

HINDU NEWS

www.heb.org.sg



A PUBLICATION OF THE HINDU ENDOWMENTS BOARD, SINGAPORE

Issue 02/2017



*Hindu Endowments Board
joins all Singaporeans in
wishing the Nation a
Happy 52nd Birthday.*

*We stand together as
one people, one nation,
One Singapore!*

LEADERSHIP ROLES

New Term For Hindu Endowments and Hindu Advisory Boards

A new three-year term for the Hindu Endowments Board (HEB) and Hindu Advisory Board (HAB) members commenced 1 June 2017. Members of both Boards are drawn from a cross-section of leading and prominent figures from the public and private sectors of the Indian community. Besides overseeing policies and strategies for the development and promotion of the religious events in Singapore, members advise on the planning and operation of Hindu temples, major projects and schemes.



Ms Grace Fu appreciated the close ties shared with HEB and HAB

Minister for Culture, Community and Youth (MCCY), Ms Grace Fu, presented letters of appointment to members from both Boards over a luncheon hosted at the PGP Hall on 23 May 2017. Appreciating the close relationship and co-operation with both Boards, Ms Grace Fu said, “We called on HEB to support SGSecure, a call-to-action for all Singaporeans to prepare for crisis by staying united, strong and alert. I understand that HEB staff and Management Committee members at all HEB temples have responded to our call by undergoing SGSecure training. This is especially important as places of worship which attract large crowds need to remain vigilant.”

“I am also happy to hear that HEB has been doing much to support other organisations, including private temples, grassroots organisations and SINDA. Your generosity has benefitted the less fortunate among us...Besides HEB, HAB is another strong and active supporter of interfaith initiatives. HAB is a member of the National Steering Committee on Racial and Religious Harmony, and its members have supported interfaith dialogues as resource persons. In 2014, HAB and HEB jointly organised the Harmony Games. The Games provide a platform for different communities and faiths to come together and bond. Initiatives like these increase people-to-people interactions and grow our social capital,” she added.

The table on the right lists persons who have been appointed as members of the Hindu Endowments Board for a period of 3 years with effect from 1 June 2017.

Chairman:	Mr R Jayachandran
Vice Chairman:	Mr R Dhinakaran
Finance Member:	Mr Selvam s/o Varathappan
Secretary:	Mr Yoganathan Ammayappan
Members:	Mr K Kesavapany Dr Vellayappan s/o Karupiah Mr S Nallathamby Mr Venkatesh Narayanaswamy Mr Satish s/o Appoo A/Prof N Ganapathy Ms Balakrishna Madhubala Mr Sumit Aggarwal Mr Chinniah Kunnasagaran Ms Susila Ganesan Mr Krishnan Muthappan



Members of HEB (clockwise, from top left): Mr Krishnan Muthappan, Mr Satish Appoo, Dr K Vellayappan, Mr S Nallathamby, Mr V Selvam, Mr Sumit Aggarwal, Mr N Venkatesh, Ms B Madhubala, Ms Grace Fu (Minister, MCCY), Mr R Jayachandran, Mr K Kesavapany, Ms Susila Ganesan. (Not in picture: Mr R Dhinakaran, Mr A Yoganathan, A/Prof N Ganapathy, Mr Chinniah Kunnasagan)

The following persons have been appointed as members to serve on the Hindu Advisory Board for a period of 3 years with effect from 1 June 2017:

Chairman:	Mr Rajan Krishnan
Vice Chairman:	Mr N Prushuathamun
Secretary:	Mr S Ramesh
Members:	Mr S Lakshmanan Mr MM Paramantham Mr Moti H Bhojwani Dr T Chandroo Mr NR Shankar Mr R Selvarajoo s/o Ratinam



Members of HAB (clockwise, from top left): Mr R Selvarajoo, Mr NR Shankar, Mr S Ramesh, Mr S Lakshmanan, Dr T Chandroo, Mr N Prushuathamun, Ms Grace Fu (Minister, MCCY), Mr Rajan Krishnan, Mr Moti H Bhojwani (Not in picture: Mr MM Paramantham)

K Kesavapany

President, Inter-Religious Organisation (IRO), Singapore



Mr K Kesavapany has been appointed as IRO's President

Mr K Kesavapany, Former Ambassador to Jordan and Member of the Hindu Endowments Board has been appointed as President of IRO for the term from 2017 to 2018. Joining him on the IRO Council are Swami Vimokshananda from Ramakrishna Mission (Singapore) and Mr Srinivas Rai, a former HEB/ HAB member.

In his address at the IRO's Annual General Meeting held on 18 June 2017, Mr Kesavapany elaborated on the three areas he will be spearheading in the IRO – Relevance (from religious tolerance to understanding), Reach (outreach to schools and institutes of higher learning) and Rehabilitation (counselling and mediation).

Summing up, Mr Kesavapany said, "With faith and confidence, IRO can contribute towards ensuring that Singapore remains an oasis of peace and religious harmony amidst a sea of turmoil and turbulence."

T Raja Segar

Chief Executive Officer, HEB

HEB has appointed a Chief Executive Officer (CEO). He comes in to lead the administrative functions of the Board which include corporate functions such as Strategic Planning, Human Resources, Finance, Programmes, Community Engagement and Communications in addition



Mr T Raja Segar joined HEB on 1 July 2017

to driving new initiatives that will position HEB as an entity contributing to community and nation building.

Mr Raja Segar comes with experience in both government and non-governmental organisations including leading non-profit entities. Notable leadership roles he has held are as CEO SINDA, Head of MediaCorp Vasantham and Director at Singapore Institute of Technology.

Sharing his thoughts on how he intends to contribute to the growth of HEB, he said, “The

environment in which an average person functions has become complicated. In a globalised world, we are constantly navigating various challenges. HEB temples and units need to offer strong support in whatever manner appropriate to those who interact with us. Beyond the religious services offered, it is timely to look into supporting devotees with programmes that make them stronger and resilient to changing conditions. I will be exploring a total customer experience and support structure that will make HEB a friend of the people. HEB will also increase its engagement with community organisations and other religious organisations in Singapore.”

SRI SRINIVASA PERUMAL TEMPLE'S MAHA SAMPROKSHANAM (KUMBABISHEGAM)

The next Maha Samprokshanam (Kumbabishegam) date for Sri Srinivasa Perumal Temple (SSPT) has been finalised as Sunday, 22 April 2018.

The auspicious date was announced to devotees by the Chairman of SSPT, Dr K Vellayappan, after the Balasthapanam prayers were concluded for the Rajagopuram (tower) and Vimanams (domes) on 30 April 2017. The prayers were led by Sengalipuram Sri K Vasudevan Bhattachariar and assisted by all the Temple priests, along with two specialist priests from Tamil Nadu.

After the date was formally unveiled, the auspicious Muhurtha Pattrikkai (ceremonial invitation) for the Maha Samprokshanam was read by the Chief Priest of the Hindu Endowments



With the chanting of sacred mantras, the divine energy was temporarily transferred into a kumbham (sacred vessel). The energised Teertham (sacred water) was later sprinkled onto the replica drawings of the Vimanams and eventually placed in the respective sanctum of each deity.



Dr K Vellayappan, Chairman of Sri Srinivasa Perumal Temple, officially unveiled the date for the Maha Samprokshanam (Kumbabishegam) of the Temple.

Board, Sivasri N Balachandar Sivachariar. Thereafter, the Chief Sthapathy (sculptor) and his team did a prayer for the tools which will be used for sculptural work, marking a ceremonial start.

On 16 July 2017, the Balasthapanam prayers for the Kodimaram (flagstaff) and the Sri Garudan sanctum were held.

Sharing his thoughts on the tasks ahead, Dr Vellayappan said, "The redevelopment works at Perumal Temple have begun in full swing. Leading sculptors from Tamil Nadu have started work on the Vimanams and Rajagopuram.



Chief Sthapathy, Mr S Anand, performed a ceremonial prayer to start the redevelopment works for the Rajagopuram and Vimanams.

Extensive work within the sanctums will start after the Moolasthanam Balasthanam on 23 November 2017. Devotees may experience some inconvenience with scaffolding erected at the different Vimanams. We seek the kind understanding of devotees as the works are necessary to rejuvenate the Temple before the 2018 Maha Samprokshanam.”

Speaking about the Purattasi month in September/October 2017, which is a busy period for the Temple, Dr Vellayappan commented, “We appeal to all devotees to give their full cooperation during this busy festive period. We are expecting a very large turnout. My team will endeavour to make your temple visit as smooth as possible during the four Purattasi Saturdays.”

“Meanwhile, we welcome your kind donations towards the Maha Samprokshanam fund raising. We request all devotees to participate in the various poojas related to the Maha Samprokshanam. For donations, you may wish to approach the Temple office or donate online through the Temple’s website (www.sspt.org.sg). On behalf of my committee, I would like to thank you for your generous contributions towards Perumal Temple,” he added.

Various Preceding Ceremonies

Several preceding prayers to invoke the blessings of all deities in the Temple were performed before the Rajagopuram and Vimana Balasthanam.

