

**PPIS' Symposium *Wanita* 2019**

**Singapore, Sunday, 20 October 2019.** PPIS' Research & Engagement Department organised PPIS' Symposium *Wanita* 2019 with Ms Joan Pereira, Member of Parliament for Tanjong Pagar GRC as Guest of Honour, at the Lifelong Learning Institute (LLI) today. This marks the fourth edition of Symposium *Wanita*, a biennial women-focused initiative by PPIS.

As the pioneering women's organisation, PPIS recognises the need to inspire women and strengthen their well-being. This has led to the inauguration of the first Symposium *Wanita* in 2011 with the objective of re-evaluating women's positions and roles in the family.

Ms Pereira, who is also the Advisor to PAP Women's Wing Central District and Vice-Chairperson of PAP Seniors Group Executive Committee, met with some 115 participants to share her thoughts and opinions on the topic of women and active ageing, during the event.

The theme for this year's Symposium is 'Dear Future Self', which reiterates the importance of preparing holistically for one's silver years. PPIS' Symposium *Wanita* 2019 delves into three main areas that women can look into their journey towards their old age, namely finance, health and career.

In light of a rapidly ageing population, there have been a growing number of initiatives targeted towards active ageing. The Action Plan for Successful Ageing identified twelve topics that allow Singaporeans to age successfully – three of which include healthcare, employment and financial support. Through this, the government hopes to facilitate lifelong employability so that seniors can remain financially independent and keep themselves active.

Keynote speaker **Dr Helen Ko**, Senior Lecturer at Singapore University of Social Sciences and Executive Director of BeyondAge, presented on planning for one's silver years at this year's Symposium.

"This Symposium reiterated the need to cultivate good health, including psychological, social and spiritual well-being, from as early as possible," said Dr Helen Ko.

Another event highlight was the Panel Discussion with Dr Helen Ko and two special guests – **Ms Aziza Ali**, Award-Winning Restaurateur & Chef and **Ms Nurul'ain Hamdan**, Senior Financial Advisor, who did some personal real-life sharing with the hope that participants were able to relate better to the Keynote Address.

Ms Aziza, who went through several challenges in her food business said, “It is important to research or do due diligence before venturing out in business in order to avoid falling hard.”

Participants were also invited to join the thematic workshops on the areas of health, career and finance. The workshops were conducted by specialised trainers - **Dr Elly Sabrina** (Health), **Ms Harasha Bafana** (Career) and **Ms Siti Nurlinda** (Finance). They aim to raise awareness of the importance of planning ahead and encourage young women to take the manageable steps that they have learnt, in achieving their goals for their future.

Dr Elly Sabrina emphasised the need to take care of one’s health. She shared that, “Women in Singapore are outliving their male counterparts. This presents challenges in terms of health, financial, psychological and social issues. Preparing early for these challenges will ensure that women in their silver years remain vibrant members of the family and community.”

In underscoring the importance of being financially independent for one’s silver years, Ms Siti Nurlinda said, “Our children are not our retirement funds, and our parents are not our emergency funds.”

President of PPIS, Madam Rahayu Mohamad said: “Today, women’s life expectancy stands at an all-time high of 85.4 years. As women live longer, PPIS believes that there is a need for them to take advantage of their prime age to plan ahead for their future. Through our Symposium *Wanita* initiative, we hope that women are motivated to start planning early.”

She added that the organisation remains steadfast in its mission to engage women through initiatives like Symposium *Wanita*. PPIS hopes to continue to strive for excellence in its ongoing efforts to uplift women.



This year's Symposium is supported by Lifelong Learning Council and Lee Foundation.

**Guest-of-Honour:**

Ms Joan Pereira

Member of Parliament for Tanjong Pagar GRC

**Event Details:**

Date: Sunday, 20 October 2019

Time: 10.00am – 1.15pm (GOH will arrive at 10.00am)

Venue: Level 1, Lifelong Learning Institute, 11 Eunos Road 8 Singapore 408601

The event will be held in English.

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**About PPIS**

Founded in 1952, PPIS (Persatuan Pemudi Islam Singapura or Singapore Muslim Women's Association) is a non-profit organisation focused on services for women, family and children. 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 island wide, the services work together to provide quality and holistic support as well as developmental programmes for women and their families.



### **About PPIS Research and Engagement Department (R.E.D)**

As a pioneer Muslim women's (MW) organisation, PPIS recognises 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>.