



CLUB NEWS

ISSUE NO.1 | 2022

- 04 #HUMANSOFNTUALUMNICLUB
- 08 TAKING CARE OF OUR MENTAL WELLBEING DURING COVID-19
- 12 SAY HELLO TO OUR NEW CLUB MANAGER
- 15 CLUB MEMBERS' CONTRIBUTIONS IN REDUCING INEQUALITY & NURTURING LEADERSHIP
- 17 HUAT ALL-OUT THIS CHINESE NEW YEAR

JANUARY – MARCH 2022 ISSUE (AN NTUAC PUBLICATION)



Thriving through an unpredictable world with a modern mindset

Contents

04 FEATURED STORY
#HumansofNTUAlumniClub

08 HEALTH & WELLNESS
Taking Care of Our Mental Wellbeing during
Covid-19 Pandemic

10 UPCOMING EVENTS

11 STAFF FEATURE
Say Hello to Our New Club Manager

12 PAST EVENTS


15 LIFESTYLE
Club Members' Contributions in Reducing Inequality
& Nurturing Leadership
Huat all-out this Chinese New Year
AIKIDO@WORK

19 NEW MERCHANTS

21 MEMBER'S EXCLUSIVE PERKS

22 CONTEST
Chinese New Year Taboo Word Hunt

23 DIRECTORY

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CLUB NEWS

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Vice-President's Message



MR. LEON LIM

2nd Vice-President
Chairperson, Events

Dear Members and Friends,

Happy 2022! I hope everyone had a great festive season with their family and loved ones.

As we welcome the new year, let us take this opportunity to appreciate all the achievements we have accomplished the past year and the challenges we encountered, as we look forward to a fantastic year ahead.

Every year, a new batch of fresh graduates join our NTU Alumni Club family. During these trying times, it is now more crucial than ever that we show our camaraderie and alumni spirit by supporting each other. So join us in giving a warm welcome to our new members from the batch of 2021 graduates. In this issue, we are happy to showcase four of these recent graduates, Mr Lam Yen Li Gabriel, Ms Yoki Yan, Mr Shukul Raaj Kumar, and Mr Tan Eng An Joel, sharing their aspirations and goals with us for the future.

It has been two years since the pandemic started, and most of us have experienced disruption in our daily lives, which exerts a toll on our mental wellbeing. Our fellow alumni Ms Joy Hou, a Registered Psychologist and founder of EmpathyWorks Psychological Wellness, shares with us some coping mechanisms we can use to help us reduce the adverse effects of the pandemic on our mental wellbeing. Check out the article on page 8.

As we start the new year, expect more exciting and informative events planned out by our secretariat team. In January, join us and learn what lies ahead for you in the Year of The Water Tiger using modern numerology methods on 27 January. We also planned for a Chinese New Year celebration to usher in the Year of The Tiger this February. Check out the complete list of the upcoming events happening in the 1st quarter of the year on page 10.

I am also pleased to introduce to all of you our new Club Manager, Ms Liaw Ying Hong, a fellow NTU alumna from the batch of 2017. She brings with her a wealth of experience in events and programme planning, which will definitely open up new opportunities for members to learn and grow, thus creating memorable experiences together. Get to know more about Ying Hong on page 11.

Finally, on behalf of the MC and the Secretariat team, I wish you and your families Happy Chinese New Year! May this year of the Tiger bring you good health, wealth and prosperity.

Thank you for your continuous support during these challenging times, and I hope to see all of you at the Club soon.

Take care and stay safe.

Warmest regards,

A handwritten signature in black ink, appearing to be 'L. Lim', written in a cursive style.

Mr Leon Lim

#Humansof NTUAlumniClub

Albeit uncertainty and hurdles amidst the pandemic, four new club members emerged eager and ready to take on the world. In this issue, we invited Mr Gabriel Lam, Mr Joel Tan, Mr Shukul Raaj Kumar, and Ms Yoki Yan to share their most rewarding moment, their goals & aspirations in the future, and what would they do if they had a time machine.

1. What are your aspirations and goals after graduating?

Prior to graduating, I had hoped to get a job in a field that I was interested in, as well as relevant to my degree. I am glad that my current position fits both!

2. What was your most rewarding moment while studying at NTU?

In my third year of studies, I took up the role of an orientation group leader and saw my freshmen go from a group of strangers to close friends. Beyond that, I also guided them through their school life. Watching them grow bit by bit was truly a rewarding experience for me.

3. If money were no object and you could go back to school to learn for fun, what would you study?

Veterinary Science. I always had an interest and passion for caring for animals, and I have pets of my own as well. Going into veterinary science would allow me to learn a lot more about animals and different ways to improve their lives.

4. What do you imagine yourself to be doing in 5 years?

I hope to be in a job position that I enjoy equally as much or more than what I am doing now. I am also considering pursuing postgraduate studies.

5. If time and money is not a constraint, how would you spend your time?

Travelling. I really enjoy sightseeing and learning more about the cultures of different countries.

6. What is your principle in life?

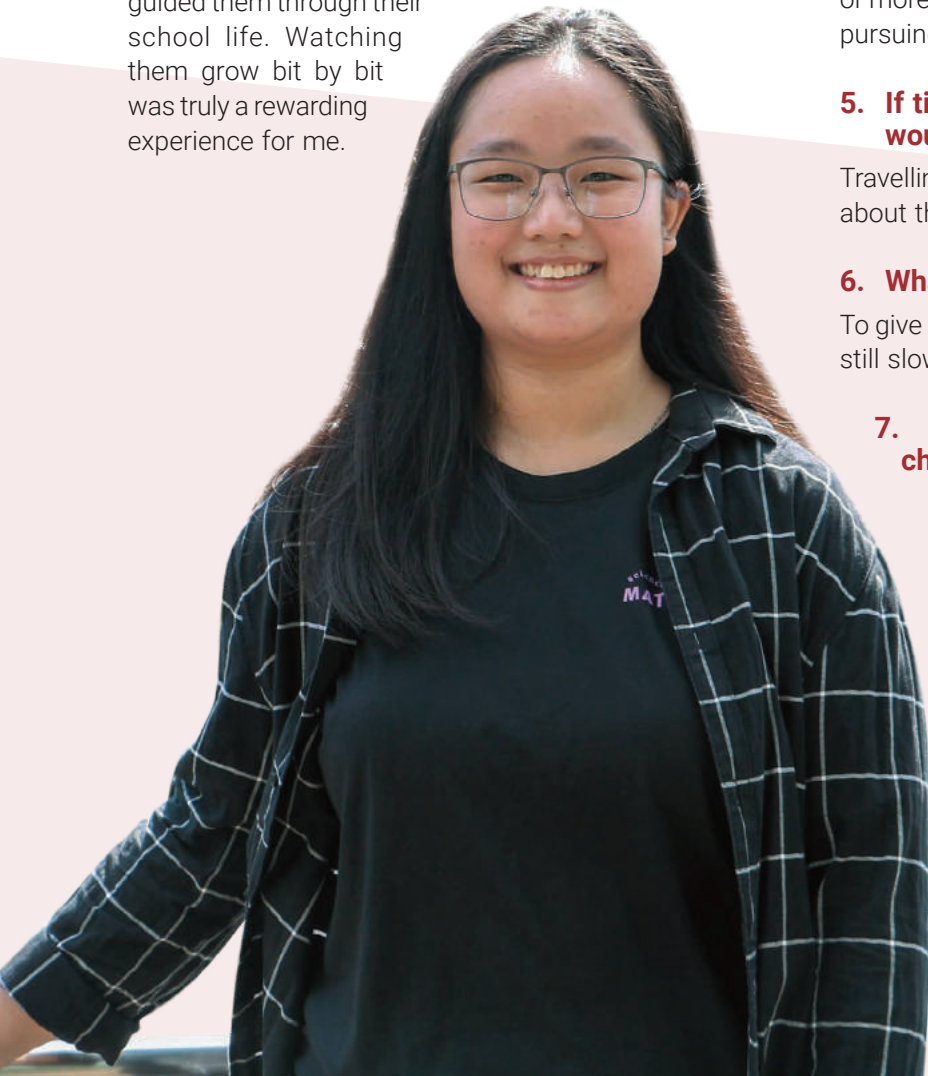
To give more than I take. That is still something that I am still slowly working on to improve myself.

