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President's Message

Dear Friends and Supporters of Hindu Centre,

Renewed with spiritual energy after a string of festivals, starting with Navaratri and ending with Vijayadashami, the feedback from our community of friends has been encouraging. We are now coming to the end of the year activities and hope you and your family members are looking forward to an exciting time together.

Our youth, who will be future leaders of **Sanatana Dharma**, are energised to drive our collective vision and I'm pleased to announce that Hindu Centre's Yuvashakti is steadily and surely taking shape. In this month's Patrika, titled Hinduism and NextGen, we have a report from a youth Volunteer that gives a glimpse of their aspirations for the community in future. As they plan more events together, we hope to give you more perspectives from them.

I would also like to share with you that new membership rates will be applicable from January 2024. I would strongly recommend that you leverage the older membership rates available till then. You will find more details in the Membership Updates section.

As you are all aware, the consecration of the Ayodhya Ram Mandir is happening on 22nd January 1330 hrs Singapore time. An estimated 25,000 Hindu religious leaders from 136 Sanatana traditions are being invited for the consecration ceremony in addition to the 25,000 saints. In March 2024, the Hindu Centre has planned a North India tour that includes a visit to the Ayodhya Ram Mandir. We invite all members of our community to partake in what is perhaps the culmination of most significant Hindu Temple construction in the world!! Link here: <https://sfh.sg/hcnorthyatra2024.pdf>

May I take this opportunity to 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](#)

Learn how to bless someone using this mantra below:

शतमानम भवति शतायुः पुरुषः
शतेन्द्रिय आयुष्येवेन्द्रियेः प्रतितिष्ठति ।

Transliteration

śhatamānam bhavati śhatāyuh puruṣaḥ

śhatendriya āyusyevendriye pratiṣṭhāti |

word-by-word-meaning

shata = hundred

maanam = a measurement or unit of standard

bhavathi = let it be so

shata aayuh = hundred in age

Purusha = person or the life

shata + indriya = hundred and senses

ayushyEva = healthy

indriyE = the senses

pratishtati = be established

Meaning

It wishes a life of 100 springs in one lifetime, fully functioning Indhriyams (senses) during that lifetime; to have all the faculties established intact to observe the daily chores ordained by life; to pursue the noble way of life be it physical, mental, social or spiritual.

Learn 5 Sanskrit words

This month we learn the 5 names of Lord Rama. These names are frequently used in Ramayana and all the names have some background attached to them.

1. **Maryada Purushottama (मर्यादा पुरुषोत्तम): மர்யாதா புருஷோத்தம்**
This term translates to “The Best Among Men” or “The Perfect Man.” It emphasizes Rama’s exceptional qualities and his embodiment of righteousness.
2. **Dharma Raja (धर्मराज): தர்மராஜ்**
Meaning “The King of Righteousness,” this term reflects Rama’s commitment to upholding dharma, moral and ethical duties.
3. **Raghava (राघव): ராகவ**
A common epithet for Rama, derived from the Raghu dynasty to which he belongs. It is often used to address him with respect.
4. **Aadipurusha (आदिपुरुष:) ஆதிபுருஷ**
“Adi” means “original” and “Purush” means “person.” Therefore, “Adipurush” refers to the “original man”. Lord Rama is an incarnation of Lord Vishnu and is believed to be the first human being to have embodied the qualities of righteousness.
5. **Kaushalya Nandana (कौशल्यानंदन): கௌஷல்யாநந்தன்**
Referring to Rama as the son of Queen Kaushalya, this term is used to highlight his royal lineage.



Know Bhagvad Gita: Sankara bashyam

पिताहमस्य जगतो माता धाता पितामहः ।
वेद्यं पवित्रमोङ्कार ऋक्साम यजुरेव च ॥९.१७॥

Transliteration

pitāham asya jagato mātā dhātā pitāmahaḥ
vedyaṁ pavitram omkāra ṛik sāma yajur eva cha

Meaning

pitā—Father; aham—I; asya—of this; jagataḥ—universe; mātā—Mother; dhātā—Sustainer; pitāmahaḥ—Grandsire; vedyam—the goal of knowledge; pavitram—the purifier; om-kāra—the sacred syllable Om; ṛik—the Rig Veda; sāma—the Sama Veda; yajuḥ—the Yajur Veda; eva—also; cha—and

I am the father of this universe, the mother, the supporter and the grandsire. I am the knowable, the purifier, the syllable Om. I am the Rik, the Saman and the Yajus as well.