They began with the Maha Ganapathy Homam to invoke the blessings of Lord Sri Vinayagar on 17 April 2017. Each day thereafter, a Homam (fire ritual) and Thirumanjanam (ceremonial bath) was performed for each deity. The culmination of the ceremonies was the Sahasra Kalasabishegam for Lord Sri Srinivasa Perumal which took place on 23 April 2017. This involved bathing the Lord with 1080 kalasams (pots) filled with holy water from sacred rivers in India and various items like milk, honey, curd, holy water, sandalpaste, rosewater, etc. Sand from leading Vaishnavite Temples all over India was also specially brought for the ceremony. All devotees



Priest Vasudevan Bhattachariar (in yellow attire), assisted by various priests, performing the preliminary pooja on the eve of the Sahasra Kalasabishegam



A multitude of offerings for the Thirumanjanam were placed in the kalasams.

who took part in the abishegam received the special theertha prasadam (blessed holy water) and the kalasam as souvenir for their contributions.

The Next Few Months

Once the Moolasthanam Balasthanam (ceremonial relocation of the deities) takes place on 23 November 2017, all the deities will be housed in one common area freeing up all the sanctums for a slew of works to take place. Access around the Temple will also be limited and more hoardings can be expected around the work areas.

The Temple is also preparing itself for the annual Thaipusam Festival, which falls on 31 January 2018. Devotees can rest assured that arrangements will be made to minimise any inconvenience.



Purattasi Saturdays in 2017

This year there are four Saturdays in the month of Purattasi. The dates are:

- 23 September 2017
- 30 September 2017*
- 7 October 2017
- 4 October 2017

*coincides with Vijayadasami

சகஸ்ர கலசாபிஷேகம்

சேங்காலிபுரம் K வாசுதேவன் பட்டாச்சாரியார்



1080 கலசங்கள் ஆகம முறைப்படி மந்திரங்களால் ஜபிக்கப்பட்டுத் தயாராயின

எல்லாம் வல்ல ஸ்ரீ வைகுண்டநாதன் ஸ்ரீமந் நாராயணனே பக்தர்களின் எண்ணங்களைப் பூர்த்தி செய்யும் விதமாக ஸ்ரீ ஸ்ரீநிவாசன் என்னும் திருநாமத்தில் சிங்கப்பூரில் ஸ்ரீ ஸ்ரீநிவாசப் பெருமாள் கோயிலில் எழுந்தருளி பக்தர்களுக்கு அருள்பாலித்து வருகிறார்.

இந்த ஆலயத்திற்கு வாரந்தோறும் பல்லாயிரக்கணக்கான பக்தர்கள் வந்து வழிபட்டுவருகிறார்கள். பக்தர்களின் நலனை வேண்டி பல்வேறு பூஜைகளும் வழிபாடுகளும் ஸ்ரீ வைகானஸ ஆகம முறைப்படி நடந்து வருகிறது.

அதன்படி கடந்த ஏப்ரல் மாதம் ஸ்ரீ பெருமாளுக்கு 1080 கலச அபிஷேகம் வெகு விமரிசையாக ஆகம முறை படி நடைபெற்றது. இரண்டு நாட்கள் யாக சாலை பூஜைகளும், ஹோமங்களும் நடைபெற்றன.

முதலாவதாக ப்ராக் த்ரவ்யம் என்று சொல்லக்கூடிய 5 திரவியங்கள் பெருமாளுக்கு சமர்ப்பிக்கப்பட்டது. அவையாவன

1. புண்ணிய நதி, வயல், புஷ்கரிணி (குளம்), தர்பை மூலம், யானை தந்தம், எருது அல்லது பசு கொம்பினால் குத்திய புற்று மண் ஆகிய எட்டு வகையான மண்கள்.
2. இமயம், மேரு, விந்தியம், விதாரம், வேதம், மகேந்திரம், அரிச்சந்திரம், சப்தச்ருங்கம் ஆகிய எட்டு மலைகளை அந்தந்த வர்ணத்தில் வரைந்து பெருமாளிடம் சமர்ப்பிக்கப்பட்டது.
3. முன்றாவதாக எட்டுவித தானியங்கள் சமர்ப்பிக்கப்பட்டது.
4. நான்காவதாக நெல், முதலிய தானியங்களை ஊறவைத்து முளைவிட்ட பயிராக (அங்குரம்) பெருமாளிடம் சமர்ப்பிக்கப்பட்டது.
5. ஐந்தாவதாக ஸ்ரீவத்ஸம், பூர்ணகும்பம், பேரி, கண்ணாடி, மத்ஸ்ய யுகம்மம், அங்குசம், சங்கு, ஆவ்ருத்தம் முதலிய அஷ்ட மங்களம் வரையப்பட்டு பெருமாளுக்கு சமர்ப்பிக்கப்பட்டது.

பிரதானமாக பன்னிரண்டு திரவியங்களால் அபிஷேகம் செய்யப்பட்டது. அவையானவை 1. பஞ்சகவ்யம், 2. நெய், 3. தேன், 4. தயிர், 5. பால், 6. சந்தனம், 7. அக்ஷதை கலந்த தீர்த்தம்,

8. பஞ்சாமிர்தம், 9. நவரத்னம், தங்கம் சேர்த்த ஜலம் (ரத்னோதகம்), 10. தர்பைகள் சேர்த்த ஜலம், 11 வைஷ்ணவம், விஷ்ணு சூக்தம், புருஷ சூக்தம், 108 ஆவர்த்தி ஆபோத்ஹிஷ்டாதி வேத மந்திரங்களால் ஜபிக்கப்பட்ட தீர்த்தம், 12. பலவித மூலிகைகளால் ஆன தீர்த்தம் ஆகிய பன்னிரண்டு விதமான திரவியங்களால் விஷேச அபிஷேகம் நடைபெற்றது.

பிறகு, வில்வ இலை, அரளி, நந்தியாவட்டை, தாமரை, ஆம்பல் முதலிய மலர்களால் பெருமாளுக்கு அர்ச்சிக்கப்பட்டது. மேலும், ஜாதிக்காய் முதலிய பல்வேறு மூலிகைகளை அறைத்து பொடி செய்து பெருமாளின் திருமேனியில் சமர்ப்பிக்கப்பட்டது.

அரசமரப்பட்டை, ஆலமரம், கருங்காலி, வேங்கமரம், மருதமரம், இவைகளின் பட்டைகளை இடித்து பொடி செய்து கஷாயமாக செய்து அபிஷேகம் செய்யப்பட்டது.

கங்காதி புண்ணிய தீர்த்தங்களாலும் புஷ்கரம் முதலிய சேகரிக்கப்பட்ட புண்ணிய தீர்த்தங்களால் அபிஷேகம் செய்யப்பட்டது. மேலும் ஆடாதொடா இலை, புங்கம், பேயந்தி, சூர்யகாந்தி இலை, சார்பாகரி கொடி, அருகம்புல் இவைகளை அறைத்த குழம்பால் பெருமாளின் திருமேனியில் சார்த்தப்பட்டது.

இவ்விதம் வைகாணச ஆகம முறைப்படி இந்தியாவில் பல்வேறு இடங்களிலிருந்து சேகரிக்கப்பட்ட மூலிகைகள் புண்ணிய தீர்த்தங்களால் 1080 கலசாபிஷேகம் விமரிசையாக நடைபெற்றது.

இந்த கலசாபிஷேகத்தில் கலந்து கொள்வதால் பக்தர்களின் பாவங்கள் நீங்கப்பெற்று, கெட்ட கனவு, ஏழ்மை, கொடிய நோய்கள் முதலிய குறைபாடுகள் நீங்கி நீண்ட ஆயுள், ஆரோக்யம், அஷ்ட செல்வங்கள் முதலிய நலன்களை அடைகிறோம். மேலும் பெருமாளின் சாந்நித்யம் (சக்தி) அதிகமாவதாகவும் ஆகமத்தில் கூறப்பட்டுள்ளது.

மேலும் நமது நாட்டில் பூகம்பம், அதிக மழை, மழை இன்மை முதலிய தோஷங்கள் விலகி மாதம் மும்மாரி பெய்து தன தானியங்கள் அதிகம் வளரும் என்றும் ஆகம சாஸ்திரத்தில் கூறப்பட்டுள்ளது.

பக்தர்கள் அனைவருக்கும் ஸ்ரீ ஸ்ரீநிவாசப் பெருமாள் அருளால் அனைத்து நன்மைகளும் கிடைக்கப்பெற பிரார்த்தனை செய்வோம்.



கலசத் தீர்த்தங்களால் ஸ்ரீ ஸ்ரீநிவாஸப் பெருமாளுக்கு அபிஷேகம்

HEB-ASHRAM'S ECO-GARDEN

HEB-Ashram Halfway House started the Eco-Garden project as part of a social activity that provides its residents with some meaningful engagement during their stay.

