

# SIWEC NEWS

## Sikh Welfare Council, Singapore

Vol. 4: January - March 2012

Welcome to yet another issue of our SIWEC newsletter!

The primary goal of our newsletter is to engage and share with you SIWEC's recent & forthcoming events. We look forward to hearing from you on how you may want to volunteer and get involved in our activities.

### Highlights of this Issue

#### YSA Soccer Event



#### Youth Mentoring programme



#### Half Year Council review

SIWEC was awarded IPC status by the Commissioner of Charities on 5<sup>th</sup> November 2009. Besides the Food on the Table programme, other SIWEC activities include Prison Visits, Counselling, Bereavement Support and Financial Assistance to the Sikh Community. About 10% of our beneficiaries are non-Sikhs.

#### MANAGEMENT COMMITTEE

**Jagjit Singh Sekhon**  
Chairman

**Amarjit Singh Wasan**  
Vice Chairman

**Inderpal Singh**  
Secretary

**Amritpal Singh**  
Asst Secretary

**Gurmit Singh Grewal**  
Treasurer

**Jaspreet Singh Chhabra**  
Asst Treasurer

#### Committee Members

Manmohan Singh

Dinesh Singh

Sarjit Kaur Gill

Gurmit Kaur Sroya

Manjeet Singh Rikhraj

#### Also in this issue

##### Success story

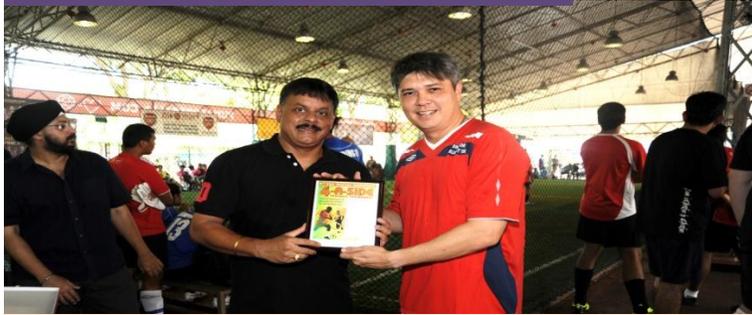
Two 'O' Level students make it to the Polytechnic through the SIWEC Education Support Programme. One of them shares her experience in achieving this goal.

#### Upcoming events

- Vesakhi Mela on 22, April
- Flag day on 14, July

# RECENT ACTIVITIES

## YSA Soccer Event



Young Sikhs Association (YSA) very kindly agreed to allow SIWEC to use its 'Racial Harmony' 4-A-Side Football Tournament as a platform for fund-raising. The event was held on 11 February 2012, at Uber Sports Football Courts. The Guest-of-Honour, **Mr Michael Palmer, Speaker of Parliament and Member of Parliament for Punggol East**, presented a cheque for \$16, 100 for the launch of the **SIWEC Mentorship Programme** to the Chairman of SIWEC at the start of the tournament.

The tournament provided a platform for young Singaporeans from different backgrounds to meet, interact and network with one another. It also helped to promote a better understanding and appreciation of the different communities in Singapore in a fun and informal setting.

*Our sincere appreciation to YSA for giving us the opportunity to be part of this wonderful event.*

## SIWEC Mentorship Programme

SIWEC, with the support of Sikh Institutions, has launched a Youth Mentoring programme, YUVA.

This new initiative is a cross-age, developmental mentoring programme that links older youths to younger youths in a mentor-mentee relationship. We believe that children in the Sikh community can benefit from such meaningful social and academic guidance. Early warning signs can also be addressed in the process.

Research has shown that mentoring can benefit mentors. It helps to build their leadership skills, and increase self-esteem and confidence. The mentoring process also helps mentors to reflect on their own practices.

*Be a Youth Mentor!*

If you are between 16 yrs to 25 yrs old and have the passion to create a positive impact on the lives of others, we would like to hear from you. Training has already started but you will have a chance to join the second group of trainees.

As a mentor, you will provide empathy, friendship and attention and establish a caring relationship with the mentee. There will also be an Adult Mentor to oversee the Youth Mentor-Child Mentee relationship.

*Find out more on our website - [www.siwec.org](http://www.siwec.org)*

## Half Year Council Review Meeting

SIWEC conducted its half year council review meeting on 4th February 2012. An overview of the past six months' activities was provided to council members that represent the various Sikh institutions. During the meeting, SIWEC introduced the Youth Mentoring scheme. It is hoped that through the mentorship programme, we can reach out to needy students in the community and help them both in their academic performance as well as in their social development. The trained mentors will work closely with SIWEC and the students to guide, advise and supervise the students. We believe that this is an important initiative, which will help the students develop and improve themselves, and ultimately do well in school and in life.



## UPCOMING EVENTS

## Vesakhi Mela

### Health promotion



SIWEC has been allocated 2 stalls by **Singapore Khalsa Association** at the Vesakhi Mela scheduled to take place on 22 April 2012 at its grounds.

Activities will be conducted in collaboration with the Health Promotion Board and the Diabetic Society.

There will be 3 stations for blood pressure checks and health screening carried out by volunteers from the Diabetic Society and SIWEC Healthcare ambassadors.



**22 APRIL**

DIABETES / HEALTH SCREENING **FREE** for the first 300 participants.

## Flag Day

SIWEC is proud to have been allotted a Flag Day by the NCSS.

When: **14, July 2012**

Where: *across the Singapore*

*We appeal for your assistance in making this Flag Day a success!*

*Be our Flag Day Volunteer! Please contact SIWEC to find out how you can help*

## Success Story

*Getting fully prepared for the "O" levels was not an easy task. By the time school ended, it would already be past five in the evening and the amount of homework just kept piling up as the "O" level exams approached. I was having a lot of problems with Maths and English and since my family is not financially well to do, I could not afford to take up private tuition. But thanks to Sikh Welfare Council that provided me with tuition classes for Maths and English, I managed to pass both the most important subjects with good results. Today as I embark on the next phase of my life in Nanyang Polytechnic doing Biomedical Engineering, I really want to thank the Sikh Welfare Council and Miss Indrejit Kaur (Senior Welfare Officer) for their assistance in helping me achieve my goals. Thank you very much!*



## NEED ASSISTANCE?

**If you are in crisis and need help urgently,  
call our 24 hour Hotline Number for  
assistance - 62999234**



**Know someone who can benefit from this newsletter?  
Please help to forward this newsletter.**