

# Art therapy to overcome Covid-19 fears

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When Mr Kandasamy Sakthivel tested positive for Covid-19 in August last year, he was beset by fear and anxiety as he was taken to Tan Tock Seng Hospital (TTSH) from his dormitory for treatment.

But, soon after, he got to indulge in his favourite passion: art.

That gave him mental relief and he left the hospital a week later considerably calmer.

The 41-year-old's painting was among several others by migrant workers and TTSH medical staff that were displayed from Feb 6 to 20 in an art exhibition titled Where Every Person Matters: A Collective Reflection Through Covid-19 at the hospital.

Out of the 80 paintings showcased, 20 were the creations of migrant workers who got the chance to paint or draw when they were hospitalised with Covid-19. The works were mostly acrylic on canvas. Others were pen and colour pencil depictions.

Social workers used painting as a therapeutic medium to help the migrant workers cope with the emotions associated with being infected with Covid-19.

They organised 10 art training sessions at TTSH's short stay wards, where the migrant workers learnt to paint and share the meaning of their



Social worker Lee Qing Hui with a photo of migrant worker Kandasamy Sakthivel and his self-portrait. PHOTO: GIN TAY

creations in a group discussion.

Mr Sakthivel, a native of Kadaloor district in Tamil Nadu, arrived in Singapore in 2003 to work in a shipyard.

In August last year, he was rushed to TTSH in an ambulance after he felt dizzy and had nausea.

He tested positive for Covid-19 but showed signs of recovery soon after.

Three days later, he was transferred to the Expo Convention Centre, where he stayed for 14 days.

A day before he left, Mr Sakthivel was given the chance to work with paint and create a picture. He drew a portrait of himself. "I feel honoured

that they gave me the chance to paint a picture," said the migrant worker, who has a 11-year-old son.

"I was comfortable doing it in an environment of caring medical staff. They made me feel like I was part of a family."

Social worker Lee Qing Hui, who attended to Mr Sakthivel's needs, said the art initiative, along with other activities enabled him to slowly open up. "He was quiet and reserved, initially even reluctant to update his family of his situation," she said. "Gradually, we helped him to relax and express himself better."

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## FUTURE SPEAKS

**Aries**  
You need to work on improving your focus and managing stress. Expenses are likely to shoot up. You will get more money from abroad.

**Taurus**  
Your creative self will come to the fore. There will be significant profit in your business. You can gain from foreign sources.

**Gemini**  
You will find success in the work you do. Clear your loans. Students will get good results. Upgrade your skills. Start a new business partnership.

**Cancer**  
Stay courageous in every situation. Work on your communication skills. A good time to invest in real estate.

**Leo**  
Work on your own. You will receive financial benefits. Learn something new. You will overpower your opponents.

**Virgo**  
Your health will improve. You will succeed in accumulating wealth. A short trip will prove beneficial. Spend quality time with your mother.

**Libra**  
You may have to work harder to accomplish your tasks. Don't be angry and stubborn. Family disputes are possible.

**Scorpio**  
Establish good relations with your superiors. You will benefit from foreign sources. Work trips will be fruitful.

**Sagittarius**  
A promotion is likely. You will make good profits in property matters. Health problems can bother you. Your relationship with a partner can deteriorate.

**Capricorn**  
You will be spiritually inclined. You will have a strong desire to change your job. You will receive an opportunity to invest in business.

**Aquarius**  
You will be attracted to the opposite sex. You may lose money. There is a possibility of a transfer to another place.

**Pisces**  
You will have strong business growth. You can get a promotion. There could be sudden monetary gains. Be careful on the health front. Your expenses could increase.

● Astro Zindagi by Neeraj Dhankher, an astrologer with proficiency in Vedic, KP and Nadi Astrology.

## SUDOKU

7								
3	9		5	6				
							2	
	6			9		3		
4		1	7	2	9		6	
	5		8				7	
	1							
			2	1		9	7	
								5

The objective is to place the digits 1 to 9 only, once in each of the small 3x3 squares. At the same time, you must create a row of unique digits going across and down over the large grid.

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## QUIZ DEREK O'BRIEN

- Which tennis player won the women's singles title at this year's Australian Open?  
a) Ash Barty  
b) Jennifer Brady  
c) Naomi Osaka
- Periodontitis is the inflammation of the tissue around the...  
a) Teeth  
b) Toe nail  
c) Hair follicle
- Which of these is a famous painting by Edvard Munch?  
a) The Scream  
b) The Night Watch  
c) The Starry Night
- Siam: Thailand. Ceylon: ?  
a) Sri Lanka  
b) Cambodia  
c) Libya
- The five central towers of which temple, built by Suryavarman II, symbolise the peaks of Mount Meru?  
a) Meenakshi  
b) Temple of the Emerald Buddha  
c) Angkor Wat
- The cottonmouth is a type of...  
a) Snake  
b) Fish  
c) Butterfly
- Forint is the currency of...  
a) Poland  
b) Sweden  
c) Hungary
- Who is the author of the book Things Fall Apart?  
a) Margaret Atwood  
b) Chinua Achebe  
c) Toni Morrison
- Which of these is a kind of dough that can be stretched into very thin sheets?  
a) Choux  
b) Penne  
c) Filo
- What does the phrase "bona fide" mean in English?  
a) Genuine  
b) Irregular  
c) Expensive