

D E C E M B E R 2 0 1 5

Official Opening

Special Report 15 December 2015



Brahm Centre Limited is a registered charity with IPC status.

Our Mission
To Promote Happier & Healthier Living

Our Vision
Empowering Every Individual To Create His/Her Own Happiness

We are located at:
71 Irrawaddy Road
Ren Ci Hospital #03-09

Website
www.brahmcentre.com

Facebook
[Facebook.com/brahmcentre](https://www.facebook.com/brahmcentre)

Mr S. R. Nathan officiates the Opening of the New Centre

Over 100 guests gathered at the new centre to await the arrival of Mr S R Nathan, 6th President of Singapore, to officially declare the opening of the Brahm Centre's new premises located at 71 Irrawaddy Road level 3.



Unveiling the New Signboard

Mr Nathan and Brahm Centre Patron, Mr Choo Chiau Beng unveiled the new signboard. Posing for a group photograph were Mr Nathan and some of the Board Directors of Brahm Centre.

The Distinguished Guests

Among the distinguished guests were Chairman of M1 Limited and Patron of Brahm Centre, Mr Choo Chiau Beng, former Senior Minister of State of Ministry of Community, Youth & Sports, Mrs. Yu-Foo Yee Shoon, Chief of Community Mental Health, Agency for Integrated Care, Dr Tan Weng Mooi, M1 Limited CEO, Ms Karen Kooi, CEO of Tan Chin Tuan Foundation, Ms Yap Su-Yin, representative of the Wan Family, Mr. Wan Pong Seng, CEO of KepCare Fund, Mr Robert Chong, Vice Chairman (NAMS) of Institute of Mental Health, Dr Christopher Cheok, and Country Head of Blackrock, Mr Kevin Hardy.

After cutting the ribbon and unveiling the new signboard, Mr Nathan proceeded to the seminar room which was filled to capacity by more than 100 guests from the social service sector, the civil service, private corporations, foundations, donors and volunteers. The audience were treated to speeches, presentations and musical and dance performances.



Our Executive Director Ms Angie Chew gave the welcome address as the master of ceremony. Angie also shared with the audience updates on our activities, programs and milestones.



The Speeches

Our patron Mr Choo Chiau Beng thanked the guests for taking the time to celebrate the milestone with Brahm Centre. "I am happy to see so many guests here today," he said. "Your presence means a lot to us. We are grateful that we have so many supporters and well-wishers from such a broad spectrum of society."

In his speech, Mr S R Nathan said he was delighted to be at Brahm Centre to celebrate the official opening of its new Centre. He added, "Brahm Centre's mindfulness courses for adults and children enable all to learn important life skills of compassion and serenity, all of which help to reduce stress and build mental resilience."

The Keynote Address was delivered by Ms Yap Su-Yin, CEO of Tan Chin Tuan Foundation. She shared with the audience that the Foundation has been supporting Brahm Centre in its initiatives to spread the awareness and practice of mindfulness in the community.



Musical & Dance Performances

The audience were also treated to special performances by guest singer Weng Hong who woo-ed the crowd with his soulful rendition of "Wind Beneath My Wings".

Our Brahm Centre volunteer-befriender Malar gave a captivating performance in classical Indian dance.



Certificates of Appreciation

Mr Nathan and Mr Choo also presented more than 50 Certificates of Appreciation to volunteers of Brahm Centre, including board members and advisors who serve in a voluntary capacity. In his speech, Mr Nathan commended all the volunteers for their selfless efforts.

Mr Nathan said, "It is not always easy to be volunteer. It calls for personal sacrifice, dedication and commitment. I hope you will inspire more Singaporeans to offer their services to more charities. This way, we will all do our part to create a vibrant spirit of volunteerism and a collective mindset of helping others in society."



School Presentation

Students from Cedar Girls' Secondary School also presented their Social Innovation Project to the audience. As part of the project, the students visited Brahm Centre on several occasions in 2015 to learn and understand our mission, after which they conceptualised programs for youths to help young teens bond better with parents and develop programs to help youths de-stress.





The New Brahm Centre

Brahm Centre has been serving the community since 2012. In May 2015, Brahm Centre relocated to its new premises on the third level of Ren Ci Hospital.

In his speech, Mr Choo Chiau Beng said that Brahm Centre had come a long way from its early days. “Back in 2012, we were a new charity then, in a much smaller office, with limited resources and limited brand recognition. However, what we lacked in resources we more than made up for with our passion and drive to create happier and healthier living for all.”



Today, the new and expanded Brahm Centre comprises a seminar room that accommodates up to 100 people, a colourfully-decorated studio that is sponsored by M1 where we conduct camps and mindfulness courses for youths, as well as two counselling rooms.

Brahm Centre has been receiving positive feedback on the layout and the colour scheme of the new centre. Visitors have commented on the uplifting ambience and the doorless entrance which make the centre very open and welcoming!



Mr Nathan said, “With its bigger premises now, (Brahm Centre) can be more effective in offering more proactive programs to help people stay healthy and equip them with skills to be happier. I know that you will work even harder to reach out to a bigger audience, impact more lives and increase wider happiness in our nation.”



All in all, it was a truly memorable day.....

.....starting with the air of anticipation and excitement among guests as they awaited the arrival of Mr Nathan...to the warm applause and smiles as they greeted our Guest of Honour...to the light-hearted atmosphere throughout the ceremony...and to the camaraderie and laughter among the guests as they mingled with friends and enjoyed a sumptuous buffet lunch.

We leave you with a few more memories of a very happy day that marked an important milestone in the history of Brahm Centre.