7. If you had a time machine, would you check out the future or the past? Why?

I would check out the future to see what or how I am doing, and how much the world would have evolved.

Ms Yoki Yan

Bachelor of Engineering in Materials
Engineering with Honours



1. What are your aspirations and goals after graduating?

I hope to be more involved in the community and will be focusing more time there. The Covid situation has affected many people and I wish to contribute back to society in a meaningful way.

2. What was your most rewarding moment while studying at NTU?

For me, it was networking and being given the opportunity to hear from different perspectives.

It was refreshing especially since I had been so used to doing things a certain way. Learning from the faculty and my peers who are experts in their various industries helped widen my viewpoints on many issues.

3. If money were no object and you could go back to school to learn for fun, what would you study?

I would probably do something related to behavioural science. Some of my favourite modules during the EMBA were cultural intelligence and neuromarketing. I find it especially fascinating in the Singapore context with its racial diversity, culture, religions, and traditions, a true melting pot of diversity.

4. What do you imagine yourself to be doing in 5 years?

I hope to concentrate on leadership succession in my organisation, an initiative to groom new leaders who will be bold in their decisions, brave enough to weather storms, and bring the company to the next level.

5. If time and money is not a constraint, how would you spend your time?

This is a tough question as daily I put on many hats. I am a husband, a father, a son, and a brother. I am also a leader in the company and a Grassroots Leader, amongst many other roles. There is always so much more to do.

I guess at some point in life one must be content that he is living a life of meaning and purpose and that we all contribute in our own ways. Finding balance is always difficult, all of us will just have to find that balance by trial and error.

6. What is your principle in life?

We are truly only as good as the least amongst us. In my company, I always emphasize that we are only as good as our last person, and that is why we strongly advocate continuous learning so that we can all move forward together.

So, likewise whatever role we are in, it is a continuous journey to improve social mobility and to remember and assist the less fortunate amongst us.

7. If you had a time machine, would you check out the future or the past? Why?

I like to think that I live my life so far with little to no regrets and that I like to give everything a try, so I would not need to check out the past to change anything.

And as tempting as it is to check out the future, for we can all surely benefit from knowing the future with certainty. That would take away the joy of what makes us human which is to fail and to pick ourselves up and learn to do things better. The learning journey for me is far more important than knowing the future with certainty.



*Mr Gabriel
Lam*

**Master of Business
Administration**

1. What are your aspirations and goals after graduating?

As a graduate of Public Policy and Global Affairs, I seek to deeply connect with communities and explore issues from multi-disciplinary perspectives, innovate long-term feasible solutions that can benefit them, while uplifting those who may have fallen through unforeseen cracks in the system.

2. What was your most rewarding moment while studying at NTU?

One thing I found truly rewarding was being able to learn from many of my professors, who were deeply vested in widening our horizons and challenging us to develop a nuanced approach to analyzing challenges and innovating solutions. My most rewarding moment was where on behalf of NTU, I was chosen to attend the Asia-Pacific Model European Union Conference 2019, held within the campus of Hong Kong Baptist University in Hong Kong, from the 26th to 30th of April. It was my first trip alone to Hong Kong. I met many wonderful people and had a very intense and fulfilling conference on the future of Europe's Defense, while playing the role of Denmark's Head of State. This also piqued my interest in delving deeper into studying the politics and culture of the European Union.

3. If money were no object and you could go back to school to learn for fun, what would you study?

I would honestly be spoilt for choice, given that every degree has its own beauty and flair in refining our worldview. However, I would love to take a Masters in Asian Studies/ International Relations!

4. What do you imagine yourself to be doing in 5 years?

I see myself more deeply embedded in projects or policy-making processes within the social services sector. There continue to exist communities and individuals falling through the cracks despite solutions being implemented and resources being invested. I see myself at the forefront of helping to innovate and subsequently implementing initiatives that can help mitigate the pain of such communities, while connecting them with those who have the authority and resources to make a positive difference.

5. If time and money is not a constraint, how would you spend your time?

I would seek to be a world-traveler, helping to launch initiatives or gather resources to help existing non-profit organizations reach out and support their beneficiaries. Better yet, I'd seek to engage in endeavors that help uplift such communities such that they would no longer remain beneficiaries, but instead empowered individuals who could continue the process in their own regions.

6. What is your principle in life?

I believe deeply in using the gifts I have received in life, such as education and other resources, as a means of continuously seeking avenues to do good and help co-create meaningful opportunities of upliftment for various communities.

7. If you had a time machine, would you check out the future or the past? Why?

While I am inclined to say that the actions we take today will shape our future and hence we should work on doing and being our best in the present, I would use the time machine to explore our future as a means of analyzing the impacts of our currently implemented solutions and the various factors (known and unknown) at play that may affect the success of our actions.

Mr Raaj Kumar Shukul

Bachelor of Social Sciences in Public Policy & Global Affairs



1. What are your aspirations and goals after graduating?

My aspiration after graduating would be to balance work and sports as much as possible while trying to excel at both. My goals would be to start a career in HR, and to continue representing Singapore in bowling in the 2028 Olympics.

2. What was your most rewarding moment while studying at NTU?

That would be the first day of our Freshman Orientation Programme in Hall 2. It was the start of my exciting and unforgettable journey with friends that are for a lifetime. Without experiencing hall life, my journey in NTU would have been similar to every other academic journey.

3. If money were no object and you could go back to school to learn for fun, what would you study?

I would study psychology as I have interest to learn more about the subject and maybe become a sport psychologist as they have helped me in my bowling career growing up.

4. What do you imagine yourself to be doing in 5 years?

Hopefully, I imagine myself to still be in KPMG Singapore with growth from before. On a more personal note, I imagine myself and my partner to be a newlywed couple, waiting for our BTO to be done in a few years' time. As for sports, I imagine myself to be preparing for the 2028 Olympics (if bowling were to be included), maybe competing at the SEA Games and Asian Games too.

5. If time and money is not a constraint, how would you spend your time?

I think I would spend my time travelling the world and competing with my partner, eventually family. This allows me to enjoy the two things I love and exploring the world which I think is invaluable, and it won't ever leave me as a memory and experience.

6. What is your principle in life?

My principle in life is to focus on the process and not the outcome. The outcome may be a goal but the steps needed to achieve that goal is what I would focus on.

7. If you had a time machine, would you check out the future or the past? Why?

I would check out the past. This is because I believe that whatever happened in my life, big or small, has brought me where I am now. By seeing the future, I worry I might alter the way I do things and change the future. So I would rather appreciate the past and view memorable moments. I would not change anything because I appreciate where I am now.

