



Sree Narayana Mission(Singapore)

# DARSHANAM

ISSUE 01. 2017

## Artful Healing

SNM collaborated with Greenwood Primary School as part of their WHIZZ – Intergenerational Learning Programme. The school introduced ceramic art to Sree Narayana Mission Nursing Home (SNMNH) residents to enhance their mental and social well-being. 19 residents of SNMNH and 20 student facilitators participated in the ceramic art programme. The beautiful creations went on display at the Woodlands Regional Library in February 2017.



## Mother's Day Celebrations @SNM

Colourful Mother's Day celebrations were organised at SNM Nursing Home on 12 May 2017 as students from Orchid Park Secondary School Wind Orchestra performed a repertoire of songs for the residents. SNMNH residents from the weekly art program handed out handmade gifts specially prepared for their fellow female residents and members of staff who are also mothers. Celebrations ended with the cake cutting ceremony.



The Sembawang Methodist Church added to the smiles by organizing an outing and celebration for the female residents on 13 March 2017. Eight female residents were invited by Church to join Mother's Day celebration at the church premises.

The celebrations were also featured in the local news media (Vasantham News).

## Wheelchairs donated to SNM Nursing Home

Jamal Mohamed College Alumni Association (Singapore Chapter) donated five wheelchairs on 10 June 2017 as part of Iftar celebrations held at Bencoolen Street Mosque. Mr Amrin Amin, Parliamentary Secretary, Ministry of Home Affairs and Mr Murali Pillay, Member of Parliament for Jurong GRC were part of the event.



Speaking on the occasion, the college alumni association president, Dr M A Kader said that the act was in sync with the association's belief in giving back to the community, and the opportunity to serve the less fortunate. Appreciating the kind gesture, Mr Devendran, CEO, SNM (Singapore) said that SNM's partnership with Jamal Mohamed College Alumni Association (Singapore Chapter) is one of long standing and mutually beneficial.

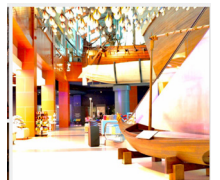
## Morning Outdoor Stroll and Exercise

A new outdoor activity called the "Morning Outdoor Stroll & Exercise" has been introduced in our Senior Care Centres (SCCs) since June 2017. Every week on Tuesday and Friday a visit is arranged to a nearby park for the SCCs clients for their morning physical exercise. The programme is aimed to add to the physical well-being of the clients and provide soothing experience in the green surroundings. Destinations like Sembawang Park and Waterfront Woodlands Park have been visited so far.



## Meranti Home Residents Outing

The residents of Meranti Home had two fun-filled trips to the SEA Aquarium on 24 February 2017 and 10 March 2017. This was the first such outing organized by Meranti Home and was participated by all. The outing was aimed at enhancing the quality of life of the residents by taking them to a place of interest and creating a platform for interaction between peers and staff.



## Fathers's Day Celebrations @SNM

SNM acknowledged contributions made by all the fathers working in the organization by celebrating Father's Day on 18 June, 2017. The day was made special by giving away goodies as a token of appreciation.

## Dialogue session for the betterment of the community



In collaboration with the Agency for Integrated Care, Sree Narayana Mission (Singapore) organised the first ever dialogue session “Mind Matters in the Indian Community” with Indian community leaders on 20 May, 2017. This is part of SNM’s ongoing community outreach efforts and achieved an overwhelming response with more than 200 attendees including community leaders and association members. We are heartened that more than 97 attendees stepped forward to indicate their commitment towards making Singapore dementia friendly through their various networks.



## International Day of Yoga celebrated at SNM (SINGAPORE)

Children to grownups, all struck the pose as Sree Narayana Mission (Singapore), played host to the third edition of International Day of Yoga, organized by the High Commission of India, Singapore, on 18 June, 2017. The event was held at SNM campus at Yishun, alongside 69 other centres across Singapore. SNM Youth Volunteers group helped in conducting the event by guiding the participants through their yoga routine. More than 190 participants consisting of both Singaporeans and expats from all walks of life took part in the yoga day. T-shirts with the IDY logo and yoga mats were distributed among all the participants.

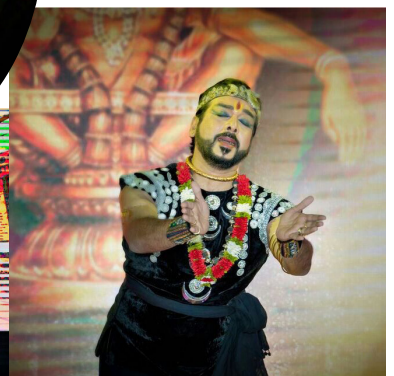


## A melodious evening at SNM

A musical event “Chinmayam” was staged at Sree Narayana Mission on 8 July, 2017. The event was organised by Nimali Creations, a Singapore based arts production company. This was the first event organised by Nimali Creations and the proceeds from the sale of tickets were donated to Sree Narayana Mission(Singapore).

The event had a dance recital by noted actor and artist from the South Indian film industry, Vineeth. Artists from the musical band “Paattu Kada” from India also performed at the event.

On the side-line of the musical evening, a sale of the book “Kerala to Singapore - Voices from the Singapore Malayalee Community” by Dr Anitha Devi Pillai was also arranged. Some of the proceeds from the sale were donated to SNM.



## To feel closer to home

The workforce at Sree Narayana Mission is a true reflection of the multicultural society of Singapore. Our staff from different nationalities are encouraged to participate in the celebrations organised by their respective embassies in Singapore, to feel closer to home.

