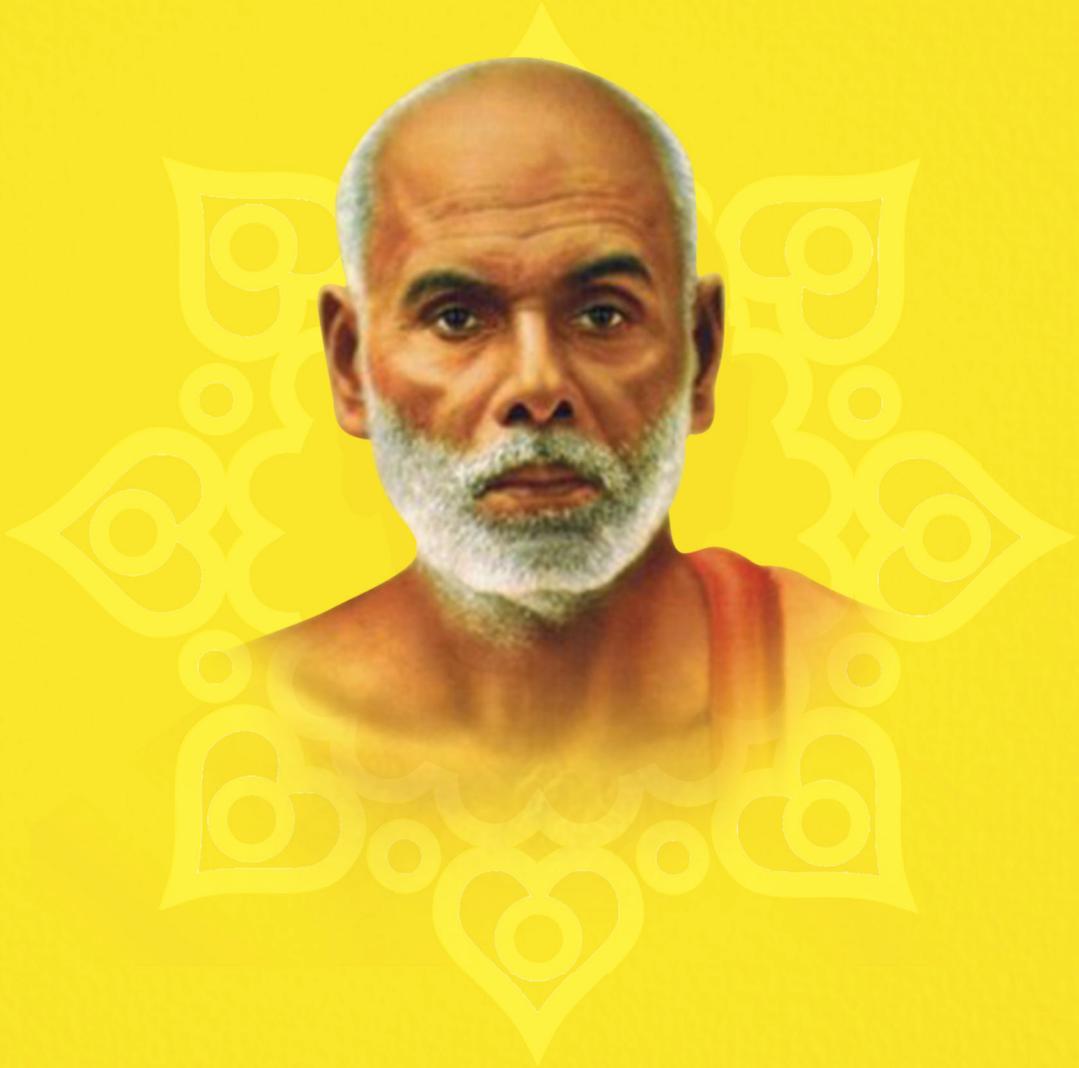




SREE NARAYANA MISSION (SINGAPORE)



# Annual Souvenir Publication

◆◆◆ 2021 ◆◆◆

Celebrating the 167th Birth Anniversary  
of Sree Narayana Guru





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## ANNUAL SOUVENIR PUBLICATION 2021

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(Singapore)

## Contents

- 4** Messages
  - President, SNM Message
  - Minister Messages
  - GOH Message
  - General Secretary, SNM Message
  - Mr S Devendran (CEO, SNM)
- 9** Gallery
- 18** Stories
- 22** Advertisements
- 30** Acknowledgement

## About Sree Narayana Guru

Sree Narayana Guru's philosophies on openness and inclusivity are especially relevant in a world that is becoming increasingly diverse today. We celebrate the following teachings that inspire us to respond to our common humanity:

One Caste. One Religion, One God for all men.

Whichever be the religion of a man, it suffices if it makes a better man.

Acts that one performs for the sake of oneself should also aim for the good of others.

## About Sree Narayana Mission (Singapore)

Sree Narayana Mission (Singapore) is a local charitable organisation founded in 1948. It is a registered and secular charity with IPC status. It runs programmes and offers services and interventions for the disadvantaged regardless of race, language or religion



### VISION

Keeping faith with the philosophy and teachings of Sree Narayana Guru to provide social and community services.



### MISSION

To serve with care and compassion, regardless of race, language or religion.



### CORE VALUES

- Satyam (Truth)
- Daya (Compassion)
- Dharma (Righteousness)
- Shanti (Peace)



**SNM shall empower everyone to lead dignified lives, by leveraging strong relationships with our partners and the community.**



# Message



## Message

**Mr Jayadev Unnithan**  
President  
Sree Narayana Mission (Singapore)



Dear Members and Friends,

This year, we celebrate the 167th birth anniversary of revered Sree Narayana Guru, whose teachings form the bedrock of our organisation. 2021 also marks our second successful virtual Guru Jayanthi celebrations in the shadow of COVID-19. Even though restrictions have prevented us from the usual celebrations, we were still able to celebrate the occasion virtually and raise the flag at all four of our business units in honour of Sree Narayana Guru.

As Singapore continues to progress during the pandemic, Sree Narayana Mission (Singapore) [SNM] has also ensured that we continue to operate in the new normal and have diligently adhered to the COVID-19 regulations set by our regulators to support the government's efforts to make Singapore a COVID-19 resilient nation.

Despite the challenges that we have had to work with, it was an eventful year for SNM. At SNM's 70th Annual General Meeting held this year, a new Executive Committee [EXCO] and an inaugural Board of Trustees [BOT] have been elected. It was heartening to have members come together both virtually and physically across the different time zones to participate in our Annual General Meeting. With the dedicated support of the EXCO and BOT, I am confident that we will continue to further strengthen the governance of the Mission so that it continues to be a charity of choice for our residents, clients, and beneficiaries.

I am also deeply grateful to the erstwhile members of the EXCO who served for the period 2019-2021. Thank you for the two years of wonderful support and passionate, wholehearted leadership.

I also commend the efforts of the management team for their efforts in achieving SNM's second nursing home by the Ministry of Health (MOH) in Yishun Avenue 6. This milestone achievement marks 42 years since we admitted our first two residents in our nursing home in 1979. The new nursing home is slated for completion in 2025 and will accommodate up to 300 beds. This is merely the first phase of SNMs planned expansion in the forthcoming years. We are embarking on the rejuvenation of the current nursing home which includes the 'one-time' dementia friendly works and the construction of the dementia ward. We will continue to serve the community with a commitment to excellence and we invite you to join us as volunteers to make a difference for the vulnerable.

Singapore is on track to become a digital nation as part of the Smart Nation initiative. This would see us as a nation incorporating essential technologies as part of a digital masterplan to transform the nation with new living ideas and medical innovations such as smart watches that can monitor the medical status of seniors. We will ensure that the charity sector does not get left behind. SNM also aims to achieve a Data Protection Trustmark (DPTM) certification as a postmark of our digital protection journey.

Our staff have worked superbly in the face of this pandemic, and I am deeply grateful for their commitment. The prolonged restrictions have been harrowing, especially so for our healthcare team, many of whom are foreign nationals who have had to adapt to movement restrictions and are unable to physically be with their loved ones. I would like to express my admiration for your noble acts of sacrifice and compassion in the face of adversity and for keeping SNM safe. Thank you all for being the beacon of hope to our beneficiaries and for being an exemplar of SNMs values in action.

On behalf of the Executive Committee, I would like to thank everyone for your unwavering support. I have immense confidence that we will continue to spur forward guided by Sree Narayana Guru's teachings - selflessness, foresight, compassion, and kindness for the betterment of man.

Let me end by quoting verse 3 from Guru's work, Anukampa Dasakam, 10 Verses on Compassion.

അരുളൻപരകമ്പ മുന്നിനം  
പൊരുളൊന്നാണിതു ജീവതാരകം  
"അരുളുള്ളവാനാണു ജീവി" യെ-  
നരുവിട്ടിടുകയി നവാക്ഷരി

"Kindliness, Love, Compassion, all three are in essence the one same reality, life's star. He who loves is who really lives."

May the Guru's teachings and blessings ever guide our path forward.

Yours in Service,  
Jayadev Unnithan  
President, SNM (Singapore)

## Message

Guest-of-Honour Message Transcript

**Assoc Prof Muhammad Faishal Ibrahim**  
Member of Parliament  
for Nee Soon GRC (Nee Soon Central)  
Minister of State for the Ministry of Home Affairs and  
Ministry of National Development.



I would like to congratulate the Mission in commemorating Sree Narayana Guru's 167th Birth Anniversary this year. This year, SNM is celebrating this special occasion virtually consecutively over two years and I am heartened to see the strong support from all of you despite the challenges of COVID-19.

The occasion today celebrates the contributions of Sree Narayana Guru to the community at large regardless of race, language, or religion. This resonates well with Singapore, a multi-racial nation, made up of the same belief system – regardless of race, language, or religion.

### Forging Ahead To Do Good

From a small hut in No. 48 Soon Keat Road to today - SNM now runs the SNM Nursing Home, two Senior Care Centres, Meranti Home@Pelangi Village and the SNM Care Centre in Jalan Besar. I extend my heartiest congratulations to SNM for being awarded its second nursing home along Yishun Ave 6. This is a testament to all the meaningful work done by the Mission for more than 70 years. As a charity, it is very imperative to leverage on community partnerships to move forward, especially during these pandemic times. We need to build on our partnership efforts so that we continue to transform and grow to do good for the community. I am glad to know that SNM has also reached out to the community through its slew of community programmes to motivate and help beneficiaries develop new skills.

### Ageing In Place – An Ecosystem for Seniors

Nursing homes like SNM play a very important role in helping seniors age in place. To echo this sentiment, SNM has established the Residents' Committee to encourage empowerment amongst its residents.

This is an excellent idea as it allows residents play an integral part in decision-making on behalf of residents for the home. I am positive that SNM will continue to support the Government in building a strong ecosystem for our seniors to age in place.

### Supporting Singapore's COVID-19 Vaccination Plan

When COVID-19 vaccination became available for Singaporeans, there was uncertainty amongst our people as they were afraid of the effects resulting from the vaccine. But the vaccination was an important step – it helps in increasing the immunity of one, making it harder for the virus to strike. I am very appreciative of SNM's effort in ensuring that their staff and residents are vaccinated. Earlier this year, SNM also encouraged the Indian community to consider vaccination through its Indian Leaders Community Forum. The forum aimed at dispelling the myths and fears of the community about the COVID-19 vaccine. The battle against COVID-19 is everyone's effort! It is through such collective efforts that we inch ourselves closer to a COVID-19-free nation.

### In Conclusion

This evening, apart from the wonderful performances you will be watching, I hope you take some time to appreciate the efforts of the Mission. They have done tremendously well over the years, playing a part in our healthcare sector as well as the community. Safeguarding the wellbeing of seniors is a collective effort, and each of us can play our part to support one another. I thank all of you for working together to make Sree Narayana Mission (Singapore) a trusted charitable organisation and wish you a wonderful evening ahead.



## Message

### K Shanmugam

Minister for Home Affairs and Minister for Law  
Member of Parliament for Nee Soon GRC



Sree Narayana Mission was officially opened in 1948, after World War II. Over the decades, the Mission has uplifted thousands of under-privileged and needy individuals and families, in Nee Soon and in Singapore.

True to the Singapore spirit, it has continued to provide social and community services to all, regardless of race, religion and language.

I wish Sree Narayana Mission the very best on this very special occasion of Guru Jayanthi 2021, and in its ongoing work to help the less fortunate, in Nee Soon and in Singapore.

## Message

### Mr Ong Ye Kung

Minister for Health



My best wishes to Sree Narayana Mission (SNM) (Singapore) on the occasion of the 167th birth anniversary of Sree Narayana Guru.

Since your founding in 1948, SNM (Singapore)'s core values have been shaped by the teachings and values of Sree Narayana Guru. In line with your mission to serve with care and compassion, regardless of race, language or religion, you have grown over the year, to serve the needs of the community in the northern region of Singapore through a range of eldercare and welfare services and programmes.

