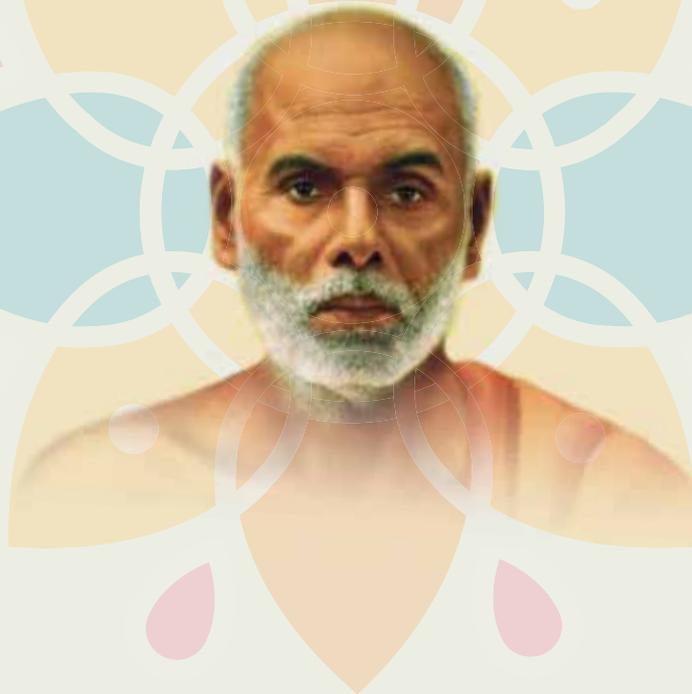




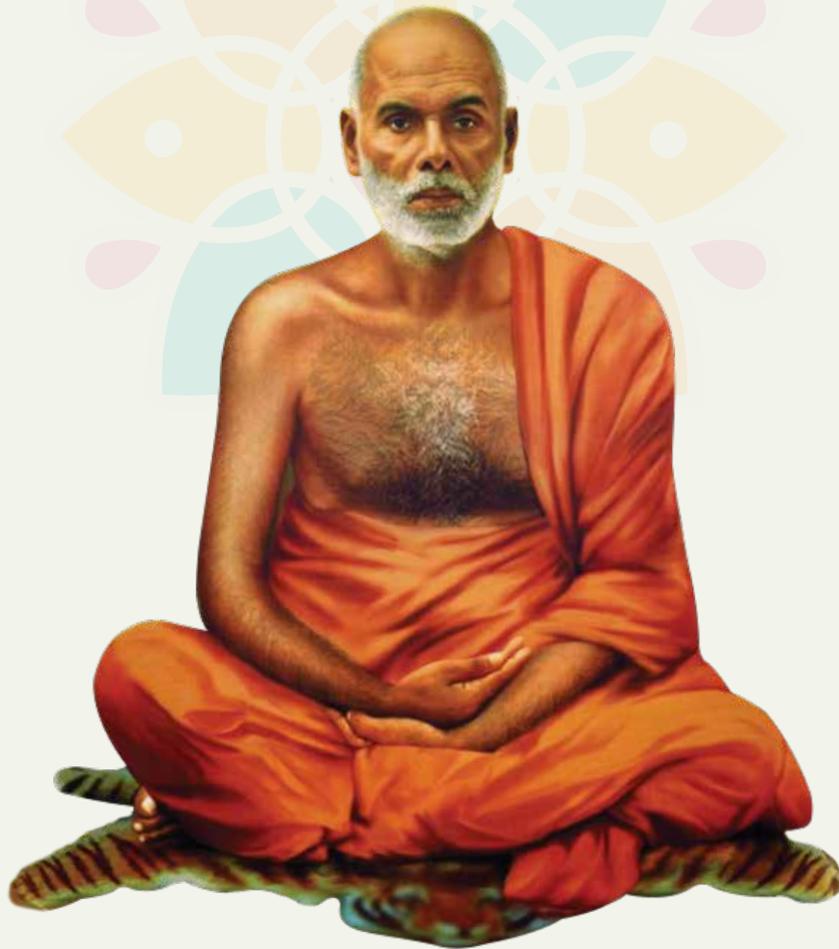
SREE NARAYANA MISSION (SINGAPORE)



# Annual Souvenir Publication 2020

Celebrating the 166<sup>th</sup> Birth Anniversary of Sree Narayana Guru

# Sree Narayana Guru (1854 - 1928)



**Devoid of dividing walls of caste  
or race or hatred of rival faith,  
we all live here in brotherhood.**

Sree Narayana Guru's philosophies on openness and inclusivity are especially relevant in a world that is becoming increasingly diverse today. Let's celebrate the following teachings that inspire us to respond to our common humanity:

- One in Kind, One in Faith, One in God, is Man.
- Whichever be the religion of a man, it suffices if it makes a better man.
- Acts that one performs for the sake of oneself, should also aim for the good of others.



## Annual Souvenir Publication 2020

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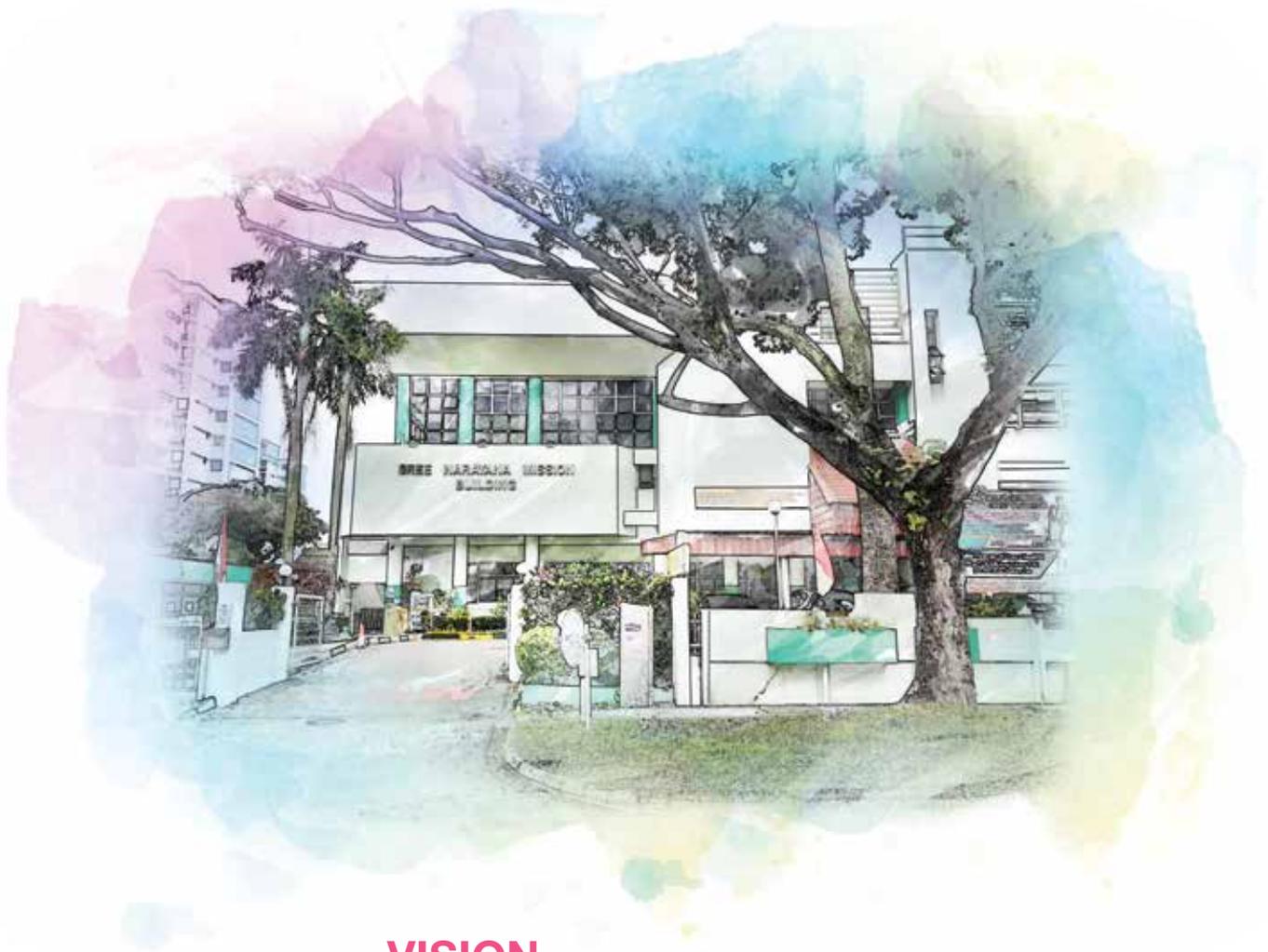
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(Singapore)

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# SREE NARAYANA MISSION (SINGAPORE)



## VISION

Keeping faith with the philosophy and teachings of Sree Narayana Guru to provide social and community services.

