



SINGAPORE  
FESTIVAL OF  
**HINDUISM**  
2020



# living the Hindu life

Singapore Festival  
of Hinduism 2020

November 20-29, 2020

Visit us at [www.sfh.sg](http://www.sfh.sg).

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[www.youtube.com/hinducentresg](https://www.youtube.com/hinducentresg).

The Singapore Festival of Hinduism aims to provide Singaporeans with a deeper understanding of Hinduism and how it plays out in the daily life of a Hindu. The Festival is positioned as an inter-faith event to promote a better knowledge and appreciation of Hinduism as the religion is insufficiently understood despite being one of the major religions in Singapore and the world. Hindus comprise about 5% of Singaporeans and residents.





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## LIVING THE HINDU LIFE

Hinduism is like a large banyan tree with many branches and roots, and this is a cause of many misconceptions and much misunderstanding. Yet Hinduism is a deep and philosophical religion that plays a huge part in the life and culture of every Hindu.

Main  
Tenets of  
Hinduism

God &  
Life in  
Hinduism

Prayers

Hindu  
Iconography  
& Deities

Holy  
places in  
the World

Yoga,  
Health &  
Fitness

Science  
& Art of  
Home  
Layout

Temples in  
Singapore &  
Temple  
etiquette

Competitions  
for Children

Music &  
Dance

Story  
telling  
for  
Children

The last event is an “Ask Me Anything on Hinduism” panel which will take questions from a live audience.

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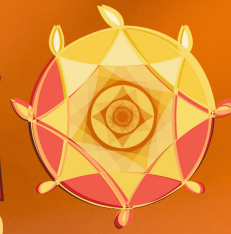
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BOOK LAUNCH

# *Ramayana 108*



written by

Mr V Prabhakar Rao,

Questions & Answers on the  
great Hindu Epic &  
Story of Ram and Sita.

SATURDAY, 21 NOVEMBER  
7.00 pm to 8.00 pm



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## Event Calender 2020

(UTC +8)

FRIDAY, 20 NOVEMBER

7.00pm

### **INAUGURATION OF FESTIVAL.**

by Minister MCCY Edwin Tong

- *In attendance: Mr R. Jayachandran, Chairman, Hindu Endowments Board (HEB).*

7.30pm

### **HINDUISM – WORLD VIEW AND KEY TENETS.**

- *Mr S Ravenderan, Hindu Centre.*

SATURDAY, 21 NOVEMBER

2.00 - 3.00pm

### **HINDU ASTROLOGY AND PLANETARY EFFECTS.**

- *Mr Dinesh Cheram*

4.30 - 5.30pm

### **EXPLORING THE SIGNIFICANCE OF HINDU DEITIES AND A VIRTUAL TOUR OF SINGAPORE TEMPLES.**

- *Hindu Youth Network/HEB.*

7.00 - 8.00pm

### **A GLIMPSE INTO THE SACRED HEART OF THE RAMAYANA.**

- *Dr Chitra Sankaran (NUS) in conversation with Mr V Prabhakar Rao, Ms Vandana Aggarwal and Dr Uma Natarajan. The talk is followed by a book launch entitled "Ramayana 108".*

SUNDAY, 22 NOVEMBER

2.00 - 3.00pm

### **THE BEAUTY OF MUSIC AND DANCE IN HINDUISM.**

- *Presented by Singapore Indian Fine Arts Society.*

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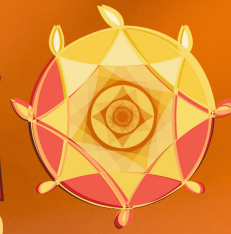
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SUNDAY, 22 NOVEMBER

4.30 - 5.30pm

**EMPOWERING THE BODY AND MIND THROUGH YOGA.**

- Presented by Nikam Guruji Yoga Kutir

7.00 - 8.00pm

**GOD AND LIFE IN HINDUISM.**

- Ms B Thavalamar, Hindu Centre.

MONDAY, 23 NOVEMBER

4.30 - 5.30pm

**AYURVEDA: SECRETS TO HEALTH & HEALING.**

- Dr CT Ratheesh

7.00 - 8.00pm

**JOURNEY WITH US ON A VIRTUAL PILGRIMAGE TO  
THE WORLD'S HOLIEST HINDU TEMPLES.**

- Mr S Saravanan, Hindu Centre.