Today, SNM (Singapore)'s services include a nursing home in Yishun, a psychiatric welfare home in Pelangi Village, a care centre in Race Course Road and two senior care centres in Yishun and Woodlands. Through your tireless efforts, you have impacted the lives of many in the community positively.

I extend my deepest appreciation to SNM (Singapore) for your contributions to the community and wish you continued success.



## Message

### Masagos Zulkifli

Minister for Social and Family Development,  
Second Minister for Health & Minister-in-charge of  
Muslim Affairs



My heartiest congratulations to Sree Narayana Mission (Singapore) [SNM] on Sree Narayana Guru's 167th birth anniversary. I would like to express my appreciation to SNM for your contributions in providing a wide range of social services to Singaporeans in need.

SNM has assisted vulnerable individuals such as destitute persons and cultivated multiculturalism and community bonding through your programmes. Your efforts have helped to strengthen our social compact towards a more caring and inclusive society in Singapore.

Thank you for being a valuable partner of MSF. I wish you many more good years to come.

## Message

### Ms Denise Phua Lay Peng

Mayor, Central Singapore District



My heartiest congratulations to Sree Narayana Mission (Singapore) [SNM] on your celebration of Sree Narayana Guru Jayanthi 2021.

I am very heartened to see how much SNM has grown since its beginnings in 1948. SNM's wide range of initiatives in community services has made a positive difference to many.

As one of Singapore's leading charities, SNM operates a range of welfare programmes from senior care centres to homes for the elderly and destitute to the provision of financial and education assistance to the vulnerable.

SNM's community outreach is well known. It has stayed relevant by constantly evolving its operations to meet emerging needs in society.

SNM is an active contributor to the 'Bless The City' programme sponsored by Central Singapore CDC and Far East Organisation. Its 'Smile With You' empowered financially disadvantaged

single mothers to lead stable, dignified and fulfilling lives.

During the COVID-19 pandemic, SNM participated actively in the 'Masks Sewn with Love', an official national movement to collect and donate hand-sewn reusable masks.

The 'Aid provided to Migrant Workers' initiative also helped some 2,000 migrant workers to supplement their incomes to meet their needs.

The above are but a few of the many SNM community programmes that have helped bridge the community together positively, especially during COVID-19.

As SNM celebrates Sree Narayana Guru Jayanthi 2021, may it continue to grow from strength to strength and stay as a pillar of the Singapore social service landscape!

May SNM thrive for many more years to come!



## Message

**Ms Tan Li San**  
CEO, NCSS



Congratulatory message to Sree Narayana Mission for their souvenir magazine, to commemorate Guru Jayanthi 2021 (Sree Narayana Guru's 167<sup>th</sup> birth anniversary)

My heartiest congratulations to Sree Narayana Mission (Singapore) (SNM) on the 167<sup>th</sup> birth anniversary of Sree Narayana Guru!

Despite challenges posed by the COVID-19 pandemic over the past year, SNM has remained resilient and agile to ensure that services to your service users were uninterrupted. SNM has also built a well-connected ecosystem with its community and care centre partners to provide seamless support to your service uses.

I would like to express my appreciation to SNM for embracing and adopting the various NCSS' schemes to increase operational effectiveness and strengthen capabilities, which ultimately help you serve your users better. Under Tech Booster, SNM has implemented a slew of facilities management

and rehabilitation technologies, that allowed care workers to focus on caring for the residents, and enabled residents to improve their physical and cognitive functionality in an engaging manner, while Tech-and-GO! funding has enabled SNM to benefit from technical advisory to further enhance your digitalisation efforts. To emerge stronger from the pandemic situation, SNM tapped on NCSS's Transformation Support Scheme to build internal capabilities and accelerate your transformation journey. I hope these will stand you in good stead for the challenges and opportunities ahead!

As NCSS embarks on the next iteration of the Social Service Sector Strategic Thrusts (4ST), I appreciate SNM for stepping up to do more for the sector through your CEO's active participation in the 4ST Steering Committee. Together we can build a more caring and inclusive society in Singapore.

All the best to SNM on your journey as we build a stronger social service ecosystem together!

## Message

**Mr Tan Kwang Cheak**  
Chief Executive Officer  
Agency for Integrated Care (AIC)



On behalf of the Agency for Integrated Care (AIC), I would like to extend my warmest congratulations to Sree Narayana Mission (SNM) on the 167<sup>th</sup> birth anniversary of Sree Narayana Guru.

You have been an important pillar of our society in Singapore, tirelessly and passionately serving Singaporeans with care, commitment and compassion, regardless of race, religion, and language. We are truly thankful for your support in caring for seniors, clients and residents over the years and helping them to live and age well in the community.

In particular, during this challenging COVID-19 period, your strong focus in managing the precautionary measures and support for the national vaccination programme have helped to safeguard the health and wellbeing of your clients, residents and staff. Many of the initiatives you have driven, such as finding alternative ways for residents to connect with loved ones with video calls through telepresence robots, have improved the well-being of your residents and clients. We are happy to see that your efforts have been recognised with a record breaking 78 awards at the Singapore Health Quality Services Awards (2021).

Beyond COVID-19, you have also been a proactive partner in creating new ways to empower seniors to live and age well. Following our collaboration

in 2019's adaptive sports pilot, where we worked together to modify sports based on the seniors' abilities, SNM stepped up to co-organise the Adaptive Sports Challenge 2021 @ Nee Soon, with Chong Pang Community Sports Club. This event, supported by AIC and Sport Singapore, was the first ever virtual inter-nursing home adaptive sports competition. Your leadership enabled four nursing homes to come together virtually and compete, sparking much joy and sense of achievement among the seniors.

Over the years, SNM has been committed to bringing new ways of care and empowerment to seniors and clients/residents through programmes such as art, tai chi, gardening and sports. Through providing meaningful and engaging activities, you have not only fostered new skills, interests and social interaction, but also sparked joy in the hearts of seniors, improving their well-being and quality of life. We are glad to see that your efforts have been recognised and that SNM is entrusted with the honour of running a second nursing home by the Ministry of Health at Yishun Avenue 6. We are excited to work with you to serve more residents and caregivers at this new expansion facility.

On behalf of all of us in AIC, we thank you for your extraordinary contributions and look forward to working even more closely with you to uplift care with the power of the community.



## Message

**Ms Shalini Damodaran**  
General Secretary



Sree Narayana Guru's greatest gift to us was his vision of 'oneness' for the whole world. He saw the whole world as one family – *vasudhaiva kudumbakam*. He planted a powerful thought in the minds of men and women divided by tradition, myths and superstition that served the few with the means. In 1903, Guru founded the *Śrī Nārāyaṇa Dharma Paripālana Yōgam* (SNDP), with its manifesto, 'One Caste, One Religion, One God for Mankind'. It was his desire to root out ignorance and prejudices against the lower classes. He believed that humanity should unite, as a family, and draw inspiration and strength from self-realised individuals who had the means to support the underserved to live dignified lives. Towards this goal, he gave us a set of core values: Daya (Compassion), Satyam (Trust), Dharma (Righteousness) and Shanti (Peace) to guide our actions to contribute to the idea of 'oneness'. He has been hailed as the father of Renaissance for shaking up the system with religious and social reforms that have helped to liberate the poor from the shackles of an uncaring self-serving society. The sage and teacher began his mission with religious and social reforms in Kerala that included exposing the inhumane conditions both men and women in the lower castes were subjected to. Part of his liberation efforts included the setting up of schools for both boys and girls who were denied education.

Today, we carry with us that vision of 'oneness' in all that we do. Could we have achieved what we did in the past two frightening years of the pandemic without a sense of oneness? It took every person in the community from the mission's members, administrative and healthcare staff to the management, trustees and the board to overcome the worst of the pandemic. As a community we understood the need to prioritise the welfare and well-being of those under our charge. Being custodians of the Nursing Home, Senior Care Centres, Welfare Home and Home Care services there was I think a collective sense of responsibility to ensure the safe keeping of the 'family' as a whole. Guided by the vision of 'oneness', we were able to rise to action swiftly because we continue to be governed by the Guru's core values of Daya, Satyam, Dharma and Shanti.

At the dawn of the pandemic, we saw healthcare staff adapt very quickly to the new norm, sacrificing the comfort of their homes to stay within the confines of the Nursing Home to keep residents safe from the virus. Though those were

daunting times, staff at the Nursing and Welfare Homes showed extraordinary courage to do what was required to keep the 'family' safe. Management staff too worked overtime to put safe distancing measures in place to restrict visitations by next of kin. Cognisant of the possible psychological and emotional impact on residents, I-pads were deployed for residents to connect with their loved ones virtually. Members of the Mission, our aunts and uncles, who enjoy attending guru pooja and other community programmes at the Nursing Home displayed considerable patience and discipline by staying away from their much beloved activities that were very much part and parcel of their daily or weekly routines. And their patience is gradually being rewarded today as we were able to recently have a scaled down version of the Guru Jayanthi celebrations with all the mandatory safe distancing measures in place, and because our vaccination numbers are high. There was a sense of gratitude and relief for having the opportunity to gather and give thanks to the Guru for his vision and guidance.

In addition, we saw young and elderly SNM members, many not very tech savvy, and some even tech averse, switching to Zoom and Microsoft teams without fuss to carry out scheduled meetings. Our virtual and hybrid EOGMs, AGM and Focus Group Discussions were also well subscribed by our members who learnt how to vote online and tune in to air their views and be heard. During the pandemic we also attempted to identify and reach out to the underserved and elderly members in our community to enquire and ensure their well-being. Would Guru have been proud of our efforts? The spontaneity with which we have responded to the crisis speaks volumes about our Daya and Dharma to keep the community safe and at peace in these uncertain times. Whilst naysayers may argue that our community is self-serving and individualistic, the pandemic has shown us otherwise. It has shown how indomitable the human spirit is within our community. It does not cower in the face of challenges. We have emerged stronger as a result, having learnt many important lessons on how to deal with the new norm and the impending threat of new viruses and pandemics.

We will continue to learn and build on our efforts to keep our 'family' safe, growing from strength to strength guided by the Guru's vision of 'oneness'.

## Message

**Mr S. Devendran**  
Chief Executive Officer



Dear Members,

Like last year, this year continued to be challenging for the healthcare sector. Singapore entered its second year of COVID-19 restrictions and this has shifted the way we work and live. Amidst these challenges, I am proud to say that Sree Narayana Mission (Singapore) has not only survived but thrived as we work doggedly towards normalcy. We must continue to progress and take the next step forward towards a coherent, and comprehensive healthcare system.

Preparations for the future are already on track – SNM will soon see the expansion of its facilities in the form of the establishment of a second nursing home which is slated to be completed by 2025. To ensure that we remain relevant for the future, the management restructured its organisational structure and I am thankful for the support of the Executive Committee on this proposal.

The management is closely looking at its cost savings and cost avoidance initiatives to upscale its business operations. New committees will also be established, most notably in Investments and Fundraising to push the envelope to improve our interventions so that we provide better care for those under our roof. The strategic overview over the next five years will be critically important in determining operations that we have to enhance or scale down to better suit the ever-growing needs of nation and community. Our services must be readily available for those in need.

This year, we have also successfully completed five sector regulator audits. I am happy to share that our SNM Nursing Home license have been renewed for the period 3 February 2021 to 2 February 2023.

The service audit validity for Senior Care Centre (Woodlands) and Senior Care Centre (Yishun) have been renewed for the period 1 May 2021 to 30 April 2023. The service agreement for compliance and internal controls was renewed for Meranti Home @ Pelangi Village for the period 1 April 2021 to 31 March 2024. SNM's Institute of Public Character (IPC) was also renewed for the period 1 March 2021 to 29 February 2024. These audits are important as it ensures that the organisation's business units operate in accordance with the sectors' regulations.

SNM also reviewed its constitution to strengthen its governance. At the 68th Annual General Meeting (AGM) held on 18 August 2019, the General Body agreed to the proposal to expand the mandate of the Trustees and to reconstitute the Trustees as a Board of Trustees (BOT) to further strengthen the governance and transparency structure. The Constitution Review Sub-Committee was commissioned by the EXCO to review and revise SNM's Constitution. The amended Constitution was passed by the General Body at the EOGM held on 2 May 2021 and subsequently submitted to the Registrar of Societies (ROS) for approval.

We endeavour to work towards the pillars of excellence and I would like to take this opportunity to thank our Executive Committee, Board of Trustees and all staff for working tirelessly to keep SNM a trusted charity of choice.

On behalf of the Management and staff of SNM (Singapore), I wish everyone a blessed Onam.