Shankara says:

I am the father of this universe, the mother and the dispenser of the fruits of action of all beings. I am the grandfather. That which is to be known, the purifier, the Omkara, the Rik, the Sama, the Yajus – (I am all these).

Finding ways of expressing Bhakti: Laxmi Puja class at Hindu Centre

The 2-day Puja class concluded on 26th Nov with students from all backgrounds and ages participating with a lot of enthusiasm. Young mothers wanting to explain to their children, in return a son wanting to explain to his mom, husband wanting to do what wife does at home and many such heart-warming scenes! The whole session was much appreciated as it was very simple and logical to understand. The students left enjoying the experience and feeling empowered in expressing their bhakti to their Ishta devatas.

Lakshmi Puja - Prosperity for life

The word Aiswaryam has no direct translation in English, the closest is prosperity. Devi Mahalakshmi presides over not one but eight forms of prosperity, practically all that we need for a happy life in this world. This is why Hindu Centre's 2023 Home Puja class was 'How to do a Lakshmi Puja' at home effectively.

Students came seeking to understand why, how, and what to do in the puja - to answer the questions in their mind, support and encourage their family members and to learn the formal way of doing puja as ordained in the Sastras. And they all went away empowered, maybe even being able to explain to a 13 year old! As we all know, all this is not easy.

A western author once said God seems to live with the Indians, because they are always inviting Ishwara into their houses every day! And that is what we do in this Puja. In 16 simple steps, we invite Devi Mahalakshmi into our house, offer her water to wash and bathe, fresh clothes, scented chandan and kumkum, jewels, sweets, perfumed incense, and camphor, freshly prepared prasadam. We worship her in all her glory with mantras, namavali, stotrams, bhajans and arathi songs - all with the auspicious deepam and sound of ringing ghanta (the bell). We could have danced - if only we knew how to. In the Bangkok Irawan temple (Of Lord Brahma), one of the offerings is a performance by Thai dance troupe who are hired by devotees after the fulfilment of their prayers!

The prayer comes from the sankalpa that we set in the mind in our puja. This sets the stage for our buddhi and manas (the mind, which is the charioteer in the 5-horse drawn chariot analogy) to engage the 5 senses (which are the horses) in devotion to Devi Mahalakshmi. We do this by engaging all our senses towards her form and offering all our actions at her feet.

What are the benefits of doing the Laxmi Puja?

By doing this puja, we ask the grace or anugraha, of Devi Mahalakshmi to be bestowed upon us. This helps us to obtain not only the 8 forms of prosperity but also punya or merits that offset our omissions and commissions in daily life. The only way to get out the taste of bitter

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medicine is to add more and more water or sweetness to it, and this is one of the ways of doing it.

This puja can be one of the 5 daily duties of Hindus - Deva Yajna, the others being Rishi Yagna, Pitṛ Yajna, Manushya Yajna and Bhuta Yajna. The puja is very powerful because we can also set our sankalpa to bring benefits to our fellow human beings or all this earth in general too.

The puja can be done in 20 minutes, and with minimum ingredients, it can be done in 5 steps too! Alternately, it can be undertaken as a manasa puja in the mind. But of course, the more one does, the better. In this session, we also provided the recordings of the mantras to practise daily.

Let us all prostrate to Devi Mahalakshmi and receive her anugraha.

- Aadi-Lakshmi – Source of creation and moksha pradayini
- Dhana-Lakshmi -Goddess of wealth
- Dhanya-Lakshmi – Goddess of agricultural wealth.
- Gaja-Lakshmi – Giver of animal wealth
- Santana-Lakshmi – Goddess of bestowing offspring.
- Veera-Lakshmi – Goddess of courage and strength for overcoming difficulties in life.
- Vidya-Lakshmi – Goddess of knowledge of arts
- Vijaya-Lakshmi – The giver of success and victory



(Source: Wikipedia)