Mr Joel Tan

Bachelor of Science in Sports Science
& Management with Honours



by Ms Joy Hou

Taking Care of Our Mental Wellbeing during Covid-19 Pandemic

In the past 2 years, many of us have been experiencing major disruptions in our lives, work and school. The increased levels of fear and anxiety, great sense of uncertainty, and feelings of helplessness or hopelessness can exert a toll on the mental wellbeing of a person.

Below are some coping tools we can use to reduce the negative effects of the pandemic on our mental well-being.

1. Acknowledge your feelings

Take time to reflect on our own feelings - ask ourselves, "How do I feel about the current situation? How is it affecting my actions and behaviours?" Do not judge or be ashamed of your feelings. It is perfectly ok to feel sadness, fear, frustration, guilt, anxiety, or loneliness. Unless we fully recognise and acknowledge our emotions, we will not be able to manage or cope with more difficult emotions as effectively.



2. Focus on things you can control

Although there are many things which are uncertain and beyond our control during this Covid-19 situation, thankfully, there are still many things within our control. If we focus on the things beyond our control, feelings of anxiety and fear will most certainly increase. However, when we choose to focus on the things we can control (such as maintaining good hygiene, establishing routines at home, having a healthy diet, doing things we enjoy, showing an act of kindness to another person), we can feel more empowered and less helpless.



3. Start a gratitude journal

Studies have shown that gratitude increases happiness, reduces stress and depression, helps us sleep better, and buffers against the effects of trauma. In this season fraught with uncertainties and fear, we can still make a conscious choice to identify and recognise the Little Good Things (LGTs) around us - such as, being able to sleep in a little more, the availability of food



delivery services, and healthcare and frontline workers working hard for all of us. Each morning, before checking your social media or getting busy with other things, spend 5 minutes to jot down 3 things you are grateful for. Gratitude may not provide instant solutions to our concerns or save us from suffering, but it can certainly foster well-being, and change the way we experience life challenges.

4. Be mindful of your time spent on news and social media

The onslaught of news updates about the pandemic can increase our stress and anxiety. We can minimize this by limiting your exposure to the news, and customize our social media feeds. Check for news updates to about 5 to 10 minutes at specific times, once or twice per day. In addition, rely on only one or two reliable sources of news as fake news or misinformation can fuel fears and panic.



5. Keep a routine, as much as possible

A predictable routine or structure reduces anxiety and provides a sense of security. The current Work-From-Home (WFH) arrangement can be challenging when there is a lack of routine which was previously present at the workplace. Create a routine for working at home, and set specific times for waking up and getting started on work, meal breaks, and finishing work. For parents with children who are doing Home-Based Learning (HBL), try to set up a daily routine where you have specific and distinct times for working and for helping your child with schoolwork.



6. Engage in new hobbies or activities



It is helpful to engage in activities that distract you from the current situation. We can learn new skills such as baking or playing the guitar from YouTube, or enrol in an online course from learning platforms such as UdeMy or Coursera. Household chores, such as finally clearing or organizing the wardrobe, can give a sense of accomplishment when completed.

7. Stay socially connected while observing physical distancing measures

We are all wired for social connection, and hence isolating ourselves completely can result in loneliness or depression. Maintaining our social networks can foster a sense of normality and relieves stress especially during this period.



Thankfully, there are online and telecommunication platforms which we can use to maintain these social connections while observing physical distancing measures. We can keep in touch with our elderly parents, family and friends through video calls on Zoom or Skype, phone calls, email or Whatsapp, to ask how they are doing, or to share our concerns. We can also arrange to have a cup of coffee and online catch up with a friend whom you have not spoken to for a long while. Or, we can even celebrate the birthday of a co-worker over a video call with other colleagues.

8. Perform acts of kindness



Helping others and reaching out to someone in need give us a sense of purpose and control. Send a note of encouragement to a friend who is feeling discouraged, tell a family member what you appreciate about her, or

offer to buy groceries for an elderly neighbour. We can also lend a listening ear to a co-worker who is feeling stressed, volunteer to tutor a friend's child online, or donate to worthy causes.

9. Practice self-care

In times of increased stress, it is even more important to focus on self-care. This includes getting enough sleep, having healthy meals, and regular physical activity. It is also important to set aside some "me-time" each day to do things we enjoy, whether it is reading, meditation, listening to music, taking a long warm bath, playing with your pet, or just zoning out.



10. Be compassionate towards yourself

Self-compassion is the ability to treat and talk to ourselves with the same kindness and compassion which we would show to a loved one, especially in instances of perceived failure, suffering or inadequacy. For example, instead of judging yourself and beating yourself up for not having a productive Work-From-Home day, perhaps you can gently tell yourself that you are still adjusting to the new work arrangement, and speak words of encouragement to yourself, like how you would do to a friend.



11. Take one day at a time



It is easy to experience heightened tension and fear when the future of the pandemic remains unknown. To reduce this dread, we can focus more on the present. Instead of asking, "What is going to happen next? When is this going to end?", we can focus on "What can I do today to make it a great day?"

12. Seek professional support

If you are feeling overwhelmed and unable to cope, do seek professional help. There are various avenues of professional support available, including telehealth or online counselling services.

You can also call the National Care Hotline (available 8am to 12am daily) on 1800-6202-6868 which is specifically set up to provide emotional support during this Covid-19 period. Remember, you are not alone in your struggle.



This article was first published in The Tapestry Project SG, and republished with permission.



About the Author

Ms Joy Hou, an NTU-NIE alumna with a Master of Arts degree in Applied Psychology, is a Registered Psychologist and founder of EmpathyWorks Psychological Wellness. With a special interest in individuals' mental and emotional well-being, she speaks in schools and corporate organizations. Also, she provides counselling services for individuals who seek emotional and psychological support.

January - March Calendar of Events

JANUARY

18 **Resilience: Moving Beyond Setbacks**
TUE 8:00 pm – 9:30 pm

27 **Feng Shui Talk for 2022 Year of The Tiger**
THU 8:00 pm - 9:30 pm

FEBRUARY

09 **Fire it up! Cooking Session**
WED 7:00 pm – 8:30 pm

12 **Chinese New Year Celebration**
SAT 10:00 am - 12:00 pm

15 **DeCentralized Finance - Money 3.0**
TUE 8:00 pm – 9:30 pm

24 **Predictive Analytics Webinar**
THU 8:00 pm – 9:30 pm

MARCH

09 **Fire it up! Cooking Session**
WED 7:00 pm – 8:30 pm

18 **Sports Carnival**
FRI 9:00 am – 12:00 pm

25 **Market and Investment Outlook 2022**
FRI 7:00 pm – 9:00 pm

VISIT OUR WEBSITE

WWW.NTUALUMNI.ORG.SG

FOR MORE EVENT INFORMATION

Events are subject to changes.
Email events@ntualumni.org.sg to RSVP.

by Ms Liaw Ying Hong

SAY HELLO TO OUR NEW CLUB MANAGER



The NTU Alumni Club welcomes our new Club Manager, Ms Liaw Ying Hong, to the family. With her multitude of experiences, we are eager to be working under her guidance. Let's hear what Ms Liaw has to say as she embarks on this new journey with us.

Who is Ying Hong?

I am described by my friends as a spirited and bubbly lady, with a positive outlook in life. I am always on the lookout for new experiences - exploring new places, learning new things and meeting new people. At work, I am meticulous, self-motivated and driven, always striving to contribute my best and achieve the missions of the organisation.



