



May 2019

The Chronicle

The joint bulletin of Rotaract Club of Alumni of
University of Moratuwa and Rotaract Club of
Alexandria Sporting



The Journey So Far

Dear Rotaractors in service,

At the beginning of this Rotaract year I was clueless as to how the International Service agenda should serve the purpose of this years theme set by our president. However carrying the message of "Service Beyond Self" in a global level we managed to connect with many Rotaractors worldwide to actively serve the community and act selflessly in executing our Rotaract mission. Its my pleasure to present you this bulletin between Rotaract Club of Alumni of University of Moratuwa and our twin club Rotaract Club of Alexandria Sporting, Egypt.

This is a presentation of what we did as responsible Rotaractors and as responsible youth who leads the world. As you turn page by page, you will get to see our Rotaract mission unfolding. The pages contain the projects that were executed by both the clubs and this bulletin also serves the purpose of sharing the services done by each club to carry the message forward and build motivation to grow day by day and present nothing but fruitful and cherished services to this world.

Making friends beyond boarders is by far the most cherished memories I had this Rotaract year as the Director of International Service and I hope to continue this friendship and bond in the years to come.

Yours in Rotaract,

Rtr. Shenali Welikala
Director International Service
Rotaract Club of Alumni of University of
Moratuwa



MESSAGE FROM ROTARACT CLUB OF ALEXANDRIA SPORTING

Dear members of Rotaract Club of Alumni of University of Moratuwa,

Writing this message gives me immense pleasure since the bond we created has brought us closer in person and in service from the day we decided to partner up as twin clubs. I can recall the first day we contacted the International Service Director of your club to join in your project I am Human too. The unique idea of wording inspiration and motivation to face and fight against violence against women captured our attention and we thought of continuing a strong bond forward with you all and do service to our communities and the world bigger and better.

First and foremost as Rotaract Club of Alexandria Sporting we would like to extend our sincere gratitude to the dear members of your club for hosting us while we were in Sri Lanka. The memories we took home were indeed special solely because of your hospitality and kindness towards us.

Secondly I would like to state that we wish to join hands with you in the years to come by going forward with our twin project "Kindred Kidneys" as a sustainable project and do much more interactive tasks and services to the community.

Last but not the least I would like to invite you all to Egypt in the upcoming Rotaract year and wish you all success in your future endeavors.

Rtr. Noha Sherif Hegazi
Rotaract Club of Alexandria Sprotting
Egypt, Rotaract International District 2451



MESSAGE FROM ROTARACT CLUB OF ALUMNI OF UNIVERSITY OF MORATUWA

Dear Members of Rotaract Club of Alexandria Sporting, Egypt,

It is with great pleasure and honor I acknowledge the twin club agreement between our clubs in the spirit of Rotaract. I believe this endeavor will open up new opportunities to our clubs to engage in service beyond borders and uplift the standards of life through fellowship.

Rotaract Club of Alumni of University of Moratuwa was chartered in 2013 by Rtr. PP. Lahiru Gawarammana. The club under Rotaract District 3220 (Sri Lanka and Maldives) is a community based Rotaract Club sponsored by the Rotary Club of Colombo West.

The club was founded with the key objective of paving the path for individuals graduating from the Rotaract Club of University of Moratuwa (which is our parent club) to continue their engagement in the Rotaract movement and serve the society after they graduate from the University.

In addition to the outgoing members of the Rotaract Club of University of Moratuwa, the club welcomes Alumni of University of Moratuwa who wish to commence a journey in Rotaract with the above primary goal in mind, the main avenues in the scope of engagement of the club spans to Club Service, Community Service, Professional Development, International Service, Environment and Public Relations.



This year, the club celebrates its 6th year of service with the year theme "Service Beyond Self", striving to embark on a journey with the hope to give out a helping hand to serve others above ourselves.

Because of last years twin club project, we had with Rotaract club of Nanyang Technological University in Singapore, we understand the value of having a twin club and working together to make better friendship among global Rotaractors. Even as the baton passes to a new team in the upcoming Rotaract year 2019/20, I sincerely hope that our friendship would strive to breach tougher boundaries. Let us work together to create a better world for the life on earth.

Viva la Rotaract!

Yours in Rotaract,
WARUNA RASANGA,
President (2018/19),
Rotaract Club of Alumni of
University of Moratuwa.
Mobile: +94-76-4185287
Email: Waruna.rasanga11@gmail.com
Web : rotaractalumnimora.org

CHARITY BAZAR PHASE 1,2 AND 3

The project was held on 11 August 2018 at El Beda- Alexandria. The project outcome supported to serve more than 100 poor people bought clothes for Eid. The income from project 4500 L.E There were two project collaborators and they were Rotaract Club of Mariout and Rotaract Club of Mariout Royal.

Charity Bazar 2 was held 17th September 2018 and more than 75 poor people was served in this project. The

Income from the project was 1500L.E. The 3rd was held at Abes 2- Alexandria on 15 February 2018. The project served more than 50 poor people with an income of 1000L.E

This is a project we've been working on for 3 years with Mariout family. We get used clothes/shoes/accessories/household items in good condition and sell it for prices ranging from 5 to 30 L.E in a poor area. Reason behind the project is to let people know what might look not important for you can be everything for someone else. Here we hope to see people happy by buying cheap but quality items they can not afford by raising money.

Doing charity work to the area we raised money to serve this area as well as another area with poverty.



CAR RALLY



The project was held at Alex West - Alexandria from 2nd August 2018 to 3rd August 2018.

The project outcome was to help 10 disabled people. Talon Car Academy was our project collaborators. This is the first car rally in Alexandria.

We've entered the event with the disabled people as participants with the aim of promoting the event making more people know about the event and understand more about the sport. Here we were helping to get the participation and transport a number of 10 disabled people while taking care of them all day long.

HOSPITAL VISIT PHASE 1,2 AND 3

The project was held in Alexandria on the 17th of August 2018 with a project value of 650 L.E. The main aim was to see the smiles on their faces and bring them Eid presents. We visited 2 government hospitals (El Talaba and El Meery) where we have visited patients with different diseases such as cancer, kidney, heart and neurological disorders. The goods taken for the visit was a total of 60 balls, bubble blowers, stories, juice, biscuits

The second hospital visit was held at Cairo on 13th October 2018 with a project value of 800 L.E. The aim of the project was to put a smile on cancer patients' faces by presenting them toys, visiting the research center and donating blood and money. The project was held at Heliopolis Nozha Cairo, which is also known worldwide as 57357 with the collaboration of Rotaract Club of Alexandria Mariout.

