



Sree Narayana Mission (Singapore)

# DARSHANAM

ISSUE 3 - 2021

## SNM's COVID-19 Vaccination Exercise

On Jan 29, eligible SNM staff lined up to receive the first dose of the COVID-19 vaccination. The vaccination exercise was conducted with strict adherence to the guidelines set by the Ministry of Health and Agency of Integrated Care. Over 140 staff were vaccinated during the exercise.



SNM President, Mr Jayadev Unnithan and SNM CEO, Mr S. Devendran led the way by being the first two to be vaccinated.



In preparation for the vaccination, SNM conducted town halls with its staff and encouraged all staff to speak to their family physicians, especially for staff with underlying medical conditions. With the vaccine, we are not just protecting ourselves; we are also protecting the community.

Following the staff vaccination exercise, Sree Narayana Mission Nursing Home vaccinated its first resident for Covid-19 on 1 February 2021. Leading by example, the vaccination exercise was led by SNM's Residents' Committee and 15 residents were administered with the initial dose of the Pfizer-BioNTech Covid-19 vaccine.

"I am very thankful for the vaccination as it will protect us from Covid-19. To me, this is just like taking a normal flu jab, except that this time, it is to prevent the Covid-19 virus.", said SNM Resident, Mr L. Pragasam. Vice-chairman of SNM's Resident Committee, Mr Eric Lim said that it is important for residents to be receptive to receiving the vaccine as it reduces the risk of contracting the virus.

SNM is thankful for the support of the Ministry of Health and the Agency for Integrated Care during this pandemic.

### Strengthening SNM's Transparency and Governance Standards

**Townhall and EOGM to discuss and pass amendments to SNM's Constitution:  
Expanding the Mandate of the Trustees**

**DATE:**  
Sunday, 28th March 2021

**TIME:**  
7.30 am to 12.00 pm  
*(We are setting an earlier timing to cater to safe distancing measures. This may include rapid form of testing.)*

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

### TOWNHALL PANELLISTS:

1. Mr Chandra Mohan K. Nair
2. Mr R Raveendran
3. Mr Jayadev Unnithan
4. Mr Viswa Sadasivan
5. Mr Bhaskaran Sivasamy
6. Mr S Devendran
7. Ms Shalini Damodaran
8. Mr Shanavas Vijayan





# SNM Participates in First Virtual Community Care Day

SNM attended the first virtual Community Care Day celebration organised by the Agency of Integrated Care. The event also honoured the winners of the inaugural Friends of Community Care Awards! Food Bank Singapore and Temasek Foundation, both nominated by SNM, was amongst the winners of the award. All of the nominated organisations stepped up during the pandemic to support the vulnerable in the community - and we are thankful and humbled by their support!

Separately, Food Bank Singapore was also recognised for its contribution at The Presidents' Volunteerism and Philanthropy Awards 2020, clinching the 'Organisation of Good' award.

Congratulations to all winners and nominees of both the awards!



## So Woke Symposium

The So Woke Symposium held on 5 and 6 December 2020 presented like-minded youth the opportunity to come together to find out how to make a difference in today's society.

The symposium covered valuable sharings from our facilitators on topics ranging from mental health, environmental sustainability and media representation.

Each of our partner organisations and individuals brought with them a wealth of knowledge, and shared the various tips and resources available to the community.



# Spreading the Christmas Cheer!

The festive season often inspires us to share our joy and blessings with those less privileged. The CEO of Fokker Services Asia, Mr Franck Scherer and his staff members personally came down to the SNM Nursing Home to distribute X'mas goodie bags to our residents. This marks the third year that Fokker Services have sponsored goodie bags for our residents.

The Vice-Chairman of the Residents' Committee Mr Lim Chye Heng Eric and Committee Member Mdm Pungavanam were there to receive the team from Fokker Services, along with Management staff from SNM. As a token of our appreciation, an artwork by one of our residents was presented to Fokker Services. Thank you Fokker Services for embracing the giving spirit of Christmas and bringing joy to our seniors through your generous donation.



