



SINGAPORE MALAYALEE ASSOCIATION

Quarterly Updates (Volume 1, Issue 2)

30th June 2019

Past Events

CARELIGHT WELLNESS CENTRE SOFT LAUNCH

CareLight Wellness Centre was opened on 7th May 2019 by our Guest-of-Honour (GOH), Mr Chua Eng Leong, Adviser to Aljunied GRC Grassroots organizations. The programme commenced with an introduction to the Singapore Malayalee Association and its 100-year heritage in Singapore.

Mr Prem, President of the SMA, highlighted the various initiatives implemented to benefit the community here, including the \$1m bursary for needy NUS students. He expressed his joy at finally starting the wellness centre, which had been a dream for the last 2 years.

Mrs Sunu, Vice-president of the SMA, highlighted the goal of the SMA to give back to the community here through the wellness centre. She elaborated on the vision and mission of this wellness centre, which is essentially a drop-in centre that provides activities for residents of all races and ages to participate and interact with their peers.

Mrs Sunu also highlighted the numerous collaborators that CareLight is working with to conduct programmes – including the National Library Board, The Singapore Indian Development Association, Changi General Hospital and Montfort Care, just to name a few.

Following this, representatives from some of our collaborators shared about their planned programmes at CareLight. A Khoo Teck Puat Hospital representative gave us details on the 'Share a Pot' programme, a MontfortCare representative explained the

'Happy Kopitiam' programme, a Changi General Hospital representative spoke about the free medical check-up programme; a Diabetic Society of Singapore representative shared more on diabetes management and finally, a SINDA representative presented Project Guide that helps lower-income students with schoolwork.

We also had some volunteers share about their programmes. Mrs Vijaya Mohan, a community artist and art therapist, will be conducting various art sessions at CareLight. Ms Suchi, the laughter coach, energized the crowd with some quick laughter therapy.

Mr Chua Eng Leong then addressed the audience. He reiterated the importance of giving back to the community here and expressed his gratitude to the SMA and the collaborators for setting up CareLight. The event ended with a mingling session over dinner.

The Carelight Wellness Centre will be officially opened soon. Everyone is welcome to join. Details will be made known soon.



LISHA INDIAN CULTURAL FIESTA 2019

By Mrs Sindhu Krishna Prasad

This year's ICF Carnival took place on Saturday, April 27th at Clive Street. Mrs Vijaya Mohan and SMA with support and participation from various community groups and schools created a Singapore Record of artwork on pebbles as part of Bicentennial celebration of Singapore.

The event was graced by Dr T Chandroo, Chairman of SICCI, and Mr Narayana Mohan, Ex-Chairman of SICCI. SMA President, Mr Prem, supported the event along with Mr Ullas and the Asianet TV crew. 178 participants created the Singapore Book Of Records by painting on the pebbles together.



In the afternoon, SMA set up a Kathakali painting booth. Lakshmy Iyer prepared the canvas and planned for a paint-by-numbers theme. The response from the public was overwhelming. Mrs Sindhu Krishna and Mrs Jaleela Niaz assisted to ensure the vibrant Kathakali painting was completed.

SMA was honoured by the GOH Member of Parliament, Mr Melvin Yong, who added the final touch to the painting. LiSHA Chairman, Mr Rajakumar, and Dr Uma Rajan graced the occasion.



Our traditional Chenda Melam team stole the show with their energetic performance and a special impromptu jugalbandhi.



The highlight of the show was the Ladies wing flash mob performance to the famous "Jimikki Kammal" song.

The flash mob was followed by our Singapore Book Of Records Thiruvathira performance. A big thanks to our Ladies' Wing Chairperson Dr Sunitha Nair and Mrs Sheeba Stephen for the choreography and coordination and all the lovely ladies for their unwavering support.

LiSHA - ICF 2019 ended with a Kathakali Painting Workshop @ Indian Heritage Centre on May 4th. Mr Suresh Panicker from Mudra answered questions from curious participants. The audience understood the nuances and the significant details behind the make-up of the Kathakali performers. Participants did hands-on paintings with guidance from artists Deepa Madan, Anil Karisseril and Lakshmy Iyer.



SMLF

MT literary festival on MT Vasudevan Nair's creations was celebrated on 9th May 2019. Over 60 people attended the whole day event which included speeches, presentations and stage performance. 11 local writers and artists presented at the event.

The literary interest group investigated, assessed and extensively reviewed some of his works from various perspectives. Mr. Sreekanth Menon brilliantly enacted the mentally challenged character of Velayudhan from the famous story Iruttintee Athmavu (Soul of Darkness). The story exposes the irony, how insane and vain society is, and how quick and

devious they are to label him as insane, the only innocent soul. Mrs. Uma Shankar released her book of poems.

Mr. Ashok analytically proved that cinema as a medium deserves equal or more praise as novels and short stories. Mr. Mohan Raj, not only covered the travelogues, but many other vibrant topics.

Mr. Suresh Kumar T was instrumental in selecting the topics, his guidance and mentoring is invaluable. He chaired the session with Mr. Alankode Leelakrishnan, noted poet from India, who was our guest speaker, and was all praise for the literary group for maintaining a high standard of discussions.



B+, A TALK ON POSITIVITY *Written by and talk coordinated by Dr Chitra Krishnakumar from Soorya (Singapore)*

The Talk on Positivity by Shri MK Ramanujam on 26th May 2019 was well received. An inspirational speaker, he stressed how one should try to stay positive and also how being in the company of positive people makes one feel better motivated.

