

EMBARGOED TILL 14 OCTOBER 2017, 1.00PM



Date: Saturday, 14 October 2017

Event Name: Symposium Wanita 2017 – ‘Rediscovering the *You in Yourself*’

Singapore, Saturday, 14 October 2017. Symposium Wanita, a signature event organised by PPIS Singapore Muslim Women’s Association, has returned for its third run. This year’s Symposium was officiated by Guest-of-Honour Ms Sim Ann, Senior Minister of State for Ministry of Culture, Community and Youth & Ministry of Trade and Industry, together with some 250 women and men, at the Lifelong Learning Institute this morning.

A gathering of Muslim women in Singapore to discover and converse about what it means to be a Muslim woman in the context of modern society, Symposium Wanita was first held in 2011 with the goal of re-evaluating women’s positions and roles in the family while in 2015, the Symposium was to celebrate the diverse identities of Singapore Muslim women.

This year’s theme, ‘Rediscovering the *You in Yourself*’ hopes to take a step beyond recognising the numerous hats Muslim women hold and discuss more deeply on how this phenomenon affects them. The event focused on the effects of the quality of women’s different roles on their psychological, biological and physical states as well as to explain how women can play up the positive impacts and curb the negative effects.

Ms Rahayu Mohamad, President of PPIS said, “PPIS prides itself on being a pioneering Muslim women organisation in Singapore. We urge women from the community not to lose sight of their goals and vision, and to reflect and realign themselves as their goals may evolve throughout their lives due to gained experiences and maturity, as well as the changes in mindset or worldview.”

Notable speakers at the Symposium include Dr Marwa Azab and Ms Oniatta Effendi. Dr Marwa Azab is a Lecturer at the Psychology Department of California State University Long Beach, who elucidated the multidimensional womanhood, its impact on women and associated stress. While Ms Oniatta Effendi is a Senior Lecturer (Theatre) at Nanyang Academy of Fine Arts who shared about the importance of constant reflection and refinement in achieving our aspirations and the legacy that we wish to leave behind.

“Through this event, I hope to invite women in Singapore to find and strive towards a wholesome definition of womanhood, as well as learn about how the female brain contributes to it,” said Dr Marwa.

As an extended learning platform, participants were also exposed to various aspects of personal development at booths set up by organisations such as Club Heal, Financial Alliance, Mendaki SENSE, The Codette Project, Safinah Institute, Nawal Haddad Fitness, Cosmoderm and The LOOMs Workshop. PPIS centres such as PPIS Oasis - Centre for Fostering, PPIS Vista Sakinah - Centre for Remarriages and Stepfamilies and PPIS Family Service Centres were also present to create awareness of their services and programmes.

Guest of Honour:

Ms Sim Ann

Senior Minister of State

Ministry of Culture, Community and Youth & Ministry of Trade and Industry

Deputy Government Whip

Member of Parliament, Holland-Bukit Timah GRC

Event Details:

Date: Saturday, 14 October 2017

Venue: Lifelong Learning Institute, 11 Eunos Road 8 Singapore 408601

Time: 9.00 am – 12.30 pm

GOH will be arriving at 10.00 am

Invited Speakers:

- Dr Marwa Azab - Lecturer at the Psychology Department of California State University Long Beach, a public speaker and a blogger at PsychologyToday.com
- Ms Oniatta Effendi - Senior Lecturer (Theatre) at Nanyang Academy of Fine Arts, an occasional actress, a facilitator for drama programmes for youths and ex-offenders and also a recent entrepreneur of ‘Baju by Oniatta’

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About PPIS

Founded in 1952, PPIS (Persatuan Pemudi Islam Singapura or Singapore Muslim Women's Association) is non-profit organisation focused on community services. We are dedicated to working with women of all ages in carrying out their multiple roles in society. PPIS runs three core community services namely Family Services, Student Care and Early Childhood Education (ECE). With 16 centres islandwide, the services work together to provide a quality and holistic support as well as developmental programmes for women and their families.

About R.E.D - Research and Engagement Department

As a pioneer Muslim women's (MW) organisation, PPIS recognizes the need to be a source of support to MW in an ever-changing social landscape. R.E.D aims to represent MW's voice and advance aspirations. The focus areas of the department are research and engagement.

Our objective is to undertake research efforts on MW's matters. The research is to help PPIS understand MW better and provide evidential data to represent MW to other communities as well as offer recommendations on topics that affect MW.

R.E.D's goal is to engage different parties on emerging and challenging subjects confronting MW. Through evidence-informed education programmes and public awareness, we endeavour to develop the community's knowledge base. R.E.D aspires to involve PPIS members in building internal and external social capital through their wealth of experience, knowledge and skills.

For more information, please visit: <http://www.ppis.sg>.