



# SIWEC

# INSIGHT

NOVEMBER 2022

## IN THIS ISSUE

- PSLE Volunteer Tutor, Ms Rajwant Kaur
- Education Support Programme [ESP]
- The Untold Story of the Forsaken
- Ride 2 Serve: Are You Ready?
- The Breakfast Walk
- Silat Road Outreach
- Sunehri Saheliaan's Special Visitor
- President Challenge 2022 Workshop
- The Spirit of Giving





### PATRON

S Kartar Singh Thakral

### TRUSTEES

S Mohinder Singh Thakral | S Daljit Singh Gaggarbhana | S Inderjit Singh | S Sorinder Singh  
S Manmohan Singh Thakral | Sdni Jagir Kaur Brahmpura

## MANAGEMENT COMMITTEE

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### **Vice – Chairman (Operations)**

Manmohan Singh

### **Vice – Chairman (Admin)**

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Sharanjit Kaur

**Assistant Secretary**  
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**Treasurer**  
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**Assistant Treasurer**  
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### **Committee Members**

Albel Singh | Harmit Singh Kawatra | Jaspreet Singh | Rashminder Singh

# Chairman's Message



This issue of INSIGHT highlights SIWEC's activities for the second half of 2022. With the gradual lifting of measures imposed during the Covid pandemic we are now in a position to resume some of the following activities:

- **PSLE English Preparatory Classes.**
- **The passing-on of a community member with no next-of-kin.**
- **Ride to Serve get-together event.**
- **Outreach event at Silat Road Gurdwara.**
- **Visit by Madam Rahayu Mahzam for Sunehri Saheliaan session.**
- **Workshop at ITE as part of President's Challenge 2022.**
- **Distribution of Diwali goodies.**

The rising cost of goods and services coupled with inflation has indeed raised the cost-of-living. It is affecting everyone and SIWEC has not been spared. We are coping with these higher costs on many fronts. It will be prudent for us to operate on a neutral surplus/deficit budget to avoid digging into our reserves.

We would like to encourage our community to spread the donation base to all working adults, young and old, male, and female. Please opt for the GIRO donation system by downloading the GIRO form from our website ([www.siwec.org](http://www.siwec.org)) as it is the most convenient and efficient way of giving back to the community on a regular basis. Just imagine the following scenario:

The Sikh community in Singapore has a population base of approximately 14,000. If we assume there are only 5,000 in the working population, and they are willing to contribute, say anything between to \$20 to \$50 a month, this will give us a minimum monthly budget of \$100,000 to work with. At present, we only have 260 GIRO donors contributing just below \$10,000 per month.

We urge you to be a part of this very important community donor base to increase our financial reserves. This will help us grow in strength for the coming years ahead and reach out to more members of our community who need help.

Please do your part! It is Guru Nanak Dev Ji's teachings to all Sikhs to "Vand Ke Chakna." None of us will become any poorer because of these contributions, instead we will have a more fulfilling life in making a difference that matters in the way our community functions and forge ahead. I encourage everyone to collectively join in this "Chardi Kala" movement.

In Waheguruji's sewa

**Harmit Singh**

Chairman  
Sikh Welfare Council

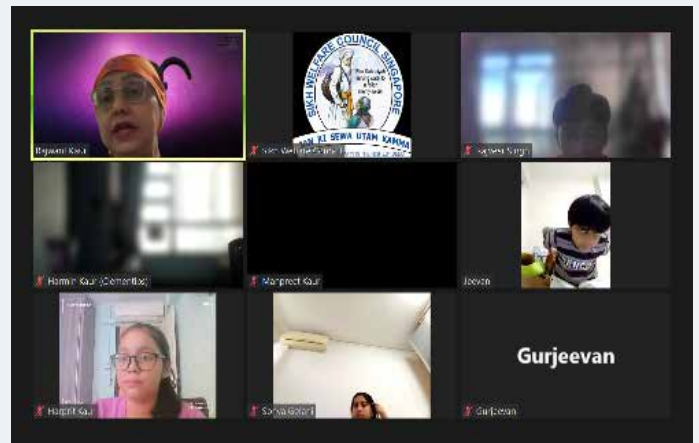
# Primary School Leaving Examination: Volunteer Tutor, Ms Rajwant Kaur

Understanding the importance of Primary School Leaving Examination (PSLE) and English language, a community member reached out to Sikh Welfare Council to prepare and help students in the forthcoming PSLE exams. She had a keen interest and passion to help the younger generation pass the PSLE exam. The classes, conducted on Sunday mornings, were open to students in the Foundation and Standard stream.

