

# HAISHWARYA MANOHARAJAN

■ Kingston Canada ■ 437-559-6238 ■ haish.mm@hotmail.com ■

## PROFESSIONAL SUMMARY

Empathetic personal support worker with sensitive and compassionate approach to cultivating trusting, stimulating and varied lifestyle for residents. Offers enhanced care with flexible learning approach for patients. Experience in hospital and in-home settings providing guidance and encouragement to patients through physical and emotional support.

## EXPERIENCE

### **PSW STUDENT PLACEMENT** 10/2025 to 12/2025

**Extendicare Kingston**, Kingston, ON

- Assisted clients with daily living activities including bathing, dressing and grooming.
- Provided compassionate emotional support to clients and their families.
- Assisted with meal preparation and feeding for individuals with special dietary needs.
- Helped clients with mobility, including transferring and walking exercises.
- Documented care activities and reported any changes in client condition to supervisors.
- Facilitated recreational and social activities to promote client engagement.
- Assisted clients with toileting and continence care while respecting privacy and dignity.
- Responded promptly to client call bells and requests for assistance.
- Observed and reported behavioral changes and potential health concerns.
- Supported end-of-life care with sensitivity and adherence to clients wishes.

### **CUSTOMER SERVICE REPRESENTATIVE** 09/2023 to 08/2025

**Shell Gas Station**, Kingston, ON

- Greet and assist customers with purchases, providing friendly service, handle cash, card transactions and maintain accurate records.
- Restock shelves and keep the store clean and organized.
- Monitor inventory and report low-stock items to management.
- Ensure a smooth checkout process and resolve customer concerns.

### **FOOD SERVICE WORKER** 06/2023 to 12/2023

**Queens Hospitality Services ARAMARK**, Kingston, ON

- Served food and beverages to customers while maintaining a friendly attitude.
- Helped with kitchen prep, making sure everything ran smoothly.
- Kept dining areas clean and stocked with necessary supplies.
- Worked as part of a team to provide quick and efficient service.
- Followed safety and hygiene guidelines to ensure food quality.

### **ELDERLY CARE & MEAL PREP ASSISTANT** 06/2021 to 02/2022

**Royal Nursing Home**

- Volunteered to assist elderly residents with daily activities, including feeding, mobility support and companionship.

- Helped serve meals and provided dining assistance to residents with special dietary needs.
- Supported kitchen staff by setting up meal trays, distributing food and ensuring a clean and organized dining area.
- Observed resident's eating habits and reported any concerns about appetite or nutrition to caregivers.
- Encouraged social interaction during meal times to enhance resident's well-being and reduce feelings of isolation.
- Assisted in organizing light exercise and recreational activities to promote an active and engaging environment.

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## EDUCATION

POST GRADUATE DIPLOMA : DIGITAL MARKETING COMMUNICATIONS & PROJECT MANAGEMENT, **01/2024**

**St. Lawrence College** - Kingston, ON

BSC (HONS) : BUSINESS ADMINISTRATION, **01/2018**

**University Of Bedfordshire** - Luton, United Kingdom

Certificate : Personal Support Worker (NACC), **12/2025**

**A1 Global College** - Scarborough, ON

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## CERTIFICATIONS

- GPA Training
- BLS Certification
- Palliative/ End of Life Care
- Dementia Care
- First Aid Certification
- Food Handler Certificate
- PSW Certification
- UFIRST Training

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## COMMUNITY SERVICE & VOLUNTEER WORK

- Sri Lanka Red Cross Society, First Aid & Community Health Coordinator, 2009-2011,
- Assisted in conducting first aid training sessions for schools and communities.
  - Provided support at medical camps, helping with basic health check-ups and distributing medication.
  - Participated in disaster relief efforts, offering first aid and coordinating supplies for affected families.
  - Assisted elderly and disabled individuals in accessing medical care and support services.

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## AVAILABILITY

Monday - Full Availability  
Tuesday - Full Availability  
Wednesday - Full Availability  
Thursday - Full Availability  
Friday - Full Availability  
Saturday & Sunday - Full Availability