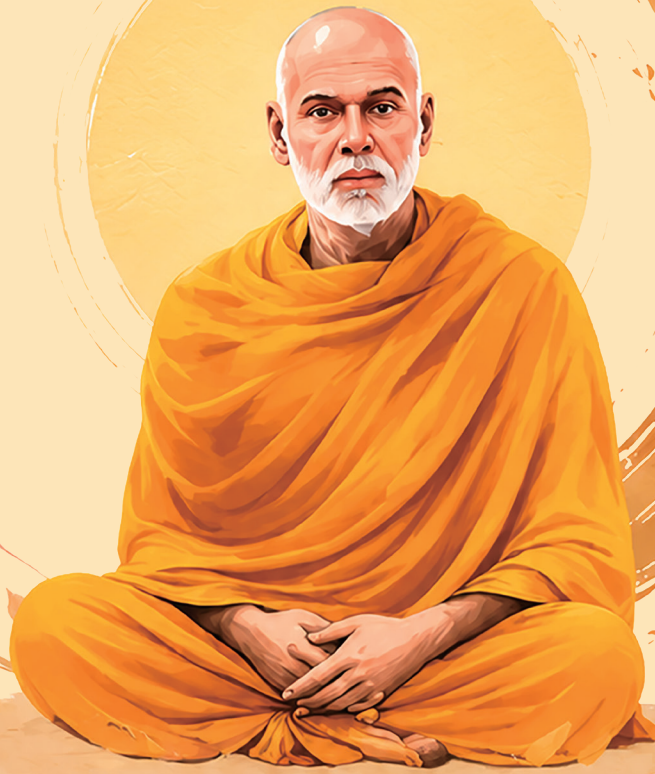




Sree Narayana Mission
(Singapore)



ANNUAL SOUVENIR PUBLICATION 2026

CELEBRATING THE 172ND BIRTH ANNIVERSARY
OF SREE NARAYANA GURU





WITH BEST

Compliments

**RAJESH SREENIVASAN
& FAMILY**





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**SREE NARAYANA MISSION
(SINGAPORE)**

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Singapore 768992**

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sreenarayana@snm.org.sg**

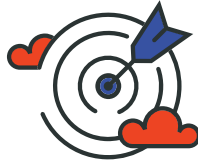
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OUR VISION

Empowering people to lead dignified lives.



OUR MISSION

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



OUR VALUES



SATYAM
(TRUTH)



DHARMAM
(RIGHTEOUSNESS)



DAYA
(COMPASSION)



SHANTHI
(PEACE)

OPERATIONAL PRINCIPLES (C.A.R.E.)

Compassion

Accountability

Respect

Excellence

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)

Salutations to Revered Sree Narayana Guru

Dear Members,

As we celebrate the 172nd Birth Anniversary of Sree Narayana Guru, we pay tribute to a visionary whose teachings continue to inspire and guide us today. His message of equality, compassion, and unity remains as relevant as ever, reminding us of our shared responsibility to care for one another and to build a more inclusive society.

Our founders established Sree Narayana Mission (Singapore) in 1948 with the aspiration of putting these ideals into action through service to the community. Their commitment laid the foundation for a Mission that continues to bring people together, regardless of race, religion, or background, in the spirit of Guru's vision of universal brotherhood.

As Singapore navigates the challenges of an ageing population and an increasingly complex social landscape, the need for compassion, understanding, and service has never been greater. Guru taught us to look beyond our differences and uphold the dignity of every individual, embodied in his message: "One in Kind, One in Faith, One in God is Man." These values continue to guide our commitment to serving those in need with care, respect, and compassion.

On this auspicious occasion, let us not only remember the Guru's teachings but also strive to live them in our daily lives. Through acts of kindness, service, and respect for one another, we honour his legacy and strengthen the bonds that unite our community.

Wishing all members and well-wishers a meaningful and blessed Guru Jayanthi.

Happy Guru Jayanthi



Mr Ong Ye Kung

Minister for Health and
Coordinating Minister for Social Policies

My heartiest congratulations to Sree Narayana Mission Singapore (SNM) on the occasion of Sree Narayana Guru's 172nd birth anniversary.

Sree Narayana Guru's timeless teachings on compassion, equality and service continue to inspire SNM's work and mission in Singapore. These values resonate strongly with our vision of a caring and inclusive society, where every individual is valued and no one is left behind.

As Singapore has become a super-aged society, providing quality and affordable care for our seniors is a key priority. Through Age Well SG, we are shifting the focus for healthcare towards preventive care, enabling seniors to age actively, remain connected to their communities and receive support closer to home. At the same time, nursing homes remain an essential part of our healthcare system, providing quality residential care for seniors with higher care needs and limited family support.

Over the years, SNM has built a strong reputation for providing compassionate and person-centred care. This is reflected in the opening of SNM Nursing Home@Riverwalk in December 2025, which added 302 beds to support seniors with residential care needs, as well as the relocation of its Yishun Senior Care Centre to a larger facility at Block 627 to better serve seniors in Nee Soon and the surrounding community.

Beyond meeting residents' physical needs, SNM creates an environment where seniors experience dignity, purpose, friendship and a sense of belonging. This holistic approach to care is important, and reflects the kind of support we want seniors in Singapore to receive.

My appreciation goes to the Board, management, staff, volunteers and partners of SNM for your dedication and service. Your achievements are a testament to strong leadership, committed teams, and close partnership with the community.

I wish everyone a meaningful Guru Jayanthi celebration, and SNM every success in the years ahead.



Mr K. Shanmugam

Senior Minister, Coordinating Minister for National Security and
Minister for Home Affairs

Since its opening more than 75 years ago, Sree Narayana Mission has played an important role in caring for the vulnerable and less privileged in our community. It began as a place for Sree Narayana Guru's followers to gather and contemplate his teachings. Today, it runs a range of nursing homes, care centres, and social programmes to support those in need – regardless of race, language or religion. Through its work, the Mission has made a difference to thousands of Singaporeans and their families.

Guru Jayanthi 2026 commemorates the 172nd birth anniversary of Sree Narayana Guru. On this special occasion, I thank the Mission for its service to the community, and offer my very best wishes.



Mr Desmond Lee

Minister-in-charge of Social Services Integration and
Minister for Education

Congratulations to Sree Narayana Mission (SNM) Singapore on the Guru's 172nd Birth Anniversary!

SNM has made a significant and positive difference in the lives of many, and brought dignity, hope and a sense of belonging to vulnerable members of our society. For example, you support seniors in need of care, promote active and healthy ageing, and provide psychiatric welfare support. I extend my deepest appreciation for your longstanding service to the community.

I look forward to SMN's continued partnership and contributions towards building a more caring and inclusive Singapore. My warmest congratulations on this milestone!



Ms Denise Phua

Mayor of Central Singapore District
Grassroots Advisor,
Jalan Besar GRC
(Kampong Glam Division)

My heartfelt congratulations to Sree Narayana Mission (SNM) on commemorating Sree Narayana Guru's 172nd Birth Anniversary.

SNM has been a steadfast partner in building a more caring and inclusive Kampong Glam community. Through your outreach to seniors, befriending efforts, active ageing programmes and healthcare services for residents who are less visible or vulnerable, you have made a meaningful difference in many lives. Your team's compassion, dedication, and willingness to work closely with community partners have strengthened our collective efforts to care for residents.

As our community continues to evolve, I look forward to deepening our partnership and creating more opportunities to support and uplift our residents together.

May SNM continue to grow from strength to strength, carrying forward the inspiring legacy of Sree Narayana Guru for many more years to come.



Mr Alex Yam
Mayor of North West District

The 172nd Birth Anniversary of Sree Narayana Guru is a meaningful occasion to honour his enduring legacy of equality, compassion, and unity. I extend my heartfelt congratulations to SNM Singapore for its continued dedication to preserving and promoting these timeless values, which continue to inspire a more caring and inclusive society.

North West CDC values our partnership with SNM Singapore, and I look forward to our continued collaboration in making a positive difference in the lives of residents.





Ms Goh Hanyan

Senior Parliamentary Secretary
Ministry of Culture, Community and Youth &
Ministry of Sustainability and the Environment
Grassroot Adviser to Nee Soon GRC Grassroots Organisations

I extend my warmest congratulations to Sree Narayana Mission (Singapore) on the commemoration of the 172nd Birth Anniversary of Sree Narayana Guru.

Sree Narayana Guru's teachings of compassion, unity, and service to all have stood the test of time. I have always admired how the Mission brings these values to life through its work with our seniors and the less privileged. It is something I am truly proud to see in our community.

The Mission's recent growth speaks for itself. From its nursing home in Chong Pang, the Mission has this year opened its second nursing home at Riverwalk, and is set to open a third 270-bed facility at Lorong Chencharu by 2028. When fully realised, these developments will bring the Mission's total nursing home capacity to over 800 beds. This is a remarkable achievement. Behind these numbers, of course, are real people - seniors who will be cared for with the warmth and dignity they deserve.

As we celebrate Guru Jayanthi 2026, I wish the Mission, its staff, volunteers, residents, and beneficiaries every success in the years ahead. I look forward to our continued journey together in serving the community.



Dr Syed Harun Alhabsyi

Senior Parliamentary Secretary
Ministry of Education &
Ministry of National Development
Grassroot Adviser to Nee Soon GRC Grassroots Organisations

Warmest congratulations to Sree Narayana Mission (Singapore) on the commemoration of the 172nd Birth Anniversary of Sree Narayana Guru.

For decades, Sree Narayana Mission has been a steadfast pillar of our community, consistently making a difference in the lives of seniors and the less privileged.

Your dedication to serving those in need is truly commendable. With the opening of SNM @ Riverwalk at Nee Soon Link, it has been a pleasure collaborating with you, and I look forward to strengthening the partnership with SNM.

To the residents, beneficiaries, volunteers and staff, your efforts make a real and lasting difference. I wish Sree Narayana Mission continued success and growth in the years ahead.



Mr Jackson Lam

Grassroot Adviser
Nee Soon GRC
Grassroots Organisations

Warmest congratulations to Sree Narayana Mission (Singapore) on the celebration of Sree Narayana Guru's 172nd Birth Anniversary!

Sree Narayana Guru's belief that we are all equal and that serving others is the highest calling continues to inspire. I see that spirit reflected in the Mission's work with our seniors and the underprivileged within the community, and I am glad to have been part of your journey.

Wishing everyone a joyful and blessed Guru Jayanthi.



Ms Lee Hui Ying

Member of Parliament
for Nee Soon GRC
Adviser to Nee Soon GRC
Grassroots Organisations

On behalf of the Nee Soon South family, I extend my heartfelt congratulations to Sree Narayana Mission (Singapore) on the commemoration of the 172nd Birth Anniversary of Sree Narayana Guru.

This is a meaningful and joyful occasion that honours the enduring values of compassion, equality and service that Sree Narayana Guru championed. These principles continue to guide the Mission's dedicated efforts to serve and support the community.

Over the years, Sree Narayana Mission (Singapore) has remained steadfast in its mission to serve seniors and uplift the lives of the less privileged. The dedication and professionalism of its staff and the community of volunteers continue to make a lasting difference in the lives of many.

As we look ahead, we are particularly heartened by the recent establishment of the new Senior Care Centre at Block 627 Yishun St 61, in Nee Soon South. This is a significant milestone that will extend Sree Narayana Mission (Singapore)'s capacity to expand access to care and support for seniors, while helping them remain active, connected and well-supported within the community.

To the Sree Narayana Mission (Singapore) family, we are grateful for your tireless service and dedication. May the annual Guru Jayanthi Celebration inspire many more residents to contribute towards building a caring and inclusive Singapore.

Here's wishing Sree Narayana Mission (Singapore) continued success, positive impact and greater strength in the years ahead!



Mr Alvin Tan

Minister of State
Ministry of Trade and Industry &
Ministry of National Development
Member of Parliament,
Tanjong Pagar GRC

Pleased to extend my warmest congratulations to Sree Narayana Mission (Singapore) on the 172nd Birth Anniversary of Sree Narayana Guru.

For many years, Sree Narayana Mission has served our community with compassion and dedication, caring for seniors and supporting those who are less privileged. Your work reflects Sree Narayana Guru's enduring values of equality, service and empowerment.

I thank the Board, staff, volunteers, donors and supporters for the commitment you show every day. Through your efforts, you bring comfort, dignity and hope to many families in Singapore.

As you celebrate Guru Jayanthi, I wish Sree Narayana Mission continued success in your important work. May you continue to touch lives and strengthen our community for many years to come.



Mr Gregory Vijayendran
Council Chairman
National Council of Social Service

In honour of Sree Narayana Guru's 172nd birth anniversary, I extend my warmest congratulations to Sree Narayana Mission Singapore (SNM) and everyone who has dedicated themselves to carrying forward his noble teachings.

NCSS deeply values our longstanding partnership with SNM in serving communities in need. It has been heartening to see SNM's commitment to strengthening your organisation even as you continue to serve. Through the NCSS Transition Support Package, SNM has invested in building your staff's capabilities and its reskilling. That way, you ensured Meranti Home is more optimally equipped to meet evolving standards of residential care to enhance the quality of life for residents, support their potential and eventually empower them for independent living in the community. Your embracement of technology to enhance your Active Ageing Programme is equally encouraging — a sign of a future readying organisation willing to adapt in service of the people you care for.

As the social service sector navigates an increasingly complex and challenging landscape, Sree Narayana Guru's philosophy of openness and inclusivity remain as relevant as ever. It comes out clearly in his famous quote on the purpose of education: "... not to argue and win, but to know and be known".

On behalf of NCSS, I look forward to our continued partnership as we work together to build an inclusive and caring social service ecosystem. May SNM continue to grow strong and well!



Mr Dinesh Vasu Dash

Minister of State -
Ministry of Culture,
Community and Youth
& Ministry of Manpower

My warmest congratulations to Sree Narayana Mission (Singapore) on the 172nd Birth Anniversary of Sree Narayana Guru.

Sree Narayana Guru's teachings on compassion, equality, and human dignity continue to inspire people across generations. These values remain relevant today and are reflected in the work that Sree Narayana Mission carries out in Singapore.

Over the decades, Sree Narayana Mission has made a profound difference in the lives of many. I have seen firsthand the dedication with which staff and volunteers serve not just those in your direct care, but the wider community around. The Mission has been steadfast in caring for our seniors, supporting the less privileged, and nurturing a community built on service and solidarity.

As you mark this joyous occasion, I hope the Mission continues to be a beacon of hope and compassion for those you serve. May this joyous occasion inspire many more years of meaningful service to our community.

Warm congratulations and best wishes.



Mr S. Devendran
Chief Executive Officer
Sree Narayana Mission
(Singapore)

Dear Members and Friends of SNM (Singapore),

This year marks the 172nd Birth Anniversary of the Revered Sree Narayana Guru. On this auspicious occasion, we reflect on the Guru's timeless teachings of compassion, selfless service, equality, and universal brotherhood, which continue to inspire and guide our work.

It gives me immense pleasure to welcome all of you to this year's Guru Jayanthi celebrations. As we honour the life and legacy of the Guru, we also celebrate the remarkable progress of SNM (Singapore), made possible through the dedication and commitment of our members, staff, volunteers, partners, and supporters.

Over the past few years, SNM (Singapore) has grown significantly. From opening new Senior Care Centres and Active Ageing Centres to operating a new nursing home, with another set to open in 2028, we have continued to expand our services to meet the needs of our community. These milestones reflect our shared commitment to the Guru's ideals of equality, social justice, and service, as we strive to reach more underserved and vulnerable individuals.

As we commemorate Guru Jayanthi, let us renew our commitment to these values and continue serving with unity, compassion, and purpose. Together, we can overcome challenges, strengthen our community, and make a lasting difference in the lives of those we serve.

I extend my heartfelt gratitude to all our members, volunteers, staff, partners, and supporters for your unwavering dedication. Your contributions have brought us to where we are today, and I look forward to continuing this meaningful journey together.

On this sacred occasion, may the blessings of Sree Narayana Guru be with us all. Let us honour his enduring legacy by living his values with humility, wisdom, compassion, and service.



