



MEDIA RELEASE

Salsation Fundraising for PPIS WIN Fund – *Dancing your way to an active lifestyle*

In the spirit of giving back to the community amidst the Covid-19 situation, a group of fitness enthusiasts will be raising funds for PPIS' Women in Need (WIN) Fund through a live telecast of fitness and dance exercises via Twitch on Saturday, 9 May 2020.

To help tide over these difficult times as a result of the Covid-19 situation, the PPIS WIN Fund was established to enhance support and assistance for Muslim women as well as to ensure that no woman gets left behind. In light of this, Ms Salbiah Abdullah and some five other fellow fitness enthusiasts will be rendering their support for the fund by organising an online workout session.

The workout session is part of a fitness programme called Salsation, which is coined from the words, "salsa" and "sensation". The term, "salsa" in Salsation refers to the multi-flavoured profile of the salsa sauce which signifies what Salsation is all about – full of flavours. "Sensation" then refers to the feel of the dance itself, which places a special emphasis on lyrical expression, musicality and functional training.

When Salsation was first introduced in Singapore in 2016, Ms Salbiah was one of the first few instructors to enrol in the course. Following this, she grew passionate about the programme and established her own Salsation classes in the later part of the year, along with other like-minded instructors.

As a fitness instructor, Ms Salbiah firmly believes in the importance of keeping fit and staying active – even if this means doing so from the comfort of our homes. Given the recent movement restrictions due to the circuit breaker, she and her team will thus be conducting an online Salsation class to members of the public at a cost of \$10.00. They are hoping to have 50 participants sign up for their class. Every sign-up proceed will then be donated to PPIS' WIN Fund.

When she's not conducting her Salsation classes, Ms Salbiah tends to her full-time job as a sales coordinator and is a mother to three children. Despite juggling these responsibilities, the 42-year-old still found a way to give back to the community.



Ms Salbiah said, “As I wanted to do something meaningful for my birthday this year, I felt that it was an opportune moment to give back to the community. In fact, since the programme will also fall on the weekend of Mother’s Day, I felt that it was only fitting to contribute to the PPIS WIN Fund, to help uplift women in need and make a difference in their lives.

Due to the Covid-19 situation, my team and I wanted to reach out to as many people in our efforts to raise funds for women whilst sharing our passion for Salsation. That was how the idea of having an online Salsation class came about!”

Mdm Rahayu Mohamad, President of PPIS, shared, “Through the WIN Fund, PPIS hopes that we are able to help women emerge as winners in overcoming the struggles that they face. This is especially since women are the pillars of strength of families. We are heartened that Ms Salbiah and her team have extended their kindness in contributing to our cause and hope that more members of the community are inspired to do the same.”

PPIS strives to remain committed to upholding our mission of strengthening families by uplifting women. We also encourage the wider community to reach out and lend a helping hand by contributing to the PPIS WIN Fund. In essence, we hope to fulfil our vision of a being a compassionate organisation – one that serves the community with care and concern.

For members of the public who are interested in participating in the Salsation class, they may contact Syai at 9179 2649 or Wani at 9646 9888 for further enquiries.

Date: Saturday, 9 May 2020

Time: 5.00pm – 6.30pm

Mode: Live Telecast via Twitch

The event will be held in English.

For media inquiries, please contact:



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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. Our focus is on 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 quality and holistic support as well as developmental programmes for women and their families across the different phases of their lives.

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