Share with us about your days in NTU as a student.

My days in NTU Sport Science & Management (SSM) were fun and enriching. As a sport and health enthusiast, I enjoyed gaining knowledge about the scientific principles behind exercise and the human body. The interactive lab sessions and sports electives with supportive professors and peers made learning even more enjoyable. All in all, my greatest takeaway from the 4 years would be the strong friendship forged with fellow like-minded sport enthusiasts.

Did you join any CCA in NTU? Any interesting experiences to share with us?

I was actively involved in Welfare Services Club (WSC)'s Regular Service Project for the Deaf Community (RSPDC). It was a great opportunity to give back to the society by tutoring and mentoring Deaf teenagers in their educational growth. The most memorable event in this club has to be the Christmas Song Sign performance which aims spread the Christmas cheer while also increase public's awareness about sign language and the Deaf community.

What are your hobbies?

I have many hobbies ranging from sports to arts to travelling. Other than having weekly runs and hockey training sessions, I love to explore new hiking trails, check out unique cafes or visit hyped museums. In order to improve my financial literacy, I've also signed up for multiple online courses.

Has the pandemic disrupted any of your plans?

Due to the pandemic, I missed the opportunity to watch the Olympics live in Tokyo and had to cancel my family trip to Japan. With all large-scale events being put to halt, I'm also unable to tick full marathon off my bucket list this year. I've been suffering from mild cabin fever and I can't wait to travel and attend more face-to-face events again when the global pandemic situation is under better control.

What is your message for our members?

I wish all of you and your families a very happy and prosperous New Year. May this new year bring you awesome opportunities for a more fruitful and happiness filled life. Let's stay safe and united as we move forward ambitiously towards achieving the goals in 2022.

With my experience in events and programme planning, I hope to help members stay connected with one another through meaningful and fun activities. Stay tuned for opportunities where we could learn, grow and create memorable experiences together and we look forward to your continuous support and participation.



18 September 2021, Saturday, 4:30 pm, Online Session

TCM Cooking for Immunity Boosting

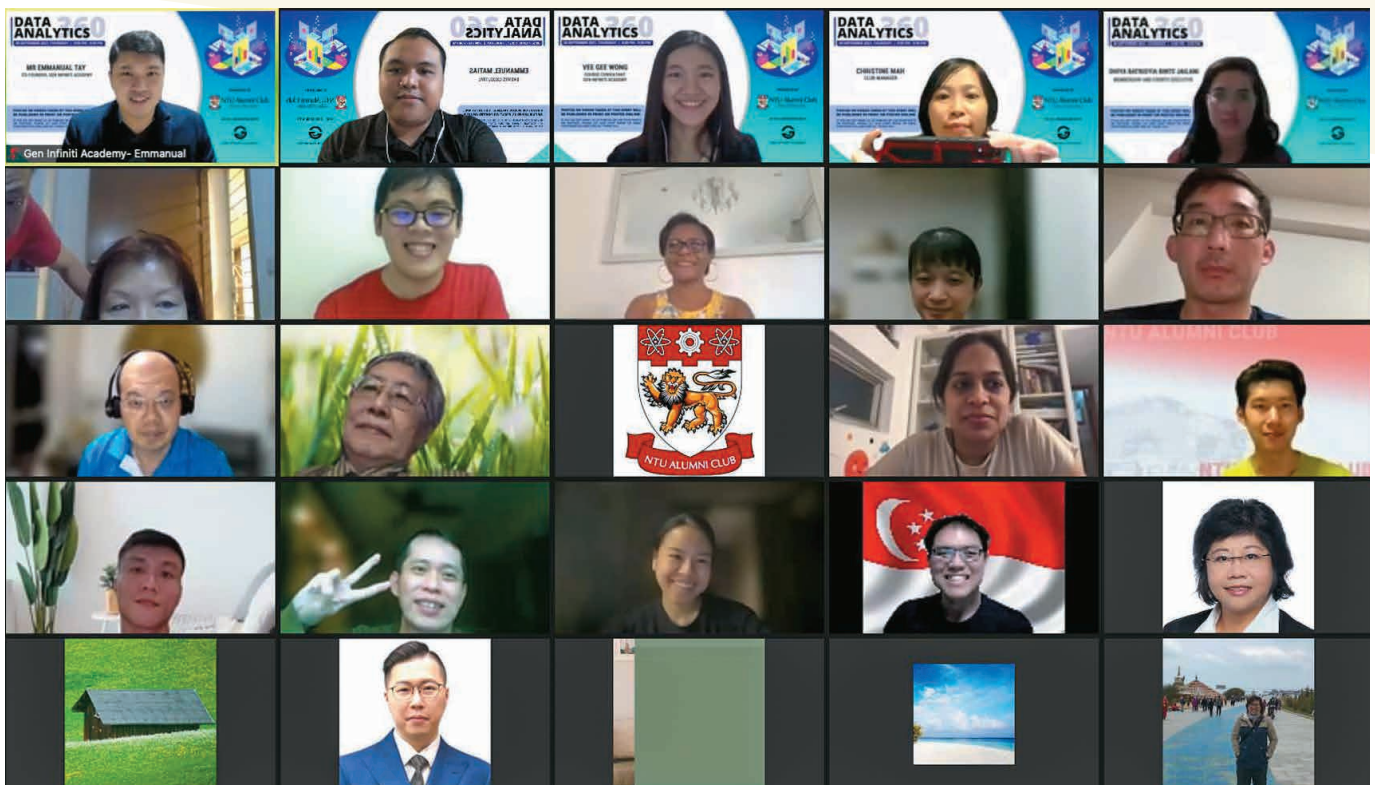
On 18 September, we invited our Management Committee member and MasterChef SG S2 runner-up, Mr Leon Lim, to conduct a virtual cooking demonstration. Joining him is fellow NTU Alumna, Ms Jasmine Xie, Physician at EMW Physiotherapy and TCM.

Leon and Jasmine guided participants on cooking Herbal Steam Fish with Cordyceps Militaris Salad and Lung Nourishment Soup. Throughout the session, they also shared the benefits of eating healthy and how each ingredient plays a role in improving our immune system.



30 September 2021, Thursday, 8:00 pm, Online Session

Data Analytics 360



Data Analytics is one of the most sought after soft skills in the past years. To help us learn more about the technicalities of data analytics, we invited Mr Emmanuel Tay, Co-founder of Gen Infiniti Academy, to teach our participants how to tell a story based on data.

Before the end of the session, Mr Tay showed a live demonstration of how different data analytic programs and platforms, such as social-searcher, Python and R Studio, can help companies predict possible market changes and trends.

13 October 2021, Wednesday, 8:00 pm, Online Session

Quality Sleep for a Healthier Life | 优质睡眠，健康一生

Having not enough sleep can seriously affect your mental, emotional, and physical health. Studies show that our body needs at least 8-hours for it to regenerate. On 13 October, we invited Dr Yeo Seem Huat to share his knowledge of the importance of quality sleep for a healthier life.

