



**NANYANG
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Project Silver Sparks
Post-Event Report

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Project Overview

Project Background & Objectives

"It is not how much we do, but how much love we put into doing." This quote reflects my belief in purposeful service and transforming empathy into tangible community impact. My leadership journey began as the Assistant Welfare Director and progressed to Welfare Director of the School of Physical and Mathematical Sciences (SPMS) Club, where I led inclusive welfare initiatives and outreach programmes. Through planning bonding sessions and community engagement activities, I developed strong skills in events coordination and identifying unmet social needs.

These leadership experiences drove me to organize Silver Sparks, an intergenerational initiative that leverages STEM education to bridge generations. The programme was designed to address two key community needs: strengthening youths' interest and confidence in STEM, and reducing social isolation among the elderly through regular, meaningful interaction.

Anchored in compassion, inclusivity, curiosity, and empowerment, Silver Sparks engages youths, elderly participants, and volunteers through hands-on STEM and social activities. In addition to benefiting the community, volunteers had the opportunities to develop empathy, leadership, and community awareness.

The key objectives of Silver Sparks are:

1. To empower youths through engaging and accessible STEM-related activities.
2. To enhance the emotional well-being and quality of life of elderly residents through companionship and interactive sessions.
3. To encourage compassion, volunteerism, and social responsibility among student volunteers.
4. To foster intergenerational connections through shared learning and meaningful interactions.

Target Audience and Reach

Silver Sparks engaged multiple beneficiary groups, including:

- Elderly residents at St. Andrew's Nursing Home
- Teenage girls from Gladiolus Place

The programme involved student volunteers from NTU, who worked closely with beneficiaries during each session. Activities were designed to be inclusive, age-appropriate, and adaptable to participants' physical and cognitive needs.

Programme Components

1. Silver Circle Reunion

The Silver Circle Reunion focused on building connections while fostering joy among elderly residents at St. Andrew's Nursing Home. Volunteers engaged residents through a variety of bonding and recreational activities, including therapeutic gardening, canvas batik painting, sea shell art, memory card games and board games (e.g., Snakes & Ladders and Monopoly), mahjong sessions, karaoke, and adaptive sports such as badminton and basketball.

These activities promoted social interaction, cognitive stimulation, and emotional engagement among the residents. Small gifts were distributed as tokens of appreciation, with biscuits and soft cakes also provided during activity breaks. At the end of this project, I designed and printed customized T-shirts for the elderly, ordering a total of 153 T-shirts.

Distribution of small gifts and treats during sessions





2. SCIQUEST: Engaging Teens

SCIQUEST was an outreach initiative designed to inspire and empower teenage girls through hands-on science activities and positive volunteer interactions at Gladiolus Place. Activities conducted such as Lava Lamp in a Bottle experiment, Kahoot-based interactive science quiz, arts & crafts, and many more.

Participants were rewarded with snacks and small gifts to acknowledge their participation and enthusiasm. The session aimed to make science approachable and enjoyable, while encouraging curiosity, confidence, and learning through fun activities.

Event Execution

1. Therapeutic Gardening Programme

The Therapeutic Gardening programme aimed to improve the emotional well-being of elderly residents by promoting a sense of purpose, routine, and connection with nature. Monthly gardening sessions (approximately 4–6 visits, each lasting about 2 hours) were conducted with volunteers assisting residents in light gardening tasks, such as:

- Planting flower, herb, and vegetable seeds
- Transferring seedlings to pots or garden beds
- Watering and maintaining plants
- Decorating garden pots and labels
- Harvesting herbs or flowers for simple crafts or tea-making

These sessions helped reduce feelings of isolation, fostered a shared sense of responsibility, and strengthened community bonds among participants.





