



Sree Narayana Mission (Singapore)

DARSHANAM

ISSUE 1 - 2020

President's Message

Dear SNM Members,

Since March 2020, the SNM Executive members and staff, have made efforts to reach out to as many members as possible to enquire on your well-being and also inform you about our plan to conduct a Virtual Annual General Meeting (AGM) as Singapore battles the COVID-19 pandemic.

Members will agree that the threat of COVID-19 continues to loom large in the community and we must take all precautions to safeguard our health and the health of our loved ones.

As such, SNM has opted to host a virtual Annual General Meeting for two reasons. Firstly, for the safety of our members, and secondly, to limit the risk of importing the virus into our premises.

In response to our calls on the conduct of a Virtual AGM I am heartened by the response we have received thus far – with more than 200 members expressing their interest in attending SNM's first ever virtual AGM. The average attendance at the past 3 AGMs was around 70 members.

We plan to conduct the Virtual AGM on Sunday, **20 September 2020**. Based on the response we have received so far, there is an expected three-fold increase in attendance for the upcoming AGM.

With Guru's blessings, we will continue to provide the best service to our beneficiaries and I take this opportunity to thank one and all for your support and best wishes.

Jayadev Unnithan

President, SNM (Singapore)

SAVE THE DATE!

PRESENTING SNM'S

FIRST VIRTUAL ANNUAL GENERAL MEETING

**SUN, 20 SEP 2020
10AM**

LOOK OUT FOR MORE INFORMATION SOON!

Collective Compassion@ UNITED



SNM is heartened to be a recipient of Humanity Matters' 'Collective Compassion@SGUnited' initiative on 10 Jun aimed at spreading compassion during this challenging time. Amongst some of the items received are tablets, adult diapers and cartons of milk and biscuits. These items contributed will certainly be useful for SNM.

We are grateful to be a part of this wonderful initiative and look forward to building a closer working relationship together moving forward.

First Virtual International Day of Yoga



The first online celebration of the International Day of Yoga took place on Sunday 21 June, which coincided with Father's Day!

It was great to see everyone super engaged and following the yoga moves attentively! Even our nursing home residents participated online! We thank the Indian High Commission in Singapore for organising this event, and to Focus Malayalam for co-hosting the online Zoom session with us.

FATHER'S DAY

Our residents and staff celebrated Fathers' Day by creating "Superheroes" out of ice cream sticks! Each mini-hero came with a drawing and message! The mini-heroes were distributed to residents and staff who are also fathers.



Virtual Programmes for Seniors

The online Share-A-Pot and HAPPY sessions were well received by our seniors. They engaged in physical and cognitive exercises, aimed at improving their overall well-being. These online sessions helped alleviate the sense of boredom or social isolation seniors may face.



SNM Senior Care Centres Reopen



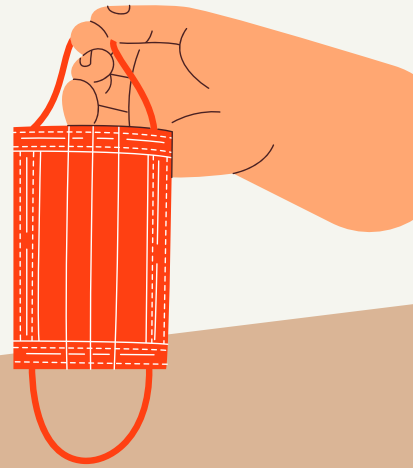
Following its closure on 7 April due to the circuit breaker, our Senior Care Centres in Yishun and Woodlands finally resumed its services and welcomed clients back on Monday, 29 June.

The necessary safety measures were put into place to prepare for our clients' return, in line with MOH and AIC guidelines to help safeguard the well-being of our clients and staff. We have implemented separate zones for clients, and demonstrated good mask management and hand hygiene practices to them. Clients also received individual activity packs and their meals were served in bento boxes.

Our clients were thrilled to see our staff again and had a wonderful time participating in the activities at the centres.



How to put on a mask?



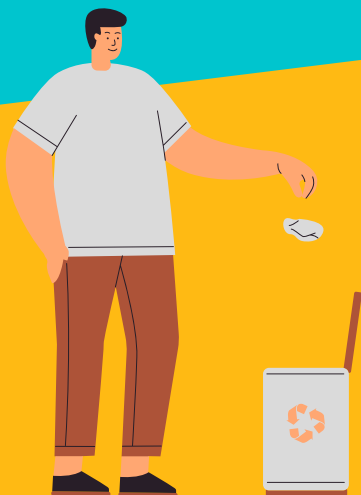
Before Putting on a Mask:

Clean hands with **alcohol-based hand rub** or **soap and water**.



While Wearing a Mask:

1. **Cover your mouth and nose.** Make sure there are no gaps between your face and the mask.
2. **Avoid touching the mask.** If you do, clean your hands with alcohol-based hand rub or soap and water.
3. Replace the mask with a new one as soon as it is damp. **Do not re-use single-use masks.**



To dispose of the mask:

1. Remove the mask from behind using the strings. **Do not touch the front of mask.**
2. Discard the mask **immediately** in a closed bin.
3. **Clean hands** with **alcohol-based hand rub** or **soap and water**.



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Information is accurate at time of print.