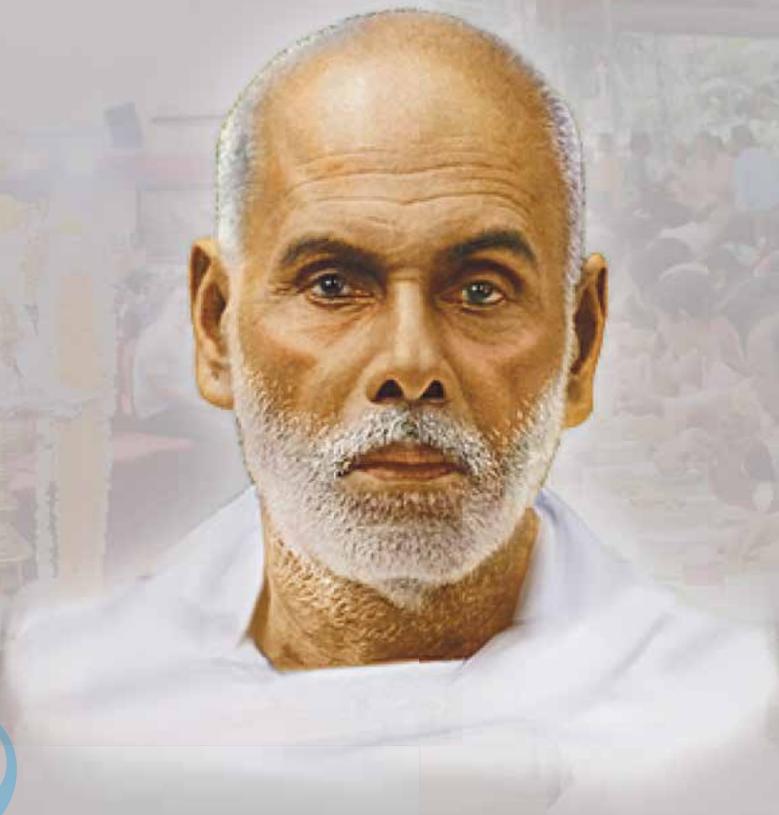




SREE NARAYANA MISSION (SINGAPORE)



Annual Souvenir Publication 2019

Celebrating the 165th Birth Anniversary of Sree Narayana Guru

I want to say how delighted I am this morning to be able to join you in presenting these scholarships to 10 students, \$100/- each, and not only to Indian students. The money probably came all from Indians because they are members of your Mission but the scholarships are also being given to Malays and to Chinese too.

It is these little gestures which make for harmony and understanding... Here we make the model multi-racial society. This is not a country that belongs to any single community: it belongs to all of us...

This was a mud-flat! Swamp!

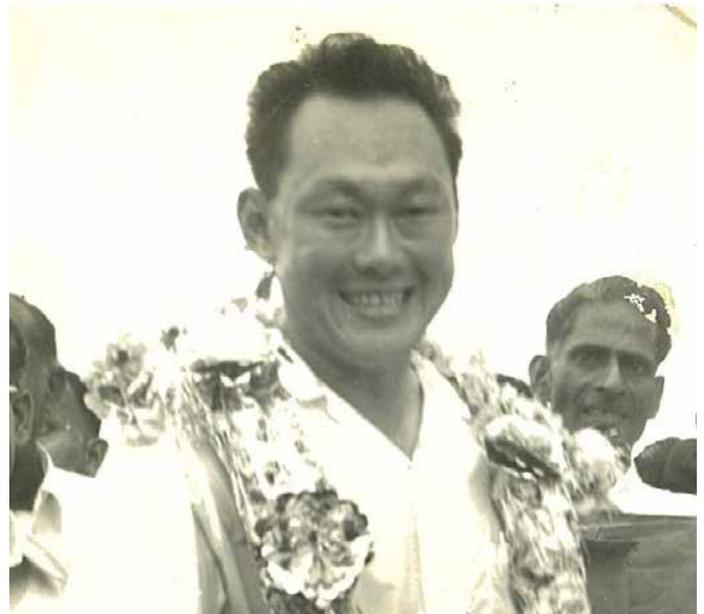
Today, this is a modern city. Ten years from now, this will be a metropolis.

Never fear.

May I congratulate you for having made progress since I last visited your Mission in 1963, and especially commend you for having a symbolic gesture in giving scholarships not just to Indians. But, Indians who contributed to the Narayana Mission took this money and gave it to Malay and Chinese students as well.

In that way, we must prosper."

**EXCERPT FROM LATE PRIME MINISTER,
MR LEE KUAN YEW'S SPEECH
AT CHATHAYAM
12 SEPTEMBER 1965**



**EXCERPT FROM FROM PRIME MINISTER
LEE HSIEN LOONG'S SPEECH AT
SINGAPORE BICENTENNIAL LAUNCH
28 JANUARY 2019**

Addressing the nation at the launch of Singapore Bicentennial, Prime Minister Lee Hsien Loong mentioned the Sree Narayana Mission for the role it plays in the community today.

"... In the process, they formed communities and organised themselves to help one another. Ethnic groups to provide mutual support and community leadership, like the Chinese clans and the Eurasian Association.

Welfare bodies to take care of the poor and underprivileged, like the Sree Narayana Mission and the Catholic Welfare Services..."





Annual Souvenir
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***Devoid of dividing
walls of caste or race
or hatred of rival faith
we all live here in
brotherhood
such know this place to be
this model foundation***

MCI (P) 105/08/2019

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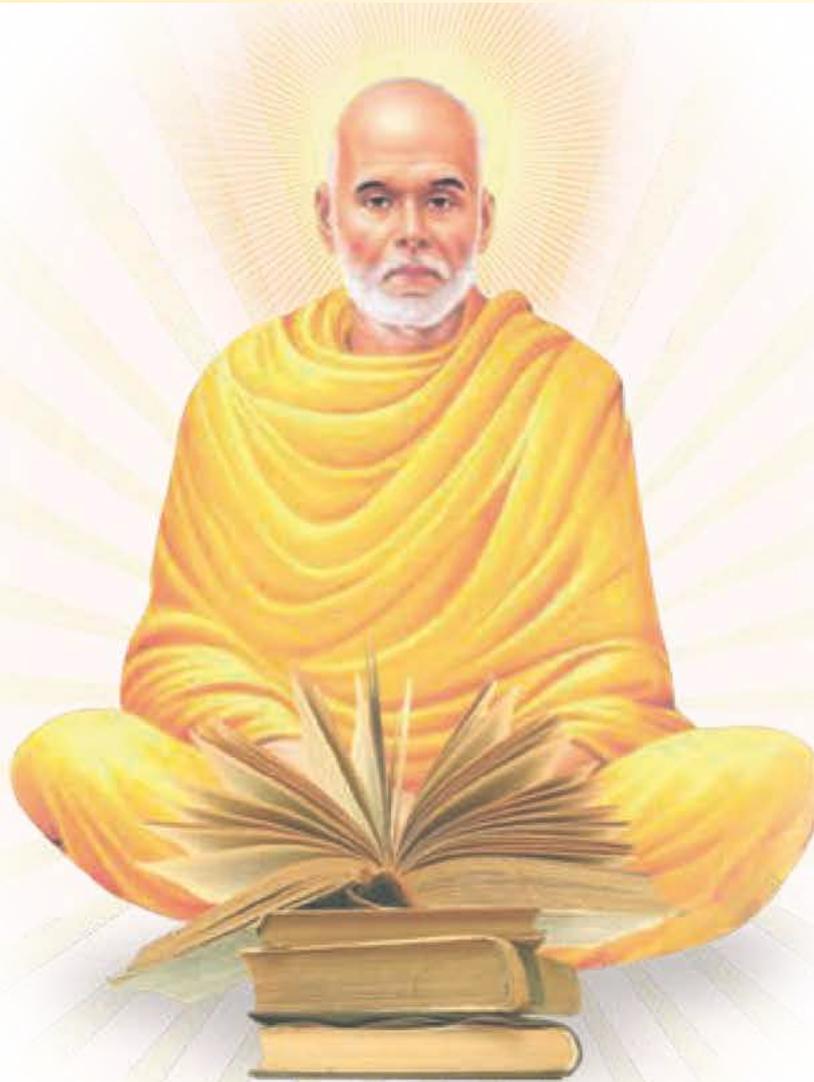
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SREE NARAYANA GURU

(1854 -1928)



Sree Narayana Guru's philosophies on openness and inclusivity are especially relevant in a world that is becoming increasingly diverse today. Let's 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 the good of others.



SREE NARAYANA MISSION (SINGAPORE)

Vision

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

Our 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

“Kindliness, Love, Compassion - these three in essence are one.

It is Life’s guiding star.

Only those with kindness are (really) living;

May these words be chanted (remembered) “

Verse 3 of Anukampa Dasakam by Sree Narayana Guru

We are guided by the teachings of Sree Narayana Guru in the work that is carried out at Sree Narayana Mission (Singapore) [SNM]. Guru inspires us to imbibe kindness as our way of life, which translates to serving fellow Man as well as the environment.

This year we celebrate Sree Narayana Guru’s 165th Birthday. The celebrations are referred to as “Chathayam”, the Revered Guru’s birth star in the Malayalam calendar. In keeping with Sree Narayana Guru’s teachings, the management, staff, members, volunteers and partners work together to do our best to uplift and empower the residents, clients and beneficiaries in our care and serve the community at large.

On behalf of the Executive Committee, I wish to take this opportunity to thank all well-wishers who contributed generously towards the 70th Anniversary Charity Dinner. The funds raised will go towards the community outreach programmes conducted for the vulnerable within our community. I also commend the Executive Committees of the past who have transformed SNM into what it is today: a dynamic Social Service Agency.

The healthcare and eldercare sector will undergo a series of challenges, brought about by a rapidly ageing population and disruptions to traditional models of care. SNM will move forward with innovation to address these challenges by leveraging on technology while still emphasising a person-centred approach to care.

As part of our current community outreach efforts, the new SNM Care Centre at 394 Race Course Road will

serve the less privileged through existing and new initiatives. Some of these programmes will be run in collaboration with other grassroots and government agencies, emphasising SNM’s role as a leading organisation in the social service sector. The Care Centre will be officially launched in the fourth quarter of 2019.

SNM also unveiled a new brand positioning statement that better encapsulates Guru’s values and teachings of serving all in the community, regardless of race or religion. “SNM shall empower everyone to lead dignified lives by leveraging strong relationships with our partners and the community.”

The SNM Youth Committee is also leading new initiatives that aim to encourage a spirit of volunteering in the younger generation. The ‘So Woke’ Youth Symposium kick started more youth-focused events. We hope to get more support from our youth members to make a difference in not only the lives of the less privileged, but also to enrich their own lives through giving.

The events that commemorate Chathayam Celebrations have been made possible by the hard work and dedication of volunteers, staff, members, community partners and donors. I wish to convey my sincere gratitude to the Residents’ Committee and residents of SNM. On behalf of the Executive Committee of SNM, I convey my best wishes to all for Chathayam and Onam.

We look forward to your continued support in our journey ahead. May Guru shower his blessings on all.



Mr Jayadev Unnithan

President

Sree Narayana Mission (Singapore)

MESSAGE

Sree Narayana Mission has been a stalwart in contributing to the vision of building a caring community in Nee Soon.

Its ethos of providing care to all, regardless of race, religion and language, is true to the Singapore spirit.

I wish the Mission the very best as it celebrates Chathayam, and look forward to many more years of collaboration in providing care for those who need it most.



Mr K Shanmugam

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

MESSAGE

My heartiest wishes to Sree Narayana Mission (Singapore) on the occasion of the 165th Anniversary of Sree Narayana Guru.

The Mission is an institution in the northern part of Singapore. For decades, it has served the community regardless of race, language or religion, and demonstrated the true spirit of Singapore.

The contributions of the Mission include a 224-bed nursing home, the psychiatric welfare home Meranti Home @ Pelangi Village and two senior care centres in Yishun and Woodlands. The Mission recently extended its reach through the Sree Narayana Mission Care Centre located along Race Course Road.

Each year, the Mission also hosts the Chathayam celebrations alongside Onam – a major annual event for our Malayalee community. I will always try to partake in the celebrations, catch up with old friends, and enjoy the festivities.

I wish Sree Narayana Mission (Singapore) continued success. May the Mission continue to grow with our nation and society.



Mr Ong Ye Kung
Minister for Education

MESSAGE

I would like to thank Sree Narayana Mission (Singapore) for the meaningful and impactful work that you do to uplift the community, especially in supporting the rehabilitation and reintegration of destitute persons back into the community. The Chathayam celebration, which commemorates the birth of Sree Narayan Guru, whom your Mission is named after, reminds us of his wisdom which undergirds the values and deeds of the Mission.

The founders of SNM had placed emphasis on how humanity is universal, with a firm belief that all humans should be accorded with dignity and respect. SNM is MSF's appointed social service agency to operate Meranti Home@Pelangi Village, a welfare home care and rehabilitation to destitute persons. SNM helps all regardless of background, providing them with shelter and assistance. In doing this, you have contributed to the welfare of each individual and helped to build a stronger society in Singapore.

Congratulations once again SNM, and wishing you all the success for the future.



Mr Desmond Lee
Minister for Social and Family Development and
Second Minister for National Development

MESSAGE

Happy Chathayam!

I'm honoured to write for Sree Narayana Mission (SNM) and would like to extend my heartfelt appreciation for your valuable contributions to the community, including short-term support and long-term care for elderly residents. I hope this year's Chathayam celebrations will be a meaningful one for SNM's beneficiaries, volunteers and staff.

I congratulate SNM for the successful organisation of your 70th Anniversary Charity Dinner graced by President Halimah Yacob, where she commended SNM's role in strengthening our society. SNM's services, supported not just by government funding but also SNM's strong network of donors and partners, have benefited many families with differing needs to cope better and given them assurance that their loved ones are taken care of.

SNM has always been an advocate for the rights of the elderly and destitute persons. The second SNM Community Forum held last year underscores the proactive approach SNM takes in forging partnerships. Its collaborations with other agencies, including the Agency for Integrated Care and the Health Promotion Board, have enabled it to carry out its mission even more effectively.