Planting & transferring seedlings to a larger pot



Watering the Plants Regularly



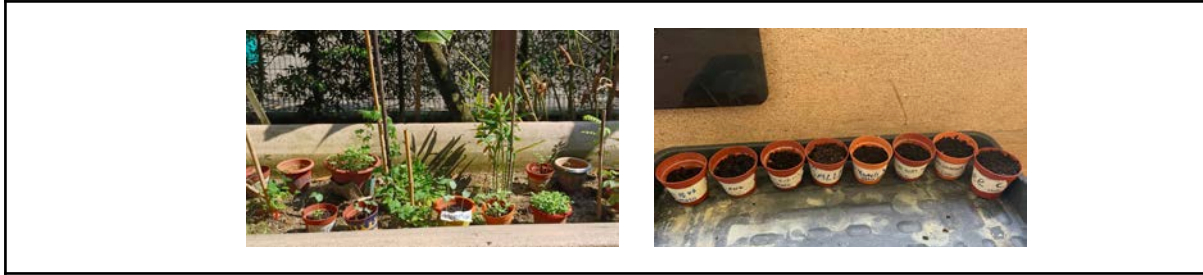


Decorating Pots



Pictures of Planted Seeds





2. Recreational Activities

The recreational activities were designed to promote physical well-being, cognitive engagement, and social interaction among elderly residents. Volunteers facilitated a variety of games and activities such as board games, memory-based games, light physical exercises, and interactive group activities.

These sessions encouraged active participation, fostered companionship, and provided residents with opportunities to relax and enjoy themselves in a supportive and inclusive environment. Through consistent engagement, the activities contributed to residents' overall emotional well-being and quality of life.



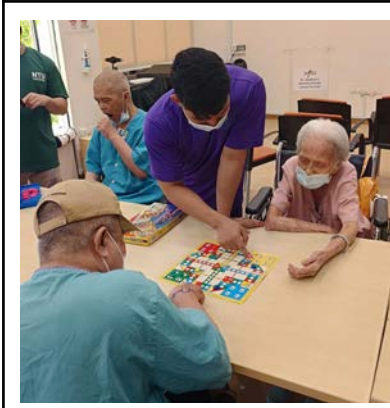


Mahjong Sessions



Board Games





Arts & Crafts (Batik Painting)