Ashram's core role involves overseeing the rehabilitation of the residents through conducting various programmes including horticulture which has a rehabilitative component to benefit its residents. Recent studies

have shown that gardening helps in nurturing responsible people. Setting up the garden and successful planting has certainly given Ashram's residents a sense of accomplishment and boosted their confidence and self-esteem. It has helped the residents with their self-reflection process. Many of them have come to realise that it is only through hard work and meaningful activities that they can stay away from their negative lifestyle.

In addition to the rehabilitative component, the gardening skills and knowledge residents gain can be used as employable skills upon their discharge. HEB-Ashram is the



Residents preparing the soil for planting



School children visiting Ashram's Eco-Garden



Minister Khaw Boon Wan planting a tree sapling in the Eco-Garden

first halfway house to launch a complete eco-system featuring compost-bins, fish-pond, chicken coop and bee-hives. During the initial set up, residents and volunteers were actively involved in the preparation and conditioning of the soil. The garden has since expanded and now, there is a wide range of plants grown. Ashram is constantly receiving visitors from the community, especially school children who feel very excited when they see the well-organised garden.

The Eco-Garden was officially opened by Mr Khaw Boon Wan, Coordinating

Minister for Infrastructure & Minister for Transport and MP for Sembawang GRC on 19 March 2017. The event was attended by more than 200 guests comprising Ashram's partners, grassroots leaders, volunteers and residents' families. The diversity of the guests embodies the importance given by the community to support and journey with the recovering substance abusers and their families.



Minister Khaw Boon Wan officially opened the Eco-Garden

On 29 April 2017, Ms Nithiya, an expert in culinary skills, shared her knowledge in the preparation of healthy Indian cuisine with the residents and their family members, volunteers and community partners at the Ashram. She used most of the fresh produce from the eco-garden for preparing the food. The participants were enthralled to learn new cooking skills and were subsequently treated to a delightful vegetarian meal served on a banana leaf.



Participants tucking into a vegetarian meal prepared with produce from Ashram's Eco-Garden

THAMIZHODU INAIVOM 2017



A student trying out Pallangkuzhi (Chongkat)



Current and former students and their parents had a chance to try out the traditional games

Saraswathy Kindergarten and Saraswathy Darma Muneeswaran Kindergarten held the annual Thamizhodu Inaivom cum Games Day at PGP Hall on 8 April 2017. This year, the focus was on Paarambariya Vilaiyattugal (Traditional Games).

Information about various Indian traditional games was displayed at the Hall. The students learnt and played games such as Kulai Kulaiya Munthirikka ('Duck, duck, goose, goose'), Oru Kudam Thanneer (London Bridge), Pandi (Hopscotch), Thattangkal (Five stones), Paramapadam (Snakes & ladders), Goli (marbles), Pallangkuzhi (Chongkat), Sakkaram Sutruthal (Rolling tyres), Uriyadi (Piñata) and Puliyum Aadum (Tiger & goat).

These games enhance fine gross motor skills and develop critical thinking, problem solving and language skills as they require students to count, sing and speak in Tamil.

Sixty-five past and present students participated in this event. They enjoyed the games so much that after completing all stations, the students returned to the stations for a second try. Parents who had joined in the fun had a chance to relive their childhood playing the games. Overall, it was a unique experience for both parents and the students.

CELEBRATING THE SONG CELESTIAL

By Krishna Kumar M.

The Bhagavad Gita is one of the foundational scriptures of Hinduism. It is set against the backdrop of a dramatic and catastrophic battlefield. Arjuna, the archer extraordinaire, sees in front of him, people whom he respected and loved like his elders, gurus, relatives and thousands of others, whom he had to kill to win the war. The moral crisis that Arjuna faced and Lord Krishna's discourse to clear his mind is the Bhagavad Gita. It has inspired centuries of Indian philosophers as well as Western thinkers such as Thoreau, Emerson, and Eliot. Commentaries on the Gita have been written by almost every great teacher of Hinduism, from Adi Shankaracharya, the great Hindu philosopher of the eighth century, to Mahatma Gandhi, the leader of India's independence struggle in the twentieth century. These various interpretations reflect the multi-faceted message

of Lord Krishna's teaching. This great scripture has been celebrated in Singapore with a year's calendar of events through the Gita Jayanti celebrations for the last 19 years. Gita Jayanti is also a vehicle of integration of the diverse Indian community in Singapore.

The following events were held as part of the Gita Jayanti 2016-2017 celebrations:

- Monthly Gita Parayana (chanting of the Gita) sessions held at various locations around Singapore and hosted by member organisations, culminating with the full chanting of the Gita on the Mokshada Ekadashi – the actual Gita Jayanti day – on 10 December 2016 at Shree Lakshminarayan Temple.



Remarkable feat – Gita chanting competition participant Mr Andrew Ong chanted the Sanskrit verses from memory without making any mistakes.

- The International Gita Forum (IGF) held on 16 October 2016 featured a noted neurosurgeon from Bengaluru (India), Dr Thimmappa Hegde and an academician from Indian Institute of Technology (IIT) Mumbai (India), Prof. K Ramasubramanian. While Dr Thimmappa peppered his talk with his expertise in neural brain surgery and how Gita helps make him a better doctor, he also elaborated on various aspects of devotion. Prof. Ramasubramanian's talk was on "Can we avoid the portals that shackle us?". He went into the depths of interpretation of the Gita by Adi Shankaracharya on the various characteristics of devotion and behaviour and also on other scriptures like Valmiki Ramayana. On the whole, it was an event to gain new insights into the Gita for modern living springing from the depth of knowledge and wisdom of the distinguished speakers. An art competition was also held in conjunction with the IGF. There were more than 100 children participating in various age categories.
- Krishna Manjari – an annual cultural show – was held on 10 September 2016 at the Singapore Polytechnic Auditorium and featured outstanding Indian bhajan singers, Shri Ajay Kapil and Smt. Lakshmi Kapil. The event also featured top talents from the local art scene of Singapore performing Carnatic music, Odissi, Bharatanatyam, Mohiniyattam and Kathak. Various community organisations also put up impressive performances.
- Gita Chanting, Oratorical and Essay Writing competitions were held in early 2017. One of the key highlights of Gita Jayanti has been the integrating influence it has. This year, a local Singaporean Chinese, Mr Ong Wah Koon Andrew, participated in the chanting competitions and chanted the entire set of verses (35 shlokas from Chapter 11) from memory, without any mistakes – a remarkable feat indeed!
- The finale of the year long festivities was the Gita Havan, held on 12 March 2017. The event featured chanting of the entire 700 verses of the Gita with 'aahuti' (oblations to the fire) for every verse in multiple 'homa kundas' (fire pits). The Gita Havan was preceded by various ceremonies and culminated with Poornahuti, Abhishekam, Aarati and Maha Prasadam. His Excellency

Ambassador Jawed Ashraf, the High Commissioner of India to Singapore, graced the event as the Guest-of-Honour. The Gita Vani annual publication, containing articles on the Gita by Masters from the previous generation, several prominent current thinkers and philosophers and many local authors was released as part of the Gita Havan finale.



Gita Havan – Devotees had the opportunity to personally offer aahuti in the homa kundas while chanting the verses from the Gita

VASANTHA UTSAVAM



Various alankarams of Lord Sri Srinivasa Perumal were done throughout the Vasantha Utsavam such as the ‘Sayanam’ where the Lord is shown in a reclining posture.



Various local artists took to the stage to showcase their talent, to the delight of the congregation of devotees.

The annual Vasantha Utsavam was held at Sri Srinivasa Perumal Temple from 8 – 18 June 2017. During this festival, besides the daily Thirumanjanams and special Alangarams depicting Lord Sri Perumal’s Avatharams, cultural performances also took place. Taking stage during the performances were many local artistes who had brought fame and honour to the local Indian arts scene.

SIVADAS-HEB BURSARY AWARDS



Award recipients from the polytechnics



Member of Parliament for Bukit Batok, Mr Murali Pillai, who was the Guest-of-Honour at the event, speaking to some of the award recipients

At the Sivadas-HEB Bursary Awards Ceremony held on 24 June 2017 at the PGP Hall, around 150 students received bursaries worth \$271,000. Around 1030 students from Institutes of Technical Education (ITEs), polytechnics and universities have benefitted from the more than \$2 million disbursed since 2011. Typically, an ITE student receives a grant of \$1000 and a polytechnic student receives \$1250. Public university undergraduates receive \$1500, while those enrolled in private universities receive a subsidy of up to half their tuition fees, capped at \$6000 per annum.

INDONESIA- SINGAPORE INTERFAITH & INTERCULTURAL DIALOGUE



Mr Satish Appoo, Chairman of Sri Vairavimada Kaliamman Temple, giving a presentation to the delegation.



The delegates also paid a visit to Sri Srinivasa Perumal Temple as part of their learning journey.

Marking 50 years of bilateral ties between Singapore and Indonesia, the 1st Indonesia – Singapore Interfaith & Intercultural Dialogue and Exchange was held in Singapore from 11 to 14 July 2017. The delegates called on the Hindu Endowments and Hindu Advisory Boards on 12 July 2017 to better understand their role and how they engage the Hindu and other religious communities in Singapore.