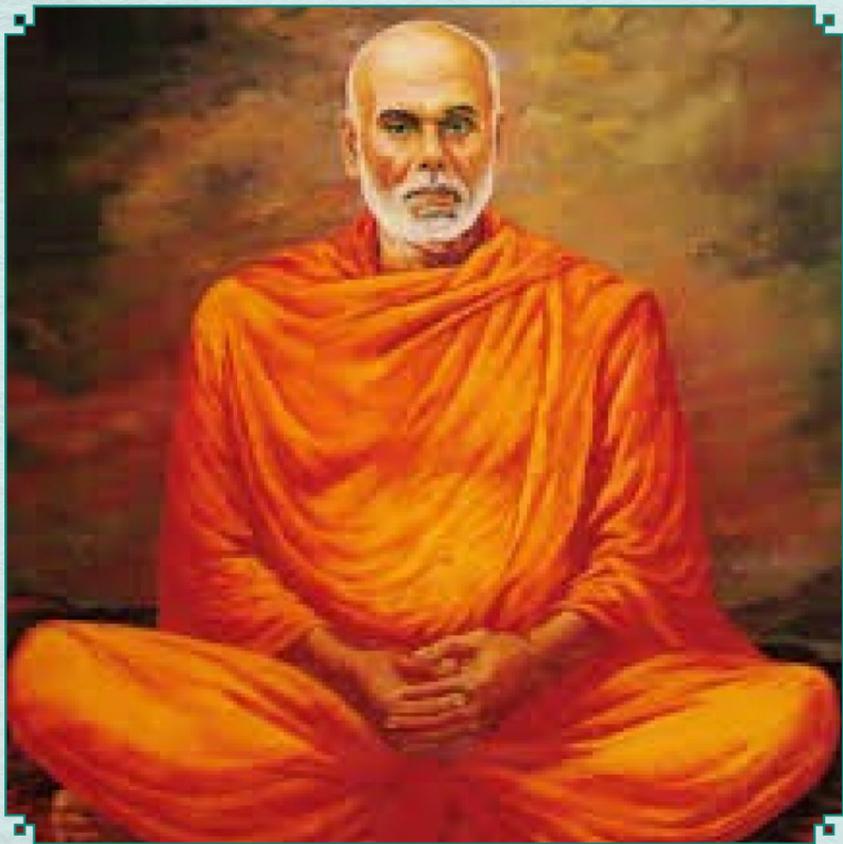
Best Regards,  
S. Devendran  
Chief Executive Officer

Poem

Signposts

The Guru's all encompassing embrace,  
Timeless values for the human race,  
Satyam, Daya, Dharma, Shanti,  
Four signposts to claim our common humanity

- S. Devendran -



Poem

Compassion

കരുണ എന്ന് . വരദാനം

" ഒരുപീഡയെറുപിനും വരു  
തരുതന്നുളളൊരനു കർപയും"  
ശ്രേഷ്ഠനായ ശ്രീ നാരായണ ഗുരു 1914 ൽ എഴുതിയ " അനുകർപാദശക " ത്തിലേ  
പുറംഭാഗം വരികളാണ് മലയാളീകരണം. ഒരു എറുപിനോടും പരോലും കരുണ  
കാടടണമെന്ന ശഠിക്കുന്ന തരം വികാരമാണ് ഈ കവിതയുടെ ആത്മാവ് .  
നമ്മുടെ ഹൃദയത്തിൽ നിറയണമെന്ന് നാം ആഗ്രഹിക്കുന്ന ദൈവിക  
ചൈതന്യത്തിന്റെ അർത്ഥം തന്നെ അളവിൽ കരുണയും നിറയാൻ  
പരമശൈവരനോട് അപേക്ഷിക്കാനാണ് ഗുരുജി ആഹ്വാനം ചെയ്യുന്നത്  
അതെ, "കരുണ" എന്ന് ദൈവതജ്ഞസിന്റെ ഒരു വരദാനമാണെന്ന് തന്നെ.  
കരുണ എന്ന് ദിവ്യ വികാരത്തെ അപേക്ഷിക്കുമായിട്ടല്ലാതെ, ഒരു പുരണ  
അളവിൽ തന്നെ തന്നെ ജീവിതത്തിലും നവോത്ഥാന ചിന്തകളിലും  
പഠിപ്പിയ്ക്കലുകളിലും പരതിഫലിപ്പിച്ചതിനാലാകണം ഗുരുജി  
ജനകോടികളുടെ ആരാധനയായിത്തീർന്നത്. അദ്ദേഹത്തിന്റെ നവോത്ഥാന  
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മനുഷ്യനിലെ ഉച്ഛന്ന ചിന്തകളെ എതിർത്ത് സമഭാവത്തിന്റെ  
ആത്മാവിന് ഊട്ടുംപാവും നൽകാൻ തന്നെ ജീവിതം ഉഴിഞ്ഞു വയ്ക്കാൻ  
അദ്ദേഹത്തെ പരമപിപിച്ഛം മഹത്തായ കാര്യമെന്നെന്ന് ദിവ്യ ഗുണ  
തന്നെ അയിരുന്നു.

തൊടുകൂടായ്മയും , കീഴ് ജാതി അസമത്വത്തിന്റെയും ജാതിപീഡയുടെയും  
കാളിമ പടർന്ന മനുഷ്യഹൃദയങ്ങളിൽ നിന്നും മനുഷ്യരെ  
സ്വതന്ത്രരാക്കാൻ ഗുരുജി ചെയ്ത നയാഗ പുരണമായ പരവർത്തനങ്ങൾ  
എന്നും സ്മരിക്കുകപെടുന്നു. അജ്ഞതയാണ് മനുഷ്യന്റെ മുഖ്യശത്രു  
എന്ന് തിരിച്ചറിഞ്ഞ് അതിനതിര പഠോരാടാൻ അറിവ് സമപാദിക്കാൻ  
വായനശാലകൾ, ആശ്ശരമങ്ങൾ, സർവ്വകലാശാലകൾ എന്ന് സിദ്ധപിച്ചു.  
അജ്ഞരോട് കരുണ കാട്ടാനായിട്ടുള്ള ഈ സംരംഭങ്ങളെല്ലാം തന്നെ ഇന്നും  
ജീവിക്കുന്ന ദൃഷ്ടാന്തങ്ങളായി അന്താരാഷ്ട്ര തലത്തിൽ നിലകൊള്ളുന്നു.

കരുണ എന്ന് വികാരത്തിന്റെ പുരത്തീകരണം കർമ്മത്തിലൂടെ മാത്രമേ  
സാധ്യമാകൂ എന്ന് ഗുരുജി ഓർമ്മിപ്പിക്കുന്നു. കണ്ണടച്ചിരുന്ന്  
ധ്യാനിക്കുകയല്ല കർമ്മം എന്ന് നിരലമ്പരകും , പീഡിതകും,  
നിന്ദിതകും ആശയ്റവർകും അതു പഠോല അർഹിക്കുന്ന  
ഏവർകും സഹായം ചെയ്യുന്നതാണ് യഥാർത്ഥ കർമ്മമെന്ന് ഗുരുജി  
ഓർമ്മിപ്പിച്ചു. ഗുരുജിയുടെ പരലുള്ള വ്യഭാ പരിപാലന സിദ്ധപനങ്ങളും  
മറ്റ് ധർമ്മ സിദ്ധപനങ്ങളും ഗുരുജിയുടെ കരുണാ സിദ്ധാന്തത്തെ  
പുനരുജ്ജീവിപ്പിക്കുന്ന ഓജസുർറ സാക്ഷ്യങ്ങൾ തന്നെയാണ്.

ഹൃദയത്തിൽ കരുണ വർണിപ്പോയ , തുടർന്നും മനുഷ്യനായി  
ജീവിക്കുന്നവരെ കുറിച്ച് " അനുകർപാദശക " ത്തിലെ രണ്ടു വരികൾ കൂടി  
കുറിയ്കാടട.  
" അരുളിലെ യതെങ്കില സ്മി തോൽ  
സിര നാറുനൊരൂ ട്മ്പു താനവൻ"

ജാതിയുടെയും മതത്തിന്റെയും വർണ്ണത്തിന്റെയും പരേൽ  
പഠോരുകുന്ന , കരുണ കാടാത്ത അജ്ഞരായ സമൂഹത്തെ ഗുരുജി  
" നാറുനൊരൂ ട്മ്പു താനവൻ" എന്ന് വിശേഷിപ്പിച്ചത് ശ്രദ്ധയേമാണ്.  
സഹജീവികളെയും സമജീവികളെയും സന്നഹിച്ഛം കരുണ കാണിച്ഛം  
ജീവിക്കുന്ന ഒരു പുതു സമൂഹത്തെ വാർത്തുകൊൻ ഗുരുജിയുടെ  
ആദർശങ്ങൾ പെങ്കു വെച്ഛ നമ്മാലാവത് നമുക്കും ശ്രമിക്കാം.



Poem

നദി നീണ്ടൊഴുകുന്നത് പിന്നെയും

നദി നീണ്ടൊഴുകുന്നത്  
പിന്നെയും; മഗധമാം  
ചുഴിയിൽ, ക്കയങ്ങളിൽ  
നോക്കി ഞാനിരിക്കുന്നത്.

മർത്ത്യനെക്കൊടുമനായ്  
മാറ്റിയ ചരിത്രത്തിൽ  
ചെന്നിന്നു നിറം പിടി-  
പ്പിച്ചതീ മണൽപ്പുറം.

ജപമാലയുമായി,  
നഗ്നതാണ്ഡവമായി  
മതവരൈവുമായി  
നിൽക്കുകയല്ലോ നമ്മൾ.

ഇവിടെ, ക്കഴുത്ത്  
വീണുപോൽ പരവാചകർ  
ഇവിടെ, ക്കുരിശിന്മേൽ  
തുങ്ങിപ്പോൽ ജീസസുമാർ.

വണ്ണുഗാനത്തിൽ ലോല-  
നാദധാരകൾ കേട്ടട  
യാദവ വിഹാരങ്ങൾ  
മാറാല മുടിക്കടടി.

ഹിന്ദുവും മുസൽമാനും  
കർത്തിയാൽ തമ്മിൽ ക്കുത്തി;  
അങ്ങിനെ നിറം പകർ-  
ന്നൊഴുകി യമുനകൾ.

നദി നീണ്ടൊഴുകട്ടെ  
പിന്നെയും; കാലത്തിൻറെ  
ഗതിയിൽ തലപൊക്കു-  
മോളങ്ങളൊന്നാകട്ടെ.

'അരുവിക്കര'യിലേ  
വണ്മണൽപ്പരപ്പിന്മേ-  
ലൊരു കാലടിപ്പാട്ടു  
കണ്ടു നാം നടക്കുമ്പോൾ

തളിരും താരും തമ്മിൽ  
പുണരും തീരങ്ങളെ  
തഴുകിക്കൊണ്ടീ നദി  
ശാന്തമായൊഴുകട്ടെ.

ചുഴിയിൽ, ക്കയങ്ങളിൽ  
ചാട്ടുവാൻ ലല്ലോ നാം  
കഴിവും, കരുത്തുമാർ -  
ജ്ജിപ്പിച്ചതി യുഗങ്ങളിൽ.

□ എം കെ ഭാസി

Poem

The Portrait By G.P.Sasidharan

Dedicated to V.Srinivasan, a good friend, in memory of Mrs Ammini Srinivasan

It has been more than a year since she passed on;  
his best friend and life partner of fifty one years.  
Her inexplicable departure  
remains unexplained.  
Perhaps, mere mortals can

neither comprehend, nor question,  
decisions of that great power,  
overseeing lives on Earth.

Leaning on the couch,  
he looks at her smiling portrait,  
and 'hears' her say,  
"Cease your worries darling.  
Worry not about things you've no control over.

Be happy and reflect  
on the good life we had together.

I'm in a safe place where  
love and compassion abound.  
I'll watch over you, my beloved,  
assist and protect, as you go forward."

He nods and whispers,  
"Thank you my love. I know...  
.....Life must go on."

The door-bell rings and as he rises,  
a swift glance reminds him  
to refresh the red roses, in the vase  
beside her portrait.