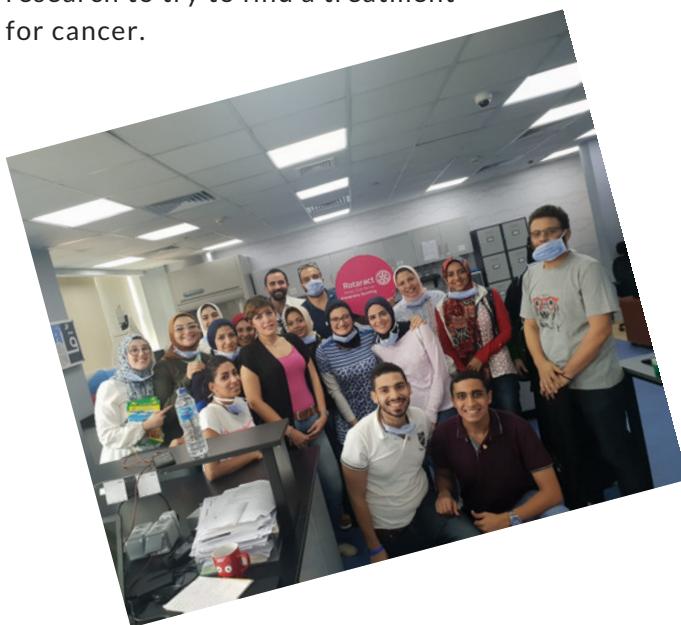
Bought a total of 100 balls, bubble blowers, stories, earnings and bracelets for the patients.

A special permission was taken to visit the research section where we got to know more about the recent researches, how they work on a research to try to find a treatment for cancer.

The 3rd hospital visit was held at Alexandria on the 30th of December 2018 with a project value of 1800 L.E with the collaboration of Rotaract Club of Nozha New Era. The visit was to the kidney dialysis unit and we tried to cheer up kids on the machines.

We brought toys for patients, celebrating Christmas and New year, distributing candies, face painting and Disney characters doing a live show.

A Santa character distributed a total of 75 balls, bubble blowers, stories, monopoly, colouring pencils, balloons, juice, candies, biscuits, money.



INTELLECTUAL REHABILITATION

The project was held at El Nebras, El Eagamy - 21 insurance street- Alexandria on the 21st of January 2018

Through this project we spent time with disabled people and helping them with the bamboo workshop. The establishment we visited consisted of very talents kids who are very gifted performers.

The organization serves a whole region by providing rehabilitation through art and sport, by providing free service in collaboration with the ministry of youth and sports thus helping mentally disabled kids that belong to families with limited income to learn a profession that would enable them to work later on.

The kids are of different mental abilities and ages therefore they need different services for each individual case.

We aimed and still aim to teach the kids how to incorporate with the society and school, prepare the kids to be able to grow up and work by teaching them different stuff including art and sports.



PARALYMPICS

The project was held at EGC School in Alexandria on the 21st of December 2018. The project was done with the collaboration of 19 Rotaract clubs in Alexandria with the aim of fun filled sports day for 200 special needs people who compete in competitions, food, drinks, celebrities, gifts

We invited around 200 people with special needs to play different kinds of sports they are professional in such as basket ball, ping pong, volley ball etc.

Distribution of meals including a breakfast meal of croissants, juice and a piece of cake. A lunch consisting of burger sandwich, french fries and cold drink with juice and snacks during the day.

Celebrities and guest of honor to give motivational speeches. Finally at the end of the event the winners and participants received medals and certificates.



WORLD FOOD DAY

The project was an international project celebrating world food day. It was held at Al Tabia - Alexandria from 14 October 2018 till 24 October 2018.

The project outcome was distributing a total of 6490 kg of food bags by 55 Rotaract clubs from 27 countries.

Project collaborators were Rotaract clubs of Nozha United, Mariout, New era, Sunrise, Rakouda, Agora, Ramleh, Ramleh heights and Heliopolis Sporting Cairo. Rotaract club of Ibacarai Brazil had initiated the idea and we initiated it in Egypt to try to feed as many people as we can around the world. We succeeded to distribute more 6490kg of food around the world; where 1450kg was distributed in Egypt

Each food bag consisted of: macaroni, rice, tomatoes paste, black and yellow lentils, beans, sugar, salt and oil.

The event in Egypt was plotted on the UN map for the food And agriculture organization



Food and Agriculture Organization of the United Nations
SUSTAINABLE DEVELOPMENT GOALS

16 October 2018 World Food Day
Events | EN



SPECIAL NEEDS EXHIBITION

The Special Needs Exhibition project was held at the Educational Syndicate - Alexandria on the 2nd and 3rd November 2018. Al Tawasol co-operation for special needs were the collaborators in this project.

We had partially sponsored one of their celebrations that took place in the Educational Syndicate and attended by the Minister of Culture where children with different special needs mental and body came from different places.

The aim of the celebration was to show that people with special needs could be part of the Society and can connect with people under a slogan of "Your Ability To Overcome Your Disability"

We got the food and the drinks for all the participants in addition to a Tanora show which was held on both the days.

INTELLECTUAL REHABILITATION-ESTABLISHMENT

The project was held at El Seyouf - in-front of Abdel Wahab village in Alexandria on the 28th of November 2018.

This was aimed at uplifting mentally ailed children letting them know and motivating them about the things they can do

In this establishment we helped to teach the kids how to plant a seed and grow a plant. Next we taught them how to draw, color and make shapes with polymer clay. We also entertained them by a puppet show.

Later in the day we interviewed people working for the establishment to know how the place is managed and how we can help with the kids to add this as part of our "Hand in Hand We Learn" project.



WORLD THROMBOSIS DAY



The project was held from 8th October 2018 to 12th October 2018. The outcomes of the project was to make people aware more about Thrombosis. The Awareness campaign had a participation of more than 120 participants.

The event was posted as an international event by the world thrombosis official page. All Sporting members were given awareness about what is thrombosis, causes and treatments. On the final day we had a marathon at the club with more than 120 participants from children to elders ages between the ages of 3 to 80. Mohamed Rashwan silver medal Olympic winner in judo in 84 and a medal for the fair play.



There were sponsors fresh n fresh with 50 orange juice vouchers, Alef library gifted 4 gifts for the kids, dove with 5 shower sets and the medical center provided the project with discounted x-rays and free check up. There were trophies for the winner and prizes for second and third places. The whole event was photographed and a video was taken by a drone.



HAND IN HAND WE LEARN-PHASE 1 BACK TO SCHOOL



The project was based in Alexandria held from 20th October 2018 to 1st November 2018.



The project collaborators were the Rotaract Clubs of Rakouda and Nozha New Era. This project facilitated to pay school fees for more than 55 kids and buying school supplies such as school bags, calculators and stationary items for more than 175 students worth 6900 L.E.

HAND IN HAND WE LEARN-PHASE 3 PROFESSIONAL DEVELOPMENT

The project initiated on the 1st of May 2018 and is still ongoing.

Project collaborators are Rotaract Clubs of Rakouda and Nozha New Era.

With this project we are purchasing a sewing machine for a poor lady that had asked for it to work on it, and in return she will teach 5 poor ladies from the area about how to sew on it and we are intending to find them jobs after they finish the course with the help from our Rotaries. These ladies were selected after a research and with a help from the people in the area.

HAND IN HAND WE LEARN- PHASE 2

The project location is based in Alexandria. The project started on 5th February 2018.

The projects expected outcome is to promote recycling and letting people love reading again. Project collaborators were the Rotaract Clubs of Rakouda and Nozha New Era

We Built hand made book shelves from fruit baskets and we are working on placing them in different places from clubs, clinics, cafes etc. These book shelves were painted and designed by us. Some of these fruit baskets were brought for money and some for free from fruit sellers.

