



SREE NARAYANA MISSION (SINGAPORE)

Established in 1948

12 YISHUN AVENUE 5, SINGAPORE 768992



PRESS RELEASE

EMBARGOED UNTIL 15 SEPTEMBER 2019, 3PM

SREE NARAYANA MISSION (SINGAPORE) OPENS NEW REHABILITATION ROOM AT CHATHAYAM CELEBRATIONS ON SUNDAY, 15 SEPTEMBER 2019

KEY HIGHLIGHTS

- DEPUTY PRIME MINISTER (DPM) AND MINISTER FOR FINANCE HENG SWEE KEAT TO GRACE AS GUEST-OF-HONOUR
- DPM TO LAUNCH SNM'S NEW REHABILITATION ROOM
- SNM RESIDENTS TO SHARE ON THE BENEFITS OF HUR REHABILITATION EQUIPMENT WITH DPM

1 The Sree Narayana Mission (Singapore) [SNM] will be celebrating Chathayam on Sunday, 15 September 2019 at its premises to commemorate the 165th birth anniversary of Sree Narayana Guru; a spiritual philosopher from Kerala, India. Please refer to **Annex A** for more information on SNM.

2 Deputy Prime Minister and Minister for Finance Heng Swee Keat is the Guest-of-Honour for the event.

3 As part of the celebrations, DPM will officially open the 'Sree Narayana Mission (Singapore) Rehabilitation Room', which will feature seven new equipment specially designed for eldercare by the Helsinki University Research (HUR) from Finland. Please refer to **Annex B** for the list of equipment.

4 SNM residents will also share on how the rehabilitation programme had benefitted them.

5 The celebrations will also include a welcome dance, which is specially put together by SNM residents, volunteers and staff, a presentation of education awards to tertiary institutions and cultural performances to mark the celebrations. The programme is attached in **Annex C**.

6 Your journalists and photographers are cordially invited to Sree Narayana Mission (Singapore) on **Sunday, 15 September 2019 at 11.00 am** to cover the celebrations.

7 Please **RSVP** your interest by **Thursday, 12 September 2019**.

POINT OF CONTACT

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ANNEX A

About Sree Narayana Mission (Singapore)

In keeping with Sree Narayana Guru's teachings, SNM provides a wide range of social service programmes for the less-privileged regardless of race or religion.

SNM operates a 224-bed nursing home, Sree Narayana Mission Nursing Home and two Senior Care Centres for the elderly. One Senior Care Centre is co-located with the Nursing Home in Yishun and offers a Maintenance Day Care Programme.

The other Senior Care Centre is located at Woodlands and offers both Maintenance Day Care and Dementia Day Care Programmes.

SNM also manages Meranti Home, a 200-bed psychiatric welfare home for male destitutes.