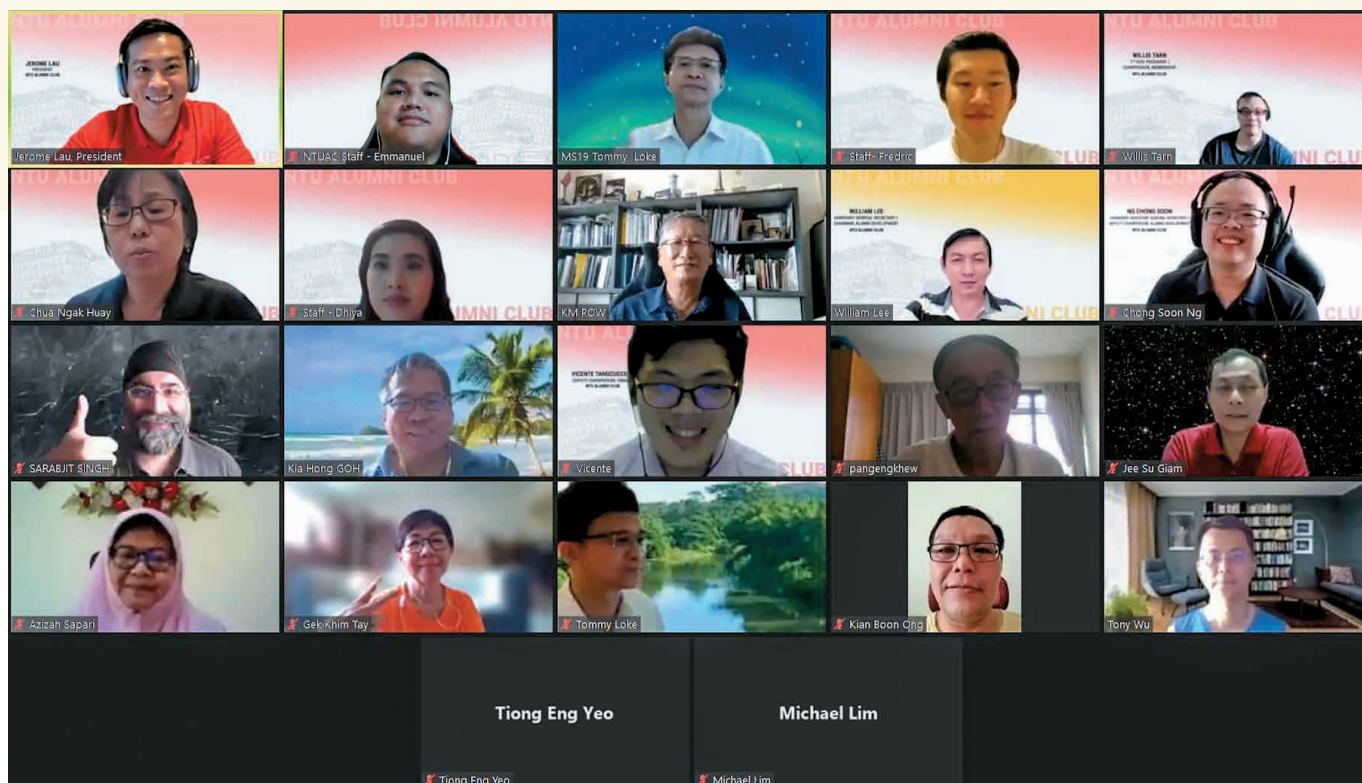
Dr Yeo shared that the average time of quality sleep decreased over the years. Sleep quality is inevitably reduced with more media becoming convenient to consume and added stress compounded from COVID-19 after-effect.

At the end of the session, one lucky winner won a Limited Edition NTU Alumni Club notebook and umbrella.



23 October 2021, Saturday, 2:00 pm, Online Session

Members' Dialogue



The Management Committee led a discussion with members on shaping the future of the Club on 23 October 2021 via Zoom. We divided members into smaller groups for a more conducive dialogue on must-have Club facilities, improvement of members' engagement and giving back to alma mater.

We thank all the members who participated in our dialogue session and have taken back their valuable feedbacks and suggestion to help us improve shape the future of the Club.

If you have any suggestions or feedback regarding the topics discussed during the dialogue, share it with us by emailing membership@ntualumni.org.sg.

November 2021, Every Saturday, 9:00 am, NTU Alumni Clubhouse

Serve with A Heart

(In conjunction with Project Appreciation by South West CDC)

The gloomy morning of 13 November was eventually graced with warmth emanated by 28 volunteers from the Social and Community Interest Group. Led by fellow NTU alumna Ms. Grace Oon, these volunteers came down to the Club to show support and gratitude to our frontline workers over at Ng Teng Fong Hospital. The event, which started at 9 am on a Saturday, saw volunteers tirelessly packing 5,000 goodies bags at rapid speed for our frontliners. These goodie bags consisted of pandemic essentials such as face masks and hand sanitizers which were all graciously provided by the Southwest CDC. Joining us for this cause was our President, Mr Jerome Lau, and Assistant Honorary Secretary, Mr Ng Chong Soon, who had also helped with the packing of goodie bags. The unforeseen efficiency by our volunteers from day-1 had led us to cancel the subsequent 2 packing sessions. With that being said, we would like to thank out other 30 volunteers who had signed up for the other 2 sessions with the intention of contributing to a good initiative.

Distribution of the care packs took place on 8 December, led by Ms Low Yen Ling, Mayor of the South West District. Present at the event was our Club President, Mr Jerome Lau, and Ms Tay Meishuang, Director and



Assistant General Counsel of P&G. Dr Quek Lit Sin, Chief Executive Officer and Mr Ng Kian Swan, Chief Operating Officer of Ng Teng Fong General Hospital also came down to show their support.

We thank South West CDC for inviting us to participate in this meaningful event and our partners, Project Wellness, Guardian Singapore and P&G Singapore, for helping us make this event happen.

We hope that the volunteers had found the event fulfilling as they bonded – albeit adhering to Safe Management Measures – while giving back to our frontliners.

18 December, Saturday 10:00 am, NTU Alumni Clubhouse

NTUAC Year-End Celebration



On 18 December, members gathered for a Merry Year-End Celebration at the clubhouse. Greeted with festive care packs, participants took part in table games and an auction where we raised \$305 for the NTU Alumni Club Bursary Fund. Lucky draw winners went home with prizes!

Special thanks go to NTU Cultural Activities Club for supporting the event with our emcee, Eugene and performer, Salsa En Sync. Our appreciation also goes to our sponsors, Fisherman's Friend Singapore, Georges SG, Wine Hours, Arteasg, CHAT Singapore, and Luna Cafe, for helping us make this event happen.

by Ms Dhiya Batrisyia Jailani

Club Members' Contributions in Reducing Inequality & Nurturing Leadership

As a way to give back to their alma mater and society, members of the NTU Alumni Club have been playing numerous roles in providing aid to current undergraduates. The Club believes that higher education should be made available to as many keen learners and aspiring leaders as possible. Apart from being a pinnacle in one's education journey, having access to higher education opens doors to more opportunities for students to grow, not only as leaders but also as people.

The NTU Alumni Club Student Bursary was first established in 2008. Funds were collected from the Club members, who majority, had yielded great memories and experiences during their own time at NTU. The donations given through this Bursary are managed by NTU and it is open to local resident students pursuing undergraduate education at NTU and require financial assistance. The Bursary has been given to Year 3 undergraduates assessed by NTU and the amount these undergraduates receive – ranging between \$4,000 to \$6,000 each academic year – is also stipulated by the institution. As of AY 2019-2020, the endowment fund in the Bursary sits at \$162,484.29. The Club hopes that the humble aid has been able to provide some sort of relief for those who need it, especially during this trying time.