The opening of the project was during the governor visit to our club and first library is to be placed in Alexandria sporting club beside the service center.



ORPHANS DAY1-

A DAY AT THE CINEMA

The project was held at the Ramleh Station in Alexandria on the 1st February 2019.

Took more than 60 kids with their supervisors to the cinema were we all watched a movie together, drew on their faces, distributed snacks, had a give away and lunch. Each Rotaractor that attended the event paid a ticket for him/herself and one for an orphan. From the invited 60 orphans 20 where children those who had a single parent, 10 from an orphanage and 30 special needs orphans.

We rented a whole cinema hall for them and watched a movie of their choice. Snacks such as chips, juice and caked were distributed through the movie. Then they had a big Mac meal from McDonald's that was distributed to them before leaving.



ORPHANS DAY 2 -ORPHANAGE VISIT



The project was held in Janaklees - Alexandria on 19th February 2019. Rotaract Club of Alexandria Ramleh also collaborated in the project to make it a success. We visited an orphanage with a total of 13 kids girls and 3 boys with special needs and spent 4 hours having fun and playing with them. We entertained them with a puppet show, presented them with clothes, balls, colouring books, pencils, bracelets, balloons, DJ and face painting.

INTERNATIONAL ORPHANS DAY

The project was held at Mazareta Farm, Mandara in Alexandria on the 25th of April 2019. 150 orphan children were invited and more than 125 attended with their supervisors. Rotaract Clubs of Alexandria Sanstefano, Alexandria, Montaza and New Era also joined as project collaborators.

We brought orphans from different places to one place like a farm where they had the chance to spend a whole day of fun learning agriculture, baking, colouring and watching a magician, clown, puppet show, Tanoora show and a DJ all day long. There were face painting, breakfast and lunch, giveaways and popcorn and cotton candy stalls for the children.

The place had a fun kids zone with 2 inflatables and a trampoline for kids to jump and play on, a big snake and ladder ground poster game, an area where they learn how to plant and each is given a plant pot to start planting their own, a place with pets; a small pony, ducks and goats where they feed and play with them, a place with all the baking materials where they learn how to bake, a market to teach them how to weight fruits and vegetables at a market when buying them, an area for colouring, face painting and resting and then there where characters like Minnie that danced with them and fire fireworks.



ORPHANS DAY 4- DISTRICT INTERNATIONAL ORPHANS DAY

The project was held at Damanhour on 26th April 2019. We brought 200 orphans from different places to spend a day full of fun.

There were 2 inflatables for kids to jump and play on and a big snake and ladder ground poster game. The location had different gaming stations and face painting. The day started with a breakfast and ended with lunch for both the orphans and the organizers. At the end there were giveaways as well.



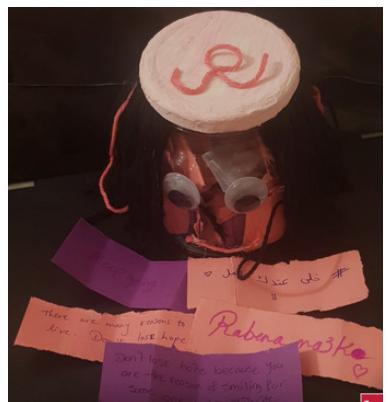
BREAST AWARENESS CAMPAIGN -HOPE JAR

The project took place at the Sidigaber Language School - Alexandria on the 24th of December 2018. Rotaract Club of Alexandria Marine Star was also a project collaborator.

We visited a girls school with a professional Doctor that gave preparatory and secondary school girls a session about breast cancer. We helped them to understand more about it through a Q/A game. Distributed the breast cancer awareness sign and pink sweets.



We started the HOPE JAR IDEA where each girl wrote a nice secret message to a breast cancer patient and placed it in it and we will take the jars done to a breast cancer hospital on Breast Cancer International Day. This way each patient will get a secret supportive message from a student. The jars would be designed in different ways



ORPHANS DAY 5 - RAMADAN NIGHTS 1

The project was held at Janklees - Alexandria on 5th May 2019. Rotaract Clubs of Alexandria Sanstefano, Alexandria, Montaza and New Era also collaborated with the project.

We decided to visit an orphanage with kids of severe special needs that can't go out to decorate themselves with Ramadan decorations and help them feel Ramadan vibes

We did a small workshop for kids how to make their own fanoos from paper and wrote their names on them. The children were really happy, they helped us decorating the place which looked lovely at the end. We also had a giveaways of fanoos, stories and balls.

MOTHERS DAY

The project was held at Agami - Alexandria on the 22nd of March 2019.

Project Collaborators were Rotaract Clubs of Alexandria Nozha United and Sunrise elite.

We visited an elders house in Al Agamy. It was chosen after lots of research and discovering that no one had gone before.

There was a total of 35 people.

We brought a cake and sang with them the songs they love, made them cut it into pieces, distributed perfumes, listened and talked to them and sang songs they like while someone played the oud.



JUDO

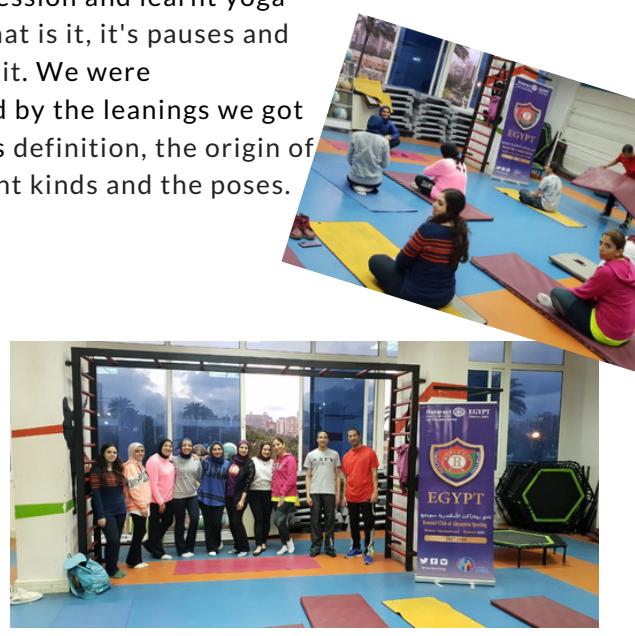
The project was held at the Sporting Club in Alexandria on the 30th of August 2018. We learnt Judo basics, how to play the game and its rules and practiced it.

The best part was that the session was given to us by one of our club members who is a world judo champion.



YOGA

The project took place at Sporting Club - Alexandria on the 16th of April 2019. We had a yoga training session and learnt yoga basics, what is it, its pauses and practiced it. We were fascinated by the leanings we got such as its definition, the origin of it, different kinds and the poses.



DRUMS

The project was held at the Conservatoire in Alexandria on 13th November 2018. We had a plan to learn something new every month throughout the year. This is either music, sports or art. This time we learnt about drums. We took notes and each of us practiced once how to do it.

LIFE COACHING PHASE 1- INTRODUCTION & ACTION PLAN

The project was held at the Sporting Club in Alexandria. It started on 3rd February 2019 and is still ongoing.

