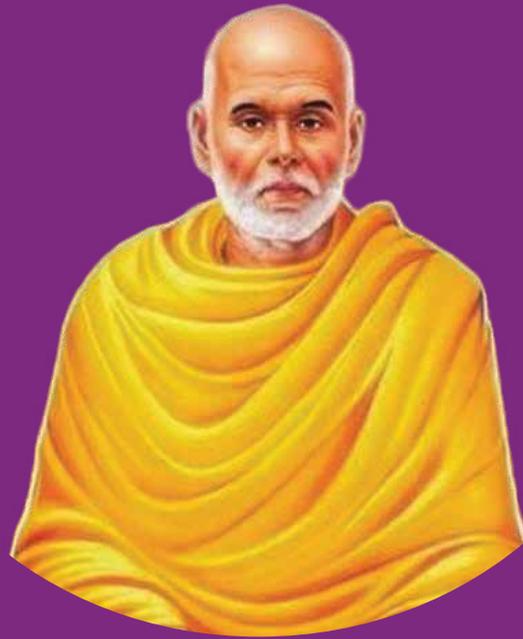




**Sree Narayana Mission
(Singapore)**



ANNUAL SOUVENIR PUBLICATION 2024

**CELEBRATING THE 170TH BIRTH ANNIVERSARY OF
SREE NARAYANA GURU**

WITH BEST

Compliments

RAJESH SREENIVASAN
& FAMILY



ANNUAL SOUVENIR PUBLICATION 2024



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Our Vision

Empowering people to lead dignified lives.



Our Mission

To provide social and community services based on Sree Narayana Guru's teachings.



Our Values



Daya
Compassion



Satyam
Truth



Dharma
Righteousness



Shanti
Peace

Operational Principles (C.A.R.E)

Compassion **A**ccountability **R**espect **E**xcellence

Our Commitment

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



Messages



Mr. Anil Sarasijakshan
President, SNM (Singapore)

Dear Members,

It is with profound reverence and joy that I extend my warmest greetings to each one of you on the momentous occasion of the 170th Guru Jayanthi as we gather to honour the life and teachings of our revered Guru, Sree Narayana Guru, whose timeless wisdom and vision continue to illuminate our path.

Sree Narayana Guru's profound teachings of "Acts that one performs for the sake of oneself should also aim for the good of others" have been a guiding light for our mission. This principle reminds us that our personal growth and well-being are deeply connected to the well-being of our community. By ensuring that our actions benefit those around us, we contribute to a more just and harmonious society.

His message of unity, equality, and compassion transcends boundaries and serves as a beacon of hope and inspiration. Guru's emphasis on continuous growth and self-improvement is a lesson we must cherish and integrate into our daily lives. He taught us that true growth comes from within, through the constant pursuit of knowledge, spiritual development, and the betterment of our character.

Today, we continue to honour his teachings through the work we do. Through our collective efforts, we have made significant strides in uplifting the underprivileged, fostering a spirit of inclusivity, and enhancing the quality of life for many.

As we celebrate Guru Jayanthi, let us renew our commitment to these noble causes. Let us draw strength from the life of Sree Narayana Guru and strive to emulate his selfless service and unwavering dedication to the betterment of humanity. In our daily endeavours, may we always seek to embody the values of love, respect, and compassion that he so passionately advocated.

Guru's teachings on growth remind us that personal and societal progress are intertwined. As we grow individually, we contribute to the collective advancement of our community. This Guru Jayanthi, let us pledge to continue our journey of self-improvement, to seek knowledge, and to expand our horizons. By doing so, we honour Guru's legacy and contribute to a more enlightened and harmonious world.

I would like to extend my heartfelt gratitude to all our members, volunteers, donors and staff. Your unwavering dedication and hard work are the pillars of our success.

As we celebrate this auspicious day, may the blessings of Sree Narayana Guru be with us all. Through unity and service, let us work towards a brighter, more harmonious future for all.

Happy 170th Guru Jayanthi to everyone!



Mr. Ong Ye Kung
Minister for Health

Dear Members of the Sree Narayana Mission,

On the wonderful occasion of the 170th birth anniversary of Sree Narayana Guru, I extend my heartfelt congratulations and best wishes to all.

This is a celebration of the life and teachings of a leader whose wisdom and principles continue to inspire and guide his followers for almost two centuries. Sree Narayana Guru's message is clear, simple and enduring. It is about unity, equality, and helping the vulnerable. These are societal outcomes that independent Singapore have always been striving for. He emphasised on justice, education, and upliftment of people which are objectives of major Government programmes.

Today, the Singapore society is stable, harmonious and increasingly vibrant. Social inequity exists in every country but with strong emphasis on education, training and targeted help we are closing the gaps.

Race, language and religion are fault lines that exist in every society, but we acknowledge them and encourage a give and take attitude and enable all to live harmoniously together, and appreciate and respect each other. We will always be a work in progress.

The Sree Narayana Mission (Singapore) has been a steadfast beacon of the values and teachings of the Guru, and an active contributor to the communities in which it has established a presence. I thank you for your unwavering commitment to serving the community and upholding the Guru's legacy.

May this special day inspire us all to continue striving for a more just and equitable society!



Mr. K. Shanmugam

Minister for Home Affairs and Minister for Law

Sree Narayana Mission (SNM) plays an important role, supporting the needy in our community. It provides help to many through its nursing homes, care centres, and charitable programmes.

I attended SNM's 75th Anniversary Charity Dinner in August last year. Over the years, it has touched the lives of thousands of Singaporeans and their families.

Guru Jayanthi 2024 commemorates the 170th anniversary of Sree Narayana Guru's birth.

On this special occasion, I wish SNM the very best as it continues to embody compassion in its service to our community, guided by the Guru's teachings.



Mr. Masagos Zulkifli

**Minister for Social and Family Development
Second Minister for Health**

Over the decades, the Sree Narayana Mission (SNM) Singapore and its programmes continue to support vulnerable individuals. This includes rehabilitating destitute persons with chronic psychiatric conditions and elderly in need.

I would like to extend my heartfelt appreciation to the Mission for its valued partnership with the Ministry of Social and Family Development to deliver these services and uplift the lives of individuals and families.

In this Year of Celebrating Social Service Volunteers, we also celebrate SNM's efforts to rally fellow Singaporeans to be part of our social cause to support the community.

The work of social service agencies like SNM and the values you uphold reflect Singapore's strong social compact. My sincere congratulations to SNM on the Sree Narayana Guru's 170th birth anniversary.



Ms. Denise Phua
Mayor, Central Singapore District
Member of Parliament for Jalan Besar

My heartfelt congratulations to Sree Narayana Mission (Singapore) (SNM) in commemorating Sree Narayana Guru's 170th Birth Anniversary.

Your unwavering efforts to empower seniors and the underserved have brought about significant transformations.

Diverse groups within our community have benefitted immensely from your social and community services in healthcare, active ageing befriending and skills development programmes.

Equally inspiring is your strong spirit of collaboration and partnership in the community. Both your leadership and staff on the ground have been authentic, helpful and well loved.

We look forward to continuing our partnership and exploring more opportunities to serve even more residents together.

May this milestone celebration inspire and lead SNM to greater heights! Here's to many more years of service, compassion, and transformation.



Associate Professor Dr. Muhammad Faishal Ibrahim

Minister of State, Ministry of Home Affairs & Ministry of National Development

SNM (Singapore)'s dedication to providing quality eldercare services in Singapore has been truly commendable.

Over the years, SNM has been a valuable partner for Nee Soon GRC, consistently seeking opportunities to expand its services for our seniors.

The most recent development is the announcement of a third nursing home in the Chencharu estate within Nee Soon GRC, which aims to add 832 beds to the existing 224-bed facility.

I am grateful for the unwavering commitment that SNM continues to demonstrate and extend my heartfelt appreciation for your contributions to the community.

Congratulations to Sree Narayana Mission on the commemoration of Sree Narayana Guru's 170th birth anniversary.



Ms. Tan Li San

Chief Executive Officer

National Council of Social Service (NCSS)

My heartiest congratulations to Sree Narayana Mission (Singapore) (SNM) on the 170th birth anniversary of Sree Narayana Guru.

SNM has been a steadfast partner of NCSS, working closely with NCSS to build up your data protection and cybersecurity capabilities.

This has enabled better data governance and sharing of data amongst agencies and programmes.