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 engaging 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.



BOARD OF TRUSTEES

ELECTED TRUSTEES



Mr Dileep Nair
Chairman



Dr Asha Karunakaran



Mr Manu Bhaskaran



Mr Viswa Sadasivan



Mr Rajesh Sreenivasan



Mr Foo Say Thye



Mr Jayadev Unnithan

CO-OPTED TRUSTEES



Dr Ahmad Magad, JP



Mr Stanley Sia



Ms Vinti Mittal



EXECUTIVE COMMITTEE

ADMIN COMMITTEE



Mr Anil Sarasijakshan
President



Mr Viju Chakarapany
Vice President



Dr Sreenivasan Sreenath
General Secretary



**Mr Ramachandran
Nayar Ajayan**
Assistant General
Secretary



Mr Suresh Karun
Treasurer



Mr Prebhash Chandra
Assistant Treasurer

COMMITTEE MEMBERS



Mrs Sarala Raman



Ms Shilpa Surash Lal



Ms Kamarshi Shailaja



Mr Premnadh Sadasivan



Mr Shyam Dayanandan



Mr Radhakrishna Pillai



Mr Bucktha Seelan



Ms Ambika Raghavan



Mr Uthayan s/o Sritaran



Ms Shruthi Ramesh

LEGAL ADVISOR



Mr Bhaskaran Sivasamy

**SNM
MANAGEMENT
TEAM**

SNM MANAGEMENT TEAM



Mr S. Devendran (JP, PBS)
Chief Executive Officer and Principal Officer



Mr John Wang
Chief Operating Officer



Ms Ramya
Director of Nursing



**Mr Raj Kumar S/O
Rawichandran**
Superintendent of Meranti
Home@Pelangi Village
& Head of Information
Technology and Operations



Ms Ravethi Achutan
Head of Senior Care
Centres, Active Ageing
Centres & Caregivers
Training



Ms Khirrtana MAK
Head of Human
Resource &
Administration



**Ms Premalatha
Sadhasivan**
Head of Corporate
Governance



Mr Sunil Kumar
Head of Finance



**Mr Michael David
Nalpon**
Project Director for
Facilities & Projects



Ms Mariam De La Zilwa
Head of Corporate Communications

OUTGOING MEMBERS OF THE EXECUTIVE COMMITTEE

The President, Executive Committee, the Chairman of the Board of Trustees, and the Trustees, and Management of Sree Narayana Mission (Singapore) extend our heartfelt gratitude to the outgoing members of the Executive Committee.

Your dedication, passion, and service have been invaluable in shaping SNM into the organisation it is today.



Dr Ratna Devi Pillai



Ms Shalini Damodaran



Ms Neetha Sanjay



Dr Vidhya Dharshini Pillay

CONGRATULATORY MESSAGES



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

Congratulate

Mr Jayadev Unnithan

Public Service Star (Bintang Bakti Masyarakat) - recognizes his decades of dedication, unity, and selfless grassroots leadership within the Singapore community.



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

Congratulate

Mr Rajesh Sreenivasan

Public Service Medal (Pingat Bakti Masyarakat) - Recognised for his contributions as a member of the IT Security Steering Committee at the Singapore Academy of Law.



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

Congratulate

Mr Foo Say Thye

Public Service Medal (Pingat Bakti Masyarakat) - contributions as Senior Advisor, Community Chest Fu Dai / Habuan Harapan Sub-Committee under the Ministry of Social and Family Development.



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

Congratulate

Mr S Devendran

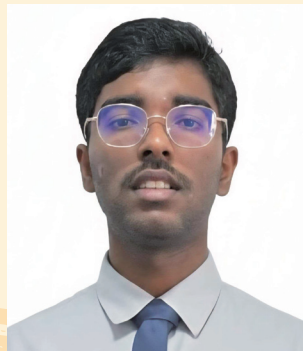
Public Service Medal (Pingat Bakti Masyarakat) - contributions to social services and his supportive work with the Singapore Prison Service in offender rehabilitation.

MERIT AWARD

The President, Executive Committee, the 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 2026



Ria Aravind



Adarsh Nair Subhash



Valsalan Nivish



Akash Uthayan



Aishwarya Dinesh

**SNM
RESIDENT'S
COMMITTEE**

SNM RESIDENT'S COMMITTEE

SNM NURSING HOME@CHONG PANG
(2025 TO 2027)



Mr Suria Kumaran
Chairperson
Lead in Charge of Ward
Facilities



Mdm Mak Yin Hor
Vice Chairperson



Mdm Ganga Devi
Secretary



Mdm Tan Took Hoon
Member
Lead in Charge of Food
Menu



Mdm Tan Poh Lan
Member
Lead in Charge of Arts
and Crafts Activities



Mdm Subashini
Member
Lead in Charge of
Gardening Activities



Mdm Rajama
Member
Lead in Charge of Meal
Preparation Activities



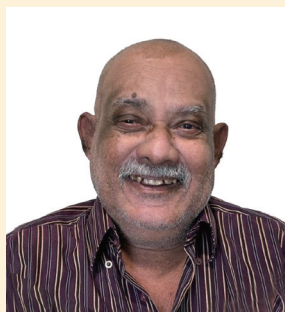
Mr Sebastian Lau
Member
Lead in Charge of Sports
Activities



Mdm Pungavanam
Member

SNM RESIDENT'S COMMITTEE

SNM NURSING HOME@RIVERWALK
(2026 TO 2028)



**Murugiah S/O
Ramasamy**
Chairperson
Lead in Charge of Ward
Facilities



Aw Kim Seng
Vice Chairperson



Bo Ah Kwang
Secretary



Leem Yong Hoa
Member
Lead in Charge of Food
Menu



Innirya D/O Gangataram
Member
Lead in Charge of Arts and
Crafts Activities



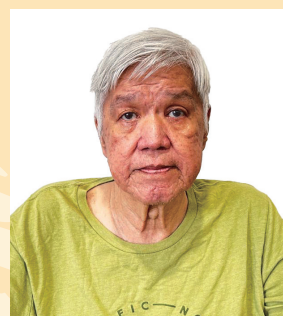
**Mahindar Kaur D/O
Rudh Mehar**
Member
Lead in Charge of
Gardening Activities



Aigan Binte Sulaiman
Member
Lead in Charge of Meal
Preparation Activities



**Abdul Hameed S/O
Mohamed Ismail**
Member
Lead in Charge of Sports
Activities



Yue Kwong Yan
Member
Lead in Charge of
Mahjong Activity



Nursing Homes

Caring for Residents

Our Nursing Homes (NH) serve as centres of comfort and respite for our residents.

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, wheelchair or bed bound, and require Medical and Nursing Care.
- Unable to be cared for at home by family or paid domestic workers, and who have tried all other care options such as using day care, home medical and home nursing services.
- Means Tested and meet the criteria and referred to by the Agency for Integrated Care (AIC), the central agency that processes all the applications to government-funded nursing homes in Singapore.

SNM NURSING HOME@CHONG PANG

12 Yishun Avenue 5 Singapore 768992

SNM NURSING HOME@RIVERWALK

2 Yishun Lane, Singapore 769293

Contact Us



+65 6955 9555

Website



sreenarayanamission.org



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



MEMBERS' ACTIVITIES

COMING TOGETHER AS ONE COMMUNITY

2025 has been a joyful and fulfilling year for our Members Sub-Committee, filled with meaningful events, celebrations, and opportunities to strengthen our bonds as one community.

This year, we welcomed 36 new members into the SNM family and held three committee meetings to plan memorable activities and create enriching experiences for everyone.

Here are some of the highlights that made this year truly special!

COOKIE BAKING ACTIVITIES

Cookie baking has become a regular and meaningful activity for our members. These sessions bring everyone together to prepare homemade treats that are distributed to beneficiaries, while fostering teamwork and community spirit.

BAKING TOGETHER FOR CHINESE NEW YEAR

31 January 2026

To commemorate Chinese New Year, our members came together to bake cookies for a special fundraiser, where donors can purchase cookies to be distributed to our beneficiaries, including residents of our two nursing homes and Meranti Home, as well as clients and service users from our Senior Care Centres and Active Ageing Centres.



HONOURING OUR CAREGIVERS FOR LABOUR DAY WITH COOKIES

25 April 2026

In celebration of Labour Day, our Members Sub-Committee and volunteers came together to bake cookies as a heartfelt gesture of appreciation for our dedicated nursing staff.

As a token of gratitude, the homemade treats were distributed to the staff of SNM Nursing Home@Chong Pang, SNM Nursing Home@Riverwalk, and Meranti Home@Pelangi Village in recognition of their unwavering care and commitment.



CHAYA SESSIONS

CHAYA, STORIES AND TOGETHERNESS AT RIVERWALK

24 January 2026

Our first Chaya session at SNM Nursing Home@Riverwalk brought together nearly 60 members for an afternoon of fellowship, laughter, and shared memories.

The programme included nostalgic storytelling in Malayalam and English, a guided tour of the new nursing home and its facilities, engaging games, and a delicious spread of homemade refreshments prepared by our members, making it a truly memorable gathering.



OUT & ABOUT

OUR FIRST YOGA RETREAT IN BATAM

3 to 5 October 2025

Our members embarked on a rejuvenating journey to Batam for SNM's inaugural Yoga Retreat, organised by the Members Sub-Committee.

Guided by our dedicated yoga instructor, Ms Cheryl Leeson, participants enjoyed three days of mindfulness, relaxation, and self-discovery amidst tranquil surroundings. The retreat offered a refreshing escape, complemented by nourishing meals, meaningful connections, and moments of heartfelt laughter.



JOY, LAUGHTER AND TOGETHERNESS AT THE ZOO

12 October 2025

The Members Sub-Committee organised a delightful outing to the Singapore Zoo, bringing members together for a day of fun, friendship, and shared experiences.

As they explored the zoo's diverse habitats, members enjoyed discovering fascinating wildlife, learning about the animal kingdom, and creating lasting memories in the company of one another.



MUSIC PERFORMANCES

SNM SINGERS PERFORM AT SMA'S ONAM VILLAGE

24 August 2025

Our vocal music students brought joy and festive spirit with their first outdoor performance at the Singapore Malayalee Association's Onam event, Onam Village at MPC @ Khatib.



SNM VOCAL MUSIC STUDENTS' NAVARATRI PERFORMANCES

24, 25, 29 and 30 September 2025

Throughout September, our vocal music students came together to perform devotional songs at the Holy Tree Sri Balasubramaniam Temple, Sri Arasakesari Sivan Temple, Sree Ramar Temple, and Sree Vairavimada Temple in Toa Payoh.

Through their performances, they shared the joy and spirit of Navaratri, bringing festive cheer!



ANDRUM INDRUM: A TAMIL TIME ODYSSEY LIVE + AI MUSIC SHOW

4 October 2025

Our vocal music students and teachers came together to perform classic devotional songs at the Andrum Indrum: A Tamil Time Odyssey Live + AI Music Show, held at the RELC Auditorium.

Their performances added to the grandeur of the concert, delighting the audience while celebrating the richness of traditional devotional music.



LEGACY CAFÉ

30 October 2025

Senior members from SNM (Singapore) and the Singapore Malayalee Association (SMA) were invited to participate in Legacy Café, an open conversation conducted in both English and Malayalam, where they engaged in thoughtful dialogue exploring important topics surrounding life, death, and the legacies they hope to leave behind.

This special event was a collaborative initiative organised by SWAMI Home in partnership with Joy in Living Aged Care Services under the Kampong Palliative Care Initiative, and was proudly sponsored by the Chua Foundation.

The session was facilitated by Dr Suresh Kumar, who guided participants in reflecting on their life stories, values, and experiences. It provided a meaningful opportunity for them to share their wisdom and preserve their personal legacies for future generations.



INAUGURAL COOKING COMPETITION

On 25 July 2026, SNM (Singapore) held its inaugural Cooking Competition at SNM Nursing Home@Chong Pang, organised by the Members' Sub-Committee.

The event brought together members, their families and friends for an enjoyable afternoon of culinary creativity, delicious food and fellowship. Twelve enthusiastic participants, supported by their assistants, showcased an impressive array of dishes before a distinguished panel of judges led by Celebrity Chef S. R. Bala.



ONGOING WEEKLY ACTIVITIES

There's always something happening at SNM!

- Brisk Walks – Saturday Mornings at 7 am
- Yoga Classes – Saturday Mornings at 8 am
- Vocal Music Classes – Sunday Afternoons at 2 pm
- Narayana Smrithi Classes – Sunday Afternoons at 4.30 pm

BE PART OF OUR LIVELY COMMUNITY

Our Members Sub-Committee is a welcoming community where everyone has a place and an opportunity to contribute. Whether you enjoy food, music, dance, wellness, learning, or simply spending time with like-minded friends, we invite you to join us.

Come share your passions, bring your energy, and be part of the many meaningful experiences and memories we create together.

The image features a large, intricate mandala in shades of orange and red. The mandala is composed of multiple layers of geometric and organic shapes, including diamonds, teardrops, and circles, creating a symmetrical, flower-like pattern. In the center of the mandala is a solid orange circle. Inside this circle, the words "MISSION" and "ACTIVITIES" are written in a bold, red, serif font, stacked vertically. The background of the entire image is a light orange color with soft, painterly brushstrokes in a slightly darker shade of orange, giving it a textured, artistic feel.

MISSION ACTIVITIES

CELEBRATING THE 171ST SREE NARAYANA GURU JAYANTHI

7 September 2025

Our members played an active role in the preparations for the 171st Sree Narayana Guru Jayanthi celebration, held at SNM Nursing Home@ Chong Pang, our first celebration there since 2019. It was a heartwarming homecoming for our community Members contributed enthusiastically by participating in the Guru Poojas, decorating the venue, performing at the Cultural Night, and assisting with the preparation of the Sadya lunch, which was enjoyed by all attendees.



SPIRITUAL ACTIVITIES GURU POOJAS

Conducted every Sunday evening at 6pm, along with special observances on significant occasions such as New Year's Day, Maha Shivaratri, Guru Purnima, Karthigai Deepam and annual organisation Anniversary

These gatherings continue to preserve our spiritual traditions while keeping them meaningful and relevant for our community.



SPECIAL GURU POOJAS

Our members came together to observe Guru Poojas in honour of significant spiritual occasions such as New Year's Day, as well as important milestones like our organisation's 78th Anniversary. These gatherings continue to preserve our spiritual traditions while keeping them meaningful and relevant for our community.

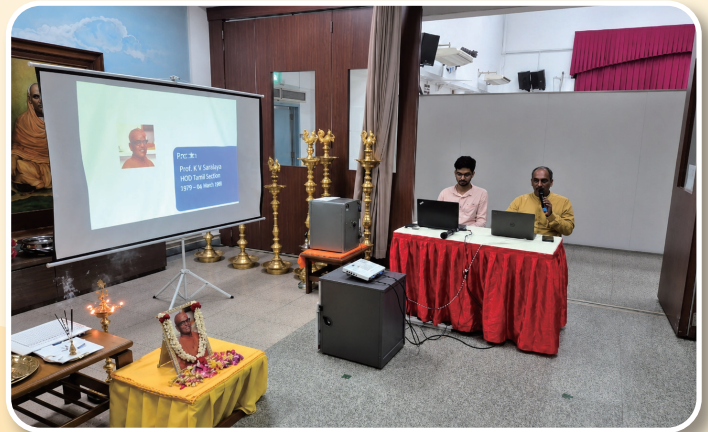


SAMADHI OBSERVANCE FOR SPIRITUAL LEADER GURU MUNI NARAYANA PRASAD

10 May 2026

Our members gathered for a Samadhi Observance in remembrance of Guru Muni Narayana Prasad, a spiritual leader, philosopher, author, and Head of the Narayana Gurukula Foundation in India, who passed away on 25 April 2026 in Kerala.

A special prayer session was led by Mr. Jayadev Unnithan, who shared insights on the Guru's remarkable ability to simplify Sree Narayana Guru's teachings and make them accessible to all. Members also shared their personal reflections and the meaningful lessons they had gained from his guidance. The observance concluded with a light meal shared among members.



