

Dharma Foundation

Encouraging people to speak the truth and sow unity within the Hindu Community

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Dharma Foundation; the name itself is enough to tell you what our mission is. This website is a medium for us to touch the hearts of Hindus who somehow strayed from the Sanatana Dharma (Hinduism). Can we actually call ourselves Hindus when we don't even have the basic understanding and knowledge of Hinduism, of our holy scriptures and on the importance of karma and dharma?

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Editorial



Dharma Foundation; the name itself is enough to tell you what our mission is. In this modern age, we observe that some members of the Hindu community have a sense of embarrassment about accepting their religion. They are not at fault. These young people simply have not been properly educated about the true essence of the Sanatana Dharma, hence explaining their disinterest. Anyone who understands Hinduism can indisputably witness its beauty and power.

The Dharma Foundation website is dedicated to our History & culture ; an essential element of Hinduism that will offer a chance to learn about the beginning of a tradition, an ideology, a movement and understanding the symbolism of a festival.

This website holds enough material to make someone understand Hinduism at a beginner level in our Basic Hinduism section from website as well as at advanced level in the Advanced Hinduism section.

Many Hindus live under this misconception that the Hindu ethnic group is reserved for Hindus speaking Hindi only. However the truth is that even Tamil people, Marathi people, Telugu people are Hindus (Indo Mauritians) and they are simply ethno-linguistic groups falling under one umbrella of ethnic group. At the Dharma Foundation, we count a lot on the unity of the Hindu community worldwide for its survival. We therefore invite all Hindus associations to send us their weekly activity that we will promote on our website's calendar.

Whether you realize it or not, there is division within the Hindu community; we have been split by conversion to another religion, by casteism, by the ideologies established by other Indo-Mauritian associations and by politics. Dharma Foundation comes with the idea of uniting Hindus and Indo-Mauritian associations despite their differences while holding a clear detachment from political parties.

Dharma Foundation, will organize joint seminars, educate our visitors on Hinduism and cover the activities of various associations in Mauritius. We will also provide support to the needy, an initiative that will take shape gradually in the future. As beautifully explained in our Vedas, Truth is divinity itself. We have set it as our duty (Dharma) to educate our readers on the real essence of Hinduism. Together we will unite Hindus and revive Hinduism in Mauritius as it should be.

Editorial Team

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Hindu Institutions

Triveni Club ascends with even more vivacity to preserve the Hindu Culture

“It is not in the culture of Hindus, to trade our conscience for politics”, says Dev Benessersingh the vice-president of the Triveni Club based at Beau Bassin with the physical establishment named Triveni Hall. Socio-cultural associations and clubs nowadays have unfortunately become the propaganda tool of politicians but Triveni Club wants to set itself apart. Triveni Club knows no political leaders and adheres only to dharma.

Existing in Mauritius around 60 years from now, the Triveni Club is a socio cultural association. It initially started as one of the think tank of Hinduism in the Island. The architect of this visionary project was the late Sir Kher Jagatsingh. We will never have a second like him. Dev Benessersingh says to us. Small club will become big. And indeed with years members of the Triveni Club grew in numbers and the club became well known in Beau Bassin. Triveni Club has risen through the visions of Sir Kher Jagatsingh and many far-sighted persons. However one day, misfortunes knocked at the door of the Triveni Club. A major fire broke out in the Triveni Hall destroying it partly. This experience was demoralizing but it didn't end the Triveni Club. Instead with the newly elected committee members, Triveni Hall was reconstructed within two years and is fully in practice now.



Today, the club is managed by a new team, a new blood determined to instill Triveni Club to its initial identity and reliving its lost glories as a respected Hinduism think tank promoting dharma among Hindus. In this way, this vision will become a reality by means of hosting lectures and social functions while promoting dharma and peace among the Hindu Community and the whole population of Mauritius.

With Girish Desai in the presidency, the Triveni Club is getting active with several activities to offer to its members. Yoga Classes are offered on the Wednesdays, fitness classes on Tuesdays and Thursdays and the Walking Club on the Saturday. One of its highlights of 2020 was the Bhangra Night and the Divali Fiesta at the Triveni Hall. Although these celebrations are rooted in the Hindu culture, the Triveni club did not give up on the element of reminiscence of our action as stated in Hindu philosophy.

