



Sree Narayana Mission (Singapore)

DARSHANAM

ISSUE 2 - 2020

Virtual Trishaw Rides for Residents



Our seniors were treated to a virtual trishaw ride, courtesy of Cycling Without Age (Singapore) on 14 October 2020. With COVID-19 regulations still in place at Nursing Homes, our seniors have not been able to hop on a trishaw ride around the neighbouring parks. With the help of virtual technology, our seniors were able to virtually 'visit' Bishan-Ang Mo Kio Park, Woodlands-Admiralty Park and Yishun Park. Our seniors were delighted by what they saw - monkeys, ponds and lots of greenery! The rides also come with an audio guide in four languages. With virtual technology, even our bed-bound residents had the opportunity to experience the rides!



Cycling With Stars



SNM (Singapore) was one of the beneficiaries for the President's Challenge, held on 4 October 2020. As part of a special segment, our residents embarked on an eight-kilometre journey trishaw ride piloted by Team Singapore athletes and Mediacorp artistes from St Luke's Eldercare all the way to the President's Star Charity Show at MediaCorp. President Halimah Yaacob was at Mediacorp to receive the entourage at the end of their journey. We would like to express our special thanks to Cycling Without Age Singapore and Team Singapore's youth athletes for their partnership and support.

First Virtual AGM



SNM (Singapore)'s 69th Annual General Meeting was held on 20 September 2020 and marked an important milestone for SNM. It was the first virtual AGM meeting to be conducted in SNM's 70-year history.

This successful virtual event with great participation from our members sets a good precedence for us as we move towards the digital empowerment of our community. Together, we will continue to innovate and adapt!

Our first virtual Sree Narayana Guru Jayanthi celebrations were a great success, thanks to the unwavering support of our members and well-wishers. We are excited to be making the technological shift, and will continue to ensure that our members are able to adapt and grow alongside the Mission!



The 3-day celebrations began with a pooja (special prayers) and the flag hoisting ceremony, conducted simultaneously and broadcast 'live' from four different locations: SNM Nursing Home, Meranti Home, SNM Senior Care Centre (Woodlands) and SNM Care Centre.



The second day of the celebrations included a cultural show, with stunning performances of traditional dances and songs. We received a lot of positive feedback from our members and the public.

Ms Indranee Rajah, Minister for Prime Minister's Office, delivered her address as Guest-of-Honour.

When we decided to move the Sree Narayana Guru Jayanthi 2020 celebrations online, we wanted to ensure that our senior SNM Members could participate in the event and remain connected to Mission activities. We are delighted to see our senior members successfully embracing technology to participate in the virtual celebrations.

The third day of the celebrations concluded with a discourse on Guru's teachings, led by the SNM Youth Committee. They had a spirited discussion on how the values and teachings of the Guru remain ever relevant in today's world.

SNM President, Mr Jayadev Unnithan also shared how the teachings of the Guru continue to guide the Mission in serving the community.



55TH NATIONAL DAY CELEBRATIONS @ SNM

SNM (Singapore) celebrated the nation's 55th year of independence in a scaled-down observance ceremony on 9 August 2020. We also participated in the Unity moment by singing the national anthem at 10.30 am in a show of solidarity. Our resident, retired major Ishwar Lall Singh led the moment, along with SNM President, Mr Jayadev Unnithan, SNM CEO, Mr S Devendran and Mr R Anbalakan, Senior Manager for Governance & Operations.

The Mobile Column also passed by SNM, and our residents were excited to show their appreciation to the various National Day contingents and frontline workers as the Mobile Column passed SNM. Our residents are mostly from the pioneer and merdeka generations — who faced their own challenges, and emerged from them stronger and more united, it was a timely reminder for them to look back at how far we've come. It was an evening of nostalgia and camaraderie worth remembering.

On the same note, our Care Staff, Mdm Prema Manikandan was featured in a first ever virtual National Day video. Her experience echoes the sacrifices that all frontline staff have continue to make during this challenging period. Mdm Prema had to make a tough decision to temporarily move into the Nursing Home, despite her family commitments, to ensure the safety of the residents under her care. SNM is also honoured to be the only Nursing Home to be featured in the video.





Seniors Go Digital

Held on 29 October 2020, the 'Seniors Go Digital' session was aimed at teaching seniors at our Senior Care Centres to use their smart phones. Learning these digital skills will undoubtedly have a bearing on their social and cognitive well-being.



Virtual Laughter Yoga

Our seniors at the Senior Care Centres were tickled by the Virtual Laughter Yoga session, which was held on 21 October 2020. The session has helped them release happy hormones whilst being in the comfort of their seats.

ATTENTION: Members who are based overseas are required to update their citizenship status with SNM (Singapore). Please contact Ms Leckchimi at leckchimi@snm.org.sg to update your new citizenship.

Embracing Technology for Social Interaction

We were pleased to welcome a group of enthusiastic and passionate guitarists from Volunteer Guitar Connection (VGC) to engage our residents in rhythm and songs.

This initiative was proposed by Mr Jeremy, Chairman of VGC, to help combat loneliness among our nursing and welfare home residents.

The initiative also promotes better emotional and mental well-being during this pandemic. VGC's performances saw a definite improvement in our residents' moods as they forgot themselves momentarily and sang along. The volunteers also shared heartwarming messages with them, encouraging them to remain positive. Residents were also given a chance to request for songs and our talented volunteers performed in English, Malay, Mandarin and even in Dialect.



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Information is accurate at time of print.