### Republic Day, India – 26 January, 2017

The Indian Republic Day celebrations held in Singapore was attended by our Indian SNM staff members. They also interacted with the Indian High Commissioner.



### Independence Day, Sri Lanka – 4 February, 2017

SNM Sri Lankan staff, took part in their Independence Day celebrations held at the Sri Lankan Embassy on 4 February, 2017.



### Independence Day, Philippines - 12 June, 2017

SNM staff members from Philippines took part in the Philippines Independence Day celebrations held at the Philippines Embassy on 12 June, 2017.



## ITE Programme for Healthcare Staff

Our welfare home, Meranti Home@Pelangi Village is now an accredited ITE training centre.

The programme can be availed by all new healthcare staff (Nursing Aid and Healthcare Attendant) after an English proficiency test. The course is for a duration of six months for nursing aid staff with additional on the job training for the healthcare attendants. The trainees are also given the opportunity to gain hands-on and on-the-job training.

A total of six health care staff have completed the ITE training in the year 2016-17, while two more are still in the programme.

## SNM - CareGivers Training Provider

SNM (Singapore) has been awarded the Caregiver Training Grant (CTG) \_ Approved Training Provider on 1 April, 2017 by the Agency for Integrated Care (AIC). SNM will now act as the grant administrator, a resource centre and deliver the approved courses through either classroom based or home based training.

The Grant is a \$200 annual subsidy that lets caregivers attend the approved courses to help them care better for their loved ones. The subsidy is given to the caregiver of care recipient every financial year and shared in case of multiple caregivers of the same care recipient.

The courses are also eligible for application of Foreign Domestic Workers (FDW) Grant of \$120 monthly to support families in need of hiring a foreign domestic worker (FDW) to take care of a family member with moderate disability.

For more information on Home Care Services, contact Ms Cecilia at 67521785 (extension 49) or email at [cecilia@snm.org.sg](mailto:cecilia@snm.org.sg).

## IFTAR for Staff members

Sree Narayana Mission hosted Iftar for its muslim staff. The event was organised at the SNM premises on 16 June, 2017. External members from IRCC's Nee Soon Central constituency also took part in the celebrations. Iftar hosting is a part of SNM & IRCC's efforts to build mutual trust, respect, and understanding between the different racial and religious groups that run parallel with the Singaporean value of multiculturalism.

Following the prayers and sundown, the assembly enjoyed dinner with the guests.



## Launch of SNM Home Care Services

January 2017 was a joyous month for us as we launched SNM Home Care Services. It provides the elderly members of the community with medical, nursing and support services within the comfort of their own homes and convenience.

For more information on Home Care Services, contact Ms Cecilia at 67521785 (extension 49) or email at [cecilia@snm.org.sg](mailto:cecilia@snm.org.sg).

## Merit Award

It was a moment of pride for us when our nursing staff Ms Kathleen Mary Barlongo was awarded the Certificate of Merits Award for the ITE Dementia Care Course.

As a part of the ITE Dementia Care training module, each trainee is asked to identify a resident in their care with behaviour issues and develop a care plan. The trainee then develops a range of activities, and works with the resident. The aim is to improve the wellbeing of the resident using the activities to minimise or overcome a challenging behaviour.

A total of 10 nursing aids attended the first batch of training and successfully completed the certification.



## NS mark certificate for SNM (Singapore)

SNM (Singapore) is now a proud recipient of the NS Mark accreditation awarded by MINDEF to businesses and organisations that pledge their commitment and sign the Declaration of Support for National Service and Total Defence.



## Upcoming events

### Nurses Day celebration

SNM will organise a huge celebration to mark Nurse's Day on 1 August, 2017.

### In Loving Memory

SNM (Singapore) pays heartfelt tribute to our late beloved mission members.

- Mdm Geetha Premraj
- Mr R Chakarapany
- Mr Padmanabhan Mohanakumar
- Mdm Kochaiya Anandavally
- Mr V Chakarapani
- Mr K Reghunathan
- Mr R Nadesan
- Mr Balakrishna Kurup
- Mr A Suseelan

## SNM (Singapore) Flag Day 2017 is back in Action!

## SNM Representation at IRCCs

Sree Narayana Guru whose footsteps we follow had stated: "Whichever the religion it suffices if it makes a better person." In sync with this spirit, SNM engages with the community it serves through the inter-faith platform IRCCs (The Inter-Racial and Religious Confidence Circles). SNM staff are well represented at IRCCs.

SNM Vice President, Mr Chandran Nair is the member of Chong Pang IRCC.

It is a moment of pleasure and pride as Mr S Devendran, CEO, Sree Narayana Mission has been appointed the IRCC Co-Chair for Nee Soon Central for a term of two years.



**When?**  
Saturday, 5 August 2017  
9am to 1pm, 12pm to 4pm, 3pm to 7pm

**Where?**  
Island wide

**Why?**  
Your support bring smiles and make a huge difference in the lives of elderly residents of Sree Narayana Mission Home (Singapore) & SNM Senior Care Centres

**How?**  
Register at <https://goo.gl/YCnZnu>

**YOU CAN MAKE A DIFFERENCE!**

For more information, please contact:  
Ms Ravethi - [ravethi@snm.org.sg](mailto:ravethi@snm.org.sg) - 9184 6718  
Mr Vijendran - [vijendran@snm.org.sg](mailto:vijendran@snm.org.sg) - 9851 3698

We appreciate the feedback of our readers. Please email us at [sreenarayana@snm.org.sg](mailto:sreenarayana@snm.org.sg)

**Sree Narayana Mission (Singapore)**  
12 Yishun Avenue  
Singapore 768992  
[www.sreenarayanamission.org](http://www.sreenarayanamission.org)