We thank all of you at SNM for your continuous efforts to uplift the community and champion the rights of vulnerable members of our society. We commend your good work on this joyous occasion.



Assoc. Prof. Dr Muhammad Faishal Ibrahim
Parliamentary Secretary, Ministry of Education
& Ministry of Social and Family Development

MESSAGE

My heartiest congratulations to Sree Narayana Mission (Singapore) [SNM] on the celebrations of Sree Narayana Guru's 165th birth anniversary.

SNM has, since 1948, been deeply involved in providing social and financial assistance for the local community. In its mission to serve by the teachings of Sree Narayana Guru, SNM has grown tremendously and impacted many lives. The Mission has now expanded its operations beyond nursing homes to provide a wide span of services in senior care, financial assistance and community outreach.

A few very heartening endeavors coming to fruition this year, are SNM's "Smile with You" Programme 2019 and "Enriching Lives of Seniors" Programme. SNM is now also an active partner in the Jalan Besar GRC for which I am deeply grateful. Indeed, we are only better when we pave the way together.

I gladly join in unity with other well-wishers and wish SNM the best in its journey to serve the local community. May the SNM thrive for many years to come!



Ms Denise Phua
Mayor, Central Singapore CDC
Adviser to Jalan Besar GRC
(Kampong Glam Division)

MESSAGE

My best wishes to Sree Narayana Mission (Singapore) on the 165th birth anniversary of Sree Narayana Guru.

Sree Narayana Mission (Singapore) has been doing great work to serve the needs of the seniors and vulnerable groups in the community. At its nursing home, SNM has taken a person-centred approach in delivering the services. The residents are not simply recipients of services but are empowered to be 'co-decision makers' for the services. This has contributed to a better quality of life for the residents. I applaud SNM for its efforts towards this shared vision of the Social Service Sector Strategic Thrusts, where every person is empowered to live with dignity, in a caring and inclusive society.

I encourage SNM to continue with the wonderful work and to touch many more lives. On behalf of the National Council of Social Service, I congratulate SNM on such a happy occasion, and I wish SNM success in all your endeavours.



Mr Sim Gim Guan
Chief Executive Officer
National Council of Social Service (NCSS)

MESSAGE

I extend my heartfelt wishes to the Sree Narayana Mission as we mark the 165th birth anniversary of Sree Narayana Guru.

Sree Narayana Guru taught us that we are all one, regardless of race or religion – values enshrined in Singapore’s Pledge.

He showed us that the way to true happiness lies in serving with love those in need – deeply relevant to us as we strive to create a more caring and inclusive society.

The Sree Narayana Mission’s work over the years has demonstrated in action this timeless ethos of helping people and uplifting lives.

The Mission has been relentless in its efforts to provide social and welfare services to the elderly, the needy, and the community at large. It has wisely partnered other social service providers to greatly extend its outreach to those in need.

The Mission’s work has touched the lives of many Singaporeans. To those in need that the Mission has served, it has helped to alleviate their pain and provide them comfort. To those who have carried out the Mission’s work of selfless service, it has provided a sense of fulfilment and meaning that has enriched their lives.

I wish the Sree Narayana Mission every success as it continues its labour of love and compassion.



Mr Ravi Menon
Managing Director
Monetary Authority of Singapore (MAS)

MESSAGE

On this special occasion of the 165th birth anniversary of Sree Narayana Guru, I would like to extend our congratulations to the Sree Narayana Mission (SNM) for its dedication and contribution in helping the community across Singapore, especially in the area of Community Care.

AIC is delighted to partner SNM on various initiatives to improve the well-being of its nursing home residents. SNM was one of the nursing homes we linked up with Cycling Without Age and the Temasek Foundation – Moving Generations programme, in which residents connected with youth volunteers through trishaw rides, which seek to engage the residents in a stimulating and meaningful manner. To improve the physical and mental well-being of its residents, SNM also participated in the CareMasters programme to introduce adaptive sports to its seniors. The CareMasters programme was jointly organised by AIC and Sports Singapore.

Through the Empowering Seniors Workgroup, AIC and the National Council of Social Services (NCSS) partnered SNM, together with other service providers, to understand the needs and aspirations of seniors. I would like to commend the efforts of SNM in setting up a Residents' Committee within the nursing home – this has significantly empowered its residents in making independent choices at the nursing home, from facilities and activities to meals.

We look forward to our continued future collaboration with SNM in working to engage seniors meaningfully and to deliver better care and quality of life for them. With the support of Community Care partners like SNM, we can achieve a vibrant care community that enables Singaporeans to live well and age gracefully in Singapore.



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

MESSAGE

Chathaya Dina Ashamsakal

Over the last year, we celebrated Sree Narayana Mission (Singapore) [SNM]'s 70 years of service to the community, concluding with a Charity Dinner with President Halimah Yacob as the Guest-of-Honour. The theme for the anniversary celebrations, "Progress with Compassion" aptly reflects SNM's journey over the last 70 years, carving a niche for itself as a charity in the eldercare and social services sector, and its dedication to creating an inclusive, caring society. A special publication was produced to capture untold stories and personal experiences of members, donors, staff and beneficiaries who were connected to SNM over the years.

SNM also had its contributions to society acknowledged at the "Launch of Singapore Bicentennial Commemorative Note" at the Istana Open House. In conjunction with the launch and the Bicentennial theme, the Istana Open House featured organisations, schools and communities that played a part in building Singapore. Looking ahead, SNM will strengthen its programmes and activities to forge a unique identity and deepen its capabilities to become a key player in the eldercare and social services sector.

It is a proud moment for us when someone closely associated with SNM receives accolades. BG Dinesh Vasu Dash, SNM Trustee, received The Public Administration Medal (Silver) (Military) and Mr Syam Lal s/o Sadanandan, SNM Internal Auditor, received The Commendation Medal.

In addition, Mr Syam Lal also received the President's Award for Teachers 2019. Mr Foo Say Thye, a long-time volunteer who began his volunteer journey at SNM, won the Outstanding Adult award at the Silent Heroes Award 2019.

Our members have come forward to actively support the many programmes and activities of SNM. The Ladies Wing have taken the initiative to conduct and lead activities for members and the community. We look forward to greater engagement and participation of our members and also attract new members through fresh programmes and activities.

On behalf of the Executive Committee, I sincerely thank all members, volunteers, partners, donors, benefactors and well-wishers for their dedication and tireless efforts in contributing to the success of Sree Narayana Mission.

Blessings of the Guru to all.



Ms Bina Damodaran
General Secretary
Sree Narayana Mission (Singapore)

MESSAGE

It has been a banner year. Sree Narayana Mission (Singapore) [SNM], capped off its year-long 70th Anniversary Celebrations in May 2019, with an Anniversary dinner. Coincidentally, on the 6th of February 2019, SNM also marked 40 years of running its nursing home.

SNM also hosted its first wedding between Mr Velappan, a former nursing home resident and Mrs Savithiri, his childhood friend. It was a joyous occasion for the Executive Committee, Management and staff of SNM to bid farewell to a resident who was moving on to a new phase in his life.

SNM was privileged to have been able to participate in the 10th International Ageing Asia Innovation Forum 2019, and was a finalist in the 7th Asia Pacific Eldercare Innovation Awards. In this category, SNM Residents' Committee was shortlisted as an innovative practice in Nursing Homes, highlighting SNM's commitment to empowering the elderly.

On the same note, SNM Residents' Committee was lauded at the National Council of Social Services (NCSS) Social Service Summit 2019. The President of NCSS, Ms Antia Fam, quoted SNM Residents' Committee as a best practice that transforms residents into "co-decision makers", affording them a greater say in the running of the nursing home. SNM will actively continue to create an environment where our residents feel like the nursing home is their "Home Away from Home".

SNM has also implemented intergenerational programmes to bridge the gap between youths and seniors for greater inclusivity. Efforts in digital marketing by an enthusiastic and passionate interest group has

successfully enhanced visibility of SNM as a key player in this sector.

At the SNM Management Planning Retreat held in November last year, workshops on the Personal Data Protection Act (PDPA), good governance and risk management were held. The strategic themes outlined for the work year are productivity, sustainability, controls and excellence. These strategic themes will guide the management and staff in their day-to-day tasks.

The national vision is again emphasising the need for a holistic and sustained effort to ensure that all Singaporeans – especially the vulnerable – progress as one nation. In charting SNM's development for the next five to 10 years, the upcoming strategic review will take into account the Ministry of Health's '3 Beyonds' that seek to make Singapore a nation for all Ages – Healthcare to Health, Hospital to Community and Quality to Value. NCSS' Social Service Sector Strategic Thrusts (4ST) will also serve as a reference as SNM seeks to maintain and strengthen its position as a first rate Social Service Agency of relevance and excellence.

SNM's community programmes have gained much traction. Through partnerships and collaboration with community partners and key stakeholders, SNM is able to deliver programmes to improve the quality of life for its beneficiaries in the community.

As the health and social services landscape continues to evolve, SNM will ensure its institutions and services remain robust and accessible to all.

On behalf of the Management and staff of SNM (Singapore), happy Onaashamsakal to everyone.



Mr S Devendran
Chief Executive Officer
Sree Narayana Mission (Singapore)



Roots That Bind

The SNM Journey



Dr Anitha Devi Pillai is a fourth-generation Singaporean Malayalee. She is an applied linguist and a teacher educator at National Institute of Education, Nanyang Technological University. In 2013, she won a National Heritage Board's (Singapore) research grant to study the Singapore Malayalee community.

Roots that Bind

The SNM Journey

It is believed that Malayalees started arriving in Singapore in the 19th century. A prominent piece of evidence that supports this claim is that the Malabar Muslim mosque has been in existence since 1819. This was the same year when Sir Stamford Raffles founded Singapore!



K N Naryanan Iyer (1913)
He arrived in Singapore in 1911.
Photo credit: Narayanan Narayanan

The Malayalee community is an exemplary example of a migrant community that has deep cultural roots, manages cultural diversity well and is a strong pillar of support for Singapore...early Malayalees brought with them a pioneering spirit and a thrust for education. Known for being amongst the most cultured and literate people in India, this tradition of education has been the basic building block for the success of the Malayalee community in Singapore."

Then DPM Lee Hsien Loong, in his speech at Onam celebrations, 1998

Did you also know that when the first census of population of the Malayalee community was recorded in 1911, there were only 23 Malayalee women and 1128 men in Singapore?

They came from all walks of life from various parts of Kerala and practiced different religions. In the early years, many of the male Malayalee migrants worked for the Sembawang shipyard, Public Works Department, Army Civil Service, City Council, while others worked as teachers and estate managers. Soon the men brought their wives over from Kerala and set roots in their new home – Singapore.



Sree Narayana Guru's leading disciple, Swami Mangalananda's visit to Gurukulam (1950s). Swami Mangalananda is seated and is wearing a garland in the picture.
Photo credit: Aravindakshan Pillai

The one unifying fact amongst Malayalees, whether you are a Christian, Muslim or Hindu, the moment you speak in Malayalam, everything else is forgotten. The language is the binding factor of the community."



Left: K P Vasu, seated in the centre, fourth from left with the men he brought in from Kerala to Singapore (1965).
Photo credit: Vasu Dash

Bottom Left: Aminah bte Yusof (seated), Said Ali bin Hassan, Mohammed bin Said Ali (circa 1960s).
Photo credit: Zainaba Omar

Bottom Right: Annamma Samuel, in the traditional attire of the Malayalee Christians: Chatta, mundu and neryathu.
Photo credit: Annamma Samuel

SR Nathan, former President of Singapore, in Conversation with Anitha Devi Pillai, *From Kerala to Singapore: Voices of the Singapore Malayalee Community*, 2017



Humble Beginnings

1946

Right Mr. G. Bhanu, one of SNM's pioneering members.

Bottom The like-minded group of immigrant Malayalees who would come to found Sree Narayana Mission.

The construction of the Sembawang Naval Base in the early 1940s brought with it an influx of immigrants from across the world, eager to seek their fortune. Singapore, in particular, saw a large number of Malayalee immigrants coming from a region in India now known as Kerala. These Malayalees settled in the areas around the Naval Base, forming a significant community within Sembawang.

In 1946, Mr. G. Bhanu, one such Malayalee immigrant and a follower of Sree Narayana Guru, came together with a few like-minded others and set up the Sree Narayana Mission (SNM). Comprising only a small hut with the barest of necessities, SNM was created to serve as a gathering place for the followers of the Guru to come together and contemplate on his teachings. It quickly grew to become a home away from home for the larger Malayalee community in Sembawang.

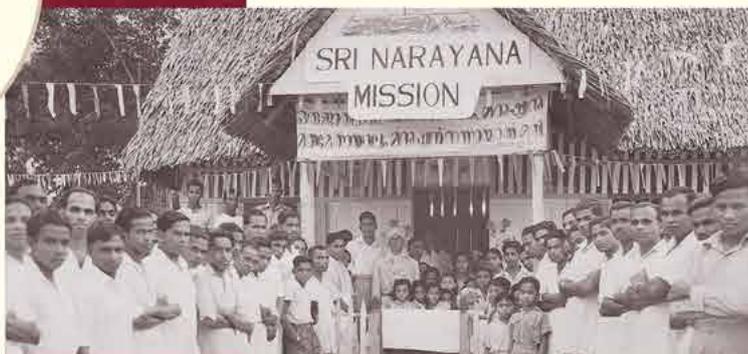


1947

Right In its earliest days, SNM comprised only a small hut with the barest necessities, housing a framed portrait of the Sree Narayana Guru.

Bottom Having found its new home at 48 Soon Keat Road, SNM would continue to serve as a gathering place for the burgeoning Malayalee community in Singapore.

In 1947, not long after it had just celebrated its first anniversary, the land on which SNM was situated was claimed back by its original owners. Thus began SNM's search for a new place to call home. It was at that time that the well-known philanthropist Mr. Lim Chong Pang came to hear of SNM's dilemma and decided to generously donate a plot of land for SNM to use. This new location, 48 Soon Keat Road, would go on to serve as SNM's headquarters for over forty years to come.