The commitment to the spirit of innovation is commendable and will ensure SNM is well-positioned to tackle any complex challenges that may face the sector in the future.

I would like to express my appreciation to SNM for your continued partnership and extend my congratulations to Mr Dileep Nair, Chairman of SNM's Board of Trustees, for his successful election to the NCSS Board.

I look forward to many more years of collaboration as we build a strong social service ecosystem together!



Mr. Dinesh Vasu Dash

Chief Executive Officer
Agency for Integrated Care (AIC)

Heartiest congratulations to Sree Narayana Mission (SNM) on the 170th birth anniversary of Sree Narayana Guru.

Over the years, SNM has stayed true to the values of the guru, playing an integral role in caring for seniors and serving the community. Your work has touched the lives of many across all backgrounds and ethnicities.

With Singapore's fast ageing population, your expansion to operate a third nursing home at Chencharu in Yishun by 2028 is crucial and timely.

Your onboarding of two eldercare centres at Woodlands and Race Course Road in April 2024 to Active Ageing Centres has also been vital in promoting active ageing among seniors.

This is in line with our Age Well SG strategy to encourage seniors to lead healthy and active lives in the community.

The launch of the Night Respite service at SNM in February 2024 is another testament to your efforts at doing more for those who need support.

Caregivers can leverage this service as an alternative to care for their loved ones requiring mild to moderate assistance in their activities of daily living, or who are living with dementia. Through this service, caregivers can better manage their time and avoid burnout.

We look forward to more meaningful partnerships with SNM and wish you many more good years to come!



Ms. Shalini Damodaran
General Secretary, SNM (Singapore)

They say it takes a village to raise a child. Our residents, like our children, are vulnerable and dependent on us. They need to be supported with the best quality care that meets their needs, and more importantly makes them feel loved and cared for.

We, in SNM are fortunate to be guided in spirit by the life and teachings of Sree Narayana Guru, a visionary who was ahead of his times. His mantra: “One World” and “Oneness” embraces diversity at many levels. It took down social constructs, and walls and barriers separating the privileged and under-privileged.

In that spirit, I urge you, SNM Members, Board of Trustees, EXCO Members, Care Staff, Nurses, Social Workers, Therapists, Admin Staff and Management Team, let’s collectively work towards providing our residents and service users with the best care.

Let’s take a moment to remember, and acknowledge, that every resident is cared for no less by many hands, hearts and minds. Teamwork, mutual respect and fairness should be hallmarks of our organisation.

We need to work as a team, to get us through the next decade as we expand, and add many more Nursing Homes, Active Aging Hubs and Senior Care Centres to our suite. We are in it together.

Let’s come together to rejoice and partake in the Guru Jayanthi Celebrations as members of the SNM family!

In the spirit of “oneness!”.



Mr. S. Devendran
Chief Executive Officer, SNM (Singapore)

Dear Members and Friends of SNM,

It is with immense joy and gratitude that I extend my heartfelt greetings to each one of you on the auspicious occasion of Guru Jayanthi. This day holds a special place in our hearts as we come together to celebrate the life and teachings of our beloved Guru, Sree Narayana Guru, whose wisdom and vision continue to inspire and guide us.

SNM has always strived to uphold the values imparted by our Guru and we stay committed to translating Guru's teachings into meaningful actions. Our efforts in healthcare, and social service are a testament to our commitment to serving the community and promoting the ideals of equality and social justice. We are proud of the progress we have made, and we remain dedicated to advancing these goals with renewed vigour and determination.

On this Guru Jayanthi, let us pledge to continue our journey with the same spirit of dedication and service. Let us draw inspiration from Sree Narayana Guru's life and teachings to overcome challenges and to foster a sense of unity and purpose among us.

I extend my deepest appreciation to all the members, volunteers, and supporters of SNM (Singapore) for your unwavering dedication and hard work. Together, we can achieve great things and create a brighter future for all.

May the blessings of Sree Narayana Guru be with us as we celebrate this sacred day. Let us move forward with strength, wisdom, and compassion, embodying the timeless values of our revered Guru.

Happy Guru Jayanthi to all!

Congratulatory Messages

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

CONGRATULATE



MR. DILEEP NAIR

on his successful election to the NCSS Board

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

CONGRATULATE



MS. JEZSICA SU

on winning the Superstar Award at the Singapore Health Quality Service Award 2024

Congratulatory Messages

The President and Executive Committee, Board of Trustees and Management of Sree Narayana Mission (Singapore) congratulate the following recipients on receiving the Merit Award at the Sree Narayana Guru Jayanthi 2023:

CONGRATULATE



**NISHANTH
JOHN VIJAYAN**



ARJUN SUBHASH



ISHIKA SURESH



**PREETHI
V PRAKASH**



ARIANA RIA



Active Ageing Centres

Our Eldercare Centres at Woodlands and Race Course Road have transited to Active Ageing Centres.

Here, we provide services like compassionate support to seniors with limited or no social interactions and take care of their emotional well being.



Seniors can look forward to staying active and engage with the community through these services.

Our Services:

- Active Ageing
- Befriending and Buddying
- Information and Referral to Care Services
- Social Connectors
- Community Screening

SNM AAC (CARE)@WOODLANDS
 Blk 861 Woodlands Street 83 #01-170
 Singapore 730861
 +65 6955 9539

SNM AAC@RACE COURSE
 394 Race Course Rd
 Singapore 218649
 +65 6955 9555

Website



sreenarayanamission.org



Please follow us on social media for the latest updates and announcements.



*Our
Management*

EXECUTIVE COMMITTEE



Mr. Anil Sarasijakshan
President



Mrs. Sarala Raman
Vice President



Ms. Shalini Damodaran
General Secretary



Dr. Sreenivasan Sreenath
Treasurer



Ms. Aathira Unnithan
Assistant General Secretary



Ms. Shilpa D/O Surash Lal
Assistant Treasurer



Ms. Anusha Senan
Committee Member



Ms. Kamarshi Shailaja
Committee Member



Ms. Neetha Sanjay
Committee Member



Mr. Raghavan Mohanadas
Committee Member



Mr. Ramachandran Nayar Ajayan
Committee Member



Mr. S Premnadh
Committee Member



Mr. Viju Chakarapany
Committee Member



Mr. Sreekanth A P V
Committee Member



Dr. Swapna Dayanandan
Committee Member



Mr. T.G Sajir
Committee Member



Ms. Vidya Sasidharan
Committee Member



LEGAL ADVISOR
Mr. Bhaskaran Sivasamy

BOARD OF TRUSTEES



Mr. Dileep Nair
Chairman



Dr. Ahmad Magad



Dr. Asha Karunakaran



Mr. Foo Say Thye



Mr. Jayadev Unnithan



Mr. Manu Bhaskaran



Mr. Rajesh Sreenivasan



Ms. Sunu Sivadasan



Dr. Thara Ravindran



Mr. Viswa Sadasivan

HEAD OF DEPARTMENTS



MR. S. DEVENDRAN (JP, PBS)
Chief Executive Officer



MS. JEZSICA IDA SU
Head of SNM Nursing
Home@Riverwalk &
SNM Nursing Home@Chencharu



MS. KUMARI NEERAN RAI
Head of SNM Nursing
Home@Chong Pang



MR. TAN WAI HONG
Head of SNM Meranti
Home@Pelangi Village



MS. JOANNA NG
Head of SNM Senior Care Centres,
SNM AAC (Care),
Caregivers Training & Night Respite



MS. RAVETHI ACHUTAN
Head of SNM AAC@Race Course
& Volunteer Management



MR. ANBALAKAN RENGAYYAN
Head of Facilities
& Projects



MS. KHIRRTANA M.A.K
Head of Human Resource
& Administration



MS. NISHANI HASSAN
Head of Corporate
Communications



**MS. PREMALATTHA
SADHASIVAN**
Head of Corporate
Governance



**MR. RAJ KUMAR S/O
RAWICHANDRAN**
Head of Information Technology
& Operations



MR. SUNIL KUMAR
Head of Finance



**MS. YOGESWARI
CHANDRASEKARAN**
Head of Social Work &
Resident Programmes (NH)

SNM RESIDENT'S COMMITTEE (2023-2025)



Mr. Ramakrishnan
Chairman



Mr. Lee Ah Meng
Vice-Chairman



Mdm. Foo Yong Yang
Secretary



Mdm. Adikal Ammal
Asistant Secretary



Mdm. Neo Geik Choo
Member



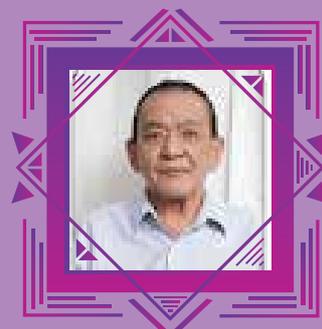
Mdm. Aishah Bibi
Member



Mdm. Tan Took Hoon
Member



Mdm. Ganga Devi
Member



Mr. Tan Boon Tiong
Member



Nursing Home @Chong Pang

Caring for Residents

Our Nursing Home (NH) has been a place of comfort and respite for our residents for the past four decades.