SRI KRISHNAN TEMPLE BURSARY FUND LAUNCHED



In the 10 years since its inauguration in 2006, the Sri Krishnan Temple Study Award has supported a total of 238 students and disbursed more than \$800,000. On 25 June 2017, Sri Krishnan Temple, together with Nanyang Technological University (NTU), launched the Sri Krishnan Temple Bursary Fund. The seed funding of \$400,000 from the Temple, together with the government’s dollar matching initiative will bring the total endowment to \$1 million.

Mr Ong Ye Kung (3rd from right), Minister for Education (Higher Education and Skills) & Second Minister for Defence and special guest Ms Denise Phua (2nd from right), Mayor, Central Singapore District and MP for Jalan Besar GRC receiving the cheque from Mr P Sivaraman, Trustee of Sri Krishnan Temple.

CELEBRATING UNITY IN DIVERSITY



Minister for Culture, Community and Youth Ms Grace Fu (in red attire) joined participants for the finale of the frisbee game.



Participants recited the Declaration of Religious Harmony in unison before the flag was handed over to the faith leaders from the Buddhist community who will be the lead organisers for the Games in 2018.

Harmony Centre organised Harmony Games 2017 with the theme ‘Unity in Diversity, Blessings to Humanity’ on 22 July 2017 at Beatty Secondary School. Youth from different faith communities came together to play various sports such as futsal, captain’s ball, frisbee and Wii, tetris games. For the first time, an interactive programme featuring dialogue sessions among different faith communities was held where members shared their personal stories.

AADI AMAVASAI



Volunteers preparing items required for Tharpanam on Aadi Amavasai at Sri Sivan Temple. It is believed that offering Tharpanam makes one's ancestors happy and they bless their descendants with a prosperous life.



Around 1900 devotees performed Tharpanam prayers for their ancestors at Sri Sivan Temple. Special arrangements were made for the elderly to perform Tharpanam comfortably and Annathanam was served to devotees throughout the day.

A mavasai' means new moon day and 'Aadi' refers to the Tamil month (mid-July to mid-August). This day is considered very important to honour one's ancestors and to receive their blessings. To appease the departed souls, Tharpanam prayers are performed with humble offerings of sesame seeds, dharba grass (dried kusha grass) and water. Aadi Amavasai was observed on 23 July 2017.

PERIYACHI POOJAI & KODIYETRAM



Chief Pandaram Swaminathan carrying the karagam (holy vessel) during the Periyachi Amman Poojai at Sri Mariamman Temple on 23 July 2017.



Sri Drowpathai Amman Kodiyetram, held on 24 July 2017, officially marks the start of the Theemithi festivities at Sri Mariamman Temple. The event was also streamed live and viewed by more than 2500 devotees.

Sri Periyachi Amman Poojai was held at Sri Mariamman Temple on the eve of Kodiyetram (flag raising ceremony) to seek the Goddess' blessings for the smooth conduct of the annual Fire Walking Festival or Theemithi which falls on Sunday, 8 October this year. The event was streamed 'live' for the first time on Facebook and had a total outreach of around 40,000.

THAALI PERUKKU POOJAI



The deities of Sri Kalyana Sundareswarar are venerated on Aadi Perukku day. They symbolise an ideal couple in marital bliss.



Married female devotees observe prayers at the Sri Vairavimada Kaliyamman Temple to change the yellow thread in their 'thaali'.

'Aadi Perukku' also called 'Padinettam Perukku' is peculiar to the Cauvery delta and is intended to celebrate the rising of the river, which is expected to occur invariably on the 18th day of the solar month. This year, it fell on 3 August.

'Padinettu' means eighteen in Tamil and 'Perukku' denotes rising. This festival is observed predominately by women in Tamil Nadu. The festival is originally a water-ritual, celebrated by womenfolk to honour Nature. Married women also change their yellow thread in their 'thaali' (nuptial string) on this auspicious day.

SUGATHARA VIZHA 2017



A participant getting his blood pressure checked at one of the medical stations



Mr Tharman (standing, fourth from right) looking on as medical volunteers demonstrate the process of performing cardiopulmonary resuscitation (CPR).

Sugathara Vizha 2017, a health fair jointly organised by the Hindu Endowments Board (HEB) and Mediacorp Oli 96.8 FM, was held on 6 August 2017 at PGP Hall. The health fair aimed to create awareness of common chronic illnesses, promote a healthy lifestyle amongst the Indian community and inculcate the importance of regular medical screening.

This year's fair was in line with the Ministry of Health's focus on 'War on Diabetes'. There were 21 booths offering health screenings and medical advice/ counselling related to diabetes such as education on eye care and complications, diabetic foot checks, blood pressure and glucose checks. About 1,100 people registered for the Health Fair. Mr Tharman Shanmugaratnam, Deputy Prime Minister & Coordinating Minister for Economic and Social Policies, graced the event as Guest-of-Honour.

NAVAGRAHAS

In Hindu tradition, the nine planets are believed to have an impact on human lives. We trace the importance of each of these planets.



Surya (Sun)

He is a living God whom everyone can see, perceive and pray to. In the Hindu zodiac, Sun occupies a prominent place among the navagrahas (nine planets) – the centre. He is described as the 'Pranadata', the source of life. The Vedas proclaim Surya to be a witness for all actions. Surya Namaskar, prayer of Sun by prostration, especially on Sunday, is believed to bring manifold benefits to the devotee. It cleanses the devotee from sins and bestows progeny, wealth, good health and long life. The Sun is the lord of Leo in the zodiac. He stays one month in each raasi (zodiac) and takes 365 days or twelve months to complete a round of the twelve raasis.

Chandra (Moon)

The Sun and the Moon are two most important grahas which are featured in the calculations of a Panchangam (almanac). The five elements of Panchangam – tithi, nakshatra, karana, yoga and vara are determined by the position of the moon. This graha who causes nightfall, strengthens the mind, purifies the blood and is considered as the one who radiates nectar. He provides relief from all sorrows helping one in clearing all mental afflictions. Prayers conducted for this graha on Mondays are said to bring beneficial effect to the devotee. Chandra is the lord of Cancer in the zodiac. He stays two and a quarter days in each raasi, completing a round of the twelve raasis in twenty seven days.



Angkara (Mars)

He is the lover of Sama Veda – a Vedic Sanskrit text of melodies and chants. Chanting of this prayer on Tuesdays is said to please him and therefore he frees one from debt, poverty and from any skin diseases. He is the lord of Mesha (Aries) and Vrischika (Scorpio). He stays one and a half-months in each raasi, taking eighteen months to complete the cycle.





Budha (Mercury)

This graha gives wisdom and wealth. He is also the remover of evil thoughts from one's mind. Because of his beauty and resemblance, he is sometimes considered as the 'Vishnu roopi' (likeness of Lord Vishnu). Prayers offered on Wednesdays to him bring manifold benefits such as removal of obstacles, progeny and possession of fertile lands, etc. Like the Sun, he stays one month in each raasi and completes the cycle in twelve months. He is the lord of Mithuna (Gemini) and Kanya (Virgo) in the zodiac.

Brihaspati / Guru (Jupiter)

He is the guru of the Devas (celestials), protector of the world and dispenser of justice. Thursdays are considered as the best days for worship of this graha deity. Fatherhood and good education, cure of stomach ailments and removal of sins are sought from him. He is the lord of Dhanu (Sagittarius) and Meena (Pisces) in the zodiac. Guru stays for a year in each raasi, thus taking twelve years to complete the cycle.



Shukra (Venus)

While Guru is revered by the Devas, Shukra is considered as the Guru of the Asuras. While allowing his devotees to control their 'indriya's (sense organs), he bestows them with fame and name. Fridays are set aside for prayers for this graha deity. He is the lord of Tula (Libra) and Rishabha (Taurus). He takes one year to complete the zodiac cycle staying a month in each raasi.

Shani (Saturn)

He is also known as Manda and affects one adversely on occasions when he occupies different positions in one's horoscope. One shudders when one gets 'elara-shani' or 'sade sati' (seven and half years of malevolent effects) and 'ashtami shani' (two and half years). Sincere prayers offered on Saturdays are said to mitigate the malevolent effects during the periods.

He is the lord of Makara (Capricorn) and Kumbham (Aquarius) in the zodiac. He is considered as the slowest moving graha taking two and a half years in each raasi, completing one cycle in 30 years.





Rahu and Ketu

The lunar and solar eclipses are attributed to Rahu (left) and Ketu (right). They are not physical planets, yet they are treated as one (refer to the box story). They stay one and a half years in each raasi.

About the eclipse of 24 October 1995, an interesting story appeared in the Times of India of August 16, 1995 (page 11) written by Sudhamahi Raghunathan reads as follows:

“Celestial events have certain mystery and power which seem to come from the myths and legends of ancient times...In India a common motif all over the country in folk tales as well as Puranic accounts is the ‘devouring’ motif commonly associated with the serpent. The story goes that Ganesha; the elephant-faced God had just partaken of a heavy satisfying meal when he found the sun and the moon laughing at him. This offended the pot-bellied deity who immediately ordered the serpents he had tied around his waist as a belt to swallow the celestial objects. That they did and the whole earth was plunged into darkness.”