Hindu Institutions

At **Triveni Club**, we respect everyone's political differences but we do not approve that a politician sullies the image of the club with politics with the intent to enhance his image and his personal interest. Hindus are not like sponges and we need to stay resilient against politician attempt to corrupt our mind into the give and take culture. In Hinduism we give without expecting anything. That's how we define a true Hindu, says the vice-president Dev Benessersingh. With such strong stance taken, the new elected members of the Triveni's Club are set to lead this socio-cultural association to a journey of discovering, enamoring and instilling dharma in the heart and soul of every Hindu. Just like the Great Mahatma Gandhi once said ; "Hindu Dharma is like a boundless ocean teeming with priceless gems. The deeper you dive the more treasures you find."

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Hindu Temples Worldwide

Discovering the oldest Hindu temple in Mauritius, the Shree Maheswarnath Mandir

We, Hindus take pride in our religion and culture. We adhere to long-lasting traditions and follow rites and rituals by heart. Yet, we are somehow unaware of our roots. If we were to ask a Hindu on what is the oldest Hindu temple in Mauritius? Some would expose their ignorance and others would lead us to wrong answers. But again, there is no wrong in not knowing an answer. Worse is when one boasts about their personal knowledge because let's not forget that in Hinduism humility is a key essence. What is crucial is the eagerness and openness to learn (adhyāpana). In this article, we will discover a slice of life and a part of history strongly linked to Hinduism; the first Hindus temple in Mauritius.



Hindu Temples Worldwide

Sri Maheshwarnath Mandir is the earliest Hindu temple built in Mauritius in 1813. The temple is nestled in the village of Creve Coeur amidst nature, away from any urban noise and human activity. Situated on Temple Road, Shri Maheswarnath Mandir is surrounded by a lush forest and neighboring mountains making us stop a while to admire the natural setting before heading to the temple. As you approach the temple, you are welcomed by the scent of sandalwood and an atmosphere of piety. Do embark with us on this religious visit through this article...



Mauritius has known the Dutch settlement (1598 – 1710), the French colonization (1715 to 1810) and the British colonization (1810 – 1968). In 1810, the British landed on the Island by outnumbering the French and consequently retained power on Mauritius; an operation which was then named Invasion of Isle de France (Mauritius). Among the soldiers that came with the British were also sepoy (soldiers recruited in India for the British army). After the British victory over the French, the sepoy found shelter under this place and it was under the request of sepoys that the Shri Maheswarnath Mandir was constructed by its founder Dabeedayal Mishra. Shri Maheshwarnath Mandir was back in 1813 built with a thatched roof. In 1818, the temple was eventually moved to the top of the valley with other works being done to it namely rebuilding of stones in 1915, later on the installation of iron sheet at the Mandir's entrance and the setting up of a hall in September 2009 by Mukund and Roma.

The Hindu God statues (Murtis) placed in Shri Maheswarnath Mandir are unique in Mauritius. As you reach the threshold of the entrance, just above your head, there is a big and heavy bell. The history of this bell is that it was brought to Mauritius by a ship in 1816 to be handed over to the temple priest. Just by its appearance, the bell can testify to the 200 years it has been standing through. Going further ahead you have a board giving information about the temple and its murtis' records. And right after that, you come across a white porcelain Nandi's statue (sacred bull, gatekeeper and vehicle of Lord Shiva).

And there you have it, a small temple housing these ancient and beautiful statues of deities. The Shri Narmadeshwar shivling, placed in 1916 is situated at the centre of the temple and several other statues of deities surround it, including Shri Ganesh and Shri Hanuman. The speciality with the statues of these two deities is that they are made of stone carved by the hands of professional craftsmen.

Inside, as you pray, you will see that the temple has a beautiful collection of statues of various gods.

Hindu Temples Worldwide

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the Shree Maheswarnath Mandir



A visit is necessary to admire and feel the grandeur of this temple; a pioneering temple among the Mauritian Mandir and certainly a crucial force in the propagation of Hindu culture.

At the end of this religious visit to Shree Maheshwarnath Mandir, there is one thing which may not go unnoticed to you; some cheeky old monkeys! Unless you have a banana in hand, they may dare to approach you otherwise they watch you from afar cautiously. Don't forget to say goodbye to them!

[Read on website here](#)

LEARN BASIC HINDUISM

Hinduism is one of the oldest religion and thought system to ever exist on this planet. Some historians assert its existence to be 4000 years ago; some says its 5000 years ago while another group came with archeological evidence claiming it's more than 15 000 years old. But what one can definitely state proudly that Hinduism is a highly spiritual, philosophical and tolerant religion which believes in guiding rather than ordering its followers. This segment consists of allowing you to understand the basics of Hinduism without any complexity.

