



His aunt made a difficult decision after that and sent Aloysius to Chen Su Lan Methodist Welfare Home, where he spent the next five years. "Looking back, I think it's a good thing that I was sent to the Home," he said. "They provided me the guidance and discipline I needed at that age — if I had been left on my own, I think things wouldn't have turned out this way."

**CAREER GOALS IN COMMUNITY CARE**

Aloysius credits his social worker for all the positive changes in his life, and is now inspired to pursue a career in social work and community care. While his initial interest was working with troubled youths, his exposure to HCA's patients at Kang Le has broadened his interests.

"I wasn't that keen about working with the elderly initially, but I was determined to make the best of my attachment," he said. "I thought the 10 weeks would be boring, but these patients became such a source of inspiration to me. I witnessed how they were still happy and jovial on a daily basis, even though they knew their days were numbered. That really changed my mind about working with the elderly who are sick."

As with all his experiences in life, Aloysius says he will always carry a part of HCA and its beneficiaries with him. "I still want to come back and visit them!"

**DR R R PRAVIN: I ALWAYS KNEW I WANTED TO HELP OTHERS**

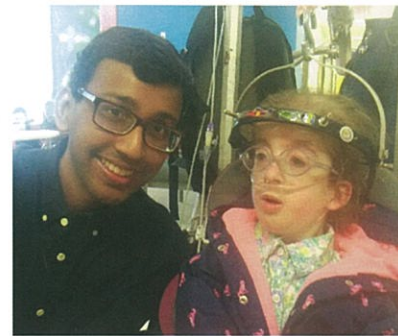
This multi-talented young doctor is a soft-spoken 24-year old new graduate from the Yong Loo Lin School of Medicine. His youth belies his illustrious achievements in other fields — he's a published author of fiction books and poems, a playwright, and a composer.

His passion in caring for others started in at an early age. "Since my school days in ACS, I've always known that I wanted to help others," he says. "I didn't know how I was going to do it at the time, but eventually, I realised that being a doctor would truly fulfil my dream of giving back and healing others."

But why palliative care, especially the field of paediatric palliative care? "When I told my mother I wanted to focus on

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Dr Pravin enjoys spending time with some of his young patients, and their families.



**Gone Too Soon**

Is there anything I can give  
To make you stay a while more  
All those times the doctors said  
You have a day more to live  
I would hear you had  
a year longer  
No parent wants to  
let go of a child  
A child like you my angel.

*Excerpt from poem by Dr R R Pravin*

palliative care, she was hesitant and told me that she wanted my hands to help in healing, rather than dealing with the dying."

His interest in working with children was piqued by a chance encounter with HCA's Nurse Geraldine, who introduced him to the world of Star PALS, a service by HCA that's dedicated to improving the quality of life for children aged 19 and below with life-limiting or life-threatening conditions. Dr Pravin was highly inspired after having worked with some of our paediatric patients and he's done many voluntary stints with Star PALS.

One of his fund-raising efforts is called Project Harmony Heals, for which he wrote and produced a music single called 'Face the Fight' and video for sale to raise funds for the cause. He even involved some Star PALS patients in the recording of the song.

Aloysius and Dr Pravin never allowed their youth to hinder them from aspiring to help others. Instead, they used it to their advantage. While it may still be a long road ahead, it can only be a path that leads them to a brighter future. 🌟



**A Blanket of Love**

Twenty students from Hougang Secondary School laboured over six months to create a beautiful patchwork blanket for one of HCA Hospice Care's patient, Madam Siah. This simple but powerful gesture, was an outward expression of their love and empathy for the elderly — something they learnt from HCA Hospice Care's Young Caregivers Programme's "A Touch of Love" workshop.