“...Dr Nirupama Raghavan, director of the Nehru Planetarium, says that this myth is based on actual observance. “Just a little before, about 30 seconds before total eclipse, the sky darkens and as the sun’s light is released into the sky through a very small area now, it flits through the sky in the form of long wavy waves which look like a million snakes or worms. They appear again at the end of the total eclipse. I feel therefore that there is this association with snakes in many of our myths related to eclipses.”

Talking about Rahu and Kethu the report goes on...“This indicates people as long back as 4000BC knew the alignment when an eclipse occurred. There are two planes, one along which the earth rotates around the sun and other made by the moon as it rotates around the earth. Their points of intersection are called Rahu and Ketu. It is only when the sun and moon are in line at the point of intersection that an eclipse can occur,” says Dr Raghavan, relating myth and reality.”






(Adapted from the book Karma & Rebirth in Hindu Astrology by K N Rao, published by Sagar Publications, 1995)

ராசி பலன் 2017

இந்த ஆண்டு ராஜா – செவ்வாய், அதிபதி – சுக்கிரன், ஆர்க்காதிபதி மேகாதிபதி – குரு, தான்யாதிபதி – சனி என்று அமைந்து இருப்பதால் நல்ல மழை, உணவு பொருட்கள் அதிக உற்பத்தி ஏற்பட்டு அதிக நன்மை உண்டாகும். உலக பொருளாதாரம் ஒரு கட்டொழுங்குகோடு செயல்படுவதன் மூலம் பொருளாதாரம் உயர்வுபெறும்.

HOROSCOPE 2017

Key planets' positioning of Mars, Venus, Jupiter and Saturn will bring abundance of rain and crops this year. World economy will stabilise and improve.

<p>ராசி: மேஷம் Zodiac: Aries</p> 	<p>நட்சத்திரம்: அஸ்வினி, பரணி, கார்த்திகை செப்டெம்பர் மாதம் வரை சிரமமான சூழ்நிலை. 2-9-17 க்கு பிறகு நல்ல உயர்வு, திருமணம் போன்ற சுப நிகழ்ச்சிகள் நடைபெறும். 2-9-17 தேதி வரை வியாழக்கிழமையில் குருபகவானையும், சனிக்கிழமையில் ஆஞ்சநேயரையும் வழிபட்டால் நன்மை உண்டாகும்.</p>	<p>Star: Ashwini, Barani, Karthigai Tough period until September. Favourable events, marriage prospects after 2-9-17. Praying to Guru Bagavan on Thursdays and Sri Anjaneyar on Saturdays will be beneficial.</p>
<p>ராசி: ரிஷபம் Zodiac: Taurus</p> 	<p>நட்சத்திரம்: கார்த்திகை, ரோஹிணி, மிருகசீரிஷம் இந்த ஆண்டு சிறப்பான பலனை தரும். குழந்தைகள், கல்வி உயர்வு, வேலை வாய்ப்பு அமையும். குரு கடாஷாத்தாலும் கடின உழைப்பாலும் வெற்றி நிச்சயம். 2-9-17 பிறகு வியாழக்கிழமையில் குருபகவானையும், சனிக்கிழமையில் சனி பகவானையும் வழிபட்டால் நன்மை உண்டாகும்.</p>	<p>Star: Karthigai, Rohini, Mirugaseerisham Good year ahead. Favourable time for job opportunities, pursuing education, having children. After 2-9-2017, praying to Guru Bagavan on Thursdays and Sri Saneeswaran on Saturdays will be beneficial.</p>
<p>ராசி: மிதுனம் Zodiac: Gemini</p> 	<p>நட்சத்திரம்: மிருகசீரிஷம், திருவாதிரை, புனர்பூசம் தற்சமயம் அனைத்து காரியங்களையும் யோசித்து நிதானமாக செயல்படுவது நல்லது. வேலையிடத்திலும் குடும்பத்திலும் விட்டு கொடுத்து செல்லவும். 2-9-17 பிறகு உத்தியோக மேன்மை, அனைத்து சங்கடகளிலிருந்து விடுபட்டு மன மகிழ்ச்சி ஏற்படும். 2-9-17 வரை வியாழக்கிழமையில் தட்சிணாமூர்த்தியையும் குருபகவானையும், சங்கடஹர சதுர்த்தியன்று விநாயகரையும் வழிபட்டால் நன்மை உண்டாகும்.</p>	<p>Star: Mirugaseerisham, Thiruvaathirai, Punarpoosam Exercise caution in decision making. Be flexible with family members and colleagues. After 2-9-17, most adversities will be over. Praying to Sri Dakshinamoorthy and Guru Bagavan on Thursdays and Sri Vinayagar on Sangadahara Chaturthi will be beneficial.</p>
<p>ராசி: கடகம் Zodiac: Cancer</p> 	<p>நட்சத்திரம்: புனர்பூசம், பூசம், ஆயில்யம் அமைதியான சூழ்நிலைக்கு ஏற்ப தன் நிலையை மாற்றிக்கொண்டு, மற்றவர்களை அனுசரித்து செல்வது அவசியம். வியாழக்கிழமையில் குருபகவானையும், சனிக்கிழமையில் ஆஞ்சநேயரையும் வழிபட்டால் நன்மை உண்டாகும். அஷ்டமியில் கால பைரவருக்கு வில்வ மாலை அர்ச்சனை செய்வது நன்மை.</p>	<p>Star: Punarpoosam, Poosam, Ayiliyam Avoid confrontations during this period. Praying to Guru Bagavan on Thursdays, Sri Anjaneyar on Saturdays and offering vilvam garland to Sri Kala Bhairavar on Ashtami days will be beneficial.</p>
<p>ராசி: சிம்மம் Zodiac: Leo</p> 	<p>நட்சத்திரம்: மகம், பூரம், உத்திரம் ஆண்டு முற்பகுதியில் நல்ல பலன்கள் ஏற்பட்டிருக்கும். திருமணம், புது வீடு புகுதல், மகப்பேறு, பதவி உயர்வு, குடும்பத்தில் மகிழ்ச்சி உண்டாகியிருக்கும். 2-9-17 பிறகு வியாழக்கிழமையில் குருபகவானையும், சனிக்கிழமையில் ஆஞ்சநேயரையும் வழிபட்டால் நன்மை உண்டாகும்.</p>	<p>Star: Maham, Pooram, Uthiram Good times in the first half of the year – marriage prospects, new house, job advancement and happiness in the family. After 2-9-2017, praying to Guru Bagavan on Thursdays and Sri Anjaneyar on Saturdays will be beneficial.</p>