TUESDAY, 24 NOVEMBER

4.30 - 5.30pm

**VASTU SHASTRA: SCIENCE OF CREATING AN  
AUSPICIOUS LIVING SPACE.**

- Mr HD Gupta

7.00 - 8.00pm

**INSIGHTS INTO THE SIGNIFICANCE OF HINDU  
RITUALS.**

- Presented by Singapore Dakshina Bharatha Brahmana  
Sabha (SDBBS).

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WEDNESDAY, 25 NOVEMBER

4.30 - 5.30pm

**VEGETARIANISM: A HEALTHY LIFESTYLE CHOICE.**

- Presented by Temple of Fine Arts.

7.00 - 8.00pm

**THE POWER OF HINDU CHANTS AND WORSHIP.**

- Mr K Sadashiv, Hindu Centre.

THURSDAY, 26 NOVEMBER

4.30 - 5.30pm

**SIGNIFICANCE AND SPIRITUALITY OF TEMPLE  
ARCHITECTURE.**

- Ms Gauri Krishnan

7.00 - 8.00pm

**THE POWER OF WOMEN IN HINDUISM.**

- Presented by Hindu Youth Network/HEB.

FRIDAY, 27 NOVEMBER

4.30 - 5.30pm

**THE SACRED SCIENCE OF NUMEROLOGY AND OUR  
HINDU CALENDAR.**

- Mr Shankar Rajan, Hindu Centre.

7.00 - 8.00pm

**LIFE LESSONS FROM THE BHAGAVAD GITA.**

- Dr A L Ananda

Chinmaya Seva Centre, Singapore.

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SATURDAY, 28 NOVEMBER

2.00 - 3.00pm

**MEDITATION AND MINDFULNESS: A SACRED PATH TO SELF-AWARENESS.**

- Dr Shailendra Bajpai

4.30 - 5.30pm

**HINDUISM – BUILDING A FOUNDATION FOR CHILDREN.**

- Ms Shreyaa Chezian and Ms Lalitha Rajandran, Hindu Centre.

7.00 - 8.00pm

**CHILDREN'S QUIZ TIME.**

- Presented by Sri Krishna Premi Swamigal Sathsangam

SUNDAY, 29 NOVEMBER

2.00 - 3.00pm

**STORY-TELLING COMPETITION FOR CHILDREN.**

- Presented by Krishna Premi

4.30 - 5.30pm

**HINDU FESTIVALS – BOUQUET OF DEVOTION AND FUN.**

- Ms S Anuradha and Ms R Seetha Lakshmi, Hindu Centre.

7.00 - 8.00pm

**"ASK ME ANYTHING ON HINDUISM".**

- Mr S Ravenderan, Mr Anand Chandrasekar & Ms Soundharya Pradha

- Moderated by Dr Uma Natarajan

8.05pm

**FESTIVAL CLOSING.**

- Swami Samachittananda, Head of Ramakrishna Mission Singapore.

- In attendance: H.E. Mr P Kumaran, Indian High Commissioner.

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Questions on the various event topics and on Hinduism in general can be submitted in advance through a form available at the festival website [www.sfh.com.sg](http://www.sfh.com.sg). All Singaporeans, including young and old, and all those who are interested in learning about Hinduism can attend. IRCCs, IRO, Inter-Faith bodies, Religious Organisations, Schools and Colleges, relevant Ministries and Agencies are welcome to learn and understand more about a major religion in Singapore.

## ORGANISED BY



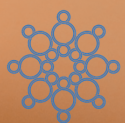
## FESTIVAL PARTNERS



HINDU ENDOWMENTS BOARD



Chinmaya Seva Centre Singapore



Hindu Youth Network  
Connect. Explore. Share



SIFAS Art Characterises Civilisation



Temple of Fine Arts

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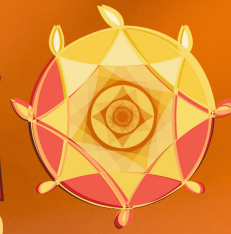
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**CONTACT US**

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info: [admin@hinducentre.org.sg](mailto:admin@hinducentre.org.sg)

[www.hinducentre.org.sg](http://www.hinducentre.org.sg)

Mon - Sat, 9:00 am - 6:00 pm

Hindu Centre 132 Owen Rd, Singapore 218935

(Near Farrer Park MRT, Exit D)

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