



HIMAL RUPAREL:
COMPASSION, CARE & WELLBEING

It's not about rights! It's about an intrinsic existential birth right to be equal and included, to be respected and loved, no matter what race, creed, age or specialness we have, for each one of us is different and that makes each one of us special.

How we view special is a matter of perspective.

Having worked in Singapore, India, London, and supported communities in Vietnam and Indonesia, my key understanding is that communities can only heal their brokenness when people connect through relationships based in love, compassion and mutual respect. Wellbeing is as simple and complex as that.

Most people move up the corporate ladder. My journey has been different. From different leadership/managerial positions in a career of over 25+ years, with experience across a few countries, I chose to return to ground level. In the last eight years, having shifted my focus to the Care sector, I have had the privilege to work with persons of special abilities and needs, from infants to the aging. To dive deep into this journey and to understand it experientially, I took up work roles that enabled working directly with persons with learning disabilities.

As Director of Programs and Services, Down Syndrome Association Singapore, I journeyed with and served many persons with learning disabilities - from children, teens and adults - and their families. As an Assistant Lead Teacher in an early years inclusive school, Rosebrook Developmental Centre, Singapore, I had the opportunity to work with infants, toddlers and very young children where the programme was uniquely designed to universally address the learning and developmental needs of all children. More recently, I had the opportunity to work as a Support Care Worker in a Supported Living Home in the community of L'Arche London, living with and supporting persons with learning disability between 50 to 70 + years of age.

How did I arrive at this point?

I began my career in 1995 in India and dedicated 10 years with Klenzaid - a company that made Bioclean Devices and Biocontainment facilities for Pharmaceutical and Aerospace. I led a team of 18 people, fulfilling multiple roles - that of General Manager of the Devices regional office, Director of the knowledge academy that was set up to provide training in current global mandatory regulations; and, all publications, including a journal on Alternate Medicine as Editor, and two anthologies on the late President of India, Dr Abdul Kalam.

In 2005, I explored my facilitation skills and worked as Manager, Business Development and Training, for a training house - Winspire Language World Pvt Ltd (India). I designed and delivered leadership and other soft skills programmes for the corporate sector. I was certified as a British Council Trainer for IELTS and BEC.

In 2006, I moved to Singapore and worked as Director Organisational Learning and Operations, OIA Pte Ltd, designing and delivering team building and training programmes to organisations in the Asia Pacific region. From 2010, I took up the role of Head of Training-India – NTUC LearningHub, Singapore and enjoyed the challenge of establishing the training department, for their new branch in Mumbai India. Once the team of core trainers and 20 associate trainers in their fields of expertise was in place and trained, my secondment was completed and I returned to Singapore as Curriculum Manager for another greenfield project, the purpose of which was to host all content in an accessible, user-friendly way on the organisation's internal IT platform.

In 2012, I was offered the opportunity to work with Down Syndrome Association Singapore as the Director for all direct services and programmes. I streamlined existing programmes, introduced new ones such as cooking for adults and infant toddler programme with home-based intervention, which was unique for Singapore. I also raised SGD100,000 for the new infant programme. Photography, pottery and music, independent living training for adults were some examples of new programmes introduced. Educational programmes from family support services and new/expectant parent counselling was also introduced. I organised several conferences for the Asia Pac Down Syndrome Federation in Singapore, Bali and Chennai, India. I was also an invited speaker at The World Down Syndrome Congress in 2015.

In November 2015, I joined Rosebrook Developmental Center Pte Ltd to work directly with little children. This was to deepen my understanding of challenges and comorbidities such as autism and others including children with Down syndrome and their ability to be included a schooling cohort. It was in this year that I took up and completed an online course 'Ensuring success for all: Tools and practices for inclusive schools' from Harvard Graduate School of Education, USA.

In 2017, I co-founded Human Engagement Studio Pte Ltd in Singapore. In order to further develop care, compassion and wellbeing knowledge development, I returned to India for a sabbatical and completed an online course on 'Cultivation of Compassion Training' with the Compassionate Institute, Stanford. I volunteered with Asha Niketan Chennai, which is under the L'Arche Internationale umbrella, working with adults with learning disability in their Day Center.

In 2019, I was accepted as a volunteer for a year in L'Arche London as a Support Care Worker. Here I was trained on all the various aspects of caregiving, including mandatory legal obligations.

I have been an active volunteer in Singapore and have volunteered from 2006 to 2015 with Child at Street 11, working with teachers on soft skills and relationship building, and supporting other events. I am also actively involved in One Love Ltd, Singapore since 2015 as a volunteer council member. One Love works to *accompany communities in Philippines, Malaysia, Nairobi and Bhutan to educate and enable a better future for their children.*

I graduated with a BA in English Literature, with a First Class, from the University of Madras in 1980. I am a published writer, and my articles have been published in magazines such as Finders and Roof, and Facades in Singapore. I am a member of Amherst Writers and Artists, Mass. USA.