Our professional nurses and trained caregivers provide dedicated nursing and rehabilitative services, and care to our residents round-the-clock, while providing them the comforts of a home.



Our residents do not live in our workplace; We work in their home...

Our Services:

- Nursing
- Respite
- Pharmaceutical
- Counselling
- Education
- Psychosocial
- Dietary
- Rehabilitation

What are the admission criteria?

We take in seniors who are:

- Physically or Mentally Challenged because of Illness.
- Semi-Mobile, using a Wheelchair or is Bedbound, and require Medical and Nursing Care.
- Unable to be cared for at home by family or paid domestic worker, and tried all other care options such as using day care, home medical, home nursing services etc.
- Meet the Means Test Criteria and referred by Agency for Integrated Care (AIC), the central agency that processes all the applications to government-funded nursing homes in Singapore.

12 Yishun Avenue 5 Singapore 768992

Contact Us



+65 6955 9555

Website



sreenarayanamission.org



Please follow us on social media for the latest updates and announcements.



*Members
Activities*

Sree Narayana Mission's Activities for Members

We are delighted to share the various activities we have organized for our members, whose ages range from 19 to 80+. Currently, we have 514 members. Our goal is to foster a sense of togetherness and bonding among our members.

Please see below all our activities organized into various categories to match your interests.

Social Activities



1. Brisk Walk

When: Saturday mornings starting at 7:30 AM, followed by a healthy breakfast.



2. Yoga Class for Adults

When: Saturday afternoons from 4:00 PM to 5:30 PM.

Price: \$90 for 12 weeks for members and \$105 for non-members.



3. Music (Vocal) Class for Adults and Children



When: Alternate Sundays
from 2:00 PM to 4:00 PM.

Price: \$30 per month for members
and \$50 for non-members.

4. Karaoke Session

When: Every 4th Sunday of the month
from 5:00 PM to 6:30 PM.



5. Movie Night

When: Monthly Malayalam movie viewing at Carnival Theatre in Beach Road

Price: \$10 per ticket
(discounted rate by kind courtesy of Mr & Mrs Ajith of Singapore Coliseum).

6. Chaaya Session

A fun-filled and enjoyable event held once every
4 to 6 months with home-cooked food sponsored by members.



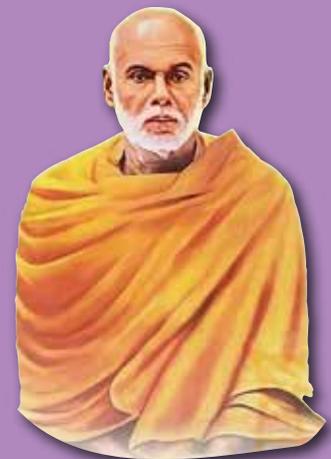
7. Overseas Trip

An annual overnight trip. This year, our members spent a night in Batam.



8. Guru Jayanthi

Guru Jayanthi Celebrations are a cornerstone event commemorating the birth of Sree Narayana Guru. Every year, we mark this occasion with cultural activities and community outreach, fostering unity and reverence for Guru's teachings among our members.



9. Health and Education

Health/Medical Talks

Details: Arranged on an ad-hoc basis with specialists invited to speak on various topics. These talks are both informative and beneficial to our members.



We have also conducted House Visits of our members and for one particular family, we have arranged the help they required.



Mission Activities



1. Spiritual Activities

Narayana Smriti Classes

When: First 3 Sundays of the month, focusing on Sree Narayana Guru's teachings.



2. Guru Poojas

When: Conducted Sunday evenings at 6 PM and on special occasions.

3. Guru Samadhi

Details: Guru Samadhi is a solemn event marking the passing of Sree Narayana Guru, featuring special prayers, spiritual discourses, and reflections on his teachings, fostering reverence and contemplation among our members. Members are served a simple but delicious Kanji dinner.



Spiritual Talks and Discourses



4. Meditation Sessions

Details: Conducted by visiting spiritualists.

5. Vijayadashmi Prayers and Songs

Details: Special prayers and songs related to the Goddess of Education, performed by our vocal students during Navaratri period.

6. Kartigai Deepam

Details: During Kartigai Deepam, the Pooja room is beautifully illuminated, and special poojas are conducted.



Fund Raising

Baking and Murukku Making

Details: Our ladies from the Members' Sub-Committee, along with other SNM members, come together twice a year to bake cookies and make murukku as a small fundraising project.



Communication and Participation

Members' WhatsApp Group

Details: We have a Members' WhatsApp Group for instant updates on Mission events. If you haven't joined our group, please contact Ms. Sarojam.

We invite you to participate in and support our activities.

For further information, please contact Ms. Sarojam at sarojam@snm.org.sg.

We welcome your feedback and suggestions on our activities as we strive to build a stronger, more connected community.

Please also visit our Members' Facebook for an update of our activities.

Sarala Raman

Vice President, Chairperson, Members' Sub-Committee





Gallery

Sree Narayana Guru Jayanthi Celebrations Held on 2 and 3 September 2023



Opening of SNM CareLight Senior Care Centre Held on 10 November 2023



Pongal Held on 15 January 2024



Singapore Health Quality Service Award Held on 23 January 2024



Night Respite Open House Held on 27 January 2024



SNM Chinese New Year Held on 20 February 2024



SNM Appreciation Dinner Held on 29 February 2024



SNM Iftar Dinner Held on 16 March 2024



SNM 76th Anniversary Held on 15 June 2024



National Day Celebrations Held on 9 August 2024





Senior Care Centres

Empowering Our Seniors

To help our seniors age in place, SNM Senior Care Centres (SCCs) provide a communal space for them to enjoy group activities while receiving essential care services.

Our centres offer full day programmes for seniors to interact, socialise and enjoy planned activities like Arts & Crafts, Bingo, Karaoke, Movies and Cooking sessions.



Our Services:

- Maintenance Day Care
- Dementia Day Care
- Community Rehabilitation
- Night Respite

“ Through our senior care services, we aim to improve the physical and social well-being of seniors.

Our Locations

Our SCCs are located in Yishun and Bedok. The Yishun SCC provides Maintenance Day Care (MDC) services, while the SCC at Bedok provides both MDC services and Dementia Day Care (GDCC) services.

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@CHONG PANG
 12 Yishun Avenue 5
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SNM CARELIGHT
SENIOR CARE CENTRE
 Blk 141 Bedok Reservoir Road
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Website



sreenarayanamission.org



Please follow us on social media for the latest updates and announcements.



*Stories
and
Poems*

HIKING IN HIMACHAL PRADESH BY JOHN DAVIES

My old friend David and I have known each other since 1975, and met on a kibbutz by the Sea of Galilee when we worked as volunteers. Both now married and somewhat decrepit with grown-up kids, we have often escaped domestic life over the years to roam the mountains and valleys of Himachal Pradesh together, an area of India we both know and love.

Our latest sojourn was in April this year. We rendezvoused at Delhi domestic airport (he now lives in Australia, and I in Singapore) where a turboprop flight took us to Bhuntar. We then took a taxi to Tosh at the upper end of Parvati valley, driving through Kasol and Manikaram as we ascended to 10,000 feet. Our guesthouse boasted an uninterrupted view of the snow-capped ranges across the valley, almost unreal in their transcendental beauty.

We used this as a base for a week to acclimatise, hiking the valley past pristine waterfalls in the cedar forests, and further up into the snow line where only Gurjar shepherds and the occasional lone bear or leopard dared venture. The town of Tosh itself has sprung up over old terraced fields where vegetables and fruits once thrived. The local population has largely succumbed to tourism during the past thirty years, with Tosh becoming a refuge for young Israelis escaping the stresses of home, the bass notes of trance music reverberating across the valleys deep into the night.