## In Loving Memory

## Executive Committee

**Remembering  
our Members who  
have passed on**  
(September 2020  
to August 2021)



**Dr. Gopalan Raman**  
Passed away on  
9/12/2020  
TRUSTEE & PRESIDENT

**Mr. K K Narayanan Nair**  
Passed away on  
13/2/2021  
EXCO MEMBER

**Mr. R Raveendran**  
Passed away on  
9/12/2020  
TRUSTEE, EXCO MEMBER &  
SNM BUILDING FUND  
COMMITTEE MEMBER

**Mr. K O George**  
Passed away on  
28/03/2021  
GENERAL MEMBER

**Mr. V Gopalan**  
Passed away on  
21/5/2021  
GENERAL MEMBER

**Mrs. Bhanumathy Reghunayakan**  
Passed away on  
6/6/2021  
GENERAL MEMBER

**Mr. G Haridasan**  
Passed away on  
1/8/2021  
GENERAL MEMBER



**Mr Jayadev Unnithan**  
President



**Mr Anil Sarasijakshan**  
Vice President



**Ms Shalini Damodaran**  
General Secretary



**Ms Vidya Sasidharan**  
Assistant General Secretary



**Dr Karthikeyan Adappattu Raman**  
Treasurer



**Ms Anusha Senan**  
Assistant Treasurer



**Ms Bina Damodaran**  
Committee Member



**Mr Divakaran Sabu**  
Committee Member



**Mr Prakash Sadasivan**  
Committee Member



**Mr Raghavan Mohanadas**  
Committee Member



**Ms Sarala Raman**  
Committee Member



**Mr Shanavaa Vijayan**  
Committee Member



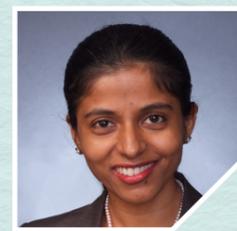
**Ms Sree Devi Pillay**  
Committee Member



**Mr Sudhesh Vasu Dash**  
Committee Member



**Mr Suraj Senan**  
Committee Member



**Ms Swapna Dayanandan**  
Committee Member



**Mr T.G. Sajir**  
Committee Member



## Board Profiles

### Mr Jayadev Unnithan

President

Mr. Jayadev Unnithan is Director for Surya Trading Enterprise (S) Pte Ltd. He is involved with the community as a grassroots leader, and currently serves as the Chairman of Chong Pang Community Sports Club and Treasurer of Chong Pang Citizen's Consultative Committee. He also chairs the Malayalam Language Education Society. Prior to his election as President, Mr Jayadev served SNM as Trustee for more than 10 years.

### Mr Anil Sarasijakshan

Vice President

Mr Anil Sarasijakshan is a Program Director with DHL Express managing customer experience and global programs. He has been a volunteer at Thomson Neighbourhood Committee since 2017 and currently holds the position as Auditor in the committee.

### Ms Shalini Damodaran

Assistant General Secretary

Ms Shalini Damodaran is a published author of 'Dad and I' and a Mindfulness Writing Coach. She is currently writing to publish Study Guides and a Teacher's Guide to 'A Tapestry of Colours: Asian Short Stories'. Prior to this, she has held various appointments in the Ministry of Education. As teacher educator at the English Language Institute of Singapore, she conducted several Professional Learning Programmes and workshops for teachers islandwide. She is a recipient of the Long Service Medal, having served in the Ministry of Education for 39 years. She was involved in several Community Involvement Programmes with her students and teachers. In an attempt to understand and serve the world beyond our borders, she spent a month in rural areas of Zambia providing English Language teachers with professional support.

### Ms Vidya Sasidharan

Assistant General Secretary

Ms Vidya is a qualified lawyer who pursued a career as in-house legal counsel for a private family office where she covered Compliance and Corporate Governance matters. She volunteers weekly in local kindergartens reading to children, both in English and French.

### Dr Karthikeyan Adappattu Raman

Treasurer

Dr Karthikeyan Adappattu Raman is a Chemical Consultant with years of experience as General Manager, Plant Manager and QC/Technical Manager. His expertise includes operations management, strategic business development and marketing management. He served as Internal Auditor with Holy Tree Sri Balasubramaniam Temple for the period 2017 – 2019. He also served as a board member with SNM since 2015 and was an Internal auditor with SNM for the period 2013 – 2015.

### Ms Anusha Senan

Assistant Treasurer

Ms Anusha is the Industry Manager for Life Sciences and Healthcare in Asia Pacific at a consulting firm. She has been involved with Mission since 2001, and served in the EXCO previously as assistant treasurer and Youth Committee chairperson. She was part of the member teams that launched and ran the Lend-a-Hand program and the SNM Youth Symposium.

### Mr Raghavan Mohanadas

Committee Member

Mr Raghavan has been a teacher for over 40 years and currently working as the Vice-Principal in an international school in Jakarta, Indonesia. He has been involved in the SNM as an EXCO member in the past and did most of his voluntary work with the Mission.

### Ms Bina Damodaran

Committee Member

Ms Bina Damodaran has held various appointments in the public sector. Her experience includes teaching, managing, and developing national programmes to drive worker productivity and enterprise productivity. She also conducted Business Excellence certification and award assessments and trained assessors and consultants. She has been involved as a board member in SNM for many years.

## Board Profiles

### Mr Divakaran Sabu

Committee Member

Mr Divakaran Sabu is a Plant Superintendent with McConnell Dowell S.E.A Pte Ltd for the last 15 years. He has been the chairman of SNM Cultural Subcommittee for more than 20 years and serving in various committees including member of EXCO, Facilities Management Committee and Meranti Home Management committee. He has been serving as a volunteer with Pasir Ris East CC for the last 5 years.

### Ms Sarala Raman

Committee Member

Ms Sarala is a Retiree and was previously a Senior Admissions Officer/Registrar in UWCSEA and SJI International. She has been a volunteer in St Anne's Home for the Aged for several years. Currently, she spends a lot of time in Indian Classical Music, playing the veena, violin and singing.

### Mr T.G. Sajir

Committee Member

Having worked in the customer service line for the past 44 years, Mr Sajir is currently a Duty Manager with SATS at Changi Airport. He has also been a committee member previously at the Mission and served as an Internal Auditor with the last committee.

### Mr Prakash Sadasivan

Committee Member

Mr Prakash Sadasivan is currently a land surveyor. He has been involved in SNM for the past ten years.

### Mr Shanavas Vijayan

Committee Member

Mr Shanavas Vijayan is a Business Consultant focused on digital transformation to improve business processes and has more than 20 years of experience in the information communications and technology sector. Mr Shanavas has served in the SNM EXCO for the last 13 years (2007-2020) including two stints as Vice-President and President. He currently chairs SNM's Community Programmes Sub-Committee. He is also an Advisor to Club2Care, a non-profit focused on mental health.

### Ms Sree Devi Pillay

Committee Member

Ms Sree Devi Pillay is an Assistant Director with the Accountant General Department, Ministry of Finance handling the portfolio of Finance Transformation projects. Her areas of expertise include system implementation to streamline salaries and claims processing for ministries/ statutory boards/ organisations of state. She has been a member with SNM since 1998.

### Mr Sudhesh Vasu Dash

Committee Member

Mr Sudhesh Vasu Dash is a Head of Department with the Ministry of Education. He also heads SNM's Youth Committee in youth projects and volunteers for Lighting Hearts, Lighting Homes.

### Mr Suraj Senan

Committee Member

Mr Suraj Senan is a Production Manager with Seiko Manufacturing (Singapore) Pte Ltd. His experience includes a demonstrated history of working in the mechanical or industrial engineering industry. He is also a qualified WSH safety committee member representing the management of his organisation.

### Ms Swapna Dayanandan

Committee Member

Ms Swapna Dayanandan is an Assistant Director at the Institute of Public Administration and Management, Civil Service College. In 2018, she was a recipient of the National Day Award - Commendation Medal. She has served as the President of SNM for four years from 2011-2015 and has held various leadership roles in the board.



## Board of Trustees



Dr Asha Karunakaran



Mr Dileep Nair



Mr Dinesh Vasu Dash



Mr Manu Bhaskaran



Mr Rajesh Sreenivasan



Ms Sunu Sivadasan



Dr Thara Ravindran



Mr Viswa Sadasivan

## Board of Trustees

### Dr Asha Karunakaran

Dr. Asha was previously managing her own dental clinic for over two decades and has since sold her clinic. She continues to practise at Novena Medical Centre and has been an active member of the Singapore Dental Association for close to four decades.

She was a member of the Association's Audit Committee and chaired several other committees most notably, the Ethics and Practice Management Committee.

She held the position of President of the Singapore Dental Health Foundation, a voluntary organisation focused on public health education.

### Mr Dileep Nair

Dileep Nair has more than 30 years of experience in governance and public service in the Singapore Civil Service and the United Nations.

He was with the Ministry of Foreign Affairs serving as the High Commissioner to the Republic of Ghana from 2013 to 2016. Prior to that, Dileep was the Ambassador to the Lao People's Democratic Republic from 2011 to 2013 and the Consul-General to the Emirate of Dubai from 2006 to 2010. He was the Under-Secretary-General for Internal Oversight Services at the United Nations from 2000 to 2005.

Dileep is now an Independent Director of Keppel DC REIT, Thakral Corporation Limited, and Singapore Reinsurance Corporation Limited, as well as a Board Member of Health Sciences Authority of Singapore. He is also a part-time lecturer at the Civil Service College of Singapore.

Dileep has been awarded the Public Service Medal (Silver) and the 25-year Grand Award for Community Service by the Singapore Government.

### Mr Dinesh Vasu Dash

Dinesh was appointed as Group Director, Operations Group at the Ministry of Health (MOH) with effect from 20 July 2020.

In his new role, he oversees the translation of the Ministry's mission and intent into operational strategy, plans, and ensures that they are supported

with robust systems, processes and resources for the prevention and control of emerging infectious diseases in Singapore, as well as medical preparedness and response to civil disasters and national emergencies, in order to achieve optimal health outcomes for Singaporeans.

Prior to his role in MOH, Dinesh was the Commander of the 2nd People's Defence Force in MINDEF.

He spent 27 years in the SAF and assumed key leadership positions, including Director (Information Directorate) between 2014 and 2016, when he drove MINDEF's communication policy and strategy across the domains of public communications, internal communications and community engagement.

At SNM (Singapore), Dinesh served as Trustee from 2016 to 2020.

### Mr Manu Bhaskaran

Mr Manu is a Partner of the Centennial Group, a strategic advisory firm headquartered in Washington DC and Founding CEO of its Singapore subsidiary Centennial Asia Advisors. He is also an Adjunct Senior Research Fellow at the Institute of Policy Studies in Singapore while also serving on various advisory and corporate boards such as the Advisory Board of the International Monetary Fund in Asia.

As a director of companies including Japfa Limited which is listed on the Singapore Stock Exchange, he has also been on board committees such as the audit committee and nomination committee. He has also served in the past as a Trustee of international institutions such as The Asia Foundation in Asia and the CFA Institute Research Foundation.

### Mr Rajesh Sreenivasan

Rajesh heads the Technology, Media & Telecommunications Practice at Rajah & Tann, and is the co-founder & Director of 2 legal tech entities, Rajah & Tann Technologies and Rajah & Tann Cybersecurity. He has been advising clients on matters relating to technology, cybersecurity, data protection, telecommunications, electronic commerce, distributed ledger technology



## Board of Trustees

implementations, cloud computing, artificial intelligence, blockchain, digital forensics and social media for over twenty years.

Rajesh is unanimously ranked as a Tier 1 lawyer for TMT in publications such as Chambers Asia Pacific and The Legal 500 Asia Pacific since 2008. He was also recognised as Lawyer of the Year in Media Law by Best Lawyers 2021, and an Elite Practitioner in Technology and Telecommunications by Asialaw Profiles 2021.

As Rajah & Tann Asia’s Technology Advisor, Rajesh played a major role in moving the network forward in digitalisation, and as a result, garnering the accolade of being the winner of “Law Firm Strategy” at the Financial Times (FT) Innovative Lawyers Asia-Pacific Awards 2020.

### Ms Sunu Sivadasan

Ms Sunu is an Education Officer (LEAD Teacher) with MOE. She was a professional and pedagogical leader who guided teachers (School, Cluster and Zone) in quality teaching and learning. After retiring this year, Sunu continues to be a flexi-adjunct Education Officer.

She is also a Mentor Coach at MOE HQ (AST) and trains MOE teacher-mentors in Instructional Mentoring and Coaching, for effective teaching and learning.

She currently serves as the Vice- President of Singapore Malayalee Association and is a Director with SMA Care Limited - CareLight Wellness Centre for Seniors.

### Dr Thara Ravindran

Dr Thara is currently a Research Fellow in Entrepreneurship & Innovation, Division of Information Technology and Operations Management, Nanyang Business School, Nanyang Technological University.

She was involved in a successful grant application of The CityPulse Project for the Ministry of National Development, which is the highest grant secured by Nanyang Business School and was part of the management of a National Research Foundation (NRF) funded project on entrepreneurship and innovation.

She served as a consultant for Continental Singapore, developing a global business strategy for their global robotics division and worked on a project to ensure commercialization and usability of robotic prototypes developed by Continental Singapore.