A life coach will be teaching us the difference between behavior and attitude and set an action plan to work on it through real continuous 1 to 1 life coaching sessions. We had made an agreement with a life coach to work on our personalities and character to be able to improve ourselves and become more effective in the community. This will be helping us to remove all the negative energy, behavior and attitude and become more positive. The project will be conducted through sessions taken once every month or two. In this phase he taught us the difference between attitude and behavior.

The second phase of the project took place at the Sporting Club in Alexandria on 10th April 2019. The sessions were taken once every month or two. In this phase he gave us an action plan to follow agreeing on meeting back again after 4 weeks.



BACK TO THE 90'S

The project was held at Grand shahine, sporting in Alexandria from 30th September 2018 to 14th October 2018.



We rented a villa and designed it to look like a villa back in the 90s. The garden was designed as a 90's beach with games like cards, bank el 7az, tawla, uno and dominos.

Ground floor had an old supermarket with all the old stuff we used to buy the bottled cold drink, the chips, jelly cola etc. and printed old money paper to buy them.



We also had a tv with all the old video clips and songs.



A place with the old sewing machine and closets.

Second floor rooms where divided one was a 90's workshop were we reminded people of marbles, the second room had a PlayStation 1 and third room of Atari.



SECRET SANTA

This project was held at the Chinese House Sanstefano in Alexandria on 25 December 2018.

On the day of the event we rented a place, exchanged presents and had dinner together while enjoying the secret Santa gift exchange.



The roof had all the cameras used in the 90's, letters, old magazines, patinage, basically the items we used back then

WARM 2018

The project took place at Alexandria, Cairo from 17th October 2018 till 31st December 2018 with an estimated value of 90000 L.E.

The following clubs collaborated to make the project a success:-

ALEXANDRIA: New Era, Nozha New Era, Ramleh, Ramleh Heights, Sunrise, Sporting, Marine Star, Mariout Royal, Marine and Agora.

CAIRO: Cairo South, Heliopolis, Sporting, Ta7rer, Zayed, Katameya and Cairo North.

We distributed blankets around the world making people warmer aiming to distribute blankets by the end of 2018 believing that a little from everything is more than enough for everyone.

The project took place as 3 phases.

It was an international projects with 16 clubs in Egypt distributing 1261 blankets with more than 55 clubs world wide in different countries.

More than 2018 were distributed around the world around 3000 with Egypt being first by distributing 1261 blankets and Tunis second by 700 blankets. The hashtag which was used to post pictures was #racwarminghearts



CYCLING

The project took place on 6th October 2018 with the collaboration of Rotaract Clubs of Nozha New Era and Rakouda, Dawsha - Faculty of commerce.

Cycling event provided for the fundraising event to raise money for school fees.

We Cycled from 4x4 to Alexandria Bibliotheca



There were many sponsors who sponsored water, juice, chicken wings and free training for a week at the gym.

INTERNATIONAL CLUBS VISITS

We hosted different Rotaractors coming from different countries and visited different clubs while travelling.

The president traveled to Sri Lanka and Hong Kong where she visited Rotaract Club of Alumni of University of Moratuwa where we established our twin club partnership and a tour around Colombo.

Different people visited us from different countries India, Kenya and the IPDRR of Bangladesh where we exchanged letters, gifts and culture.



ADVENTURE DAY

The project took place at Canadian camp in Alexandria.

The project was on 22nd February 2019 and 15th March 2018.

It was a day well spent full of adventures with games ranging from pop the balloon to a VR experience to zip lining to karaoke night

All the funds went to buy wheelchairs for patients who needs them urgently.

INSPIRE (VOLUME 1)

The project took place at Teatro, Alexandria on 23rd February 2019. 9 Rotaract clubs collaborated in this project.

Each club chose a representative to give an inspirational speech where all speeches were different to each other and were about different topics. The event was attended by many Rotaractors and Ms. Rania Wasfi who is a Research Scientist, Postdoctoral Research Fellow at Centre de recherche du CHUM, Université de Montréal Canada was the guest of honor.



WHEEL CHAIRS

The project took place at Alexandria on 15th April 2019. Rotaract Clubs of Alexandria Ramleh and Rakouda were project collaborators.

Project summary:
Wheelchairs were brought from the money raised from the adventure day project to give those who couldn't live the same adventure a different one to start living.

We bought wheel chairs one for a lady that had a leg amputation and a boy who couldn't walk well and an overweight lady with diabetes



WORLD PEACE DAY

The project took place at Alexandria - International on 21st September 2018. 10 Rotaract Clubs around the world joint in executing this project.

A video was done representing different Rotaractors from different countries around the world promoting world peace.



WORLD SOIL DAY

The project took place at Alexandria - International on 5th December 2018.

We visited an intellectual rehabilitation organization and taught the kids how to plant , bought plants for members to design and how to take care of them.

Our project was also marked in the UN map

ALEX VISIT

This project took place in Cairo on 7th December 2018.

Project collaborators were Rotaract Club of Heliopolis Royal, Rotaract clubs of Alexandria Rakouda, Ramleh, Marine and Sunrise.

In response to the invitation sent to 5 Alexandria Rotaract clubs from Rotaract club of Heliopolis Royal in Cairo, all of the clubs had rented a bus and traveled to spend a day filled with excitement. The day was eventful starting from paint ball to a boat ride to a lovely dinner.

The best part was when other clubs from Cairo started joining with more than 50 Rotaractors spending time together and increasing the fellowship between the members and other clubs.

PARTICIPATING IN I AM HUMAN TOO PROJECT

We participated in I am Human Too project initiated by Rotaract Club of Alumni of University of Moratuwa, Sri Lanka. We saw the details about the project from their social media promotions done by them. The project was about raising awareness about Violence Against Women and we were asked to write inspiring true stories to carry the message forward. This was an international project and our writings were published in the website and social media.



The project took place at Nuba, sharm el sheikh, Port said.