We took several hikes to the snow line but our advancing age soon took its toll. Gone were the days of scrambling over 16,000 ft passes in blizzards, and camping on cold hard rock. We congratulated ourselves on making the decision to take day hikes from a central base, to which you could return in the evening to a hot bath and a rejuvenating meal of dal, chapatti, rice and sabzi, the hiker's standard fare. By 9 pm the cold set in and we would retreat to the cocoons of our cosy sleeping bags.

We met several interesting foreigners living in those foothills, escapees from the western world. But we decided that the Parvati valley no longer held the same mystique as it had a generation before, so we moved on to Chamba by bus, and after a comfortable night in the only good hotel in town, took a jeep to Tissa at the head of the valley. We found a friendly guest house with an excellent cook, and made our base there for ten days, hiking high up the valley slopes on both sides.

The lower slopes are intricately terraced, and farmers grew fruit and vegetables in the fecund black earth. The area is known for its apple orchards where several international strains are cultivated. We met an amiable horticulturalist who outlined the production process in detail, and who then invited us home for lunch.

This generosity is typical of the people in this area. A group of young men whom we first took for scallywags followed us for a while then shyly introduced themselves. They were all undergraduates at an agricultural university, home for a long weekend, and spoke fluent English. (David speaks appalling Hindi, and I, none at all). What was so refreshing about them was their obvious love of the countryside and rural tradition in that part of HP. They vowed to return to cultivate the land after graduation and to continue and improve the sustainable farming methods used by their forefathers. However, one of them had a different ambition; to join the police force. Apparently, this part of HP has a very low crime rate and it would be an easy job!

Tissa is well away from the tourist routes. We encountered no foreigners during the entire time we were there and the locals were open and generous. Indian tourists from the plains generally only venture as far as the large town of Chamba to witness the local festivals. Tissa area, a secret paradise, is a step too far for most. The access road is a nightmare, with dangerous landslides, strewn with crushed cars and trucks.

Logging in the Tissa area appears to be under control, and we hiked high through dense cedar and pine forests and higher into the snow. Though exhausting at times, the effort was always amply rewarded when we would find a place to sit in cool shade and look across the valleys toward the majestic mountains beyond, all the way to Kashmir, and to marvel at God's creation.

AYURVEDA ON HEALTH: WHAT IT ACTUALLY MEANS TO BE HEALTHY BY PARNELLA RAYAPPAN

We have been made to believe that we need to be slim to be considered “healthy”. When we start an exercise routine, the results are measured based on numbers that appear on a scale, whether our clothes fit better, and when someone says “Hey! You’ve lost weight!”.

However, we are not defined by numbers on a scale or the size label on our clothes. In Ayurveda, we are seen as physical beings that are powered by Prana - the life force of the Universe. Whatever is created by the Universe, is reflected and manifested in our body, mind, senses, and actions.



The definition of a healthy person in Ayurveda as written by Acharya Sushruta is: “One who is established in Self, who has balanced dosas (primary life force), balanced agni (fire of digestion), properly formed dhatus (tissues), proper elimination of malas (waste products), well-functioning bodily processes, and whose mind, soul and senses are full of bliss is called a healthy person.”

Ayurveda teaches us how to live a life that is filled with positive energy, presence, love, respect for nature, giving back to the community, and gratitude. This 5,000 year old system of medicine focuses on preventive care first before looking into treatment. It teaches us that we have the power to make mindful choices that can either keep us healthy and vibrant, or be susceptible to early onset disease.

To be perfectly honest, we are all susceptible to illness, disease, decay and death. It is the way of Nature. We are governed by Creation, Preservation and Destruction; the 3 laws and forces of Nature. How long we live, how well we live, is entirely in our hands and in the hands of those who care for us and vice versa. This comes down to learning about what foods are suitable for our body types based on our lifestyles, pace of life, country, and how well we sleep.

The 3 Pillars of Health in Ayurveda are Food, Sleep and Lifestyle. Food is something we need to give us energy to perform our roles in life with vigor and enthusiasm. Sleep is essential to rest our mind and body to prevent us from falling sick. Lifestyle allows us to choose how we want to participate in society, stay active, creative and curious. Any imbalance in these 3 pillars will result in us having digestive issues, low energy and bad sleep.

Here are some humble tips that can help us live a life that is simple, vibrant and joyful: Start your day with warm water on an empty stomach to wake up your digestive fire, stretch your body for 10 minutes, go for a 10 minute walk under the morning sun, take lukewarm showers, enjoy simple meals that are freshly cooked with local vegetables, meet your friends regularly to socialize, do your work with gratitude, spend a few minutes in silent prayer or meditation, let lunch be your biggest meal of the day, and keep things simple.

ABOUT THE AUTHOR

Parnella is an Ayurveda Therapist, Trainer and Yoga Educator at Union Yoga Ayurveda. She provides therapeutic services to patients from all walks of life and facilitates Ayurveda and Yoga Therapy Foundation classes to sincere and curious students. She truly believes that Ayurveda and Yoga are for everyone. Whatever your species, race, age, occupation - there is something for everyone because these sciences are gifts to us from the Universe. It is through sincere studying, curiosity and unwavering faith that we can live a life that is present, mindful and joyful no matter the circumstance.

LAUGHING YOUR WAY TO HEALTH AND HAPPINESS

BY R. ASOKAN

Mark Twain, American writer, once famously remarked, "Laughter is the Greatest Weapon We Have and We, As Humans, Use It the Least." This notion resonates deeply with many, suggesting that laughter possesses a transformative power often overlooked in our daily lives.

Most people enjoy a laugh now and then and some have suggested that laughter is the best medicine. On many occasions, doctors would ask the family to always keep the patient happy so that they would recover quickly. The mind and body are wired; a healthy mind promotes a healthy body.

Laughter is sometimes seen as contagious as one person's laughter can trigger this emotion in others to create a human-to-human connection. It is not just limited to communicating humour, but it also facilitates bonding across large groups of people in a community.

Having said this, at times, it is essential to acknowledge that laughter, while typically a force for good, can also wield negative repercussions, sometimes inadvertently causing discomfort or embarrassment within social settings.



Humour itself is also deeply embedded in cultural contexts, with each community having its own unique comic sensibilities. They may have their own jokes which may not be understood by others. It is therefore important to know the difference between laughing at oneself, laughing at others and laughing with others. Some people have achieved fame and fortune by making people laugh.

A Greek philosopher, Aristotle once rightfully said, "Laughter is a Bodily Exercise, Precious to Health." Its effects on both mind and body are manifold, serving as a catalyst for positive change. With so much power to heal and renew, the ability to laugh easily and frequently is a tremendous resource for overcoming problems, enhancing relationships, and supporting both physical and emotional health.

SO, WHAT ARE THE PHYSICAL, MENTAL, AND SOCIAL BENEFITS OF LAUGHTER?

- It draws people together in ways that trigger healthy physical and emotional changes in the body.
- Laughter strengthens the immune system, boost moods, diminishes pain and protects one from the damaging effects of stress.
- Nothing works better or faster than to bring the mind and body back into balance than a good laugh.
- Humour lightens the burdens, inspires hope, connects one to others, and keeps them grounded, focused and alert.
- It releases anger and foster the ability to forgive sooner this strengthening relationships, bonding, teamworking, while defusing conflicts.



In a world often fraught with adversity and strife, laughter emerges as a vital coping mechanism. It offers a reprieve from life's hardships, reminding us of the resilience of the human spirit. Embracing laughter is not merely a luxury but a necessity—a means of navigating the complexities of existence with grace and humour. As we navigate the intricacies of daily life, let us not underestimate the power of laughter. In seeking moments of frivolity and joy, we cultivate a mindset of resilience and gratitude, enriching our lives and those around us in profound ways.

A COMMUNITY APPROACH TO PALLIATIVE CARE BY DR. SWAPNA DAYANANDAN

The clock ticks past 2 a.m. The city sleeps, but in one home, the quiet is broken by a wracking cough. Madam Lim gently holds her husband, his frail body struggling for breath. It's a scene playing out in countless households across Singapore, where a rapidly aging population faces the realities of life-limiting illnesses.