GURU SAMADHI

A solemn observance commemorating the passing of Sree Narayana Guru, this occasion includes special prayers, a spiritual discourse, and moments of reflection on the Guru's teachings to deepen our reverence and understanding.

Members will also be invited to share a simple and wholesome Kanji dinner together after the session.



NARAYANA SMRITI CLASSES

Held every Sunday afternoon at 4.30 pm, these sessions focus on learning and reflecting on Sree Narayana Guru's teachings.

VIJAYADASHMI PRAYERS AND SONGS

During the Navaratri period, our vocal music students will present special prayers and devotional songs at the Mission in honour of the Goddess of Education, celebrating the significance of Vijayadashami through music and devotion.



KARTIGAI DEEPAM

Celebrated on the first full moon day (Purnima) of the Tamil calendar month of Karthigai, this auspicious festival will be marked with the beautiful illumination of our Pooja room and special poojas conducted to commemorate the occasion.

COMMUNICATION AND PARTICIPATION

We warmly welcome new members to join our community and participate in our Mission events and activities. Your involvement, ideas, and support help us continue to grow and make our programmes more meaningful.

For more information, or to get involved, please contact Mrs. Sarojam at sarojam@snm.org.sg for:

- Joining our 'SNM Members' WhatsApp group and staying connected with the community
- Learning how you can contribute and support our activities
- Sharing your feedback, ideas, and suggestions for future programmes

We also invite you to join our 'SNM Members' Facebook group, where you can receive regular updates, discover upcoming activities, and enjoy stories and highlights from our events.



KEEP OUR TRADITIONS ALIVE WITH YOUR SUPPORT

Give a Gift This Guru Jayanthi!

Your generous contribution helps us celebrate our shared heritage and strengthen our community.

With your support, we can organise meaningful events and cultural performances, create opportunities for members to meet and connect, and foster lasting memories through activities that bring people together.

Together, we are more than a community—we are a family. Your generosity will help preserve our traditions and ensure they continue to flourish for generations to come.

Scan the QR code to make your heartfelt contribution today.



UEN:S48SS0016D005

Entity Name: Sree Narayana Mission (Singapore)

**Your contribution is a gift that helps preserve our heritage and
keeps our community spirit shining.**



GALLERY

THE 171ST GURU JAYANTHI CELEBRATIONS



COLLECTING THE KEYS TO SNM NURSING HOME@RIVERWALK



WELCOMING THE FIRST RESIDENTS OF SNM NURSING HOME@RIVERWALK



SINGAPORE HEALTH QUALITY SERVICE AWARDS 2026



SUPERSTAR AWARD

EXEMPLAR LEADER – ALLIED HEALTH AND PHARMACY

MS YOGESWARI D/O CHANDRASEKARAN

Head and Assistant Director of Social Work
Residents Programme and Concierge Hub
Sree Narayana Mission (Singapore)



SUPERSTAR AWARD

EXEMPLAR LEADER – NURSING

MS SARAVANAN MAHALAKSHMI

Nurse Clinician
(Nursing Home@Chong Pang)
Sree Narayana Mission (Singapore)



PONGAL 2026



SNM'S CHINESE NEW YEAR DINNER 2026



SNM'S IFTAR DINNER 2026



SNM'S 78TH ANNIVERSARY CELEBRATION





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



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

Our Locations

Our SCCs are located in Khatib, Woodlands, and Bedok. The Khatib SCC provides Maintenance Day Care (MDC) services, while the Woodlands and Bedok SCCs offer both MDC and GDDC services.

SNM SENIOR CARE CENTRE @ KHATIB

Blk 627 Yishun Street 61
#01-75 Singapore 760627
+65 6955 9540

SNM SENIOR CARE CENTRE (WOODLANDS)

Blk 861 Woodlands Street 83
#01-170 Singapore 730861
+65 6955 9539

SNM CARELIGHT SENIOR CARE CENTRE

Blk 141 Bedok Reservoir Road
#01-1529 Singapore 470141
+65 6955 9555

Website



sreenarayanamission.org



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

**STORIES
& POEMS**

THE ROAD TO DIRECT WELFARE

By Loh Kah Seng

SNM's flagship welfare project, the Nursing Home established in 1979, did not happen overnight. It was a result of decades of endeavour in the Mission's history and more broadly, the history of Singapore. Since it was founded, SNM had carried out various social services on its own, from Flag Day fundraisers to food rations for the poor and needy. These were small-scale and mostly concentrated in the Sembawang area.

The 1960s and 1970s proved to be a time of reflection and transformation for SNM, as it was for Singapore. In 1967, the organisation became an affiliate of the Singapore Council of Social Service (SCSS). This helped the Mission's fundraising but placed it under pressure to provide what the SCSS called 'direct welfare services.' After some hesitation, SNM's leaders eventually embraced this new role. Again, they drew upon the Guru's call for his disciples to help the underprivileged and give back to the community.

'Indirect' Welfare Services

The Guru had been the spiritual influence of SNM's services to the community from the start. One of his early followers in Singapore was Kesavan Narayan Unnithan, who arrived on the island sometime in the late 1930s or early 1940s. Like many male Malayalee migrants, he worked at the Naval Base for a time, but eventually left to set up a spice factory at Jalan Kedai in Sembawang. Unnithan was not only a businessman but a disciple of the Guru and a philanthropist in his own right. He would loan out his factory's vehicles for the Mission's use, while also contributing to the funeral expenses of SNM members who had passed away. His son, Jayadev was the Mission's immediate past President. Inspired by his father's charitable deeds, he advocates expanding SNM's welfare work.¹

From the late 1940s, SNM provided financial assistance and food rations to the poor and needy in the vicinity of Chong Pang Village and Sembawang in the northern part of Singapore.² These benefitted both members and non-members, cutting across ethnic lines. One of the beneficiaries was a 68-year-



Figure 1: President R. Sreedharan distributing food to the needy.
Source: Sree Narayana Mission.

old male retiree, living at Delhi Road inside the former Naval Base in 1979. He was previously employed by the Royal Navy. He had 13 young children, most of whom were in school, doing National Service or unemployed. His wife was a labourer. He wrote to SNM requesting food rations. Subsequently, the Mission passed him an application form to fill in³ and rations were provided.

During the 1970s, some of the free rations were donated by factories in Jurong Industrial Estate, such as Mujoo, Beecham and Sugar Industry of Singapore.⁴ Another beneficiary was a relative of Joe Tan, who grew up in Chong Pang during this period. As a young boy, he would collect food coupons from the SNM Office at 48 Soon Keat Road on behalf of his aunt, a widow. These could be exchanged for household items like rice, Milo, condensed milk, and canned sardines. SNM's kindness made a lasting impression on the boy. Tan's company has made yearly donations to the Mission in return. In his mind, the Mission's charity was cross-cultural. He remembered there were also Chinese volunteers who helped out with the Mission.⁵



Figure 2: Donated food items.
Source: Sree Narayana Mission.

¹ Loh Kah Seng, interview with Jayadev Unnithan, 15 July 2022.

² SCSS M/88/66 Vol. VI, Souvenir to Commemorate the 112th Birthday of Sree Narayana Guru, 31 August 1966.

³ SNM, Letter from Adikan Ponnusamy to SNM, 25 November 1979. The Mission's minutes documented that the executive committee sent him the application form, but not what happened afterwards. SNM, Minutes of Executive Committee Meeting, 25 November 1979.

⁴ Loh Kah Seng, interview with Don Mathews, 7 April 2022.

⁵ Darinee Alagirisamy, interview with Joe Tan, 10 March 2022.

Flag Days

When Singapore became a self-governing state in 1959, it quickly led to a spurt in SNM's charity work. The newly elected People's Action Party (PAP) government supported the Mission's social services, as it did with other voluntary organisations. The government did not wish to create a large and expensive welfare state. Instead, social services would primarily be provided by the family, followed by the voluntary sector and finally the state. This became known as the 'Many Helping Hands' policy in the 1980s.

SNM's charity work in the 1960s did not only rise in volume, it also became more 'national,' in line with the country's welfare needs. This can be seen in the numerous political leaders and luminaries who graced its office at 48 Soon Keat Road throughout the decade. They included Prime Minister Lee Kuan Yew, his deputy Toh Chin Chye and Mrs Rahim Ishak, the sister-in-law of Yang di-Pertuan Negara Yusof Ishak.⁶

These distinguished visitors handed out scholarships to deserving students, always from different ethnic backgrounds. In 1962, the Sree Narayana Mission scholarships, valued at \$100 each, were given to students of all language streams. The role of the distinguished persons at the award ceremonies was symbolic as it highlighted the importance of multiracialism in Singapore, as well as a close relationship between the state and voluntary organisation.



Figure 3: Mrs Rahim Ishak giving out Scholarships.
Source: Sree Narayana Mission.

In those days, the Flag Day was SNM's primary means of fundraising. The first Flag Day was held in 1961. This showed that the government recognised the Mission as a reputable charity. Though other organisations in Singapore also had Flag Days, reportedly SNM and the Sree Ramakrishnan

Mission were the only two predominantly Indian charitable organisations permitted to hold them in the 1960s.⁷

According to Syamala Senan, the Flag Day was 'Singapore's speciality,' as it was not practised by Sree Narayana Missions in India.⁸ The sale of flags was a community effort, carried out by SNM members and their families. Prizes were given out to the top flag sellers as an incentive. The Raghavan brothers, Asokan and Mohanadas, remembered the early Flag Days vividly. As a primary school pupil, Asokan was a top collector.



Figure 4: Scholarship Recipients.
Source: Sree Narayana Mission.

The Flag Days evolved and expanded over time. In the 1970s and 1980s, the Executive Committee member, V Srinivasan became the expert organiser. Originally, collections had been fairly modest, limited to the areas where members lived, such as Sembawang, Tanjong Pagar and Queenstown. Srinivasan, who was a teacher, was able to enlist the support of school principals and scaled up the event to the national level. As a result, the collections grew.



Figure 5: Flag Day Volunteers.
Source: Sree Narayana Mission.

⁶ SCSS M/88/66 Vol. VI, Souvenir to Commemorate the 112th Birthday of Sree Narayana Guru, 31 August 1966.

⁷ SCSS M/88/66 Vol. VI, Souvenir to Commemorate the 112th Birthday of Sree Narayana Guru, 31 August 1966.

⁸ Loh Kah Seng, interview with Syamala Senan 21 March 2022.

The Flag Days were warmly remembered – the canvassing as well as the counting the money afterwards. The collections often came in the form of coins rather than dollar notes. Malaysian coins were still being used in the 1960s and had to be sorted out from Singaporean ones. Counting took place at a very crowded SNM Office where the members would gather. It went on through the night into the early hours of the morning. Eagerly anticipated was not only how much had been collected but also who had collected the most.⁹



Figure 6: A Top Collector receiving her trophy.
Source: Sree Narayana Mission.

Children and Youth

In the 1960s, SNM was greatly interested in the welfare of children and youth. This differed from its later focus on the aged sick but it was quite natural at the time. Singapore's population in the 1960s was a young one. The baby boomers born after the Second World War were still youths and young adults. In 1963, for example, SNM gave a small grant to a needy family to support the education of the children.¹⁰

In the early 1960s, the Mission even had plans to build an orphanage. The plan was to build one by extending the office premises. The orphanage would have a dormitory for the children, a library and an office for the staff. In 1964, SNM President C P Ramakrishnan reported that the project had been in the works for three years and was likely to be fulfilled soon. The extension plans were approved by the government two years later.¹¹

But the major obstacle was finances. In mid-1967, the Mission informed the SCSS that the funds raised fell far short of the cost of the extensions – \$30,000 against \$50,000. It would have to consider alternative projects if it could not raise the remaining budget.¹² By 1969, the idea of an orphanage had been dropped but education – and thus children and youth – remained the focus.¹³ In 1971, the Executive Committee unanimously agreed to give \$180 per month in assistance to a request from the Singapore Children's Society.¹⁴

Children's Day was a lively occasion in the Mission's calendar in the 1960s. In 1969, the members organised music, dances and a magic show for a thousand children. Among them were those who had participated in the Flag Day that year.¹⁵ In 1970, SNM also started taekwondo classes thrice a week and the students were affiliated to the Singapore Taekwondo Association. The form of Korean self-defence, which was becoming popular in Singapore, was deemed useful to 'improve coordination of the mind and body and instils self-discipline.'¹⁶

Lee Kuan Yew's Triple Visits to SNM

Another sign that SNM was moving into the orbit of the national welfare policy was Prime Minister Lee Kuan Yew's three visits to 48 Soon Keat Road in the 1960s. Many older members could recall the years he came, which were in 1963, 1965 and 1967. Little is known about the first visit, other than it took place on 24 March 1963. Lee did not make a speech on that occasion.¹⁷



Figure 7: PM Lee Kuan Yew arriving at the Sree Narayana
Source: Sree Narayana Mission.

⁹ Loh Kah Seng, interview with V. Srinivasan, G.P. Sasidharan and D. Sambasivam, 16 March 2021; Loh Kah Seng, interview with B. Aravindakshan Pillai, 12 February 2022.

¹⁰ SCSS M/88/66 Vol. VI, Letter from G. Rajah to President, SNM, 11 January 1971.

¹¹ SCSS M/88/66 Vol. VI, Annual Report of Management Committee, 1966.

¹² SCSS M/88/66 Vol. VI, General Secretary, SNM to Administrative Officer, SCSS, 2 June 1967.

¹³ SCSS M/88/66 Vol. VI, Meeting between SCSS and Bhasi, 5 March 1969.

¹⁴ SCSS M/88/66 Vol. VI, Minutes of the Joint Committee Meeting, 31 January 1971.

¹⁵ SCSS M/88/66 Vol. VI, Annual Report of Management Committee, 1969.

¹⁶ SCSS M/88/66 Vol. VI, Annual Report of Management Committee, 1970, p. 4.

¹⁷ SNM, Souvenir to Commemorate the 109th Birthday of Sree Narayana Guru, 1963.

However, his second visit on 12 September 1965 was a memorable one. This was when as many older members recounted, Lee made his famous ‘mudflats to metropolis’ speech. It was a poignant time as Singapore had left the Federation of Malaysia just a month earlier after a tumultuous merger. In July 1964, the island experienced serious riots between Chinese and Malays.

In the aftermath of the violence, SNM President C P Ramakrishnan warned, ‘In Malaysia, with a multi-racial population of Malays, Chinese, Indians, Eurasians, Ceylonese etc., racial harmony is the kingpin of our very existence.’¹⁸ The violence did not prevent the Chathayam celebrations from going ahead that year, with police approval. SNM also organised a symposium at the Victoria Memorial Hall in early September on ‘The Universality of Religions in Terms of World Brotherhood’.¹⁹

During his second visit, Lee had the recent racial conflict in mind, as well as the Mission’s multicultural efforts during the merger. He gave out a dozen SNM scholarships to students from schools all over Singapore.²⁰ The students consisted of six Indians (it is unclear if any were Malayalees), three Chinese and three Malays. This made an impression on Lee. In his speech, titled, ‘Towards a Model Multiracial Society’, he contrasted the awardees with scholarships in Malaya, which were given out to students from one ethnic group.



Figure 8: PM Lee handing out a bursary (1965).
Source: Sree Narayana Mission.

The Prime Minister emphasised that there were many races in Singapore but only one nationality. It was not the British who built the Naval Base, but Malayalees, past and present. He assured the audience that ten years after its unexpected departure from Malaysia, Singapore would rise from a clump of mudflats into a metropolis. He assured that the new constitution of Singapore would safeguard minority rights.²¹ The speech lauded both SNM and multiracialism in Singapore.

Lee came to the Mission again two years later. This was an informal visit, as he asked not to be given publicity. He praised SNM for its charitable work benefitting the other communities. This was, he said, similar to the Chinese clan associations and the Kwong Wai Shiu Free Hospital, which also aided non-Chinese. Such cross-ethnic charity was important in fostering a Singaporean identity and a sense of citizenship. It was a sign of ‘the greatest self-reliance’ among the people.



Figure 9: PM Lee with SNM members (1965).
Source: Sree Narayana Mission.

