



**ROTARACT CLUB of PUDU**  
District 3300, Malaysia

# **DISTRICT AWARDS & RECOGNITION**

- **Community Service Category**

**“ Medical Camp”**

Prepared by:  
Tan Wern Yi

## **Part A: Executive Summary**

In continuation of the Health Awareness Carnival held on 27<sup>th</sup> March 2011, the Rotaract Club of Pudu decided to organize the 1<sup>st</sup> (of many) medical camps to further create awareness about various medical risks in the elderly as well as provide free basic checkups to those who cannot afford them.

For the 1<sup>st</sup> Medical Camp held on 28<sup>th</sup> May 2011, we are joined by SEGi University College, National Transplant Resource Centre Malaysia (NTRC), Breast Cancer Welfare Association Malaysia (BCWA) and National Stroke Association of Malaysia (NASAM) in our efforts.

### *INVOLVEMENT:*

- 1) Members of Rotaract Club of Pudu
- 2) President Leong Choy Ying (Rotary Club of Pudu)
- 3) 3 Rotarians from Pudu Rotary Club
- 4) DRRE Sunil
- 5) 4 volunteer from NASAM
- 6) 9 volunteer from SEGI University College
- 7) 2 volunteer from National Transplant Resource Centre
- 8) 4 volunteer from Breast Cancer Welfare Association Malaysia (BCWA)
- 9) Headmaster from SRJK (C) Naam Kheung
- 10) Danny Lo (RAC KBU)
- 11) 5 Guests from public come to help up
- 12) 2 ex-rotaractors (From RAC KL and Pudu)

## **Part B (i): Objectives**

- (a) To create awareness on:
  - The various medical risks in the elderly and ways of prevention.
  - The importance of regular checkups for early diagnosis.
  - Organ donation and its significance.
  - The activities of Rotaract Clubs and Rotary International.
- (b) To provide basic health facilities to the elderly and needy.

## **Part B (ii): Organizing Committee**

Organizing Chairman:	Chan Kwai Hong
Secretary:	Foo Pui Kuan
Treasurer:	Shiu Siew Wah
Liaison:	Tan Wern Yi
Venue:	Shiu Sook Sun
Sponsorship:	Yeoh Siew Peng
Design:	Liew Hui Jin
Emcee:	Michelle Yong

## **Part C: Finance and Budgeting**

Venue & P.A System	*Sponsorship
Goodies Bag	*Sponsorship
Food	RM 175
Drink (Mineral water)	*Sponsorship
Token of appreciation	RM150
Advertisement: Banner & Bunting	RM 76.80
Flyers	<u>*sponsorship</u>
	<u>RM401.80</u>

- Sponsorship by: - WeiHoong Sdn Bhd (Goodies Bag)  
- Mamee-Double Decker (M) Bhd (Goodies Bag items)  
- LaBoost (Mineral Water)  
- SRJK (C) Naam Kheung (Venue)  
- Rtn Mok Sin (PA System)

## Part D (i): Pictures

Our GOH -YB Dato' Seri Ong Tee Keat giving a speech and officiated the 1<sup>st</sup> Medical Camp organised by RAC Pudu

Segi University College collaborate with our project to give free medical check-up and have a mobile clinic for doctor to consult those people that need help.

National Transplant Resource Centre  
Malaysia (NTRC) booth

Breast Cancer Welfare Association Malaysia  
(BCWA) educate on how to have the breast  
self examination

National Stroke Association of Malaysia  
(NASAM) having a booth to make awareness  
and give about the info about stroke.

Our booth to promote about Rotaract to  
public

## Part D (ii): Press Cuttings

\*Due to the project is end of May so the press will be on early of June 2011.

## Part D (iii): Promo literature

- Banner

# 1st Medical Camp

## Organised by Rotaract Club of Pudu

Officiated by YB Dato' Sri Ong Tee Keat

**Date : 28th May 2011 (Saturday)**  
**Time : 10am – 5pm**  
**Venue : SRJK (C) Naam Kheung**

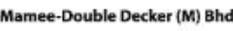


Collaborated with:





Goodies Bag & Items Sponsored By:

**WEIHOONG SDN. BHD.****Mamee-Double Decker (M) Bhd**

- **Bunting & Flyers**

**1st Medical Camp**  
**Organised by**  
**Rotaract Club of Pudu**

**Date : 28th May 2011 (Saturday)**  
**Time : 10am – 5pm**  
**Venue : SRJK (C) Naam Kheung**



**Officiated by:**  
**YB Dato' Sri Ong Tee Keat**

**Collaborated with:**



**Goodies Bag & Items Sponsored By:**




**Rotaract Club of Pudu**  
**First Medical Camp**

\*\*\* There are limited free goodies bag that will be given to the 1st 200 participants. \*\*\*  
 \*\*\* Senior citizen (age above 45) will be given priority. \*\*\*

**Free Basic medical Check-up included are;**

- 1) Blood pressure check-up
- 2) Diabetic check-up
- 3) Basic eye check up
- 4) Breast cancer awareness
- 5) Organ donation pledge

**Date : 28th May 2011**  
**Time: 10am to 5pm**  
**Venue: SRJK (C) Naam Kheung, Cheras**

Registration counter will be at the main entrance.