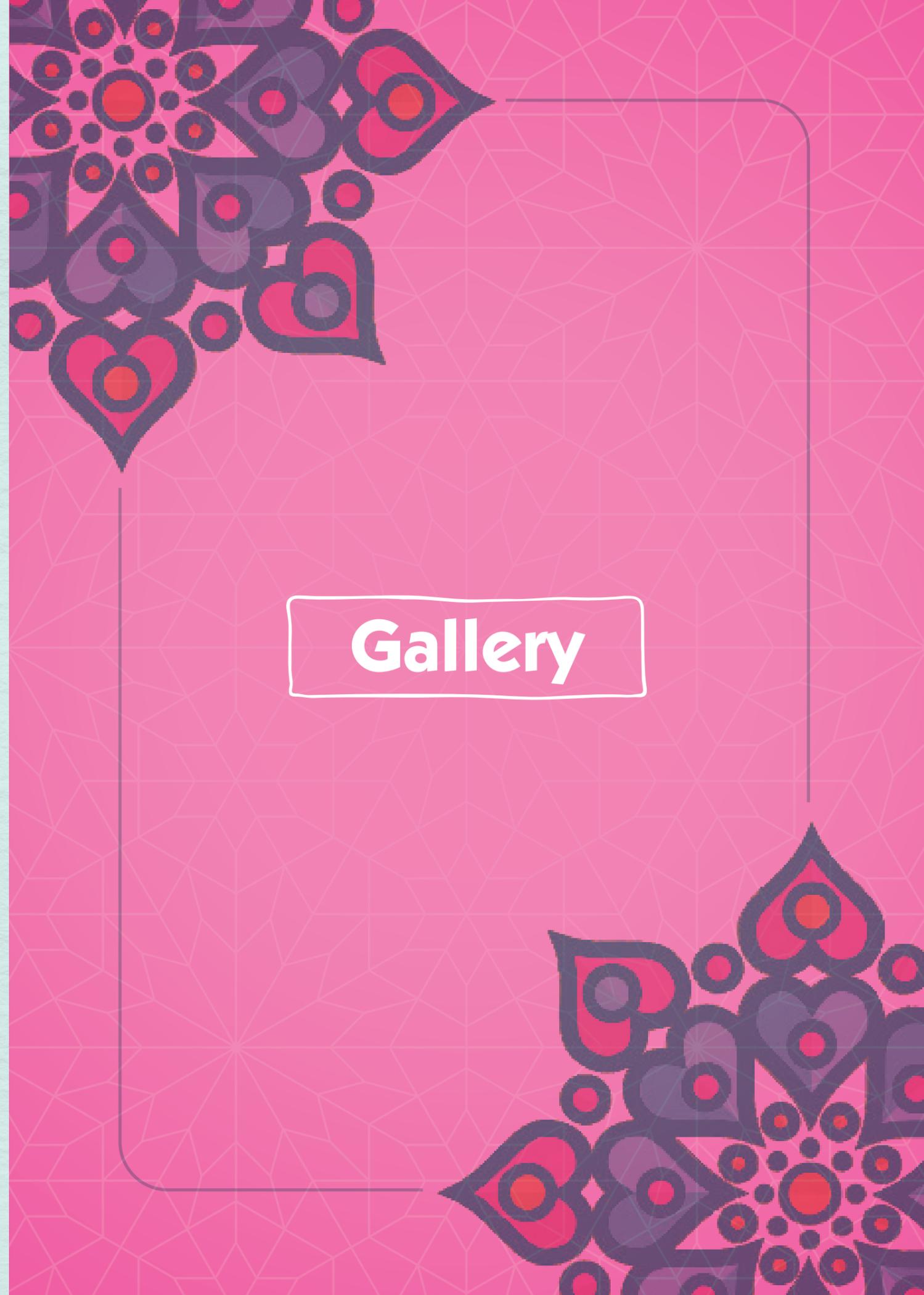
### Mr Viswa Sadasivan

Viswa Sadasivan is CEO of Strategic Moves – a corporate strategy consultancy and training practice. Over the past 35 years, he has held various public sector leadership positions that require a deep appreciation for governance. Viswa served on several public sector boards including the Media Development Authority, and SPRING Singapore where he was co-chairman of the Audit Committee. He served on the Executive Committee of Sinda as Vice President for a decade, and subsequently on its Board of Trustees.

Viswa is also Chairman of the Nominations Committee of the National Youth Achievement Award Council and was on the board of the Singapore International Mediation Centre. He served on the national Economic Review Committee and the Singapore 21 Committee.

For 41 years Viswa was a National Service Army officer holding the rank of Colonel in the last 9 years as Deputy Director of Joint Operations in the SAF. He was a Nominated Member of Parliament from 2009 to 2011.

At the age of 32, Viswa served as President of then-Singapore Kerala Association (now Singapore Malayalee Association) for one term.



## Gallery

# Guru Jayanthi 2020

# Guru Jayanthi 2020



# National Day 2021

# President's Star Charity 2020





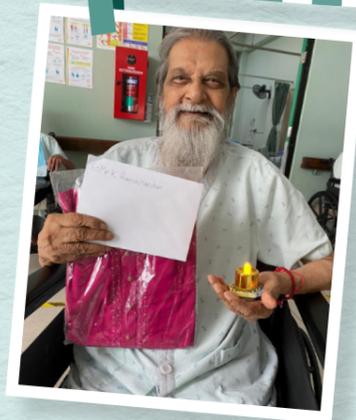
# AGM / EOGM 2021

# Pongal 2020

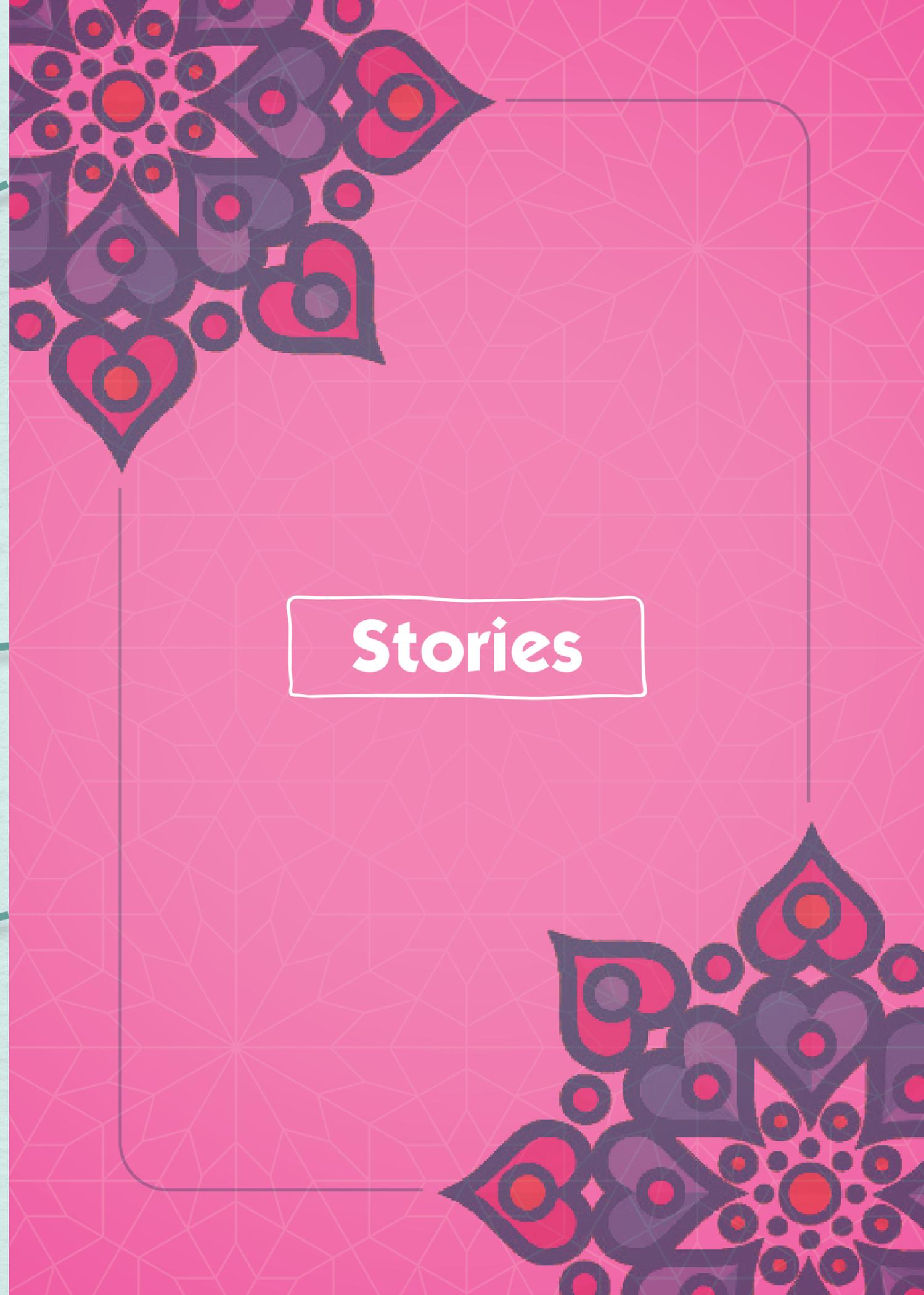




# Deepavali 2020



# Stories





## Stories

### LOOKING BACK: SREE NARAYANA MISSION HOME FOR THE AGED SICK AT CANBERRA ROAD BLOCKS 87, 89 AND FORMER SEMBAWANG HOSPITAL

Sree Narayana Mission (Singapore) was recently awarded the contract to run a second Nursing Home in Yishun. Looking back, I remember the time when our first Home, the Sree Narayana Mission Home for the Aged Sick was located at 87 & 89 Canberra Road. During this period I had served in the Executive Committee of the Sree Narayana Mission from 1978 to 2002.

Towards the end of 1978, Sree Narayana Mission (SNM) was informed that the Government's Bases Economic Conversion Division was offering us two very imposing double-storied brick building at 87 and 89 Canberra Road, to manage a Home for the Aged. The Executive Committee was very pleased to take up the offer. The buildings were offered at a nominal rent and had the capacity to accommodate a total of 120 residents.

As the buildings needed substantial renovation before it could accommodate any residents, SNM renovated the premises and the buildings were ready by February 1979. We placed a portrait of Sree Narayana Guru in the new Home. The SNM Welfare Committee was entrusted with the management of the Home. It worked closely with the Aged Sick Advisory Committee in the running of the Home. A former employee of Naval Base Hospital was employed on a daily basis at a rate of \$7.00 per day to look after the premises. The Home started operating on 18 Feb 1979 with four residents. A 'Sree Narayana Mission Home for the Aged Fund' was also launched.

One of our Executive Committee members, Mr C P Paran, volunteered to oversee the day-to-day running of the Home. The Mission's Welfare Officer, Don Mathews, was then transferred to the Aged Home, and the Home employed an Assistant Nurse around the same time. We had a dedicated volunteer doctor, Dr Seng Kwang Meng, who used to regularly see the residents of the Home. Later another doctor, Dr M G John, also agreed to render his services.

As the number of our residents increased, we needed some form of transport. In April 1980 a Datsun 120 Y station wagon was donated by Tan Chong & Co. By October 1980 there were 51 residents living in the Home. Some of the residents helped the Mission during its Annual Flag Day. There used to be many visitors, volunteers, and other well-wishers to the Home. The then Member of Parliament for Sembawang, Dr Tony Tan Keng Yam, visited the Home during the Chinese



Left: President M K Bhasi, Former President of Singapore Wee Kim Wee, Honorary Secretary B Channraliha, Late K K Narayanan Nair, and R. Asokan

New Year celebrations to distribute 'Hong Baos' to residents. Dr Tony Tan also declared the Canberra premises officially open on 22 February 1981, at a ceremony well attended by SNM members.

The Home remained at this location until 22 October 1983, after which it shifted to a new premise at the former Sembawang Hospital. To assist in the shifting operations, we were helped by staff of the Singapore Armed Forces and members of Chong Hua Tong Tou Teck Hwee, a Chinese Association.

The Sembawang Hospital was located on a 5-acre plot of land along Canberra Road. What was underwhelming was that, although the land was huge in size, the building was too small to house the residents we had hoped to serve. The Home's nursing and support staff would report to the Matron, Mr A Ananda Cumarasamy, who was in office for a few years

The Home had hosted many visits by distinguished guests. Among them was the late President of Singapore, Mr Wee Kim Wee, who visited the Home on 30 September 1988. He was given a tour of the Home and he met the residents. He was very pleased with what he saw and heard about the care and support given to the residents at the Home.

In July 1987, the Home was adopted by the RSAF Sembawang under the 'Be-Friend' scheme. Staff of the SAF 'adopted' individual residents and would visit them at least once a week at the Home, to break their loneliness.

On 15 July 1990, the first ceremonial pile driving for the construction of a new building in Yishun was graced by the Dr Tony Tan Keng Yam, Patron-in-Chief of the project, the Minister of Education and MP for Sembawang GRC. The Minister, together with Mr Ng Pock Too, MP for Nee Soon Central, flagged off a Walkathon which was organised in conjunction with the ground breaking ceremony.

The Home's Volunteer Corps was formed in March 1992. There were about 50 members and they would visit the Home on Saturday afternoons to befriend residents, providing emotional and psychological support to the elderly residents.

The new Home at 12 Yishun Ave 5 was completed in June 1993. Residents moved to the Home on 6 February 1994. Today, the SNM Nursing Home continues to provide nursing care and rehabilitative services for its elderly residents.

