



SINGAPORE MALAYALEE ASSOCIATION

Quarterly Updates (Volume, Issue 1)

20th April 2019

Past Events

Annual General Meeting 2019

The AGM was held on 7th April 2019. More than 60 members attended this meeting. The outgoing president, Mr. Jayakumar, addressed everyone and highlighted many events and initiatives completed in the last 2 years, including the NUS Bursary, SG50, the Centenary celebrations and others. The new Management Committee was then elected, after which everyone joined for lunch at the Banana Leaf Apollo Restaurant.

The new management committee is as follows:

President	Mr. P.S. Prem
Vice-President	Mrs. Sunu Sivadasan-Ghani
Honorary General Secretary	Mrs. Lakshmy Iyer
Honorary Asst. General Secretary	Mrs. Shraddha Rajesh
Honorary Treasurer	Mr. Priyadarsan V.
Honorary Assistant Treasurer	Mr M. C. V. Mathai
Community Collaborations Chairperson	Mrs. Sindhu Krishna Prasad
Cultural Committee Chairperson, Mayilpeeli	Mr. Sathian Pookkuttath
Cultural Committee	Mr. Dinesh Kumar
Ladies' Wing Chairperson	Dr. Sunitha Nair
Marketing & Publicity Committee	Mr. Rajaneesh Kanakathidathil
Natakamela Chairperson	Mr. Vasudevan Thottekatt
Publications Committee Chairperson	Mr. Krishna Kumar M.

SMA Pioneer Wing Chairperson	Mr. Sivaraman Nair
SMA Pioneer Wing Committee	Mrs. Padma Nayar
SMLF Chairperson	Mr. Ullas Kumar C. S.
Sports Committee Chairperson	Mr. Sabarinath Thekkath
Sports Committee	Mr. Rajesh Chandran
Varnam Chairperson	Mr. Anil Kariseril
Welfare Committee Chairperson	Mr. Syam Kumar Prabhakaran
Welfare Committee	Mr. Badarudeen M.
Wellness Centre Committee	Mrs. Indulekha Jayadev
Wellness Centre Committee	Mrs. Nima Manaf
Youth Wing Committee	Dr. Vidhya Dharshini Pillay
Trustee	Dr. V. P. Nair PBM
Trustee	Mr. H Abdul Samad
Trustee	Mr. Manu Bhaskaran
Trustee	Mr. Stephen Samuel
Legal Advisor	Mr. Chandramohan Nair
Advisor	Mr. Gopinath Pillai BBM, BBM(L)
Advisor	Mr. Jayakumar Narayanan
Advisor	Mr. M. M. Dollah
Advisor	Mr. P. K. Koshy
Advisor	Mr. Viswa Sadasivan

We thank the outgoing Management Committee for their dedication over the last 2 years.

LADIES' WING



SMA Ladies Wing kickstarted 2019 with a potluck party on January 19th, 2019. Many members attended with family and enjoyed the session. It was also on this day that the SMA Karaoke club was inaugurated by the President of SMA, Mr. Jayakumar, and the Vice President of SMA, Mr. Prem. The Karaoke club will be led by Ms. Sheeba Stephen.

On March 16th 2019, SMA Ladies Wing facilitated a workshop on “Nirvana breathe right - live long” at SMA Hall. The workshop was conducted by Nirvana education expert Ms. Meera Nair, who is a Nirvana education expert, specialist and International Coordinator at Nirvana Fitness. She is a Certification specialist, presenter and examiner, Southeast Asia and India at Athletics and Fitness association of America-AFFA. The response was heartening, and included women from other races too.

In the pipeline:

- SMA LW will be actively participating in the Indian Cultural fest (ICF) 2019 organised by LiSHA on April 27th.
- Discussions are ongoing with Breast Cancer Foundation Singapore to conduct a Breast cancer awareness programme and Mammogram screening.
- Discussions are ongoing to organise a talk on a common issue faced by many ladies on menopause, hormonal changes and related stress.

CARELIGHT WELLNESS CENTRE

Preparations to open the CareLight Wellness Centre at 141 Bedok Reservoir Road are ongoing. CareLight aims to be a warm and receptive communal space where seniors can connect, network, look out for each other and spend their time meaningfully, through physical, cultural and social activities. Some of the proposed activities are light exercises, board games, reading, art therapy, handicraft, movie screenings, health talks, language classes, health check-ups and Traditional Medicine clinics.

The first activity will be Share A Pot –a team activity whereby seniors unite around a pot of hot soup to rally and encourage each other to grow stronger and live well.

We need your support to run this wellness centre successfully.

There is no requirement to be a volunteer – all that is required is a willing heart.

If you are interested to volunteer, or you simply wish to find out more, please get in touch with us at info@Malayalee.org.sg



SINGAPORE MALAYALEE ASSOCIATION YOUTH WING

The Singapore Malayalee Association(SMA) Youth Wing is a group of Malayalee youths in Singapore, who are passionate about serving as the bastions of Malayalee culture, heritage and identity. Through championing socially centred causes, they seek to leverage on a multitude of platforms to promote the Malayalee youth identity in Singapore.

Working in sync with the SMA Main committee, the Youth Wing that was officially kickstarted in November 2018, informally organised a forum about tackling issues such as youths and identity in an age of technological disruption in May 2018.

The panel of speakers included Mr Pravin Prakash, Associate Research Fellow, Centre of Excellence for National Security, S. Rajaratnam School of International Studies, Nanyang Technological University, Mr Valmiki C Nair, Partner at Dentons Rodyk, Mr Hari Sivan, CEO SoCash and special guest Mr Viswa Sadasivan, CEO Strategic Movies & Former Nominated Member of Parliament.