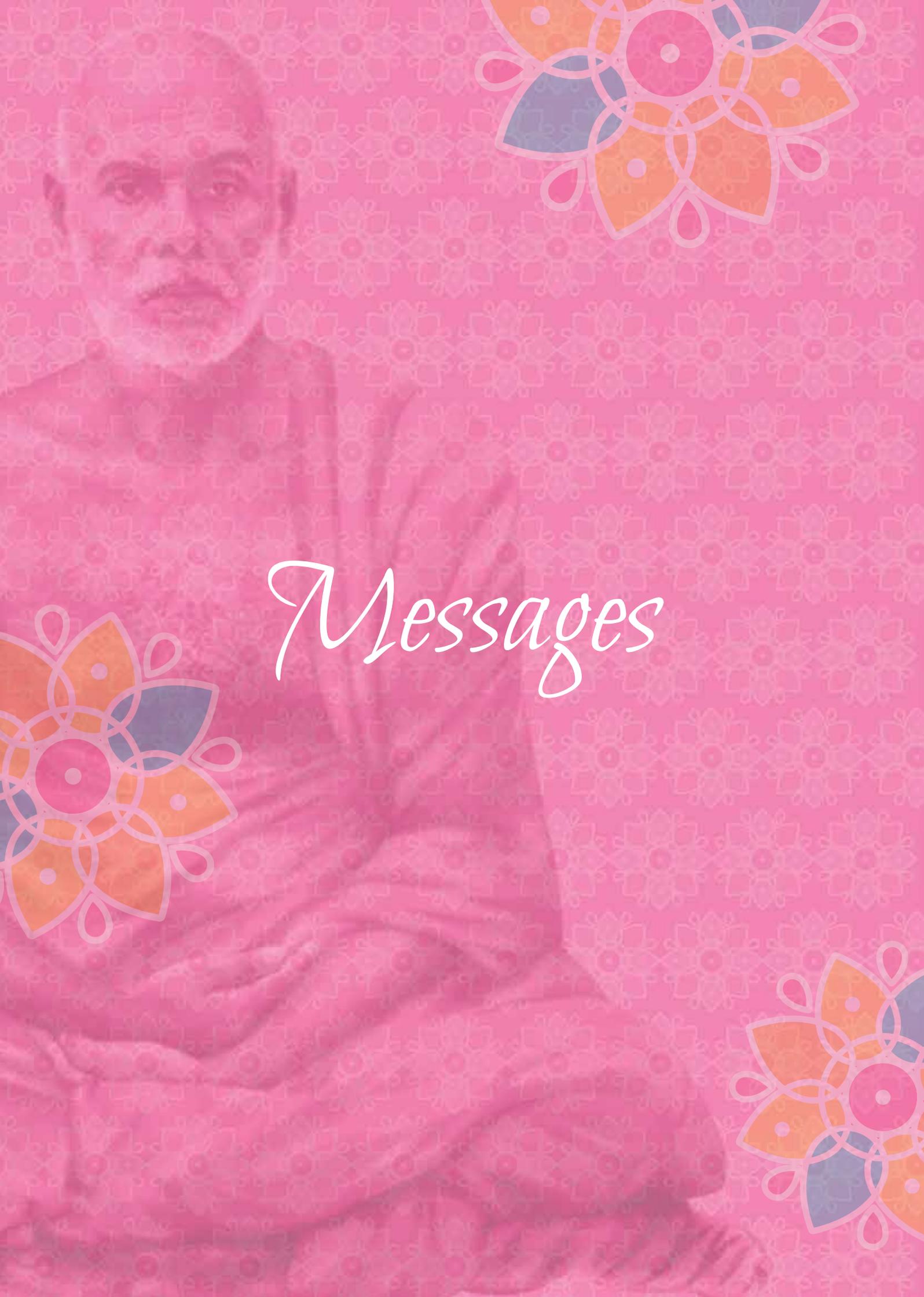
## MISSION

To serve with care and compassion, regardless of race, language or religion.

## VALUES

- Satyam (Truth)
- Daya (Compassion)
- Dharma (Righteousness)
- Shanti (Peace)

**“SNM shall empower everyone to lead dignified lives by leveraging strong relationships with our partners and the community.”**



# *Messages*



# Message



**Mr Jayadev Unnithan**

*President*

*Sree Narayana Mission (Singapore)*

Salutations to Revered Sree Narayana Guru

**D**ear Members,

We commemorate the 166th birth anniversary of Revered Sree Narayana Guru this year. In keeping with his philosophies, Sree Narayana Mission (Singapore) stands guided by his teachings to continue to serve and care for our community at large.

This year has been especially challenging for all.

The COVID-19 pandemic brought about massive challenges to individuals, societies, and the World. At SNM we continue to grapple with COVID-19 and work towards a new normal. Technology became an important aspect of how we continued to operate amidst this pandemic. We leveraged on technological platforms such as Zoom and video calls to ensure that our residents, clients and beneficiaries continue to stay active through online programmes, and stay connected with their loved ones during the Circuit Breaker period.

We are working towards embracing the right digital solutions to digitalise some of our processes and increase productivity for SNM. I applaud and appreciate the leadership shown by the Management team; the sacrifice made by all staff; and the adjustments our residents and their next-of-kin had to make in the face of these trying times. The Executive Committee will continue to provide the strategic direction for the organization. We will turn the challenges posed by the pandemic into opportunities to better serve our beneficiaries.

From these adverse times, stories of resilience and community spirit have also emerged. SNM is grateful for the strong support rendered by our community partners, donors and sponsors. One such example of support was a nationwide initiative 'Masks Sewn With Love', by Project Smile, to support vulnerable communities with hand-sewn, reusable masks. Ten beneficiaries participated in the project, sewing 500 masks in total. The initiative allowed the beneficiaries, who are also from less privileged backgrounds, earn a supplementary income while giving back to the community.

SNM also did its part to give back to the community. We received a request for provisions from Homestay Lodge, a migrant worker dormitory, and donated 4,000 packs of instant coffee and 300 packs of a herbal immunity boosting drink, which was the preferred choice of the migrant workers.

Indeed, COVID-19 has shown how important it is for us to forge community partnerships, so that we continue to progress as one Singapore.

On behalf of the Executive Committee, I would like to thank all our well-wishers who have supported us during this pandemic. Our success would also not be possible without the support of our dedicated staff, who stood by us to ensure that SNM (Singapore) remained safe during COVID-19.

Thank you for walking this journey with us. We hope to continue receiving your stellar support in our journey ahead.

On the occasion of Sree Narayana Guru Jayanthi, let us reflect on Guru's teachings. With Guru's blessings always.

# Message



**Mr Masagos Zulfikri**

*Minister for Social and Family Development*

I would like to express our heartfelt gratitude to Sree Narayana Mission (Singapore) for your good work done to help create a more inclusive and stronger Singapore, especially in the area of the rehabilitation and reintegration of destitute persons back into our community.

While this year's Guru Jayanthi's celebrations will be held virtually, it does not take away the great significance behind the celebrations. Indeed, Sree Narayana Mission (Singapore) has much to celebrate, as you have demonstrated commitment and dedication to serving vulnerable individuals with dignity and respect, and helped to improve their well-being.

We are living in extraordinary times amid the COVID-19 global pandemic. Social service agencies, including Sree Narayana Mission (Singapore) are especially integral to strengthening the fabric of our nation together by extending a helping hand to many Singaporeans who may be in need. As a valued partner of MSF, I thank you for your collaboration as we continue to work together to uplift our community. Together, we can emerge stronger.

Congratulations once again Sree Narayana Mission (Singapore), and I wish you all the best in your future endeavours.

# Message



**Mr K Shanmugam**

*Minister for Home Affairs and Minister for Law  
Member of Parliament for Nee Soon GRC*

---

**S**ree Narayana Mission has been a pillar of community service in Nee Soon, and Singapore. By providing a home to those who require shelter, and by giving hope to those in need, the Mission has always supported the underprivileged. During this challenging year, the work of the Mission is more important than ever.