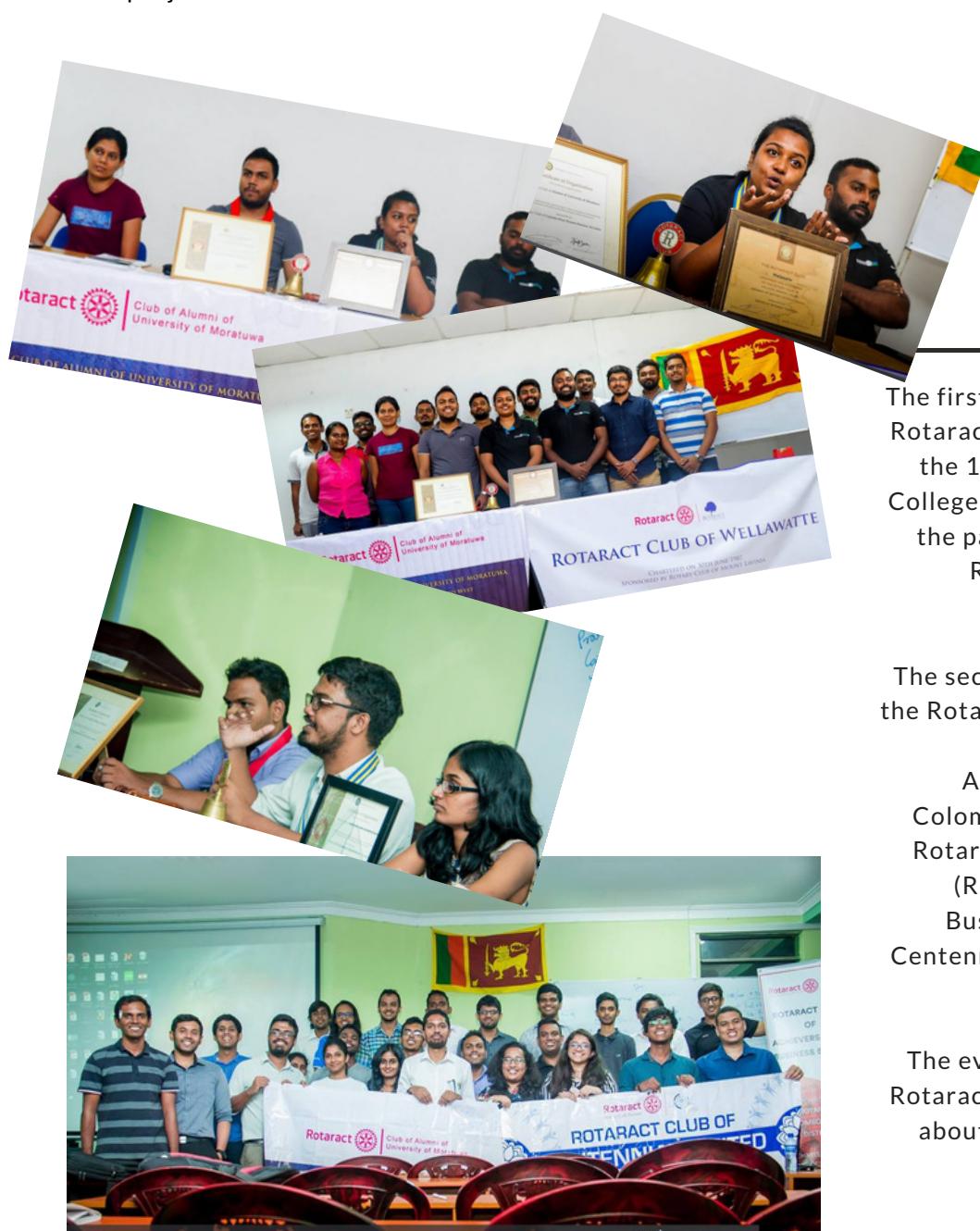
Project start date :
RYLA : 1 November 2018
Conference: 25 March 2019
Camp: 8 February 2019

Project end date :
RYLA: 4 November 2018
Conference: 31 March 2019
Camp: 9 February 2019

Leaderships camps where held we learnt more about Rotaract, fellowship, leadership and about organizing events.

MITRI 2.0

Rotaract Alumni Mora celebrated Friendships day along with Rotaract Club Of Navi Mumbai Hillside of RID 3142 and Rotaract Club Of Faisalabad-Janubi in Pakistan by joining hands in their project, "Mitri2.0". A friendly video chat was held on 4th of August 2018 to share cultural values and heritage between the countries. The parties discussed about their culture, the cultural similarities, the previous exchanges done between the country, the current Rotaract activities and future plans to initiate projects.



CAMARADERIE

The first episode of camaraderie for the Rotaract year 2018/19 was unveiled on the 16th of September 2018 at Royal College Skills Center, Colombo 07, with the participation of Rotaractors from Rotaract Club of Wellawatte and Rotaract Alumni Mora.

The second episode of Camaraderie for the Rotaract year 2018/19 was unveiled on the 24th of October 2018 at Achievers Lanka Business School, Colombo 04, with the participation of Rotaractors from Rotaract Achievers (Rotaract Club of Achievers Lanka Business School), Rotaract Club of Centennial United and Rotaract Alumni Mora.

The events were opportunities for the Rotaractors from each club to get know about projects in two clubs as well as bond together in the spirit of Camaraderie.

නැතු පහන

1st session of the Project “නැතු පහන” was successfully conducted for the students at Pangnananda Vidyalaya, Kahapola, Madapatha on 6th October 2018 with the aid of all the members. Thank u all for the help given to carryout the event successfully. Through this session a lending hand was given for the students to success their O/L examination.

The second phase of the project was held successfully with the help and commitment of all the members. The project was aimed at providing knowledge and guidance regarding the core subjects for the O/L students of Pangnananda Vidyalaya, Kahapola, Madapatha school, which was well achieved. We are thankful for all the parties for being with us throughout the project.



TOGETHER AS ONE

“Together as ONE” unveils its first chapter for the Rotaract year 2018/19 broadening the scope of discussion into “conflict resolution and prevention” identifying the importance of mediating conflicts and solving issues, using occurrences in history. Rotaract Club of Wellawatta joins hand with Rotaract Alumni Mora on 16th of September 2018 at the Royal College Skills Center to discuss and share experiences in identifying the sources of conflict and how to look beyond the incident. Discussion further paved the path to share experience on the ways in which parties can arrive into mutual agreements to solve resolutions. Personal experiences related to conflicts in workplaces, neighborhoods, schools or university were shared that day.

EMERGENCE

The training program for the Board of Directors of Rotaract Alumni Mora for year 2018/19 was held on 13th of October 2018 at Beach Villa, Wadduwa. At the start of the day, the members were divided into three groups and requested to jot down their strengths. Those strengths were put into test along with knowledge about Rotaract guidelines as the Rotaractors ran, swam, and marched their way to victory. The day ended with a fruitful discussion about the year plan. Apart from the board members senior Rotaractor Pasan Hewa Kandamby was present to make the day more illustrious.



ගඟ අදාළ

The theme of Rotaract Alumni Mora established for the year of 2018/2019 is 'Service beyond self' which resembles the willingness to serve for the greater good of the society. Going along with the theme for the year, 'Marathon towards Greenery' project is organized to conserve the environment.

'Ganga addara' is a sub project organized under this to promote river bank conservation of Sri Lanka as it is one of the key concerns which related to environmental conservation at present. In 'Ganga addara 18.1', Rotaractors of the Rotaract Alumni Mora took initiative to plant a variety of trees in the upper reaches of Kalu Ganga (Mara Kapuwella, Athwelthota). This initiative was guided by the officials of State Timber Corporation led by Mr.Gamini Alwis.



I AM HUMAN TOO

"I am Human too" International Service project was successfully completed with the participation of countries worldwide. The project was conducted to raise awareness about Violence Against Women focusing on the Sustainable Development Goals 5 and 10 to leave no one behind. The project concluded on the 25th of November 2018 which is the day to Eliminate Violence Against Women as designated by the United Nations General Assembly.