SNM's Growth

1948

Having found its new home, on 18th June 1948, Sree Narayana Mission (Singapore) was officially registered as Singapore's 109th society, and this date has since come to mark SNM's official founding.

On 11th July 1948, SNM officially opened the doors to its new building; a simple wooden structure from which it would be able to conduct its various activities.

SNM's membership continued to grow rapidly in the years that followed, which soon prompted the need for a bigger facility to better accommodate the larger crowds and the new programmes and activities that SNM hoped to undertake.

1952

On 16th August 1952, SNM laid the foundation stone for this new facility and engaged in an extensive fundraising effort to fund its construction.

1956

On 19th August 1956, SNM proudly launched its new two-storey building at 48 Soon Keat Road, a proud moment for the SNM members.

Right The foundation stone for the new SNM building laid by General Malcolm Macdonald.
—
Photo credit: Singapore Press Holdings



Bottom Right SNM regularly put on cultural performances such as plays for its members.

With this newer, bigger facility, SNM was able to hold larger-scale activities for members, such as plays, concerts and performances, dance and music classes, and festive celebrations. The added space also allowed SNM to conduct more social support programmes for its members, such as free, volunteer-led tuition classes for members' children.



Right With the added space, SNM was able to conduct programmes such as free tuition classes for members' children.



Bottom SNM's membership continued to steadily grow over the years.



Giving Back to Society

1962

Right SNM's free tuition classes.

Bottom Left Prime Minister Lee Kuan Yew presenting bursaries to students at the 1965 SNM Chathayam Celebrations.

Bottom Right SNM's food relief efforts provided food and groceries to families in need.

In 1962, SNM embarked on its welfare programmes, driven by Sree Narayana Guru's philosophy of serving the community. This was made possible from the funds raised at its first Flag Day held in 1961.

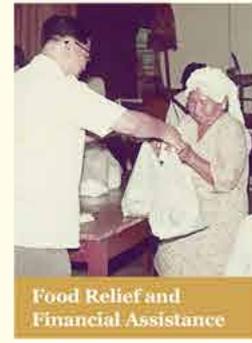
The Early Welfare Programmes Provided by SNM



Free Tuition Classes



Bursaries and Scholarships

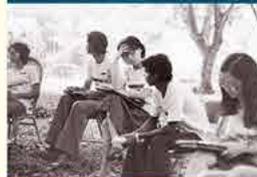


Food Relief and Financial Assistance

1967

In 1967, SNM became a member of the Singapore Council of Social Services, and continued to enhance its existing programmes and introduced new welfare programmes.

New Welfare Programmes Include

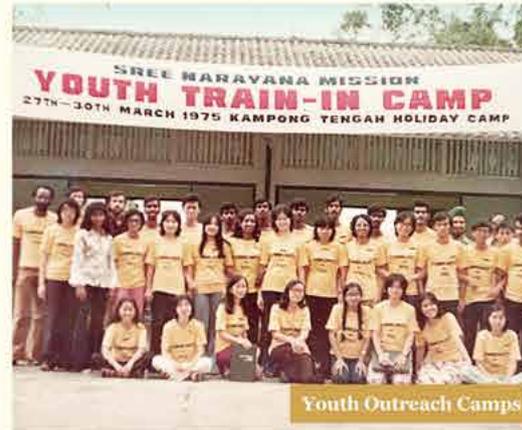


Counselling and Referral Services

Top The Counselling and Referral Services provided temporary aid to those in need, linking them with relevant agencies for continued support.

Right The SNM Youth Camps brought together young people from diverse backgrounds.

Bottom Prime Minister Lee at the Sree Narayana Mission Chathayam Celebrations 1965.



Youth Outreach Camps

Here we make the model multi-racial society. This is not a country that belongs to any single community: it belongs to all of us."

Excerpt from Prime Minister Lee's speech Delivered at the Sree Narayana Mission Chathayam Celebrations 1965



SNM's Entry into the Eldercare Sector

1978

In 1978, with the rising need for care interventions for Singapore's elderly, the Ministry of Health sought the support of various organisations to operate residential care facilities or homes for the aged as it was termed then. SNM seized this opportunity and undertook the challenge thus beginning its venture into the eldercare sector.

1979

The Sree Narayana Mission for the Aged Sick, at 87/89 Canberra Road.

In February 1979, the Sree Narayana Mission Home for the Aged Sick ("Home") commenced operations at the site of a former British hospital, located at 87/89 Canberra Road.



1981

Dr Tony Tan gracing the Home's opening ceremony.

22 February 1981 marked the official opening of the Sree Narayana Mission Home for the Aged Sick.



1982

SNM Home moves into its new facility, the neighbouring former Naval Base Hospital.

In May 1982, SNM Home for the Aged Sick had to be relocated to the old Naval Base Hospital, further down Canberra Road, to pave way for redevelopment. This prompted the search for a new permanent location which could support the growing number of elderly who were in need of institutional care and with modern facilities to provide a higher quality of care.



1990

The Groundbreaking Ceremony for the new SNM Home in Yishun, graced by Dr Tony Tan.



On 15 July 1990, SNM held the Groundbreaking Ceremony for the Sree Narayana Mission Home for the Aged Sick at 12 Yishun Avenue 5.

1994



The Sree Narayana Mission Nursing Home at 12 Yishun Avenue 5.

In February 1994, after 12 years of planning and fundraising, SNM officially commenced operations of its brand new nursing home at 12 Yishun Avenue 5.

On 26 November 1994, SNM marked the official opening of the Sree Narayana Mission Home for the Aged Sick.

Today, the Sree Narayana Mission Nursing Home, renamed in 2016, operates an integrated institutional and day care facility caring for over 240 seniors and conducts regular wellness and social programmes for seniors living in the Nee Soon and Chong Pang area. The SNM Nursing Home has grown to become an integral part of the neighbouring community.

SNM's Growth into a Diversified Social Service Organisation

Over the course of its seventy-year history, Sree Narayana Mission (Singapore) has progressed significantly, having expanded its range of programmes and services into a number of new areas.

2002

The Meranti Home @ Pelangi Village.

In 2002, SNM was appointed by the Ministry for Community Development, Youth and Sports (now the Ministry of Social and Family Development) to serve as Managing Agent for Meranti Home at Pelangi Village, a psychiatric welfare home for male destitute residents.



With over 30 years' experience operating a nursing home for seniors, SNM branched into other forms of care services for seniors opting to age in the comfort of their own homes.

2012

In 2012, SNM opened its first SNM Senior Care Centre (SCC) co-located at the SNM Nursing Home. The Yishun SCC provides a secure environment for the seniors to spend their day taking part in recreational and rehabilitative activities.

2013

The official opening of SNM Senior Care Centre @ Woodlands by Minister Khaw Boon Wan.



In 2013, SNM's 2nd SCC was opened at Woodlands St 62, which included dementia day care services to address the rising need for dementia care for seniors in the community.

2015

Project 100=50, an outreach programme for residents of the Nee Soon community.

Since 2015, SNM has embarked on a renewed drive to provide fresh and innovative community outreach programmes to meet the changing needs of the community by collaborating with government agencies and volunteer groups.

Some of the key programmes include

- Share-A-Pot in collaboration with Khoo Teck Puat Hospital
- Helping Hands in collaboration with the Agency for Integrated Care
- Project 100=50 in partnership Heartwarmers Volunteer Group



2017

Right: The SNM Care Centre at 394 Race Course Road.

Bottom: Beneficiaries taking part in SNM's Smile With You and Share-A-Pot programmes, conducted at the SNM Care Centre.

In 2017, SNM acquired a facility at 394 Race Course Road to expand its services to a new community of people. Named the SNM Care Centre, the facility provides local residents with access to SNM's range of community programmes and activities.



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

Inclusivity at SNM

As a champion for social reforms, Sree Narayana Guru spoke of equality not just amongst race, caste and religion, but between the genders as well.

Women have played a vital role in the development and growth of SNM over the course of its history.

In 1960, women were cast in female roles for the first time in SNM. Female roles were traditionally performed by men.

With the casting of female members in a play, SNM took a pioneering step in empowering women.



Following the debut of female performers in 1960, women began playing an active role in all of SNM's shows and performances.



Top The late Dr. Letha Karunakaran, SNM's first female President, with SNM Patron Dr. Tony Tan.



Left SNM's female members included many talented artistes, including Mrs Saradha Raghavan (far right), who organised several shows and performances for SNM.

Women Presidents in Sree Narayana Mission's Executive Committee

Late Dr (Mrs.) Letha Karunakaran
1991–1992

Ms. B. Sujatha
1995–2000, 2007–2010

Ms. Swapna Dayanandan
2011–2015

Echoing the Guru's teachings of religious harmony and inclusivity, SNM has hosted a number of symposiums and forums to bring the community together and engage in meaningful dialogue and discussions. Continuing this tradition, in October 2018, SNM hosted the 'So Woke' Youth Symposium, working with community partners and youth organisations to reach out to the younger generation on the importance of giving back to society.



The So Woke Youth Symposium featured discussions on contemporary social values and the importance of volunteerism.



A diverse panel of speakers from one of SNM's regularly-held Interfaith Forums.

Let me say once again how refreshing and resounding your cry of world brotherliness through the universality of the various religions is, in these times of extreme provocation."

Mr. Jek Yeun Thong, Minister of Labour
3 November 1964

At SNM's first public forum titled "The Universality of Religions" at the Victoria Memorial Hall

Messages from Dignitaries

●●
May I congratulate you for having made progress since I last visited your Mission in 1963, and especially commend you for having made a symbolic gesture in giving scholarships not just to Indians. But Indians who contributed to the Narayana Mission took this money and gave it to Malay and Chinese students as well. In that way, we must prosper."

Mr Lee Kuan Yew
Prime Minister of Singapore
At the 1965 Chathayam Celebrations

●●
It can be seen that the Sree Narayana Mission has become a permanent feature of our social transformation. The charitable and humanitarian work of the Mission has benefited not only the members of the Mission but also members of the other racial groups that make up the populace. The "Sree Narayana Mission scholarships" which are awarded annually to deserving students of the four main language streams speak well of the Mission's aim to extend a helping hand to all, irrespective of language or creed."

Mr Lee Khoo Choy
Minister of State for Culture
At the 1966 Chathayam Celebrations

●●
I am happy to note that the Sree Narayana Mission in Singapore is contributing its share towards the realisation of a closely-knit society with better understanding of the various groups that make up our society."

Inche Mohd. Ghazali Ismail
Parliamentary Secretary, Ministry of Education
At 1970 Chathayam Celebrations

●●
With your caring and compassion, the Sree Narayana Mission complements the government's effort to meet the needs of the different segments of our society. Your efforts are not only noteworthy but are viewed by many beneficiaries as a miracle in their lives."

Ms Indraneel Rajah
Second Minister for Finance and Second Minister for Education, MP for Tanjong Pagar GRC,
President, SINDA (2011)

●●
The success of the Mission is made possible by the selfless and untiring spirits of its volunteers and well-wishers. They certainly deserve our highest praise."

Mr Ong Ah Heng,
MP for Nee Soon Central (2000)

●●
As the world steps into a new millennium, the teachings of Sree Narayana Guru, born 146 years ago, remain more relevant than ever. What the Guru preached, more than a century ago, on universal brotherhood is still pertinent today. His message reminds us of the need to continue to strive for social cohesion in this age of digital divide."

K Shanmugam
MP for Sembawang GRC (2000)

●●
I am impressed with the philosophy of this Home; 'giving care with love and dignity to residents'. What a beautiful environment I have witnessed in Sree Narayana Mission (Singapore)."

The Late Dr P J Abdul Kalam
Former President, Republic of India (2008)

●●
It is amazing that despite the affluence and progress, the members, volunteers and supporters of the Mission are still inspired and guided by the teaching and philosophy of Sree Narayana Guru to serve with care and compassion the needy and aged sick regardless of race, language and religion."

Ms Ellen Lee Geck Hoon, PBM
MP for Sembawang GRC (Woodlands),
Advisor to Woodland GRCs (2009)

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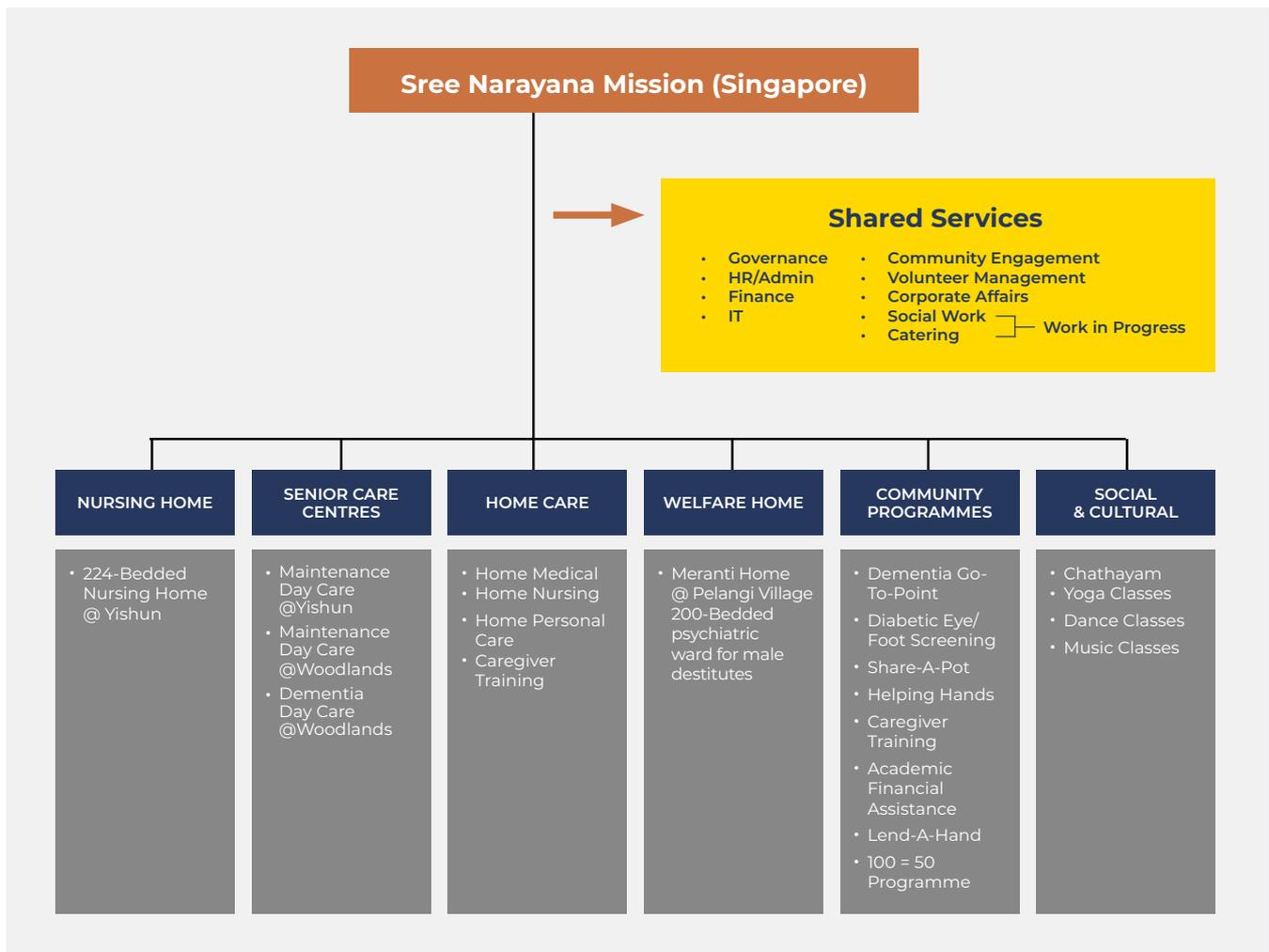
ABOUT SNM

