



## Introducing PH Frugality and Sustainable Living Blog!

***Our motto*** : “Together, let’s pay it forward.”

### **What’s this blog about?**

We came up with this idea of setting up a blog to share our journey with you. We will be talking about what F&S is and the events we conduct. It will also be a space for members to share their experience in conducting and being part of events and residents’ take on F&S. Stay tuned to our blog posts which are currently planned to be published fortnightly!

Before we jump into learning about what F&S is, why we believe it’s something all PH residents should adopt and the exciting events we have lined up for this semester, let’s get to know our F&S team:

#### **Director:**

Ong Jia Xuan Denise

Business, Year 2



**Vice-Director:**

Soh Huiwen Eunice

Social work, Year 2



**Publicity Manager:**

Yukta Tanvi Mahendran

Food science and technology, Year 2



**Publicity Manager:**

Zoe Ng

Pharmacy, Year 2



### Finance Manager:

Ang Hao Wen

Business, Year 2



### Logistics Manager & Finance Manager:

Deethya Ganesh

Economics, Year 2



### Logistics Manager:

Benjamin Lay Wei jie

Business, Year 3



**So, what is Frugality and Sustainability?**

*Frugality* - The art of using “just enough to meet a certain performance”. This means that you will ensure that the product or service is just what is needed to optimally address an issue/ situation and nothing more.

*Sustainability* - Focuses on meeting the needs of the present without compromising the ability of future generations to meet their needs

Does this sound too simple to you? Let’s get it straight - it may sound simple, but it needs the dedication, passion and hard work of a large group of people to make a community frugal and sustainable.

### **What’s special about F&S in PH?**

At the core of PGP House's ethos is the simple belief in the power of humanity. In line with that, the House has embraced the theme of *Frugality and Sustainable Living*, as an intentional effort to remind all residents that they can do their part to contribute meaningfully to the House and the larger community beyond.

Residents who are passionate and aspiring for social changes are encouraged to innovate solutions for the betterment of community through frugal innovation\* initiatives, adopting frameworks of service learning.

### **How does all this come to life in PH?**

In F&S, we are passionate about serving the community in every way which is within our reach. We aim to inculcate the same into every one of our residents so that you will all realize that you are as capable as we are in making a difference to the community in a meaningful way.

**Let’s take a sneak peek at our past events:**

Beach clean up



Project Myanmar



Community Garden





Project Bali



**What do we have in store for the upcoming semester?** (*subject to change*)

- F&S Engagement Talk
- E-Project Myanmar
- Terrarium workshop
- Regular Volunteering Program
- And... many more!

If you have any questions, ideas for frugality and sustainability initiatives or are interested to join,

**Contact:**

Denise @ 93897723

Eunice @ 91725605

Scan to join our telegram group for the latest updates and happenings!



We sincerely look forward to you joining us and helping us make a difference. Feel free to reach out to us if you have suggestions on what can be up on the blog next or if you have feedback. Our ears are wide open!

Good Luck for AY20/21 Sem 1!