## Stories

### The Heart and Mind of Daya

Our core values as espoused by Sree Narayana Guru are: Daya (Compassion), Satyam (Trust), Dharma (Righteousness) and Shanti (Peace). Let's explore what Daya or Compassion means to us. How does 'Daya' translate into beliefs, daily actions and behaviours? What has our own personal experience of 'Daya' been like as a receiver or giver? How did giving and receiving 'Daya' make us feel? In his teachings, Guru emphasized the knowledge of self as essential to his notion of oneness. He claimed that consciousness of the self in relation to others was vital in our understanding of compassion.

Self-examination is essentially a key component in helping us feel empathy for another. If we have never received loving kindness, it would be difficult for us to treat others with loving kindness - not because we do not want to be kind but because we do not know how to be kind. Just as an empty glass will have nothing to offer, one who has been deprived of kindness will struggle to reach out and give.

The way of mindfulness, or the way of awareness, makes it clear that we need to first focus on the self. Self-care and self-examination are important attributes in our understanding of compassion. As opposed to a mindless way of living and doing, we need to bring our full attention to what we are and what we are doing. Modern living, in more ways than one, emphasizes a single minded pursuit for material success, and this pursuit places us in a state where we are inured to everything else, especially the positive virtues of being. It is a state where we have little awareness of the impact of our words and actions on others and on ourselves.

Mindfulness is simply about bringing the fullness of attention to whatever is occurring right now and places us in every single moment, rather in an state of automatic response where we respond purely out of rote and habit!

Mindfulness is achieved by leaving behind baggage from the past, and emphasizes by focusing on the present, the future will sort itself out. So, how do we bring the fullness of our attention to whatever we are to partake in? We need to bring not only our 'minds' but our 'hearts' into what we do.

Japanese artist and calligrapher, Kazuaki Tanahashi, describes the Japanese character of mindfulness as consisting of two interactive figures - the 'Heart' and the 'Mind'.

To strike a balance between the 'Heart' and the 'Mind' is not easy.

Too much of the Heart, and all too often we become lost in sympathy or the sufferings of another. Too much of the Mind, and we are reduced to being cool observers, uninvolved and distant. To be effectively compassionate, we need to strike a balance. We need to cultivate a 'Quiet Mind' and an 'Open Heart'.

What are the qualities of the Quiet Mind? It is Spaciousness and Clarity. It is essentially the source of our capacity for discerning wisdom.

What are the qualities of an Open Heart? It is tenderness, warmth and flow.

How do we attain a quiet mind and an open heart?

We need to be calm to connect with our inner selves and to be fully aware of our divinity. Use your breath as an anchor to help as a focus for your attention, bringing you back when your mind wanders. By bringing awareness to our breathing, we remind ourselves that we are here, and remain fully awake to what is going on in the present moment.

"To use your breathing to nurture mindfulness, simply tune in to the feeling of your breath entering and leaving your body. That's all. Just feel the breath. Breathe and know that you're breathing. Do not do it as deep or forced breathing, or going all out in trying to feel something special, or wondering whether you're doing it right. It's just the awareness of the breath moving in and the breath moving out." - Kabat-Zinn

Doing this allows you to attain a meditative silence that will provide clarity that comes from a 'quiet mind' and 'open heart'. Together these attributes allow us to tap deeper into human consciousness and provide clarity of thought. Perhaps compassion in the purest sense is the delicate balancing between a quiet mind and an open heart.

# COVID Stories

## Stories

### Message of Love



Mr Imesh has been with SNM since 2015. Back in 2017, he received a call informing him that his mother had been in a serious accident and admitted to an emergency ward. He consulted SNM management, who immediately allowed him to go back to Sri Lanka to be by her side, but he was only able to stay there for a month. He shared that he was lucky to be able to do so, as others like his brother, who was working with another organization in Singapore, were not able to go back.

In 2019, Mr Imesh and Ms Subasini had both planned to get married back in Sri Lanka, their home country. Preparations for their big day took longer than expected, and sadly, COVID-19 struck before they could get married, which threw all their plans into disarray.

Ms Subasini said that the mood back then was one of constant heightened tension. The staff in SNM lived in constant fear that they would receive a phone call from home to say something had happened to their families, and the strain that this worry generated wore them down. Knowing that they could not return home in the eventuality of such an event played havoc on their mental health.

"It is in times like this that being there for your family counts for so much" Mr Imesh said, "Sending money home for medical fees is one thing, but that is nothing compared to being able to be there for them."

This was also of especial importance for Ms Subasini, as she is the youngest child in her family, and grew up in a tightly knit family.

SNM staff were not allowed to leave the Nursing Home premises due to Phase 2 Restriction orders. His plans and preparations kept being delayed

by the pandemic, all the way up to his planned wedding date.

This was when SNMs Sri Lankan staff stepped up together to help Mr Imesh and Ms Subasini. They helped with the preparations for the ceremony and celebration at Sree Narayana Mission Nursing Home and went to great lengths to assist the couple with their needs. It was deeply touching to the couple, and they wanted to share these words: "Thank you SNM for being like a real family, everyone here is like our brothers and sisters."

This show of solidarity among people is heart-warming to the couple, who, despite having anxiety about this once in a lifetime event, found out that the people around that them would unconditionally love, care, and support them when they needed it most. The nobility of the human spirit shines brightest when adversity strikes. Another point of worry for the newly married couple, was that they had invested a large amount in securing staycation honeymoon before the pandemic. SNM management did their best to allow the couple time to enjoy their staycation honeymoon once Phase 2 restrictions were lifted so they would not have to forfeit their investment.

Mr Imesh and Ms Subasini would like to thank Mr S Devendran, HODs, and HR, who have given their time and advice to accommodate the couple with all their varied needs and for receiving concessions that were aimed to ease their transition to married life. They would also like to thank all their friends in SNM for all the work they put in for their wedding, and for not letting them feel alone despite the pandemic hitting them hard as well. The couple is confident that they can face the challenges of tomorrow, with the support of today.



## Stories



### Message of Resilience

Mr Pradeep started his career with Sree Narayana Mission (Singapore) in 2007. In 2009, he returned home to get married. After his marriage, he asked SNM for the opportunity to re-join the organization; they agreed as his work performance had been excellent.

He is currently a healthcare supervisor and a duty officer who oversees a multi-national healthcare team.

When COVID-19 landed on our shores, he realised that this situation would be tough for the staff who can't be with family. Many of his healthcare staff try to be on the phone as much as possible with their families in their free time. Many of them faced the grim prospect of having to choose either their work or their family, but in the end, all of them stayed on as they must support their own families who are far away. This was also in part due to Mr Pradeep's counsel, informing them that staying safe in Singapore was the best thing they could do for their family.

The healthcare team also understood that even if they retained their job and managed to book a flight back home, they might not be able to come back here to work even though they are 100% vaccinated due to COVID-19 regulations.

Mr Pradeep says that he tries his best to reassure and look out for them and does his best to keep morale up. He works closely with Mr Sajeev, Head of Meranti Home who shares his vision.

Both Mr Pradeep and Mr Sajeev co-operate very frequently, even when Mr Sajeev is working from home, and both aren't afraid to work hand in hand with the healthcare teams. They do their best to allay the worries that staff have.

Mr Pradeep said that staff are impressed that the organization sticks to their values, and in this time of pandemic, it is where these values truly shine. Staff are well looked after, and SNM helps them to send items back to their home country by absorbing that transportation cost to allow staff to have peace of mind, following Guru's teachings of compassion.

"We play badminton to play to relieve stress," he says, "there's a gym in Meranti, thanks to the good facilities. We cannot go out, because we strictly adhere to staying in protocols to keep our beneficiaries safe." He likens SNM taking care of their staff to how a parent would their children. Responsibility to the residents here remains the focus of Pradeep and his team, and SNM having their backs is one of the main factors of why they can do their job with dedication and peace of mind.

"Morale is high," he says with a laugh. "We want to raise Meranti home to be the best home in Singapore. Our motto is: We do good, and karma will work out for us."

## Stories



### Message of Compassion

Ms Sumitha is part of the Senior Care Centre, which was closed during pandemic for the safety of its beneficiaries. She was redeployed to assist in Nursing Home operations. Ms Sumitha shares that it is her first experience in pandemic, and she found it difficult to cope with the range of emotions she went through.

Like many other foreign workers in Singapore, she had to face the bleak choice of choosing between going home or staying for the job. "Even if I go home, I won't have a job, so how can I take care of my mother? I am the sole breadwinner." she said.

Her mother turned 60 in 2020. According to Indian culture, the 60th birthday is very important, and she had started planning it one year in advance to surprise her mother. Ms Sumitha was about to fly back home when COVID-19 hit. She could not buy gifts for her mother, who spent her 60th birthday alone. Ms Sumitha was only able to contact mother via social media and saw that her mother could not even cook for herself due to illness. The heart wrenching scene took a drastic toll on her mental health, which led to her feeling helpless, and she often found herself crying in despair. "I was in a dark place. I found life pointless if was going to be like this." she said. "My mother was also crying from loneliness, and I was facing immense pressure."

She suppressed her emotions at work as she works in the medical sector, and she was helping others, even though she was both physically and emotionally in pain.

"I was not prepared to go into lockdown as it was very sudden, and then the lockdown was extended, which made things worse. I stayed in the NH, but it

felt awkward and uncomfortable. The dorms were very warm as well, and it was exhausting especially after a long shift. I called Mr Devendran about this, and immediate action was taken." She said that a huge air cooler unit was provided for them within the night which helped all staff greatly.

Her bottled up feelings and emotions eventually started affecting her health. She was on medical leave for half a month in January. Help came from Ms Joanna, her direct supervisor. Ms Joanna helped with her needs, and made her feel that she was not alone, going out of her way to make Ms Sumitha comfortable. Mr Devendran also talked to her personally when she was sick to help her. He said that SNM was the safest place for her, as the situation overseas would be more dangerous.

"CEO always there for support, not just in the Pandemic, but pre-pandemic as well. Ms Leckchimi also stayed behind to counsel me and lend an ear to my worries". She is grateful that her medical fees were fully covered by SNM.

Even after restrictions was loosened, her team and Joanna would visit her to check on her to make sure she was all right. Her mother started doing better, which greatly improved her outlook.

With the mental support, advice, and help received from Ms Joanna, she pulled herself together once more. It has been a very difficult situation, but she says that things are getting better.

Ms Sumitha is thankful for the good advice she received that made her get out of her dark thoughts and look towards the future. She hopes to visit her mother once the Pandemic dies down.



## Stories



# Post Covid Complications and their Management in Ayurveda

The **Covid 19** pandemic has challenged the entire medical system to introduce an efficient management protocol for the proper care of affected patients.

Due to complexity in presentations, a multidisciplinary approach is required for the regulation of associated complications. Depending upon the magnitude of Infection rate, Immunity, Comorbidity and old age it triggers the severity of disease and complications. Most people with COVID-19 experience mild to moderate symptoms, while 10-15% of cases progress to severe illness and 5% become critically ill. Recovery rate of this ailment ranges with an average of 2-6 weeks or even months after initial recovery and some patients develop medical complications that may have lasting health problems.

### Why Ayurveda?

While analysing the pathology of COVID-19 it can be understood with the concept of Jwara in Ayurveda which distresses the fundamental body elements (doshas), tissues (dhathus), Sense organs (Indriyas) and Mind (Manas). Treatment principles for the Post Covid symptoms thus encompass a wide set of concepts which focus on balancing the elements, Digestive fire, Constitution and Site of disease which aids to enhance the impaired circulation of body fluids, metabolism and nutrition.

The improper management of this disease may contribute to functional impairment of multi-level systems in the body. So it is the need of the hour to focus on targeted therapies with an integrative

approach to overcome the sequelae associated with this pandemic.

### Post Covid Problems

WHO (World Health Organisation) states that symptoms of Post Covid 19 Complications are mainly Lung problems (Lung tissue damage, Difficulty in Breathing Impairment), Heart problems (Cardiac disfunctions, Blood flow issues-Peripheral Circulatory problems, Consequences of blood clots, Heart attack), Stroke, Loss of sense of smell, Pain in joints and muscles, Generalized fatigue, Anxiety, Depression, Post-traumatic stress disorders, Sleep disturbances, Impairment in memory and concentration.

### Management

#### 1) Panchakarma:

The five purificatory procedures have to be adopted foremost to manage body systems and organs that can be affected.

Respiratory conditions – Breathing exercises, Lung cleansing and herbs to help proper metabolism. Abhyanga and Swedana (Oil Therapy + Steam Bath) – Helps rejuvenation of the body and expulsion of toxic waste through skin. Vamana (Emesis)/ Virechana (Purgation) help in purification of the body by expelling the doshas by natural methods.

Neurological conditions – Abyanga and Swedana, Shirodhara (Herbal Oil therapy for head and scalp), Ksheera Dhara (using Herbs cooked in cow's milk

## Stories

or Kashaya Dhara (Herbal Concoctions) are used to manage symptoms.