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

Its membership composition stands at 475 comprising the following:

- 451 –Life Members
- 9 – Ordinary Members
- 15 – Associate Members

SNM STRUCTURE



EXECUTIVE COMMITTEE (2019-2021)



Standing Left to Right : Swapna Dayanandan (CM), Sanil Kumar Parammal (Asst. Treasurer), Karthikeyan Adappattu Raman (Hon. Treasurer), Jayadev Unnithan (President), Sreenivasan Sreenath(Vice President), Bina Damodaran (Gen.Sec), Shalini Damodaran (Asst. Sec), Shanavas Vijayan (CM)

Sitting Left to Right : Lathika K Lakshmanan (CM), Anil Sarasijakshan (CM), Prakash Sadasivan (CM), Sreedevi (CM), Sudesh Vasu Dash(CM), Suraj Senan(CM), K S Sharmila(CM), Neetha Sanjay (CM)

Not in Picture : Divakaran Sabu (CM)



**CM-Committee Member*

TRUSTEES



BG Dinesh Vasu Dash



Ms Laina Raveendran Greene



Dr Gopal Raman



Mr Bhaskaran Sivasamy



Mr Manu Bhaskaran



Mr Rajesh Sreenivasan



Mr Viswa Sadasivan



Mr PK Koshy

LEGAL ADVISOR

CULTURAL SUB-COMMITTEE



Standing Left to Right : V Jawahari, U Sreekumar, D Sabu (Chairman), Radhakrishnan Pillai

Sitting Left to Right : Rajeesh Kulirma, Jagadas, Sheeja Sabu, Lasitha, Savanthkumar & Gopakumar.

Not in Picture : Jayakumar Unnithan & Jayasree Unnithan.

LADIES WING SUB-COMMITTEE



Standing Left to Right : Gowri Ramesh, Indu Suresh, Sneha Bryan, Priya Vinod, Mini Padman, Bindu Subhash, Indulekha Jayadev

Sitting Left to Right : Salina Chandran, Komalam Ravendran, Sathi Gopinathan, Sarojam Sadasivan, Sunanda Senan Janamma Unnithan, Ratnamma Pillai

CONGRATULATORY MESSAGES



The President, Executive Committee,
Members and Staff of
Sree Narayana Mission (Singapore)

congratulate

BG Dinesh Vasu Dash, PPA(G)

on being conferred

**The Public Administration
Medal (Silver) (Military),
2019**



The President, Executive Committee,
Members and Staff of
Sree Narayana Mission (Singapore)

congratulate

Mr Foo Say Thye

for winning the

**Outstanding Adult
(Silent Heroes Awards 2019)**



The President, Executive Committee,
Members and Staff of Sree Narayana Mission (Singapore)

congratulate

Mr Syam Lal s/o Sadanandan

on being conferred the following awards:

**The Commendation Medal, 2019
The President's Award for Teachers, 2019**

MANAGEMENT TEAM



Standing Left to Right : J Vijendran, CEO S Devendran, Sunil Kumar, Michael Gabriel

Sitting Left to Right : Joanna Ng, Jezsica Ida Su, A Ravethi, Khirtana MAK, Wannee Mei

ADMINISTRATION TEAM



Standing Left to Right : Razina Shaukkath, A Sarojam, Nur Hafezza, Winnie Yong, R Anbalakan, R Rajeshree
T S Leckchimi, V Saroja Devi, Julia Lee, Noorhasana, K Karisma, Nishani Begum

Sitting Left to Right : Sunil Kumar, J Vijendran, Joanna Ng, Jezsica Ida Su, CEO S Devendran, A Ravethi,
Khirtana MAK, Wannee Mei, Michael Gabriel

SUPPORT TEAM



Standing Left to Right : B Bala, Ramli Sulaiman, K K Anish, R Ambarasi, Bay Hock Kuang, Jalil Aziz, S Sandirakumaran

Sitting Left to Right : V Saroja Devi, CEO S Devendran, R Anbalakan

CATERING TEAM



Standing Left to Right : K Jayasree, P Ranga Prasad, P Mala, Jeffrey Thong, R Sambugavally, M G Asendra

Sitting Left to Right : V Saroja Devi, CEO S Devendran, Michael Gabriel

NURSING TEAM - LEVEL 1



Standing Left to Right : Moe Moe Aye, Chris Ann Tiu, Kristine Rabang, Sui Tin Man, Wai Wai Khiang, Puroshothaman Vinulal, Elptiya Badalge Lahiru Gimha, Jomhel Leo Acain, Jossavel Martinez, Noormah Binte Kassim, Remedios Oloteo, Boomi Nathiya, Rejendran Nishanti, Lara Chyne Joven, Karen Rose Acebes.

Sitting Left to Right : Mahalakshmi, Jezsica Ida Su, CEO S Devendran, Ramya

Not in picture : Pauline Magpoc, Marichu Angeles, Cristina Yumul, Rajaletchimi, D/O Chellia, Zaw That Khiang.

NURSING TEAM - LEVEL 2



Standing Left to Right :

2nd Row : Jibrin Augustin, Maniyan Pillai Karunakaran Pillai Nithinsha, Roomary Francis, Thammita rallage Manjula Muthukumaran

1st Row

Christopher Dela Pena, Fernando Lintotage Saduni Sundarshika, Dewamuni Subashini K W, Ma Thin Pyu Aye, Cal Carmel Aubrey Aviles, Maria Nieves Fatima Junio Urbano, Nagarethinam Priya, Leocel Lawagan, Azhagarsamy Ragini, Ma. Teresa Omli Tacis, Lea Pedegrosa Dela Pieza, Kamalakannan Abinaya, Sherry Anne Gamilong, Albert Ebeon Yanto, Kitta Rakesh, Adappattu Dinesan Nidin

Sitting Left to Right : Mahalakshmi, Jezsica Ida Su, CEO S Devendran, Ramya

Not in picture

: Jervel Caasi Martinez, Leena Mathew, Manikandan Prema, Lorena, Jefferson Andres, Marthalikunnel Alex Telex, Subash Evanjalina Deva Shajima, Jesappan Anthony Panawalage Udara Sanadruwan, John Christian Patale Sumbo, Ngu New New Soe, Aung Naing Lin, Fernando Paul Anton, Thantrhige Krishnan Priyasajith, Kyaw Zin Htike

NURSING TEAM - LEVEL 3



Standing Left to Right :

2nd Row:

Krishnan Mohana, SNA Mathew Diks, Marie Diehl Pacio Balawen, Sukhpal Kaur, Panawalage Pubudu Sampath, Croos Anthony Jude, Rohini Das Abhilash

1st Row:

Aben Jovelyn, Wilfred Felix Thabeetha, Abenoja Maybelyn, Pastrana Cristeta, Louise Juan, K Jayamany, Bhamini Girimol, Gangano Bea, Ni Ni Aung, Sudarshani Kumari, Santiago Phrannie Rae, Rama Chandra Reshmi, Hora Alberto , Ramil M. Espinoza JR

Sitting Left to Right :

Mahalakshmi, Jezsica Ida Su, CEO S Devendran, Ramya

Not in picture

: Dave Ascencion Cuadro, Selvaraj Christopher, Giron Marylou, Gentroles Virgineth Nicolas, Ko Ko Saing , Udawala Hewage Dhanush Champika ,Modara Pedige Imesh Dilanka Randina Lai , Paing Thet, Mihindukulasuriya Theethus Susitha Pinto, Chaturanga Wasantha Bandar , Nallamuthu Sakunthala, Samuel Ayson

ALLIED HEALTH & ANCILLARY SUPPORT TEAM



Standing Left to Right :

Michael Christopher Cruz Gacutan, Deivanai D/O Palani Anandan, Jason Wee, Noor Syazwani Binte Mohamad, Anna Ruth M. Cariaso, Serene Song, Rizalinda Martinez Solis, May Yee Mon Thant, Durairaj Ramprabu.

Sitting Left to Right

: Illamaran KalaiSelvi, Yogeswari d/o Chandrasekaran, Jezsica Ida Su, CEO S Devendran, Fethiya Peer Abbas, Jacinda Pang May Chin.

MERANTI MANAGEMENT TEAM



Sitting Left to Right : Snr Staff Nurse Ohn Mar Kyaw, Assistant Superintendent Gary Leow, CEO S Devendran, Superintendent Wannee Mei Amurao, Snr Social Worker Tan Yao Hui, Social Worker-Rehab Premalattha Sadhasivan

MERANTI TEAM



Standing Left to Right : Jan Paulo Micua, Ryan Mark Guttierrez, Lwin Oo, Jacqueline Ong, Pavithra Rajantheran, Eric Thiam, Yung Kam Thong, Francis Peter D'Silva, Lim Hang Teo, Kylie Lee, Yasmeen Ahmed, Romnick Banta, Pradeep Kumara, Jeric Rosaros, Kyaw Ko Ko, Glenn Arjay Batarao

Sitting Left to Right : Jeichandran Govindaan, Teng Jin Fatt, Gary Leow, CEO S Devendran, Wannee Mei Amurao, Tan Yao Hui, Premalattha Sadhasivan, Ohn Mar Kyaw

SENIOR CARE CENTRE TEAM



Standing Left to Right : Sumitha Insine, Cher Mui Peng, Ei Cho Khine, Thein Thein Win, Naw Wa Wa Tan
Jesmond Chelliah Selvanayagam, Annie Leong, Rathugamage Milroy, Sadasivan Anil Kumar
Velloo Rukumani, Eleanor Wong, Christina Lee

Sitting Left to Right : Joanna Ng, CEO S Devendran



Standing Left to Right : Rohaiya Binte Mohamed Radzi, Paraman Solaimalar, Lim Cheng Ching Henry, Christina Lee,
Annie Leong, Eleanor Wong

Sitting Left to Right : Joanna Ng, CEO S Devendran

SNM RESIDENTS' COMMITTEE



Standing Left to Right : Ramya, Jezsica Ida Su, Mahalakshmi

Sitting Left to Right : Mdm. Asha D/O Tahilram Vaswani, Mr. Yap Chye Guan, Mdm. Vanita Metha, Asst. Secretary Mdm. Wong Siew Sing, Chairperson Mr. K Ramachandran S/O Kannappan, CEO S Devendran, Deputy Vice-Chairperson Mr. Ishwar Lall Singh, Secretary Mr. Tan Joo Huat, Mdm. Pungavanam D/O Krishnan, Mr. Ramakrishnan S/O T Nadarajan

Articles



Active Ageing Initiatives in Singapore

by Dr. Carol Ma Hok Ka

(Head of Gerontology Programmes (Master & PhD), S R Nathan School of Human development and Senior Fellow, Centre for Experiential Learning, Singapore University of Social Sciences)

According to United Nation (2017), Singapore's population is ageing rapidly, significantly faster than any other countries in Asia and the Pacific. The UOB report (2018) stated that the percentage of the population above 65 years old was 12.3%, while that of the group below 15 years old was 15.2% in 2016. And in 2030, the forecast of Singapore population will be 27% for those above 65 and 10.8% for those below 15. Singapore has the low fertility rate at 1.16 and also has the longest life expectancy in the world which is nearly 85 in 2017 compared to 1990 which was 76.1 years. And currently, we have over 9000 persons who aged 90 or above and more will be in the oldest old (85 or above). The increasing longevity and persisting low fertility have given rise to the whole ageing population in Singapore.

With the longer life span, a major challenge going forward is how can we have a good, quality and healthy life for the growing population of older Singaporeans? From the report on the burden of diseases in Singapore (1990-2017) shown that the unhealthy year of Singaporean is 10.57 years in 2017 compared to 9.04 years in 1990. Thus, we have to

keep ourselves healthy and active starting from our young with the policy support.

Action Plan for Successful Ageing

In order to build a healthy, active, cohesive and resilient society, there has been an increased focus on developing strategies to maximize opportunities for successful ageing in the past few years. In 2015, Prime Minister Lee Hsien Loong (PM) has announced the Action Plan for Successful Ageing in his National Day Rally speech, which include 60 initiatives covering 12 areas from health and wellness, learning, volunteerism, employment, housing, transport, public spaces, respect and social inclusion, retirement adequacy, healthcare and aged care, protection for vulnerable seniors and research. The plan aims to build 'A Nation for All Ages' focusing on 1) providing opportunities for all ages; 2) creating a Kampong for all Ages and 3) developing a city for all ages. Within 3 years, the government has been successfully outreached to the community regarding the action plan through various activities from individual level, community level to national level (Table 1).