THE PROJECT WAS TO WRITE ABOUT TRUE STORIES OF WOMEN WHO FACED VIOLENCE OR INSPIRATIONAL STORIES

THE PROJECT WAS OPEN TO ROTARACTORS WORLDWIDE

The project concluded on the 25th of November 2018 which was the International Day for the Elimination of Violence Against Women designated by the United Nations General Assembly

TREAT HER WITH RESPECT EVERY DAY

An International Service Initiative

Rotaract | Club of Alumni of University of Moratuwa



SHARE THE JOY

"As you grow older, you will discover that you have two hands, one for helping yourself, the other for helping others."

-Audrey Hepburn

Rotaract Club of Alumni of University of Moratuwa joined hands with Rotaract Club of Faculty of Law, University of Colombo to add a little sparkle in the lives of the innocent little children of St.Anne's church located in Pilapitiya, Kelaniya.

The project took place on the 11th of November at the Dehiwala Zoo.

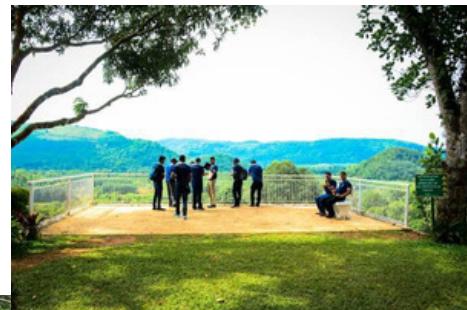
සුව අරණ 2.0

With the aim of "Share Life, Give Blood", Project සුව අරණ - Blood Donation Camp 2.0 was held for the 2nd consecutive year on 3rd of March 2019 from 9.00 am to 3:30pm, at the Sri Wijeyarama Temple (දෙනිය පත්සල), Piliyandala. The donation campaign was organized as a project under the Community Service Avenue of Rotaract Club of Alumni of University of Moratuwa in collaboration with Siri Wangeesa Dhamma school. We are happy to say that there was a participation of more than 150 donors and the project would have not been a success without the immense help provided by the Siri Wageesa Dhamma School, villages, volunteers and medical professionals to whom we are grateful.



CLUB GET TOGETHER 2019

As the final project of the Rotaract year for 2018/19 the Club get together was held on 26th May 2019 at Wijaya Holiday Resort, Kiriella. The members of the club had some much needed pampering with a Welcome Drink, Lunch and Evening Tea, a swim in natural and artificial pools, site seeing waterfalls, engaging in water sports such as sliding and Kayaking and last but not the least playing cricket, badminton, volleyball.



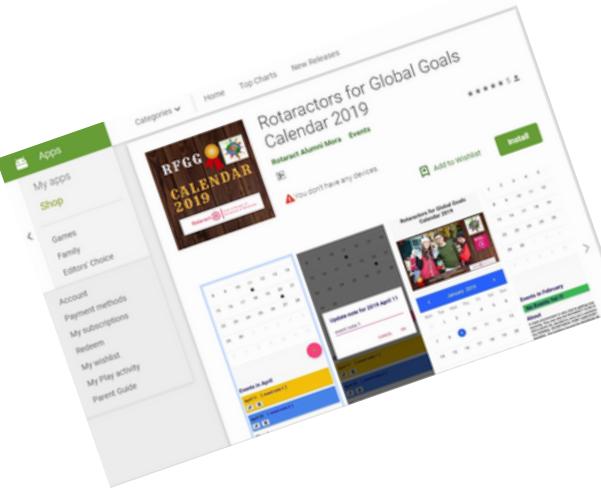
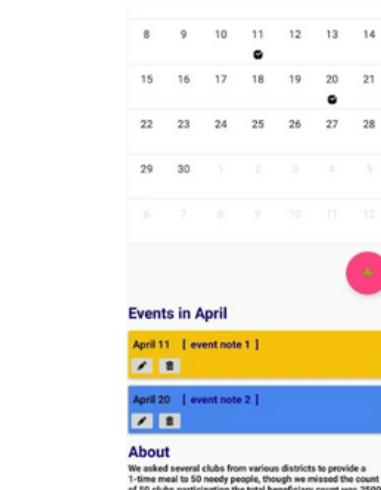
ROTARACTORS FOR GLOBAL GOALS CALENDAR LAUNCH

The Calendar Launch of "Rotaractors for Global Goals" project was conducted as the second phase of the project which was initiated last year.

An Android platform based calendar app and a table calendar was launched on the 23rd of January 2019, featuring 12 global Rotaract projects. This was the first time such a project is conducted featuring one Global Rotaract Project every month.

The app was launched by Rtr. Miyuru Dharmage, International Service Director of Rotaract District 3220 Sri Lanka & Maldives. Our heartfelt gratitude goes out to the mobile app developers (Chasun Chinthaka Priyaratne, Chathura Gallappatthi) and designers (Rtr. Shenali Welikala, Rtr. Tharindu Ranaweera) of the International Service team without whom the project would not have been a success.

Certificates were awarded to all the international clubs who participated in the competition.



FIGHT THE BITE

Rotaract Club of Alumni Mora was a part of "Fight the Bite" which is an initiative by Cluster 07 of Rotaract District 3220 to increase the awareness of Dengue prevention among school children & general public.

Throughout the project, we helped and conducted health advisory & school safety campaigns & raised awareness through social media.

The 1st phase of the Cluster 7 project of Rotaract District 3220 Sri Lanka & Maldives, 'Fight The Bite 'phase 1', concluded on the 26th of January at Parakramabahu Maha Vidyalaya, Narahenpita.

Cluster 7 is composed of Rotaract Alumni Mora, Rotaract Club of Colombo North - RACCN, Rotaract Club of Excellence - RAC Excellence, Rotaract Club of JaEla - Kandana, Rotaract Club of General Sir John Kotelawala Defence University, Rotaract Club of Wellawatte & Rotaract Club of Nallur.



"Know About Dengue", the 2nd phase of the project is a school awareness campaign aiming to shape the young minds towards a dengue free Sri Lanka was held on 28th January from 2.00 pm onwards, at Parakramabahu Maha Vidyalaya, Narahenpita.

RCL PARTICIPATION

Rotaract Club of Alumni of University of Moratuwa took part in the Rotaract Champions League (RCL) which is the annual sports tournament organized by the Rotaract District 3220 Sri Lanka & Maldives.

RCL was organized for the 5th consecutive year, growing bigger and more competitive than the previous year.

Therefore as Rotaract Alumni Mora we thought of fully engaging in the event to meet people, compete and perform better than last year and ofcourse to have fun. So we took part in Futsal, Basketball, Chess, Carrom and Table tennis.