In concluding his speech, Lee suggested that SNM should look to recruit non-Indians to its fundraising efforts – foreshadowing the participation of school students in Flag Days in the 1970s.²² He met with the Executive Committee afterwards and was gratified to learn that most of the members were Singapore citizens, not foreigners, as he had thought.²³

Although he came mainly to make speeches, Lee’s visits to the Mission were historically important. His words spoke to a general audience about Singapore’s evolving place in the post-merger world. But they also specifically engaged the Malayalees in attendance. SNM was about to be called upon to make a greater commitment to the nation’s socio-economic development. Lee may not have directly orchestrated subsequent changes in the Mission’s role, but he was prescient in having predicted it.

The significance of these events in the 1960s and 1970s for the history of SNM has not been fully realised. As we know, this was a key period in Singapore’s journey to nationhood. For the Mission, too, they were years of increased activity, pressure and ultimately, change. But there was one more event that led SNM to become a provider of direct welfare services. This was the sudden British military withdrawal in the late 1960s, which we now turn to.

¹⁸ SCSS M/88/66 Vol. VI, Souvenir to Commemorate the 110th Birthday of Sree Narayana Guru, 1964.

¹⁹ SCSS M/88/66 Vol. VI, Souvenir to Commemorate the 110th Birthday of Sree Narayana Guru, 1964.

²⁰ SCSS M/88/66 Vol. VI, Souvenir to Commemorate the 112th Birthday of Sree Narayana Guru, 31 August 1966; MOE 2488/67, The Sree Narayana Mission Scholarships – 1968.

²¹ NAS, Transcript of a Speech Made by the Prime Minister Mr Lee Kuan Yew at the Sree Narayana Mission, 12 September 1965; SCSS M/88/66 Vol. VI, Souvenir to Commemorate the 112th Birthday of Sree Narayana Guru, 31 August 1966.

²² NAS, Transcript of Speech by the Prime Minister at the Sree Narayana Mission, 20 August 1967, p. 3.

²³ Loh Kah Seng, interview with M.K. Bhasi, 20 April 2022.

SREE NARAYANA MISSION (SINGAPORE) THREE DECADES (1995 - 2025) OF GROWTH: EXPANSION OF ITS CARE FOOTPRINT

by *SNM Heritage Committee*

From its humble beginnings in 1946, Sree Narayana Mission (Singapore) (SNM) has grown steadily in providing service to the community. Guided by the teachings of Sree Narayana Guru, the Mission has remained anchored in compassion, dignity and the upliftment of people, especially those who need care and support.

The past three decades (between 1995 and 2025) have been especially significant, as SNM expanded from its established nursing home roots into a broader network of care services and operating centres across Singapore. This growth is not simply about buildings, beds or facilities; it reflects a deeper commitment to respond to changing community needs while staying true to the Mission's founding values.

SNM has always reached out to the community through programmes such as:

- Tuition and bursaries for students
- Meals and rations distribution for the needy
- Befriending and home-help services for the elderly

These outreach services were made possible by the stalwart support of SNM members, volunteers, donors, partners and staff who believed in SNM's mission.

A key milestone in this journey was the relocation of the Sree Narayana Mission, Home for the Aged Sick (later known as SNM Nursing Home@Chong Pang) to its current location at Yishun Avenue 5 in 1994. The newly built Aged Home was a three-storey building aimed at providing better service to the community.



The Sree Narayana Mission, Home for the Aged Sick (now SNM Nursing Home@Chong Pang) was officially opened on 26 November 1994 by Dr Tony Tan Keng Yam, MP for Sembawang GRC

The Home marked an important step in providing structured residential care for the elderly. Over time, this facility became closely associated with SNM's identity and service to seniors. Today, SNM Nursing Home@Chong Pang continues to stand as a reminder of the Mission's long-standing commitment to eldercare.

SNM Nursing Home@Chong Pang



Aerial View of SNM Nursing Home@Chong Pang



The fourth-floor extension to the nursing home was officially opened by Dr Tony Tan Keng Yam, Deputy Prime Minister and Coordinating Minister for Defence and Security, on 18 January 2004.

SNM's growth continued with the expansion of care services at Yishun, including the fourth-floor extension of the nursing home building. This was an important response to space constraints and

increasing service demands. It allowed SNM to strengthen its ability to support residents, staff and care operations within its existing home.



SNM Nursing Home@Chong Pang Residents enjoy Blowing Art activity

A range of programmes and activities are tailored to maximize residents' physical, social, emotional and cognitive functioning to help residents achieve their optimal capacity for self-care and self-reliance. Some of these include Occupational Therapy, Weight Management, Outings and Physiotherapy.

SNM Active Ageing Centre (Care)@ Woodlands



Front signages of SNM AAC (Care)@Woodlands

Meranti Home@Pelangi Village



Front View of Meranti Home@Pelangi Village

As Singapore's social care needs evolved, SNM's service footprint also grew. In 2003, SNM became the managing agent for Meranti Home@Pelangi Village. This expanded SNM's contribution beyond eldercare into supporting residents with more complex social and care needs. SNM became the managing agent for the home, which houses about 200 mentally burnt-out male residents. It also reflects the trust placed in SNM by public agencies and the wider community.

SNM also extended its services into the community through senior care and active ageing programmes. The development of SNM Active Ageing Centre (Care)@Woodlands, which provides both Senior Care and Active Ageing services and programmes for seniors in Woodlands under one centre, marked an important shift from residential care to a broader continuum of support for the community's needs.

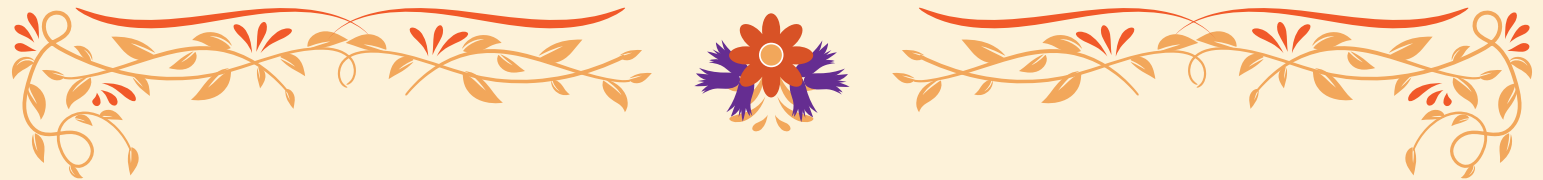


The SNM Multi-Service Centre @ Woodlands (now SNM AAC (Care)@Woodlands) was officially opened on 19 January 2013 by Mr Khaw Boon Wan, Minister for National Development



Fitness Activity at Meranti Home@Pelangi Village

These services help seniors remain active, engaged and supported within the community. The Centre also serves as a Dementia Day Care Centre and provides Community Rehabilitative Services for seniors.



Seniors participating in an art activity at SNM AAC (Care)@ Woodlands

SNM Active Ageing Centre@Race Course

These services help seniors remain active, engaged and supported within the community. The Centre also serves as a Dementia Day Care Centre and provides Community Rehabilitative Services for seniors.



Front View of SNM AAC@Race Course at 394 Race Course Road

In 2019, the opening of SNM Active Ageing Centre@ Race Course at 394 Race Course Road further extended the Mission's reach. In 2019, the opening of SNM Active Ageing Centre@Race Course at 394 Race Course Road further extended the Mission's reach. Located in a different part of Singapore, the centre reflects SNM's growing presence beyond its traditional base in the North. It also symbolises the Mission's continued commitment to preventive care, social engagement and community-based support for seniors.



The SNM Care Centre at 394 Race Course Road (now SNM AAC@ Race Course) was officially opened by Ms Denise Phua, Mayor of Central Singapore District, on 24 November 2019.

SNM purchased the 3-storey, freehold property using the proceeds from the sale of its Rangoon Road property and by raising the rest of the money through a Charity Dinner, a Flag Day, a Community Walk and from direct donations.



Seniors celebrating their birthday at SNM AAC@Race Course

SNM CareLight Senior Care Centre



Front View of SNM CareLight Senior Care Centre

More recently, SNM's care network expanded with the addition of SNM CareLight Senior Care Centre at Bedok. This has strengthened SNM's role in providing day care, rehabilitation, social support and meaningful engagement for seniors. Such services are increasingly important as Singapore's population ages and more families seek reliable community-based care options.



SNM CareLight SCC was officially opened on 10 November 2023 by Mr Masagos Zulkifli, Minister for Social and Family Development and Second Minister for Health

The centre was initially started and managed by the Singapore Malayalee Association in 2018 as the Carelight Centre before it was handed over to SNM to manage.

To help seniors age in place, SNM Senior Care Centres (SCCs) provide a communal space for them to enjoy group activities while receiving essential care services. The centres offer full-day programmes for seniors to interact, socialise and enjoy planned activities.



Fitness activity at SNM CareLight SCC

SNM Senior Care Centre@Khatib [formerly SNM Senior Care Centre (Yishun)]



SNM SCC (Yishun), located within SNM Nursing Home@Chong Pang



Senior Clients celebrating Christmas at SNM SCC (Yishun)

SNM Senior Care Centre (Yishun) was opened in 2004 within the premises of SNM Nursing Home@Chong Pang and serves as a Dementia Day Care Centre, a Community Rehabilitative and Day Care Services for seniors.

The Centre has been relocated to the Block 627, Yishun Street 61 in 2026 as SNM Senior Care Centre@Khatib. To help our seniors age in place, the centre will include a communal space for them to enjoy group activities while receiving essential care services.



Unveiling of SNM SCC@Khatib's wall mural with Ms Lee Hui Ying, MP for Nee Soon South (Nee Soon GRC)

SNM Nursing Home@Riverwalk



Front View of SNM Nursing Home@Riverwalk

The opening of SNM Nursing Home@Riverwalk marked another major step forward. This second Nursing Home operated by SNM came more than 45 years after its first home – Sree Narayana Mission, Home for the Aged Sick in 1979.



Welcoming SNM Nursing Home@Riverwalk's first residents on 15 December 2025 with Dr Syed Harun Alhabsyi, Senior Parliamentary Secretary for the Ministry of Education & Ministry of National Development in attendance

Located at 2 Yishun Lane, in the heart of Nee Soon GRC (Nee Soon Link), this modern 302-bed nursing home stands as a safe, nurturing space where seniors are supported to age with dignity, comfort and respect. The first residents were welcomed on 15 December 2025, opening a new chapter in SNM's eldercare journey.



Fitness activity at SNM Nursing Home@Riverwalk

Riverwalk represents not only an expansion of capacity, but also SNM's readiness to serve a larger and more complex care landscape.

SNM Nursing Home@Chencharu



(Artist impression of SNM Nursing Home@Chencharu)

SNM was awarded a third nursing home in the upcoming Lorong Chencharu precinct in Nee Soon GRC. It will commence operations in 2028 with new facilities and 270 beds. Looking ahead, SNM's third nursing home at Lorong Chencharu is expected to further strengthen the Mission's role in eldercare.

With this future development, SNM will be overseeing over 800 beds with the addition of the third nursing home.

This expansion reflects our dedication to meeting the growing demand for quality eldercare services in Singapore and the trust the authorities have placed in SNM to continue its dedicated work.

As we look back on three decades of growth, the story of SNM is not only a story of expansion. It is a story of purpose. Facilities may grow, services may change, and new needs may emerge. But the Mission's vision remains constant: to serve with compassion, uphold dignity, and bring people together—staying steadfast to Sree Narayana Guru's teachings.

SNM's journey from a single care setting to a wider network of services is a reminder of what can be achieved when community, leadership, and service come together. The milestones of the past three decades are not just markers of progress; they have laid the foundation for the work that lies ahead.

R Mohanadas, K S Salina, Ambika R, Jayasree U, S N Chelva Rajah & A Sarojam

ECHOES OF THE ETERNAL: THE SHARED SPIRITUAL ESSENCE OF *ATMOPADESA* *SATAKAM* AND THE BHAGAVAD GITA

By Jayadev Unnithan, PBM, CA (Singapore)

Since May 2023, the Narayana Smrithi sessions, held on the first three Sundays of every month at the Pooja Room at SNM Nursing Home@Chong Pang, have provided a forum for the study and discussion of Sree Narayana Guru's *Atmopadesa Satakam* (*One Hundred Verses of Self-Instruction*) and the Bhagavad Gita.

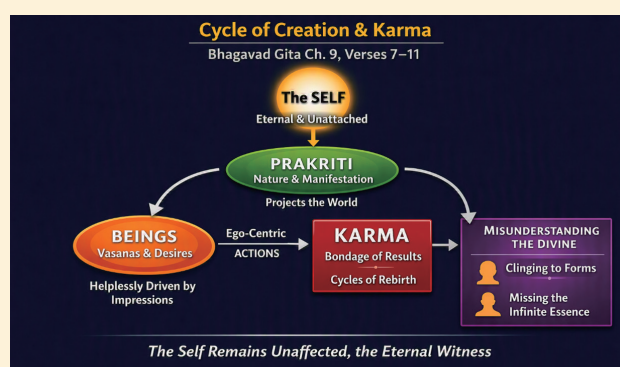
Participants in these sessions are often struck by the remarkable similarities in the spiritual truths conveyed by these two profound works. In my view, both texts ultimately reveal the same essence—the wisdom of the 'One Self'. Therefore, a deep congruence between them is not only expected but inevitable.

At present, we are studying Verse 63 of the *Atmopadesa Satakam* and Chapter 9 of the Bhagavad Gita, titled *Raja Vidya Raja Guhya Yoga* - the Yoga of Royal Knowledge and Royal Secret. Before examining their similarities, it is useful to briefly consider the significance of these two great works.

The *Atmopadesa Satakam* consists of one hundred verses. The first fifty verses guide the seeker from ignorance toward self-inquiry, while the latter fifty lead the aspirant from knowledge of the Self to Self-realization.

Chapter 9 of the *Bhagavad Gita*, known as the *Yoga of Royal Knowledge and Royal Secret*, addresses a profound paradox: that which has already been revealed remains a secret until it is truly understood. The seeker must contemplate the teachings deeply in order to realise their essence. This closely mirrors the message of verses 51 to 100 of the *Atmopadesa Satakam*, where sustained contemplation upon the knowledge of the Self culminates in Self-realization.

The "Royal Secret" described in Chapter 9 of the Bhagavad Gita may be illustrated as shown in the diagram below.

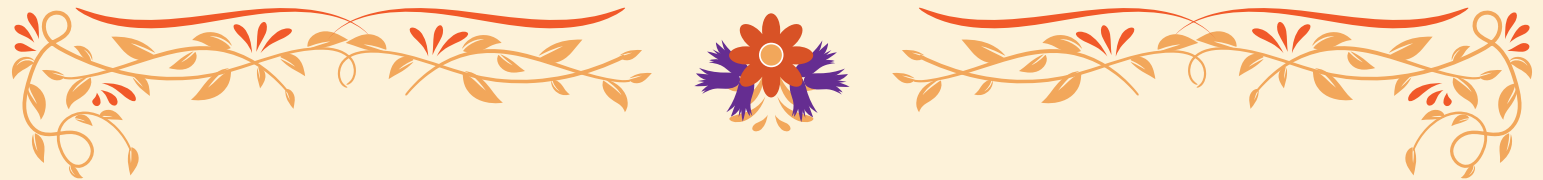


The Imperishable Self—known by many names such as the Lord, the Supreme Truth, the Divine, the Effulgent Self, Unitive Wisdom, and the Controller of Creation—empowers Nature (*Prakriti*), through which all beings and phenomena manifest. It is important to note that not only living beings but also all non-living entities are expressions of the Self through *Prakriti*.

Human beings enter this world carrying *vasanas* (innate tendencies or impressions) accumulated over numerous lifetimes. These *vasanas* help explain extraordinary abilities observed in some children—such as a child who, without formal training, can effortlessly sing a complex raga or perform an intricate piano composition. Similarly, we encounter children who display exceptional athletic abilities long before receiving structured training.

Individuals are driven to perform actions that help exhaust these accumulated *vasanas*. However, in the process, new desires often arise within the mind and intellect. These desires, in turn, generate fresh *vasanas*, leading to further actions aimed at fulfilling them. Thus, a continuous cycle is perpetuated.