"I'm failing him," Madam Lim whispers, her own tears mingling with his. It's a feeling of desperate loneliness, shared by many caregivers who navigate the complexities of end-of-life care alone.

The Challenge of Caregiving in a Cosmopolitan City

Singapore boasts world-class medical facilities, yet a critical gap exists in supporting patients and their caregivers outside of hospital walls. Research shows 95% of a patient's journey happens at home, where emotional, spiritual, and social well-being (psychosocial support) become paramount.

A recent study revealed that over half of caregivers feel stressed "all the time," and many report mental health struggles. Without community-based care, they face immense challenges:

- Inadequate Care: Managing pain, anxiety, and emotional needs at home is overwhelming without proper guidance.
- Isolation for All: Patients, caregivers, and even family members suffer from loneliness and fear.

[Mental Health Study of Caregivers: Source: Caregivers Alliance Limited and Milieu, 2022 with 1000 sample size]
Kampong Palliative Care:

A Compassionate Solution

Kampong Palliative Care empowers caregivers and builds community readiness with a two-pronged approach:

1. Virtual Engagement: Provides bite-sized learning resources, a supportive online community, and access to expert advice, ensuring that no one feels alone on this journey.
2. Face-to-Face Engagement: Offers culturally sensitive training, legacy cafes for sharing experiences, and outreach to raise awareness about end-of-life care.

Ripples of Support

Kampong Palliative Care benefits not only caregivers but also:

- Individuals facing Life-Limiting Illnesses: Empowering them to participate in their own care and find comfort in their final journey.
- Kampong Dwellers (e.g., neighbours, colleagues, friends, extended family members etc): Equipping them to offer compassionate support and build a more connected community.

A Conversation That Matters

Imagine Madam Lim sharing her struggles with her neighbour, Mrs. Ravi, who's been trained in Kampong Palliative Care. Mrs. Ravi doesn't just offer condolences; she actively listens, validates Madam Lim's feelings, and connects her to vital resources. This is the power of a prepared community.



Transforming Lives

Kampong Palliative Care will redefine end-of-life experiences in Singapore. By addressing the often-overlooked psychosocial needs and fostering a culture of compassionate preparedness, we ensure that no one faces this journey alone.

Empowered caregivers. Reduced isolation. Stronger communities. This is the future of care in Singapore.

This article is written by Dr. Swapna Dayanandan (PhD, Gerontology) Consortium Founder (Kampong Palliative Care), in partnership with the Singapore University of Social Sciences and supported by Ngee Ann Kongsi.

LOVING GOD: MY GREATEST JOY BY SIVAM SUBRAMANIAM

I am 70 years old, and I have never known a time when I have not been in love with God.

Blessed to be born into a God-loving and God-fearing family, I have, over time, grown to lose myself totally in God's love with fear cast aside. My parents and my siblings somehow always treated me special thereby inspiring me to do good and to be aware of goodness.

To me, this special relationship with God came about as I believed I was my Mum's favourite child amongst her eight children who she declared she loves all equally even now at 94. But I have always felt that secretly I am her pet and dared her to publicly deny it. And she did several times even at our last new year party as to her all of us eight children were equal claimants to her love. Yet I knew. Such was my affair with God too despite the Gita declaring that God does not play favourites and that we are only punished by our own actions. Yet there is something more.

So life, to me, was a joy parade, filled later by my wife, daughter and son and my stream of godsons, nieces and nephews, and great best friends too. Of course, there were some strict parade wardens and water bombers along the way but they sharpened the joy.

Feeling the Love

Walking in the Grace of God and knowing that God just loves me has been one of the most fun parts of my life. I do not know how I learnt or how I knew the secret of God's love but it has always been my strength and source of joy in life. I have had people marvel at my easy life or even put me down saying you act like as though you are the only one God loves. To me God's love is expansive and just not static. There is goodness all around the world and enough for everyone. God's love is just unlimited and so so real.

When young, I was so dependent on God for everything that I used to envy free thinkers and atheists feeling that they were so strong to be able to live on their own without wanting or needing God. But as I grew up and saw the amazing things happening around me, I felt instinctively so loved and so well looked after. In my later days as I started reading the scriptures, I began to understand that this was the reality of life when a concept of something you cannot see becomes so powerful within you that you start to experience and actually feel His presence, love, care and support within you as a reality.

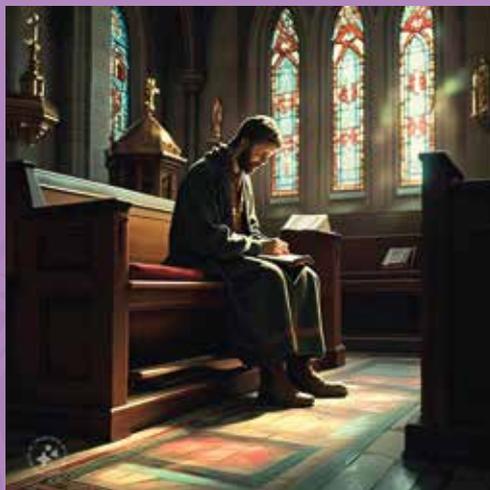
The Connection

I understand the exclusivity of Christianity and Islam of an exclusive God. I do not see as belittling the other religions - the approach to God as the establishment of the one and only way to Him. The reality is that if one does not believe in God, He really cannot reach out to you to give you that Peace of Mind. How can you experience Christ's Love if you do not believe in him? You must have faith in God whether you call Him/Her Allah, Shiva, Ram, or Buddha or Christ.

Just Be Ready

So, this is my simple message: to let God help you, you must whole-heartedly admit him into your personal life and accept him as a reality in your life. No need for big or small sacrifices or severe penance. He is not looking for perfection. Just the simplicity of heart that wants to be loved and is ready to be so loved. Just plug into the wonder to see his Glory in everything surrounding you. Again, my mother is the perfect example of such positivity: she has the sweetness of heart to forgive even the people who hurt her without bitterness. She saw good in everyone and everything everywhere without judging anyone. So being close to her, I picked up some of these tips which many saw as a weakness or being so desperate to be loved. But to me, it was the easiest route in life to see the love that everyone has for you. The more you believe the more it happens. Hence, they say: "Blessed are you to see God in everything that happens to you. You need ask for nothing."

Happiness is just yours - all yours for the taking. And unashamedly just celebrate the joy of being happy for yourself as well for others (more for the latter the better). As Sadhguru says if you have not wet your face with tears of joy, you have never lived well (paraphrased).

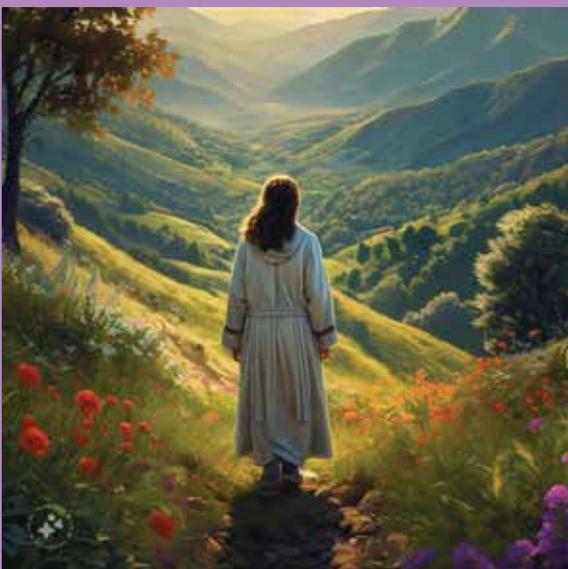


The Reality Check

Do not go away thinking I have led a very quiet and sheltered life. With Shiva in my life, I have faced many battles too: being harassed at a five-star hotel in London; robbed in Central Park in New York; nicked in Belgrade in the 80s; or even abused by the police in Buenos Aires or having mobiles pinched in several cities, even a laptop stolen in Colombo; or drugged in Bangkok; abused by bad people several times; and having my share of holiday disasters and mountain/lake accidents and losing several beloved friends and family including my Father too. But even in the darkest despair, my knee jerk response was just: "Om Namashivaya" and I always found my way home with my smiles and faith intact, ready for the next challenge. There still are some people who fear being near me, thinking I am a calamity Joe with all these freakish accidents striking me.