Hinduism Scriptures: What Are They?

Hinduism has several sacred writings as opposed to one holy book. With the multitudes of sacred books, some Hindus tend to want to know which one is the main and most important of all. There are two categories for Hinduism Scriptures; one being the Shruti which means "what is heard" and the Smriti translating to "what is remembered".

The Vedas (Shruti)

It is The Vedas that imparts a big deal of knowledge about the way of life (Sanatana Dharma which also mean Eternal Path). The Vedas are the primary sacred scriptures known to the Hindus and also the most ancient religious works to have been composed during the 1500 B.C (a period known as the Vedic period). It is a collection of verses and hymns written in Sanskrit. Veda translates to "Knowledge" which means that it contains transcended understanding on the causes and functions of personal experiences. There is a belief that these scriptures have been passed on to scholars from God with the mission of spreading its teachings to the masses.

The Vedas come in four parts namely the Rig Veda, Sama Ved, Yajur Ved and the Atharva Ved. And each Veda consists of the four compositions that are explained below:

- The Samhitas, the oldest part of The Vedas entailing hymns (mantras) praising the God
- The Brahmanas being prayers and rites conducted by priests with commentaries
- The Aranyakas focusing on worship and meditation
- The Upanishads stating philosophical teachings of Hinduism The Upanishads remain the most popular and read about Veda.

Bhagavad Gita

The Bhagavad Gita is a part of the great Epic Mahabharata and the world longest poem with 700 verses. Its date of composition is suggested to be around 200 CE by scholars. The Bhagavad Gita recounts the dialogues between Arjuna, the Pandava prince and Lord Krishna, his charioteer. Seeing his uncles, gurus and brothers as his adversaries in the battle of Kurukshetra, Arjuna wants to withdraw from this war. And it is the wisdom conveyed by Lord Krishna that constitutes the Bhagavad Gita. Their conversation sheds light on what constitutes as right, the importance of carrying our dharma and the meaning of life and salvation. Lord Krishna instructs Arjuna to take the bow (gandivam) and fight because as a warrior, Arjuna must fulfill his duty.

Ramayana

The Ramayana is unquestionably the best known and most widely read epic among Hindus with 24 000 couplets in seven books. Ramayana is a Sanskrit narrative by the poet Valmiki which tells the life of Rama (incarnation of Lord Vishnu), an exemplary prince of Ayodhya, of Sita (incarnation of Lakshmi) his faithful wife and of Ravana, the evil demon. Ravana commits the sin of abducting Sita. Ultimately, Rama comes to Ravana Lanka and saves his beloved wife with the help of Hanuman and eventually kills Ravana. The end of Ravana symbolizes the victory of good over evil, which is why every year Hindus celebrate Diwali

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CONTRIBUTORS' COLUMN

What does it mean to be a Hindu ?

A majority of Hindus, especially the youth, cannot give a coherent answer when they are asked 'What does it mean to be a Hindu?', a question that is often put to, for example, Hindu students when they go to study abroad, where increasingly the issue of identity is becoming an important one. The result is lack of confidence to face non-Hindus on equal terms and no pride in their Dharma. That's why it is absolutely important to be clear in our minds and hearts what it means to be a Hindu, and is presented in the following brief for the benefit of all Hindus.

- I accept and abide by the teachings of Hinduism found in its sourcebook, the Vedas, which are comprehensively explained in the Bhagavad Gita and are illustrated extensively by profuse examples in the two great epics Ramayana and Mahabharata.
- According to these teachings, the universe emanates from Brahman. Invisible, changeless and infinite, Brahman is the Unique Truth of all that exists (sat), Pure Consciousness (chit) and Pure Bliss (ananda): satchitananda.
- Through the creative power of maya – mayashakti - Brahman becomes manifested as Ishwara who rules the world through a cycle of creation-preservation-destruction. This concurs with our human experience of the world.