I congratulate Sree Narayana Mission for being awarded the Charity Transparency Award in 2019. This is testament to the quality of leadership and governance at the Mission. As the Mission celebrates the 166th Birth Anniversary of Sree Narayana Guru this year, I wish the Mission the very best in its work to help the less fortunate.



# Message



## **Assoc Prof Muhammad Faishal Ibrahim**

*Minister of State for the Ministry of Home Affairs and  
Ministry of National Development  
Member of Parliament for Nee Soon GRC*

I'm honoured once again to pen my thoughts for the Sree Narayana Mission (SNM). Amidst the COVID-19 pandemic, many families are suffering from the loss of economic and social supports. As such, your contributions to the community through short-term and long-term care and support for elderly residents is commendable.

Social services, like the ones provided by SNM, has to adapt to the COVID-19 pandemic. With restrictions on visitation and gatherings, the SNM had taken great efforts to protect its staff, volunteers, and beneficiaries. We salute you for being at the forefront of the battle.

Many families continue to benefit from the services of SNM. As such, I would like to give my heartfelt thanks to every frontline healthcare and social service workers in SNM. I feel your passion through your service to your beneficiaries. This is also achieved with SNM's strong network of donors and partners to sustain its operations even during this global crisis.

The road ahead is difficult, but the government of Singapore will walk this path with you. We thank all of you at SNM for your continuous efforts to uplift the community and champion the rights of vulnerable members of our society. We commend your good work on this joyous occasion.

# Message



## Mr Tan Kwang Cheak

*Chief Executive Officer  
Agency for Integrated Care (AIC)*



**M**y heartiest congratulations to Sree Narayana Mission (SNM) on the 166th birth anniversary of Sree Narayana Guru.

As one of the longest serving and most recognised charitable organisations in Singapore, you have lived up to your calling to serve with care and compassion, regardless of race, religion, and language. We are thankful for your support in caring for seniors during this COVID-19 period. Many of the initiatives you have driven, from finding alternative ways to engage residents, to recognising the steadfast contributions of Community Care staff during this period, has improved the well-being of your staff, residents, and clients alike.

Beyond COVID-19, you have also been a supportive partner in developing new ways to empower seniors to live and age well. Our collaboration in 2019's adaptive sports pilot, where we worked together to modify sport games based on the seniors' abilities, is just one of our many fruitful endeavours. Over the years, SNM has been committed to bringing new programmes such as art, creative movement, cooking and even sports to seniors. Through providing meaningful and engaging activities, you have not only fostered new skills, interests and social interaction, but also sparked joy in the hearts of seniors, improving their well-being and quality of life.

On behalf of AIC, please accept our best wishes for this memorable celebration. We thank you for your remarkable contributions and look forward to working even more closely with you to support seniors in ageing well and with dignity.



# Message



**Ms Tan Li San**

*Chief Executive Officer of the  
National Council of Social Service*

---

**C**ongratulations to Sree Narayana Mission (Singapore) (SNM) on the 166th birth anniversary of Sree Narayana Guru!

SNM has always centred its work on helping the community, including youths, adults, seniors and families. Through its initiatives like the Share-A-Pot Programme and Helping Hands Project in recent years, SNM has fostered strong collaborations in the community and with key stakeholders to co-create innovative and sustainable solutions in the face of evolving needs.

Over the last few months, in the face of the COVID-19 pandemic, SNM displayed creativity and resourcefulness to continue delivering other services remotely while safeguarding the health of Home residents. As the social service sector strives to emerge stronger from the pandemic, I see great potential for SNM to take its work to greater heights in the future.

We appreciate SNM's active participation in NCSS's capability building efforts. Through NCSS's Tech Booster, SNM adopted new technology such as Sound Eye, a non-intrusive sensor that monitors sound and movement within the premises of Meranti Welfare Home and alerts staff of incidents for immediate intervention. Thank you for SNM's commitment to building organisational capability to better meet service users' needs!

Once again, on behalf of NCSS, I congratulate SNM on this joyous occasion. May you grow from strength to strength!

# Message



## Ms Bina Damodaran

*General Secretary  
Sree Narayana Mission (Singapore)*

**G**reetings to all

We celebrate 166th birth anniversary of Sree Narayana Guru, against the backdrop of a new normal, shaped by the COVID-19 pandemic. This year, Guru birthday celebrations or Guru Jayanthi, is a scaled down event. While we used to look forward to the annual Chathayam celebrations held over two days, this year, with the restrictions, this is not possible. However, we have made every effort to celebrate this occasion in a modest way, and engaging our members to participate virtually.

Not only Guru birthday celebrations, but all facets of our functions, activities and events across the different entities of Sree Narayana Mission (SNM) has been significantly impacted by COVID. SNM events and activities were suspended during the Circuit Breaker. However, with the gradual lifting of restrictions, scaled down events were allowed, mindful of the need to protect and safeguard the health of our vulnerable residents. SNM, very early on, implemented measures to ensure this and for business continuity. This meant that everyone in the SNM community spared no efforts to keep our Nursing Home and Meranti Home operating optimally without disruptions to key functions, while ensuring the well-being of our residents. All staff, especially Care staff made tremendous sacrifices to work in new ways to ensure that no one contracted the COVID-19 virus. SNM leadership continue to actively keep abreast of all developments and directives from relevant Ministries and Agencies, taking the lead in implementing new measures and protocols, e.g. new ways of working and delivering our services.

The Executive Committee and Sub-committee meetings were conducted virtually, even

well before the implementation of the Circuit Breaker. SNM continued to engage with its members through virtual platforms (Zoom and Facebook) and newsletters. Monthly Special Issue Darshanam provide our members with regular updates on the COVID-19 situation, initiatives and measures put in place, as well as provide useful information and advisories. Members were invited to take part in the virtual International Day of Yoga on 21 June 2020.

Looking ahead, SNM will conduct its first ever virtual Annual General Meeting (AGM) on 20 September 2020. This shift to a virtual AGM signifies yet again, a new way of conducting our business. This virtual platform will allow members who cannot physically participate in the AGM, otherwise, to join the meeting. Preliminary indications showed a positive response from members for a virtual AGM and we look forward to a good turnout at this year's AGM. To ensure the success of the virtual AGM, the management and EXCO have systematically conducted trial runs to fine-tune procedures.

While we understand that members look forward to events which they can physically attend and connect with other members socially, we hope that they will be open to new ways of engaging through virtual platforms. We also hope, through such platforms, we can get greater buy-in and participation from youth members, who will be able to drive new initiatives to support and grow the SNM brand.

On behalf of the Executive Committee, I would like to thank our members, partners, donors, well-wishers, management and staff of SNM (Singapore) for their support in helping us serve the community.

May Guru shower his blessings on each and everyone.



# Message



## Mr S Devendran

Chief Executive Officer  
Sree Narayana Mission (Singapore)

Dear Members,

It has been a period of uncertainty for the world since the start of the year. When the COVID-19 pandemic first arrived in Singapore, SNM (Singapore) reacted swiftly and surely, under the guidance of the Ministry of Health (MOH), Agency for Integrated Care (AIC) and Ministry of Social and Family Development (MSF), to curtail the situation on the ground.

A Business Continuity Plan (BCP) was immediately put into place by a dedicated SNM Ops team to firstly, minimise the risk of importing the virus onto the premises, secondly, ensure that essential services and operations could continue, and thirdly, to keep our residents and staff in the SNM Nursing Home and Meranti Home@Pelangi Village safe.

Our care team rallied behind our efforts and stayed in within the premises from February until June to ensure that there is no risk of importing COVID-19 in, which can adversely affect the wellbeing of our staff and residents.

Leveraging on technology became an important facet of this unprecedented time. We tapped on the various e-platforms to ensure that we continue to operate move forward with the new norm to help bridge the physical divide for our residents, clients and beneficiaries.

Our community programmes were delivered online, and we implemented a video conferencing system to help our residents keep in contact with their loved ones. Our staff also reached out to beneficiaries and clients on a regular basis to render them assistance remotely. In the case of our Senior Care Centre (SCC) clients who were

not technologically savvy, or for those who had diminished cognitive abilities, our SCC staff created activity packs to meaningfully engage them over the Circuit Breaker period. The core goal was to ensure that our residents, clients and beneficiaries could share their concerns and feel supported.

This time of crisis has united us as a nation – One Singapore.