For more information please call:  
 Chan : 012-2179237 || Sook Sun: 012-6531168



### **Part E: “The Making of...”**

The elderly are at greater risks in getting strokes, diabetes, cancer and other life-threatening medical conditions. Yet, they seldom go to clinics for regular check-ups and often assume that they are healthy, which is dangerous. When it comes to health, ignorance is not bliss.

This year, we decided to organize a medical camp primarily for senior citizens from the age of 45 and above who cannot afford proper medical services. There were many ideas generated during discussions but we chose to consult Datuk Seri Ong Tee Keat first, as he had already successfully launched his mobile clinic last August.

This decision led us into taking the backseat during the Health Awareness Carnival held on 27<sup>th</sup> March 2011, where we were responsible for promoting Rotaract and seeking sponsorships. It was a valuable learning process which made us more prepared for the challenges that await in organizing the 1<sup>st</sup> Medical Camp, our planned long term community service project.

Though the Health Awareness Carnival, we were acquainted with SEGi University College's Group Marketing Manager, Draniece Lim, who agreed to participate in this project. They arranged to send their mobile clinic, along with 6 student nurses and 2 medical and optometry students to provide basic medical check-ups.

Furthermore, we decided that this would be an excellent opportunity for collaborations with various NGOs. It would be an avenue to increase exposure and make Rotaract Club more well-known among the community of service and awareness. Hence, we were very fortunate when the National Transplant Resource Centre Malaysia (NTRC), Breast Cancer Welfare Association Malaysia (BCWA) and National Stroke Association Malaysia (NASAM) expressed their interest in participating in this event.

The headmaster of SRJK (C) Naam Kheung was very kind to provide us with the venue. The school was located near low-end flats; therefore the occupants became our targeted beneficiaries. On the Saturday before the event, our members went distributing flyers to the occupants to promote this event.

The main challenge had always been the busy schedules of individuals within our club. It was difficult to collaborate and discuss when we couldn't meet frequently. However, President Shiu Sook Sun and Organising Chairman Chan Kwai Hong handled this gracefully and efficiently – delegating tasks and constantly updating committee members on our progresses.

The moment our 1<sup>st</sup> Medical Camp ended successfully, the sense of pride, accomplishment and camaraderie became our triumphs. We have 150 people came for this medical camp and around 100 ppl register for the medical check up and more than 10 ppl sign up to pledge organ.

## **Part F: Tell Us Why**

*'As a result, I decided to search for a briefly stated theme that would fulfil two objectives: the first to explain Rotary to non-Rotarians, and the second to validate our work for Rotarians.'* – Ray Klinginsmith, RI President Elect on selecting the theme for RY 10/11.

The Rotary theme for the year 2010/11 – 'Building Communities - Bridging Continents' can be interpreted in many ways. However, for us, it was about forging ties with existing organisations of service. Reaching out to politicians, educational institutions as well as support and awareness organisations not only strengthens the existing reputation of Rotary, it creates the pathway for future collaborations - one that is much needed if we were to make significant changes to the community. We are aware that as Rotaractors, we are the young ambassadors of Rotary International. We are proud to say that throughout these collaborations, we carried ourselves well. DRR Sanjeev once said that the Rotaract Club of Pudu was very 'internalised', I hope that this shows our club's progress and the willingness to learn and change for the better.

When a group of people from different walks of life come together to work towards a common goal, an inevitable bond is formed from mutual trust, understanding and respect. Like most Rotaract Clubs and various organisations, 'Fellowship through Service' was achieved while organizing a meaningful event together such as the 1<sup>st</sup> Medical Camp.

The 1<sup>st</sup> Medical Camp and subsequent ones are a micro-approach to disease prevention and treatment, one of Rotary Foundation's areas of focus, said to reflect critical humanitarian issues and needs that Rotarians are addressing worldwide. Early detection of life-threatening diseases saves lives. High blood-pressure, high sugar-levels, glazy eyes or even mild headaches may be minor symptoms to major illnesses. It is important that the public be aware about the medical risks that they face as well as ways of preventing them.

Furthermore, we invited volunteers from National Transplant Resource Centre Malaysia (NTRC) in hopes that they could reduce the stigma regarding organ pledges and gain more popularity. Organ donors have the ability to not only save lives, but improve the quality of life of their recipients. It is the ultimate gift of life.

To some, this project may seem to lack originality and creativity. However, basic healthcare is a necessity and should be a basic human right. We, Pudu Rotaractors are honoured be part of this movement.