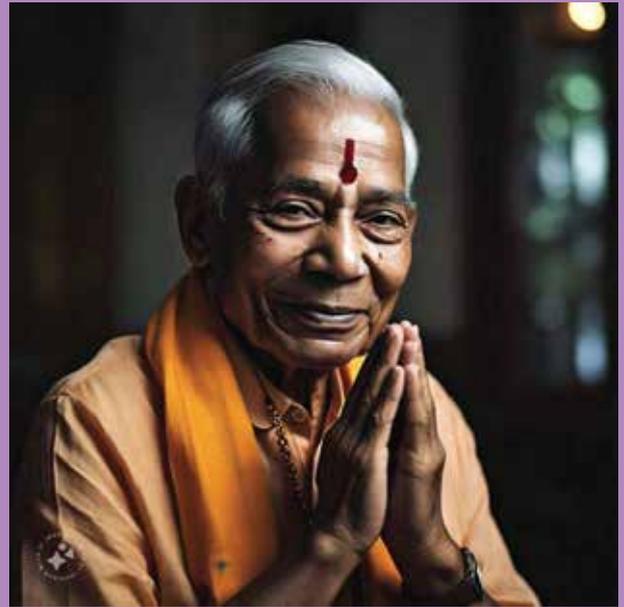
In my career, be it as a diplomat or journalist or businessman, when things seemed just beyond me, the Universe has stepped in to shape things up for me. As I look back, I can say with certainty that there are so many things I never could have consciously done and yet I have done them by that unseen hand of God making things fall into place. All I did was to make sure my team and I put in our very best efforts. The rest was just divine help that comes pouring in.

I enjoy the oneness of God everywhere even in the holiest of sites be it, Temple Mount in Jerusalem, Jeddah (I could not go Mecca being non-Muslim), St Peter's Basilica in the Vatican or Kailash in Tibet, Kasi or Rameshwaram in India or just in the smiles of people walking on the streets on workdays.



So convinced am I by God's very presence in my life, that I often warn my enemies or those seeking to harm me, that though I can take it, Shiva will not be able to accept this and will come to punish them. In my time I have seen them getting their come-uppance, not that I ever pray for revenge.

I have joyfully seen some of my joy rub off on my mates too. There were many times when my mates paid good money to bribe me to pray for them or ask my Mum to make special offerings in their names at the temple though Hindus they were not. But joy is infectious. It passes on.



A Good Life

As for me, Life is just too good not to enjoy walking in the strength of loving God and knowing that God loves you. Being a Hindu with the unmanifested God represented in numerous forms to suit your preferences, I adore every faith and embrace every belief with joy. Surely goodness will follow you everywhere with God beside you, making where you are the happiest place ever. I am 70, not a wide-eyed child. But the love of God makes me a child forever. God's child forever.

ABOUT THE AUTHOR

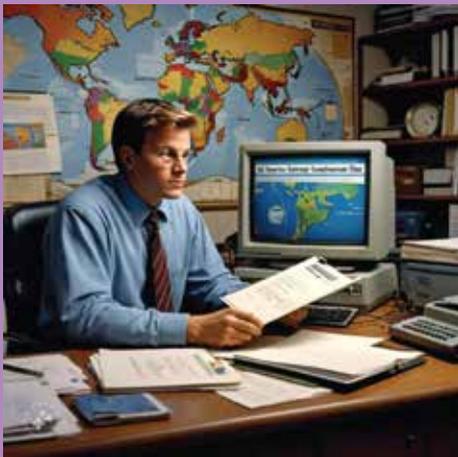
Lifelong Hindu, he enjoyed dabbling in law, diplomacy, journalism and publishing which all brought him back to Sanskrit, religion, Shiva and Ram and the need to see God in everyone.

Still trying.

MY JOURNEY TO SETTING UP ANGELS OF IMPACT BY LAINA RAVEENDRAN GREENE

My journey began in the 1960s in Singapore, born to parents who had emigrated from Kerala in search of a better future. Despite our modest means, my parents, both government civil servants, instilled in my sisters and me the importance of social work, teaching us to be grateful for what we had and to help those less fortunate. This upbringing profoundly shaped my worldview and commitment to service.

With this foundation and influenced by the teachings of Sree Narayana Guru and later the Baha'i Faith, I pursued graduate studies in Geneva, aiming to work for the United Nations. As an intern and staff member at the International Telecommunications Union (ITU) in 1986 and later at INTELSAT in Washington, D.C., I focused on ensuring affordable communication services for rural areas. This work revealed the stark digital divide and ignited my passion for creating business models that could do well socially while being financially viable.



In 1997, I founded an e-learning company to bring education to developing countries, working with corporations like Cisco to subsidize services for Laos, Vietnam, Cambodia, and Thailand. Though we did not yet use the term, we functioned as a social enterprise. This venture attracted media attention and underscored the potential of cross-subsidization in bridging educational gaps.

Inspired by pioneers like Grameen Phone and SELCO, I saw the potential of social enterprises in transforming rural economies. After selling my e-learning business, I aimed to establish a fund to replicate successful social enterprise models, focusing mainly on women entrepreneurs who often faced significant barriers to funding. However, the 2008 global financial crisis delayed these plans.

During this period, I worked for an internet social enterprise and later moved to Indonesia to run an Innovation Investment fund for a conglomerate. Here, I introduced aspects of CSR and initiated small-scale projects to help women, but I craved a more sustainable impact. Through UnLtd Indonesia and Ashoka, I deepened my understanding of social entrepreneurship and systems change, realizing that sustainable impact requires altering ineffective systems.

My pivotal moment came when I met Dinny Jusuf, founder of Toraja Melo, a social enterprise empowering indigenous women weavers. Her success confirmed my belief in the power of women-led social enterprises in poverty alleviation. Inspired by such stories, I recognized the need for a dedicated platform to support these entrepreneurs.

Thus, Angels of Impact was born. We aim to support women-led social enterprises that create sustainable livelihoods for marginalized communities. We aim to empower these enterprises to scale their impact and drive systemic change by providing funding, mentorship, and market access. Over the past eight years, the organization has steadfastly adhered to these principles, supporting 35 women-led social enterprises and impacting over 62,000 lives. You can learn more about our work at www.angelsimpact.com



Reflecting on my journey, I am grateful for the experiences that led me to this point. From my early days in Singapore to my work with global organizations and social enterprises, each step has reinforced my commitment to creating a world where business and social good go hand in hand. Angels of Impact is the realization of this vision, and I am excited to continue this journey of empowering women and transforming communities.

GRANDPARENTING IN A NEW WORLD

BY PN BALJI

We are not grandparents. We are adjunct parents.

I became a grandfather at age 65. And again, five years later. Grandparenthood was, and still is, an unknown. My wife and I did not know how complicated our role was going to be. Ten years later, we are still in mystery land; we don't know what our role is, where and when we should step in, to what extent we should pamper and discipline our grandsons. Over the years, we have come to somewhat of a water mark. Watch how the parents speak to them, deal with them and discipline them. No university will teach you grandparenthood, no friends can guide you. You pick up pointers as you go along. Yes, nothing like learning from lived experiences.



The first and important rule is to realise that we are not the parents, we are there to play a complementary role. We are substitute parents; like in football, we are super subs, waiting to move in when the call comes. The big difference is that in football, the coach makes the call. In the grandparents' case, we have to make the judgement call on our own.

The first pointer we picked up from my daughter was this: No baby talk with the boys. Talk to them in proper English. Proper sentences, proper words and spoken with proper intonation. We did that and the boys' spoken English is kind of perfect. We do intervene occasionally, especially when they use words like "stupid" and "crack" (short form for cracko).

There are occasions when the boys are unhappy with their parents. They confide in their grandmother. She gives them a listening ear, does not take sides and recounts the good things the parents have done for them. That way, the anger is managed and more importantly, the boys know who to go to when they are upset. There is no better place to vent your frustration and get good advice than at home.

They hardly turn to me when they are not happy. But I find other ways to keep the communication links alive. I eavesdrop on conversations between parent and child, bring it up with the boys a couple of days later and provide another side to the story. My intention is to make them think that every life episode has a different side that is as compelling as the original story.

Growing up with my grandsons is a learning journey. They take my hand and gently let me explore their world. It is a world where technology, rather than friendship, is king. Both are in international schools and that brings a whole set of dynamics like world views that sometimes miss my attention.