Actions motivated by desire inevitably yield results that may be favourable or unfavourable. Favourable outcomes bring happiness, but only temporarily, since the mind soon pursues another objective. Unfavourable outcomes often lead to disappointment, frustration, or anger. In both cases, attachment to the fruits of action creates



bondage and sustains the cycle of desire and action.

The *Bhagavad Gita* offers a path to transcend this cycle:

- Do not hanker after the fruits of action.
- Accept all results as blessings of the Divine.
- Perform actions as an instrument of the Lord.
- Actions should not be driven by personal desires but should contribute to the welfare of others and the community.
- Reduce the formation of desire-based thoughts in the mind and intellect.
- Withdraw the mind from excessive dependence on external stimuli and turn it inward through meditation.
- Through sustained contemplation on the Self, the Royal Secret is revealed.
- Remember that the Divine remains the enabling power behind all activity while remaining unattached to the actions performed.

A useful analogy is that of an automobile. The fuel enables the vehicle to function, yet it remains unaffected by how the car is driven, where it travels, or the consequences of the journey. Likewise, the Divine serves as the enabling presence behind all action, while remaining unattached to the actions of the individual.

Let us now turn to Verse 63 of Sree Narayana Guru's *Atmopadesa Satakam*.

63



അറിവിലിരുന്നപരമാർന്നിടാതീ-
യറിവിനെയിങ്ങിരുന്നതെന്നിയേ താൻ
പരവശനായറിവില പണ്ഡിതൻ തൻ-
പരമരഹസ്യമിതാരു പാർത്തിടുനു!

Wise men know that there is only Knowledge, so they remain one with it and do not struggle. For them the truth to be known is here and now. Those who do not know this secret think of it as

an unknown entity to be sought and discovered. Under that illusion they struggle and agonize themselves. Only a few see the secret of the wise.

The "Secret" referred to in this verse is that realisation of the Self that lies within. The wise are those who have gained mastery over their senses and perceptions and who are able to keep their minds and intellects focused on the Supreme. They live among us, performing their daily duties without selfish motives. Their actions are dedicated to the welfare of others and society at large, undertaken in the spirit of being instruments of the Divine.

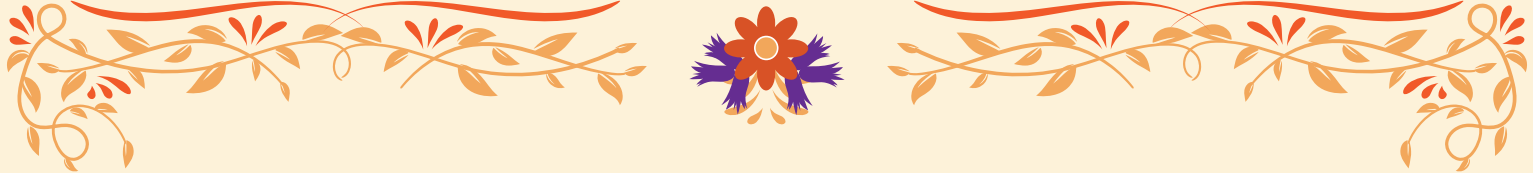
They remain unattached to the fruits of their actions. Whatever rewards come their way are received as blessings from the Divine and shared generously with others. For them, contemplation of Truth is not postponed to a future date; it is a living reality to be practised here and now. They do not wait for ideal conditions in which to meditate or pursue spiritual growth. Every action, however small, is dedicated to the Divine and performed to the best of their ability. Because their attention is focused on the quality of action rather than on its rewards, excellence naturally follows.

By contrast, those who regard the Divine as something external to be discovered at a later time remain under an illusion. Some believe that realisation requires complete withdrawal from worldly life—retiring from employment, abandoning family responsibilities, or seeking isolation in remote places. Such views overlook the fundamental truth taught by both the *Bhagavad Gita* and the *Atmopadesa Satakam*: the Divine is within, and the moment for realisation is always here and now.

We offer our humble salutations to the Revered Guru and the noble lineage of sages who have illuminated this path of realisation. Through their teachings, we come to understand that the essence of all spiritual wisdom is one, and that there is only One Unitive Truth.



Mr Jayadev Unnithan, PBM, CA (Singapore), says that he was very fortunate to be exposed to Sree Narayana Guru's teachings from a very young age at the Narayana Gurukula in Singapore, and the values he imbibed have guided his life. He has served in various capacities at Sree Narayana Mission (Singapore). He is a grassroots leader at Chong Pang and serves as Chairman of the Malayalam Language Education Society and Vice Chairman of the Northbrooks Secondary School Advisory Committee. Mr Jayadev is a director of a food manufacturing company. An accountant by training, he is proud to be associated with a profession founded on integrity and truth.



WALKING TOGETHER: THE SPIRIT OF GURU JAYANTI

By Anusha Senan

At noon at the Sivagiri Mutt, a brief prayer marks the close of the morning before the afternoon begins. A compact, round brick edifice with a raised platform, it offers welcome relief from the blazing sun at that hour.

One hot summer's day, some years ago, I found myself standing among a crowd participating in this very prayer. There were no railings or orderly lines, yet it felt comfortable, with everyone making space for one another on the narrow platform. A cool, gentle breeze drifted through the pillars. Someone began softly reciting the *Daiva Dasakam*, and others gradually joined in. Soon, the entire crowd was gently in sync.

Growing up, I had heard my mother chant it during our morning and evening prayers. Now, standing there, mumbling the bits I could remember while listening to strangers steadily and soothingly chant it in my mother tongue, almost like a lullaby, I felt something reverberate through my very being. There were no drums, no ragas, no ornamentation, just an ancient melody carried by the heartbeats of a hundred-odd people. That moment moved me deeply, and it continues to do so even as I write this now.

Many years later, the phrases “we are all in this together” and “we are all just walking each other home” entered the public consciousness. Whenever I hear them, they bring back the echoes of that moment.

Back home in Singapore, whether seated in the prayer room during Guru Pooja or in the boardroom during various meetings, especially our AGMs, I sometimes marvel at how, as a community, we embody this very ethos in our contributions to the Mission. We challenge one another, learn and grow together, like a rising tide that lifts all boats. One constant current, year after year, is the *Vidya kondu swatantrarakuka; sanghatana kondu balavannarakuka* (Guru Jayanti) celebrations.

Since the beginnings of Sree Narayana Mission in Singapore, we have held annual celebrations that coincide with the Onam season. The early

founders, who were immigrant bachelors, came together to cook and share sadya and play Onam games, reliving memories of their lives back in Kerala. Gradually, the bachelors married and had children, naturally expanding and evolving the needs of the celebration. Yet, however much the celebrations grew over time, one thing remained constant—the sense of community and togetherness.

When Anil (SNM President, 2023–present) approached me in late 2023 with a request to bring some structure to the celebrations, his main priority was very clear: to involve as many people from the community as possible. Emerging from the era of the COVID-19 lockdowns, most of us were still shaking off the dust of years of isolation, relearning and often reassessing the energy we devoted to community activities.

As the saying goes, “the show must go on.” Sree Narayana Mission (Singapore) will always celebrate Guru Jayanti. But the question was: how do we continue to stay true to our core objectives while allowing everyone their own unique expression? In this age of AI and cost-cutting, it was an intriguing yet fundamental challenge.

To the lay observer, Guru Jayanti celebrations are probably defined by the massive community meal, the colourful cultural show, the spiritual discourse, and the games. The organisation behind them is less visible, precisely because of the values embodied by the followers of Sree Narayana Guru. Fully organised and run by volunteers, alongside staff who freely volunteer their time, the celebrations bring together more than a hundred people every year, with preparations beginning in the first quarter.

While I have been involved in many aspects of the Mission and the Guru Jayanti celebrations over the years, immersing myself in every aspect of the preparations opened a universe far richer than I had expected. Worlds that somehow pulsed in sync without Excel sheets or PowerPoint presentations. A supporting hand when someone falters, a kind word when something slips, and somehow, we

flow ceaselessly together towards each Guru Jayanti.

As with all mature organisations, there were some corners that had gotten left out or needed a relook over the years. Some pressing needs were to establish a more defined schedule, to be more efficient with our budget, and to plan for succession and continuity within the teams.

Working with a fully volunteer-based event organisation, it was important to bring greater predictability to the time and commitment required while also aligning multiple timelines. As a large-scale event, there were economies of scale that we could leverage with vendors. Equally important, ensuring a smooth transition to the next generation requires planning well in advance.

With these needs in mind, and through numerous interviews, presentations, and consultations with Anil, the EXCO, senior members, and the teams involved, I designed the Sree Narayana Mission Guru Jayanti Celebrations Model and Plan. It is a simple framework that defines the main elements of the celebrations and how we can work towards the event in a more coordinated and structured manner.

It was intentionally designed for impermanence, and even “failure”, to bring forth a sense of community and a structureless structure from the ashes of its own destruction. For form and structure are fleeting, and all we can hope to do is inspire. Once the clay pot has fulfilled its purpose, what has gathered in its emptiness can be released to discover new possibilities.

At last count, we had more than twenty groups involving over 100 volunteers and staff in the organisation of the Guru Jayanti celebrations. These spanned every aspect of the event: reception, parking, sadya preparation and cooking, sadya seating, sadya serving, budget

planning and tracking, the cultural show (an entire organisation in itself), sponsorship, security, attappoo, and much more. Each group was equally important in creating the Guru Jayanti experience that we cherish and share with our wider community.

This is the third year that we have utilised the Model and Plan. It has accommodated three Guru Jayanti leads, changes within the teams, relocations across countries, births, and shifting priorities, and it has served us well. We have seen improvements across all the objectives we set out to achieve, while also benefiting from the learning and growth we have experienced together as a community.

Vidya kondu swatantrarakuka; sanghatana kondu balavannarakuka (gain freedom through education; gain strength through organisation).

This humble clay pot has given all of us greater visibility, creating more space for creativity and innovation. My hope is that it enables us to imagine even more ways in which our contributions can benefit society.

I am grateful to have had the opportunity to bring my skills and experience in service of this community and the people I love and respect. I thank Anil, the EXCO, our members, every one of the volunteers and staff, and everyone who participated in Guru Jayanti for their love, time, energy, feedback, support, and contributions.

Thank you for walking me—and each other—home.

Nee satyam jnaanamaanandam

You are the Existent, the Subsistent and the Supreme

Nee thanne varthamaanavum

You are the Present and the Past

Bhoothavum bhaaviyum vera

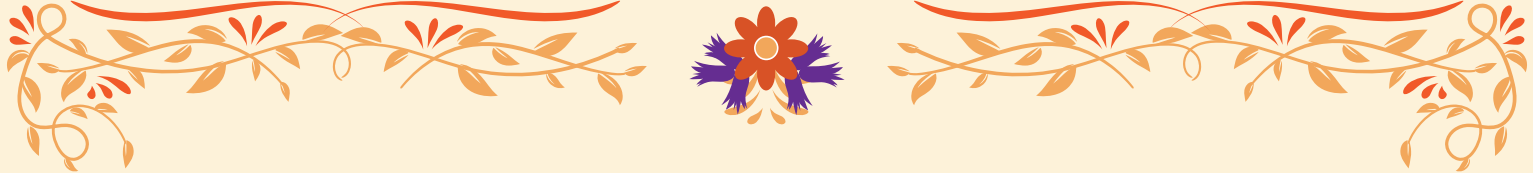
And the Future is none else but You

llothum mozhyumorkil nee

Even the spoken word, when we consider it, is but You



Ms Anusha Senan is a Global Industry Manager at a leading consulting firm. She has been involved with Sree Narayana Mission (Singapore) since 2001 and previously served on the EXCO as Assistant Treasurer and Chairperson of the Youth Committee. She was part of the teams that launched and managed the Lend-a-Hand Programme and the SNM Youth Symposium. She currently serves on the Finance, By-Laws, and Digitalisation Sub-Committees.



LETTER TO MY GRANDSON: THE MAN IN MY FAMILY

By P.N. Balji

Hi Arrian,

I should have learnt from the way your grandmother dealt with you. She loved you without inhibition. I could see it was genuine love, the kind of love that many men rarely display in their interactions with their children and grandchildren. Some call it the “yin yang” relationship, where one takes the softer approach and the other the firmer one.

You are 17 now and getting ready for a brave new world, far from the comfort of home. National Service will thrust you into a new environment where you will make new friends and experience military discipline. You will find a job, fall in love, and live in a world filled with opportunities that are not always easy to recognise. Here are some tips to help you navigate the dramatic changes ahead.

First, you have to develop life skills. These skills are multifaceted. No one will teach you how to identify them or how to use them. One simple way to develop them is to replay some of the significant experiences you have each day. As you do so, ask yourself what you did wrong and what you did right. That way, you will learn not to repeat the mistakes you made and to continue doing the things you did well. I speak from experience. I used to do this every day. During one of those replays, I realised I had made a wrong decision, called the person I had treated unfairly, and apologised.

Life skills are even more important today because the world you are going to live in will become increasingly complex as it comes to terms with unpredictable events. Traditional jobs in industries such as insurance and banking are going to disappear, relationships will be redefined, and values will be made

to seem so passé. Some of this is already happening. Industries are being disrupted, and traditional jobs, especially those involving low or no technology, will vanish. There will be no such thing as an iron rice bowl. You are likely to lose your job not just once but several times in your lifetime as companies chase profits and struggle to survive. It is not just companies that will disappear. Entire industries will go up in smoke.

How do you survive in such a treacherous world? This is where life skills come in. They are survival skills, and even video games can help teach them. I once read an article in National Geographic that said these games teach you to pay attention, think flexibly, and develop problem solving strategies.

You will have to rethink the world of work. Working for one boss will become outdated. Plan to be your own boss by becoming an entrepreneur, or have many bosses by joining the gig economy, where you work for several companies instead of just one. That way, you will always have options. If one company closes down, you will still have a few others you are already working for.

As the world becomes borderless and the chase for talent becomes relentless, you have to learn to become a citizen of the world, not just of Singapore. Once, I was in the Jakarta airport waiting to return home after finishing a consultancy there, and I was surprised to see many Singaporeans in the queue waiting to catch the flight back to their home country. All the passengers I spoke to worked in Jakarta and were in the queue to rejoin their families for the weekend back in Singapore. Such a trend of working in one country and living in another will become widespread.



Now to the topic of love. All of us fall in love, sometimes more than once. And nearly all of us get married. How do you know you have fallen in love? Sometimes, it happens in a flash; you see a girl and you know that she is THE one. Sometimes, it starts off as a friendship and develops into a deeper relationship. Whatever the route, it is very important that you choose your life partner based on values. List down the values your partner has and see how many ticks are in your box. In a relationship, values matter. You get that right and you are likely to hit it off forever.

No relationship is static. So it is with love. Time changes everything. You will change, and so will your partner. Sometimes you might find that the girl you had married turns out to be a different person. It will be the same with you. Realise that this is normal and learn to adapt and compromise.

I know it is becoming fashionable for couples to proclaim that they do not want to have children.

Life is already so stressful and disruptive, so having children will only add to the problems of modern-day living. But children bring tremendous joy to your life. Your life will become more balanced and will add meaning. The satisfaction of seeing your kids every day after work is indescribable.

Family is everything. They are the only ones who will love you without any bias and support you at all costs. If I am asked to pin down the values you need in a brave new world, I would pick these two: Wings and Roots. They sound contradictory, but they are not. Wings are for you to fly, and roots are for you to know that if you have any problems, you can always go back to your roots, your home, to find solace.

