

INTI IU TCM Charity Care & Health Cultivation

Report on Event

Section I

INTI IU TCM club had organized an event-TCM Charity Care and Health Cultivation on 7th of September 2014 at Sam Wei Keong Temple, Malim Jaya, Melaka. We are happy to announce that our event had achieved a total of 200 patients. INTI IU Traditional Chinese Medicine(TCM) Club's mission is to provide the best care to the public through **TCM treatment** and **education**. It is our belief that through providing medical education as well as treatment to the needy group, it allows them to take care of themselves. Hence, we are eager to grow from our experience from this event to help other communities. The objectives for carrying out this project are as below:

1. Provide **disease preventive management techniques** to the local communities of Malim Jaya, Melaka to allow them take care of themselves.
2. Increase **personal and public awareness** on health-related issues.
3. Provide charity care to the rural area which lack medical services.
4. Promote the value of traditional and modern Chinese Medicine so that the public can know more about Traditional Chinese medicine treatment.
5. Increase the availability of health and wellness resources among the public

Our fund for this project mostly comes from Khind Starfish Foundation which is 60% and 10% come from public and the remaining come from one generous benefactor who doesn't want to reveal his name. The activities that we are focusing for this event will be treatment as well as disease preventive management techniques as we want the local communities from Malim Jaya, Melaka to be able to help them when medical services are not reachable. We separated the progress of event into 4 which are:

1. Establishing rapport with the community
 - Visiting and meeting authorities from the to present our proposal and obtaining approval through one of the representative from our course as the middle person
2. Advertising our event to the community
 - The authorities from the temple helps us to advertise the event through social medial especially newspaper

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3. Services to be offered
 - The medical services we offered to those poor people are preventive health management, acupuncture, tuina, consultation, and free medicine will be given.
4. Follow up visits
 - We are still discuss with the local authorities on the future charity care but for the time being, they invite us to go again for charity care on 17th of November 2014 and we are in the middle of the progress preparing it.

Throughout this event there are some difficulties we were facing:

1. Failure in communicating with the local authorities at first causes the venue changes from Banting to Melaka but it was solves quickly after both party come to an agreement.
2. Budget is one of the major consideration during this event as funds granted from KHIND was actually not enough to cover the expenses for this event as for the medicine part it actually cost us around RM8999 already. In order to solve the problem, we ask the marketing and sponsorship team ask for sponsorship from generous benefactors as well as public and pharmaceutical company and at last we able to collect enough funds for this event.
3. The people benefited through this project are mostly old folks as through our recording, there were almost 60% of the patients are old folks. Through our interview with them, they are fascinated by our project as our charity care is a bit different as compared to other charity care they've been to. In our event, we had include disease preventive measurement knowledge for them which they found that it is useful for them.
4. As for language, there is not much language barrier as our targeted group are 75% Chinese and the remaining 25% are other races in which Indian stand a higher percentage.
5. For the long term impact, we would say that it provide a basic medical knowledge on self-care to the local community in which when medical services are scarce around their area, they still able to take care of themselves as we include those technique and necessary measurements and cautions to the people which they could use it at home without seek for helps.

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To ensure a long term care, I would divide my plans into three stages. Firstly, my team and I will continuously **follow up the progression** through local authorities to build a long term relationship with the community here and understand what they really need. Secondly, my club is still in the progression of discussion on the idea of “**Mobile Clinic**” helping us to reach those remote areas and offer our treatment more frequently. Thirdly, through **collaboration with those medical associations and media**, we can organize similar event more frequently through **raising funds and publicize** the local condition through media hoping to search for generous benefactors to ensure the continuity of the project.

We are currently completed the stage I project and now moving in to stage II project and we are still in a discussion with local religious group and through them we able to raise more fund and carry out this project to those rural areas which are difficult to reach.

SECTION II

To me, health should be the priority for human and it is a basic needs. Without health, ones will not feeling happy and couldn't carry out their daily lifestyle as they always suffered in sicknesses. It is my belief that through providing medical education as well as treatment to the needy group, it allows them to take care of themselves. Hence, we are able to achieve the objectives of KHIND STARFISH FOUNDATION which is contributing happiness to the people. In short term, this event can relieve the medical expenses burden for those who are poor and in long term, it allows them to take care of themselves when their family or relatives are not around them.

Through organizing this kind of event so several time this year, I found that health is seriously important to everyone. Ones cannot do anything without health and happiness will not be there when they couldn't do anything. I'm always thinking that if I'm the one who getting serious disease and always wanted to go out to the world and do something that I always wanted, how I am going to achieve that if I am sick. Because of that belief, I've join World Vision and AISEC in which I choose to be volunteer to go any places around the world which need my medical knowledge. I believe that through little things I contributed to the society, I somehow can influence those people around me and convince them to do the same thing as I am. From that, more and more people will involve in such a meaningful acivity and more people will be benefited from it.

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To end this report, I would like to use a quotes from mother Theresa “it’s not how much we give but how much love we put into giving”. As a future physician, this quotes keeps lingering in my mind as for me, love is needed when we treat patient as they are indirectly someone who have faith in you like your parents and it is the powerful things that can helps the society to be a better place for you and I. “The reason for us to come to this world is to love people and but not waiting to be loved, a simple act of love will change the world and make this world filled with happiness”(Ling Lii Chau).