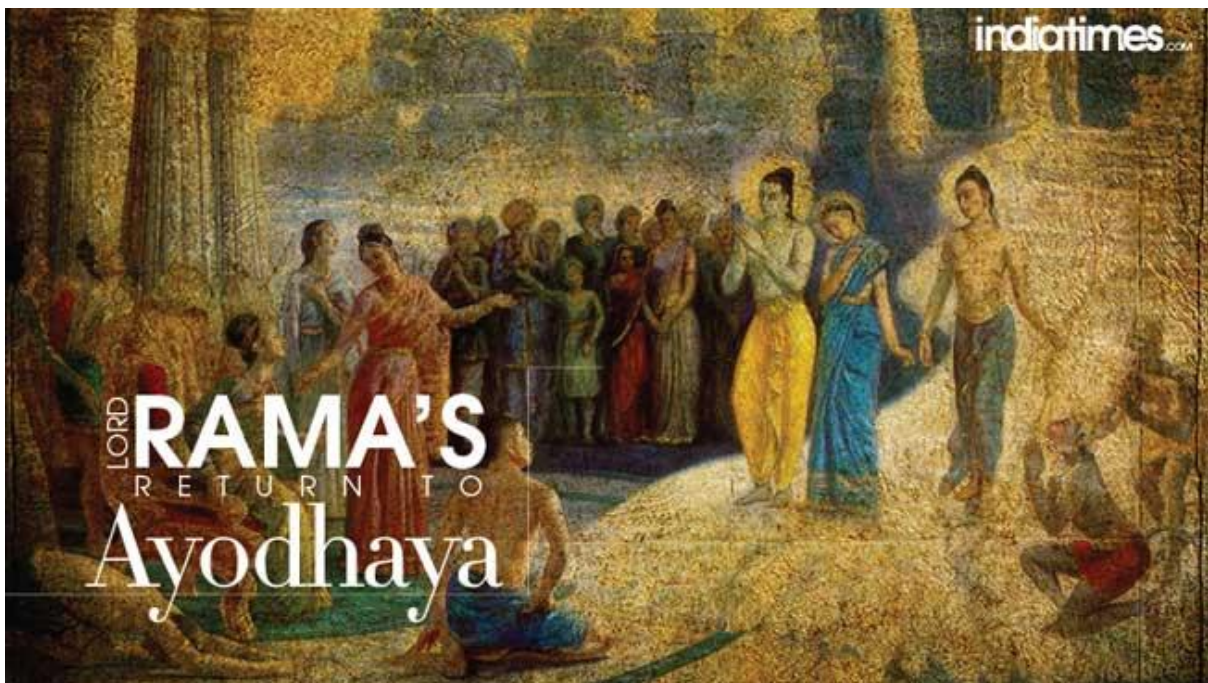
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The unique season of festivals during Deepavali

- By Deepika Sharma



Deepavali, the festival of lights, is celebrated on one of the darkest nights of the year - on the last day of Ashwin month of Hindu calendar. The darkness of that no-moon night is

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fought by lighting many lamps of oil and ghee as also by lighting up the sky with all kinds of fireworks. As per the popular legend, this tradition started with lighting up of lamps (diya) in Ayodhya to welcome Shri Ram, Mata Seeta and Shri Lakshman. They had returned after serving an exile of 14 years during which time the fierce demon Ravana was also killed in a battle in Lanka. This victory is marked by celebrating Dussehra and exactly 20 days thereafter arrives the festival of lights, Deepavali to celebrate Shri Ram's homecoming.

Deepavali also traces its origins to another famous legend - the churning of ocean milk by Devas and Asuras (Gods and the Demons). During the times when Devas were debilitated and Asuras were becoming more powerful, the churning of ocean milk was suggested by Bhagwan Vishnu so that Devas could access the pot of sweet nectar of immortality (Amruta) which was at the bottom of the ocean. This would make Devas more powerful and restore the balance between them and asuras. During the churning, Maa Laxmi, the Goddess of wealth, appeared from the ocean, chose Bhagwan Vishnu as her husband and they got married. To celebrate this, apart from lighting lamps, a special worship of Maa Laxmi is performed on Deepavali. Priests are consulted beforehand to know the auspicious time to welcome Maa Laxmi into home. Many business owners do a special prayer for the success and prosperity of their business. Stock markets in India - BSE and NSE also open a window during auspicious time to do Muhurat Trading (auspicious trading of stocks).