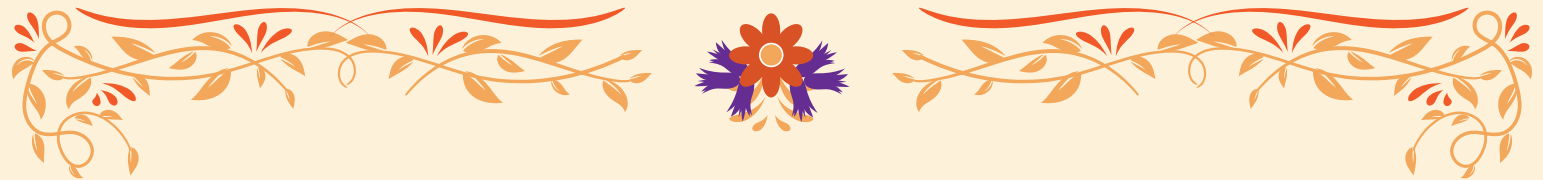
I am convinced that you are realising this. You will turn out to be the man in the family.

Love always,



P.N. Balji is a journalist with over four decades of experience in the media industry. He has held key positions at major publications such as *The New Paper* and *Today*, where he served as the editor. He is renowned for his bold editorial leadership and commitment to journalistic integrity.

Balji is also the author of *Reluctant Editor: The Singapore Media as Seen Through the Eyes of a Veteran Newspaper Journalist*, a candid memoir that offers a rare insider's view of Singapore's media landscape and the complex relationship between the press and the state.



FREE WILL AND FATE: A NON-DUALISTIC RESOLUTION

By Subash Sadasivan

As a teenager in 1970s London, I had firm plans for my future. I believed that everything, the plans, their unfolding and their outcomes, depended entirely on me. Nothing, I believed, was predetermined. I just did not relate to fate, only to the choices I made.

During my thirties and forties, still living in London, doubts began to surface. My perspective slowly shifted. I started sensing that fate, as an external universal force, might also play a part alongside my choices. For example, at fifteen, I wanted to study engineering or mathematics at university, yet, while studying A-levels, I never understood where my discipline, effort and perseverance came from. Was that fate? This constant intuitive question fascinated me for years, as it contradicted my earlier belief that only free will mattered.

A scene from the film 'The Matrix Reloaded' helped me a bit more to understand this tension. Neo, the protagonist, asks the Oracle, who is meant to know the future, if she already knows whether he will take a candy she offers. "If you already know," he asks, "how can you make a choice?" She replies, "Because you didn't come here to make that choice. You've already made it, Neo. You're here to understand why you made that choice." This exchange suggested to me that Neo's free will is partly an illusion; his path is shaped by his personality and past experiences.

In my fifties, studying Upanishadic texts through Sree Narayana Guru's philosophical works gradually brought clearer answers to

me. Free will, I understood, is the ability to act independently of prior causes or external influences. Choice is its practical outcome. Fate is then a predetermined blueprint, set by a higher power, a divine will or karma (action, cause and effect).

Yet the Guru teaches us that the conventional debate between fate and free will is ultimately an illusion. From the standpoint of Advaita Vedanta (non-dualism), these are relative distinctions that dissolve upon self-knowledge. The Guru shifts the focus from ego to pure consciousness. I understood that the individual "doer" is, therefore, just a mental construct. Choices arise within a larger field of consciousness, like waves rising from the ocean. What I call "my choice" is usually the movement of mental tendencies (called *vasanas* in Sanskrit), desires, memories, environment and circumstances.

I think I choose freely, but every choice is constrained by my genetic make-up, environment, and past experiences such as traumas. As the saying goes: **"We are all like rivers flowing through invisible valleys, created by causes we never chose."**

The argument between fate and free will exists only in duality. Both belong to the empirical transient world. Once one realises that the Inner Self (*athma*) is identical to universal consciousness (*brahman*), the boundary between "my will" and "universal will" dissolves completely. Circumstances, environment and people may not be in my control, but my own Self always is in control. From the standpoint of



ultimate reality, fate does not bind the Self, nor does choice belong to the Self.

In summary, Advaita Vedanta teaches freedom of choice within the framework of action, nature and divine order, neither unlimited free will nor

complete determinism (fate). I learned that we are not passive victims of fate, nor absolute masters of our destiny. I learned that we are simply participants in a greater consciousness, here not merely to choose, but to understand fully why we choose as we do.

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Subash Sadasivan, a programme manager by profession, has worked within Financial Services, Engineering and other industry sectors in the UK for forty years. After becoming a life member of the Sree Narayana Guru Mission (a UK registered charity) in 1979, Subash served on the Executive Committee for many years, holding such official roles as President, General Secretary, Treasurer, Auditor and Committee Member. He has been studying Sree Narayana Guru's works on Advaita Vedanta under the guidance of Gurus and Swamis of Narayana Gurukulam, Varkala, Kerala.

WHEN REFORM MEETS RENEWAL: RESCUING NATURE WITH THE TEACHINGS OF SREE NARAYANA GURU

By Jason Purushothaman

The climate crisis is usually described through figures: rising temperatures, shrinking forests, polluted rivers and extreme weather. Yet, beneath the science lies a deeper question: how did humanity come to see nature as separate from itself?

To me, this is where the teachings of Sree Narayana Guru feel urgently relevant.

Guru is best remembered for challenging caste inequality and proclaiming, "One caste, one religion, one God for humanity." His message was not only social but spiritual: all life is bound together, rooted in Advaita or non-duality.

Guru's philosophy rejected the illusion that people, communities and the natural world exist in isolated compartments. If all existence shares one underlying reality, then harming the earth is not merely environmental damage; it is self-harm.

This insight matters today because modern life often encourages separation. Cities expand, forests disappear, rivers are treated as drains and consumption is mistaken for progress. I feel Guru's own life offered a different example. His years of meditation in the natural surroundings of Maruthuva Mala show that wilderness was not empty land to be conquered but a place of clarity, humility and awakening.

Guru's reforms also carried practical

environmental wisdom. He valued cleanliness, simplicity, education and community upliftment over wasteful ritual. In our time, that spirit challenges plastic-filled festivals, polluted public spaces and a culture that celebrates excess while ignoring ecological costs. Renewal, in Guru's sense, would mean reforming and uplifting individuals, society and our relationship with the earth.

Climate change is also a question of justice. Those who suffer most from floods, heat, crop failure and pollution are often the people who contributed least to the problem. Guru's fight for human equality therefore speaks directly to climate justice. If humanity is one, then no community's suffering can be dismissed as distant.

Science, policy and technology are vital tools for ecological rescue, but the true catalyst is a moral awakening. Guru's interconnection philosophy bridges this gap, urging us to move from domination to interconnection, from waste to restraint, and from separation to oneness. To plant a tree, defend a river or practice conscious minimalism is to realise that nature is not outside of us. To heal the earth is to renew ourselves. Our greatest duty now is to transmit these foundational teachings to the new generation, anchoring them with the clarity required to safeguard the biosphere for the coming generations. In dismantling the illusion of separation, we find that ecological justice is our ultimate legacy of oneness.



Jason Purushothaman works as an Extranet Planning Engineer for Ford's Global Network Engineering Team. His parents are P. K. Purushothaman and Swayamprabha. His father lived and worked in Singapore during his youth, moved to the United Kingdom, got married and eventually settled down there. Jason is married to Aroma, and they have two children, Ishan and Yuvaan.

AMMA. BINA. CHECHI.

By Priyanka Balachandran (daughter of Ms Bina Damodaran) and Yogini Yogarajah (friend)



L-R: Priyanka, Nikhita, Bina, Nimita and Balachandran

A funeral is perhaps the only place where every version of a person gathers in one room.

To her daughters, Priyanka, Nimita and Nikhita, Bina was simply “Amma”. Yet at her funeral, it became clear that Bina had lived many lives beyond the one her family knew so intimately. She was a daughter, a mother, a wife, a “chechi”, a friend, a teacher, a colleague and a community leader.

As people came to pay their respects, every conversation revealed another side of her and another life she had quietly touched. Bina was the eldest child of K. Sarojini Narayanan and the late Damodaran K. Kesavan, and “chechi” to her brothers, Ajith and Anil. She was deeply devoted to her parents and siblings, caring for them with patience, love and quiet dedication. Together with her late husband, Balachandran, she devoted herself to raising her daughters with unconditional love and unwavering support. Family was always at the centre of her life.

To many beyond her family, she was simply “Chechi”, a trusted elder sister who offered warmth, encouragement and kindness to everyone she met. Her friendships spanned decades. She faithfully sent Christmas cards and handwritten letters each year, never allowing distance to weaken the bonds she cherished. Last December alone, she received more than a hundred Christmas cards and messages, a testament to the affection she inspired and the relationships she nurtured throughout her life.

Bina began her career as a Biology teacher at Nanyang Junior College in the late 1970s and 1980s. Former students and teaching colleagues continued to remember her fondly for her kindness, encouragement and genuine care. She kept in very close contact with many of her students and teaching colleagues.

After completing her Master’s degree at Syracuse University, she joined the National Productivity Board, later serving through its evolution into the Productivity and Standards Board, SPRING Singapore and Enterprise Singapore. She helped develop national productivity programmes and trained professionals in Business Excellence, earning the respect of colleagues who admired not only her expertise but also her integrity, compassion and gentle sense of humour.

Beyond her career, Bina dedicated herself to community service through the Sree Narayana Mission (Singapore). Over more than a decade on its Board, including four years as General Secretary, she helped strengthen initiatives supporting eldercare, community welfare and social inclusion. Her leadership reflected a lifelong commitment to service, education and empowering others.

Whether in her professional career or volunteer work, Bina believed in using her knowledge and experience to improve the lives of others. She led with humility, generosity and quiet determination, leaving a lasting impact on both the organisations she served and the people she encountered.

Bina lived many lives through the roles she embraced, yet they were united by one constant: she loved wholeheartedly and gave generously of herself.

To the world, she was many things.
To her daughters, she will always be Amma.
To her friends, she will forever be Bina.
And to the many whose lives she touched with kindness, she will always be *Chechi*.

IT TAKES A KAMPONG: BUILDING A CARING AND COMPASSIONATE COMMUNITY IN A SUPER-AGED SINGAPORE

By Dr Swapna Dayanandan

Singapore has crossed a demographic threshold few nations have faced so swiftly: we are now a super-aged society, with more than one in five citizens aged 65 and above. Behind this statistic lies a quieter truth that I have come to appreciate deeply in my work as a gerontologist - about 95 per cent of a person's end-of-life journey is spent not in hospitals or hospices, but at home and in the neighbourhood. If that is where our elders will live out their most vulnerable seasons, then that is where care must be found. No healthcare system, however excellent, can substitute for a community that knows how to show up for one another.

This conviction gave birth to the Kampong Palliative Care (KPC) initiative, which I have had the privilege of leading with the generous support of The Ngee Ann Kongsi and the Singapore University of Social Sciences (SUSS). From September 2024 to February 2026, KPC set out to revive the kampong spirit in end-of-life care. The initiative empowered ordinary residents, volunteers, caregivers and students to offer compassionate psychosocial support to those living with life-limiting illness, and to the caregivers who so often become the hidden patients themselves.

The response has moved me deeply. Through our Legacy Café conversations, held in active ageing centres, community clubs and faith settings, in English and in mother tongues such as Mandarin and Malayalam, seniors discovered that it is not only acceptable but liberating to speak about legacy, last wishes and what it means to live purposefully to the very end. In one series, participants' self-rated readiness to engage in community palliative care conversations rose by over 30 per cent. Ninety Singapore Management University (SMU) undergraduates were trained and then sat with

seniors across a dozen centres, listening to their stories and wisdom. In doing so, they bridged generations in the most human way possible.

Our webinars and workshops reached caregivers, grassroots leaders, pastors, staff and volunteers of social service organisations, healthcare professionals and befrienders. From our launch event to a webinar for allied health professionals that drew 240 registrations and a 254-participant training with the Anglican Diocese, these sessions consistently earned very high satisfaction ratings. Our virtual reality programme brought moments of wonder and calm to more than a hundred nursing home residents, including wheelchair users and those who are bedbound, while equipping care staff to continue these engagements independently. Across four social media platforms, our stories of community-led care have been viewed more than 18,000 times, with nearly half of our TikTok audience under 35—proof that young people are listening.

What have these eighteen months taught me? That compassion is a skill our community is hungry to learn. That death, when spoken about openly, loses its power to isolate. And that the kampong spirit our forefathers lived by is not nostalgia but the blueprint. In a super-aged Singapore, every neighbour who checks in, every volunteer who listens without rushing to fix, every family that dares to have the honest conversation, becomes part of the care system itself.

My hope is simple - that each of us sees ourselves as a caregiver-in-waiting for our community. It takes a village to raise a child; it takes a kampong to accompany a life to its gentle close - with dignity, truth, trust and companionship until the very end.



Dr. Swapna Dayanandan, who holds a Ph.D. in Gerontology, is the CEO and Founder of Joy in Living Aged Care Services Pte Ltd, a social enterprise delivering geron-technology and innovative eldercare solutions, and the recipient of a Ngee Ann Kongsi grant to lead the Kampong Palliative Care (KPC) community initiative.

She is an Associate Faculty member at the Singapore University of Social Sciences (SUSS), heads the Smart Healthcare Workgroup of the Smart Cities Network, and serves as Chief Learning Advisor to the Singapore Leaders Network at the Human Capital Leadership Institute.

A past President and continuing volunteer of Sree Narayana Mission (Singapore), she has received two National Day Awards, the Commendation Medal (2018) and the Long Service Medal (2021) and has authored or co-authored four publications on wellbeing among nursing home residents, community gerontology, and workplace ageism.

BUILDING HOMES, NOT INSTITUTIONS: REIMAGINING RESIDENTIAL AGED CARE THROUGH PEOPLE, PLACE AND TECHNOLOGY

By Mr S. Devendran



As Singapore moves towards becoming a super-aged society, much attention has rightly focused on expanding nursing home capacity, strengthening manpower and ensuring the sustainability of long-term care services. Yet alongside these important conversations, a more fundamental question deserves equal consideration: What truly makes a nursing home feel like home?

For the individuals who reside within these facilities, nursing homes are not temporary places of care. For many, they become their home for the remainder of their lives. This distinction matters deeply.

As we look to the future of long-term care in Singapore, creating genuinely home-like environments requires us to rethink our approach across three interconnected dimensions: People, Place and Technology.

People: From institution to home

Home begins with people.

At Sree Narayana Mission (Singapore), I often remind our staff to spell the word “HOME” in capital letters and remember that we report to work each day in a place that belongs to our residents. We come to work in their home.

This simple shift in perspective fundamentally changes how care is delivered. Residents are not merely recipients of services. They are individuals with histories, preferences, aspirations and identities that deserve to be recognised and respected.

Many residents may live with physical frailty or cognitive impairment, but their need for dignity remains unchanged. As a sector, we must move away from traditional institutional models where

decisions are made exclusively in meeting rooms. The voices and lived experiences of residents must remain central to shaping the future of aged care.

At Sree Narayana Mission (Singapore), we have translated this philosophy into practice through the establishment of Residents’ Committees within our nursing homes. These platforms provide structured, regular and psychologically safe spaces for residents to share feedback, express their preferences and participate in decisions that affect their daily lives and living environment.

These Residents’ Committees have shown that when residents’ voices are systematically included, care becomes more responsive, trust in staff increases and satisfaction with daily routines improves. They have fostered greater resident empowerment, strengthened two-way communication between residents and staff, reduced misunderstandings and contributed to a stronger sense of ownership and belonging among residents. Building on these positive outcomes, we have recently established a Residents’ Committee at SNM Nursing Home@ Riverwalk, reaffirming our commitment to ensuring that residents remain active participants in shaping the communities in which they live and demonstrating how resident partnership can directly enhance quality of care and quality of life.



Person-centred care therefore requires us to ask a different question. Instead of asking, “What is the matter with this person?”, we should ask, “What matters to this person?”

Families remain critical partners in this journey. Many older persons enter nursing homes not solely because of medical conditions, but because family structures and social support systems have changed over time in our rapidly ageing society. Supporting residents therefore also means supporting families

through difficult transitions and helping them remain meaningfully involved in their loved ones' lives.

Ultimately, the future of aged care depends not only on professional competencies, but on our collective ability to preserve dignity, nurture relationships and foster a genuine sense of belonging.

Place: Building communities, not facilities

The Government continues to invest significantly in expanding nursing home capacity to ensure that more seniors can access affordable and sustainable long-term care. However, funding, infrastructure and bed numbers alone do not create a home.