Table 1: Facts for action plan on successful ageing (2015-2018)

INDIVIDUAL LEVEL OPPORTUNITIES FOR ALL AGES	COMMUNITY LEVEL KAMPONG FOR ALL AGES	NATIONAL LEVEL CITY FOR ALL AGES
<p>Seniors' Health Programme Over 400,000 seniors reached through health talks and exercise programmes</p> <p>Workplace health 44,000 mature workers reached in 7 sectors</p> <p>Learning Over 21,000 places across 900 courses provided under National silver academy, benefitting close to 13,000 participants</p> <p>Volunteerism Over 2,200 new senior volunteers as of Dec 2017</p> <p>Employment From July, 2016 to November, 2017, 600 companies applied for the job redesign grant under enhanced workpro, benefitting more than 9,500 older worker.</p>	<p>Dementia Friendly Communities 6 dementia friendly communities were formed and over 23,000 individuals were reached</p> <p>Inter-generational Harmony Over 15,000 students participated in the inter-generational learning programme</p>	<p>Research on Ageing 6 grant calls launched in homecare, cognition, ageless workplace, assistive devices, frailty prevention and falls prevention</p> <p>Housing 1st Active Ageing Hub at Kallang/ Whampoa started in July 2017 2nd Active Ageing hub at Kampung Admiralty started in February, 2018</p> <p>Aged friendly facilities 23% of nursing home beds 16% Home care based 43% Center care based places</p> <p>Parks Parks incorporating more senior amenities 3 therapeutic gardens were opened</p> <p>Transport 14 silver zone completed, 804 green man plus crossing, >96% bus services made wheelchair accessible</p>

Source: Ministry of Health(MOH)

¹ United Nation (2017). Addressing the challenges of population ageing in Asia and pacific. Bangkok: United Nation.

² UOB Global Economics and Market Research (2018) https://www.uobgroup.com/assets/pdfs/research/SG-Focus_1q18.pdf

Other than the action plan, the government also have launched different schemes in order to help elderly and even their caregivers to age successfully.

Different Active Ageing Initiatives to Support the Seniors and their Caregivers

In 2018, the government launched the Community Network for Seniors (CNS) which aims to bring different people together to help seniors age gracefully through active ageing, befriending and care and support activities. In 2019, the Ministry of Health(MOH) has launched the caregiver support action plan in order to address the needs of caregivers through care navigation, financial support, workplace support, caregiver respite services and caregiver empowerment and training. Also, the Merdeka Generation Package (MGP) was announced in 2019 Budget to thank the Merdeka Generation (MG) for their contributions to the nation. It provides benefits to help around 500,000 MG seniors stay healthy and active, with better assurance over future healthcare costs. In addition, Prime Minister has announced at the recent National Day Rally that the retirement age will be raised from 62 to 63 and eventually to 65 by 2030, as for the re-employment age will be increased from 67 to 68 and eventually to 70 by 2030. With more elderly who live longer and independently, more elderly want to continue to engage in the workforce. It is shown that from 2008 and 2018, older workers aged 65 and above have a substantial increase from 16% to 27%. Indeed, the gradual increase of the retirement age and the re-employment age can reduce the risk that older workers are re-hired as non-regular workers and also serves the purpose of protection the older workers.

All in all, the efforts of promoting active ageing and the advanced of the medical technology helps our older persons in Singapore living independently. Some of them are still healthy, leading a reasonable quality of life and are most willing to participate in workforce and various community activities. With various government's active ageing initiatives, it will definitely help our Singaporean to live better and healthier.

As ageing pervades all the domains of life, collaboration across all relevant disciplines would become necessary. Therefore, a multi-disciplinary understanding of the issues pertaining to ageing and a transdisciplinary practice approach is required. The design of MGER programme has both multi-disciplinary understanding and transdisciplinary practice approach to equip our students to understand the dynamic of ageing. In the past eight years, through clear programme objectives and a well-designed curriculum, the Programme has contributed to the provision of trained manpower in the eldercare sector.

Singapore's population is ageing rapidly, significantly faster than any other countries in Asia and the Pacific except Japan and the Republic of Korea (United Nations, 2017). In 2015, one in eight was aged 65 or older. In 2030, this will increase to one in four. Within the same period, the number of working adults aged 20 to 64 supporting an older person aged 65 or older was five. This will decline to two in 2030 (Ministry of Health, 2016).

In 2017, Asia was home to 549 million persons aged 60 years or older. This constituted 57 per cent of the global older population. By 2050, this is projected to increase to 61 per cent, with a projected 1.3 billion persons aged 60 years or older residing in the Asia region (United Nations, 2017).

Gerontology Programmes @ SUSS

The rapidly ageing population in Singapore and concomitant need for trained professionals in the health, social and psychological services have given rise to an imperative need for Gerontological education.

The Singapore University of Social Sciences offers Graduate Certificate in gerontology, Graduate Diploma in Gerontology, Master and PhD of Gerontology Programme with a stackable pathway for those who are willing to contribute to the eldercare sector. Our Programme aims to equip professionals with the body of knowledge and key competencies to fill knowledge and skills to fulfil leadership and practitioner roles in the health, social and psychological services to serve older adults. A key focus of the Programme is to contextualize theoretical and practice knowledge and develop locally appropriate and relevant frameworks and solutions through applied research. In addition, its goal is to catalyse innovations, including technological solutions, for the benefit of elders, their families and the community.

The Programme has been offering an opportunity for Singaporeans to upgrade their skills and qualifications for career advancement or career switch. As ageing pervades all the domains of life, collaboration across all relevant disciplines would become necessary. Therefore, a multi-disciplinary understanding of the issues pertaining to ageing and a transdisciplinary practice approach are designed in our programme.

If you would like to find out more about our Gerontology Programmes, please feel free to browse the website at <https://www.suss.edu.sg/programmes/detail/master-of-gerontology-mger-maj>. The deadline of the application is 15th March, 2020.

ദൈവ ഭക്തി

ശ്രീ നാരായണ ഗുരുദേവൻ

ദൈവമേ കാത്തുകൊൾകണം,
കൈവിടാതിങ്ങു ഞങ്ങളെ
നാവികൻ നീ വോണ്ണിക്കോ-
രാവിവൻതോണി നിൻപദം

ഒന്നൊന്നായെണ്ണിയെണ്ണിത്തൊ-
ട്ടെണ്ണും പൊരുളടങ്ങിയാൽ
നിന്നിടും ദൃക്കുപോലുള്ളും
നിന്നിലസ്‌പന്ദമാകണം .

അന്നവസ്‌ത്രാദി മുട്ടാതെ
തന്നു രക്ഷിച്ചു ഞങ്ങളെ
ധന്യരാക്കുന്ന നീയൊന്നു
തന്നെ ഞങ്ങൾക്കു തമ്പുരാൻ.

ആഴിയും തിരയും കാറ്റും
ആഴവും പോലെ ഞങ്ങളും
മായയും നിൻ മഹിമയും
നീയുമെന്നുള്ളിലാകണം

നീയല്ലോ സൃഷ്ടിയും സ്രഷ്ടാ
വായതും സൃഷ്ടിജാലവും
നീയല്ലോ ദൈവമേ , സൃഷ്ടി-
യ്ക്കുള്ള സാമഗ്രിയായതും .

നീയല്ലോ മായയും മായാ-
വിയും മായാവിനോദനും
നീയല്ലോ മായയെ നീക്കി
സായുജ്യം നൽകുമാര്യനും.

നീ സത്യം ഉത്താനമാനനും
നീ തന്നെ വർത്തമാനവും
ഭൂതവും ഭാവിയും വേദ-
ല്ലോതും മൊഴിയുമോർക്കിൽ നീ.

അകവും പുറവും തിങ്ങും
മഹിമാവാർന്ന നിൻപദം
പുകഴ്ത്തുന്നു ഞങ്ങളങ്ങു
ഭഗവാനെ, ജയിക്കുക.

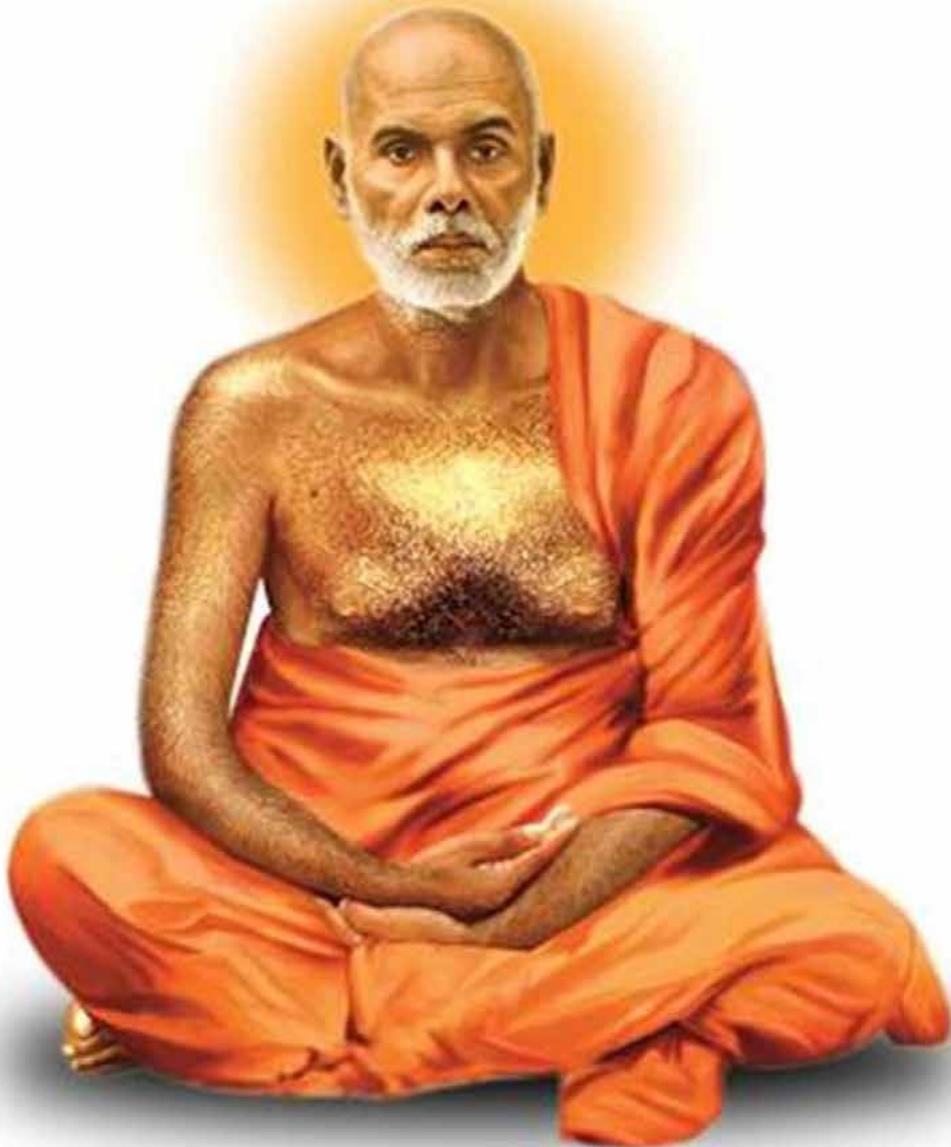
ജയിക്കുക മഹാദേവ
ദീനാവന പരായണാ
ജയിക്കുക ചിദാനന്ദ
ദയാസിന്ധോ ജയിക്കുക .

ആഴമേറും നിൻ മഹസ്സാ
മാഴിയിൽ ഞങ്ങളാകവേ
ആഴണം വാഴണം നിത്യം
വാഴണം വാഴണം സുഖം.

ഗുരുദർശനത്തിലെ സോദരസങ്കല്പം

ഡോ. ബി സുബീത

All Indian are my Brothers and Sisters എന്ന് സ്കൂളിൽ ചൊല്ലിക്കുന്ന പ്രതിജ്ഞയിലും 'ഇന്ത്യക്കാർക്കൊക്കെ' 'എൻറെ' എന്ന രണ്ടുവാക്കുകളുടെ സങ്കുചിതം നിറഞ്ഞു നിൽക്കുന്നു. എന്നാൽ ഗുരു പറഞ്ഞ സാഹോദര്യം ഉണ്ടാകണമെങ്കിൽ അതിനു പിന്നിലെ തത്വമറിയണം. അങ്ങനെയറിഞ്ഞാൽപ്പിന്നെ ഞാനുമില്ല, നീയുമില്ല.



നാരായണഗുരുവിൻറെ സാഹോദര്യ ചിന്തയെ വിലയിരുത്തേണ്ടി വരുമ്പോഴേക്കെ, മനുഷ്യനും മനുഷ്യനും തമ്മിലുള്ള ഏകതയെ പാടിപ്പുകഴ്ത്താനുണ്ട്. എന്നാൽ ആദ്ധ്യാത്മികമായ ഏകതയെക്കുറിച്ച് മനസ്സിലാക്കാൻ പലരും ശ്രമിക്കാറില്ല. ഗുരുവിൻറെ ജാതി മത ദൈവസങ്കല്പങ്ങളൊക്കെ അദ്വൈതമായ സത്യത്തിൽ അടിയുറച്ചതാണ്, എല്ലാവരും. 'ആത്മസഹോദരർ' എന്ന ആശയവും മറ്റൊന്നല്ല.