SNM (Singapore) would like to thank all the agencies and organisations that have donated surgical masks, hand sanitisers and temperature screening devices, as well as Care Packs to our frontline staff. Organisations have also stepped forward to help support our beneficiaries in this trying time. We also acknowledge the individuals who continue to sponsor meals for our residents and donate groceries. These meaningful donations and donations-in-kind will help us serve the vulnerable in our society.

Our regular volunteers have also found ways to keep in contact with our residents, from sending them letters, to conducting online programmes and activity sessions. We, along with our residents, are deeply appreciative of the time and effort these dedicated volunteers put in.

I would also like to express my gratitude to all staff who worked hand in hand, especially during this period, to make SNM a safe place for those under our care.

To all our well-wishers, SNM thanks you for your support and wish you a blessed Onam!

With Best Wishes.

# Executive Committee (2019-2021)



**Sitting (Left to Right) :** Swapna Dayanandan (Committee Member), Sanil Kumar (Committee Member), Karthikeyan Adappattu Raman (Treasurer), Jayadev Unnithan (President), Sreenivasan Sreenath (Vice President), Bina Damodaran (Secretary), Shalini Damodaran (Assistant Secretary), Shanavas Vijayan (Committee Member)



**Not in photo :**  
Divakaran Sabu

**Standing (Left to Right) :** Lathika K Lakshmanan (Assistant Treasurer), Anil Sarasijakshan (Committee Member), Prakash Sadasivan (Committee Member), Sree Devi Pillay (Committee Member), Sudhesh Vasu Dash (Committee Member), Suraj Senan (Committee Member), K S Sharmila (Committee Member), Neetha Sanjay (Committee Member)

## Trustees



Mr Dinesh Vasu Dash



Ms Laina Raveendran Greene



Dr Gopal Raman

## Legal Advisor



Mr Bhaskaran Sivasamy



Mr Manu Bhaskaran



Mr Rajesh Sreenivasan

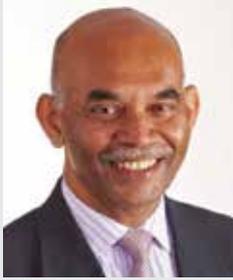


Mr Viswa Sadasivan



Mr P K Koshy

# Congratulatory Messages



The President and Executive Committee,  
Trustees and Management of Sree Narayana Mission (Singapore)

*Congratulate*

**Mr Chandra Mohan K Nair**

(Chair, SNM Constitution Review Committee)  
on being conferred

**The Public Service Star  
(Bintang Bakti Masyarakat)**

National Day Awards 2020



The President and Executive Committee,  
Trustees and Management of Sree Narayana Mission (Singapore)

*Congratulate*

**Mr Sudhesh Vasu Dash**

(SNM EXCO Committee member)  
on being conferred

**The Commendation Medal  
(Pingat Kepujian)**

National Day Awards 2020



The President and Executive Committee,  
Trustees and Management of Sree Narayana Mission (Singapore)

*Congratulate*

**Mrs Sarojini Padmanathan**

(Member, SNM HR Sub-Committee)  
on being appointed as

**Justice of the Peace**  
by the President of Singapore



The President and Executive Committee,  
Trustees and Management of Sree Narayana Mission (Singapore)

*Congratulate*

**Mr S. Devendran**

(SNM Chief Executive Officer)  
on being appointed as

**Justice of the Peace**  
by the President of Singapore

# Salutations To The Flag



May this Flag flutter far and high,  
A symbol of friendship, far and wide!  
May this Flag soar high, flaunt and fly,  
A token of freedom – ever, forever!

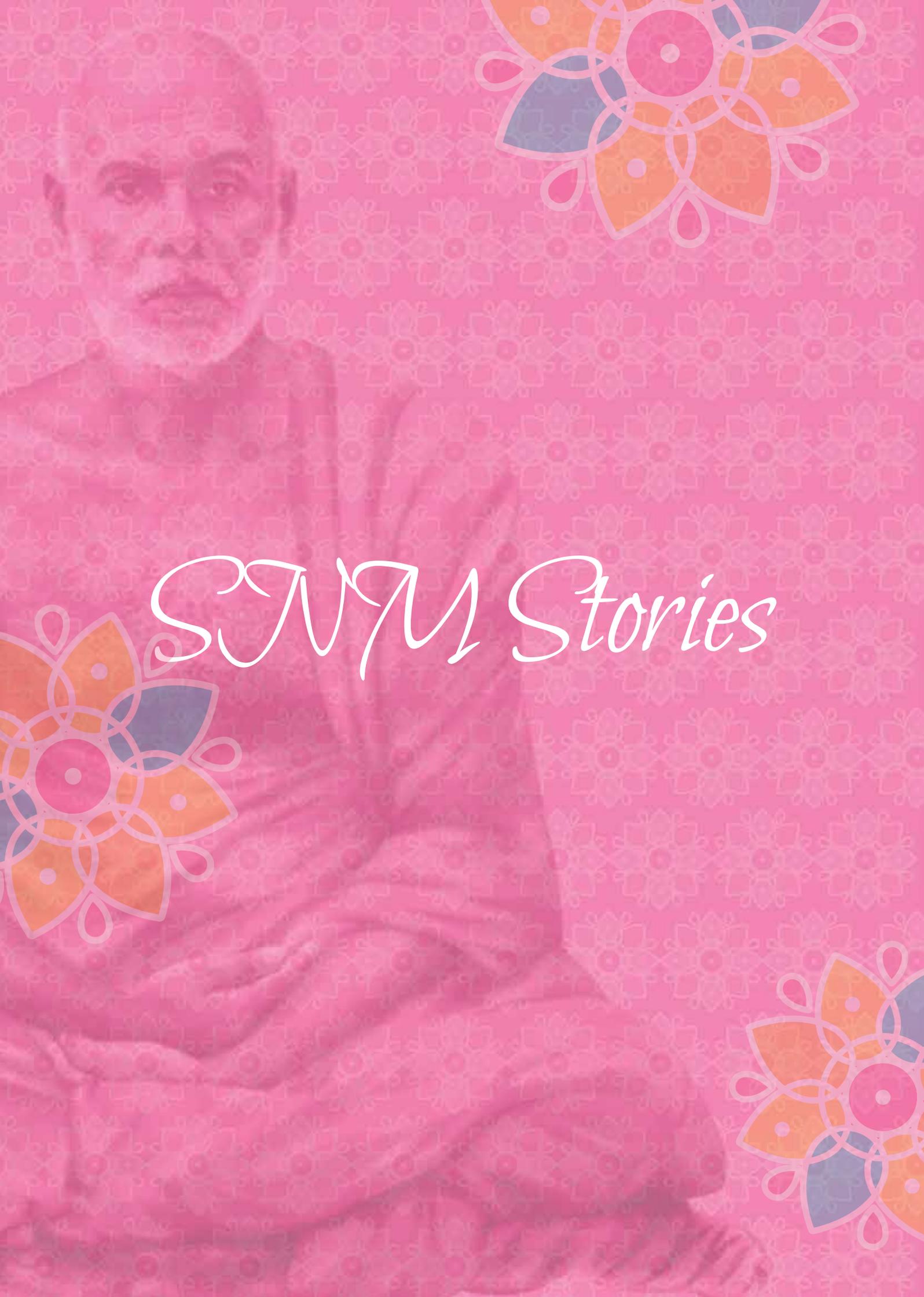
May this Flag hover up in the breeze  
A sign of eternal brotherhood, every day!  
May this Flag fly high, stand tall and bold,  
An unflinching image of equality – forever!

Fly high, the eternal emblem of unity! My Flag!  
Enchanting and enthralling, immortal, auspicious!

(Translated from Malayalam by Uma Sankar)

## പതാകാഭിവാന്ദനം

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പ്രമോദമേകിയെന്നുമെന്നു -  
മൊന്നുപോൽ സമംഗളം (X2)



# *SVM Stories*



# snm Stories

## Aug 2019 - New Board elected at AGM

A new board was announced at the SNM (Singapore)'s Annual General Meeting held on 18 August 2019. Mr Jayadev Unnithan was elected as the new President of SNM (Singapore).