Musculoskeletal conditions – Abyanga and swedana, Patra Pinda Swedana (Deep heat with leaf herbs in bundles) / Shastika Shali pinda sweda (Deep heat therapy with rice boluses cooked in milk and concoction) to strengthen the body muscles and for regaining the lost strength.

Psychological conditions – Nasya (Nasal medication), Shirodhara, and Siro Pichu (Oil patches for the scalp) and Siroveshtanam (Herbal bandages for the scalp) etc are beneficial in managing sleeplessness.

According to the Ministry of AYUSH, Govt Of India, Physicians have to decide useful classical medicines based upon their clinical judgement, suitability, availability and regional preferences. Dose may be adjusted based on the patient's age, weight, and condition of the disease. The Ministry has also listed Ashwagandha, Chyawanprash or Rasayana Churna for post-COVID-19 management in order to prevent lung complications like fibrosis, fatigue and mental health. Further, the ministry has listed Yoga Protocol for post-COVID-19 care (including care for COVID-19 patients) in order to improve pulmonary function and lung capacity, reduce stress and anxiety and improve muco-ciliary clearance. Yoga with pranayama could be a simple, useful, costless home-based practice for the prevention and post-recovery management of COVID-19 and helpful to create awareness so that the spread of this dreaded disease can be controlled to a great extent.

A holistic approach is required to follow up care and well-being of all post- COVID recovering patients.

### Recommended General Health Measures

1. Drink warm water throughout the day.
2. Daily practice of Yogasana, Pranayama and meditation for at least 30 minutes
3. Spices like Haldi (Turmeric), Jeera (Cumin), Dhaniya (Coriander) and Lahsun (Garlic) are recommended in cooking.

### Ayurvedic Measures for optimal immunity

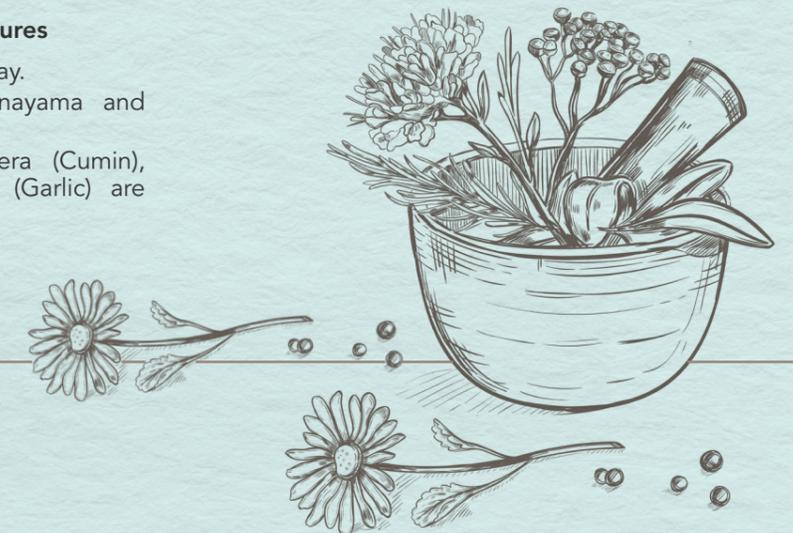
1. Take Chyawanprash 10gm (1tsf) in the morning. (Not recommended for diabetic patients)
2. Drink herbal tea / decoction (Kadha) made from Tulsi (Basil), Dalchini (Cinnamon), Kalimirch (Black pepper), Shunthi (Dry Ginger) and Munakka (Raisin) - once or twice a day. Add jaggery (natural sugar) and / or fresh lemon juice to your taste, if needed.
3. Golden Milk- Half tea spoon Haldi (turmeric) powder in 150 ml hot milk - once or twice a day.
4. Oil pulling therapy- Take 1 table spoon sesame or coconut oil in mouth. Do not drink, but swish in the mouth for 2 to 3 minutes and spit it off followed by warm water rinse. This can be done once or twice a day.
5. During dry cough / sore throat - Steam inhalation with fresh Pudina (Mint) leaves or Ajwain (Caraway seeds) can be practiced once in a day also Lavang (Clove) powder mixed with natural sugar / honey can be taken 2-3 times a day in case of cough or throat irritation.

These measures are general recommendations meant for health management and not meant for disease management. If symptoms persist, please consult your doctor.

### Dr R Indusekhar

Chief Physician,  
Asian Ayurveda &  
Marma Pte Ltd,

[www.singaporeayurveda.com](http://www.singaporeayurveda.com)





## Stories

# SNM'S FIGHT AGAINST COVID19

### A Poetic Spectacle

My mother used teach us, when we were children, everything she valued highly of Sree Narayana Guru (1856-1928), considered to be one of the greatest social reformers, spiritual leaders and educationalists in the State of Kerala in India. He was a visionary with a mission to end the evils of caste discrimination in caste-ridden Kerala, into which he was born, and a historic torch-bearer of the unique renaissance movement that was taking place there.

Mum rehearsed his saying: "Oru jathi, oru matham, oru deivam manushyanu" (in English "one race, one religion, one God for all humankind") so often during our upbringing that we all knew it by heart; and also "Manushyanam Manushyathvam" (humaneness is the quality of a human being). Narayana Guru became the champion of the marginalised and disprivileged lower castes, after practising years of self-imposed deprivation in a quest for enlightenment. He was also uniquely pragmatic in his approach to building a progressive society, upholding moral values, cleanliness, hygiene and industry. He promoted education as a great levelling force in society, which he was convinced could lead to the emancipation of the underdog, and encouraged the education of women too. He codified basic human rights as the primary need and right of every person born into this world: Food, Clothing, Health, Water & Shelter. It was a time of extraordinary awakening in Kerala when the southern state witnessed, as never before, prolific activism by poets, philosophers and social activists like Kumaran Asan (Mum's favourite - she could recite great chunks of Asan's lyrical poems by heart! Asan was honoured for his poetic works in 1922 by the then Prince of Wales). These and other enlightened reformers and philosophers of all religious traditions throughout Kerala were the

founding fathers in Kerala's renaissance of awareness and reform. For example: in the ancient church of the St Thomas Christians, Abraham Malpan, called the 'Luther of the East', led a reformation movement against antiquated abuses and superstitions in the church, leading to the founding of the Mar Thoma Church. Moving towards a progressive outlook, the Church began revising the status quo of its ancestral ecclesiastical heritage, and to reach out to the lower castes and the disadvantaged. Vakkom Moulavi, Muslim activist and scholar, led a parallel Islamic reform movement in Kerala to promote education and inform Muslims of their rights and responsibilities. Such was the upshot of the intellectual ferment and foment in Kerala that it became the first state in India to elect a Communist / Marxist state government - astonishing given only a century earlier the state's centuries old caste system had been dubbed 'lunatically' hierarchical, ungiving and often degrading and senseless (e.g. the 'breast tax' and 'head tax' in the Kerala of a century ago, called Travancore). Today Kerala boasts 100% literacy and education, and considerable advances especially in the fields of science, engineering, and technology as the key hallmarks of its unique statehood in India.

Kerala's transition to the modern age within a century is a most fascinating poetic spectacle of history. Imagine a picture of Europe's Renaissance, Reformation and Enlightenment all marching in lockstep on a fast track, spearheaded by poets, philosophers, spiritual leaders and other visionary activists (rather than by despotic rulers). The well-known synonym for Kerala, 'God' Own Country' (originally coined by Dr Vipin Gopal, who created Kerala's first Web page) captures, for me, the poetic romanticism implicit in its history of renaissance.



## Stories

Presently, Kerala has become the first state in India to 'completely digitise' its education (though not completely relinquishing textbooks), explaining it as "a holistically integrated ecosystem consisting of sustainable infrastructure development, continuous e-governance capacity building programmes, digital content fully aligned to curriculum with a real-time monitoring system in place" (quote by K Anvar Sadath, Chief Executive of Kerala Infrastructure and Technology for Education (KITE) in a report by B.S. Anilkumar in Times of India, Oct 22, 2020.)<sup>1</sup>

It is not my intention here to detail Narayana Guru's biography, but for the benefit of my readers in UK who might be quite unfamiliar with him, I quote the following information from the online Oxford Bibliographies: (After a very long journey of meditations, ascetic practices and hermit wanderings) "in 1903 Guru founded the Śrī Nārāyaṇa Dharma Paripālana Yōgam (SNDP), with its manifesto, 'One Caste, One Religion, One God for Mankind,' which directed the many Hindus of Kerala from belief in many gods to belief in one God. Narayana Guru had the support of Dr. Palpu, a medical doctor and social revolutionary, and Kumaran Asan, a disciple and poet, and founding secretary of the SNDP. The oneness of God and unity of all humankind became apparent when Narayana Guru propelled religious and social reforms in Kerala. More importantly, his exposure to the inhumane condition of people in the lower castes and his education in the various philosophical schools, especially Advaita Vedānta, or nondualism, served as a foundation for his literary works and social and religious reforms in Kerala."<sup>2</sup>

### The Singaporean Context

Sree Narayana Mission (Singapore) was founded in 18 June 1948. Sree Narayana Mission Nursing Home (then known as Sree Narayana Mission Home for the Aged Sick) was first established in 1979. The nursing home started with 4 residents. Now they have 220 residents. SNM also operate two other Seniors care centres (non-residential), and a welfare shelter home for destitute people with mental health issues. They opened a new facility, the Sree Narayana Mission Care Centre in 2018 for community outreach and welfare activities for families and individuals from low socio-economic status of the society. When we lived in Singapore, my parents had supported the SNM activities. I can remember, while in primary school, how they would get permission from the school for me and my brother, to have a day off from

school on Sri Narayana Jayanthi Day (celebrated as the Guru's birthday) to go with SNM fund-raising teams, with our collection tins.

A few years ago, when I visited Singapore, I had the pleasure of visiting one of the Care Homes run by Sree Narayana Mission in Yishun Road with my late Dayan Anan (Big Brother Dayan). It was really good to see how well elderly residents from all ethnic backgrounds (Malay, Chinese, Indian, Eurasian etc) were accommodated there and given quality care. They appeared so relaxed and happy. My niece, Swapna, was the President of the organisation from 2011 - 2015 for the full 4-year term as stipulated in their Constitution. From 2016 to-date. She continues to serve as a Board Member of Sree Narayana Mission and Chairperson of the HR Sub-Committee. Presently (as I am writing this in April 2021) she has embarked on a doctoral research programme, the central focus of her proposal being : *what is the meaning of joy in living to elderly residents in nursing homes in Singapore?*

I asked Swapna to update me on how the SNM Care Homes fared during the pandemic last year, and she sent me much information of the episode they call "SNM's battle against Covid19"- an amazing story of resilience and triumph over the pandemic. At Sree Narayana Mission Nursing Home in Yishun, all 103 staff were staying in accommodation within the premises during the pandemic, and adhering closely to government guidelines. Young children of staff staying in the premises were cared for at home by their partners or relatives and stayed in touch by digital devices. To quote an SNM spokesman: "Our staff understand that this is part of their job scope and have coped positively during this period." I was very moved as I watched the video of one of the staff members, Prema, worrying about her elderly mother at home. In one conversation, Prema lamented to her mother that here she was caring for other elderly folks, and yet she was unable to offer the same care for her mother. The latter tried to cheer her up: "But you are caring for me, you know, because that is what you do when you are caring for others like myself"- a remarkable reciprocation of mutual understanding and sacrifice between care staff and their own families. The hardest part of living away from own family for such a lengthy period (until the announcement of the circuit breaker) for Prema was having to face a crying daughter whenever she made a video call home. Her 11-year-old daughter

<sup>1</sup> <https://timesofindia.indiatimes.com/india/what-kerala-did-that-others-could-not/articleshow/78783667.cms>

<sup>2</sup> <https://www.oxfordbibliographies.com/view/document/obo-9780195399318/obo-9780195399318-0234.xml> ; google search: Oxford Bibliographies, Sree Narayana Guru, last modified 24 June 2020

## Stories

kept counting the days until her mother could finally return home. But still Prema was happy to 'serve with passion' - one of the core disciplines that SNM boasts : "I am still learning to adjust to life here, but being able to continue to see the smiling faces of my residents, who are like my mother and father, makes my heart happy."

SNM's organisation, and meticulous care of residents, staff and volunteers is a story of sacrifice and genuine dedication to its core values, such that they have not, even as I write in April 2021, lost a

single elderly resident or care staff to Covid 19. It is a heart-warming story - one worthy of commendation.

It is what inspired me to write the following poem.

The poetic device I have used is a variation of the

Lento poetic style - each stanza, comprising of 12

lines has three quatrains with a rhyme scheme abac,

defe, ghih.