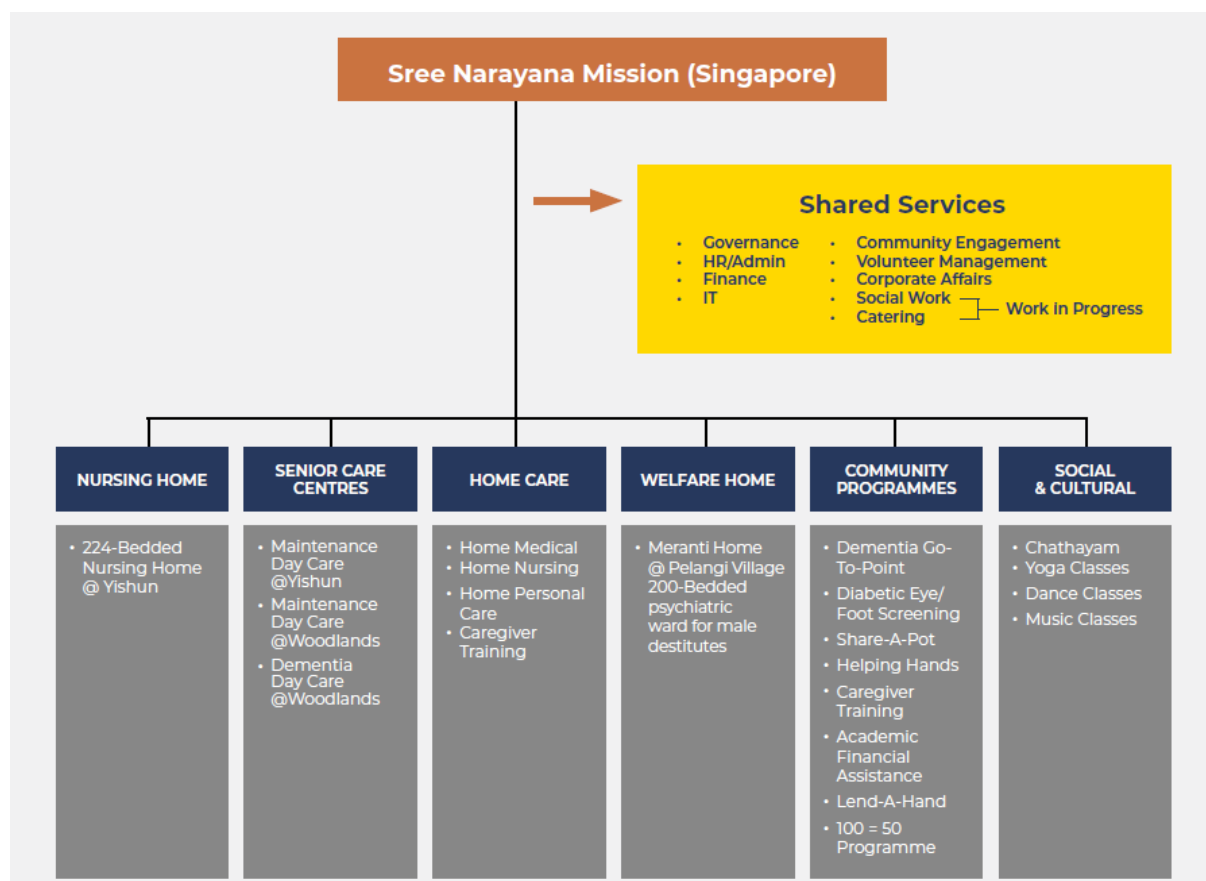
SNM also runs community programmes to cater to the needs of the less-privileged including programmes for single mothers, educational financial assistance and befriender services.

SNM is an Institution of Public Character since 1984.

SNM was one of 47 Charities who received the Charity Transparency Awards 2018, awarded by the Charity Council. The award recognises charities with good disclosure practices that the Charity Transparency Framework (CTF) recommends.

For more information, please visit www.snm.org.sg

SNM Structure



Annex B

The list of rehabilitation equipment are as follows:

Name of the Equipment	Function of Equipment
Balance Platform	Training Static & Dynamic Balance using various games
Leg Curl / Leg Extension	Strengthen Knee Flexor and Knee Extensor muscle groups.
Chest Press	Strengthen Chest and Triceps muscle.
Leg Press	Strengthen Hamstring, Quadriceps and Gluteal muscles.
Leg Abduction / Adduction	Strengthen muscles at Inner and Outer aspect of thigh
Lateral Pull	Strengthen Upper Back and Biceps muscle
Cyber Cycle	Improves Endurance and Prevent Cognitive Impairment in elderly

**Invitation to
Chathayam Celebrations
to commemorate the
165th Birth Anniversary of
Sree Narayana Guru**



Sunday, 15 September 2019

**Sree Narayana Mission (Singapore)
12 Yishun Avenue 5, Singapore 768992**

Programme Highlights

- 11.45am** Arrival of Guests
- 12.30pm** Arrival of Guest-of-Honour and Chathayam Lunch
- Official Opening of SNM Rehabilitation Room**
- Welcome Dance by SNM Residents, Volunteers & Staff**
- Address by Mr Jayadev Unnithan, SNM President**
- Presentation of Education Awards**
- Cultural Programme**
- 4.00pm** End of Programme