I have learnt to listen and ask questions. And I have been enriched with this kind of two-way interaction. No topic is taboo. A couple of years ago, their mother wanted them to know about gayhood. That was when she introduced them to a TV sitcom called Modern Family. I used that as an opening to test their knowledge.

I talked to them about why some boys turn gays and go thinking about whether people were born that way. I also took the opportunity to talk about why some religions were against gayhood.

It is time to bring grandparenthood into the national discussion. With both parents working, the helper no substitute for parenthood and Singaporeans' longevity hitting 85, a new consciousness is needed to make our young boys and girls face a treacherous world.

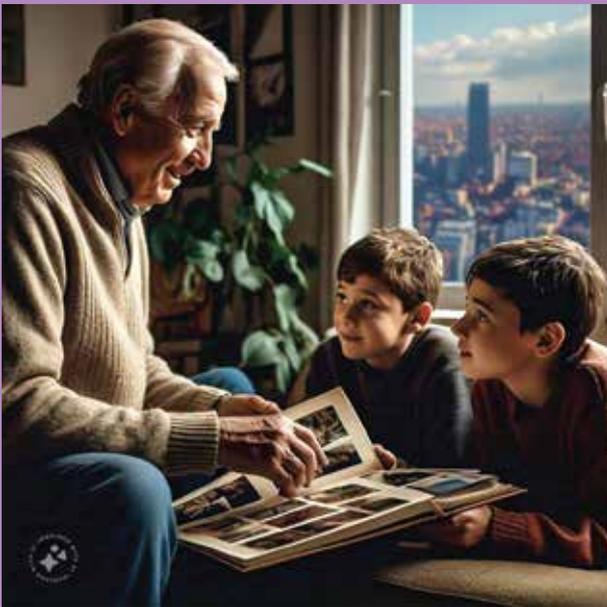
ABOUT THE AUTHOR

PN Balji is a veteran journalist with more than 40 years' experience in Singapore journalism and has worked in five newspapers, three of them as editor. His experience spans print, broadcast and digital journalism. He is one of Singapore's most well-known media personalities and has provided communications advisory services to both public and private sector organisations in Singapore, including government ministries, statutory boards and tertiary institutions.

"YOU ARE NOT GETTING OLD SO SOON!"

BY DR. AJITH DAMODARAN

Sarcopenia is the age-related loss of muscle mass, strength, and function, a condition that significantly impacts the quality of life and independence of older adults. Apart from chronic illnesses and hormonal changes, the main drivers of this phenomenon are reduced physical activity and nutrition, especially protein intake. Sarcopenia diminishes physical capabilities and also increases the risk of falls, fractures, and overall frailty. Some early telling signs include difficulty standing up after lying or sitting on the floor. Another example is poor upper limb strength when trying to place aircraft cabin luggage in the overhead compartment.



Sarcopenia is preventable and reversible, with a few exceptions in some chronic illnesses. The first principle is "Specific adaptation to imposed demand (SAID)". In the context of preventing sarcopenia, the SAID principle implies that to effectively combat muscle loss, older adults need to engage in resistance exercises that challenge their muscles adequately. This means incorporating a variety of exercises targeting different muscle groups and progressively increasing the resistance or intensity. The body will adapt to these demands by strengthening the muscles, thus mitigating the effects of sarcopenia.

Progressive Overload is a key concept closely related to the SAID principle. It involves gradually increasing the stress placed on the body during exercise to continue making gains in muscle size, strength, and endurance. This can be achieved by increasing the weight lifted, the number of repetitions or sets, or the overall volume of work performed. For older adults, progressive overload is particularly important because their muscles might not respond as robustly to training stimuli as those of younger individuals. Starting with lighter weights and gradually increasing the load allows for safe and effective muscle strengthening. It is crucial to monitor progress and adjust the exercise regimen to ensure that the muscles are consistently challenged without risking injury.

The four facets of fitness are: Strength, Stamina, Suppleness and Stability. We improve Strength by doing movements against resistance for example, our body weight, resistance bands and weights. Stamina exercises increase our ability to sustain physical activity continuously for an extended period (>30 mins). Examples are brisk walking, swimming, running and cycling. Suppleness or flexibility is the range of movements we have about our joints, and this is key to our mobility. Head to toe stretch routines are an important component of any exercise session, and also after any period of rest or sedentary activity. Simple dance steps, Tai Chi, and Yoga bring all the components together resulting in Stability and balance, an important factor in preventing falls.

Couples and single adults living alone often have an inadequate diet. Reliance on convenient packaged foods commonly result in inadequate protein intake. Lack of good dentition leads to soft food options too. A simple way to start is to have four fingers size of a protein item like meat fish or chicken for each meal, and somewhat more if it is a vegetarian option like tofu or legumes/beans.

Preventing Sarcopenia should start as early as age 40 yrs, and we should recognise our declining physical abilities and minor muscle strains as early signs to start a prevention strategy to enjoy vitality for the next 40 yrs. Do not dismiss aches, pains and strains as AGEING.

*Reading : Calisthenics for Dummies by Mark Lauren
National library : English 613.71 LAU [HEA].*

ആരെക്കുറിച്ച് നിങ്ങളുടെ പാപം? - എം കെ ഭാസി -

ആരെക്കുറിച്ച് നിങ്ങളുടെ പാപം? ഇന്നലെ-
പുഴുജിച്ചു ഞാനാദരിച്ചതാമ ബിംബങ്ങളീ-
വഴി വക്കിൽ തകർന്നു കിടക്കുമീ
രാത്രിയിൽ, നിശ്ശബ്ദനായ് വന്നിത്തിരി
നേരമീ വെണ്മണൽത്തട്ടിലിരുന്നൊരു
മാത്ര മയങ്ങിക്കിടക്കുവാനാശിച്ചു
പോന്നതാമ രാത്രിയിലാരെക്കുറിച്ചു ഞാൻ
പാപം പിന്നെയും?

പുജാമലരുകളല്ല, നീയിന്നലെ-
യാത്മാവുതിർത്ത സുഗന്ധങ്ങളാലെന്റ
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മോഹങ്ങളല്ലോ കരിഞ്ഞു കിടക്കുന്നു
ചുറ്റിലും പൊട്ടിത്തകർന്നു ചിതറിയ
കൃഷ്ണശിലാവണ്യ വിഗ്രഹച്ചോട്ടിലായ്.

ഇന്നലെ, പുജാമണികൾ മുഴക്കിയ
മന്ദ്രധ്വനികളിൽ കണ്ണടച്ചീവഴി
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രാവേശമല്ലോ, യുഗാന്തര സീമകൾ
കൈവിട്ടു വന്ന പ്രഭാതനക്ഷത്രമേ!

കല്പടിയിങ്കൽ കരിന്തിരി കത്തുന്ന
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ലോകമുറങ്ങിക്കഴിഞ്ഞ യാമങ്ങളിൽ
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നിന്നപദാന ഗാനങ്ങൾ പാടട്ടെ ഞാൻ.



IN CONVERSATION WITH SUMITHA INSINE

We speak to **Sumitha Insine**, who has been working with **SNM** for more than 15 years.

CAN YOU TELL US ABOUT YOUR JOURNEY IN SNM?

I began my journey with SNM in 2007. Starting as a junior nursing aide, I was then promoted to senior nursing aide and later took on the role of mentor for new staff. Combined with my later work in the Dementia Day Care Centre, I gained valuable knowledge and experience that shaped me into the programmes person I am today.

WHAT ROLES AND RESPONSIBILITIES HAVE YOU HELD DURING YOUR 17 YEARS HERE?

I went from a Junior Nursing Aide to become a Senior Nursing Aide and Ward Mentor, growing from providing care to residents to guiding new nurses to perform their duties well.

ANY PROGRESS ON EDUCATION TO UPSKILL?

Yes, SNM provided me with the opportunity to enhance my skills by enrolling me in a specialist diploma course on Community Care and Healthy Ageing for Seniors.

LOOKING BACK ON YOUR CAREER, WHAT ARE YOU MOST PROUD OF?

I am proud of my growth, having progressed from a nursing aide to a Programmes Executive. I am also thankful to SNM for their support in advancing my career.

WHAT DOES C.A.R.E MEAN TO OUR STAFF AND HOW DOES IT IMPACT THE WORK THEY DO?

HOW DO YOU SUPPORT AND MENTOR NEW STAFF MEMBERS WHO JOIN THE TEAM?