<p>ராசி: கன்னி Zodiac: Virgo</p> 	<p>நட்சத்திரம்: உத்திரம், ஹஸ்தம், சித்திரை இதுவரை பட்டுவந்த துன்பங்கள், தடைபட்டு வந்த காரியங்கள் அனைத்தும் இறைவன் அருளால் நீங்கும். 2-9-17 பிறகு வாழ்க்கையில் நல்ல உயர்வு. குடும்பத்தில் சுப காரியங்கள், உடல் ஆரோக்கியம், பதவி உயர்வு சிறப்பாக அமையும். பிரதோஷ காலங்களில் சிவபெருமானை வழிபட்டால் நன்மை உண்டாகும்.</p>	<p>Star: Uthiram, Hastham, Chithirai Most adversities will be resolved. After 2-9-2017, improvement in health, job and family life. Praying to Sri Sivan during Pradosham will be beneficial.</p>
<p>ராசி: துலாம் Zodiac: Libra</p> 	<p>நட்சத்திரம்: சித்திரை, சுவாதி, விசாகம் இதுவரை இருந்த சிரமங்கள் குறைந்து இல்லத்தில் சுபம் ஏற்படும். தொழில், வேலை இடத்தில் நிதானமான போக்கை கடைபிடிப்பது நல்லது. டிசம்பரில் சனி பெயர்ச்சிக்கு பிறகு நல்ல பலன் ஏற்படும். வாரம் தோறும் வியாழக்கிழமையில் குருபகவானையும், சனிக்கிழமையில் சனி பகவானையும் வழிபட்டால் நன்மை உண்டாகும்.</p>	<p>Star: Chithirai, Swathi, Visagam Adversities will reduce. Exercise caution at work. Favourable period after Sani Peyarchi in December. Praying to Guru Bagavan on Thursday and Sri Saneeswaran on Saturdays will be beneficial.</p>
<p>ராசி: விருச்சிகம் Zodiac: Scorpio</p> 	<p>நட்சத்திரம்: விசாகம், அனுஷம், கேட்டை ஜென்ம சனிக்காலம், காரிய தடை, உடல் ஆரோக்கிய குறைவு மன சங்கடங்கள், ஆனால் குரு பகவான் 11ஆம் இடத்தில் இருப்பதனால் இல்லத்தில் சுப நிகழ்ச்சிகள் நடக்கும். வாரம் தோறும் சனிக்கிழமையில் ஆஞ்சநேயரை வழிபட்டால் நன்மை உண்டாகும்.</p>	<p>Star: Chithirai, Anusham, Kettai Improvement in health and obstacles will be resolved by Guru Bagavan in 11th place. Favourable period will come. Praying to Guru Bagavan on Thursdays and Sri Anjaneyar on Saturdays will be beneficial.</p>
<p>ராசி: தனுசு Zodiac: Sagittarius</p> 	<p>நட்சத்திரம்: மூலம், பூராடம், உத்திராடம் தற்போது புதிய முயற்சிகள் வேண்டாம். வேலை இடத்தில் மேல் அதிகாரிகளை அனுசரித்து நடப்பது நல்லது. 2-9-17 பிறகு குருபகவான் 11ஆம் இடத்திற்கு வருவதால் பதவி உயர்வு, புது வீடு புகுவது போன்ற சுப நிகழ்ச்சிகள் உண்டாகும். வாரம் தோறும் சனிக்கிழமையில் சனி பகவானை சுற்றி வந்து எள்ளு தீபம் ஏற்றி வந்தால் நன்மை உண்டாகும்.</p>	<p>Star: Moolam, Pooradam, Uthiradam Avoid new ventures and confronting superiors at work. After 2-9-17, Guru Bagavan will shift to 11th place with favourable period for job advancements, new home, etc. Praying to Sri Saneeswaran every Saturday and lighting oil lamp will be beneficial.</p>
<p>ராசி: மகரம் Zodiac: Capricorn</p> 	<p>நட்சத்திரம்: உத்திராடம், திருவோணம், அவிட்டம் இதுவரை இருந்து வந்த அனைத்து சிரமங்களிலிருந்து விடுபெற்று உடல் ஆரோக்கியம், புதிய தொழில் தொடங்குதல், வரவேண்டிய வரவுகள் வந்து சேரும். புத்திர பாக்கியம் கிட்டும். குடும்பத்தில் மகிழ்ச்சி ஏற்படும். ஞாயிற்றுக்கிழமையில் துர்க்கை அம்மனை வழிபட்டால் நன்மை உண்டாகும்.</p>	<p>Star: Uthiradam, Thiruvonam, Avittam Most adversities will be resolved. Favourable period for health, starting new business and pending dues will materialise. Praying to Sri Durgai Amman on Sundays will be beneficial.</p>
<p>ராசி: கும்பம் Zodiac: Aquarius</p> 	<p>நட்சத்திரம்: அவிட்டம், சதயம், பூரட்டாதி அஷ்டம குருவினால், வீண் வம்பு, காரிய தடை ஏற்படும். 2-9-17 பிறகு குரு பகவான் 9ஆம் இடத்திற்கு வருவது அனைத்து காரியங்களிலும் வெற்றி மன மகிழ்ச்சி ஏற்படுத்தும். வியாழக்கிழமையில் விநாயகரை வலம் வந்து நெய் தீபம் ஏற்றி, குருபகவானை வழிபட்டால் நன்மை உண்டாகும்.</p>	<p>Star: Avittam, Sathayam, Pooratathi Guru Bagavan in 8th place leads to adversities. Favourable period after 2-9-17. Praying to Sri Vinayagar on Thursdays, lighting ghee lamp and praying to Guru Bagavan on Thursdays will be beneficial.</p>
<p>ராசி: மீனம் Zodiac: Pisces</p> 	<p>நட்சத்திரம்: பூரட்டாதி, உத்திரட்டாதி, ரேவதி 7 ஆம் இடத்தில் குரு பகவான் இருந்து குடும்பத்தில் திருமணம் நடைபெற வேண்டியவர்களுக்கு திருமண பாக்கியம் ஏற்படுத்துவார், வேலை பளு குறைந்து பதவி உயர்வு வெளி வட்டார சுப செய்திகள் என மன தெளிவு ஏற்படும். 2-9-17 பிறகு வியாழக்கிழமையில் குருபகவானுக்கும், சங்கடஹர சதுர்த்தியன்று விநாயகரையும் வழிபட்டால் நன்மை உண்டாகும்.</p>	<p>Star: Pooratathi, Uthirattathi, Revathi Guru Bagavan will be at 7th place. Marriage prospects in family, lessening workload and job advancement, good news around the environment and clear mind will be experienced. After 2-9-17, praying Guru Bagavan on Thursday and Vinayagar on Sanagadahara Chathurthi will be beneficial.</p>

திருப்பூன்கூர் கோயிலில் பக்தருக்காக விலகி நின்ற நந்தி பகவான்



திருப்பூன்கூர் சிவபெருமான் சன்னதி - நந்தியும் கொடிமரமும் சற்று விலகி அமைந்திருக்கும்

திருப்பூன்கூர் நந்தனார் சன்னதி

முன்னொரு காலத்தில் தமிழ் நாட்டின் மயிலாடுதுறை அருகே வளம் பொருந்திய குடிசைகள் நிறைந்த புலைபாடியில் தோன்றியவர் நந்தனார். இவர் ஒரு சிறந்த சிவபக்தர். கோயில்களிலுள்ள முரசு, மத்தளத்திற்குத் தேவையான பதனிட்ட தோல், வீணைக்குரிய நரம்பு உருவாக்கும் பணிகளில் ஈடுபட்டார்.

எவ்வாறாயினும் தில்லைசென்று கூத்தன் சிவபெருமானை வழிபட வேண்டும் என்ற உணர்வு மிகவும் இருந்தது. ஆனால் தம்முடைய தாழ்ந்த குலத்திற்கு அங்கே போவது தகாது என்று மனம் தடுக்க ஒவ்வொரு நாளும் “நாளாக்குப் போகலாம், நாளாக்குப் போகலாம்” என்றே பயணத்தைத் தள்ளிப்போட்டு வந்தமையின் காரணத்தினால் ‘நாளாப் போவார்’ என்னும் பெயரும் இவருக்கு நிலைத்து விட்டது. இறுதியாக சிதம்பரத்திற்குப் பயணம் செய்தார்.

போகும் வழியில் திருப்பூன்கூர் சென்று சிவபெருமானை நேரில் கண்டு வழிபடவேண்டுமென விரும்பினார். அக்காலத்தில் தாழ்ந்த குலத்தில் சேர்ந்தவர்கள் கோயிலுக்குள்ளே செல்ல இயலாது. வெளியே இருந்து இறைவனை வழிபடும்போது நந்தி இடையே மறைத்து கொண்டிருந்தார். அதனால் நந்தனார் சிவபெருமானை காண முடியவில்லை என மனம் வருந்தினார்.

இதை அறிந்த இறைவன் தன் பக்தனுக்குத் தரிசனம் அள்ளிப்பதற்காக நந்தியை விலகி இருக்குமாறு பணித்தார். வியந்துபோன நந்தி பகவான் சிவபெருமான் கட்டளைப்படி சற்று விலகியதால் நந்தனார் வெளியே நின்றவாறு இறைவனை நேரில் கண்டு கைகூப்பி வணங்கினார். அதன்பிறகு தில்லை நகரத்திற்குப் பயணத்தை மேற்கொண்டார்.

63 நாயன்மார்களில் ஒருவராக நந்தனார் அவர்களும் அழைக்கப்படுகிறார்.

திருப்பூன்கூர் மயிலாடுதுறை அருகே இருக்கும் வைத்தீஸ்வரன் கோயில் பக்கத்தில் இருக்கிறது. 274 தேவாரப் பாடல் பெற்ற கோயில்களில் இக்கோயிலும் ஒன்றாகும்.

இன்றும் திருப்பூன்கூரில் உள்ள சிவாலயத்தில் நந்தியும் கொடிமரமும் சற்று விலகி அமைந்திருக்கும். கோயிலுக்கு வெளியே நின்றபடியே மூலவர் சன்னதியைக் கண்டு வழிபடலாம்.

51 சக்தி பீடம்

சக்தி பீடம் உருவாகிய வரலாற்றை கூறும் கதைகள் பல. இதில் மிகவும் பிரபலமானது சிவபெருமானின் மனைவியாகிய சதியின் இறப்பு. அதனால் அதீத துக்கமுற்ற சிவன், சதியை கையில் சுமந்து கொண்டு திரிந்து கொண்டிருந்தார். அவரை அத்துக்கத்திலிருந்து விடுவிக்க, விஷ்ணு சுதர்ஸன சக்கரத்தால் சதியை பலவேறு துண்டுகளாக்கி சிதறச் செய்தார். சதியின் உடற்பாகங்கள் விழுந்த இடங்களே சக்தி பீடங்களாய் உருவாயின.

வரலாறு சிறப்பு மிக்க இந்த பீடங்களில் பல இந்தியாவில் இருக்கின்றன. சில பீடங்களை நேப்பாளம், பங்களாதேஷ், திபெத், இலங்கை மற்றும் பாகிஸ்தானிலும் காணலாம்.

சக்தி பீடங்கள் சதி அம்பாளின் சந்நிதிகள். ஒவ்வொரு சக்தி பீடத்திலும் பைரவருக்கும் சந்நிதி உண்டு. சிவபெருமானின் அவதாரமாகிய பைரவர் சக்தி பீடங்களை பாதுகாக்கும் பொறுப்பை ஏற்றுள்ளார்.