One thing he said I found true is that even if a person does a hundred good things for somebody and does one negative act, or says something negative, these negative acts get remembered foremost and we grudgingly carry it around with us rather than remembering all the good things they have said and done.

Also, negativity seems to register faster so we must make a deliberate choice to be happy and to spread happiness. He also spoke about the difference in want and need for something - want is when you want something because others have it, because of prestige value and so on; while a need is when you want it because of its intrinsic value or its utility value to you. I suppose we need to make that silent switch to things we need rather than to what we want.



YOUTH WING

By Dr Vidhya Pillay

Talk on Basic Medical Emergencies

On 10th March 2019, the team organized a medical talk on 'Basic Medical Emergencies'. It was delivered by Dr Praseetha Nair, Resident in Emergency Medicine; Logistics IC of the Youth Wing and Dr Viknesh Shanmugam, Medical Officer with MOHH; Secretary of the Youth Wing.

'How U Doin?! – SMA Youth Wing Brings Back Speed Dating'

In the digital era of 'Tinder' and other dating apps, bringing back the concept of speed dating allowed all interested youths, both Malayalees and non-Malayalees alike, the opportunity to expand their social circles.

On 27th April 2019, to widen its reach and organize events that engage youths, the SMA Youth Wing organized a speed dating event at the Central Perk Café in keeping with the theme of meeting people and making friends.

The reach of this event was wide; youths from the Malayalee Associations in Malaysia participated in this event, allowing the SMA Youth Wing to reach out to organizations from across the causeway.

Team Updates

A warm welcome to our two new members, Sangeeta and Tricia. Sanjay, our Logistics IC emigrated to Canada in May 2019. The Youth Wing had a small farewell dinner for him. Sanjay was a key player in the committee. He led the Speed Dating event and we thank him for all his contributions.



LADIES' WING

By Dr Sunitha Nair



Istana Hari Raya Open house

SMA Ladies' Wing performed for Hari Raya Open House at Istana on June 5th 2019. 10 ladies from the Ladies' Wing represented SMA, with a 20-minute dance performance. It was well appreciated by the crowd.

They performed three dance forms of Kerala - kaikottikali, a folk dance and a semiclassical dance depicting the cultural richness, racial harmony and natural beauty of Kerala.



SMARtest 2019

The SMA children's club Mayilpeeli conducted a quiz competition on 25th May. This was specifically for children below the age of 16.

SMARtest aims to kindle the spirit of enthusiastic learning in young minds and improve their observation capabilities along with many other skill sets that would be beneficial to them in adapting to the ever-changing dynamics of today's world.

The event was meticulously planned over a month, providing tips and teasers to allow the participants to prepare for the quiz. Over thirty children participated, including non-Malayalees.

The quizmaster, Mr Sujith Sivaram, conducted the quiz with great skill and enthusiasm, which the children thoroughly enjoyed. The event was well-received, with many coming forward with suggestions.



Scienspire 2019 is one of the upcoming Mayilpeeli events planned to be conducted at Onam Village on 22nd Sep. More details will be announced soon. These events are wonderful opportunities for your children to showcase and develop their talents and we encourage all of you to participate wholeheartedly.



Upcoming Events

Let's celebrate
Onam together



ONAM NITE 2019
@ ESPLANADE THEATRE

In collaboration with



ONAM VILLAGE 2019
SINGAPORE MALAYALEE CARNIVAL
Naval Base Secondary School, Yishun



Save the Dates

Stay tuned for more updates...

Upcoming Events

1. Kalikkalam Badminton Tournament 2019
7th Jul, Sunday
8.30 am onwards
Arena Country Club, 511 Upper Jurong Rd, Singapore 638366
<https://tinyurl.com/SMABadminton2019>
2. Singapore Malayalee Literary Forum
The Magician of Macondo – Gabriel Garcia Marquez
3rd Aug, 10 am – 5 pm
CareLight Wellness Centre,
141 Bedok Reservoir Rd, #01-1529,
Singapore 470141
3. Onam Nite 2019
24th Aug, Saturday
Esplanade Theatre
4. Varnam 2019
Art Exhibition
7-8 September
Gallery 1 of The Arts House
5. SMA Mayilpeeli presents
Scienspire 2019
Science Exhibition
22nd Sep at Onam Village
6. Onam Village 2019
22nd Sep, Sunday
Naval Base Secondary School

NATAKAMELA 2019

20th July 2019, Saturday, 6.30pm – 9.30pm @ The Grassroots Club, 190 Ang Mo Kio Avenue 5, S568046
For tickets, contact 9836 6256.

Synopsis:

1. Chamayam arts presents

Veeraputhran

showcasing the life of an unsung hero from Kerala. This drama is from the period of famous King Marthanda Varma, and how he captured a “Natturajyam” which was a thorn in his expansion plan.

2. Team Bhavana presents

Abhisaptha: The Accursed

A chapter from Purana.

A story which narrates the

determination of a young

man who risked his life to achieve

something for his clan. The story of a

helpless father, a guru, selfish kings

and a young lady who found her

obsessive love unrequited.

3. The Big Drama Troupe presents

Mangalyam Thanthunana

A complicated romantic story presented using the drama technique cross split.

The story of a youngster who

gets strangled by his family because of

his blind belief in his horoscope.

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