A house can be built, but that does not automatically create a home. What truly matters is how dignity, belonging, relationships and meaningful human connection are fostered within these spaces.

Even the most modern facility can feel institutional if residents experience isolation, loss of autonomy or disconnection from society. Nursing homes should therefore not be physically or socially separated from the communities they serve but instead become integral parts of the neighbourhood fabric.

At Sree Narayana Mission (Singapore), this philosophy is put into practice by ensuring that residents remain connected to everyday life and continue to engage meaningfully with the communities around them. Interactions with neighbours, schools, volunteers and community organisations should remain part of residents' daily experiences, and community life should not stop at the nursing home's doorstep.

By opening our homes to partnerships and community engagement opportunities, we can foster intergenerational connections, reduce social isolation and challenge misconceptions surrounding residential aged care. Ultimately, moving into a nursing home should not feel like institutionalisation; to the greatest extent possible, it should feel like moving from one home to another.

Technology: Enabling human connections

Technology will undoubtedly play an increasingly important role in aged care. While the sector is already leveraging digital tools to enhance care delivery and operational efficiency, its true value lies in strengthening human connections.

Loneliness remains one of the most overlooked challenges facing older persons. Technology can help bridge these gaps by enabling residents to stay connected with families and friends, while providing care teams with deeper insights to deliver more personalised and responsive care.

However, technology must remain an enabler, not a substitute. No device can replace the warmth of human interaction, the reassurance of a familiar face or the comfort of belonging to a community.

The future of aged care therefore lies not in choosing between technology and humanity, but in thoughtfully integrating both.

The future of nursing homes

As Singapore continues to expand its aged care infrastructure, our measure of success cannot be reduced to the number of beds built or occupancy rates achieved. Success must instead be judged by whether residents feel respected, connected and genuinely at home.

Dignity is at the heart of a truly home-like nursing home. It preserves identity. It fosters belonging. It transforms care into compassion and facilities into communities.

The future of nursing homes should therefore not simply be about providing care. It should be about creating environments where older persons continue to live with purpose, retain their identities and experience the comfort of being truly at home.

Because while we can build houses, it is dignity, relationships and meaningful human connection that transform them into homes.



Mr S. Devendran, Chief Executive Officer & Principal Officer of Sree Narayana Mission (Singapore)

Mr. Devendran has accumulated 40 years of working experience, comprising 24 years in the Singapore Armed Forces and 16 years serving in the Social Service Agency (SSA) and Intermediate and Long-Term Care (ILTC) sectors.

DAWN TO DUSK - MY PRECIOUS JEWELS

by Komathi Jayaraman Ramalingam

I lay awake, waiting for dawn to break.
A little schoolgirl, anxiously awaiting
the chance to wear her new shoes and uniform
on the first day of school.

Twenty-six years on...
I still wait for dawn to pass
and for my husband to rise
as labour pains set in.

My third-born is ready to arrive!

Twenty-nine years later...

Today,
Once again, I wait for dawn to pass
and for the sun to rise,
as another beautiful chapter begins
in my son's book of life.

A new chapter unfolds.
A new page quietly turns.

For he is a husband now,
beginning a journey of his own.

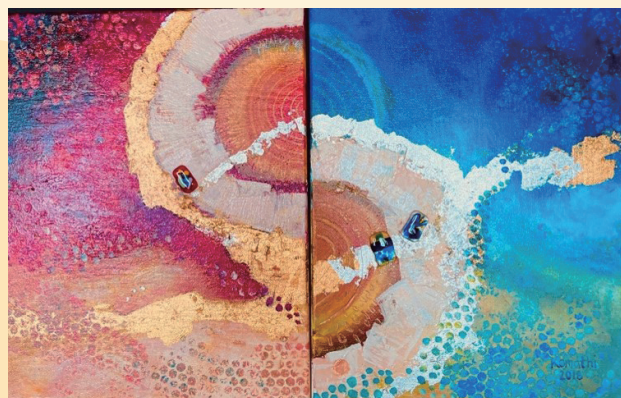
I –
a daughter,
a wife,
and a mum –

as this morning's light breaks through,
have moved up the ranks.

With pride and hope,
I am now
a mother-in-law.

I wait for more goodness to come,
knowing the darkness is nearly done.

For every dawn will surely break,
and every day
will find its own sun,
shining upon us all.

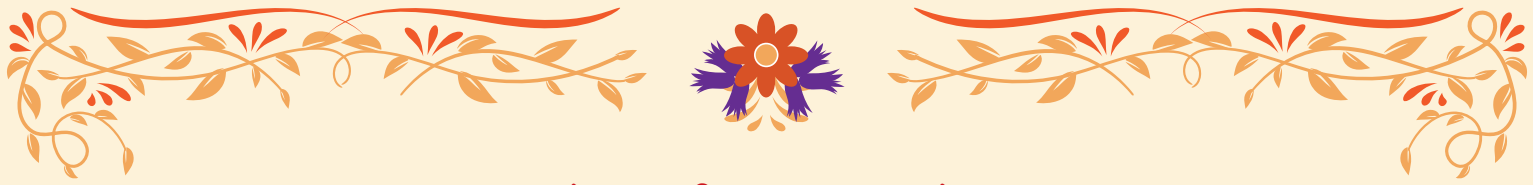


Artwork by Komathi, entitled 'Dawn to Dusk'.



"As a wife, mother, teacher, athlete, and arts practitioner, I never expected to dwell in poetry. However, when a moment moves you deeply, true poetry flows naturally without a filter. This poem is simply my inner voice and emotions captured in words." - Komathi Jayaraman Ramalingam

"A dedication to all mothers."



ഓർമ്മകളിലെ ഗുരു സ്വർഗം

By Lisi Mohanan

തണുത്ത പ്രഭാതം. ശിശിരം തന്റെ ദൗത്യം നിറവേറ്റി പരിഭവങ്ങളൊന്നുമില്ലാതെ വിട വാങ്ങി. വസന്തകാലം വരവായി. കിഴക്കേ കോണിൽ സൂര്യദേവൻ പുഞ്ചിരിച്ചു തുടങ്ങിയിരിക്കുന്നു.

മുദുവായ സൂര്യകിരണങ്ങൾ ഭൂമിദേവിയെ സ്നേഹത്തോടെ തഴുകുമ്പോൾ, പ്രകൃതി അതീവ സുന്ദരിയായി. മനമാരുതൻ തളിരിലകളെ തലോടി തന്റെ പ്രേമം പങ്കുവെക്കുന്നു. ചുറ്റും പൂക്കളുടെ സുഗന്ധവും പക്ഷികളുടെ മധുരഗാനങ്ങളും കൊണ്ട് അന്തരീക്ഷം സജീവമാക്കിയിരിക്കുന്നു. തണുത്ത കാറ്റ് മനസ്സിന് ശാന്തിയും ഉണർവുമേകിയപ്പോൾ സൂര്യരശ്മികളുടെ തലോടൽ ഞാൻ വല്ലാതെ മോഹിച്ചു പോയി. കാലൊച്ചയിൽ ശബ്ദമുണ്ടാക്കാതെ പതിയെ ഞാൻ അടുക്കള വാതിലിലൂടെ പുറത്തേക്കിറങ്ങി. സന്തോഷവും പ്രത്യാശയും നിറഞ്ഞ ഒരു വസന്തപ്രഭാതം ഞാനും സ്വപ്നം കാണാൻ തുടങ്ങി. ചൂടില്ലാത്ത സൂര്യൻ എന്റെ ചിന്തകളെ ചൂട് പിടിപ്പിക്കാൻ തുടങ്ങി.

എന്റെ ശിഥിലമായ ഓർമ്മകൾ പിറകോട്ടു സഞ്ചരിക്കാൻ തുടങ്ങി. അവ വർഷങ്ങളേറെ പിന്നിട്ടു എന്റെ ബാല്യകാലത്തിൽ ഉടക്കിനിന്നു. പ്രഭാതകർമ്മങ്ങൾ കഴിഞ്ഞുള്ള അച്ഛന്റെ സൂര്യനമസ്കാരമാണ് ആദ്യം ഓർമ്മയിൽ വന്നത്.

‘അർക്കസൂര്യദിവാകരാ
ഭൂവനത്രയത്തിനനായകാ
ഉലക്കുരുന്നിലുദിക്കനിൻ

കൃപയെപ്പോഴും മമ ദൈവമേ’

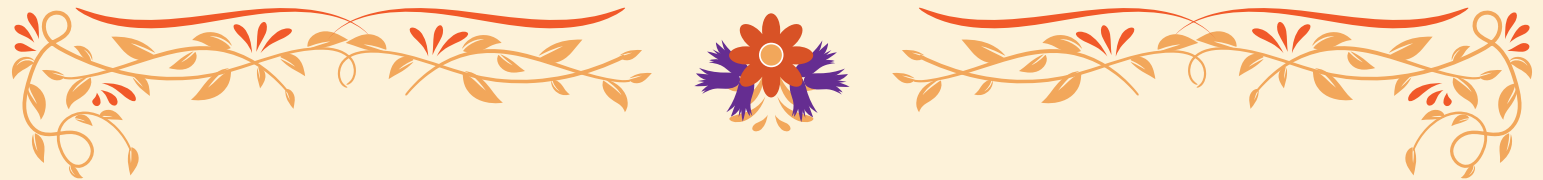
പിന്നെ വയലോരക്കാഴ്ചകൾ കണ്ടു അച്ഛനോടടുത്തുള്ള പ്രഭാത യാത്രയും, പൂജാമുറിയിലേക്കുള്ള പൂക്കൾ സംഭരണവും. നെൽപ്പാടങ്ങളും കുഞ്ഞരുവികളുമുള്ള പുതുമ ഒന്നും അവകാശപ്പെടാനില്ലാത്ത എന്റെ ഈ ഗ്രാമം എന്നിക്കെന്നും

സുഖമുള്ള ഓർമ്മകളാണ്. കാലത്തിന്റെ പ്രയാണത്തിൽ പുത്തൻ ആശയങ്ങളും പരിഷ്കാരങ്ങളും കടമെടുത്തു ഇവയെല്ലാം കൂറ്റൻ കെട്ടിടങ്ങളും, ടാറിട്ട റോഡുകളും ആക്കി മാറ്റി മറിക്കപ്പെട്ടിരിക്കുന്നു. വയലോരത്തെ കാട്ടുപൂക്കൾ ഞാനേറെ ഇഷ്ടപ്പെട്ടിരുന്നു. പക്ഷെ അമ്മ ഈ പൂക്കൾ പൂജക്കെടുക്കാറില്ല. മണമില്ലാത്ത ഈ പൂക്കൾ ദേവാരാധനക്ക് പറ്റിയതല്ലത്രേ. ഈ മനോഭാവം എന്നെ വല്ലാതെ വേദനിപ്പിച്ചിരുന്നു. കാട്ടുപൂവിനു അയിത്തം കൽപ്പിച്ച അമ്മക്ക് മേൽവസ്ത്രം അണിയാനുള്ള അനുമതി കിട്ടിയ കഥകൾ അച്ഛൻ വിശദമായിത്തന്നെ പറഞ്ഞു തന്നു.

അതെ, ഇവിടെ തുടങ്ങുന്നു ശ്രീനാരായണഗുരു സന്ദേശങ്ങളെ കുറിച്ചുള്ള എന്റെ പരിമിതമായ അറിവുകൾ. അച്ഛൻ എന്റെ പാഠ പുസ്തകമായി. ഗുരു നടത്തിയ സാമൂഹിക പരിഷ്കാരങ്ങളെ കുറിച്ച് വിശദീകരിക്കുമ്പോൾ അച്ഛൻ വാചാലനാകുമായിരുന്നു.

ശ്രീനാരായണ ഗുരു -1856ൽ തിരുവനന്തപുരം സമീപമുള്ള ചെമ്പഴന്തിയിൽ ഭൂജാതനായി. ബാല്യകാലം മുതൽ ആത്മീയതയിലും, പഠനത്തിലും, സാമൂഹിക സമത്വത്തിലും ഏറെ താൽപ്പര്യം കാട്ടിയിരുന്നു. സംസ്കൃതവും, മതഗ്രന്ഥങ്ങളും അഭ്യസിച്ച അദ്ദേഹം ഏറെ താമസിയാതെ ആത്മീയ ഗുരുവും സാമൂഹിക പരിഷ്കർത്താവുമായി മാറി. കേരളസമൂഹം ജാതിവിവേചനത്താൽ വിഭജിക്കപ്പെട്ടിരുന്ന സമയത്തു ഗുരു സമത്വത്തിനും, വിദ്യാഭ്യാസത്തിനും, സാമൂഹിക നീതിക്കും വേണ്ടി പ്രവർത്തിച്ചു.

ഒരു ജാതി, ഒരു മതം, ഒരു ദൈവം മനുഷ്യന് എന്ന മഹാസന്ദേശത്തിലൂടെ ജാതി വേർതിരിവിനും അശുചിത്വ ചിന്തകൾക്കുമെതിരെ പോരാടിയ ധീരനായ മഹാത്മാവ്. താഴ്ന്ന ജാതിക്കാർക്കും ക്ഷേത്രാരാധനക്കു അവകാശമുണ്ടെന്ന് തെളിയിക്കാൻ ഗുരു നിർമ്മിച്ച അരുവിപ്പുറം ശിവപ്രതിഷ്ഠ കേരളത്തിലെ സാമൂഹിക



നവോത്ഥാനത്തിന് വലിയ തുടക്കമായി. എല്ലാ മതങ്ങളും മനുഷ്യന്റെ നന്മക്കാണ്. മതങ്ങൾ തമ്മിൽ വൈരമില്ലാതെ ജീവിക്കണമെന്നും അദ്ദേഹം ഉപദേശിച്ചു. -1924ൽ വൈക്കം മഹാദേവക്ഷേത്രത്തിന് ചുറ്റുമുള്ള റോഡുകളിൽ താഴ്ന്ന ജാതിക്കാർക്ക് നടക്കാൻ പോലും അനുമതി ഇല്ലായിരുന്നു. ഈ അനീതിക്കെതിരെ അഹിംസാമാർഗത്തിൽ നടത്തിയ വൈക്കം സത്യാഗ്രഹത്തിന് ഗുരുവിന്റെ സമത്വത്തിന്റെയും മനുഷ്യാവകാശത്തിന്റെയും സന്ദേശം പ്രചോദനമായി. -1925ൽ ചില റോഡുകൾ സമരത്തിന്റെ ഫലമായി തുറന്നു കൊടുക്കപ്പെട്ടു. കേരളത്തിന്റെ ക്ഷേത്രപ്രവേശന പ്രസ്ഥാനങ്ങൾക്കും സാമൂഹിക നവോത്ഥാനത്തിനും ഇത് വലിയ പ്രചോദനമായി. പിന്നോക്ക വിഭാഗങ്ങൾ വിദ്യാഭ്യാസം നേടണമെന്നും, അത് സമൂഹ മുന്നേറ്റത്തിന്റെ പ്രധാന മാർഗമാണെന്നും ഗുരു ജനങ്ങളെ പഠിപ്പിച്ചു.

മദ്യപാനത്തെയും അന്ധവിശ്വാസത്തെയും ഗുരു എതിർത്തു. ഇവ സമൂഹനന്മക്കു ദോഷം വരുത്തുന്നവയാണെന്നു ജനങ്ങളെ പഠിപ്പിച്ചു. -1903ൽ ശ്രീനാരായണ ധർമ്മപരിപാലന യോഗം രൂപീകരിച്ചു സാമൂഹിക സമത്വത്തിനും വിദ്യാഭ്യാസ പുരോഗതിക്കും വേണ്ടി പ്രവർത്തിച്ചു.

അക്കാലത്തു കേരളത്തിൽ താഴ്ന്ന ജാതികളിലെ സ്ത്രീകൾക്ക് മേൽവസ്ത്രം ധരിക്കാൻ വിലക്കുകൾ ഉണ്ടായിരുന്നു. ഈ അനീതിക്കെതിരെയുള്ള പോരാട്ടത്തിന് ഗുരുവിന്റെ ഉപദേശങ്ങളും ആഹ്വാനങ്ങളും

വലിയ പ്രചോദനമായി. ശുചിത്വവും മാനുവൽശ്രദ്ധാരണയും മനുഷ്യന്റെ ആത്മാഭിമാനത്തിന്റെ ഭാഗമാണെന്ന് ഗുരു പഠിപ്പിച്ചു.