சில சக்தி பீடங்கள் இருக்கும் இடங்களை கீழே பட்டியலில் காணலாம்.

51 SHAKTI PEETHAS

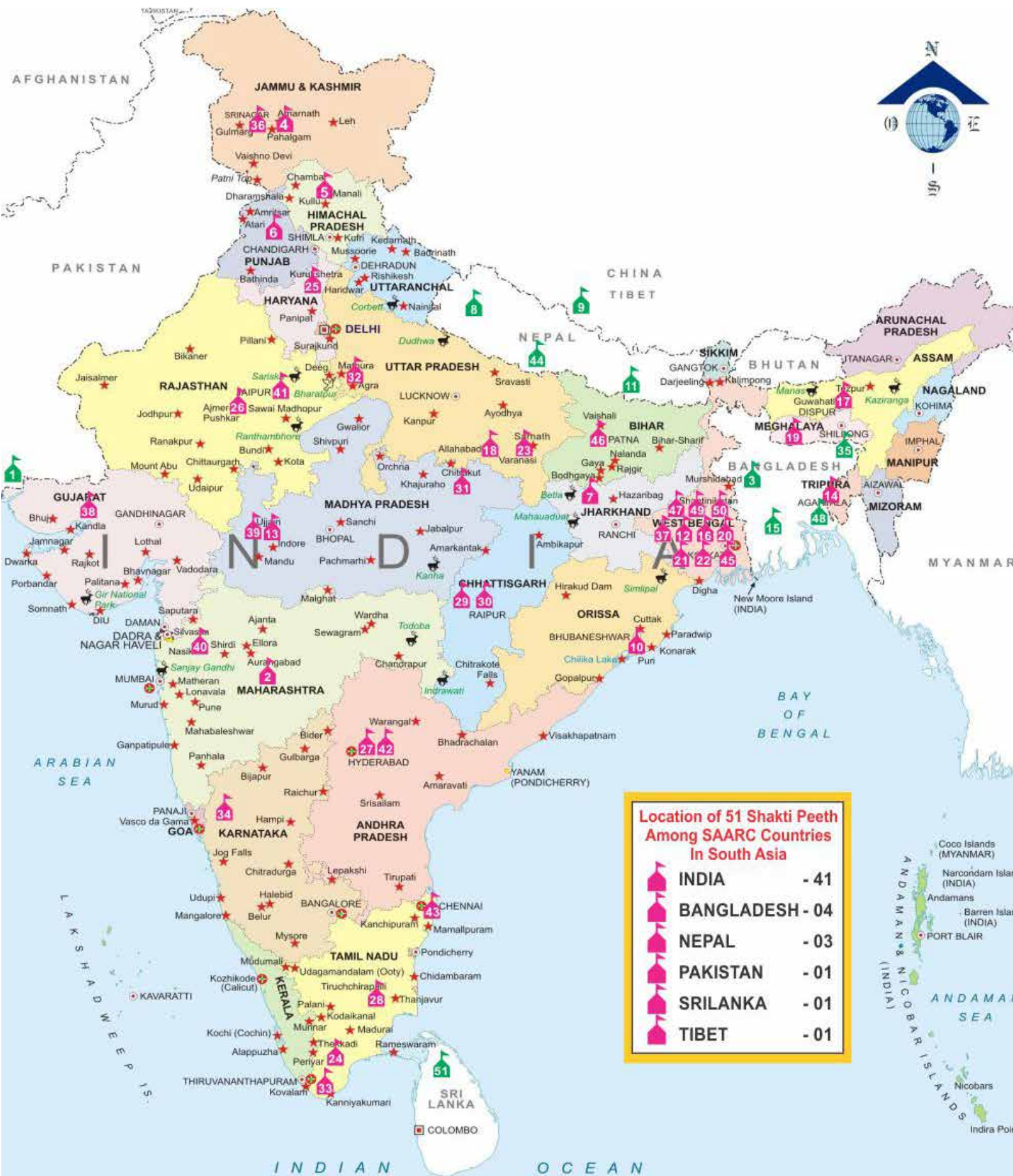
There are various legends which explain how the Shakti Peethas came into existence. The most popular one is based on the story of the death of Goddess Sati. After her death, Lord Shiva was wandering with her dead body. To relieve Lord Shiva of his grief, Lord Vishnu dismembered Goddess Sati's body with his sudarshana chakra (discus). The sites where Goddess Sati's body parts fell later came to be known as Shakti Peethas.

Most of these historic places of worship are in India, but some are also located in Nepal, Bangladesh, Tibet, Sri Lanka and Pakistan.

Shakti Peethas are shrines or divine places of Goddess Sati and each Shakti Peetha temple has a sanctum for Lord Bhairava. Lord Bhairava is a form of Lord Shiva and the custodian or guardian tasked to protect the Shakti Peetha at each location. Some of the Shakti Peethas have been tabulated below.

இடம் Place	இந்திய மாநிலம், மற்ற நாடு State in India / Other Country	உடல் உறுப்பு Body Part	சக்தியின் பெயர் Name of Shakti
அமர்நாத் Amarnath	ஜம்மு காஷ்மீர் Jammu and Kashmir	தொண்டை Throat	மஹாமாயா Mahamaya
சிண்ட்பூரணி, உனா மாவட்டம் Chintpurni, Una District	ஹிமாச்சல் பிரதேசம் Himachal Pradesh	பாதங்கள் Feet	சின்னமஸ்திக்கா தேவி Chinnamastika Devi
ஹிங்குளா, பலூசிஸ்தான் Hinglaj (or Hingula), Southern Baluchistan	பாகிஸ்தான் Pakistan	ப்ரம்மராந்தரம் (தலையின் ஒரு பகுதி) Brahmarandhra (Part head)	கோத்தரி Kottari
காளிகாட் காளி கோவில், கொல்கத்தா Kalighat, Kolkata	மேற்கு வங்கம் West Bengal	வலது கால் விரல்கள் Right toes	காளி Kali
காஞ்சிபுரம் Kanchipuram	தமிழ்நாடு Tamil Nadu	இடுப்பு எலும்பு Hip bone	காமாக்ஷி Kamakshi

இடம் Place	இந்திய மாநிலம், மற்ற நாடு State in India / Other Country	உடல் உறுப்பு Body Part	சக்தியின் பெயர் Name of Shakti
ராஜமுந்த்ரி, கோதாவரி நதிக்கரை Rajamundry, banks of Godavari River	ஆந்திரப் பிரதேசம் Andhra Pradesh	கன்னங்கள் Cheeks	ராகிணி, விஸ்வேஸ்வரி Rakin or Vishweshwari
மானசரோவர் ஏரி, கைலாசம் Lake Mansarovar, Mount Kailash	திபெத் Tibet	வலது கை Right hand	தாக்ஷாயினி Dakshayini
நயனத்தீவு (மணிபல்லவம்) திருக்கோணமலை Nainativu (Manipallavam), Jaffna	இலங்கை Sri Lanka	சிலம்புகள் Anklets	இந்த்ராக்ஷி, நாகபூஷண் Indrakshi, Nagapooshani
பசுபதிநாத் கோவில் Pashupatinath Temple	நேபாளம் Nepal	முழங்கால்கள் Knees	மஹாஷீரா Mahashira
சந்த்ரநாத் மலை, சிட்டகாங் மாவட்டம் Chandranath Hill, Chittagong District	பங்களாதேஷ் Bangladesh	வலது கரம் Right arm	பவானி Bhavani
ப்ரபாஸ், சோமநாத் கோவில் Prabhas, Somnath Temple	குஜராத் Gujarat	வயிறு Stomach	சந்திரபாகா Chandrabhaga
சுசீந்திரம், கன்னியாகுமரி Suchindram kanyakumari	தமிழ்நாடு Tamil Nadu	மேல் பற்கள் Upper teeth	நாராயணி Narayani
வாராணசி (காசி) Varanasi, Ganges River	உத்திரப் பிரதேசம் Uttar Pradesh	காதணிகள் Earrings	விசாலாட்சி Vishalakshi
தேவி தலாப், ஜாலந்தர் Devi Talab, Jalandhar	பஞ்சாப் Punjab	இடது மார்பு Left breast	திரிபுரமாலினி Tripuramalini
வைத்யநாத் ஜோதிலிங்கக் கோவில் Vaidyanath Jyotirlinga Temple	ஜார்கண்ட் Jharkhand	இதயம் Heart	ஜெய தூர்கா Jaya Durga



Map showing the locations of the Shakti Peethas (Map credit: <http://www.51shaktipeethcircuit.com>)

HEALTH SNIPPETS

The Fluid Of Life

Have you wondered why drinking coconut water is good for you?

Coconut water is the purest form of water as it cannot be contaminated or adulterated through its hard shell. A single coconut may contain up to one litre of water in it. Coconut water is identical to human blood plasma and is the best source of electrolytes and nutrients needed for blood. It is a great blood purifier and a source of B-complex vitamins. Coconut water contains naturally occurring sugars and many essential nutrients such as sodium, potassium, calcium, iron, manganese, magnesium and zinc. It contains many bioactive enzymes that help in digestion and metabolism.

