to-face briefing session.

**Abhirami Andadi**
அபிராமி அந்தாதி
Sacred verses on the nature of the Mother Goddess



Learn how to chant and understand the essence of these 100 verses in Tamil. They can also be used to attain specific goals.

Taught by K Vairamani, a marine engineering consultant, and an ardent seeker and teacher of Hinduism.

Venue: 132, Owen Road, S 218935
July 8, 15, 22, 29, Saturdays, 4:30 to 6 PM
4 Sessions – Fees: SGD 30

Age: 12 years and above
Prior knowledge of music not required
Verses are in Tamil

Register at the following link
<https://sfh.sg/hindulife>
Or Scan the QR Code



Please register early

For enquiries,
pls call us at 62918540 in office hours
or email us at admin@hinducentre.org.sg

Receive notifications of future events,
send JOIN on WhatsApp to +65 87680532

Chant these verses for the grace of the Mother Goddess and see the benefits.

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Join our class, to learn and practise.

Fees: \$30 for 4 sessions

Please register early at

<https://sfh.sg/hindulife>

Request for Volunteers & contributions to the Patrika

The Hindu Centre invites interested participants who would like to Volunteer for our various programs either as a program lead or a volunteer. Please register your details at this link <https://www.hinducentre.org.sg/volunteer-with-us/>

For those that are interested in contributing content to the Patrika, please send us an email at editor@hinducentre.org outlining your interest in one or more areas. We are currently looking for journalist who can interview prominent Hindus in Singapore and others who can contribute articles for the various sections. Editorial support will be provided for all your content ideas including drafting and proof-reading as needed.





Help Us Promote our Vedic Heritage

“Help us change lives by **Donating**”

EVERY LITTLE BIT COUNTS

Our Activities

- Jnana**
 - ✓ Hinduism classes
 - ✓ Hinduism forums
 - ✓ Balagurukulam classes for kids, teens
 - ✓ Vedic Yoga
 - ✓ Sanskrit, chanting classes
 - ✓ Inter-faith events
- Bhakti**
 - ✓ Monthly bhajans
 - ✓ Joined prayers for the sick
 - ✓ Hanuman Chalisa mass chanting
 - ✓ Skanda Sashti mass chanting
 - ✓ Festival related celebrations (Maha Shivarathri, Ganesha Chaturthi etc)
- Seva**
 - ✓ Mitra prison counselling
 - ✓ Chakra program for young offenders

Hindu Centre
Jnana • Bhakti • Seva

Your donations make our work possible!

“Every Little Bit Counts”

Hindu Centre Singapore is dedicated to the spiritual progress of Singapore Hindus through the three pillars of Jnana (Knowledge), Bhakti (Devotion) and Seva (Service). We are a non-profit society run entirely by volunteers. HC depends on the goodwill of generous donors and supporters who believe in our work and mission. Among our many activities are Balagurukulam (Sunday classes for children), Mitra (Hindu counselling for those in prison), Bandhu (elder-care projects), Bhakti (religious functions including mass chanting), Vedic Yoga, basic courses on Hinduism, advanced courses on scriptures, monthly talks, satsangs by visiting renowned

spiritual teachers, and inter-faith activities.

Your generous donations will help us to do more and expand our reach to a broader audience. If you have benefited from our sessions, we invite you to make either a one-time donation or small monthly contributions through the secure form below. Thank you!

If you would like to support our wide range of activities through other means, do feel free to drop us an email (admin@hinducentre.org.sg)

Ask Us Anything on Hinduism

Do you have a question about Hinduism, Sastras, Life in general, Relationships or activities of Hindu Centre? Send us your question at admin@hinducentre.org.sg and our panel of respondents will get in touch with you. Please be assured of protection of privacy, at all times, regardless of the nature of your questions. Please refer to our privacy statement listed at the end of the Patrika or email us at admin@hinducentre.org.sg

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The Hindu Centre WhatsApp group

Thank you for reading Patrika our newsletter. Learn more about our events and engage meaningfully with the community by being a part of our WhatsApp group.

If you would like to receive our event notifications by WhatsApp, please send "JOIN" to 8768 0532 and save this number as What'sUp@HinduCentre



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Be in the loop of happenings@HC

- ✓ Hinduism talks
- ✓ Hinduism for kids (*Balagurukalam*)
- ✓ Hinduism forums
- ✓ Q & A sessions
- ✓ Vedic Yoga
- ✓ Mass Chanting sessions (*Skanda Sasthi, Maha Shivarathri etc*)
- ✓ Our Publications
- ✓ Community Service opportunities (eg *Mitra*)

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Add number to your phone contacts..

..and Whatsapp 'JOIN' to join our publicity list!