### SNM Executive Committee (2019-2021)

- Jayadev Unnithan (President)
- Sreenivasan Sreenath (Vice President)
- Bina Damodaran (General Secretary)
- Shalini Damodaran (Assistant Secretary)
- Karthikeyan Adappattu Raman (Honorary Treasurer)
- Lathika K Lakshmanan (Assistant Treasurer)

### Committee Members

- Shanavas Vijayan
- Swapna Dayanandan
- Anil Sarasijakshan
- Prakash Sadasivan
- Sree Devi Pillay
- Sanil Kumar
- Sudhesh Vasu Dash
- Suraj Senan
- K S Sharmila
- Neetha Sanjay
- Divakaran Sabu

## Sep 2019 - Chathayam Celebrations

The Mission celebrated Chathayam on 14 and 15 September 2019 at its premises to commemorate the 165<sup>th</sup> birth anniversary of Sree Narayana Guru. Deputy Prime Minister (DPM) and Minister for Finance Heng Swee Keat was the Guest-of-Honour for the event. The celebrations included a welcome dance specially put together by residents, volunteers and staff of SNM, presentation of education awards to students from tertiary institutions and cultural performances.

## Sep 2019 - Opening of SNM Rehabilitation Centre

As part of the celebrations, DPM officially opened the 'Sree Narayana Mission (Singapore) Rehabilitation Room', which features seven new equipment specially designed for elders by the Helsinki University Research (HUR) from Finland. Three members of our Residents' Committee, Mr Tan Joo Huat, Mdm Wong Siew Sing and Mr Ishwar Lall Singh were among the residents who demonstrated the use of the equipment and how it improved their muscle strength. Mdm Wong in particular said that after using the equipment, she was able to walk longer distances without assistance.

## Sep 2019 - Cyber Wellness

During Chathayam, A Memorandum of Understanding (MOU) was signed between SNM (Singapore) and DBS Bank for the 'Cyber Wellness' initiative. The initiative aims to help charities strengthen their efforts in ensuring cyber wellness, by conducting free workshops on cyber security.

We are grateful that corporates like DBS Bank have come forward to curate such initiatives for the social services sector. The signing was represented by Ms Sasha Foo Bee Chyn, Managing Director for DBS Technology Service Department, and Mr S Devendran, CEO of SNM (Singapore).

## Nov 2019 - Official Opening of SNM Care Centre

The SNM Care Centre at 394 Race Course Road, officially opened on 24 November 2019. The facility, located in the Jalan Besar precinct, will help us expand our reach in the area. The Care Centre is an extension of the Mission's services, focusing on providing a wider range of programmes to the community. The Mission will collaborate with partners within the district on developing new community programmes to strengthen the social services ecosystem in Singapore.

Ms Denise Phua Lay Peng, Mayor of Central Singapore District and Grassroots Adviser to Jalan Besar GRC (Kampong Glam) was the Guest-of-Honour for the official opening of the SNM Care Centre.

Our donors, community partners and mission members were present at the opening ceremony, where they witnessed the unveiling of the plaque. This was followed by a tour of the premises. There were also programme stations, where our beneficiaries and volunteers shared with Mayor Denise Phua the positive impact of our community programmes and services.

We thank the SNM Building Fund Committee Members for their hard work, under the leadership and direction of Associate Professor Muhammad Faishal Ibrahim, patron of the SNM Building Fund Committee.

## Jan 2020 - Pongal @ Bukit Panjang



Our residents were honoured to meet Prime Minister Lee Hsien Loong on 23 January 2020 at Bukit Panjang Pongal festivities! This event in its thirteenth year of running, always draws the entire community together. It was heartening to see people from different races participate in the Pongal activities and learn about the history and traditions of the festival. Our residents certainly enjoyed the activities and performances!

# SNM Stories

## Feb 2020 - The Launch of Momentary Monument



SNM (Singapore) was honored to be invited to the Launch of Momentary Monument on 16 Feb 2020. On 12 Sep 1965, former Minister Mentor Mr Lee Kuan Yew delivered his famous speech 'From Mudflats to Metropolis', at the original site of Sree Narayana Mission.

The place where Mr Lee made that speech, is now Blk 313 in Sembawang, Gambas Division.

He said "Over 100 years ago, this was a mud-flat, swamp. Today, this is a modern city. 10 years from now, this will be a metropolis! Never fear."

Former President of the Mission, Mr M K Bhasi who hosted Mr Lee Kuan Yew in 1965 when the speech was delivered, was present at this momentous launch alongside other members, Mr V Srinivasan, Mr R Raveendran, Mr G P Sasidharan, Mr Asokan, SNM (Singapore) President Jayadev Unnithan and Mr S Devendran, SNM (Singapore).

The Never Fear Marker was unveiled to commemorate this historic speech, and to remind ourselves that every generation will continue building this nation with courage and grit.

SNM (Singapore) is proud to be a part of this momentous journey!

## Mar 2020 - Collective Compassion



SNM is heartened to be a recipient of 'Collective Compassion', spearheaded by Humanity Matters (a regional interfaith humanitarian movement). The campaign is aimed at spreading compassion and supporting social service organisations during this challenging period. SNM is thankful for the donation of tablets, which was used to entertain residents during the lockdown. Humanity Matters also donated items such as adult diapers, cartons of milk and biscuits. Their tagline of 'Collective Compassion in Motion' aptly reflects the good work they have been doing, and their dedication to supporting the community at large.

## Mar 2020 - Together we will overcome



Mr Richard Magnus, Chairman of Temasek Foundation Cares, visited SNM (Singapore) on 13 March 2020 with a team comprising Temasek Foundation and AIC representatives. Mr Magnus was at SNM to distribute bottles of hand sanitisers to SNM Nursing Home and Senior Care Centres. Mr Magnus interacted with residents and staff and handed out hand sanitisers to them. He thanked our care staff for their efforts in keeping the seniors safe during this challenging period. "We are reaching out to the community care sector with hand sanitisers to encourage everyone to keep their hands clean.

We stand in solidarity with government efforts, and will continue to help build social resilience and instill public confidence during this period," said Mr Magnus.

We are very fortunate to have such strong support from the community. As Mr S Devendran (CEO, SNM) said, "It is especially meaningful of Temasek Foundation to donate hand sanitisers to SNM. This will help us to continue to maintain high standards of hygiene and protect the vulnerable under our care." Mr Jayadev Unnithan, (President, SNM) also thanked Temasek Foundation for the generous gesture. He remarked that it was admirable of them to distribute hand sanitisers to nursing homes across Singapore to reinforce the importance of keeping residents and staff protected.

Thank you Temasek Foundation! Together we will overcome!



## May 2020 - Making a Difference through Community Outreach

As part of its community outreach initiative during COVID-19, SNM collaborated with Migrant Workers' Centre (MWC), to provide 4,000 packs of Klassno instant coffee for migrant workers of Home Stay Lodge. SNM President, Mr Jayadev Unnithan, former SNM President, Mr Shanavas Vijayan, SNM CEO, Mr S.Devendran and Head of Community Engagement, Mr J. Vijendran delivered the packets to the Home Stay Lodge on 3 May 2020.

### **MR MUNIAPPA RAJ**

*Operations Executive,  
Home Stay Lodge*

***On behalf of all the migrant workers, we would like to thank Sree Narayana Mission (Singapore) for understanding our situation and donating essential items such as the 3 in 1 Coffee Mix to help us get through these challenging times.***

# snm Stories

## May 2020 - Masks Sewn with Love



SNM in partnership with Project Smile participated in “Masks Sewn With Love”. This national movement was initiated to support the vulnerable, by providing them with hand-sewn reusable masks.

Ten beneficiaries were selected to participate. With guidance of Project Smile trainers, these beneficiaries sewed 500 masks which will be donated! This initiative allowed the beneficiaries, who are also from less privileged backgrounds, earn a supplementary income while giving back to the community. There are many ways we can give

back to the community, but the best thing to do is to be socially responsible. We all have to play our part to progress as a more caring nation.

## May 2020 – Spreading the Positivity

Our seniors were the recipients of an incredibly heartfelt initiative, launched by our partner Cycling Without Age (CWA). The project was the brainchild of Ms Marieke Bink, founder of CWA. The project saw students from GEMS World Academy writing lovely messages to our seniors, as a way to spread some kindness and cheer during this period. Our seniors really appreciated the cards. It put a huge smile on their faces to read the messages of encouragement and positivity!



## June 2020 - International Day of Yoga



The first online celebration of the International Day of Yoga took place on Sunday 21 June. This also coincided with Father’s Day! It was great to see everyone actively participating in the yoga session, including our nursing home residents.

A big thank you to everyone who joined us on Sunday morning to experience the benefits of yoga. Our special thanks to the Indian High Commission in Singapore for organising this event, and to Focus Malayalam for co-hosting the online Zoom session with us.