Ms Rajwant Kaur came in fully prepared on the first day of the class. conducted an assessment session to identify where help is required. As she also needed help from parents to help their children succeed, she had a short session on how to play a proactive role in ensuring that all homework and assessments are completed on time. Ms Rajwant strongly urged the parents to play an active role in ensuring that all homework given were completed and to monitor their child's progress.



Ms Rajwant and her husband, Mr Rathan RS, went out of their way to purchase folders, notebooks, assessment books and pens. These items were very thoughtfully placed in a folder so that students do not forget any essential items for the respective classroom sessions. The students were overjoyed to receive these items. They were more motivated to come for the classes and to give their best.



As the PSLE was just around the corner, Ms Rajwant quickly scheduled additional 10 Zoom sessions. Apart from the Zoom sessions, she also scheduled and conducted 9 face-to-face sessions over a period of 16 weeks.



Sikh Welfare Council would like to express our heartfelt gratitude to Ms Rajwant Kaur and her husband for taking the time out of their busy schedule.

Preliminary results for the English language clearly indicated that Ms Rajwant Kaur has made a difference. Sikh Welfare Council wishes the students all the very best for the PSLE exams!



# Education Support Programme (ESP)

Sikh Welfare Council collaborates with Singapore Sikh Education Foundation (SSEF) to provide financial support to students studying the Punjabi language. Sikh Welfare Council covers the cost of Punjabi school fees, exam fees, schoolbooks and uniforms averaging to \$420 per student. In addition, we cover the cost of transportation for these students as well.

Letters outlining more information have been distributed to all students taking the Punjabi language.

To register for the assistance, the following criteria must be met:

1. Students who are on Ministry of Education Financial Assistance Scheme (MOE FAS) or
2. Students whose families are residing in a three room flat and below

Please contact us at  
6299 9234 or [info@siwec.org](mailto:info@siwec.org)  
for more information.

## Sikh Welfare Council



**SCAN TO PAY**



A colorful poster for the Education Support Programme. It features the title "EDUCATION SUPPORT PROGRAMME" in large blue letters, followed by "SIWEC Financial Support for Punjabi Education". Below this, it lists "Who is Eligible?" and "What is Covered?". The "Who is Eligible?" section includes bullet points: "Children under Ministry of Education Financial Assistance Scheme (MOE FAS)" and "Residing in 3 Room HDB Flat or below". The "What is Covered?" section includes bullet points: "Punjabi School Fees", "Punjabi School Uniform", "Punjabi Schoolbooks", and "Punjabi Exam Fees". There is a QR code labeled "Annex A Documents Required". At the bottom, it provides contact information: "For enquiries: Contact: 6299 9234 Address: 2 Townner Road #06-02 Singapore 327804". The poster is decorated with illustrations of school supplies like pens, pencils, and a school bag.

If you would like to support us in helping more needy families, please scan the QR code to make a contribution. Alternatively, you may like to make a regular donation through our GIRO programme. GIRO forms are available on our website ([www.siwec.org](http://www.siwec.org)). For more information, please contact us at the above email and number. Your support is immensely appreciated in supporting not just Sikh Welfare Council but also the families that we support.

# The Untold Story of the Forsaken

Sikh Welfare Council is oftentimes synonymous to the bereavement support we provide. We provide guidance to bereaved families pertaining to the Sikh funeral rituals so that the families are well prepared.

Ever so often, these group of individuals are glossed over and their stories unheard of. Let's take a glimpse into the world of a 63-year-old woman who did not have any next-of-kin.

SIWEC received a notification from volunteers from "No One Dies Alone (NODA)" about a lonely, aged Sikh woman who was critically ill. She had been admitted into a local hospital and had no next-of-kin. The only visitors she had were the volunteers from NODA who visited her frequently to keep her spirits high.