No one's education journey should be compromised due to circumstantial factors.

On top of the Bursary, the Club and its members have also extended support to student leaders. This support comes in the form of donations totalling up to \$49,200 to the NTU Student Leadership Fund in 2012 with donations raised in conjunction with the launch of the book "One Degree, Many Choices".

These funds are being used to finance leadership programmes and workshops that student leaders take part in. This is essential as the undergraduates will need to learn the ropes of running an organisation now that they've been given the responsibility to do so.

SLDP AIMS TO ACHIEVE THE FOLLOWING GOALS



- To strengthen leadership of our student organisations
- To provide opportunities for student leaders to further develop their leadership potential
- To build a student leaders ecosystem with "Leadership DNA" unique to NTU
- To produce graduates who demonstrate the 3 'C' attributes of an NTU Education



1-day self and team development workshop(2020)

As leaders, student leaders not only have to be efficient and effective in their roles, but they also need to remain empathetic while doing so. In an environment that prioritises efficiency, empathy and a sense of awareness are often neglected. A student participant commented that the programme helped him learn "... more about [himself] and the way [he] think[s] and react[s] to situations." In AY 2020/2021 alone, 730 student leaders had benefitted from the Fund and these student leaders come from Committee Members of different clubs and societies, and also Hall committees.

Moving forward, the Club with support from its members and regular review with NTU on these funds' purposes, will continue to help level the playing field for undergraduates and nurture future leaders. We will also provide opportunities for NTU undergraduates to work in the Club to acquire useful knowledge and skillsets for their careers ahead and as part of our leadership succession planning. It is vital therefore that the Club members are aware of how funds are being utilised and prioritised. We hope that empathy and kindness shown by members through such initiatives will lead to a butterfly effect on the current NTU undergraduates, as we mould a new generation who think with their hearts and minds.

The table below provides an overview of the participant profiles and numbers who have benefited from the Student Leadership Fund since Academic Year (AY) 2016/2017.

Year	Target Audience (Club Executive Committee)	Number
AY2016/2017	<ul style="list-style-type: none"> NTU Student Union Council (SU) NTU Big 3: Sports Club (SC), Welfare Services Club (WSC), Cultural Activities Club (CAC) 	99
AY2017/2018	<ul style="list-style-type: none"> Student Union (SU) Big 3: SC, Welfare Services Club (WSC), Cultural Activities Club (CAC) Graduate Students' Association Council (GSA) 	126
AY2018/2019	<ul style="list-style-type: none"> SU Big 3: SC, WSC, CAC GSA Tier 1 Clubs 	131
AY2019/2020	<ul style="list-style-type: none"> SU Big 3: SC, WSC, CAC GSA 16 Schools 23 Hall Councils Religious club leaders 	800
AY2020/2021	<ul style="list-style-type: none"> SU Big 3: SC, WSC, CAC GSA 16 Schools 23 Hall Councils Selected Religious club leaders Selected T1 to T4 club leaders 	730

Huat all-out this Chinese New Year



Amidst frantic spring cleaning and sprucing up the house with new CNY decorations, it is a head-scratcher to find mouth-watering snacks and stunning outfits during this festive season. Luckily, our Events and Marketing intern, Evelyn, has rounded up some of the best local finds for your new year to be extra-huat!

1 Mantou Generation: Cuteness-overload food art treats

Tired of munching on the same old snacks at Ah Gong's house? Fear not, for Mantou Generation is here to save the new year! Specializing in therapeutic culinary art workshops such as steamed buns, tarts and glutinous rice balls for everyone, one can attend the classes even without any baking experience! After winning two Gold awards in the steamed bun category for Netherlands International Chef Challenge 2020 and Canada International Gastronomy and Tourism Competition 2021, chef and founder Ong Simin began conducting workshops in Singapore to share her knowledge with everyone!



www.instagram.com/mantou_generation/

Exclusive promotion for NTU Alumni Club members only: \$10 off workshops from April to June 2022, using the exclusive promo code.

2 PaoPao: Where style meets edginess

Nothing says 'out with the old, in with the new' than PaoPao's stylish take on the traditional Cheongsam. This up-and-coming local brand is influenced by Chinese and Japanese fashions and has a dash of edginess with structured sleeves. The 2022 '环环相扣' collection is all about versatility, comfort, and longevity beyond CNY. From their classy meets sexy JIA 嘉 cheongsam, and MIAO 妙 cheongsam with detachable mandarin collar (to wear in 3 ways or more!), to their LYNN 灵 Cheongsam that gives you an illusion of an hourglass figure with pleated sides. There's a dress for every woman, so order early to avoid disappointment!



www.paopaolabel.com/

Exclusive promotion for NTU Alumni Club members only: 10% discount on all apparel using the exclusive promo code. Valid till 31 Jan 2022.

3 YeoMama Batik: Royal Luxe New Year

Forget that traditional red look. Instead, why not exude opulence? Being a local brand that uses authentic handcrafted batik to create clothing for modern lifestyles, YeoMama Batik empowers the batik craft and community from Indonesia. The Royal Luxe collection uses intricate fabrics, with elaborate details alongside golden undertones that would be sure to turn some heads. For those with little ones, adorable family sets are available too! We're particularly drawn to their Wakayama Batik Cardigan - A unisex oversized cardigan with two side pockets and kimono-inspired sleeve details, as well as their Koko Batik Cheongsam Playsuit - a sophisticated piece featuring a mandarin collar and flutter sleeves. Oh, and did we mention it has pockets too?



yeomamabatik.com/

Exclusive promotion for NTU Alumni Club members only: 10% off storewide except sale items and gifts using the exclusive promo code. Valid till 28 Feb 2022.

4 Pastry Monster: Mahjong-shaped Pineapple Tarts



www.instagram.com/pastry.monster/

We all know the traditional story and practice of using red decorations and firecrackers to ward off the monster '年', but you might want to let Pastry Monster in. Owned by Melissa and Kate, this home-based business stole hearts all over Singapore with their customised cakes, cupcakes and macarons. This Chinese New Year, Pastry Monster will bring luck and prosperity to you with their mahjong tile shaped pineapple tarts! Not only will the kids love it due to its petite size, but your mahjong master aunties and uncles won't be able to resist picking a tile up too.

Exclusive promotion for NTU Alumni Club members only: 10% off on all products using the exclusive promo code. Valid till 28 Feb 2022.

For exclusive promotional code, email membership@ntualumni.org.sg.

2022 CNY Giveaway

We've partnered up with Mantou Generation to give one of our NTU Alumni Club members a chance to experience her workshops (worth **\$175 per pax**) for free! Simply think of your favourite thing about Chinese New Year and email it to events@ntualumni.org.sg for a chance to win an unforgettable baking experience.

by **Mr Tan Teck Beng**

AIKIDO@WORK

– ways of enhancing workplace mindfulness using principles of Aikido

2 years of the pandemic, from working from home to the hybrid model of working from both office and home, 7 in 10 local employees had felt stressed by Covid-19 in the past six months*. Now with the new variant, the situation remains fluid. To top it off, Singapore is the second most overworked city in the world**.

With so many of us suffering from mental health issues, perhaps, we can look at how principles from a modern ancient art – Aikido – can enhance our mindfulness, raise our awareness of our body and emotions to help us better cope with these challenges.



WHAT IS AIKIDO?