## Jul 2020 - Support from the Community



Amidst these challenging times, it is heartening to hear stories of support and kindness, of neighbours looking out for one another and organisations coming forward to help vulnerable communities. The Singapore Indian Association (IA) donated 'Care Packs' to our community programme beneficiaries. These Care Packs containing 17 items of both pantry and household staples will help alleviate some of the stresses our beneficiaries may experience in the current challenging circumstances.

Our sincere thanks to the IA for their generous donation! A special thank you to the President of IA, Mr Vishnu Pillai, Vice Presidents Mr Tamil Marren and Mr Namasivayam and other members for personally coming down to the SNM Care Centre to deliver the Care Packs. We are always humbled by the strong support that the community gives us in carrying out our mission of empowering everyone to lead dignified lives.

## Aug 2020 - Virtual National Day



Our seniors put on their red shirts and wore their best smiles at the first virtual National Day Istana Open House, held on 2 Aug 2020. Our seniors, along with other beneficiaries across various organisations, were treated to a virtual tour of the Istana! Our seniors were also given the opportunity to interact with President Halimah Yacob through a live Q&A session.

SNM is happy to be able to support these events that come under #SGUnited for community bonding. As part of this year's

National Day Celebration, the "Our Heart For Singapore" project was unveiled. The project invites Singaporeans to share their reflections and hopes for the nation. Our seniors were happy to share their aspirations for the future generations. We are grateful for the opportunity to have participated in the virtual National Day Istana Open House!

## A NOTE FROM OUR WELL WISHER



*"I remember about 35 years ago, my auntie will pass me a voucher every month, and I will walk over to Sree Narayana Mission in Chong Pang to collect a "goodie bag". The "goodie bag" consisted of instant noodles, sardine, milo, condensed milk and also \$5.*

*35 years have passed and I am happy to know that Sree Narayana Mission is continuing to help people in need.*

*I am fortunate to have progressed in life and am very happy to reconnect with the Mission, to give back the support, which was extended to my family then.*

*Once again, I thank Sree Narayana Mission for the good work. For a Mission to stand thus far and still continue its effort to help those in need, is no small feat.*

*I wish the Mission the best and will continue my support with the Mission whenever possible." - Mr Joe Tan*

# COVID-19 : A SPIRITUAL GUIDE TO OVERCOMING FEAR

For many of us, the advent of COVID-19, has brought about fear. The fear of contracting the virus, the fear of losing our livelihood, the fear of not being able to travel overseas to attend an emergency.

Is COVID-19 the cause of this fear mongering within us? Think deeply and we may come to realize that COVID-19 is just a trigger. In the past we may have encountered other instances when we suffered much anxiety.

So to overcome COVID-19 or any such triggers, we need to be able to manage this emotion called fear. Revered Sree Narayana Guru has explained the 'why' we fear and how to overcome this fear in the Daivadasakam. I shall focus on verses 1,3,5 and 10.

## Verse 1

ദൈവമേ! കാത്തുകൊൾകങ്ങു  
കൈവിടാതിങ്ങു ഞങ്ങളേ;  
നാവികൻ നീ ഭവാബ്ധിക്കോ-  
രാവിവൻതോണി നിൻപദം.

## Meaning

From the most high, O Divine,  
protect us here, do not leave us.  
You are the navigator of this ocean of  
ephemeral becoming, and (to us)  
your name is a mighty steamship.

In verse 1, Man is imploring the Lord or Supreme Power to help him overcome obstacles/dangers in this ocean of life. The word "Bhavabdhi" refers to the Ocean of life. It implies the Fear in Man as he navigates his life's journey in an environment of change. The Ocean's surface is continuously in a state of flux.

We are afraid of the strong waves we encounter on the surface and even more afraid of what lurks beneath, the unknown. We are certain that we need a mighty steamship to manoeuvre this Ocean of life and we implore the Lord to be the navigator/pilot/captain of this vessel and we dedicate this Steamship to the Lord.

## Verse 3

അന്നവസത്രാദി മുട്ടാതെ  
തന്നു രക്ഷിച്ചു ഞങ്ങളെ  
ധന്യരാക്കുന്ന നീയൊന്നു-  
തന്നെ ഞങ്ങൾക്കു തമ്പുരാൻ.

## Meaning

Ever having given us food and clothes  
And providing for all such needs,  
Making us rejoice in our contentment,  
You are our only Lord.

In Verse 3, we acknowledge that the food that we partake and the clothes that we adorn are the offerings of Nature. Man is unable to create anything out of nothing. He can, however, employ the gifts of nature to feed and clothe himself. However, he must put in effort to utilise the offerings of nature to provide for himself. The compassionate Guru advises contentment. Contentment is only possible if we share the benefits, that accrue from our efforts, with others. Implicit in this is that we must respect Nature and share this planet with all other creatures. If we are willing to strive to provide for society, if we have a mindset of sharing and caring, then we can be assured that Nature will make available the necessary tools for a comfortable life. We will never fear circumstances that may take away the wealth, position, or the status we have acquired. Revered Sree Narayana Guru has emphasized in his teachings that Man has let greed overcome him. Man is not contented with securing land for his use but has also exploited what is below the ground. In the process he has displaced the other creatures on this planet and altered the balance of the Environment. Conservationist have attributed the emergence of viruses like COVID-19 to humans displacing animals from their natural habitats which has caused these animals to come into closer contact with humans. Trafficking exotic animals for financial gain has also contributed to these zoonotic diseases. If Man respects nature, we will not need to fear such pandemics.



### Verse 5

നീയല്ലോ സൃഷ്ടിയും സൃഷ്ടാ-  
വായതും സൃഷ്ടിജാലവും  
നീയല്ലോ ദൈവമേ, സൃഷ്ടി-  
യ്ക്കുള്ള സാമഗ്രിയായതും

### Meaning

You are the creation, the creator too,  
As also the myriads of created things.  
You again, O God, are the Substance  
Of which all creation is made.

In Verse 1, we have noted that Man has a Fear of the Unknown. But if there are no unknowns, then this fear should dissipate. In Verse 5, Revered Sree Narayana Guru states that the Lord who we saw as a Power, apart from us, is actually the substance of Creation, which implies that each and every one is an embodiment of the Supreme and so are the Plant and animal kingdoms as well as all non-living things. So if the Lord is present in all, why do we need to Fear the unknown?

### Verse 10

ആഴമേറും നിൻ മഹസ്താ-  
മാഴിയിൽ ഞങ്ങളാകവേ  
ആഴണം വാഴണം നിത്യം  
വാഴണം വാഴണം സുഖം.

### Meaning

In the deep ocean of your Glory  
Let us all become immersed,  
There to dwell, dwell forever,  
In Felicity Supreme!

The concluding verse 10 reveals the Truth of our Being. The Ocean of Change that Man feared in the First Stanza is the Very Source of Calmness, which you will only realize when you go to the depths. Similarly, when Man looks deep inside himself, he realizes his True Nature and then there is no more fear when he realizes the Oneness in everything. So never Fear.

I understand that Sree Narayana Guru composed the Daiva Dasakam at the request of an educator who wanted children, regardless of faith, to chant a universal prayer. The composition flowed from the lips of the Guru. In ten verses he provided the tools for a seeker to be transformed from an ignorant to a knower. Only a Realized Master with compassion can deliver this masterpiece. Our Salutations to the Guru.

**Jayadev Unnithan**



## കോവിഡ്-19: ഭയമകറ്റാൻ ആത്മീയമാർഗ്ഗങ്ങൾ

നമ്മളിൽ പലർക്കും കോവിഡ് -19 എന്ന മഹാമാരി ഭയം ഉണ്ടാക്കിയിരിക്കുന്നു. ഈ രോഗം പിടിപെടുമോ എന്ന ഭയം, ഉപജീവനമാർഗ്ഗം നഷ്ടമാകുമോ എന്ന ഭയം, അടിയന്തരസാഹചര്യങ്ങളിൽപോലും വിദേശത്തേയ്ക്ക് യാത്ര ചെയ്യുവാൻ സാധിക്കാത്തതിനാലുണ്ടാകുന്ന ഭയം, തുടങ്ങിയവ...

കോവിഡ്-19 ആണോ ഈ ഭയത്തിന്റെ കാരണം? ആഴത്തിലാലോചിച്ചാൽ കോവിഡ്-19 പെട്ടെന്നുണ്ടായ കേവലമൊരു കാരണമാണ് . മുൻപും, പലപ്പോഴും ഇതുപോലെ ആകുലതകൾ നിറഞ്ഞ പല പരിതസ്ഥിതികളും ഉളവായിട്ടുണ്ട്.