SIWEC Healthcare Ambassador, Madam Kartar Kaur, met the lonely aged woman at the Institute of Mental Health. Noticing that she was unable to communicate and semi-conscious with Kartar, Noticing that she was unable to communicate and semi-conscious, Kartar consoled her and recited some prayers and Ardas for her. That same evening, Kartar Kaur received news of her demise. SIWEC immediately took action to play the role of next-of-kin. Kartar Kaur spent the entire Sunday liaising with the volunteers, hospital staff and undertakers to ensure all documents required were accounted for – this included obtaining the death certificate, letter of authorization and permit to cremate amongst others.

The deceased was bathed and then dressed by Kartar Kaur and SIWEC's female bereavement volunteer, who had purchased clothes for the deceased. They then proceeded to Mandai Crematorium to prepare for the final rites.

Ten community members were present at Mandai Crematorium to see the deceased off – three volunteers from NODA, Giani Gurdip Singh from Central Sikh Temple, five representatives from SIWEC (including SIWEC Chairman, staff and volunteer) and one representative from PromisedLand Funeral Services (Previously known as Baba Casket). As per Sikh rites, Giani Gurdip Singh conducted the Ardas.

The volunteers from NODA brought flowers, drinks and ice cream that were frequently requested for by the deceased. They even sang and danced to her favourite tune, Y.M.C.A by Village People, to ensure that her send off was a happy one. It was indeed such a memorable sight to have witnessed these young volunteers caring and sending off a lonely, petite, old lady.



The next day, the same volunteers from NODA, SIWEC Chairman, SIWEC Senior Welfare Officer, Mr Baldev Singh, and Giani Gurdip Singh arrived sharply at 8.30am at Mandai Crematorium for the collection of ashes before heading to Changi Jetty for the ash dispersal ceremony. An Alanyan (final prayers) was held in Central Sikh Temple after the ash dispersal and was attended by SIWEC representatives.

The cost of the funeral ceremony is often borne by family members and loved ones but in instances as the above, Sikh Welfare Council takes on this role. SIWEC Chairman, Mr Harmit Singh, Chairman, Mr Harmit Singh, bore the cost of the funeral. He is always willing to go out of his way to support those in need and serves the community wholeheartedly to the best of his abilities.

Despite having no next-of-kin, 10 community members of different age, race and religion, came together with love and care to send off the aged lady in accordance to Sikh rites. This exemplifies not just our motto of Sarbat Da Bhalla but also showcases how different communities and organisations in Singapore work together for the betterment of the community.



# Ride 2 Serve: Are You Ready?

Ride To Serve (R2S) 2023 is back : bigger and stronger! After a virtual ride last year and a physical ride in Singapore this year, R2S 2023 is once again going international.

Riders can choose to ride from Port Dickson to Singapore or Malacca to Singapore.

Please scan the QR code on the right to register for Ride To Serve 2023. Be part not only of a group of passionate cyclists but also a group who is equally passionate to provide for the welfare needs of the community.

If long distance cycling just isn't for you, sign up as a marshal today! Marshals will distribute refreshments to cyclists, ferry any cyclists who are unable to ride any further, carry medical equipment, bicycle tools and cyclists' personal belongings. If that sounds like you, register your interest by scanning the QR code.

Make your difference today and join in the fun! Don't forget to follow the Ride To Serve Facebook page to receive updates!



**RIDE 2 SERVE 2023**  
*Go the Distance for Charity*

**Self-Rides: Jan 1 - Mar 31 2023**  
Set your own target distance and ride at your own time to raise funds

**Malaysia Ride: March 10 - March 13 2023**  
Port Dickson → Malacca → Batu Pahat → Singapore (310km)  
or Malacca → Batu Pahat → Singapore (240 km)

For more information and registration, please scan:



IN AID OF





## The Breakfast Walk



Members of the Ride To Serve (R2S) charity volunteer group organised a trek on 24th September 2022 to create awareness about their upcoming fundraising cycling event in March 2023.