In traditional healing, coconut water is used to treat chicken pox, itch, body rashes and sunburn. Soaked on a towel and patted on the area concerned, it is known to bring sure relief. It helps to cool down the body as well.

Coconut is a 'sattvic' fruit – it is sacred, pure, clean and health giving. No wonder, it is offered in every form of prayer and ritual.



Natural Skin Care

People today spend billions of dollars on cosmetics and skin care creams to look good and have an 'ageless' skin. Skin care begins with our birth. When we are young, we have diaper rash. In our childhood, we often get boils and scratches. As adolescents, we have pimples and in old age, we have wrinkles. It is important that we understand that the skin is a delicate organ and we should use natural skin products that do not harm it.



Natural skin care is often available to all of us in our own kitchen cabinets and requires a few minutes to prepare. What is more encouraging is that these inexpensive homemade solutions contain natural ingredients bereft of costly chemically-filled products.

Tomatoes offer a home remedy to remove oil patches on the face. Dab the face with fresh tomato juice and rinse it off with lukewarm water after a few minutes.

Olive oil is a great moisturiser for the skin and it soothes sunburns.

Vinegar is good for smelly feet and armpits. Mix water and vinegar in equal portions and use it in place of a deodorant. It keeps the unpleasant sweaty smell away without irritating the skin. Vinegar is also useful in soothing the skin affected by athlete's foot.

Avocados offer a great treatment for dry skin. Avocados should be mashed and put as a paste on the skin and should be rinsed after 20 minutes.



Homemade pastes made from rosemary, lavender, mint, ginger and chamomile are good for skin irritations because they contain essential oils. Packs made from strawberry or pineapple are good for skin conditioning and softening as they have plenty of natural vitamins and essential oils.

Caution:

Different homemade remedies are suitable for different people. What is good for one may not be good for another. Whatever be the therapy, one must not forget to drink at least 8 glasses of water every day for hydrated, healthy skin.

Moringa Leaves

Moringa (Murungai in Tamil; Munaga/Shajna in Hindi; Nuggekai in Kannada; Munaga-chettu in Telugu) or 'drumstick' is so popular that we seldom pause to examine its medicinal benefits. The leaves, bark, flowers, fruit, seeds and roots of this plant are used to make medicine.

The leaves are the most nutritious part of the moringa plant, being a significant source of vitamins B, C & K, manganese, protein, among other essential nutrients. The leaves are cooked and used like spinach and are commonly dried and crushed into a powder to use used in soups and sauces.

Tender drumstick leaves, finely chopped, are used as garnish for vegetable dishes and salads. It is also used in place of or along with coriander.

Moringa is sometimes applied directly to the skin as a germ killer or drying agent (astringent). It is also used topically for treating pockets of infection (abscesses), athlete's foot, dandruff, gum disease (gingivitis), snake bites, warts and wounds.

Because it can be grown easily and the leaves retain lots of vitamins and minerals even when dried, moringa leaves can be an effective aid to fight malnutrition. Moringa leaves have been a part of Indian cuisine for a long time. They taste excellent and are widely used to make dishes such as soups and chutneys.

Here are a few more reasons why you should consider including moringa leaves in your food:

- They are known to improve glucose tolerance and hence prevent your blood glucose level from fluctuating. The leaves are therefore effective for controlling diabetes. They are also effective in reducing total cholesterol level. The leaves prevent absorption of cholesterol from the intestine.
- They are rich in fibre and help in regulating and improving bowel movement.
- They are rich in anti-oxidants and contain phytochemicals like flavonoids which help prevent cardiovascular diseases.
- For women, the leaves can help provide relief from menstrual pain as they help in regulating blood flow to the abdomen and relieve menstrual cramps.



(Adapted from Tattvāloka: The Splendour of Truth)

FIRE WALKING FESTIVAL 2017

தீமிதித் திருவிழா 2017

Sunday, 8-10-2017

The annual Fire Walking Festival will be held at Sri Mariamman Temple on Sunday, 8 October 2017. Special poojas for the Festival in the forthcoming days have been tabulated below.



தேதி / நாள் Date / Day	நேரம் Time	நிகழ்ச்சி நிரல் Programme
20-09-2017 Wednesday	PM	Sri Mariamman Padi Iranguthal followed by Navarathiri / ஸ்ரீ மாரியம்மன் படி இறங்குதல் மற்றும் நவராத்திரி
22-09-2017, Friday to 24-09-2017, Sunday & 29-09-2017, Friday to 01-10-2017, Sunday	AM	Paalkudam / பால்குடம் Kumbiduthandam / கும்பிடுதண்டம் Angaprathachnam / அங்கப்பிரதட்சணம்
29-09-2017 Friday	PM	Sri Saraswathi Poojai ஸ்ரீ சரஸ்வதி பூஜை
30-09-2017 Saturday	AM PM	Commencement of Firewalking Viratham தீமிதி விரத துவக்கம் Sri Vijayadasami / Ambu Eithal விஜய தசமி / அம்பு எய்தல்
02-10-2017, Monday to 05-10-2017, Thursday	AM	Kumbiduthandam / கும்பிடுதண்டம் Angaprathachnam / அங்கப்பிரதட்சணம்
06-10-2017, Friday to 07-10-2017, Saturday	AM	Paalkudam / பால்குடம் Kumbiduthandam / கும்பிடுதண்டம் Angaprathachnam / அங்கப்பிரதட்சணம்
06-10-2017 Friday	PM	Silver Chariot Procession – 1st Day வெள்ளி ரதம் ஊர்வலம் – முதல் நாள்
07-10-2017 Saturday	PM	Silver Chariot Procession – 2nd Day வெள்ளி ரதம் ஊர்வலம் – இரண்டாம் நாள்
08-10-2017 Sunday	Midnight	Paalkudam பால்குடம்
	Midnight	Chakravarthi Kottai சக்கரவர்த்திக் கோட்டை
	AM	Padukalam படுகளம்
	PM	FIREWALKING CEREMONY தீமிதித் திருவிழா
09-10-2017 Monday	PM	Silver Chariot Procession – 3rd Day வெள்ளி ரதம் ஊர்வலம் – மூன்றாம் நாள்
10-10-2017 Tuesday	AM	Closure of Firepit தீக்குழி மூடுதல்
11-10-2017 Wednesday	PM	Sri Dharmaraja Pattabishegam ஸ்ரீ தர்மராஜா பட்டாபிஷேகம்
12-10-2017 Thursday	PM	Manjal Neeraduthal மஞ்சள் நீராடுதல்



Cut along the line



Kids' Zone

It is believed that Lord Krishna is an incarnation of Lord Vishnu. Lord Krishna was born to rid the earth of evildoers. Growing up in Gokul and Vrindavan, he spent his days playing with his friends while looking after the cows and cattle. He loved playing his flute to the delight of everyone. Colour the picture to give it a complete look.



Category 1 (Age group: 5–8 years)

Name: _____

Age: _____

Contact number: _____

Address: _____

Send in your entries, complete with details by 30 September 2017 to:

The Editor, Hindu News
Hindu Endowments Board
8 Jalan Lembah Kallang
#03-01, Min Ghee Building
Singapore 339564



Secret Word Discovery

Rearrange the scrambled letters to discover the names of famous Hindu philosophers with the help of the clues provided.

1. Guru of the Kosala dynasty
(A A I H H H S S T V)

2. Author of the epic 'Jaya', considered to be the longest poem in the world
(A A S Y V)

3. Composed the Gayatri mantra
(A A M R W S T I V H I)

4. Associated with Tamil grammar and language
(Y T A S G A A)

5. Teacher of Lava and Kusha
(A M I L K V I)

6. Narrated the Bhagavad Purana to King Parikshit
(A A E D V K U H S)

7. Son of Lord Brahma
(A R D A A N)

8. Met Rama, Sita and Lakshmana during their exile
(A W A A D H B A R J)

9. One of the Saptarishis
(N A D G A A J M I)

10. Father to the Devas and Asuras
(A S A K A Y H P)

Category 2 (Age group: 9–12 years)

Name: _____

Age: _____

Contact number: _____

Address: _____

Send in your entries, complete with details by 30 September 2017 to:

The Editor, Hindu News
Hindu Endowments Board
8 Jalan Lembah Kallang
#03-01, Min Ghee Building
Singapore 339564

Here are the winners of the Kids Zone activities from Hindu News Issue 01-2017:

Category 1 prize winners:

1st prize: Nandhita Manikandan

2nd prize: Sadhana

3rd prize: Advait Umamaheswar

Category 2 prize winners:

1st prize: Akshaya Mukund

2nd prize: G Ramya

3rd prize: Nanthan Sivapragas

Congratulations to all of you!



PRODUCED BY SUN MEDIA PTE LTD

20 Kramat lane, 01-02, United House, Singapore

228773 Tel: +65 67352972

www.sunmediaonline.com