

family time

making every minute count

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In Singapore, we are heading toward our second year of working from home (WFH). While it has been a different mode of operating, I have felt more energetic as the days have passed because I have greater work-life balance. This pandemic has shown me how work can still get done while also enjoying a balanced lifestyle with family and sports.

Time that I used to spend commuting to the office, I now devote to reviewing emails in the morning and taking care of work or personal activities. In the evening, I take a break to go for my nightly swim. I enjoy the added flexibility to refresh my mind and body.

more time to bond with my family

During the day, while attending to my meetings and routine work activities, I make a point to set aside time for bonding with my one-year-old and my sweet husband. Working remotely means I witnessed my baby's first steps and first words. This is a blessing for any mom to experience. I also enjoy cooking for the family because it relaxes me and

refreshes my mind before tackling the next task for work. I have become an expert of many recipes now, especially my "dum biryani" (a style of biryani from Hyderabad, India, made with basmati rice and meat cooked in the dum pukht method). My husband has even gained 15 pounds (7 kg) from all my cooking.

Like many people, I have turned to platforms like YouTube® to teach myself about many things, like how to care for my family and what to cook. Couple that with occasional online shopping and I feel I have become invincible. I purchase everything online, even fresh fish. Thank goodness for the technical advancements in Singapore.

WFH has been a blessing in disguise for new moms like me. I am confident others can find new hobbies to enjoy with their loved ones, like cooking, running, swimming and even meditation, which can help us feel more content and at ease in our homes.