Titled The Breakfast Walk, 25 enthusiastic trekkers of all ages gathered at Labrador Park at 9.00am with one goal – to show their support to the cyclists who had turned trekkers for a day! The trek began at Berlayer Creek and ended at Vivo City. Prior to the start of the walk, Mr Vas, an avid R2S cyclist, briefed the assembled team on the various flora and faunas that reside in Berlayer Creek.



As the trekkers chatted away with each other, R2S organisers could hear the rumblings of their stomach from miles away. They came well prepared with chocolate chip muffins and buns (hold on, drooling here) to fend off the hunger. The trekkers were pleased to have a small break to calm the storm in their stomach.



What started as a walk with new faces ended with new forged friendships.

Follow Ride To Serve on their Facebook or Sikh Welfare Council's Facebook and Instagram for more down the road events.



The early morning downpour thankfully stopped just in time for the trek. The weather was cool and breezy – perfect for a morning adventure. The early morning rain also meant that many faunas were out roaming the grassy land and the swamps. The trekkers were lucky to spot these forest faunas that would have otherwise been out of sight. The view along the walk was picturesque and serene. Coupled with the cool breeze, sightings of the faunas and forging of new friendships, there they had it. The perfect recipe for a memorable walk.





# Silat Road Outreach

After a two-year long hiatus due to Covid-19, Sikh Welfare Council finally managed to hold its very first community outreach on 4th and 5th July 2022 at the Silat Road Gurdwara. This was just the first of many outreach events to come.



Apart from raising awareness about our programmes, SIWEC introduced and guided the sangat to e-donations. As Singapore move towards a cashless society, many sangat members were pleased to be able to donate digitally via PayLah! and PayNow. Each donor received a small token from SIWEC to showcase our gratitude and appreciation.

Sikh Welfare Council raised a total of \$4,530.15 in two days. We would like to thank all our donors for their continued support and believe in the work we do. Your contributions go a very long way in empowering those in need.

If you missed our outreach event but want to make a donation, please scan the below QR code. Alternatively, you may make monthly contributions through GIRO.

## Sikh Welfare Council



## SCAN TO PAY



You may download the GIRO form via our website or visit us at any outreach events or at our office located on level 6 unit 2, Central Sikh Temple.

# Sunehri Saheliaan's Special Visitor

Senior Parliamentary Secretary for Health and Law, Madam Rahayu Mahzam, and Health Promotion Board (HPB) representatives were hosted by Sikh Welfare Council at Central Sikh Gurdwara on 30th August 2022.



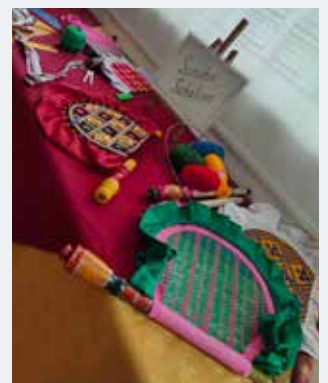
Sikh Welfare Council had an in-depth and extensive discussion with Madam Rahayu and HPB representatives on the various programmes and services offered, impact and adaptability during the Covid-19 pandemic and the new initiative launched in 2021. Madam Rahayu was especially pleased to hear that SIWEC had been proactive in ensuring seniors in the community are kept active and engaged (since 2014) as well as SIWEC's nimble response in addressing the rising mental health concerns in Singapore through the Theek Thak Mental Health Awareness Campaign. Madam Rahayu expressed keen interest in exploring ways to engage other mental health organizations with SIWEC. She commended SIWEC on the work well done in helping the community at large through the various facets of their lives.



Madam Rahayu and the HPB representatives interacted and joined our Sunehri Saheliaan members during their session. Madam Rahayu, HPB representatives and the Sunehri Saheliaan members were actively engaged in the activities planned. Madam Rahayu and the HPB representatives found the cognitive activity challenging and were impressed with our Sunehri Saheliaan members who displayed perseverance. The Sunehri Saheliaan members were elated to have Madam Rahayu and the HPB representatives join their session and enjoyed chatting with them.



Madam Rahayu and the HPB representatives also toured an exhibition set up by our Sunehri Saheliaan volunteers. The exhibition showcased the myriad of activities partaken and crafts made by our seniors (Sunehri Saheliaan and Sunehray Pal) in the Eldercare programme, some dating back to 2014! Madam Rahayu was impressed with the intricacy and fine detailing incorporated into the handmade peedee and pakhis.