Apart from prayers to the goddess of wealth, the tradition involves making home-made sweets and other delicacies and distributing them to friends and family.

Deepavali, is also a festival of celebration over many days.



(Source: Mint)

Two days before Deepavali, is the festival of **Dhanteras**, which is the day to celebrate God Dhanvantri - the physician of the Devas. He is mentioned in holy books as the father of Ayurveda. He had also appeared during the churning of ocean milk and had carried the pot of *amruta* from the bottom of the ocean.

This festival is observed to pray for good-health and includes the prayer of Maa Laxmi for prosperity in the family. There is a long tradition of buying gold or other precious things on this day as it is believed that such acquisitions, if bought on Dhanteras, will multiply.

The next day is *Naraka chaturdashi* which celebrates the victory of Shri Krishna over the demon Narakasura. In North India, this day is also considered Chhoti Diwali (Little or Small Deepavali) and this Deepavali is celebrated with equal festivity.

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The day after Deepavali marks the start of the holy month of Kartik which is considered as a month very dear to Bhagwan Vishnu. Many celebrations happen on this day including Govardhan Puja, Annakut and Vishwakarma Puja.



Source: NDTV

And finally, on day 5 is the festival of Bhai Dooj which is a festival celebrating sister-brother bond. It is believed that after defeating Narakasura, Shri Krishna had gone to his sister Subhadra's place, and she welcomed him by applying a tilak on his head. Till today, brothers visit their sisters and continue the tradition of applying tilak on their brother's forehead and pray for their well-being.

In Singapore, Deepavali is a national holiday and various Deepavali celebrations are held by the various Indian communities in the Community centres across the country. Being a multi racial society, we often see members of other races participating in these festivities. Little India comes alive with light decorations on the main roads depicting auspicious symbols from Hindu art. Temporary arrangements are done outside shops to showcase various Deepavali shopping items including marigold garlands, rangoli sets, lamps, lanterns with Indian design. LISHA (Little India Shopkeepers Association) also organises various events including Deepavali lighting ceremony, rangoli workshops, Deepavali night bazaar and so on. Apart from this, various temples conduct special rituals to celebrate these auspicious dates.

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Source: Straits Times

Sources:

<https://www.theholidayspot.com/diwali/history/samudramanthan.htm>

<https://www.nddb.coop/ccnddb/ocean-milk#:~:text=After%20much%20debate%2C%20the%20Gods,and%20strong%20by%20drinking%20it>

[https://en.wikipedia.org/wiki/Diwali#Dhanteras, Dhanatrayodashi, Yama Deepam \(Day 1\)](https://en.wikipedia.org/wiki/Diwali#Dhanteras,_Dhanatrayodashi,_Yama_Deepam_(Day_1))

<https://www.deepavali.sg/>

Ren Ci Community Hospital felicitates Hindu Centre Volunteers

- By S. Anuradha

Ren Ci Community Hospital felicitated two Hindu Centre Volunteers – **Krishnasamy Dhanalaxmi and S Anuradha** - for befriending the Hindu residents at its **Ang Mo Kio and Bukit Batok** homes. The felicitation was part of its volunteer appreciation meeting.

Under Hindu Centre's "**Bandhu**" or "**Befriender**" program, volunteers visit the old age homes and spend time with the residents. The sessions typically include a short puja, japa, prayers for sick and bhajans. Occasionally the residents are brought to temples and restaurants for an excursion.



Dhanam has been volunteering at the **Ren Ci AMK Home** since 2007 and at **Ren Ci Bukit Batok** since 2018. Anuradha has been associated with the online befriending sessions since the Covid-19 pandemic.

Bandhu recently recruited volunteers to deploy more persons at the old age homes now that all visiting restrictions have been removed. Interested persons can reach out to Hindu Centre to offer their company to the senior residents by calling the **Hindu Centre at 62918540**.

Why is Bandhu Volunteering a Fulfilling and Significant Experience?

Engaging in volunteering with **Bandhu** can be a gratifying and meaningful endeavour. The act of volunteering can be as straightforward as providing companionship to our elderly. We actively seek volunteers to connect with and uplift our elderly in need of nursing care. These volunteers can come from various backgrounds, such as students, working professionals or any empathetic individual.

Our volunteer groups organize spiritual and social-recreational activities for the residents. The primary goal is to befriend elderly in these residential facilities, ensuring their well-being, offering support, building trust, and reducing social isolation.