അതിനാൽ ഇത്തരം സാഹചര്യങ്ങളെ തരണം ചെയ്യാൻ ഭയം എന്ന വികാരത്തെ മറികടക്കേണ്ടതുണ്ട്. ശ്രീ നാരായണഗുരുദേവൻ "എന്തുകൊണ്ട് നാം ഭയപ്പെടുന്നു" വെന്നും എങ്ങനെ ഈ ഭയത്തെ മറികടക്കാമെന്നും ദൈവദശകത്തിൽ വിവരിക്കുന്നുണ്ട്. ഇതിലെ 1,3,5,10 എന്നീ പദ്യങ്ങൾ നമുക്ക് ശ്രദ്ധിക്കാം.

### പദ്യം 1

ദൈവമേ! കാത്തുകൊൾകങ്ങു  
കൈവിടാതിങ്ങു ഞങ്ങളേ;  
നാവികൻ നീ ഭവാബ്ബിക്കോ-  
രാവിവൻതോണി നിൻപദം.

ഒന്നാമത്തെ പദ്യത്തിൽ , മനുഷ്യൻ സർവശക്തനായ ദൈവത്തോട് സംസാരസാഗരത്തിലെ ദുഃഖവും ആപത്തുകളും തരണം ചെയ്യുന്നതിനായി സഹായമഭ്യർത്ഥിക്കുന്നു. "ഭവാബ്ബി" എന്നത് ജീവിതസാഗരമാകുന്നു. അതിലൂടെ യാത്ര ചെയ്യുന്ന മനുഷ്യന്റെ ഭയത്തെയാണ് ഇവിടെ സൂചിപ്പിക്കുന്നത്. ചിലപ്പോൾ ശാന്തമായിരിക്കുന്ന സാഗരം പൊടുന്നനെ ക്ഷോഭിക്കാം . ആഴിയുടെ ഉപരിതലത്തിൽ അലയടിക്കുന്ന തിരകളെ മനുഷ്യൻ ഭയക്കുന്നു; അതിലേറെ, ഉൾക്കടൽ, അജ്ഞാതമായ ഏതോ ഭയത്തെ ഉളവാക്കുന്നു. ഈ സംസാരസാഗരം തരണം ചെയ്യാൻ ശക്തിയേറിയ ആവികപ്പൽ നിശ്ചയമായും ആവശ്യമുണ്ട്. ഞങ്ങളുടെ നാവികനാകുവാൻ ആ ദൈവത്തോട് ഞങ്ങൾ പ്രാർത്ഥിക്കുന്നു . ദൈവമേ, നിന്റെ കാലടികളും വചനങ്ങളുമാണ് ഞങ്ങളുടെ ഈ ആവികപ്പൽ.

പദ്യം 3

അന്നവസ്ത്രാദി മുട്ടാതെ  
തന്നു രക്ഷിച്ചു ഞങ്ങളെ  
ധന്യരാക്കുന്ന നീയൊന്നു-  
തന്നെ ഞങ്ങൾക്കു തമ്പുരാൻ.

മൂന്നാമത്തെ പദ്യത്തിൽ, ഞങ്ങൾ ഭൂജിക്കുന്ന ഭക്ഷണവും, ഉടുക്കുന്ന ആടുകളും പ്രകൃതി കനിഞ്ഞുനൽകിയ ഭിക്ഷയാണെന്ന് നാം മനസ്സിലാക്കുന്നു. ശൂന്യതയിൽ നിന്ന് ഒന്നും സൃഷ്ടിക്കാൻ മനുഷ്യൻ പര്യാപ്തമല്ല. പ്രകൃതി നൽകിയവയെ അതീവ ശ്രദ്ധയോടെ ഉപയോഗിക്കുവാൻ അവൻ പഠിക്കണം. കരുണാമയനായ ഗുരുദേവൻ സംതൃപ്തിയടയാനുപദേശിക്കുന്നു. നമ്മുടെ പ്രയത്നഫലത്തെ മറ്റുള്ളവരുമായി പങ്കിടുമ്പോൾ മാത്രമേ നാം സംതൃപ്തരാകൂ. പ്രകൃതിയെ ബഹുമാനിക്കുകയും, മറ്റു ജീവജാലങ്ങളുമായി ഭൂമിപങ്കിടുകയും ചെയ്താലേ ഇത് സാധ്യമാകൂ. സമൂഹത്തിനായി അധ്വാനിക്കുകയും പങ്കുവയ്ക്കുന്ന മനോഭാവം വളർത്തിയെടുക്കുകയും ചെയ്താൽ സംതൃപ്ത ജീവിതം നയിക്കുവാൻ വേണ്ടത്രയും പ്രകൃതി നമുക്കേകുമെന്നതിൽ സംശയം വേണ്ട. നാം കരസ്ഥമാക്കിയ ധനസ്ഥാനമാനാദികൾ ഒരുന്നാളും കൈവിട്ടു പോകുകയില്ല. ശ്രീനാരായണഗുരുദേവൻ തന്റെ എല്ലാ അനുശാസനങ്ങളിലും, അത്യാർത്തി മനുഷ്യനെ കീഴടക്കുന്നുവെന്ന വസ്തുത പ്രതിപാദിച്ചിട്ടുണ്ട്. മനുഷ്യൻ തന്റെ ദുരാഗ്രഹത്താൽ, ഭൂമിയുടെ പ്രതലം മാത്രമല്ല, ഉള്ളൂ കൂടി തുരന്ന്, ഭൂമിക്കടിയിൽ വസിക്കുന്ന ജീവജാലങ്ങളെ നിരാധാരങ്ങളാക്കി ഭൂമിയുടെ സന്തുലിതാവസ്ഥയ്ക്ക് ഭംഗമുണ്ടാക്കി. മനുഷ്യർ മറ്റ് ജീവജാലങ്ങളെ അവരുടെ വാസസ്ഥലത്തു നിന്നും ആട്ടിയകറ്റിയതുമൂലം അവ മനുഷ്യർ വസിക്കുന്ന സ്ഥലങ്ങളിൽ കടന്നുകൂടിയതാണ് കോവിഡ് -19 മുതലായവയ്ക്ക് കാരണമായ രോഗാണുക്കൾ ആവിർഭവിക്കാനിടയാക്കിയതെന്ന് സംരക്ഷണവാദികൾ അഭിപ്രായപ്പെടുന്നുണ്ട്. അപൂർവ്വജീവജാലങ്ങളെ സാമ്പത്തിക നേട്ടത്തിനായി കടത്തുക വഴി മൃഗങ്ങളിൽ നിന്നും രോഗങ്ങൾ മനുഷ്യരിലേക്ക് സംക്രമിക്കപ്പെടുകയും ചെയ്തിട്ടുണ്ട്. ചുരുക്കത്തിൽ , മനുഷ്യൻ പ്രകൃതിയെ ബഹുമാനിച്ചാൽ , ആരാധിച്ചാൽ ഈ വിധ മഹാമാരികൾ ഉണ്ടാവില്ലെന്ന് നിശ്ചയം.

പദ്യം 5

നീയല്ലോ സൃഷ്ടിയും സ്രഷ്ടാ-  
വായതും സൃഷ്ടിജാലവും  
നീയല്ലോ ദൈവമേ, സൃഷ്ടി-  
യ്ക്കുള്ള സാമഗ്രിയായതും

ഒന്നാം പദ്യത്തിൽ, മനുഷ്യർ അജ്ഞാതമായതെന്തിനേയോ ഭയപ്പെടുന്നു എന്നത് നാം കണ്ടു. അഞ്ചാം പദ്യത്തിൽ ഗുരുദേവനരുളുന്നത് , അജ്ഞാതശക്തിയായി നാം കണ്ട ദൈവം സർവ്വ പ്രപഞ്ചത്തിന്റേയും സ്രഷ്ടാവാണ് എന്നതത്രെ. നാമേവരും - സർവ്വചരാചാരങ്ങളും- ആ ശക്തിയുടെ ഭാഗങ്ങളാണെന്ന് പറയുന്നു. അങ്ങനെയെങ്കിൽ അജ്ഞാതമായ ഒന്നിനെയും നാം ഭയപ്പെടേണ്ട കാര്യമില്ലല്ലോ!