### "No entry!" to Covid19

This pandemic grief has been horribly hard  
Like madness striding the earth,  
Covid, dire leveller of all in the U.K  
Spared no-one whatever their worth,  
Especially the vulnerable, small and great:  
Thousands trapped, by Covid snatched,  
Languishing on ventilators, struggling to breathe  
While on remote screens loved ones watched;  
Day and night medics fought to keep them alive  
Till nothing more could be done:  
Staff held their limp hands, while loved ones sobbed goodbye,  
Virtually, on a mobile phone.

But away in Singapore, where my niece lives,  
There's quite a different story:  
SNM's battle against Covid19—  
War with nil fatality!  
Hearing rumours of Covid they sprang to action,  
In February 2020;  
They organised a willing army and they plotted  
Signposts to Covid: "No entry!"  
On all fronts they kept safe their elderly; their staff  
Each made heroic sacrifice,  
To live in for months till Circuit Breaker came:  
In June glad reunions took place.

## Stories

But how did SNM withstand such hell-fire  
Of Covid pyres world over?  
SNM structure built on deep foundations,  
On values enshrined at the core:  
Robust organisation of care and compassion  
Linking arms with community:  
Sans creed, sans race, sans ethnic differences  
Homes for disadvantaged elderly!  
Ensuring their welfare, valuing each life,  
Ready, alert and always bold:  
When Covid came storming, battered and hammered  
SNM's citadels did hold.

O sea of humanity, end animosity! -  
SNM's patron saint taught:  
Sree Narayana Guru, sage and philosopher,  
Who for equality fought,  
Wrote Human Rights well before United Nations  
Called for justice and dignity;  
Endorsed Ummah, brotherhood and harmony,  
Tolerance and humility;  
Modelling levelling with humanising values,  
Freedom through education,  
And SNM armed with human best practices,  
Beat off Covid with passion.

19 April 2021

Copyright: Sita Louisa-Alcott Kesavan

[This is Ch 15 of Sita's book "Rhymes Under the Rainbow" which will be published this year (2021) in the UK]

# Photos

## SNM Management



**Mr S. Devendran**  
Chief Executive Officer  
Appointed on 3 June 2016  
(Date Joined: 31 May 2016)



**Ms Jezsica Ida Su**  
Director of Nursing,  
SNM Nursing Home  
Date Joined / Appointed  
on 3 June 2019



**Mr Sajeev Sivarama Pillai**  
Superintendent, Meranti Home  
@ Pelangi Village  
Date Joined / Appointed on 16  
December 2020



**Ms Joanna Ng**  
Head of Senior Care  
Centre & Home Centre  
Date Joined / Appointed  
on 19 November 2018



**Mr Sunil Kumar**  
Head of Finance  
Date Joined / Appointed  
on 3 September 2014



**Ms Khirrtana M.A.K**  
Head of Human Resource  
& Administration  
Date Joined / Appointed  
on 8 May 2017



**Ms Ravethi Achutan**  
Head of Volunteer Management  
& Community Programmes  
Date Joined / Appointed on  
20 Feb 2017



**Mr Anbalakan  
S/O Rengayyan**  
Head of Operations & Facilities  
Appointed on 1 July 2020  
(Date Joined: 15 May 2019)



**Mr Jarvis Sha Chin Woei**  
Head of Community  
Engagement & Donor Relations  
Date Joined / Appointed on 4  
January 2021



**Ms Premalatha Sadhasivan**  
Head of Corporate Governance  
Appointed on 1 April 2020  
(Date Joined: 11 October 2017)



**Ms Nishani Hassan**  
Head of Corporate Communications  
Appointed on 1 April 2020  
(Date Joined: 1 April 2019)

## Shared Services



### Shared Services Team (Left to Right)

1-55 Admin Team

Front Row: Ms Nishani Begum, Mr Jarvis Sha Chin Woei, Ms Premalatha, Mr Prem Kumar Nair, Mr S Devendran, Mr Sunil Kumar, Ms Khirtana MAK, Ms Ravethi Achutan, Mr R Anbalakan

Second Row: Ms Karisma, Ms Sarojam, Ms Ng Sok Peng, Ms K Puveineswary, Ms Pearly Wong Jia Yiu, Ms T S Leckchimi, Ms Ambarasi

Third Row: Ms Veena, Ms Darshini, Ms Pirtasini Pamela, Ms Noorhanisah, Ms Noorhasanah, Ms Shernice Yeo Sin Ying, Ms Saroja Devi, Ms Razina

Fourth Row: Mr Raj Kumar, Mr Bay Hock Kuang, Mr Sanjeevan, Mr Regusarathi, Mr Md Nor, Mr Jonathan Chua Rong Fu

Rear Row: Mr Jalil, Mr Justiin Easwarann, Mr Adam Yeo Chia Wei, Mr Vince Tan Chong Cheng, Mr Laxmikanthan, Mr Kesavarman

## Catering Team



### Catering Team (Left to Right)

Rear Row: Ms Jayasree, Mr William Lim Siew Tuan, Mr Lauro Dela Dacruz Valerio, Ms Sambugavally

Second Row: Ms Jaya Letchimi, Ms Mala, Ms Bindu Nalini, Ms Thavageemal

Front Row: Ms Saroja Devi, Mr S. Devendran, Mr R. Anbalakan



## Nursing Team Level 1



### Level 1 Nursing Team (Left to Right)

Rear Row: HCA Paing That, HA Rakesh, NA Nathiya, NA Nithinsha  
Second Row: SNA Lea, EN Mary Lou, NA Ragini, NA Jovylyn, SN Moe Moe.  
Front Row: CI Mahalaksmi, Mr Ye Tun Thaung, Mr S. Devendran, Ms Jezsica Ida Su, CI Resmi



## Nursing Team Level 2



### Level 2 Nursing Team (Left to Right)

Rear Row: HCA Ni Ni, HA Loiuse, NA Thabeetha, NA Hapreet, NA Girimol, NA Nishanti, NA Abinaya.  
Third Row: NA Sherry, SNA Marichu, NA Chris Ann, SNA Cristina, SSN Karen, EN Teresa, NA Abinaya, HA Saduni.  
Second Row: NA Leocel, SNA Kristine, NA Thabeetha, SNA Cristina, NA Neelam, NA Espero, EN Teresa, HCA NweNwe.  
Front Row: CI Mahalaksmi, Mr Ye Tun Thaung, Mr S. Devendran, Ms Jezsica Ida Su, CI Resmi



## Nursing Team Level 3

## Allied Health & Ancillary Support Team



**Level 3 Nursing Team (Left to Right)**  
 Rear Row: HA Susitha, NA Sampath, EN Ramil, HA Ayson  
 Second Row: HCA Aung, NA Ko Ko, NA Priya, NA Jefferson, HCA Krishan  
 Front Row: CI Mahalaksmi, Mr Ye Tun Thaug, Mr S. Devendran, Ms Jezsica Ida Su, CI Resmi

**Rehabilitation Team (Left to Right)**  
 Rear Row: Ms Rizalinda, Ms May Yee  
 Second Row: Mr Michael, Mr Ramprahbu  
 Front Row: Ms Fethiya, Mr S. Devendran, Ms. Jezsica Ida Su

## Meranti Home @ Pelangi Village



**Management & Administration Team** (left to right)  
 Front row: Tan Tien Chye Winston, Tan Yao Hui, Sajeev s/o Sivarama Pillai, S. Devendran, Sashi Kumar s/o Mahathevan, Raja  
 Back row: Foo Siew Chen Amy, Ong Bee Choo Jacqueline, Teng Jin Fatt, Lai Wye Jin Edmund



**Case Management Team** (left to right)  
 Junaid Ahmed Yasmeen Begum, Tan Yao Hui, Sajeev s/o Sivarama Pillai, S. Devendran, Pavithra d/o Rajantheran, Lee Hui Min Kylie

## Meranti Home @ Pelangi Village



**Personal Care Officer Team** (left to right)  
 Front row: Francis Peter D'Silva, Lim Hang Teo, Sajeev s/o Sivarama Pillai, S. Devendran, Sashi Kumar s/o Mahathevan, Pannirselvam s/o Supramaniam Kanason  
 Back row: Abdul Rahman bin Abdul Rahim, Thiam Siew Mun Eric, Naveen Elangovan



**Level 1 Care Team** (left to right)  
 Front row: Sajeev s/o Sivarama Pillai, S. Devendran, Sashi Kumar s/o Mahathevan  
 Centre row: Sasidharan Praveen Kumar, Warnakulasooriya Saman Tharanga Primus Fernando, Gutierrez Ryan Mark Tanaoit, Batarao Glenn Arjay Liggayu, Dalupe Ronald Ramos, Rosaros Jeric Canencia  
 Back row: Mohanavelu Suresh, Mattammel Antony Dipin, Joseph Jobish, Rony Elias, Raveendran Sreekumar, Maninthuge Chathuranga Piyanath Jayawardhana

## Meranti Home @ Pelangi Village



### Level 2 Care Team (left to right)

Front row: Sajeev s/o Sivarama Pillai, S. Devendran, Sashi Kumar s/o Mahathevan  
 Centre row: Witharumalage Manel Pradeep Kumara, Suhani binte Hamzah, Ohm Mar Kyaw, Gallage Vishwa Ramal Prasanna Peiris  
 Back row: Min Zin Min Aung, Kalayathummoodu Sam Raj, Tuno John Henric Gulmatico, Jacob Liku, Kochuparampil Joy Lijo, Lin Khaing Oo



### Level 3 & 4 Care Team (left to right)

Front row: Sajeev s/o Sivarama Pillai, S. Devendran, Sashi Kumar s/o Mahathevan  
 Centre row: Castillo Iam Hernandez, Mohammed Khuthub Pasha, Micua Jan Paulo Aragon, Lwin Oo, Yan Ko Ko Naing, Khant Zaw Win  
 Back row: Panganiban Jojo Kapalungan, Banta Romnick Panganiban, Andigoda Gamage Ranga, Kaniyakonil Purushothaman Shibu, Myo Zaw Htike

## Senior Care Centre



### Senior Care Centre (Yishun) (Left to Right)

Rear Row: Ms Annie Leong, Ms Rohaiya Binte Mohamed Radzi, Ms Shamundiesswari, Ms Doris Lim, Ms Lee Christina  
 Second Row: Ms Eleanor Wong, Ms Paraman Solaimalar, Ms Wang Jiaqi, Ms Rajaletchumi K Kurruipah  
 Front Row: Ms Susan Quah, Mr S. Devendran, Ms Joanna Ng

## Senior Care Centre



### Senior Care Centre (Woodlands) (Left to Right)

Rear Row: Ms Annie Leong, Ms Rohaiya Binte Mohamed Radzi, Ms Shamundiesswari, Ms Doris Lim, Ms Lee Christina  
Second Row: Ms Eleanor Wong, Ms Paraman Solaimalar, Ms Wang Jiaqi, Ms Rajaletchumi K Kurruipiah  
Front Row: Ms Susan Quah, Mr S. Devendran, Ms Joanna Ng

## Senior Care Centre



### Home Care Services (Left to Right)

Second Row: Mr U Saw Kelvyn, Ms Annie Leong, Ms Wang Jiaqi  
First Row: Ms Susan Quah, Mr S. Devendran, Ms Joanna Ng



## Residents' Committee



**Residents' Committee (Left to Right)**

Rear Row: Mr. S. Devendran, Ms. Jezsica Ida Su

Second Row: Mdm. Pungavanam D/O Krishnan, Mr. K Ramachandran S/O Kannappan,  
Mdm. Vanita Metha, Mdm. Teo Poh Choo

Front Row: Mdm. Tam Wai Leng, Mr. Lim Chye Heng Eric, Mr. L. Pragasam



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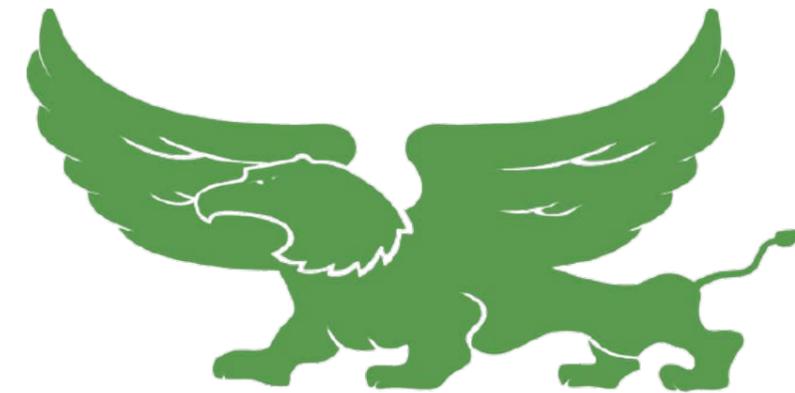
- Ministry of Health
- Ministry of Social and Family Development
- Ministry of Education
- Agency for Integrated Care
- National Council of Social Service
- Educational institutions in the North-West districts
- Grassroots advisors and leaders of Nee Soon, Sembawang and Jalan Besar GRCs

The President and Executive Committee would like to acknowledge their gratitude to:

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