സത്യദർശിയിൽ തത്ത്വവും, പ്രയോഗവും അഭേദമായിരിക്കുന്നു. ഒരു പതിനായിരമാദിതേയരൊന്നായ് വരുവതു പോലെ വിവേകം ജനിച്ച നാരായണഗുരുവിൻറെ എല്ലാ പ്രവൃത്തികളിലും ഇതു കാണാം. 'നീ സത്യം ജ്ഞാനം ആനന്ദം നീ തന്നെ വർത്തമാനവും ഭൂതവും ഭാവിയും വേദല്ല, ഓതും മൊഴിയും ഓർക്കിൽ നീ. നിന്നെക്കുറിച്ച് ഞാൻ പറയുന്ന ഈ വാക്കുപോലും നീയാണ് എന്നു പറയുന്ന ഗുരുവിന് എല്ലാവരെയും ഒരു സത്യത്തിൻറെ ഭാവമായിട്ടേ കാണാനാകൂ. അരുവിപ്പുറം ക്രൈസ്തത്തിൻറെ ചുവരിൽ ഗുരു എഴുതിവയ്‌പ്പിച്ചു

'ജാതിഭേദം മതദ്വേഷം
ഏതുമില്ലാതെ സർവ്വരും
സ്വോദരത്വേന വാഴുന്ന മാതൃ
കാ സ്ഥാനമാണിത്'

സർവ്വരും' എന്നു പറയുമ്പോൾ മനുഷ്യർമാത്രമല്ല സകല ജീവജാലങ്ങളെയും ഗുരു ആ വാക്കിൽ ഒതുക്കിയിരിക്കുന്നു. സർവ്വരും സോദരത്വേന വാഴുന്ന മാതൃകയാകണമെന്നും ഗുരു അതിൽ സൂചിപ്പിക്കുന്നു. 'All Indian are my Brothers and Sisters' എന്ന് സ്കൂളിൽ ചൊല്ലിക്കുന്ന പ്രതിജ്ഞയിലും 'ഇന്ത്യക്കാരെല്ലാം' 'എൻറെ' എന്ന രണ്ടുവാക്കുകളുടെ സങ്കുചിത്വം നിറഞ്ഞു നിൽക്കുന്നു, എന്നാൽ ഗുരു പറഞ്ഞ സാഹോദര്യം ഉണ്ടാകണമെങ്കിൽ അതിനു പിന്നിലെ തത്ത്വമറിയാണം. അങ്ങനെയറിഞ്ഞാൽപ്പിന്നെ ഞാനുമില്ല നീയുമില്ല. ആത്മോപദേശം 24ാം ശ്ലോകത്തിൽ ഗുരു പറയുന്നു,

'അവനിവന്നെനറിയുന്നതൊക്കെയോർത്താലവനിലാദിമമൊരാത്മരൂപം;

അവനവനാത്മ സുഖത്തിനാചരിക്കുന്നവയപരന്നു സുഖത്തിനായ് വരേണം'

നമുക്ക് ചിലപ്പോൾ മറ്റുള്ളവരോട് കോപം തോന്നാറുണ്ട്. മറ്റു ചിലപ്പോൾ കാരുണ്യം തോന്നാറുണ്ട്. ദയ തോന്നാറുണ്ട്. പരോപകാരം, ദയ, കാരുണ്യം ഇവയ്ക്കൊക്കെ ജീവിതത്തിൽ മുല്യപരമായി ഉയർന്നസ്ഥാനമാണുള്ളതെങ്കിലും അവിടെയൊക്കെ ഞാൻ വേറെ നീ വേറെ' എന്ന വിചാരമുണ്ട്. ഇവയെയാക്കെ മനുഷ്യർക്ക് ഉണ്ടായിരിക്കേണ്ട ഗുണങ്ങളാണെന്ന് ധർമ്മശാസ്ത്രങ്ങളും നമ്മെ പഠിപ്പിക്കുന്നു. ധർമ്മാനുശാസനങ്ങളൊക്കെ വാസ്തവത്തിൽ മുകളിൽ സൂചിപ്പിച്ച മുല്യങ്ങളുടെ അടിസ്ഥാനത്തിലുള്ളതാണ്. ഇവിടെ കാരുണ്യം തോന്നുന്ന ആളും ആരോടാണോ കാരുണ്യം തോന്നുന്നത് അയാളും രണ്ടായിത്തന്നെയിരിക്കുന്നു. ഇത് സദാചാരത്തിൻറെ സോപാധികസ്വരൂപമാണ്. അപ്പോൾ ധർമ്മശാസനങ്ങൾ സോപാധികസദാചാരത്തിനാണ് പ്രാധാന്യം നൽകുന്നത് എന്ന് പറയാൻ വരും.

എന്നാൽ നാരായണഗുരു പറയുന്നു, അജ്ഞാനികളുടെ കണ്ണിലാണ് 'ഞാൻ വേറെ, നീ വേറെ എന്ന് തോന്നുന്നത്, അപ്പോൾ 'എൻറെ പ്രിയവും', നിൻറെ, പ്രിയവും വെവ്വേറെ ആയിരിക്കും. അജ്ഞാനത്തിൻറെ ഇരുട്ടകണ്ണ്, എല്ലാവരിലുമിരിക്കുന്ന 'ഞാൻ' ഒന്നു മാത്രമാണ് എന്നു കണ്ടെത്തിക്കഴിയു മ്പോൾ അറിവ് നിരൂപാധികമായി. ഇതാണ് നിരൂപാധികമായി സദാചാരത്തിനടിസ്ഥാനം.

ഈ നിരൂപാധികസദാചാരമാണ് നാരായണഗുരു നമ്മെ പഠിപ്പിച്ചത്. നമുക്ക് അറിവുകൊണ്ടെത്തിച്ചേരാവുന്ന ഒരു ഏകാത്മഭാവമുണ്ട്. അത് അമ്മയുടെയും കുഞ്ഞിന്റെയും ഏകാത്മഭാവം പോലെ രക്തബന്ധത്തിൽ ഒതുങ്ങി നിൽക്കുന്നതല്ല. ആ ഏകാത്മഭാവത്തിൻറെ വ്യാപ്തിയിൽപ്പെടാത്തതായി ഒന്നുമില്ല. ഓരോ ജീവിയും വേറെ വേറെയായിരുന്നുകൊണ്ട് 'ഞാൻ', 'ഞാൻ' എന്നു പറയുമ്പോൾ, എല്ലാവരിലും ഇരിക്കുന്ന പൊതുവായ 'ഞാൻ' ഒന്നു തന്നെയാണെന്നു കാണാം. അതിൻറെ സ്വരൂപം, ത്രീഗുണങ്ങൾ (ത്രിലോകങ്ങൾ, ത്രിപുടി, എന്നിവയ്ക്കെല്ലാം അപ്പുറത്തുള്ള ആദിമസത്തയാണെന്നും മനസ്സിലാക്കും. ഓരോരുത്തരിലുമുള്ള 'ഞാൻ' എന്നതിനെ ഒറ്റയ്ക്കടുത്ത്

പരിശോധിച്ച് നോക്കിയാലും ഞാൻ എന്നതിനെ മറ്റുള്ളവയിൽ നിന്നും വേർതിരിച്ചു കാണിക്കുന്നത് ഇരുട്ടിൻറെ അംശമാണെന്നും, ആ ഇരുട്ടിനെ ഒഴിവാക്കിനോക്കിയാൽ 'ഞാൻ എന്നത് ഒരു പ്രകാശസത്തയാണെന്നും കാണാം. ഈ പ്രകാശസത്ത തന്നെയാണ് ആദിമസത്ത. അതുതന്നെയാണ് ആത്മസ്വരൂപം അങ്ങനെയോക്കുമ്പോൾ ഞാൻ, അവൻ ഇവൻ എന്നോക്കെ വെമ്പുന്നപോലെ പറയുന്നതല്ലാതെ ഒരേ ആത്മസ്വരൂപത്തിൻറെ നാനാഭാവങ്ങളെന്നും വരും

അവനും, ഇവനും, മറ്റൊരാളും ഒക്കെ എൻറെ തന്നെ സ്വരൂപത്തിൻറെ നാനാഭാവങ്ങളാണെന്ന സത്യം ബോധ്യപ്പെടുമ്പോൾ എനിക്ക് എന്തോടുകൂടുന്ന സന്തോഷം എല്ലാവരോടും തോന്നും. ഞാൻ എന്നതിൽ എല്ലാറ്റിനെയും ഉൾക്കൊള്ളിച്ചുകൊണ്ട് കാണാനേ സാധിക്കുകയുള്ളൂ. അവിടെ എൻറെ സുഖത്തിനുവേണ്ടി ചെയ്യുന്ന കാര്യങ്ങൾ, മറ്റൊരുവൻറെ സുഖത്തിനുവേണ്ടി ചെയ്യുന്നവ, എന്നിങ്ങനെ എൻറെ പ്രവൃത്തികളെ വകതരിച്ചു കാണാനും സാധിക്കുകയില്ല. ഇതാണ് സദാചാരപരതയുടെ നിരപേക്ഷമാനം. ഈ നിരൂപാധികമായ സദാചാരപരതയിൽ നിന്നുകൊണ്ടാണ് യേശുക്രിസ്തുവും പറഞ്ഞത് നിന്നെപ്പോലെ നിൻറെ അയൽക്കാരനെയും സ്നേഹിക്കുവിൻ' എന്ന്, ജീവിതത്തിൽ ഇത്തരത്തിലുള്ള കാഴ്ചപ്പാടുകളുണ്ടാവേണ്ടി ലോകർ പറയും, 'അദ്ദേഹം വലിയ പരോപകാരിയാണ് എന്ന് എന്നാൽ അദ്ദേഹത്തിൻറെ ദൃഷ്ടിയിൽ പരൻ 'ഇല്ല. അതുകൊണ്ട് പരോപകാരവും ഇല്ല. ആത്മസുഖത്തിനുവേണ്ടി പ്രവർത്തിക്കുന്നുവെന്നുമാത്രം.

നാരായണഗുരു ആത്മാവിൽ അമർന്നിരുന്ന് ആത്മസുഖത്തിനായ് എല്ലാവരും ആത്മസഹോദരർ എന്ന് കണ്ടു കൊണ്ടാണ് എല്ലാ പ്രവർത്തികളിലും മുഴുകിയത്. അപ്പോളത് ജനോപകാരപ്രദമായി മാറിയെന്നത് സ്വാഭാവികം മാത്രം.

ഇവിടെയാണ് ഗുരുവിൻറെ കാര്യം നാം വേണ്ടുവോളം അനുഭവിക്കുന്നത്. എൻറെ സുഖവും താനല്ലാത്തവരുടെ സുഖവും ഒന്നായിത്തീരുന്നത് എപ്പോഴാണോ അപ്പോഴാണ് കൃപ നിരൂപാധിരമായിത്തീരുന്നത്. ഉപാധിയായി മറ്റൊന്നിനെയും ആശ്രയിക്കാതെ എപ്പോഴും സ്ഥിരമായിരിക്കുന്നത് നിരൂപാധികം. മറ്റൊന്നിനെയും

ആശ്രയിക്കാതെ എപ്പോഴും സ്ഥിരമായിരിക്കുന്നത് നിരൂപാധികം. മറ്റൊന്നിനെ ആശ്രയിച്ചുള്ള കൃപ സ്ഥിരതയുള്ളതല്ല. അത് സോപാധികമാണ്. നാരായണ ഗുരുവാകുന്ന സത്യദർശിയിൽ തത്വവും പ്രയോഗവും ഇണങ്ങിച്ചേർന്നിരിക്കുന്നത് ഇപ്രകാരമാണ്.

'ജീവകാരുണ്യപഞ്ചക'ത്തിൽ ഗുരു ചോദിക്കുന്നു. 'എല്ലാവരുമാത്മസഹോദരരെന്നല്ലേ പറയേണ്ടതിതോർക്കുകിൽ നാം കൊല്ലുന്നുമുണ്ടെന്നെ ജീവികളെ തെല്ലും കൃപയറ്റു ദുഷിക്കയതും?'

ആലോചിച്ചു നോക്കിയാൽ എല്ലാവരും ആത്മാവിൽ ഒന്നല്ലേ. ജന്തുക്കളെല്ലാം ജീവിക്കുന്നു. മനുഷ്യർ ജീവിതം നയിക്കുന്നു, മനുഷ്യരും ജന്തുക്കളും തമ്മിലുള്ള പ്രധാന വ്യത്യാസങ്ങളിലൊന്നാണിത്, മനുഷ്യർ, ജീവിതത്തെ എങ്ങോട്ട് നയിക്കണം, എങ്ങനെ നയിക്കണം എന്ന് തീരുമാനിക്കുവാൻ അവനെ സഹായിക്കുന്നത് മുഖ്യസങ്കല്പങ്ങളാണ് മുഖ്യസങ്കല്പങ്ങൾ ഉണ്ടാകുന്നത് ചിന്തയിലൂടെയാണ്. ചിന്തകൊണ്ട് നാം എത്തിച്ചേരേണ്ടത് ജീവിതത്തെ സാമ്പത്തിച്ച ആത്യന്തികമായ അറിവിലാണ്. ആ അറിവിനെ ആധികമാക്കിയുള്ള മുഖ്യസങ്കല്പങ്ങൾക്കേ ശാശ്വതത്വമുള്ളൂ. അങ്ങനെയുള്ള സത്യത്തെ കണ്ടെത്തുന്നതിനും ആ സത്യത്തെ ലോകരെ അറിയിക്കാനുമാണ് നാരായണഗുരുവെപ്പോലുള്ള സത്യദർശികൾ ശ്രമിച്ചിട്ടുള്ളത്.

വേദാന്തികൾ സിദ്ധാന്തിക്കുന്നത് ഒരൊറ്റ ആത്മസത്യം സ്വന്തം ശക്തികൊണ്ട് പലതായി രൂപം പകർന്നതാണ് സകലതും. ഒരൊറ്റ ആത്മസത്യം വ്യത്യസ്ത രൂപങ്ങൾ എന്ന തരത്തിൽ സകലരും സകലതും ആത്മസഹോദരരാണ്. അതുകൊണ്ട് ചിന്തിക്കാൻ കഴിവുള്ളവരുടെ കണ്ണിൽ സകല ജീവജാലങ്ങളും ആത്മാവിൽ സഹോദരരാണ്. ഗുരുവിൻറെ ഈ സാഹോദര്യസമാവന സത്യത്തിൽ അധിഷ്ഠിതമായതുകൊണ്ട് എക്കാലവും ഈ ആശയം മനുഷ്യജീവിതത്തെ ധന്യമാക്കിക്കൊണ്ടിരിക്കും.