Are you someone who enjoys interacting with seniors and witnessing the joy on their faces? As a Bandhu volunteer, you play a crucial role in bringing much-needed cheer to residents in nursing homes and seniors in the community.

Volunteering with us is as easy as being a friend to our amazing patients. We're on the lookout for folks who can bring smiles and joy to our elderly friends in need of nursing care. Whether you're a student, a working adult, part of a religious group or just someone who loves helping out – we want you!

Our volunteer squads put together awesome spiritual and social-recreational activities for our residents. The mission is simple: befriend the elders in our community, ensuring they're well, offering support, building trust, and banishing social isolation.

But wait, there's more to it than just being a friendly face! As a **Bandhu volunteer**, you get the chance to be a real game-changer for seniors. You can empower them with new skills, boost their overall well-being by setting up classes and exciting outings. Plus, here's your golden opportunity to be part of something bigger – help us build an inclusive society by befriending neighbours who might need a hand with medication reminders or just a compassionate listener. Let's make a positive impact together!



Hindu Centre's Online Chanting sessions – Open to all

Hindu Centre holds online chanting sessions on sacred days such as **Amavasya, Pournami, Sashti** and **Chaturthi**. Every month the entire Devi Mahatmya is also chanted. Please join these free sessions to get the blessings of Ishvara and learn important stotras such as **Abirami Andadi, Lalita Sahasranama** and **Kanda Sashti Kavacham**. We have a packed calendar for you in **December** given the season of festivities.

- 1) **Sivarathri day chanting:** 11.12.2023 (Monday) 7:30 am - 8:30 am SGT/5 am - 6 am IST via zoom online
- 2) **Ammavasya Abirami Andadi Chanting:** 12.12.2023 (Tuesday) 7:30 pm - 8:30 pm SGT/5 pm - 6 pm IST via zoom online
- 3) **Chathurthi Vinayagar Agaval Chanting:** 16.12.2023 (Saturday) 7:30 pm -8:30 pm SGT/5 pm -6 pm IST via zoom online



- 4) **Maargazhi month daily chanting** (Thiruvempavai, Sivan Thirupallieluchi and Thirupavai songs chanting): From 17.12.2023 (Sunday) till 14.1.2024 (Sunday) 7 am - 8 am SGT/4:30 am to 5:30 am IST via zoom online
- 5) **Kanda sashti parayanam**: 18.12.2023 (Monday) 7:30 pm -8:30 pm SGT/5 pm -6 pm IST via zoom online
- 6) **Shaiva Satsanga** with Lavanya Latha. December 20 Wednesday 730-830 pm Sgt, 5-6 pm ist) via zoom
- 7) **Pournami Lalitha sahasranamam chanting**: 26.12.2023 (Tuesday) 7:30 pm - 9 pm SGT/5 pm to 6:30 pm IST via zoom online
- 8) **Soundarya lahari (Shlokas 1-100) chanting**: 28.12.2023 (Thursday) 7 pm - 8:30 pm SGT/4:30 pm - 6 pm IST via zoom online
- 9) **Devi Mahatmyam (Chapters 1-13) chanting**: 30.12.2023 (Saturday) 8 am - 11 am SGT/5:30 am to 8:30 am IST
- 10) **Mooka pancha sathi (MPS)**-(Arya shathakam shlokas, Padharavindha shathakam shlokas) chanting: 31.12.2023 (Sunday) 8 am - 9:30 am SGT/5:30 am to 7 am IST via zoom online

Zoom meeting details: Join Zoom Meeting

<https://us02web.zoom.us/j/84059244048?pwd=V3dkTIR3cmRMd1NDWC84RXdyRGIDQT09>

Meeting ID: 840 5924 4048

Passcode: bhakti

All are welcome to join

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Hindu Centre Membership updates



Important Announcement

From 1 January 2024, membership fees will increase.

- Life membership - one-time life membership fee will increase from \$1000 to \$2000 (no annual subscriptions);
- Ordinary membership - annual subscriptions will increase from \$60pa to \$120pa (no entrance fee);
- Youth membership (<35 in age) - annual subscriptions will be \$60pa (no entrance fee).

