

Haresh Singaraju

Singaporean • Father of two young children • Family Physician • Public Healthcare Leader

Personal Roots

Raised in a humble HDB household, by a technician father and a clerk mother, my early life was shaped by thrift, neighbourly community, street-soccer courts, long public transport journeys and frequent encounters with public healthcare where hardship and hope coexisted. These experiences ground my values and sense of purpose, and guide how I serve, lead and relate to people across different walks of life.

Professional Role

Family Medicine Specialist; Head, Queenstown Polyclinic (National University Polyclinics)

I lead and practise within Singapore's public primary care system, advancing multidisciplinary team-based care, clinical governance, and ethical decision-making to improve care quality while safeguarding staff well-being and long-term sustainability. My work focuses on applying systems thinking and appropriate technology to make care delivery safer, more efficient, and sustainable for both patients and staff. I also contribute to the teaching of family medicine, with an emphasis on sound judgment, continuity of care, and professional integrity.

Community Engagement

I work with community networks to strengthen social connection and mobility, with particular attention to engagement with persons living with disability, guidance and certification for Lasting Power of Attorney (LPA) and community-based approaches, including social prescribing, that connect healthcare with community and social activities to support holistic, whole-person care.

Languages

Tamil and English (spoken & written). Conversational Malay and Mandarin (work context).

Advocacy Focus as NMP

Public Healthcare Workforce Dignity: Advocating for systems where professional roles are respected, and where the responsibilities and risks carried by healthcare workers are matched with realistic time, manpower, and organisational support, so that care remains safe, fair, and sustainable for both patients and staff.

Young Families: Supporting parents through fair and flexible workplace practices, strong foundations in children's healthcare and education, and practical relief that reduces the daily emotional and financial pressures of raising children.

Social Integration: Promoting inclusive approaches that ensure care and support are co-created, culturally intelligible, and resonant, so that individuals and communities can engage meaningfully and with dignity.

Personal statement:

I hope my journey reflects that young Singaporeans from ordinary roots, including minority backgrounds, can grow, serve and contribute meaningfully to our society together.