* Article taken from Yoganadham Magazine

വലിയ ഒരു ചെറുകഥ

വെണ്ണണി ബിമൽരാജ്

നടന്നു നടന്നു കാലു വേദനിച്ചപ്പോഴല്ല വഴിവക്കിലെ പീടിക ചരിപ്പിൽ കയറി ഇരുന്നത് . അവിടെ ഒരു ബെഞ്ച് കിടപ്പുണ്ടായിരുന്നു. ഒടിഞ്ഞ ഒരു കാല് മൂന്നു ഇഷ്ടികകൾക്കു പുറത്തു കയറ്റി വെച്ചിരിക്കുന്നത്.

ബെഞ്ചിൽ ഇരുന്നു കൈയിലെ ക്രൈം വലതു വശത്തേക്ക് വെച്ചു.

കടക്കാൻ കടയുടെ തട്ടിലെ ഒരു വശത്ത് ചരിഞ്ഞു കയറി തട്ട് ചാരി ചേർന്നിരിക്കുന്നു. മടിയിൽ ഒരു ബീഡി മൂറം. തെറുത്ത ബീഡികൾ ഒരു മൂലയിൽ കുട്ടിയിട്ടിരിക്കുന്നു. അയാൾ ചരിഞ്ഞു നോക്കി. മിണ്ടിയില്ല.

തോളിലെ സഞ്ചി മടിയിൽ എടുത്തു വെച്ച് മെല്ലെ അതിൽ നിന്ന് ഒരു പ്ലാസ്റ്റിക് കവർ എടുത്തു. അതിലെ ഒരു പേപ്പർ പൊതിയിൽ നിന്ന് അമ്പതു പൈസ എടുത്ത് കൈയിൽ പിടിച്ചു.

'ഇതിന് ബീഡി '

കടക്കാൻ ഒന്ന് കുടി ചരിഞ്ഞു നോക്കി

മെല്ലെ അവിടെ നിന്നിറങ്ങി. കൈലി ഒന്ന് മുറുക്കി. തോളിലെ തോർത്ത് ഒന്ന് എടുത്തിട്ട് ഇട്ടു. മൂന്നിൽ വന്നു കൈ നീട്ടി.

അയാൾ ആ പൈസ ആ കൈയിൽ വെച്ച് കൊടുത്തു.

അതിൽ ഒന്ന് നോക്കിയിട്ട് കടക്കാൻ പോയി മൂന്നു ബീഡികൾ എടുത്തു കൊടുത്തു, കൂടെ ആ പൈസ തുടും. ' ഇത് ഇരുനോട്ടെ '.

അയാൾ ഒന്നും പറഞ്ഞില്ല

കടക്കാൻ പോയി മൂറുവശത്തെ തട്ടിൽ ഇരുന്ന കളത്തിൽ നിന്ന് ഒരു ഗ്ലാസിൽ വെള്ളം എടുത്ത് അയാൾക്ക് കൊടുത്തു.

'കുടിച്ചോളൂ'...

അയാൾ ഒന്നും പറയാതെ അത് വാങ്ങി പകുതി കുടിച്ചു എനിട് ഗ്ലാസ് അവിടെ വെച്ചു.

കൈയിലെ ബീഡിയിൽ ഒന്നെടുത്തു ചുണ്ടിൽ വെച്ച് , ചെറുതായി കത്തുന്ന ബീഡി റാന്തലിൽ, വെട്ടി വെച്ചിരുന്നു സിഗാർ കുടിന്റെ കഷ്ണം കത്തിച്ച് ബീഡി കൊളുത്തി .പിന്നെ മെല്ലെ തിരികെ ഇരുന്നു. പിന്നെ ചുറ്റും നോക്കി.

താഴ്ത്തി കെട്ടി കമ്പിൽ കുത്തി പൊക്കി നിർത്തിയിരിക്കുന്ന ചായ്പിനു കുറ കുലകൾ കെട്ടിത്തൂക്കിയിരിക്കുന്നു. ആവശ്യത്തിൽ അധികം പഴുത്ത പാളയങ്കോടൻ കുലകൾ. കറുത്തു തുണിയ ഒരു ഏത്തക്കുല.

കടയുടെ ചായ്പ് നന്നേ താഴ്ന്നാണ്. കമ്പിൽ ഉയർത്തിയ തെറ്റിനു പിന്നിലായി കുറെ കുലകൾ തൊടി കിടക്കുന്നു.

വെള്ളം നിറച്ച കലത്തിനടുകിൽ രണ്ടു പെട്ടി കുപ്പി സോഡകൾ. തൂക്കിയിട്ട കമ്പി കൊട്ടയിൽ മങ്ങിയ മഞ്ഞയുള്ള നാരങ്ങാകൾ.

പഴു മിറഞ്ഞ ഓലപ്പുരയുടെ മണം. മുകളിലേക്ക് നോക്കുമ്പോൾ കടക്കാൻ ചോദിച്ചു

'ഈ വഴി ആദ്യം വരികയാണോ ? കണ്ടിട്ടില്ല ഇതിനു മുൻപ് '

അയാൾ വീണ്ടും കൈലി മുറുക്കി ഉടുത്തു.

അയാൾ ഒന്നും മിണ്ടിയില്ല

'നന്നായി ഷീണിച്ചിരിക്കുന്നല്ലോ '

'നടന്നാണ് വരവ്, വണ്ടി കയറി ശീലം ഇല്ല '

'ഇപ്പോ എവിടുന്ന വരവ് '

അതിന് അയാൾ ഉത്തരം ഒന്നും പറഞ്ഞില്ല.

പുറത്തേക്ക് നോക്കിയാ കടയിരിക്കുന്ന പറമ്പിൽ തന്നെ അമ്പലം കാണാം. ചെറിയ ഒരമ്പലം. അവിടെ നിന്നാരോ രാമായണം വായിക്കുന്നു. അതിന്റെ പുറത്തു നിൽക്കുന്ന നന്യാർവട്ടപുക്കളുടെ മണം കാറ്റിനും ഉണ്ട്. ഒപ്പം ചന്ദനത്തിരിയുടെയും കർപ്പൂരത്തിന്റെയും.

കടയുടെ മുന്നിൽ ഓടിട്ട പഴയ കരയോഗ കെട്ടിടം അതിനു മുന്നിൽ ചായക്കട

നോട്ടം ആ കടക്കു നേരെ ആയതു കൊണ്ടാവും കടക്കാരൻ ചോദിച്ചു

'വിശക്കുന്നുണ്ടോ, ഒരു ഏത്തപ്പഴം എടുത്തു തരട്ടെ '

വേണ്ട എന്ന് പറഞ്ഞു , ഇല്ല വിശപ്പില്ല'

"ഇവിടെ അമ്പലത്തിൽ എന്നാ ഉത്സവം ?"

'മീനത്തിലെ കാർത്തിക '

'ദേവി ആണല്ലേ '

'അതെ '

കൊച്ചപ്പു ചേട്ടന് അയാളുടെ കണ്ണുകളിൽ ഒരു ദീപം കാണാൻ കഴിയുന്നപോലെ തോന്നി. എന്തോ ഒന്ന്. അത് എന്താണ് എന്നയാൾക്ക് മനസ്സിലായില്ല. ഒരു കടക്കാരന് കടയിൽ വരുന്ന ആളിനോട് തോന്നുന്ന ഒന്നേ ആദ്യ ഉണ്ടായുള്ളൂ പിന്നെ അങ്ങനെയല്ലാതെ ആയി.

'എനിക്ക് ഈ അമ്പലകുളത്തിൽ ഒന്ന് കുളിച്ചാൽ കൊള്ളാം ഈ തുണി ഒന്ന് മാറണം '

'വേറെ ഉണ്ടോ ?

'ഇല്ലേൽ ഇതാ എടുത്തോളൂ '

കൊച്ചപ്പു ചേട്ടൻ കടയുടെ ഉള്ളിൽ കെട്ടിയ ഒരു കയറിൽ നിന്ന് ഒരു കൈലി വലിച്ചെടുത്തു.. അതിനു പിന്നിൽ ഒരു നിക്കറും ഉടുപ്പും ഇട്ട സ്കൂൾ കുട്ടിയുടെ ഫോട്ടോ, ആരാണ് എന്ന് ചോദിച്ചില്ല '

'വേണ്ട എന്റെ പക്കൽ ഒരു ജുബ്യയും മുണ്ടും ഉണ്ട് '

ബെഞ്ചിൽ തോൾ സഞ്ചി വെച്ച് അതിലെ ഒരു പൊതി എടുത്തു അയാൾ ക്രെച്ചുസ്സിൽ കുളക്കടവിലേക്ക് നടന്നു പോയി '

കൈലി തിരികെ അയയിൽ ഇടുമ്പോൾ കൊച്ചപ്പു ചേട്ടൻ ആ ഫോട്ടോയിലേക്ക് കുറെ നേരം നോക്കി നിന്നു '

കടയിൽ ആരൊക്കെയോ വന്നു പോയി

ആരുമ്പു പള്ളിയിൽ സുബഹി ബാങ്ക് വിളി കേട്ടു.

തീർത്ത ബീഡികൾ മൂറത്തിൽ നിന്നെടുത്ത് ബീഡി പെട്ടിയിൽ ഇട്ടു. അപ്പോഴേക്കും വീട്ടിൽ നിന്നും അടുക്കുപാത്രത്തിൽ ചോറ് കൊണ്ട് വന്നിട്ട് അപ്പുറത്തെ പയ്യൻ പോയി .

സൈക്കിളിൽ ഇടച്ചവിട്ട് ചവിട്ടു വന്ന അവനെ എന്തൊക്കെയോ പറഞ്ഞെങ്കിലും ചരിച്ചിട്ടു സൈക്കിൾ എടുത്ത് അവൻ അങ്ങനെ തന്നെ ചവിട്ടി തിരികെ പോയി.

പാത്രം കടയുടെ ഉള്ളിൽ വെച്ച് അയാൾ തിരിയുമ്പോഴേക്കും, കുളി കഴിഞ്ഞു ആളെത്തി.

'ചേട്ടാ ഇനി ഞാൻ ഇറങ്ങട്ടെ '

'കുളി കഴിഞ്ഞോ, ജുമ്പയും മാറിയല്ലോ '

'അതെ കുളത്തിൽ കുളിക്കണം എന്നൊരു മോഹം തോന്നി അതാ '...

'എനിക്ക് ചോറുണ്ണാൻ നേരമായി, വിരോധമില്ലെന്ന് ഞാൻ രണ്ടു ഇല വെട്ടി വരാം '

'അയ്യോ അതൊന്നും വേണ്ട ചേട്ടാ '

'എനിക്ക് വിരോധമില്ല, അതുമല്ല ചോറപ്പോഴും കൂടുതലും കാണും, ഇരിക്കൂ, എന്ന് എന്നിക്കൊരു അധിതി ഉണ്ടെന്നു കരുതിക്കോളാം '

പീടികത്തറയിൽ ഒരു പേപ്പർ വിരിച്ചു അയാൾ രണ്ടു ഗ്ലാസ് വെള്ളവും ചെമ്പിന്റെ ടിഫിൻ കാരിയാരും എടുത്തു വെച്ചു.

തറയിൽ ഇരിക്കുമ്പോൾ അയാളെ കടയ്ക്കുള്ളിൽ ഫോട്ടോ ഒളിഞ്ഞു നോക്കി.

കൊച്ചപ്പു ചേട്ടൻ ചോറിടുമ്പോൾ അയാൾ ചോദിച്ചു ആ ഫോട്ടോ മകനാണോ, ഇപ്പോ എവിടെയാണ് ?

കുറേനേരം അയാൾ ഒന്നും മിണ്ടിയില്ല

'മകനാണ് ഇപ്പോ എവിടെ എന്നറിയില്ല, ഒരു വിഷുവിനു ശാർങ്ക്കാവിലെ ഉത്സവത്തിന് അവനെ കൈവിട്ടു പോയി, ആ വിഷമത്തിൽ അവന്റെ അമ്മയും എന്നെ തനിച്ചാക്കി പോയി'

പുറത്തു പൊടിപറത്തി ഒരു പഴയ ആനവണ്ടി വന്നു നിന്നു.

'രണ്ടിന്റെ വണ്ടിയാണ് അയാൾ പറഞ്ഞു. ഇനി രണ്ടരക്ക് ഒന്ന് വടക്കോട്ടു വരും, അതിൽ പള്ളികവലിൽ ഇറങ്ങിക്കോളൂ , നടക്കേണ്ട '

അപ്പോഴേക്കും കുറെ കഥകൾ തമ്മിൽ പറഞ്ഞു തീർന്നുരുന്നു.

അനാഥനായ ഒരുവന്റെ കഥ,ഒത്തിരി ഓർമ്മകളും കൈ കാലുകളും ഒടിഞ്ഞ അപകടം ഉൾപ്പെടെ എല്ലാം.