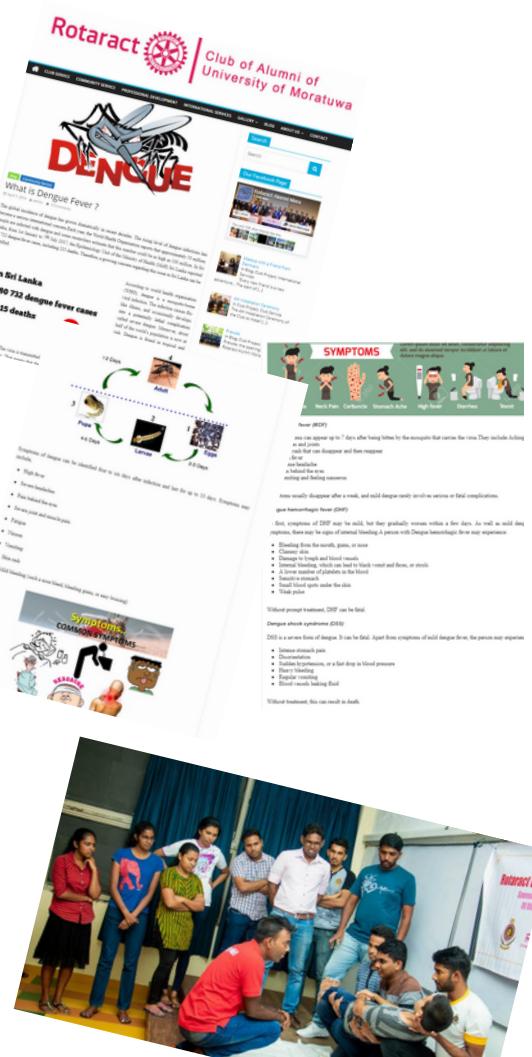
We are happy to say that our club members raised the club to the top 10 in the points table at the conclusion of RCL - 2019. We would like to congratulate all the winners and those who participated in competitive sporting spirit.



CLEANSED

"An Ounce of prevention worth a pound of cure"

Dengue is the fastest spreading vector-borne disease in the world endemic in 100 countries including Sri Lanka. Neglect is often paid by many innocent lives. The first step toward prevention is awareness. That is why Rotaract club of Alumni of University of Moratuwa is planning to initiate an awareness blog campaign on dengue. Get together with us in the upcoming weeks to take a small step to make a big change. Read, Be Aware and Prevent!

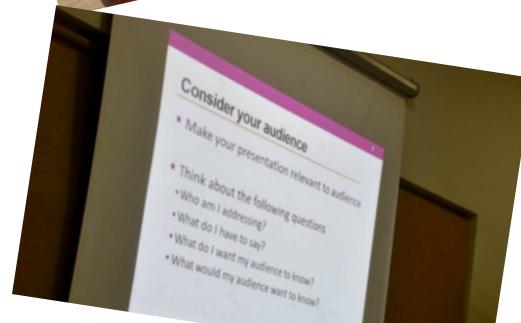


MORA MEDICS

"Mora Medics 2019", the first aid training workshop organized by Rotaract Mora and Rotaract Alumni Mora was successfully held on 24th March at the university premises. All participants truly got hands-on experience to be transformed into certified paramedics with the assistance of National Hospital, Colombo.

The resource person for the workshop was Ms. Pushpa Ramyani Zoysa, Training and Triage Team Leader – Accident and Orthopedic Service of National Hospital, Colombo and members of the triage team.

The workshop concluded in an evaluation session where the attendees had to face a practical examination and the participants were presented with a valuable certificate by National Hospital, Sri Lanka, identifying the participants as certified paramedics.



VERBALIZE

Verbalize - A workshop on Public Speaking was held on 5th March 2017 at University of Moratuwa Premises. The project was organized under the Professional Development avenue of Rotaract Club of Alumni of University of Moratuwa in collaboration with the Toastmaster Club of University of Moratuwa.



TWIN RELATIONS WITH ROTARACT CLUB OF NTU



LETTERHEAD EXCHANGE

Letter heads were exchanged on January 18th 2019, with our Twin Club- Rotaract Club of NTU, Singapore. The letterhead exchange was done between Rtr. Jun De, International Service Director of RC of NTU and Rtr. Rochelle Silva, former International Service Director of Rotaract Alumni Mora and Rtr. Hasith Karunasekera, former Vice President of Rotaract Mora and former member of Rotaract Alumni Mora representing Rtr. Shenali Welikala, ISD Rotaract Alumni Mora.



114TH ROTARY ANNIVERSARY CELEBRATIONS IN SINGAPORE

Rotarians in Singapore celebrated the 114th anniversary of Rotary along with the World Understanding and Peace Day.

Our member and Immediate Past Director - International Service, Rochelle Silva, got the opportunity to participate and represent our country and club. She had the opportunity to meet the District Governor of RID 3310, Henry Tan, and the EU ambassador to Singapore, Barbara Plinkert. We would also like to extend our gratitude to the Rotaractors who made her feel welcomed, Interactors and Rotarian friends.



WORLD ROTARACT WEEK CELEBRATIONS



Our twin club in the land of the Merlion, Rotaract Club of NTU, celebrated the World Rotaract Week on 19th and 20th of March 2019. Their theme this year was "Humanity, Serving Together as One". The event featured booths which created awareness about the projects carried out by different avenues in the club, and also fun activities and freebies to engage the NTU community. We are delighted that our member and Immediate Past Director - International Service, Rochelle Silva, also participated in the event and strengthened the bond between the clubs.

JANITOR APPRECIATION PROJECT - MID HALLS



It was held at the respective halls and school area on 28th Feb 2019. It was a simple gathering with janitors to provide some light refreshments (provided by club) and just mingle with them. There were some games and songs to entertain the attendees.

UNITED WE STAND

In this International service project we aimed at establishing friendship across international borders. We were amazed and happy to see the many Rotaractors reaching out and responding to have communication and establish friendship. Over this Rotaract Year we did several letter head exchanges, food item and cultural item exchanges, international club visits and engaged in projects. Here is a lineup of some of those memorable friendships.

RTR. NATALIE'S VISIT FROM GERMANY

We were excited with the opportunity in meeting Rtr. Natalie Wohlfeil from Rotaract Club Stuttgart, Germany on 26th January 2019. Rtr. Shenali (ISD) got to know about Rtr. Natalie from The Rotaract Couch when she reached out to Sri Lankan Rotaractors. Thereby we were able to assist her in finding suitable hostels to stay and provided her insights for her tour in Sri Lanka. We kept in mind to update her on the ancient sights in Sri Lanka and the scenic locations covering, Dambulla, Adams Peak, Walligama beach and surfing and also Nuwara Eliya.

To commemorate her arrival we presented her with a letterhead to signify our fellowship. To share a glimpse of the glorious Sri Lankan culture we accompanied Rtr. Natalie to a scrumptious Sri Lankan style lunch followed by a visit to the scenic Gangarama Temple.

She was enthralled to see the museum at Gamgarama, especially the exhibits of ancient cars. We found out that she is working in the car industry and is a fan of cars. She described us how cold Germany was and how she enjoyed living with her family and her pet dog in the foot of mount Alps.



We discussed this over a authentic Sri Lankan lunch served on a banana leaves. Natalie was curious of all the spices used and mentioned specially she was a fan of sprats. After lunching on rice, fish curry, fried sprats, sambol, vegetable curries and dhal we moved towards dessert. She opted for Curd and Honey and she enjoyed this first time experience. Later we also shared Watalappam with her and until now she fondly talks about the delicious treat.

Moving forward with the friendship she has discussed with her club to help raise funds for the Kindred Kidneys project driven by the International Service Division of Rotaract Alumni Mora.