If you wish to become a member at the current rates, please write to admin@hinducentre.org.sg for a membership application form and submit before 31 December 2023

As a member, you may attend and vote at AGMs and stand for elections to the management committee of Hindu Centre.

More than that, you will be supporting the preservation and promotion of our Vedic heritage.





Hinduism and NextGen

- By Hariharan Mohan

On **October 28, 2023**, the Institute of Policy Studies at the **National University of Singapore** organized a pilot workshop on Race, Religion, and Intergroup Cohesion (RRIC) entitled "**Building Bridges, Breaking Barriers.**" The workshop aimed to raise awareness within the youth religious community, focusing on fostering a better understanding among youths from various faiths.

Hariharan (Hari), a 25-year-old emerging leader from **Yuvaśakti** – the **Youth Wing of the Hindu Centre**, represented the Hindu Centre at the workshop. This is an account from Hari below.

We shared insights from Hinduism aiming to enhance their awareness of Hindu practices. We also explained the existence of different sects within Hinduism and highlighted the core beliefs and values of the religion.

During the workshop, we seized the opportunity to connect with youths from different faiths, as well as those from other Hindu organizations in Singapore, such as the Hindu Youth Network of the Hindu Endowments Board.

Reflecting on my experience, I realized that many in the world lack someone to discuss the true beliefs of Hinduism with. Given the limited popularity of teachers, our religious essence is at risk of fading away. Numerous youths may not feel the inclination to embrace the deep-rooted values and philosophy of Hinduism. Looking ahead, we can collaborate to become a focal point for teaching and guiding Hindu youth about the true values of Hinduism and promoting its growth.

Within the Hindu Centre, Yuvaśakti was established to precisely address these needs. Committed to the lifelong learning of the śāstras, Yuvaśakti aspires to create awareness of Sanātana Dharma. In addition, we also aim to significantly enhance the emotional maturity of Hindu youth and empowering them to achieve their life pursuits.

If you are a youth aged **17 to 35** and wish to learn more about **Yuvaśakti** and its initiatives, please register using the following link: <https://www.bit.ly/YSHC>, or scan the provided QR code.



Temples in SG – A walk with our ancestors

-By Nitya Menon

The Sri Layan Sithi Vinayagar Temple at the crossroad between Kreta Ayer Road and Keong Saik Road, is one of two temples under the management of the Chettiars' Temple Society. The Temple traces its origins to a site near Outram road and was moved to its present location in the 1920s with its first consecration taking place in June 1925.

One of the few temples in Singapore with just a single sanctum, wherein are three Vinayagar idols as well as Naagar, "Rama Naamam" and Lord Murugan's holy Vel (spear). Annually, with

a lot of pomp and festivity, the Vel is taken in procession to the Sri Thendayuthapani Temple on Tank Road for Thaipusam.

The three main Vinayagar idols have an unusual story associated with them. The first belonged to the Temple's founder, Thiru Ponnambala Swamigal who came to Singapore as a soldier with the Indian National Army (INA) and was unable to take the idol with him when he returned to India. Likewise, the third idol too belonged to another devotee who donated it to the Temple. The second idol made of black stone, was the only one acquired specifically for the Temple when it was constructed at its present site.

The Temple, while small, has beautiful architecture, with each of its pillars adorned with images of the divine family - different forms of Shiva, Parvathi, Ganesha and Karthikeya. The pillars around the sanctum's perimeter are also each adorned with a different carving of a unique form of Ganapathy: Bala, Bhakti, Veera, Sakthi, Dvija, Pingala, Uchista, Vighna, Kshipra, Heramba, Lakshmi Ganapathy, Vijaya, Maha, Nritya, Urdhva, and Taruna.

Given its location in Chinatown, devotees at the Temple hail from multiple races. They can often be found holding a mechanical tally counter as they circumambulate the temple's sanctum sanctorum 108 times in fulfilment of various vows they may have taken.

An interesting fact:

In Tamil "Line" is written as "லயன்" which when translated back into English is now rendered as "Layan. This is also confirmed by the account below.

The Original idol was entrusted to Nagarathar's by a soldier-devotee who came to Singapore as a part of British Indian Army. When the temple was established, the Nagarathars' brought a new black stone idol from India and installed it along with the original so as to upkeep the promise made. This new temple was called "Layan Sithi Vinayagar Temple" as the original idol was located at the "Sepoy Line" (Army Quarters).