പഴയ ഓർമ്മകൾ ഒന്നും ബാക്കി വെക്കാതെ മരണത്തിൽ നിന്ന് കഷ്ടിച്ച് തിരികെ വന്ന വലിയ ചെറിയ കഥ വരെ

'ഒത്തിരി നാലിന് ശേഷമാണ് ഞാൻ ഒരു മനുഷ്യനായ പോലെ തോന്നിയത് , ഇങ്ങനെ ഒന്നും ആരും ഇതുവരെ എനോട് ചെയ്തിട്ടില്ല '

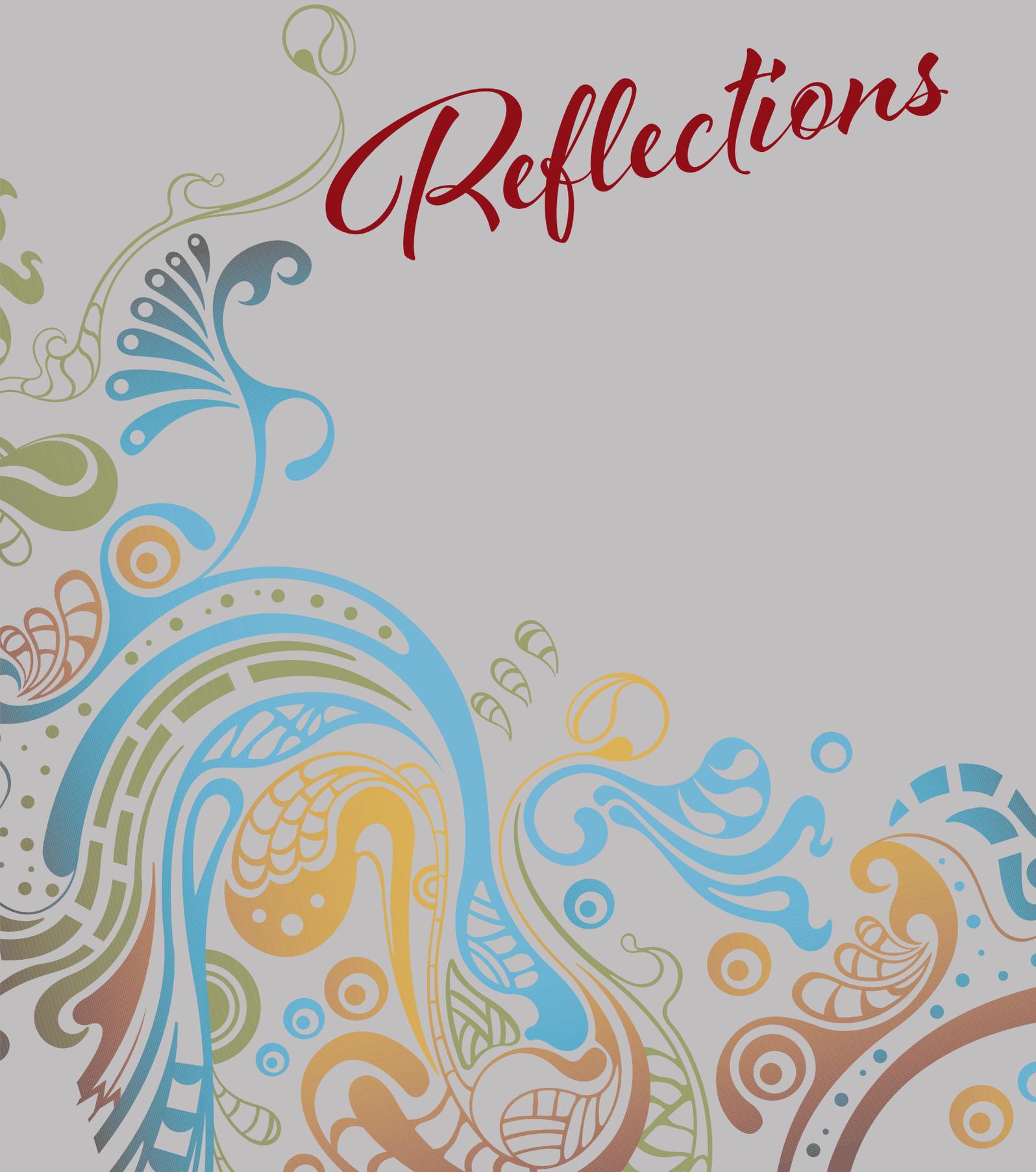
അയാൾ ഒരു ബീഡി എടുത്തു കത്തിച്ചു. കൊച്ചപ്പു ചേട്ടൻ ഇരുന്ന പേപ്പർ എടുത്തു മാറ്റി അവിടം ചുലു കൊണ്ടു തുത്തു.

പിന്നെ കൈലി മുണ്ട് ഒന്നുടെ അഴിച്ചു മുറുക്കി. അപ്പോൾ മടി കുത്തിൽ നിന്നു വീണ മൂന്നു ഒരു രൂപ നോട്ടുകൾ അയാളുടെ കയ്യിൽ വെച്ച് കൊടുത്തു.

അയാൾ ഒന്നും പറയാതെ അത് വാങ്ങി. തിരികെ എന്തോ പറയണം എന്നപോലെ രണ്ടാൾക്കും തോന്നി.

രണ്ടരക്ക് ഉള്ള വണ്ടിയിൽ അയാളെ കയറ്റി, വണ്ടി വിടുമ്പോൾ , കടയ്ക്കുള്ളിൽ ഫോട്ടോ വെറുതെ കടയ്ക്കൊപ്പം ചെറുതായി കുലുങ്ങി..

Reflections



A Guru for All times

Around the time Sree Narayana Guru launched his socio-economic-religious reform movement in India's southern state of Kerala, there was a parallel resistance movement in the neighbouring region of Tamil Nadu where radical leader E.V. Ramaswamy Naicker organised people against caste and its oppressive framework.

Unlike the Naicker "line", Guru's transformative work was a continuum in the tradition of religious reformers who started spreading the message of unity and the fraternity of mankind, overriding the deeply-entrenched caste consciousness which has been the defining feature of Indian society over the ages.

The most critical difference in the Guru's approach, was its balance of the religious, ethical, social and economic content, founded on a principle of universal brotherhood and compassion for everyone. At the time he formulated his solution and even now, it remains distinctively original, intrinsically constructive and innately humane. The Guru's compass of thinking was far ahead of his time.

If the social fabric of Kerala stands out as an example of a durable compact of people belonging to different castes, communities and religions holding together as a unique laboratory of cohesive diversity, the credit in a large measure should go to the "Light of Sivagiri". Guru's teachings have a contemporary significance in the multi-religious, multi-cultural and multi-linguistic world that we live in now. Guru realised that for a change of heart to be permanent it has to be based on a vision of love and brotherhood. It cannot be sustained on negativity and hatred.

Guru's relevance is for all times and all climes. This is because his

approach was constructive, spiritual and inclusive. That's why, Guru's philosophy continues to inspire people even today. In his authentic biography of the Guru, noted scholar Prof M.K. Sanoo writes: "This is how ideas work. They transmit from heart to heart. Speeches and exhortations are but catalysts". Guru believed that people have to undergo a change of heart on their own, based on inner convictions and the realisation that all humans are equal intrinsically.

This, I believe, is a continuation of the reformatory work attempted by others over the years in India. Guru stood out because he chose the line of least resistance and genuinely felt that inner change should be the basis for this progression.

Of late, there have been attempts to portray the Guru as someone who was not in this unbroken tradition of our saints. To my mind, this is patently wrong and perceptibly mischievous. The Guru was one of the most important links in the long line of our sages and seers who responded in their own way to the issues of their times.

Sometimes, in India's history, this required the coldness of logic and the sharpness of intellect which Adi Sankara brought in. At other times it called for the highlighting of the humaneness of spirit, catholicity of outlook, the universality of mankind and the common bases of love for all, which saints like the Guru expounded.

But, there is a unitary thread which flows through all the great saints of India whether it was Nanak, the Buddha, Vardhamana Mahaveera, Adi Sankara, Ramanujacharya or Sree Narayana Guru. The wellsprings of their thinking and philosophy lies within the folds of what we have come to perceive as Hindu/Bharathiya culture, not outside of it.

Any attempt to demarcate the Guru's legacy as outside of this holistic Bharathiya culture and tradition does not correspond to the basic religious-spiritual transformation that he aimed at.

I have no better authority than the Nobel-prize winning great French writer and thinker Romain Rolland who said of the Guru: "His teachings, permeated with the philosophy of Sankara, shows evidence of a striking difference of temperament compared with the mysticism of Bengal... He was, one might say, a Jnanin of action, a grand religious intellectual, who had a keen living sense of the people and of social necessities. He has contributed greatly to the elevation of the oppressed classes in south India, and his work has been associated at certain times with that of Gandhi."

The Guru, it can be said, refined the non-dualistic principle of Adi Sankara into a contemporary mode, through emphasis on development of the self with education, egalitarianism and coexistence of humanity. Essentially, the Guru's way out of social degeneration and the oppressive structure of castes was from "within" the basic structure of what we understand as Hinduism.

The Guru sought to bring about a revolution through transformation of thought, not through violent, negative or hateful means. As the world looks for answers of human integration which only can sustain peace, prosperity and indeed our collective coexistence, the Guru's philosophy offers hope. There is an urgent and indubitable need to spread his thinking to wider audiences.

A view point by S. Adikesavan

ഭാവങ്ങൾ രൂപങ്ങൾ

എം കെ ഭാസി

അത്ഭുത വിഗ്രഹ
രൂപമേ! നിന്ദിത-
ത്തുമിളൊതുങ്ങാത്ത
ഭാവവും രൂപവും
തേടിയെത്തു
നടക്കുന്നിരുന്നത-
രാത്മരാഹങ്ങളി-
ന്നിമണൽക്കാട്ടിലും.

ആളിപ്പടരുമാ-
വേശമേ! നിന്നെയി-
ന്നാരായനാ മുനി-
ക്കുള്ളിലടയ്ക്കുവാൻ
പഞ്ചലോഹത്തി-
ലുരുകി മേടിച്ചു ഞാൻ
നിന്നെ വിറ്റുണ്ണുന്ന
വാണിഭച്ചന്തയിൽ.

ഇന്നലെ നിന്നെ-
ക്കുരിശിൽ തറച്ചു ഞാൻ
എത്തിനോ കല്ലെറി-
ഞ്ഞോടിച്ചു നിന്നെ ഞാൻ.
ഗംഗാജലം തളി-
ച്ചിന്നിതാ പിന്നെയും
നിൻ വഴിത്താരയിൽ
പുക്കൾ വിരിച്ചു ഞാൻ.

പുജാമലരുക-
ളല്ല, നീയിന്നലെ-
യാത്മവൃത്തിൽ
സുഗന്ധങ്ങളാലെന്റെ
പാതകൾ നീളെ
വിതറിയ മുഗ്ദ്ധമാം
മോഹങ്ങളല്ലോ
കിടക്കുന്നു മൂന്നിലായ്
ചുറ്റിലും പൊട്ടി-
ത്തകർന്നു ചിതറിയ
കൃഷ്ണശിലാവണ്ഡ -
വിഗ്രഹച്ചോട്ടിലായ്.

ആരെക്കുറിച്ചിനി-
പ്പാടണം? ഇന്നലെ-
പ്പുജിച്ചു ഞാനാദ-
രിച്ചതാം ബിംബങ്ങൾ-
ളീവഴിവക്കിൽ

ആരെക്കുറിച്ചിനി-
പ്പാടണം? ഇന്നലെ-
പ്പുജിച്ചു ഞാനാദ-
രിച്ചതാം ബിംബങ്ങൾ-
ളീവഴിവക്കിൽ
തകർന്നു കിടക്കുമീ
രാത്രിയിൽ, നിശ്ശബ്ദ-
നായി വന്നിത്തിരി
നേരമീ വെണ്ണണൽ-
തട്ടിലിരുന്നൊരു
മാത്ര മയാങ്ങി-
കിടക്കുവാനാശിച്ചു
പോന്നതാം രാത്രിയി-
ലാരെക്കുറിച്ചിനി
പ്പാടണം പിന്നെയും?

ഇന്നലെപ്പുജാ-
മണികൾ മുഴക്കിയ
മന്ദ്രധ്വനികളിൽ
കണ്ണടച്ചീവഴി
നിന്നവരാരു-
മറിഞ്ഞില്ല നീയെന്നു-
മിന്നുമിന്നുള്ളിന്റെ-
യുള്ളിലൊരാവേശ-
മല്ലോ, സിരകളി-
ലാളിപ്പടരുമൊ-
രാവേശമല്ലോ
യുഗാന്തര സീമകൾ
കൈ വിട്ടു വന്ന
പ്രഭാത നക്ഷത്രമേ!

കൽപ്പടികൾ
കരിന്തിരി കത്തുന്ന
നെയ്തിളക്കല്ലോ-
മെരിഞ്ഞു തീരുമ്പൊഴും
രൂപ്പാദ സന്നിധി-
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നിശീമമദ്ധ്യങ്ങളിൽ
ലോകമുറങ്ങി-
കഴിഞ്ഞ യാമങ്ങളിൽ
എന്നത്തരാത്മാനു-
ഭൂതികൾ മീട്ടി ഞാൻ
നിന്നപരാ-
ഗാനങ്ങൾ പാടട്ടെയോ?

ഗുരുദേവ വചനങ്ങൾ

ഒരു ജാതി ഒരു മതം ഒരു ദൈവം മനുഷ്യൻ
മതമേതായാലും മനുഷ്യൻ നന്നായാൽ മതി
ജാതി ചോദിക്കരുത്, പറയരുത്, വിചാരിക്കരുത്.

വിദ്യകൊണ്ട് സ്വതന്ത്രരാവുക
അവനവൻ ആത്മ സുഹൃത്തിനാചരിക്കുന്നവ അപരൻ
സുഖത്തിനായി വരേണം

മടിയന്മാരായിരുന്ന് ഉപജീവിക്കുന്നത്
സമുദായ നീതിക്ക് വിരുദ്ധമാണ്

മതമെന്നാൽ അഭിപ്രായം, അതേതായാലും
മനുഷ്യൻ ഒരുമിച്ചു കഴിഞ്ഞുകൂടാം.

മദ്യം വിഷമാണ്; അതുണ്ടാക്കരുത്, കൊടുക്കരുത്,
കുടിക്കരുത്.

Highlights





Chathayam 2018





National Day



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Narayana Guru





Deepavali Celebrations





Volunteers' & Donors' Appreciation Day





Pongal Celebrations





SNM Ladies Wing Activities





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Golden Medallion Oil



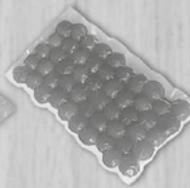
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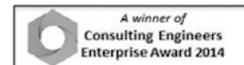
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- Ministry of Health
- Ministry of Social and Family Development
- Ministry of Education
- Agency for Integrated Care
- National Council of Social Service
- Educational institutions
- Grassroots advisors and leaders of Nee Soon, Sembawang and Jalan Besar GRCs
- Community partners, members and volunteers, who have helped the Mission to carry out its work.

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Madam Usha Kesavan & Family
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Mr & Mrs Thilakan Kesavan & Family
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