

Conference Programme

19 Nov 2026 (Thurs) @ Lifelong Learning Institute

10:00 ^{AM}	Registration	
10:30 ^{AM}	Opening Remarks	Ariel Lim <i>Chairperson, Cultivate</i>
10:40 ^{AM}	Keynote Address by Guest-of-Honour	Minister Indranee Rajah
11:00 ^{AM}	Presentation of Survey Findings on Attitudes Towards Caregiving	Daniel Lim <i>Research & Policy Lead, Cultivate</i>
11:30 ^{AM}	Tea Break	
11:50 ^{AM}	Dialogue on Landscape and Attitudes Towards Caregiving	Speakers: Asst. Prof. (Dr) Yvonne Kong-Ho Aidaroyani Adam Daniel Lim Moderator: Darius Lee <i>Executive Director, Cultivate</i>
01:00 ^{PM}	Lunch	
02:00 ^{PM}	Panel Discussion "The Weight of Care"	Speakers: Dr Tan Poh Lin Linus Jeremiah Koh Zarina Mahmood Maricar Moderator: Ariel Lim <i>Chairperson, Cultivate</i>
03:30 ^{PM}	Tea Break	
03:50 ^{PM}	Panel Discussion "Commitment, Fear and Faith"	Speakers: Venerable Adhibalo Ustazah (Dr) Alaniah Wahid Rev. Fr. Joseph Zhang Moderator: Daniel Lim <i>Research & Policy Lead, Cultivate</i>
05:20 ^{PM}	Closing Remarks	Darius Lee <i>Executive Director, Cultivate</i>

Guest-of-Honour Profile

Guest-of-Honour

This year, we are grateful to Minister Indranee Rajah for gracing our conference as our guest-of-honour.

The Minister will be delivering the keynote address at the conference.



Minister Indranee Rajah

Ms Indranee Rajah is the Minister in the Prime Minister's Office. She is also Second Minister for Finance and Second Minister for National Development.

Ms Rajah is the Leader of the House for the 15th Parliament and Member of Parliament for Pasir Ris-Changi GRC. In the Prime Minister's Office, Ms Rajah assists Deputy Prime Minister Gan Kim Yong in the National Population and Talent Division and oversees the Marriage and Parenthood (M&P) portfolio.

She currently chairs the M&P Reset Workgroup, an interagency effort established earlier this year to develop a whole-of-society approach to better support Singaporeans in their family journeys.

Dialogue on Landscape and Attitudes Towards Caregiving

Singapore is experiencing the twin demographic challenges of being a “super-aged” society and having record-low fertility rates. This year, Cultivate SG is conducting a survey on the attitudes of Singaporeans towards caregiving of young and old.

After the presentation of our survey findings by our research and policy lead Daniel Lim, two distinguished panellists will join him for a dialogue on the landscape and attitudes towards caregiving.



Asst. Prof. (Dr) Yvonne Kong-Ho

Dr Yvonne Kong-Ho is an applied researcher and educator specialising in Industrial Gerontology, Workforce Development, and Career Development.

She currently serves as an Assistant Professor at the Singapore Institute of Technology, where she combines rigorous research with practical interventions to enhance critical thinking, communication skills and career capital development to enhance workforce resilience across the life course. Her research interests include career capital development, individual and organisational resilience, and industrial gerontology.



Aidaroyani Adam

Aidaroyani Adam has over 25 years of experience in education and community development. She spent several years at the Centre for Research in Pedagogy and Practice (CRPP) at NIE/NTU. She was the Deputy CEO of MENDAKI and has held various roles spanning research, planning, education and community engagement.

As the CEO of PPIS, she believes in the empowerment of women that is vital to the well-being and progress of families and societies.



Daniel Lim

Daniel Lim is a researcher, speaker and advocate whose work focuses on marriage, parenthood, and contemporary social issues. As Research and Policy Lead at Cultivate SG, he studies and facilitates conversations on the attitudes, anxieties and aspirations shaping family life in Singapore.

He is passionate about understanding different viewpoints and translating findings into meaningful dialogue, practical recommendations and collaborative solutions that strengthen families and advance the common good.

Panel Discussion

"The Weight of Care"

With our ageing population, later marriages and births, it is anticipated that there would be a rise in the number of "sandwiched families" who have to care for both young and old. Due to numerous pressures, large families are increasingly challenging to have.