Aikido is a Japanese martial art developed by Morihei Ueshiba (often referred to as O Sensei, 1883 to 1969) as a synthesis of his martial studies, philosophy, and religious beliefs. Aikido is often translated as "the way of harmony". O Sensei's goal was to create an art that could be used to defend while also protecting the attacker from injury. Thus, some practitioners argue that Aikido is not a method or system of fighting, but a way of not fighting and potentially eradicating a fight. Others have gone further to say Aikido is not a martial art but a philosophy - about life.

Aikido techniques consist of entering and turning movements that redirect the momentum of an opponent's attack, and a throw or joint lock that terminates the technique.

Practitioners of Aikido regularly work on centring through breathing deeply, mindfulness and relaxation.

AIKIDO@WORK: ENHANCING YOUR MINDFULNESS THROUGH AIKIDO

When you are stressed or overwhelmed, reconnect with your centre.

- Breathe deeply and start noticing any bodily tension.
- With each breath, relax your muscles. Extend your awareness to your emotions and surrounding.
- Continue to breathe deeply and clear your mind from distracting thoughts. Some practitioners describe it as "emptiness of mind", where one is not easily affected by fear or external events. (For more information, Google "Zanshin" and "Mushin")

When you are (verbally) attacked, use the same techniques. Start noticing every little change and reaction your body produces when you are being "attacked". Despite being in a less favourable position, remain calm and take control of your own emotions. Expand your circle of awareness to the attacker. You also need to maintain a good posture – standing upright or always sitting with a stable base.

About the Author

Member, **Mr Teck Beng**, has been practicing various martial arts for almost 30 years. He has been a student of Aikido for more than 15 years. He currently holds a 2nd Dan in Aikido.



* <https://www.straitstimes.com/singapore/politics/mps-call-for-more-mental-health-support-amid-reports-of-issues-arising-from-covid>

** <https://www.humanresourcesonline.net/most-overworked-cities-in-the-world-2021-hong-kong-singapore-and-bangkok-top-rankings>



CHIMICHANGA (HOLLAND VILLAGE)

Chimichanga offers affordable Mexican food and refreshing tipples, with entrées and appetizers perfect for sharing. Specials include their signature margaritas, hand-crafted cocktails, and a variety of Neon Donkey's finest cerveza. There's something for everyone here at Chimichanga!

Member's exclusive discount:

- 10% off food orders
- Extended happy hour until 9.00 pm, Monday to Friday

(Only at Holland Village outlet)

Introducing an affordable zi char restaurant where you can indulge in delicious food and pair it with an array of alcoholic beverages!

Cheval Chi Bao, the latest merchant partner of NTU Alumni Club, is located within Sports Lifestyle Centre. Cheval Chi Bao serves all-time favourite dishes like Chilli Crab, Gong Pao Ji, Mongolian Pork Ribs. Not only that, but they serve western cuisine too!

Member's exclusive discount:

Flash your membership card to enjoy

- 15% off ala carte items including beverages
- Exclusive set menu for NTU Alumni Club members!

Accepts NTU Alumni Club cash voucher.



CHEVAL CHI BAO



DIAPER CAKES SINGAPORE

Shopping for a baby gift and want to avoid the usual ang baos and baby gift sets?

Diaper Cakes Singapore is the place to go!

Diaper cakes are made to resemble a tiered cake, comprising of baby necessities such as disposable diapers, swaddling blankets, rompers, and more!

Their diaper cakes are cute and practical gifts and comes wrapped in our uniquely designed towering 46cm premium box, which makes gift-giving easier!

Member's exclusive discount:

Enjoy 15% off your purchase with our promo code.

Email membership@ntualumni.org.sg for exclusive promotion code.



ADVANTAGE PILATES

Awarded by Fitness Best Asia Award National Award, Singapore; Advantage Pilates is the winner of Pilates Studio of the Year. They believed in workouts without judgement and intimidation, as it should be for everyone no matter the size, shape, age, gender, fitness level and goal. They can curate creative and personalised workouts be it for individuals or in groups. Head over to Advantage Pilates website to enjoy the exclusive promotion!

Member's Exclusive Promotion:

\$30 Off 1st Trial Private 1:1 Class Promotion using the promo code

\$20 Off per session for every Subsequent Private 1:1 Classes using promo Code

Email to membership@ntualumni.org.sg for the promo code.

Urban Origins connects Singapore's residents to urban produce that has mostly been grown or manufactured locally. Think of us as an online farmers' market that brings all of Singapore's best food producers to your doorstep. When you shop with Urban Origins, you're contributing to a more robust and resilient food system. Your support helps our local producers scale their businesses and bring their delicious craft to the wider community.

Member's Exclusive Promotion:

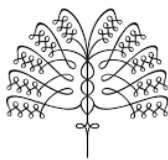
12% off on regular priced items with the promo code.

**An account has to be created. T&C applies.*

Email to membership@ntualumni.org.sg for the promo code.



URBAN ORIGIN



RAFFLES SINGAPORE

RAFFLES HOTEL SINGAPORE

The iconic Raffles Hotel Singapore needs no further introduction. Have you thought of dining at one of the restaurants with your loved ones or perhaps a birthday celebration? We have now made it more accessible to you than ever before! Participating outlets include Tiffin Room, The Grand Lobby (afternoon tea from Mondays to Fridays only), Raffles Courtyard, Butcher's Block, Yi by Jereme Leung, La Dame De Pic, Osteria BBR by Alain Ducasse, Writers Bar and Long bar. But wait, there is more from Raffles Hotel Singapore! Flash your membership card to enjoy the following member's exclusive promotion.

Member's Exclusive Promotion:

15% off total bill at the abovementioned restaurants

15% off regular prices items at Raffles Boutique & Flora Boutique

20% discount for all spa's treatments. Not applicable for beauty products.

*Reservation is required via the reservation team at raffles@singapore.com
T&C applies.

EDUCATION & TRAINING

Confucius Institute	10% OFF selected programmes
Impact Circle	\$150 OFF first term of Group Academic Coaching • Suitable for Primary 4 to Secondary 5 students
Our Music Studio	<u>Physical Classes</u> WAVIER OF \$50 REGISTRATION FEE with minimum sign up of 12 classes 20% OFF 2 trial lessons for Babies – 6 years old. (\$56 (U.P.\$70) for 2 trial lessons.) • Accepts NTU Alumni Club cash voucher (applicable for physical classes only) <u>Online Classes</u> 1ST TIME TRIAL \$10, SUBSEQUENT AD HOC: \$15 (U.P.\$15.55) (Package of 4 lessons: \$56) • Suitable for newborns to 7 years old children
PlayFacto School	WAIVER OF REGISTRATION FEES AND ADDITIONAL \$50 PFS VOUCHER for Student Care and STEAM Enrichment Programmes
Relationship Studio*	MEMBERS EXCLUSIVE: • Extra 30 minutes coaching (worth \$100) • 2 X Enneagram Test (worth \$40) • 1 Curated Enneagram Resources (worth \$50)
Sunny Chong Dog Training School	10% OFF total bill

HEALTH & WELLNESS

Atos Wellness	ANY OF THE 3 WELLNESS TREAT AT \$40.66 FOR FIRST TIMER • Electronic Lymphatic Drainage • Aromatherapy Massage • Sensual Facial
Eyesight.sg	PREFERRED RATES for eye health examination and contact lenses
Ouch!	5% OFF all workshop and products from the website
Raffles Spa	20% DISCOUNT for all spa's treatment. <i>Not applicable for beauty products.</i>
Royce Dental Surgery*	PREFERRED RATES for Members • Dental Wellness Package • Home Whitening Package • Dental Implant Package (Korean Implant) • Invisalign Package
Sixth Senses Aromatics	10% OFF website purchase
Santorini Hair Spa	20% OFF ala carte prices

