

ROTARACT CLUB OF KUALA LUMPUR

ROTARY INTERNATIONAL DISTRICT 3300



ROTARACT DISTRICT 3300 AWARDS RY 2010/2011

Project Oriented

Best Professional Development

Prepared by:

Sharmini Tambou

Professional Development Director

Executive Summary

To develop the mind, body and soul of our Rotractors to be beneficial members of the society we are apart.

Organising Committee

Organising Chairperson : Rtr Sharmini Tambou

Marketing & Promotion : President David Lee Wai Hoo

Logistics & Coordination : VP Gus Takow

Budget

All speakers did not charge us for their services

The Making Of...

Throughout the year, RACKL has been having a series of professional and personal development talks that tie into our overall goal of developing the mind, body and soul. This goal was developed as we felt that balance is critical in life and that we needed to ensure that each aspect was fulfilled throughout the Rotaract year.

As such, we engaged a series of speakers to share a bit about their background as well as their field of speciality. Their interactive presentation coupled with real life examples managed to engage the audience and develop their knowledge in all these niches.

It was a challenge to get interesting speakers who would not go into their areas of expertise too deep as this would confuse the audience. However, with a mix of audio, visual and kinetic aids the audience were deeply engaged in the subject.

Objective 1 : Mind
Date : 10th July 2010
Speaker : PP Attan Akmar & Miss Ng Lay Mei
Topic : Trading for Futures
Members : 6
Guests : 7 (3 Rotaractors:- DRRE Sunil, President Eric, Rtr Ben)

The 2 hour seminar delved into the area of futures and how it related to stockbroking. It thought us about the crude palm oil market along with other commodities and how it has progressed over the last decade.

Basic information was given on how to trade in futures and how individuals can sign up for an account and begin the process. This opened up a new realm of possibility for us in the booming commodities market.

The analysts from TA Securities gave a run through of current market data and how trend spotting occurs. Coupled with macro and microeconomic feedback the facets of the futures market seem like the sky is the limit.



Objective 1 : Mind
Date : 14th August 2010
Speaker : Mr Pradeep K. Vasani
Topic : Project Management 101
Members : 6
Guests : 10

Mr Pradeep, a certified Project Manager who has run multi-million dollar projects regaled us with his tales of the construction industry as well as the basics of Project Management.

He enlightened us on the definition of project management as well as a brief overview of what it was and proceeded to highlight the roles and responsibilities. It was interesting to see how various stakeholders come together when a project is executed.

We then learn about a Gantt chart which is a bar like chart that is used to measure the overall progress of a project and to keep timelines in check. He also explored how to keep track of the project and other measurable that are used. This was followed by a lengthy question and answer session.

To summarise, a project needs to be on time, on cost and with quality for a project to have been run successfully.



Objective 2 : Body
Date : 14th May 2010
Speaker : Mr Jeffrey Nah
Topic : First Aid Awareness
Members : 5
Guests : 3

Mr. Jeffrey, a senior trainer from St. John Ambulance, gave us a great session on First Aid Awareness. He taught us the basic of First Aid. We have grasped a few basic principles of First aid rescue and we learnt how to apply CPR to a victim as well as how rescue a person from choking from a foreign object. This is done by applying a two hand pressure between the chest at 2 finger distance from the naval.

He also taught us the principles of DRABC of First Aid, which is D for Danger for looking out the perimeter for any sign of danger before perform the first aid. R is for Response, this is checking the response from the victim whether he or she is conscious or unconscious. A for Airway, this is clear the airway of the victim by opening his or her mouth and tilting his or her head, also clear foreign objects in the mouth. B is for Breathing, this is to perform mouth-to-mouth breathing rescue to the victim. C is for circulation, this is checking the victim pulse at every minute while performing the CPR.

For the fully certified course for First Aid, it needs 4 hours of workshop session, we may have it for a future PD talk of RACKL.



Objective 2 : Body
Date : 28th May 2010
Speaker : Ms Jeamie Lee
Topic : Sizzling Salsa
Members : 7
Guests : 7 (1 Rotaractor@ IPP Koshla)

Ms Jeamie Lee from Salsa Jay gave us a crash course in the beautiful Latin American dance of Salsa. In the two hours, we have learnt the simple steps of Salsa!

She breaks the training into a few sections and have the actual dance with a partner at the end of the workshop. She also groups us into three groups for a dance steps competition. The winning team gets to have 2 weeks of free Salsa Class in her dance studio!

At the end of the workshop, she generously gave us a RM50 voucher for Salsa Class to each participants. Everyone enjoys the fun dance session and we are already eager to practice our moves on the dance floor.



OBJECTIVE 3: Soul

Date : 13th November 2010
Speaker : Rtn Melvin Chong
Topic : Quest for Success
Members : 6
Guests : 7

Rtn Melvin Chong of Bukit Bintang was invited to give us a talk on “Quest for Success”. He began the talk with his illustrious childhood. We were enthralled by his childhood antics and was in awe of his family.

He then moved onto talk about the keys for success from him point of view. Amongst his many pearls of wisdom was how passion is needed in every aspect of life, not being a victim as well as shedding images and being true to yourself.

All this coupled with his intriguing power point made for an extremely motivational lecture that left all the participants leaving very motivated and rejuvenated to start the new week.



Tell Us Why....

The reason why RACKL should be a serious contender for the awards is as follows:

1. In line with the goals of Rotaract and the Rotaract Club Constitution we have explored the aspects of mind body and soul to develop well rounded men and women who will be able to embark in the world as useful human beings
2. Leadership qualities and professional skills were developed through the various activities that were organised. The project management and quest for success talk gave real life examples of individuals who have risen through the ranks as well as carved out a business for himself. The essential
3. We worked with our sponsoring Rotary club, the Rotary Club of KL Diraja, when PP Attan Akmar gave us a talk in trading for futures. It was enlightening to see such a successful man and how he made a mark for himself in the world.
4. Rtn Melvin Chong gave us a first-hand experience of an alumnus of RACKL that has transitioned from Rotaract to membership in Rotary. It made us think of our course in Rotaract and where the future may lead us and how Rotaract and Rotary had significantly impacted his life.
5. The respect for the rights of others was clearly outlined in the first aid awareness course that was conducted. First aid and CPR is a basic thing that everyone should be entitled to if the need arises.

Conclusion

The series of PD talks that was held by RACKL has been enlightening for the members as well as the guests and as well as the members. We have managed to achieve the following:

- A balanced outlook to life
- Management and professional skills
- Respect for each other in everything that we do
- Understanding that we are decided our actions and are accountable to our family and peers

Submission Verification:

David Lee Wai Hoo

President

RY 2010/2011

Rotaract Club of Kuala Lumpur