

## #MyFSGPledge

“I don't believe in sitting around and waiting for others to make positive change happen. I see it as my social responsibility to support and help those around me.”

Sivaranjani D/O Nampirajan, 30

Volunteer, with her mother Suganthy D/O Arumugam, 55, an A&E nurse, grassroots leader.

They have been involved in community activities for over two decades and are Forward SG participants.

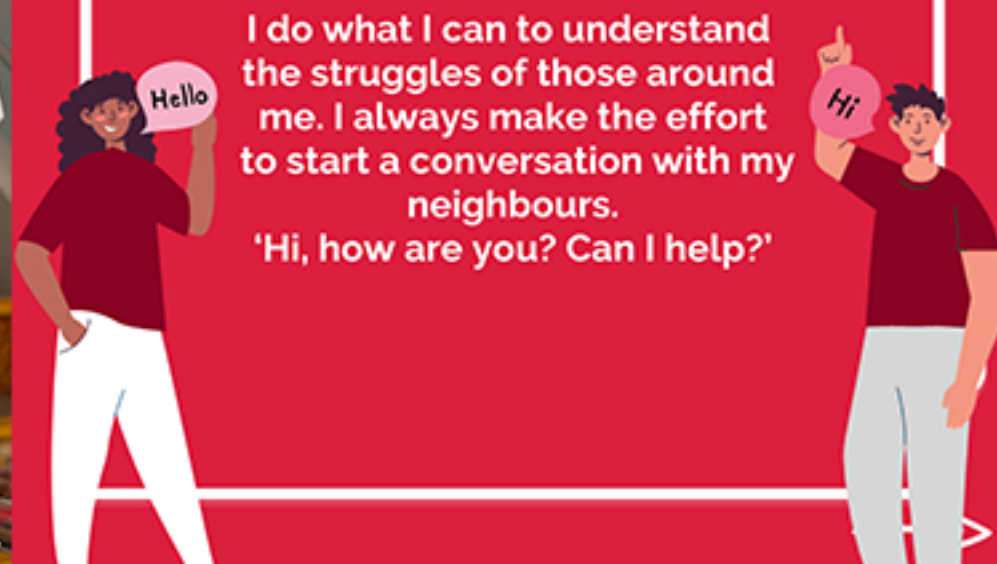


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## SIVARANJANNI'S POV

When COVID first hit, I assisted the team that helped to organise and deliver care packages to elderly and low-income families in my neighbourhood.

I do what I can to understand the struggles of those around me. I always make the effort to start a conversation with my neighbours. 'Hi, how are you? Can I help?'



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I had my first community service experience when I was six years old. I started with putting up decorations, dressing up at cultural events and encouraging my friends from the playground to attend the neighbourhood parties.

I've always loved these events as it was also the perfect excuse for me to see my friends after school. These experiences taught me how to connect with people from all walks of life, and show empathy for others.



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Today, I organise festive events with my mom and the committee, including Deepavali, the Mid-Autumn festival, Chinese New Year, Hari Raya and Christmas. My goal is to encourage more youths to attend the community events.

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I attended the Pasir Ris Elias CC Forward SG session in July with my mum. I took the opportunity to remind others that if they want to see positive change in their community, they would also have to consider their own individual actions and pitch in. You don't need a special title to help and support others, everyone should have that social responsibility.

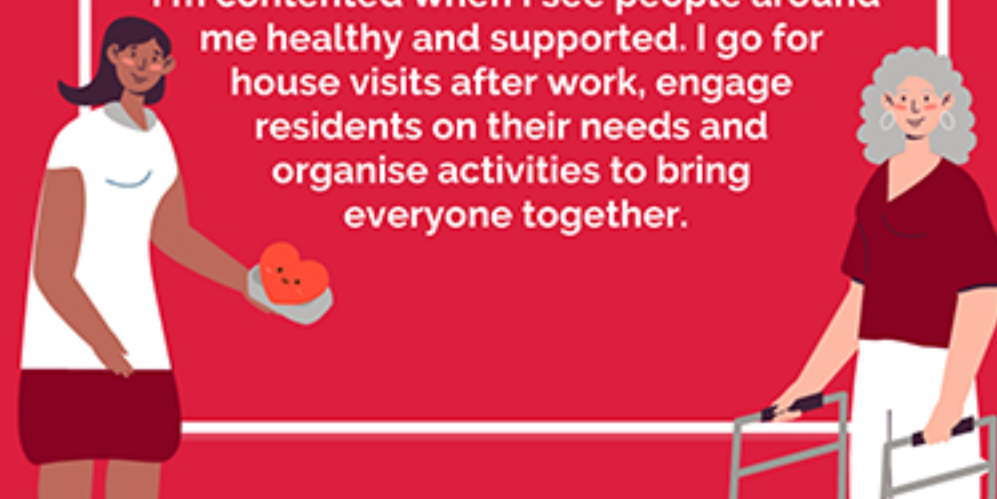


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## SUGANTHI'S POV

I'm an A&E nurse. I work eight hours a day, and on Saturdays every alternate week, in the emergency department of a local hospital. I unwind by devoting almost all my free time to community work.

I'm contented when I see people around me healthy and supported. I go for house visits after work, engage residents on their needs and organise activities to bring everyone together.



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Today, my daughter and I bond over the activities we plan for the community.

I've been living in Pasir Ris for more than 30 years, and don't want to leave because I am close to my neighbours. I do what I can for them, especially the elderly and those from low-income families.



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Having volunteered here for more than two decades, one of the projects I'm proudest of supporting is a health initiative for seniors.

Since 2017, on every last Sunday of the month, I've been taking the blood pressure and glucose levels of the seniors living in the area. Up to 50 of them turn up for every session. Some even come earlier to help with the set-up of the void deck area where we do the screenings. It's great that they trust me and we have good rapport.

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At the Forward SG session I attended, it was good to see the dialogue happening between Singaporeans, including students who got to share their point of view.