Having the opportunity to lead and mentor many dedicated staff members, I was able to guide and teach them the proper work procedures so that everyone is able to excel in their work. At the same time, I tried to be there for them when they faced emotional issues, as many of them are foreigners who left their families to come to Singapore for work.

WHAT MOTIVATES YOU TO CONTINUE WORKING IN THIS FIELD AFTER 17 YEARS?

It's my passion to care for seniors who need assistance and support. After completing my diploma course, I realised that the number of seniors who need care and support in the community has grown, and I wanted to be there for them.

HOW HAS SNM'S CARE PRINCIPLES HELPED YOU IN YOUR COURSE OF WORK?

SNM's values of care, respect, excellence and integrity have been the guiding principles throughout my journey with them. By embodying these values, I was able to excel in my role as a leader and effectively guide my nurses.





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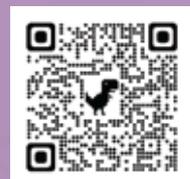
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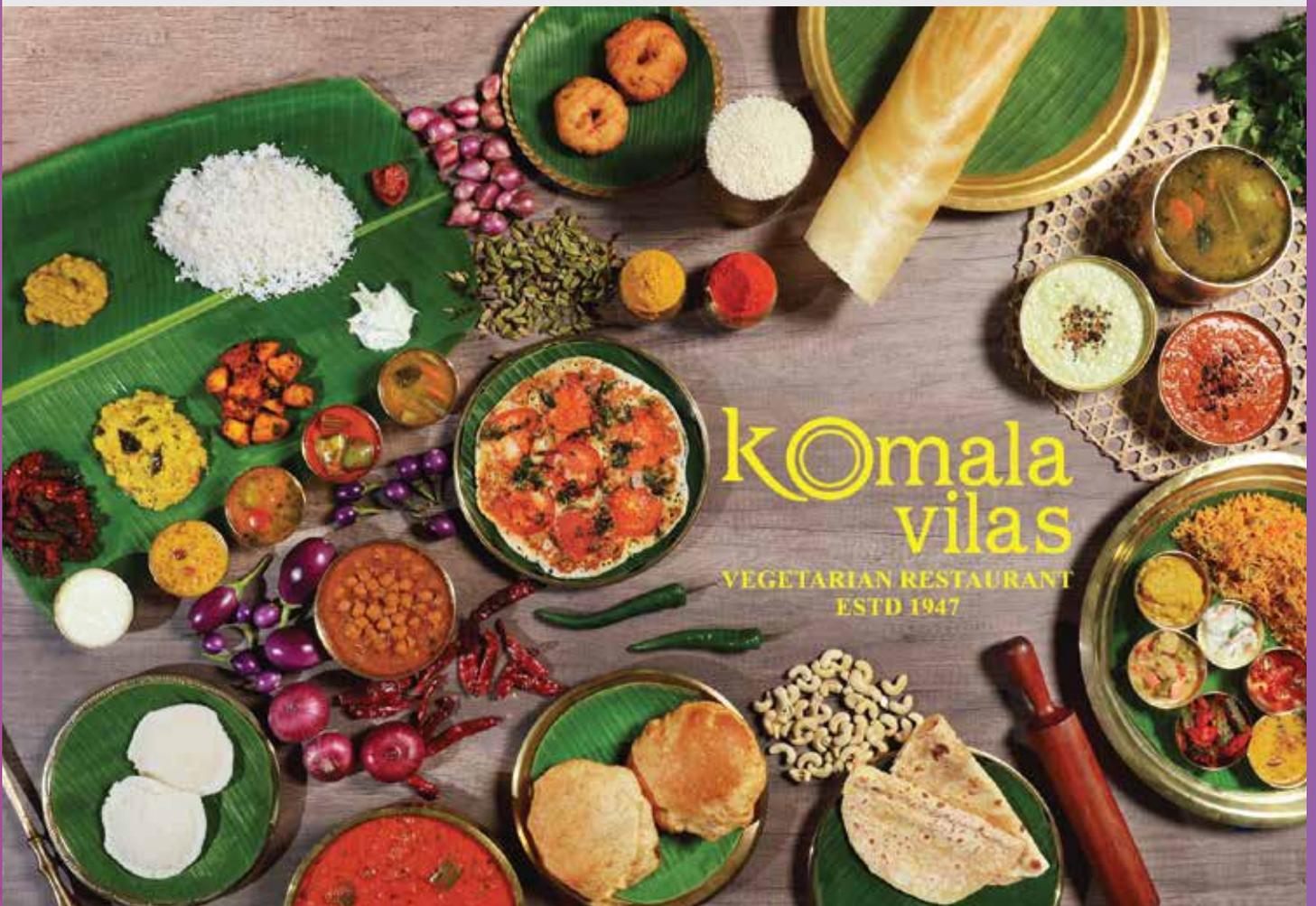
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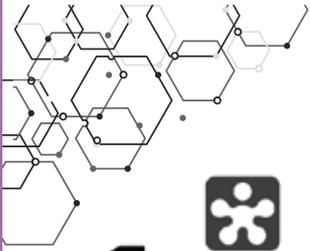
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Abdeali Tayebali Family Trust Award

The Abdeali Tayebali Family Trust was established in 2012 by Mr Ameerali Abdeali, a retired civil servant and Hon. President of the Muslim Kidney Action Association (MKAC), in memory of his late father, Mr. Abdeali HJ. Tayebali who passed away in 2nd March 1979.

The honourable gentleman whom the trust was named after emigrated from India to Singapore in the 1940s contributed greatly to the community as a merchant by running his Rattan and Cane Mart business as well as being a philanthropist through donating his wealth to worthy charitable causes. Mr. Abdeali was also active in promoting of inter-faith harmony and served as the Hon. Treasurer of the Inter-Religious Organisation (IRO) for many years.



"The award seeks to recognise individuals who inspire others through their courage, spirit of adventure, inter-cultural tolerance, compassion and dedication to serving the community."



This is a photograph of members of the Inter-Religious Organisation of Singapore at the home of Mr. V. Packirisamy after their council meeting. Seating from left to right are Dr. D.D. Chelliah, Mr. Arthur K. Isaac (Secretary), Rabbi Jacob Shababo (President), Dato Syed Ibrahim bin Omar Alsagoff, Bishop Hobart B. Amstutz, Mr. Haji Mohamed Khan, Mr. Haji Abdeali Tayebali alias Abdeali Tayebali, Venerable Seck Hong Choon and Venerable Dhammasakha. [Courtesy The Free Press]

Recipients of Abdeali Tayebali Family Trust Award include firstly Dr Kumaran Rasappan, the first Indian-Singaporean to scale Mount Everest. Dr William Wan, Founder of the Singapore Kindness Movement, Mr Wan Hussin Zohri, a founding member of Mendaki, Mr K.V. Veloo, pioneer of social service development in Singapore, Dr Jackie Ying, executive director of the Institute of Bioengineering and Nanotechnology, Mr Satwant Singh, a lawyer involved in disaster relief and charity in Singapore and India. Mr Mohamed Irshad, Founder and President of Roses of Peace, Mrs Arfat Selvam, Lawyer & Chairperson of Hope Villages Fund, Dr Sudha Nair, Executive Director of PAVE Singapore

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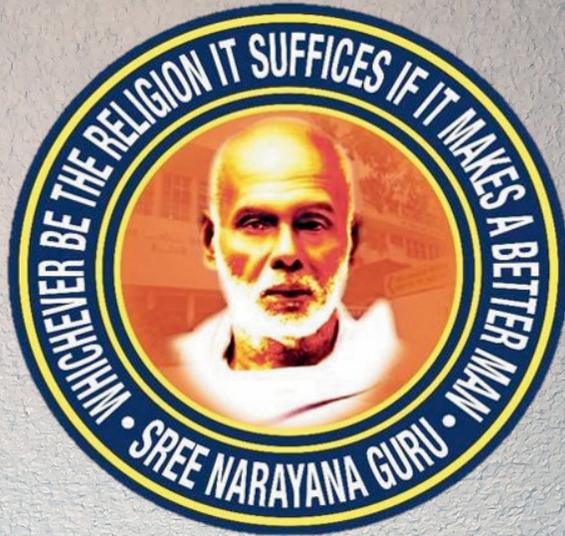
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