

HARKIRAN KAUR

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EDUCATION

SINGAPORE MANAGEMENT UNIVERSITY

Aug 2019 - Aug 2022

Bachelor of Social Science

TEMASEK POLYTECHNIC

Apr 2017 - Apr 2019

Diploma in Gerontological Management Studies

- GPA: 3.75/4.00
- Diploma with Merit
- Director List (Junior)
- Director List (Freshman)
- SINDA Excellence Awards
- Edusave Certificate of Academic Achievement
- Edusave Scholarship

EXPERIENCE

TOUCH COMMUNITY SERVICES

Sep 2018 - Dec 2018

Intern

- In charge of and facilitated health coaches from National Healthcare Group for a weekly community health post
- Prepared logistics, helped to take residents blood pressure and demonstrated exercises as part of a weekly exercise sessions
- Entered data of registration forms and the Physical Activity Readiness Questionnaire (PAR-Q) into organisation's database
- Created and designed cards for each resident for World Diabetes Day
- Created and conducted lesson plans for elderly residents in Diabetes Peer Support Group
- Performed an experimental research and presented findings

ABC LAB

Apr 2021-Aug 2021

Research Assistant

- Did coding and gave recommendations to project head on what to be improved or included

CO-CURRICULAR ACTIVITIES

VOLUNTEER, HEARTWARE NETWORK

Apr 2018 - Jul 2018

- Befriended Elderly residents
- Conducted qualitative and quantitative interviews to assess elderly residents' physical, social, emotional, and mental well-being
- Developed an interactive exercise mat

FACILITATOR, TEMASEK POLYTECHNIC SAF MASTER COURSE INSTRUCTOR EVENT

Aug 2017 - Sep 2017

- Engaged and facilitated older adults and members of the Singapore Armed Forces about MindWorks

SKILLS & INTERESTS

- Soft Skills: Problem solving, leadership, programme management, team building
- Software Skills: Microsoft PowerPoint, Microsoft Word, Microsoft Excel (Basic), Qualtrics (Basic)
- Language Fluency: English, Mandarin (Basic), French (Basic), Spanish (Basic), Hindi (Basic), Punjabi (Basic)