Madam Rahayu was presented with the Mostly Punjabi Recipes cookbook as a token of appreciation by Madam Amar Kaur, our senior featured on the cover page. A food enthusiast and an avid chef herself, Madam Rahayu was ecstatic to receive the publication and keen to get cooking.

The HPB representatives were ready to immerse themselves in the authentic experience of langar and queued for langar, which comprised of mee goreng, kheer and of course, cha! We had a great time chatting over a cuppa cha. By their happy and satisfied faces, we are sure that they thoroughly enjoyed themselves.



Sikh Welfare Council looks forwards to hosting Madam Rahayu and our friends from HPB again!





# President's Challenge 2022 Workshop @ ITE College Central



As part of the Singapore President's Challenge 2022, the Institute of Technical Education (ITE) hosted the Air Conditioning Efficiency and Sustainability workshop on 8th September 2022 at the College Central campus. The workshop was attended by Sikh Welfare Council Chairman, volunteers and staff along with other institutions and organisations.

The event was graced by President Halimah Yacob who interacted with the participants. Our team had the chance to engage with her and even managed to snag photographs with her.



Participants were taught on the essentials of air conditioning servicing, maintenance as well as the common issues faced by users. Our team learned a lot of theoretical knowledge and even got to get their hands dirty! Just look at our Chairman, Mr Harmit Singh, (pictured on the right) trying his hands out at fixing the air conditioner.





The participants were toured around the campus and got a chance to view the aircrafts on the campus. The team was mighty impressed and took some photographs of them!





# The Spirit of Giving



Diwali, often known as the festival of lights, signifies the victory of light over darkness. In the spirit of wanting to light up the lives of the needy, given the significance

of the festival, well-wishers reached out to Sikh Welfare Council to make this difference.



Four well-wishers donated close to \$10,000 in cash and gift vouchers to brighten the lives of the needy families under SIWEC's care. But that's not all the families received. The Central Sikh Gurdwara Istri Sat Sang team prepared and individually packed Mithai and dry rations for these families as well. The \$10,000, Mithai and dry rations were equally distributed to all the 50 families supported by SIWEC, up from 34 families last year.

The 50 Happy Packages were distributed over three days. Two of our well-wishers, accompanied by SIWEC staff, distributed some Happy Packages on 12th and 13th October 2022 whilst SIWEC staff distributed the remaining Happy Packages on 14th October 2022. It was a laborious task, but the smile of the needy families made the trips worth it. Our well-wishers were grateful for this opportunity.





All 50 families were very thankful to receive the Happy Packages. They also appreciated the gestures and efforts of the well-wishers and Sikh Welfare Council in bringing the festivity, joy and happiness to their humble abode. Sikh Welfare Council would like to thank our well-wishers – Mr Jasminder Singh Gholia, Dr Narinder Kaur, the Community Help Group and an anonymous well-wisher – for their contributions and effort to illuminate the lives of those in need.



# SIKH WELFARE COUNCIL

## Programmes and Services

**24-Hour Hotline:  
6299-9234**

**Financial Assistance / Food  
on the Table**

**Healthcare Support  
(Befriending &  
Hospital / Home Visits)**

**Eldercare and Active  
Ageing Activities**

**Academic Excellence  
Programme**

**Bereavement  
Support**

**Education Support  
Programme**

**Prison Counselling  
and Aftercare**

**Community Mediation &  
Counselling Programme**

**Mental Health  
Awareness**

## WHOM WE SERVE

SIWEC is here to help. We serve everyone!

If you or someone you know requires assistance or is interested in our services, please call us, e-mail us or come down to meet us at the SIWEC Office.



## Sikh Welfare Council

2 Towner Road, Singapore 327804  
Opening hours: Monday – Friday, 9am – 6pm

24-hour helpline: +65 6299 9234  
Email: [info@siwec.org](mailto:info@siwec.org)

 [www.siwec.org](http://www.siwec.org)

 [fb.com/SIWEC.SGonInstagram](https://fb.com/SIWEC.SGonInstagram)

 [@siwec.sg](https://www.instagram.com/siwec.sg)