«സമത്വവും സ്വാതന്ത്ര്യവും ഉള്ള ഒരു സമൂഹം നിർമ്മിക്കണം. അതിൽ സ്ത്രീകൾക്ക് അവരുടെ സ്വപ്നങ്ങൾ സാക്ഷാത്കരിക്കാനുള്ള അവസരം ഉറപ്പുവരുത്തണം.» എന്നെ ഏറെ ആകർഷിച്ച ഗുരുസന്ദേശം. അതെ ഇന്ന് വിദ്യാഭ്യാസസമ്പന്നനാണ്, അവളുടെ അവകാശങ്ങളെ കുറിച്ച് ബോധവതിയാണ്; മുന്നേറ്റത്തിന്റെ എല്ലാ മേഖലകളിലും അവളുടെ കയ്യൊപ്പു വീണിരിക്കുന്നു.

ഗുരുവിന്റെ ആശയങ്ങൾ ഇവിടെ അവസാനിക്കുന്നില്ല. സ്ത്രീക്കും പുരുഷനും ഒരുപോലെ മാനവിക ബഹുമാനം ലഭിക്കണം. «വിദ്യാഭ്യാസം വഴി മോചനം» എന്ന ഗുരുവിന്റെ ആശയം സ്ത്രീകളുടെ മുന്നേറ്റത്തിന് വലിയ പ്രചോദനമായി. സ്വാതന്ത്ര്യവും സമത്വവും ഉള്ള ഒരു ലോകം കെട്ടിപ്പടുക്കാൻ ഗുരു നൽകിയ സംഭാവനകൾ, സന്ദേശങ്ങൾ, ത്യാഗങ്ങൾ, കഠിനപ്രയത്നങ്ങൾ ഞാനീ അവസരത്തിൽ അകമഴിഞ്ഞ നന്ദിയോടും പ്രാർത്ഥനയോടും സ്മരിക്കുന്നു. നിസ്സഹായതയുടെ നിഴലിൽ നെരിപ്പോട് നെഞ്ചിലേറ്റിയ വനിതകൾ ഇന്നും നമ്മുടെ സമൂഹത്തിൽ ഏറെ ഉണ്ടെങ്കിലും സ്വാതന്ത്ര്യം അവൾക്കും അവകാശപ്പെട്ടതാണെന്ന ബോധം ഗുരു സന്ദേശത്തിലൂടെ വ്യക്തമാക്കപ്പെട്ടതാണ്. സ്നേഹം നിറഞ്ഞ ഒരു ലോകം കെട്ടിപ്പടുക്കാൻ നമുക്ക് ഗുരു വചനങ്ങളിലൂടെ സഞ്ചരിക്കാം.



Lisi Mohanan is an active member of the Sree Narayana Guru Mission of the UK, inspired by the timeless teachings of Guru, especially on social reform and education. She completed her postgraduate studies in English Language and Literature and migrated to the UK in 1985. She joined the civil service in 1988 and retired in 2025 after 37 years of service.

ശ്രീനാരായണ ഗുരുവിന് അർപ്പണം: മനുഷ്യ മഹത്വത്തിന്റെ നിത്യദീപം

By Sumitha Insine

കേരളത്തിന്റെ ആത്മീയ ചരിത്രം മൂലമായി തെളിയുന്നിടത്ത്, കരുണയുടെയും ജ്ഞാനത്തിന്റെയും സമത്വത്തിന്റെയും നിത്യപ്രയോഗി നിലകൊള്ളുന്ന മഹാനായ സന്യാസി ശ്രീനാരായണ ഗുരു. അദ്ദേഹത്തിന്റെ ജീവൻ ഒരു കാലഘട്ടമല്ല, ഒരു ഉണർവായിരുന്നു.

ഈ വാർഷിക സ്മരണിക സമർപ്പിക്കുന്ന ഈ വേളയിൽ, ഹൃദയപ്പൂർവ്വം നമിക്കുകയാണ്—ഹൃദയങ്ങളെ പ്രകാശിപ്പിക്കുകയും സമൂഹങ്ങളെ മാറ്റുകയും തലമുറകളെ പ്രചോദിപ്പിക്കുകയും ചെയ്യുന്ന ഗുരുദേവന്റെ അമരമായ ദർശനത്തിന് മുന്നിൽ.

സമൂഹത്തെ മാറ്റിമറിച്ച മഹത്തായ ജീവിതം

സാമൂഹിക അസമത്വവും കഠിന ജാതിവ്യവസ്ഥയും വേരൂന്നിയിരുന്ന ഒരു കാലത്ത്, മനുഷ്യഗൗരവത്തിലും സർവസൗഹൃദത്തിലും ആധാരമിട്ടൊരു ജീവിതപഥമാണ് ശ്രീനാരായണ ഗുരു തുറന്നുകാട്ടിയത്. അദ്ദേഹത്തിന്റെ വാക്കുകൾ ശാന്തമായിരുന്നു, പക്ഷേ അതിന്റെ ശക്തി ഒരു വിപ്ലവത്തെ ജനിപ്പിക്കുന്നതായിരുന്നു.

എല്ലാവർക്കും തുറന്ന ക്ഷേത്രങ്ങൾ പണിതത് മുതൽ, വിദ്യാഭ്യാസത്തിലൂടെ സമൂഹോദ്ധാരണം പ്രചോദിപ്പിച്ചതും തൊഴിലിന് മഹത്വം നൽകിയതും വരെ—ഗുരു നടത്തിയ ഓരോ പ്രവർത്തിയും കേരളത്തിന്റെ സാമൂഹിക സൗഹൃദയാത്രയിലെ നാഴികക്കല്ലുകളായി മാറി.

ഗുരുവിന്റെ ആശയത്തിൽ ആത്മീയത ആചാരങ്ങളിൽ അല്ല, മനുഷ്യനിലെ കരുണയിലും നന്മയിലുമാണ് വിരിയുന്നത്. ലാളിത്യത്തിൽ മഹത്വം കണ്ടെത്തിയ അദ്ദേഹം, സന്ദേശങ്ങൾ ജീവിതത്തിലൂടെ തന്നെയാണ് പകർന്നത്.

ശാശ്വതമായ ഐക്യത്തിന്റെ സന്ദേശം

എല്ലാറ്റിനുമുപർന്ന് നിലകൊള്ളുന്നത് അദ്ദേഹത്തിന്റെ അനശ്വരമായ സന്ദേശം:

“ഒരു ജാതി, ഒരു മതം, ഒരു ദൈവം മനുഷ്യന്.”

മനുഷ്യർ തമ്മിലുള്ള വ്യത്യാസങ്ങളെ മറികടന്ന് എല്ലാവരിലും അടങ്ങിയിരിക്കുന്ന ദൈവികതയെ കാണാനുള്ള ക്ഷണമാണ് ഈ സന്ദേശം. ഇന്ന് പോലും സമത്വത്തിനും സമാധാനത്തിനും സൗഹൃദത്തിനും വഴികാട്ടുന്നതായി ഈ വചനങ്ങൾ നിലകൊള്ളുന്നു.

ദാർശനികനും കവിയുമായ ആത്മീയഗുരു

ആത്മോപദേശ ശതകം, ദൈവദശകം തുടങ്ങി ഗുരുവിന്റെ ഗ്രന്ഥങ്ങൾ സത്യം തേടുന്നവർക്ക് ഇന്നും ഒരു പ്രകാശപഥമാണ്. ആഴത്തിലുള്ള ആത്മീയ ചിന്തകൾ സ്നേഹത്തിന്റെ സൗമ്യതയോടെ ചേർത്തുവെച്ച അദ്ദേഹത്തിന്റെ വാക്കുകൾ കാലത്തെയും ദേശത്തെയും അതിരുകൾ മറികടന്നു ഇന്ന് ജീവിക്കുന്നു.

ഇന്ന് നാം അഭിമാനത്തോടെ പറയുന്ന സാമൂഹിക പുരോഗതിയും ഐക്യവുമായ കേരളത്തിന്റെ രൂപത്തിന് പിന്നിൽ ഗുരുവിന്റെ മൗന വിപ്ലവമുണ്ട്. അദ്ദേഹത്തിന്റെ വിലപ്പെട്ട പാരമ്പര്യം വിദ്യാഭ്യാസ സ്ഥാപനങ്ങളിലും, സമൂഹ മൂല്യങ്ങളിലും, അദ്ദേഹത്തിന്റെ സന്ദേശത്തെ മുന്നോട്ട് കൊണ്ടുപോകുന്ന ലക്ഷക്കണക്കിന് ഹൃദയങ്ങളിലും ഇന്നും തിളങ്ങുന്നു.

ഈ വർഷത്തെ നേട്ടങ്ങളും ഓർമ്മകളും ആഘോഷിക്കുന്ന നിമിഷത്തിൽ, അദ്ദേഹം പകർന്ന മൂല്യങ്ങളായ — ദയ, ഐക്യം, വിദ്യാഭ്യാസം, മാനവസേവനം — എന്നിവയോടുള്ള നമ്മുടെ പ്രതിജ്ഞയും പുതുക്കുന്നു.

“സത്യമായ മഹത്വം, മറ്റുള്ളവരെ ഉയർത്തിയെടുക്കുന്നതിലാണ്”

ഈ സന്ദേശം തന്നെ ഗുരുവിന്റെ ജീവിതം.



Sumitha Insine has dedicated over 20 years to serving the community through her work at the Sree Narayana Mission (Singapore). She began her career as a nurse and has since grown into her current role as a Senior Programme Executive for SNM's Senior Care Centres. Passionate about eldercare, she finds great fulfilment in supporting seniors and helping them lead dignified, high-quality lives. Outside of work, Sumitha enjoys dancing, singing and travelling, which bring joy and balance to her life.



ദീപാരാധന

By M.K.Bhasi

മംഗള ശംഖധ്വനികളിലൂടെ
 നിന്നെയുണർത്താനായി
 സന്ധ്യയിതാ തൻ പൂജാമണികൾ
 കിലുക്കിയിറങ്ങി വരുന്നു.
 ദീപാരാധന തൊഴുവാൻ, നിൻ പദ
 താരുകൾ കൂടി വണങ്ങാൻ
 ഏകാകിനിയായ് നിൻ തിരുമുമ്പിൽ
 ആരാധിക ഞാൻ നിന്നു.
 കൈകളിലുള്ളതു രണ്ടോ മൂന്നോ
 പൂജാമലരുകൾ മാത്രം.
 എൻ മിഴിനീർമണി, യിതളിൽത്തങ്ങിയ
 മങ്ങിയ പൂവുകൾ മാത്രം!

സുവർണ്ണ മുത്തുക്കുടകളുമായി
 നിന്നെയെഴുന്നള്ളിക്കാൻ
 ഇരുണ്ട രാവുകൾ നെറ്റിപ്പട്ടവു-
 മണിഞ്ഞൊരുങ്ങി വരുന്നു.
 കല്പക വൃക്ഷത്തണലുകൾ തോറും
 സ്വർഗ്ഗകവാടം തേടി
 ജപിച്ചു കിട്ടിയ തീർത്ഥക്കിണ്ടിയിൽ
 ഗംഗാജലവും കോരി

അകത്തു മുഴുവൻ പാപം നിറയും
 വിഴുപ്പു ഭാഗ്യവുമായി
 പുറത്തു നിറയെ ഭസ്മക്കുറിയും
 നരച്ച താടിയുമായി
 കഴുത്തിലാകെ രുദ്രാക്ഷങ്ങൾ
 കൊരുത്ത മാലയുമായി
 കാവിയുടുപ്പുകൾ നീലപ്പീലി-
 ക്കാവടിയേന്തി വരുന്നു.
 അഖണ്ഡഗീതാ യജ്ഞക്കാരുടെ
 മന്ത്രോച്ചാരണ ഭൂവിൽ
 സുഗന്ധ ചന്ദനതിലകം ചാർത്തിയ
 സുന്ദരിമാരുടെ മടിയിൽ

അതീന്ദ്രിയധ്യാനത്തിൽ മയങ്ങിയ
 മനസ്സരസ്സിൻ കരയിൽ
 കഞ്ചാവിന്റെ പുകച്ചുരുളികൾ
 ദൈവമിറങ്ങി വരുമ്പോൾ.
 കണ്ണുകൾ പൂട്ടിയിറക്കിയിരി ക്കും
 മഹർഷിമാരെക്കാണുകെ
 അവരുടെ മെതിയടി തൊട്ടു വണങ്ങും
 ഭക്തന്മാരെ കാണുകെ
 അവർക്കു കൈമണി കൊട്ടിത്തുള്ളും
 ശിഷ്യന്മാരെ കാണുകെ
 ഏകാകിനിയാവിട്ടൊരു കോണിൽ
 ആരാധിക ഞാൻ നിന്നു.
 പൊയ്മുഖമുടികൾ നീട്ടിയ നിഴലിൻ
 കരി വീഴാത്തൊരു കോണിൽ.

ദീപാരാധന തീർന്നു; തൃക്കാൽ
 ഞ്ഞാൽ വീണു വണങ്ങി
 രാധാമാധവമാടിയ യദുകുല
 ഗോപികമാരുടെ കൂടെ
 നിർവ്വൃതി മുടിയ മിഴികളുമായി
 നിന്നവരെല്ലാം പോയി.
 സ്വർണ്ണക്കൊടിമര മുകളിൽപ്പാറിയ
 വർണ്ണക്കൊടിയുമിറങ്ങി

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 പനിനീർപ്പൂവുകൾ കണ്ടു.
 എൻമിഴിനീർമണി, യിതളിൽത്തങ്ങിയ
 മങ്ങിയ പൂവുകളാണോ?
 നിൻ മിഴിയിണയിൽ, എന്നകതാരിൽ
 എന്തൊരലൗകിക ശാന്തി!
 എന്തൊര ലൗകിക നിർവ്വൃതിയാഹാ
 നിന്തിരു സന്നിധിയിങ്കൽ!



M.K. Bhasi served a long term as an educator and continued to do so after his retirement. He contributed to Singapore's social and cultural landscape as a poet and writer, and through his work with Sree Narayana Mission (Singapore), where he served for almost two decades. Apart from that, he was prolific in writing poetry and has three published books. Poetry has been in his blood since he was a young boy, and it is the sheer passion that has kept him writing for all these years.

A decorative orange mandala with a central circle containing the word ADVERTISEMENTS. The mandala features a complex, symmetrical pattern of geometric shapes, including diamonds and circles, arranged in a circular fashion. The background is a light orange color with a subtle, textured pattern of horizontal brushstrokes.

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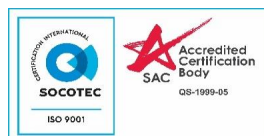


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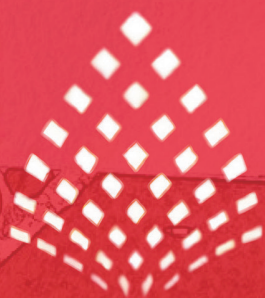


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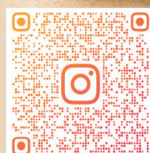
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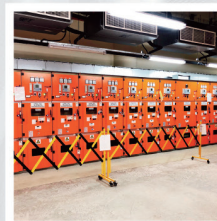


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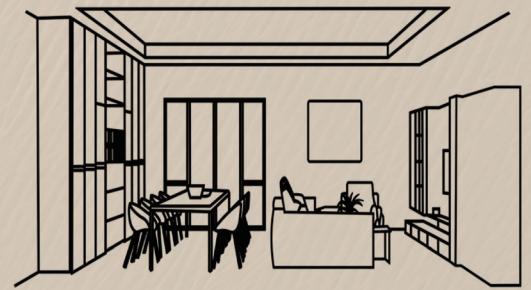
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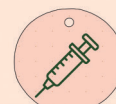
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