In September 2018, the team organised an informative session on Advance Care Planning (ACP) and Lasting Power of Attorney (LPA) in collaboration with Paya Lebar CCC. Dr Vidhya Dharshini Pillay, Resident Physician, Dept of Geriatric Medicine at Khoo Teck Puat Hospital, Vice-President and Treasurer



of the Youth Wing spoke about ACP. Ms Priya Dharshini Pillay, Director at Niru & Co. LLC and Mr Alex Yeo, Adviser to Aljunied GRC, Grassroots Organizations (Paya Lebar) & Director at Niru & Co. LLC shared about LPA.

The group remains committed in raising awareness about other socially significant issues, while continuing to strengthen ties with the wider Indian community and cement its presence and function in Singapore.



Youth Wing Committee 2019-2020:

Role	Name
President	Ms. Athena Michael
Vice-President	Dr. Vidhya Dharshini Pillay
Secretary	Dr. Viknesh Shanmugam
Treasurer	Dr. Vidhya Dharshini Pillay
Public Relations & Marketing IC	Ms. Anuradha Iyer
	Ms. Athena Michael
Logistics IC	Mr. Sanjay Menon
	Dr. Praseetha Nair
Social Media IC	Mr. Muhammad Shafiq
Member	Ms. Azeena Badarudeen

WELFARE TEAM

SMA welfare team has been active in coordinating events and supporting needy people. As an on-going activity, the Welfare team supports Sree Narayana Mission Home for Aged and sick with various activities. The Welfare committee organised training for more than 50 volunteers thus getting ready them to take part in the feeding sessions and the interaction activities. These feeding sessions are conducted at the Home every month. Those who are interested to participate may approach the coordinator Mr. Badarudeen. SNM recognised SMA welfare team for their continued support, during their appreciation event on Saturday, 30 March 2019.

SMA Welfare team plans to conduct regular feeding service in SNM and

other homes, Silver support scheme for supporting our seniors through regular visits, blood donation drives and playing an active role in providing necessary support during crises and emergencies to all Malayalees in Singapore.

The team is looking for more volunteers in these efforts. Please approach its Chairman, Syam at 92316256 if you are interested.



KERALA FLOOD RELIEF FUND

Partnering with Singapore Red Cross (SRC) and 30+ Indian associations in Singapore, SMA led the relief activities in Singapore, collecting over \$400,000.

SRC will be commencing the rebuilding activities in the coming months. SMA would like to thank each and every one of you contributed to this activity.

Please look out for an update from SRC & SMA on specific community projects.

Everyone is welcome to join the update session.

The details will be announced through our social media channels.



MAGICAL MOMENTS



Mr. Gopinath Muthukad and Mr. Prahlad Acharya presented "magical moments" on the 23rd February 2019 at Holytree Balasubramaniyan temple in Yishun.

Mr. Muthukad presented various magical performances that mesmerized the audience.

His speeches and stories were inspirational not only for children but also for adults. His vision to build an arts centre for differently-abled children was very much appreciated by the audience.



Prahla Acharya's shadow puppet show entertained the audience. More than 400 people attended the event.

LiSHA – ICT 2019

Our first event for this year was a canvas installation of heritage house of Kerala. 16 Organisations in Singapore came together at Clive Street on 7th April to install this canvas on the heritage house.



Ours was a picture of a Tharavadu which was printed digitally in a huge canvas. Mr. Anil and Mrs. Sindhu Krishna represented our Association. Mr Anil briefed about the Tharavadu (Naalukettu, Ettukettu and Pathinaarukettu), significances of the

house and the cultural value. Mr. Rajkumar, LiSHA Chairman was the Chief Guest for the Event.



These canvases will be displayed at Clive Street for 3 months from the date of installation. Through this display, one can learn and understand the heritage and culture of other ethnicities. Please feel free to visit our heritage house!

Upcoming Events

1. LISHA - Indian Cultural Fiesta
Carnival on 27th April 2019,
Saturday
10am - 12pm Rock Rangoli Event
2pm - 4pm Kathakali Painting
7pm - 8:30 pm Chenda Melam &
Flash Mob Thiruvathira @ Clive
Street
2. Kathakali Painting Workshop on
4th May 2019, Saturday, 2pm at
Indian Heritage Centre
Registration required
3. SMLF – A Celebration of MT
Literature
Special Guest: Alankode
Leelakrishnan
11 May 2019, Saturday,
10am – 5 pm
Canberra Community Club
2 Sembawang Cres, #01-01,
S757632
All are welcome.
4. SMA Mayilpeeli presents
SMARtest 2019 - Mind the Spot
Quiz competition for ages 11 - 15
25th May Sat 10am - 12.30pm @
SMA
Contact: 96405963
5. Natakamela – 20th July 2019,
Saturday, 6.30pm – 9.30pm @ The
Grassroots Club, 190 Ang Mo Kio
Avenue 5, S568046
For tickets, contact 9836 6256.

SMA Newsletter

This is the inaugural edition of the SMA newsletter. We are starting this newsletter to provide updates to both members and non-members alike, about both past and upcoming events.

As this is the first edition, this is being sent by post. Moving forward, this will be sent as an e-newsletter via email and via Whatsapp. It will also be published on our new website <https://www.malayalee.org.sg/>

To ensure you receive the e-newsletter, please save **+65 6293 9195 (SMA)** in your phone contacts.

To receive future editions of the SMA Quarterly e-newsletter via email or via Whatsapp, please register here:

<http://bit.ly/newsletterSMA>

If you have any suggestions or feedback, or if you would like to contribute to the newsletter, please get in touch with us at info@malayalee.org.sg