In this panel, we will hear from an expert and two passionate advocates who bring their respective professional and personal experiences to the discussion.



Dr Tan Poh Lin

Dr Tan Poh Lin is a Senior Research Fellow at the Institute of Policy Studies, National University of Singapore (NUS).

She serves as Secretary of the Population Association of Singapore and Steering Committee Member of the Centre for Family and Population Research, NUS, and received the Early Career Award of the Population Association of Singapore in 2024. Her research is on pro-natalist policies, women's fertility and work-life balance in Singapore.



Linus Jeremiah Koh

Linus Koh is a husband and father of six, and the Founding Partner and Creative Director of Saint Max Story & Media, the Catholic media apostolate he co-founded with his wife Anne Marie.

An award-winning filmmaker, with experience as an adjunct lecturer at Temasek Polytechnic, he has spent his career as a storyteller journeying with families—listening to their stories and witnessing their love, faith, and resilience across every season of life.



Zarina Mahmood Maricar

Zarina Mahmood Maricar is a community support professional and lifelong caregiver whose experiences span caring for ageing parents, raising children, supporting spouses through illness, and serving vulnerable members of the community.

Through sharing her story, she hopes to encourage greater appreciation for caregiving, strengthen community understanding, and inspire conversations about how families and society can better support those who carry these responsibilities every day.

Panel Discussion

“Commitment, Fear and Faith”

With current trends, many Singaporeans may experience an increase in caregiving pressures in years to come, whether to care for young, old or both. Some may experience fear and anxiety.

In this panel, religious leaders of different faiths will address fears, anxieties and moral and religious duties regarding caregiving, from their various faith-based perspectives.



Venerable Adhibalo

Venerable Adhibalo was ordained into the Theravada tradition of the Thai Dhammayut Sect at Santi Forest Monastery in Johor, Malaysia. He is religious advisor to the Buddhist Youth Network and the Singapore Management University Dhamma Circle.

He is also a member of the Inter-religious Organisation, Harmony Circle Youth Steering Committee and Sowing Care Together Youth Council. He sits on the Board of the Aranya Sangha Dana Fellowship.



Ustazah (Dr) Alaniah Wahid

Dr Alaniah Wahid holds a PhD, specialising in Educational Philosophy and Psychology from Raja Zarith Sofiah Centre for Advanced Studies on Islam, Science and Civilisation (RZS-CASIS). Her work focuses on Islamic education, family, religiosity, and community wellbeing.

She serves on various councils and boards in Singapore, including MUIS, PERGAS, LBKM, ARB, and the Board of Visitors to SAF Detention Barracks, and is also a member of the Santunan Emas Advisory Panel promoting active ageing among senior citizens.



Reverend Father Joseph Zhang

Reverend Father Joseph Zhang is a Catholic priest from the religious Congregation of the Disciples of the Lord (CDD). He received his priestly formation and was ordained in Singapore. He obtained his doctorate in biblical theology in Rome.

He serves in Mandarin- and English-speaking ministries, and has a particular passion for forming Mandarin-speaking Catholics. He currently teaches at the Catholic Theological Institute of Singapore.

In 2026, he was appointed to represent the Catholic Archdiocese of Singapore in the Inter-Religious Organisation (IRO).

Our People

Cultivate SG is grateful to have a team of passionate and dedicated people, who are committed to the vision and mission of the organisation.

Members of our Cultivate team will be speaking, presenting and moderating various dialogues and panels during the conference.



Ariel Lim

Ariel Lim is the Chairperson of Cultivate SG. She is currently a homemaker who tends to her three young children daily.

She holds a Masters of Public Policy and a Bachelor of Laws (LL.B.) from the National University of Singapore. She was called to the Singapore Bar in 2015, and had also worked in Mediacorp as a senior journalist for CNA.



Darius Lee

Darius is the Executive Director of Cultivate SG. He is a prolific speaker and writer.

Beyond Cultivate, Darius has also published a range of peer-reviewed academic articles on topics including constitutional law, international law and human rights. He also practises law as a locum solicitor at Characterist LLC.



Daniel Lim

Daniel Lim is a researcher, speaker and advocate whose work focuses on marriage, parenthood, and contemporary social issues. As Research and Policy Lead at Cultivate SG, he studies and facilitates conversations on the attitudes, anxieties and aspirations shaping family life in Singapore.

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