

MEDIA RELEASE

VOS x MSC: *Navigating the Pandemic* Free Webinar: Overcoming COVID 19 Fatigue through Song



NAVIGATING THE PANDEMIC
OVERCOMING COVID-19 FATIGUE THROUGH SONG

AN ONLINE WEBINAR
5 JUNE 2021 | 10:30AM | ZOOM

ONE YEAR ON: COVID-19 AND YOUR CHILD
DR CHAN SI MIN
Head & Senior Consultant, Division of Paediatric Infectious Diseases, Department of Paediatrics, Khoo Teck Puat - National University Children's Medical Institute, National University Hospital

SINGING FOR MENTAL HEALTH
PROF KUA EE HEOK
Tan Geok Yin Professor in Psychiatry and Neuroscience, NUS. Advisor, NUHS Mind Science Centre. Emeritus Consultant, NUH. Mind Care Clinic, Farrer Park Medical Centre.

SING-A-LONG, FOR OUR MINDS COULD USE A SONG
DARIUS LIM
Artistic Director, Voices of Singapore

A webinar jointly organised by

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VOS, NUHS National University Health-System, Mind Science Centre, NUS National University of Singapore, Yong Loo Lin School of Medicine

(Above: Event Poster)

31 MAY 2021, SINGAPORE: The *Navigating the Pandemic* webinar is a free online programme jointly organised by Voices of Singapore and Mind Science Centre. Featuring 3 expert speakers, this webinar will aim to enhance mental resilience and help with overcoming COVID-19 fatigue through song, touching on topics such as COVID-19 and its effects on children, vaccination for teenagers as well as singing and mental health.

The programme content is as follows:

1. One Year On: COVID-19 and Your Child

By Dr Chan Si Min

Head & Senior Consultant, Division of Paediatric Infectious Diseases, Department of Paediatrics,
Khoo Teck Puat - National University Children's Medical Institute, National University Hospital

2. Singing for Mental Health

By Prof Kua Ee Heok

Tan Geok Yin Professor in Psychiatry and Neuroscience, NUS.

Advisor, NUHS Mind Science Centre.

Emeritus Consultant, NUH.

Mind Care Clinic, Farrer Park Medical Centre.

3. Sing-a-long, for Our Minds Could Use a Song

By Darius Lim

Artistic Director, Voices of Singapore

This webinar is open to all and registration has commenced:

bit.ly/NavigatingThePandemic

For further information, please contact:

Voices of Singapore | +65 8857 5636 | contact@voicesofsingapore.com

About Voices of Singapore:

Voices of Singapore is a not-for-profit arts organisation with a vision of promoting and building a Singing Singapore. Its mission is to empower and inspire Singaporeans to sing, create and learn through choral participation.

The Voices of Singapore has a range of active performance ensembles, an education wing that provides top-quality singing education through the VOS Workshop series and the children's choir. It also has a research wing that, in partnership with NUS, looks into preventing dementia through choral music. The Voices of Singapore Festival, Singapore's largest non-competitive choral competition began in 2016 and now brings together large communities of choral music enthusiasts. Its network spreads its reach from school choirs, to alumni groups, festivals and classes participants, and broader circles of singers.

Dr Chan Si Min:

Dr Chan graduated from St Mary's Hospital Medical School, Imperial College School of Medicine, UK, and obtained her post-graduate specialist qualifications from Royal College of Paediatrics and Child Health in London and a Postgraduate Diploma in Paediatric Infectious Diseases from the University of Oxford. She is registered on the UK General Medical Council Specialist Register and the Singapore Medical Council as a paediatric specialist. Dr Chan has previously worked in Great Ormond Street Hospital, St Mary's Hospital, and Guy's and St Thomas Hospital. Her clinical practice in National University Hospital, Singapore, since 2011 includes all areas of Paediatric Infectious Diseases. She sits on multiple Hospital and National committees for antimicrobial stewardship, infection prevention, immunisation, and national outbreak response and management for children.

Prof Kua Ee Heok

Dr Kua Ee Heok was trained as a doctor in the University of Malaya, Kuala Lumpur in (1968 – 1973). His training in Psychiatry was at Oxford University and he obtained the Membership of the Royal College of Psychiatrists (UK) in 1980. He was awarded a scholarship for Geriatric Psychiatry training at Harvard University in 1984 and he received an MD for research from the National University of Singapore in 1992. Dr Kua's psychiatry research training was at the National Institute of Mental Health (NIMH) USA in 1992. He became a Fellow of the Royal College of Psychiatrists (UK) in 1992.

Over the years, Dr Kua has held multiple titles. While serving as Head of the Department of Psychological Medicine, National University of Singapore (1998 – 2009), he started the first memory clinic in Singapore in 1990. He was the CEO and Medical Director, Institute of Mental Health, Singapore (1999 – 2002). He is currently Chairman of the SAF Psychiatry Advisory Board (2013 – 2019).

His special interests include psychological disorders in old age including dementia and depression, and he has wide clinical experiences particularly in psychotherapy and stress management. He was a member of the WHO Research Team for the Global Study of Dementia.

Dr Kua is also involved in international psychiatric organizations and international journals. He was the President of the Pacific-Rim College of Psychiatrists, and the editor of Asia-Pacific Psychiatry. In addition, he has written 270 research papers on subjects ranging from ageing to addiction, along with 23 books on psychiatry, dementia, depression and stress. His novel, 'Listening to Letter from America' is now used in Harvard University for a course on anthropology. He is one of the Editors-in-Chief (with Professor Norman Sartorius) for the 7-volume 'Mental Health and Illness Worldwide' to be published by Springer Nature in 2017.

He has received multiple awards, including Sandoz Research Award for Gerontology (1990), First Prize in ASEAN Psychiatry Research (1992). He was invited to speak at the United Nations World Forum on depression in 1999. He was conferred the Distinguished Psychiatrist Award 2015 by



Singapore Psychiatric Association and Lifetime Achievement Award by the Sir Gerontological Society in 2015.

Darius Lim:

Singaporean Composer-Conductor Darius Lim is the Founder and Artistic Director of the Voices of Singapore. He has risen to prominence in the national and international music scene with more than 40 national and international awards in choral and composition competitions. An internationally published composer (Edition Peters, Walton Music, Pana Musica) and established conductor, he is most known for his unique infusion of lyrical, dramatic, instrumental, and theatrical elements in both the choirs he directs as well as his choral music.

Darius has adjudicated choral competitions, given lectures on choral conducting as well as conducted choral masterclasses in Asia, America, and Europe.

He has held former posts as President of the Choral Directors' Association of Singapore, Associate Choirmaster of the Singapore Symphony Children's Choir, Music Director of Singapore Eurasian Association Choir, and Music Director of the National University of Singapore Society Choir.

A former student of BBC Chorus Director Neil Ferris and Dr. Sarah Tenant-Flowers, Darius Lim graduated from the Royal Welsh College of Music & Drama (UK) with a Masters in Choral Conducting (with Distinction). He currently holds multiple hats in the music industry including Deputy General-Secretary of the National Instructors & Coaches Association as well as the nominated Singapore representative on the board of the Asia Pacific Choral Council.