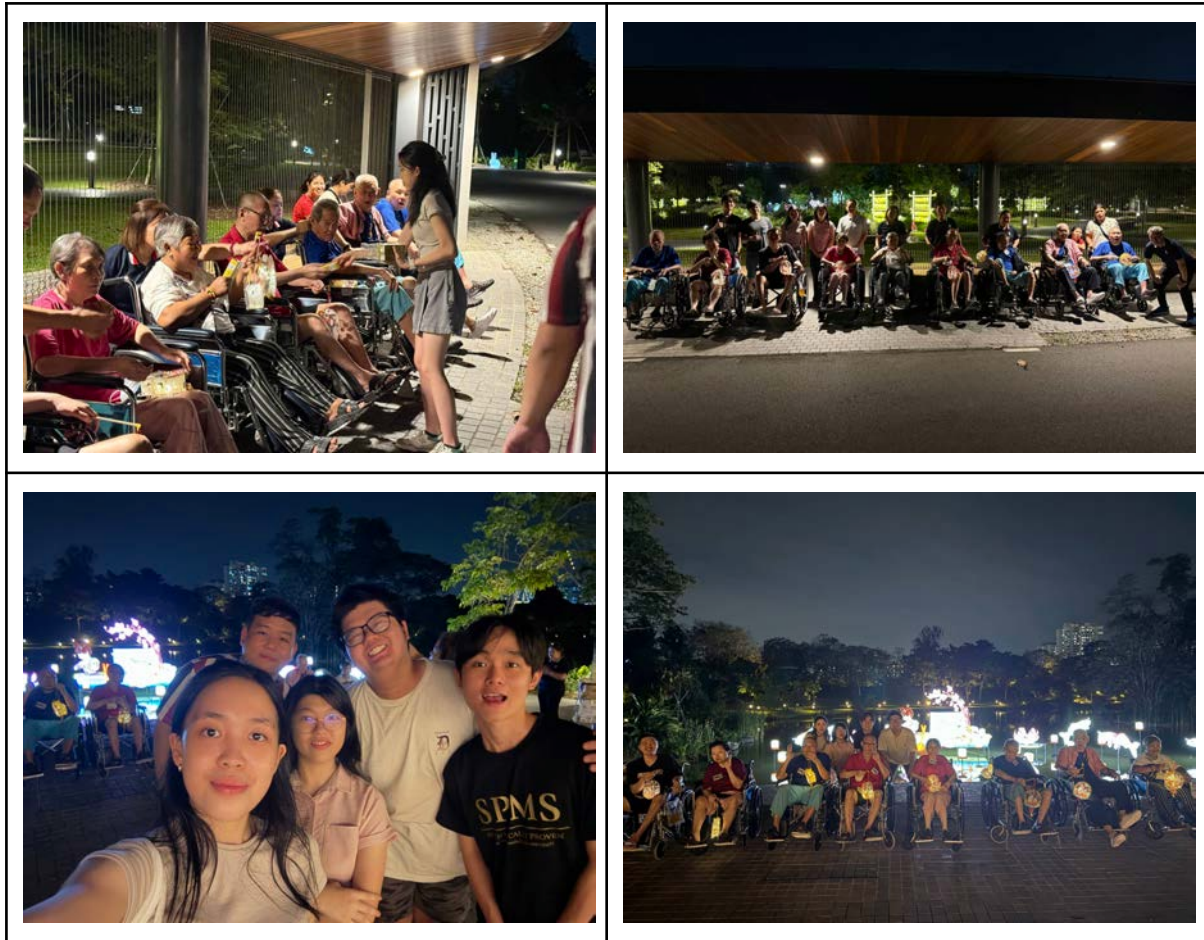


3. Mid-Autumn Festival Evening Walk

The Mid-Autumn Festival Evening Walk was held on 9th October, 6pm-9pm, where elderly residents enjoyed a leisurely evening walk from the nursing home to Jurong Lake Gardens. Residents carried lanterns as part of the festive celebration, creating a warm and joyful atmosphere.

During the walk, we stopped to cut and distribute mooncakes to the residents, along with drinks for refreshment. The activity provided light physical exercise, social interaction, and festive engagement, allowing residents to celebrate the Mid-Autumn Festival in a meaningful and inclusive way.





4. STEM Sessions

The STEM Sessions component focused on holistic youth development through education and engagement. Activities included:

- Peer tutoring sessions for science subjects through fun kahoot quizzes
- Minor budget reallocations were made by reusing art materials and allocating some funds to transportation needs, while overall expenditure remained within budget.
- Hands-on science experiments (e.g. DIY lava lamps, rock candy, elephant toothpaste)
- Science Activities such as Kahoot
- Arts and crafts activities

Approximately 4–5 visits were conducted. These sessions aimed to build academic confidence, enhance literacy, and promote joyful learning experiences among youths. During the final session on 4 December, I bought McDonald's, tarts, snacks, and drinks for a small potluck, where we ate together to conclude the programme on a warm note. Afterwards, we ate together and bought the volunteers tarts as a gesture of appreciation to the volunteers.



Budget Allocation

The total budget allocated for SPARKS (Silver) was **SGD 1,500**, distributed as follows:

- **Silver Circle Programme:** SGD 1,239
- **SCIQUEST Programme:** SGD 252

Funds were used for activity materials, science kits, gardening supplies, interactive tools, and small gifts for beneficiaries to enhance engagement and participation. Minor budget reallocations were made by reusing art materials and allocating some funds to transportation needs, while overall expenditure remained within budget.

Challenges Faced

During the implementation of Silver Sparks, we faced several practical challenges. Volunteers' availability sometimes changed at the last minute, which required small adjustments to the programme. Activities also had to be adapted based on the elderly participants' mood and comfort level, as not everyone was always keen on the planned activities. For sessions at the girls' home, strict centre regulations limited publicity and prevented activities such as animal-assisted therapy, while science reading circles were replaced with more relaxed sessions due to the girls' existing study schedules. As a result, the programme required flexibility while staying focused on the main goals.

Impact and Outcomes

Silver Sparks successfully created meaningful and positive experiences for both youths and elderly participants. Key outcomes included:

- Improved mood and reduced feelings of isolation among elderly residents
- Increased interest and confidence in science among youth participants
- Strengthened intergenerational relationships through shared activities
- Enhanced sense of empathy, compassion, and social responsibility among volunteers

Overall, the programme demonstrated how small, consistent acts of care and education can contribute to a more inclusive and connected community.

Acknowledgements

I am deeply grateful to OG Department Stores and Mr Tay Tee Peng for awarding me the Distinguished Undergraduate Student Award (DUSA), which made Silver Sparks possible. I would also like to extend my sincere appreciation to our community partners, including St. Andrew's Nursing Home and Gladiolus Place, for their trust, support, and collaboration.

My heartfelt thanks go to all the volunteers who dedicated their time and energy to making each session meaningful and impactful. Their compassion and commitment have contributed to the success of this programme.

Through Silver Sparks, I have learned that every act of care, no matter how small it is, has the power to make the world a little brighter.