- Ishwara as creator is referred to as Brahma, as preserver Vishnu and as destroyer Shiva, and they each have their consort, Saraswati, Lakshmi and Parvati respectively. Destruction takes place by the process of disintegration of the created object, living or non-living, into the five primordial elements (mahabhutas) of which the universe is made, namely space, fire, air, water and earth and from which new entities are created afresh continuously.
- As part of the creation my body is also subject to the same cycle, namely, it is born, grows and matures, declines and then dies.
- But 'I' am the atman, identical in nature to Brahman and therefore imperishable, unlike my body. As such I take rebirth in successive bodies and stop doing so when I attain moksha, that is liberation from the cycle of birth and death known as samsara.
- For this, I have to gain knowledge (vidya) of Atman (Atmavidya) and Brahman (Brahmavidya) by means of sadhana or systematic self-enquiry which includes worship, satsang and meditation.
- At the same time I can earn my living and enjoy my life through the legitimate pursuit of pleasure and material comfort and security, based on a code of ethics known as dharmashastra. It enjoins me to perform the actions or karmas necessary for living in harmony with everyone according to dharma, which encompasses a number of values such as non-injury, truth, non-stealing etc.

By Dr R.Neerunjun Gopee

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BOOK'S CORNER

In Defence Of Billion Of Hindu

One of the most marvelous people on this planet-ever

Author: Francois Gauthier Publishers: Har Anand Publication Pvt. Ltd. 2018

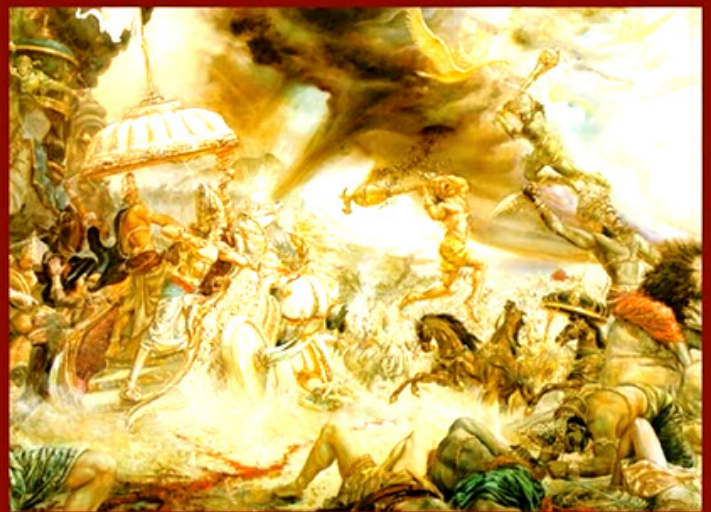
Every sixth person on this Planet is a Hindu and Hindus still constitute the overwhelming majority in India - nearly 80 per cent of the population. Humanity needs thus to re-discover the wonder that is Hinduism, the oldest spirituality still in practice in the world. Hindus have been the most tolerant people on this planet, accepting the fact that the Divine manifests Himself or Herself at different times of the history of humanity using different names and different scriptures. This is why Hindus have always welcomed in their midst all the persecuted religious minorities of the world - from the Syrian Christians, the Jews (India is the only country in the world where Jews were never persecuted), from the Parsis to the Tibetans today.

In 5,000 years of existence, Hindus have never militarily invaded another country, never tried to impose their religion on others by force or induced conversions, contrary to Islam and Christianity. You cannot find anybody less fundamentalist than a Hindu in the twenty-first century. Yet it has been one-way traffic, as Hindus have been the most persecuted people. In fact, in terms of genocide, there is no greater holocaust than that of the Hindus - it has been estimated than more than a hundred million Hindus have been killed from the Hindu Kush, till today. This book is then about the story of the Hindus, their scriptures, their history, the bloody invasions that they faced over the centuries and the menaces that still threaten their very survival.



In Defence of a Billion Hindus

one of the most marvelous people on this planet-ever ...



François Gauthier

CALENDAR OF EVENTS

JANUARY 2022

TRIVENI CLUB

FITNESS CLASS
18HR - 19HR
(every Tuesday)

YOGA CLASS
18HR - 19HR
(every Wednesday)

FITNESS CLASS
18HR - 19HR
(every Thursday)

WALKING CLUB
6HR - 7HR
(every Saturday)

CHINMAYA MISSION

SHRIMAD BHAGAVAD GITA
18HR - 19HR
(every Tuesday)

SHRIMADBHAGAVATAM
10HR - 11HR
(every Wednesday)

BALVIHAR
09:30HR - 11HR
(every Saturday)

OHO! SANSKRIT
08:30HR - 09:45HR
(every Sunday)

VEDANTA CLASSES
6HR - 7HR
(every Sunday)