## Festival of Lights!

Our residents and clients had a fun Deepavali celebration. Volunteers and well-wishers from Thompson CC IAEC brought some festive joy to our residents, by donating Deepavali goodie bags with traditional sweets and new outfits! Our residents were also treated to a Kolam colouring activity on Deepavali day, which they really enjoyed! Our clients from the Senior Care Centre also tapped on their creativity to make Deepavali decorations, which were displayed at the centre. It was good to see how all of our residents participated in the celebrations, regardless of race or religion. A big thank you to our supporters for their well-wishes, generous donations and effort to bring the festive joy to our seniors!

## Christmas Celebrations in Meranti Home

Staff and residents of Meranti Home celebrated Christmas and ended the year on a great note. Along with the delicious array of food, there was a lively Bingo and Karaoke session to entertain our Meranti family. Young volunteers also entertained residents with Christmas classics and other beautiful melodies.



## Istana Selects Artwork by Meranti Resident for Deepavali!

It was a moment of glory for us when an artwork by one of our residents in Meranti Home was featured in a Deepavali card for the Istana. The painting depicted the beauty and elegance of the orchids at the Istana and the cards carried the signatures of the President of the Republic of Singapore, Mdm Halimah Yacob and her husband, Mr Mohamed Abdullah Alhabshee.



## Heritage Task Force

SNM has formed a Heritage Task Force Committee. The purpose of this committee is to conduct a heritage research on Sree Narayana Mission (Singapore) and document the stories and memories of the people who saw the growth of a community, an organisation and a country from practically nothing into something iconic.

It will record for posterity the struggle, lifestyle of a bygone era and the budding sense of nationhood as Malayalee immigrants in Sembawang came to identify with Singapore and made it their home, while Singapore was becoming a nation.

From this, we hope to map out significant events such as the founding of SNM, collection of data, photographs of key events, copies of old constitution and / or interviews of prominent SNM members.

We would be most grateful for your participation and should you wish to share any past historical records of SNM, please contact Ms. Sarojam at tel no 6955 9507 or Ms. Leckchimi at tel no 6955 9492.

## Chaaya & Chat

SNM Community Programmes department rolled out its first Online Chit Chat session for its senior beneficiaries on 18 September 2020.

The chitchat session helps provide a platform for our seniors to meet up with their friends virtually over a cup of tea and do virtual trips via zoom.

It also helps to address their social needs that have been put on hold due to Circuit Breaker, and to showcase the use of technology in daily living.

The use of online platforms like zoom and whatsapp helps seniors remain socially connected despite geographical barriers and empowers them with digital skills to handle their social life in a Covid-19 era.

Seniors are free to invite their friends, neighbours and even family members to join us for different interesting topics in every session.

Virtual tours to various cultural and tourist destinations in Singapore and around the globe are also organised. Some of these virtual tours include:

- Heritage Room at Singapore Philatelic Museum
- United Kingdom
- Taj Mahal
- Melbourne
- Petra
- Light up of festivals like Deepavali, Mid-Autumn Festival and
- Santa's Village in Finland.



**Sign up and reserve your spot today at 8689 6934 or email at [SNMCP@snm.org.sg](mailto:SNMCP@snm.org.sg)**

## Virtual Volunteering Opportunities for Seniors

**Are you looking for opportunities to serve the seniors?  
We welcome your time and talents!**



### 1. Physical Wellness

Conduct various online exercise sessions

- Zumba dance
- Gentle Yoga/Chair Yoga
- Low Impact Workout
- Baseline Fitness



### 2. Emotional Wellness

Conduct various online interest group activities

- Organise online karaoke sessions
- Tele-befriending with our Seniors via phone
- Online Art & Craft Sessions
- Curate Storytelling Sessions



### 3. Capacity Building

Use of technology to help seniors be digitally ready

- Basic communication applications and skills (WhatsApp/Video Call)
- Proficiency in managing digital applications such as:
  - Digital Polyclinic Appointment
  - Lifestyle-related application (Facebook, Zoom)
  - Photoshoot skills

**For more information on volunteering, please give us a call at 8689 6939 or email us at [volunteer@snm.org.sg](mailto:volunteer@snm.org.sg)**



Please follow us on Facebook for the latest updates and announcements.



Scan the QR code to follow our page or look us up **@SNMSINGAPORE** on Facebook.

*Information is accurate at time of print.*