പദ്യം 10

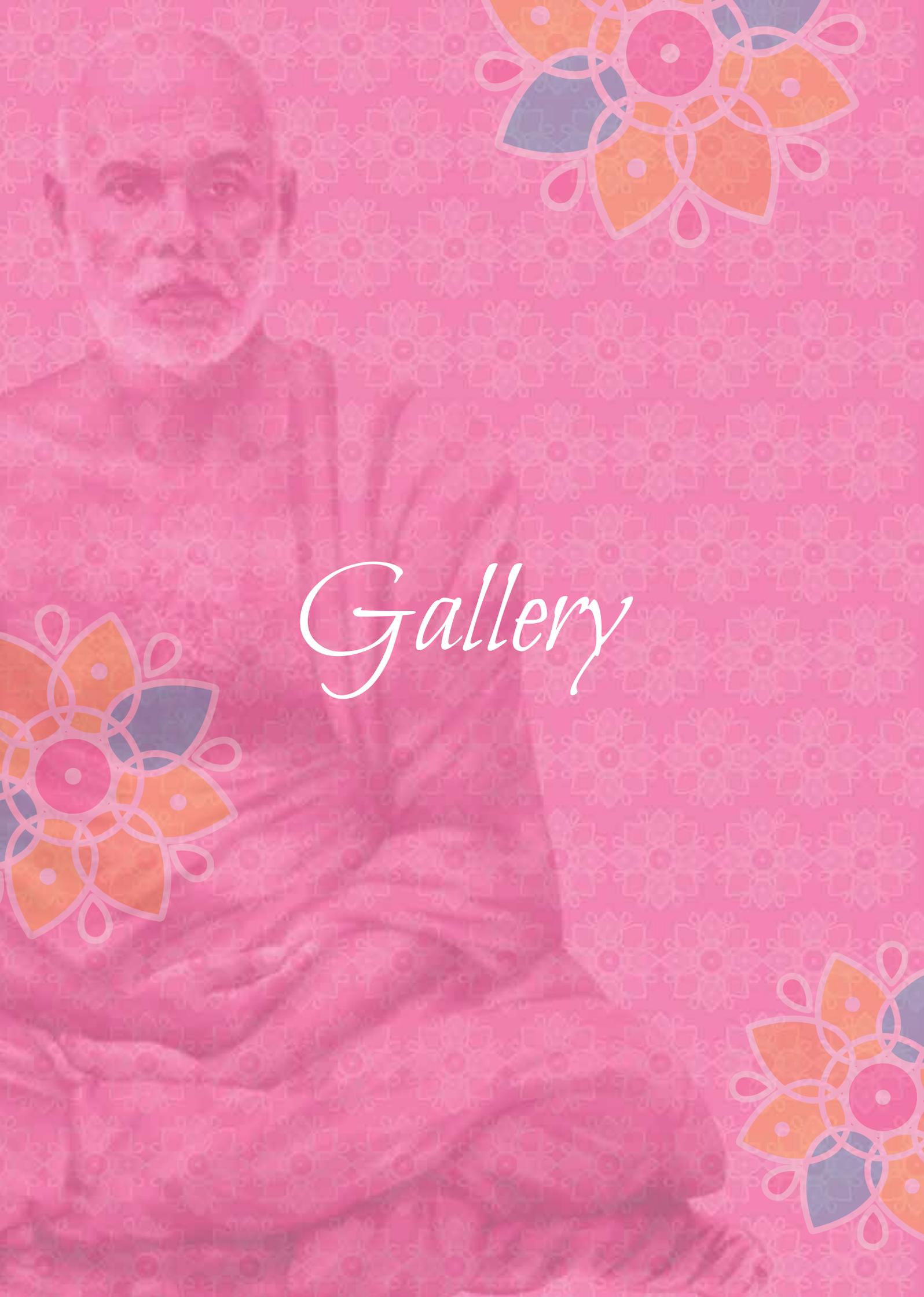
ആഴമേറും നിൻ മഹസ്സാ-  
മാഴിയിൽ ഞങ്ങളാകവേ  
ആഴണം വാഴണം നിത്യം  
വാഴണം വാഴണം സുഖം.

പത്താമത്തെ (അവസാനത്തെ) പദ്യം നമ്മുടെ അസ്തിത്വത്തിന്റെ സത്യത്തെ എടുത്തു കാട്ടുന്നു. ഒന്നാം പദ്യത്തിൽ സൂചിപ്പിച്ച, മനുഷ്യൻ ഭയപ്പെട്ട സംസാരസാഗരം തന്നെയാണ് ശാന്തിയുടെ ഉറവിടം. ആഴത്തിലേക്ക് ഇറങ്ങിച്ചെല്ലുമ്പോൾ മാത്രമേ അത് മനസ്സിലാകൂ. അതുപോലെ തന്റെ ആത്മാവിന്റെ അഗാധതകളിലേക്ക് ഇറങ്ങിച്ചെന്നാൽ മാത്രമേ മനുഷ്യൻ സ്വത്വം മനസ്സിലാക്കി, ഭയത്തെ കീഴടക്കി, അദ്വൈതത്തെ അറിയൂ. അതിനാൽ ഭയത്തെ ത്യജിക്കുക.

ശ്രീ നാരായണ ഗുരുദേവൻ കുട്ടികൾക്കായി സർവ്വമതപ്രാർഥനയുടെ രൂപത്തിൽ എഴുതിയതാണു "ദൈവദശകം" എന്ന് ഞാൻ മനസ്സിലാക്കുന്നു. ഈ കൃതി ഗുരുവിന്റെ അധരാമൃതമാണ്. പത്ത് ശ്ലോകങ്ങളിലൂടെ അദ്ദേഹം നമ്മുടെ അജ്ഞതയെ അകറ്റി, ജ്ഞാനത്തിന്റെ ജ്യോതിസ്സ് പകരുന്നു. അത്യന്തം കാരുണ്യവാനായ, ബ്രഹ്മത്തെ അറിഞ്ഞ ഗുരുവിന് മാത്രമേ ഈ വരികൾ സൃഷ്ടിക്കുവാനാകൂ.

ഗുരുദേവന് പ്രണാമം!

Jayadev Unnithan  
(Translated by Uma Sankar)



# *Gallery*



# Chathayam + Launch of SNM Rehab Room

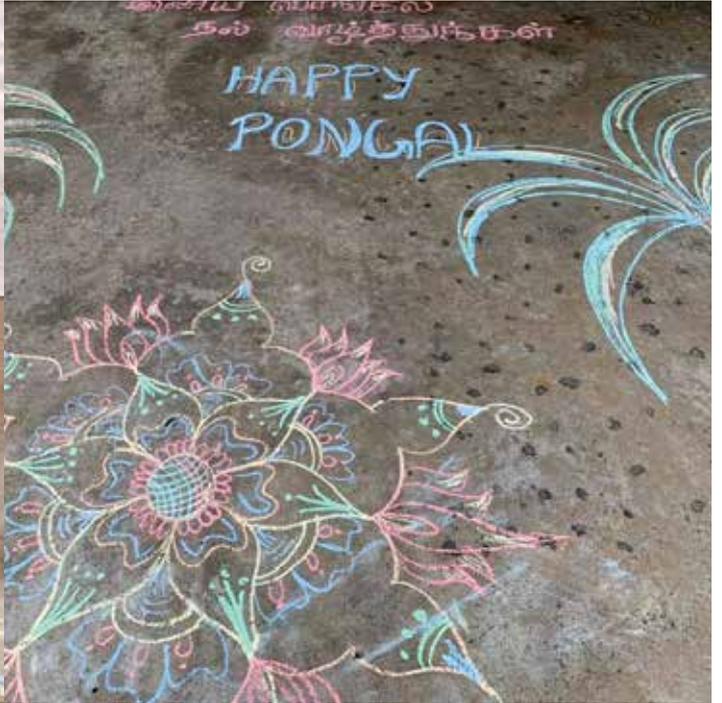




# Opening of SNM Care Centre



# Pongal Celebrations



# National Day Celebrations



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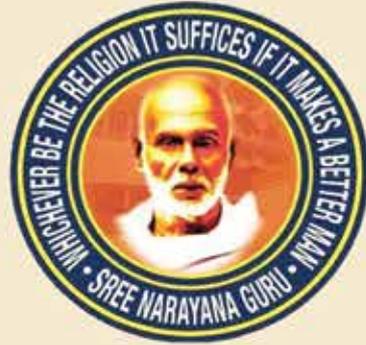
- Ministry of Health
- Ministry of Social and Family Development
- Ministry of Education
- Agency for Integrated Care
- National Council of Social Service
- Educational institutions in the North-West districts
- Grassroots advisors and leaders of Nee Soon, Sembawang and Jalan Besar GRCs

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