Source: The Golden Memories Book of Nagarathar Community

The term Nagarathar (also known as Nattukottai Chettiar) literally means "town-dweller" in Tamil. They are a mercantile community who are traditionally involved in commerce, banking and money lending. (Source: Wikipedia)

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Ayurveda Bytes – The Importance of Dinacharya

-By Dr. Poorna Menon

Tongue Scraping, a key element of Dinacharya

After brushing your teeth in the morning, it is a good habit to scrape your tongue from the back to the front between 7 - 14 times. This age-old practice is recommended in Ayurveda as part of dinacharya to remove accumulated ama (undigested toxic material) and tastelessness in the oral cavity. It also stimulates the meridians of the tongue. You might also find that this practice banishes bad breath. While tongue scrapers today are made from many different materials, there are additional benefits to using a copper tongue scraper. Copper was found to be the first metallic antimicrobial agent, and helps maintain the alkalinity of the tongue. In addition, this is a way in which to get some trace amounts of natural copper - an essential mineral - into your body.

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Upcoming events at Hindu Centre

Dec 4, Monday 7:30-9 AM - Free session by Smt GN Praveena

Margazhi Vrata and Thiruppavai - why and how to observe the vows and prayers, how to sing the Thiruppavai

Yatra – North India tour in March 2024

Hindu Centre is pleased to offer a specially curated guided Yatra of holy places in North India, from 16-24 March 2024, including the new Ram Janmabhoomi Temple in Ayodhya.

You can find the itinerary here: <https://sfh.sg/hcyatranorthyatra2024.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>.

Early registration could mean better
pricing on international flights.

A face-to-face briefing session will be
held on Sunday 14 January at 4.30pm
at Hindu Centre, 132 Owen Road, S
218935.



Mindfulness Workshop

Explore how this could be a powerful way of living.

Mindfulness is a key practice to enable oneself to live in and enjoy every moment.

Living in the moment is key to achieving perfection in all our tasks and free ourselves
from guilt (of the past) and anxiety (of the future).

**Hinduism Life
and
Living Series**

Mindfulness Workshop

Explore how this could be a powerful way of living

Living in the moment is key to achieving
perfection in all our tasks and free
ourselves from guilt (of the past) and
anxiety (of the future).

Mindfulness is a key practice to
enable oneself to live in and enjoy
every moment.

Session conducted by
Hindu Centre volunteer teacher
S Anuradha

Light Lunch will be provided

Programme :

M
I
N
D
F
U
L

- Observation
- Breathing
- Walking
- Writing/drawing
- Body scan
- Eating

Fee - SGD 25/person

December 2, 2023, Saturday
9 AM to 12:30 PM

Hindu Centre,
132 Owen Road, SG 218935

Please register soon to attend at <https://sfh.sg/hcseeds> or Scan the QR Code

See our calendar of events at
<https://sfh.sg/hcevents>
Visit us at www.hinducentre.org.sg

For enquiries, call 6291 8540

To get an update of future events, add us to
your contacts and send JOIN on WhatsApp
to +65 87680532
or send email to events@hinducentre.org.sg



Explore how Mindfulness could be a powerful way of living. Mindfulness is a key practice to enable oneself to live in and enjoy every moment.

Living in the moment is key to achieving perfection in all our tasks and free ourselves from guilt (of the past) and anxiety (of the future).

Learning Objectives:

Learn how to practice mindfulness in daily life for peace of mind and energy.

Session conducted by: Hindu Centre teacher S Anuradha.

Date/Time: 2 December 2023, Saturday, 9 am to 12.30 pm

Venue: Hindu Centre, 132 Owen Road, S 218935

Fee - SGD 25/person

Limited seats (15 only) available, kindly register and make payment early to book your seat.

Please register at: <https://sfh.sg/hcseeds> and

Pay Now using UEN S78SS0017J and mention 'Mind' for our reference.

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the voice of the Hindu Centre, Singapore

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.

For more information, please click here
<https://www.hinducentre.org.sg/donate/>

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



WHATSUP@HINDUCENTRE

  **Hindu Centre**
Jnana • Bhakti • Seva

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)

+65 8768 0532

Add number to your phone contacts..

and Whatsapp 'JOIN' to join our publicity list!