LETTER HEAD EXCHANGE WITH ROTARACT CLUB OF KATHMANDU

letterheads were exchanged between Rotaract Club of Alumni of University of Moratuwa and Rotaract Club of Kathmandu on January 11th 2019. We were pleased to get to know the long history of the club and Rtr. Smriti Chauhan, the International Service Director of the club.



UNITED WE STAND CONTINUED...

VISIT AND LETTER HEAD EXCHANGE WITH RC OF NAVI MUMBAI HILLSIDE

Members of Rotaract Club of Alumni of University of Moratuwa accompanied her. It was a pleasure meeting Rtr. Kruthika and her lively personality was treat for us. She gifted Rtr. Shenali with a Banaras dupatta, a traditional item of clothing similar to a long scarf which had traditional printed animals.

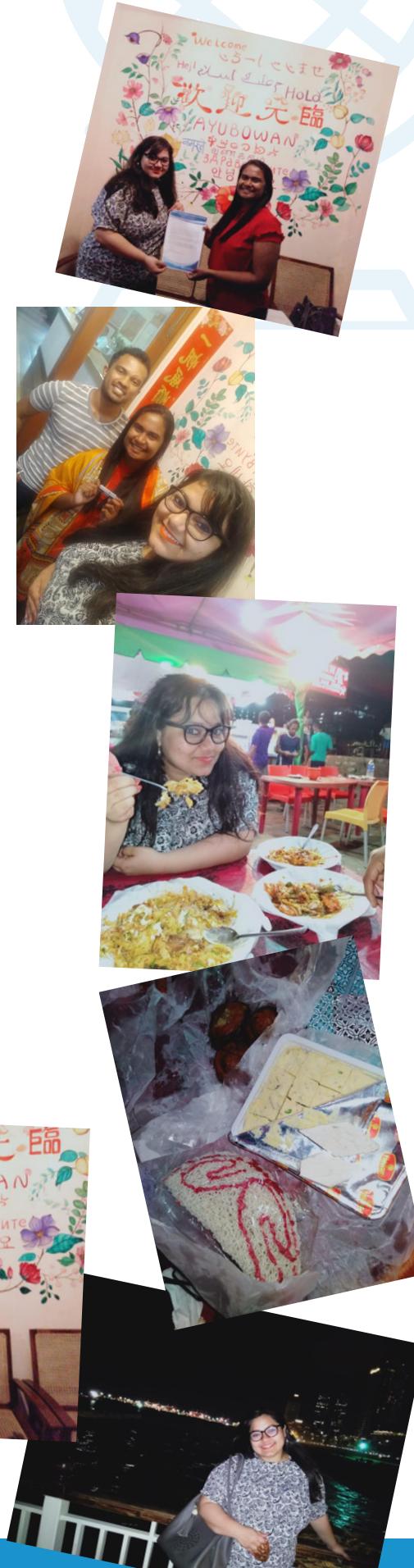
LETTER HEAD EXCHANGE AND CELEBRATING INTERNATIONAL MOTHER LANGUAGE DAY



On the 21st of February 2019 which is the International Mother Language Day, together with Rotaract Club of New Bombay, we celebrate and recognize the vibrant languages of Sri Lanka giving an ode to our rich heritage while giving respect to other languages. The message was published in both mother languages of the participating clubs, including English, Sinhalese, Tamil and Hindi. This project participation was done by Rotaract Club of Alumni following the letter head exchange done between us and RC of New Bombay. The project was initiated by Rotaract Club of New Bombay as part of their project "New Moon". The bond established back in last November when the Rtr. pallavi Menon the ISD of the club reached out and held hands to execute I am Human Too project along with us.

The gold and red dupatta was a pretty site. Next a traditional food item exchange was done between the club. The famous Indian Haldiram halva was shared with us and we gifted Rtr. Kruthi with a parcel of traditional kavili items. Since it was the Sinhalese and Tamil new year season we thought that these food would best represent the festive seasonal vibe in Sri Lanka.

Back in November Rtr. Shenali Welikala was reached out by Rtr. Sofia Kasapsi who is the ISD of RC Navi Mumbai Hillside. Thereby RC of Alumni Mora participated in their friendships day project. Continuing the friendship we decided to have a letterhead exchange. Therefore Rtr. Krutika Panari, a member of our newest international fellowship club, Rotaract Club Of Navi Mumbai Hillside, India (District 3142) arrived in Sri Lanka on the 4th of April 2019 for a letterhead exchange and a traditional food item exchange, which was followed by a much requested street food spree in the heart of Colombo.



PROJECT KINDRED KIDNEYS 1.0

This project was initiated by Rotaract Club of Alumni of University of Moratuwa this project is held in parallel in 4 continents in the world, namely;

- 1- African continent - Rotaract Club of Alexandria Sporting - Egypt - District 2451
- 2- Asian continent - Rotaract Club of Alumni of University of Moratuwa - Sri Lanka - District 3220
- 3- North America - Rotaract Club of Kairos Xapala - Mexico - District 4185 - North America
- 4- South America - Rotaract Club of Santa Cruz - Bolivia - District 4690

They Will be joining in to provide services and help the kidney ailed people in their respective countries given the fact that Kidney ailments or Chronic Kidney Disease (CKD) is indeed a global ailment.

The aim of the project Provide necessary help to kidney patients to uplift their life and regain their kidney health.

In this phase an online awareness campaign was held covering 7 topics related to kidney heal in English, Spanish and Arabic for the people in the respective collaborating countries. They were shared at the same time for the 7 days starting from the 14th of march 2019 which was the world Kidney Day. The project will be conducted as the joint project between RC Alumni Mora and RC Alexandria Sporting in our twin agreement.



PROJECT KINDRED KIDNEYS 2.0

The second phase of project "Kindred Kidneys" was held on 12th of May at the Kalaniya Raja Maha Viharaya from 8:00 am to 12:00 noon alongside the Samastha Lanka Kidney Patient's Association staff and Dr. Sanjaya Heiyanthuduwa. The project was conducted to raise funds by selling the "වකුගබුව" newspaper which is the first kidney related newspaper published in Sri Lanka. All the funds raised from the fundraiser were dedicated to provide free Dialysis Treatments for underprivileged kidney patients. We would like to recognize and appreciate the handwork done by the Samastha Lanka Kidney Patient's Association (සමස්ත ලංකා වකුගබුව සංගමය) to help these innocent patients and would invite you all to help the society to help save innocent lives.



TWINNING WITH ROTARACT CLUB OF ALEXANDRIA SPORTING, EGYPT

It's always a pleasure to meet new friends and create new bonds. Marking the beginning of a long lasting friendship, Rotaract Club of Alumni of University of Moratuwa signed a Twinning Agreement with Rotaract Club of Alexandria Sporting, Egypt (District 2451) on 12th of March.

The twin agreement was signed and a letter head exchange was carried out with the participation of representatives from both the clubs. Rtr. Noha Hegazi, President of Rotaract Club of Alexandria Sporting arrived in Sri Lanka for this special event followed by a tour in Colombo and the ancient city of Dambulla. We are immensely happy and excited to carry on more fruitful work together to serve our communities and the world.