LIFESTYLE & GIFTS

Autoworld Care	\$10 OFF normal price for servicing package
Diaper Cakes Singapore	15% OFF your purchase with our promo code.
Go Pure	15% OFF all products with promo code
House of Poroseal	Up to \$20 OFF plaques, plush bears & flowers
Lim Tan Motors	12% OFF total bill
Little Flower Hut	15% OFF all purchase
LG Electronics Singapore	Up to 38% OFF from LG Electronics Singapore Pte Ltd.
Parklane Art Framers & Trading	10% DISCOUNT
Raffles Boutique	15% OFF regular priced items
The Legacy Protector Pte Ltd*	PREFERRED RATES for Members • Standard Will Service • Lasting Power of Attorney (LPA) Form 1 Services

SPORTS

Aqua Divers	20% OFF all services, including courses & equipment rental
Advantage Pilates	\$30 OFF 1st Trial Private 1:1 Class Promotion using the promo code \$20 OFF per session for every Subsequent Private 1:1 Classes using promo Code
Barre 2 Barre	EXCLUSIVE RATES for selected classes
Club ZOOM	EXCLUSIVE RATES for training sessions • Suitable for children aged 5 years old and above
Sportybots	\$90 FOR 6 SESSIONS (U.P. \$108) for Gross Motor Skill programme • Suitable for children aged 3 to 8 years old
SportsAnalytik	\$75 PER CHILD (one-off session only) (U.P.\$85) for sport talent assessment • Suitable for children aged 6 to 12 years old
Singapore Kickboxing Club	\$50 OFF usual rate
Scholar Basketball Academy	20% OFF Basketball classes (one-time) 10% OFF Basketball classes (recurring) • Suitable for 6 years old to 18 years old
Turf Club Riding Centre	10% OFF all services • Beginner's riding course • Stable Tours • Booking of Venue Facilities
The Swim Lab	WAIVER OF REGISTRATION FEE WORTH \$50 • Suitable for children 3 years old and above

VACATION

Nirwana Gardens Resort	30% OFF best available rates
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WINE & DINE

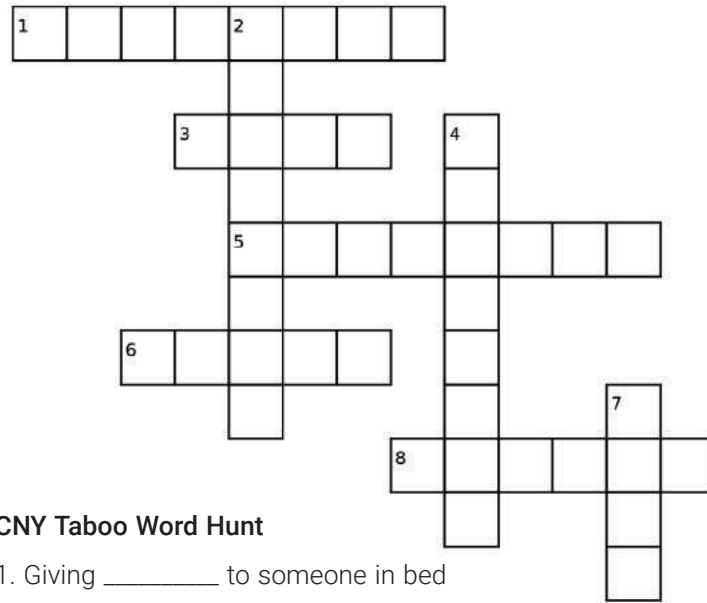
Artea	10% OFF total bill
Chimichanga (Holland Village)	10% OFF on food orders • Extended happy hour until 9.00 pm, Monday to Friday • Only at Holland Village outlet
Cheval Chi Bao	15% OFF ala carte items including beverages EXCLUSIVE set menu
EagleWings Loft	10% OFF total bill
Foreword Coffee	10% OFF on all drinks (except bottled drinks)
georges	10% OFF total bill
Grill Ninety Nine	10% OFF total bill
Morganfield's	10% OFF ala carte menu
Ohana Beach House	15% OFF total bill
Raffles Hotel Singapore	15% OFF total bill at the following restaurants: • Tiffin Room • The Grand Lobby (Afternoon tea from Monday to Friday only) • Raffles Courtyard • Butcher's Block • Yi by Jereme Leung • La Dame De Pic • Osteria BBR by Alain Ducasse • Writers Bar • Long Bar
Sushi Jiro	10% OFF Dine-in
The French Cellar	DISCOUNT subscription fees
Toby's Estate Coffee Roasters	10% OFF ala carte menu
Urban Origin	12% OFF on regular priced items with the promo code.



Terms & Conditions apply to the above merchants.
* Please visit <https://bit.ly/ntuacmerchantpartners> for more information and the latest updates.

Crossword Puzzle

Stand a chance to win a \$10 gift voucher!



CNY Taboo Word Hunt

1. Giving _____ to someone in bed
2. _____ the floor
3. Do not _____ black
4. _____ of nails
5. Eating _____ on the first day of CNY
6. Borrowing _____ over the New Year
7. Washing _____ on the first day of Chinese New Year
8. Giving odd number amount in the _____

Don't miss this chance as you might be the lucky one!
Scan and submit your answers with your details to
clubnews@ntualumni.org.sg by 31 March 2022.

Name _____ Membership No. _____

Contact Number _____

Email _____

Only shortlisted winner will be notified

Congratulation to Mdm Goh Soh Hwa
for winning our Oct - Dec 2021 Club
News Contest!



Directory

THE SECRETARIAT TEAM

CONTACT NUMBER

6777 1101

EVENTS

events@ntualumni.org.sg

FINANCE

accounts@ntualumni.org.sg

CLUB NEWS

clubnews@ntualumni.org.sg

MEMBERSHIP

membership@ntualumni.org.sg

CONCIERGE

concierge@ntualumni.org.sg

OPENING HOURS

TENNIS COURTS

Daily: 8:00am to 9:00pm

GYM

Daily: 8:00am to 8:00pm

READING ROOMS

Daily: 8:00am to 8:00pm

SWIMMING POOL

Daily: 8:00am to 8:00pm

RECREATION ROOM

Daily: 10:00am to 8:00pm

CAFÉ

Mon: Closed

Tues to Sat: 9:00am to 7:30pm
(Last order at 7:00pm)

Sun: 9:00am to 1:30pm
(Last order at 1:00pm)

KEEP UP WITH NTU ALUMNI CLUB

Update your contact details via email:
membership@ntualumni.org.sg

AD SPACE FOR SALE!

Are you looking for a space to advertise your business?
A full page ad (ROP) is only \$300 per insertion!

Email us at
clubnews@ntualumni.org.sg
to find out more.

It is Rewarding to Refer

\$160 cash is yours when you successfully refer a friend to sign up as a NTU Alumni Club member. Member-Get-Member referral programme is only applicable to existing NTU Alumni Club members.

Just email to membership@ntualumni.org.sg with his/her name and contact details and we will take it from there! For any enquiry about Member-Get-Member referral programme, please contact our Membership department at **67771101**.

It is always a good time to be a referrer!

