



Spectrum



RI District 3291

September 3, 2022

Weekly bulletin of Rotary Club of Salt Lake Metropolitan Kolkata

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Health and Literacy initiative at a school by RCSLMK on Saturday, August 27, 2022

Rtn Dr Ajit K Majumder writes



RCSLMK, on Saturday, August 27, 2022, had its fourth scheduled Eye Screening and Dental Checkup of students in another school in association with Women's Indian Chamber of Commerce and Industry (WICCI) West Bengal Child care council.



The fourth Dental checkup and Eye Screening was held at Dashadrone Free Primary School, about 2 kilometers from Chinar Park Crossing of Rajarhat. on Saturday, August 27, 2022 from 11.30 hours onward.



One hundred twelve (112) primary school students were screened for their Visual function or minor eye ailments.



Thirteen (13) of them had refractive error for which they were listed for further eye assessment in Susrut Eye Hospital and prescription will be given for providing free spectacles to be arranged by Rajesh Chirimar. RCSLMK member and Mayor-in-Council, Bidhannagar Municipal Corporation. There were 10-12 students who had minor ailments, advised and treatment given by me.

Other activities on the occasion were distribution of Notebooks, drawing books, Crayons, toys, balls among students. Children were very happy & joyful receiving these stuff. All the teachers were very cooperative & extended hands to carry out the activities.



RCSLMK members present were President Archana, Secretary Kusumji, Rajesh Chirimar, PP Dr Chitra Ray, Mrs Kakoli Sen, spouse of Dr Bimalendu Sen and I.



We all got involved, Teachers & others were very happy & satisfied with our program for the kids.

We meet calendar months' 2nd & 4th Saturdays at GPT Group, JC 25, Salt Lake, Kolkata 700098 at 6.00 PM

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Dr Aruna Tantia, Vice President WICCI and past President, RCSLMK PP adds:



Rotary club of Salt Lake Metropolitan Kolkata has been Adding smiles to children of State Government run schools in Bengal chapter under Literacy project - Ezeee schools of RI District 3291 in West Bengal.



This was the fourth camp in schools with target to hold it weekly every Saturday. WICCI child care council has joined hands with RCSLMK to do eye screening of these children so detect any vision problem. Those detected with vision defect will be advised & sponsored power glasses. Target is to screen 2000 children. So far we have screened 590 students.



Members of Rotary club of Salt Lake Metropolitan Kolkata have been coming forward to donate coloring books & crayons, stationeries, sports equipment. These will lure the children back to school. Club member Dr Rajesh Goel intends to celebrate his young son's birthday with school children this coming Saturday on September 3, 2022. We are thankful to our members led by RCSLMK President Archana & WICCI President Sreya and Kavita Agarwal. We thank Rtn Rajesh Chirimar MIC BMC for identifying these schools. MLA Shri Tapas Chatterjee has been very encouraging too.



Children's spontaneity is admirable. How bubbly well behaved they were. Thanks to all teachers, who have been taking care of them. The fifth program of Cataract Screening, Health Checkup and educational supports shall be held at Bidyadhari Vidyalaya Duttabad EA Block Bidhannagar. Opposite to DA 49, Salt Lake, near Metro Rail Pillar no 50. on Saturday, September 3, 2022 from 11.00 hours onward. Target number of students, in age group of 5 to 11 years, would be about 150. Join us if you want to spread smiles.

Global Grant 1991152

***"Matri Raksha" Fighting Anemia in Women:
7th Health screening and treatment Camp by Rotary Club of
Salt Lake Metropolitan on 28th August 2022"***
**Dr Aruna Tantia, Project Coordinator and past President
RCSLMK shares**



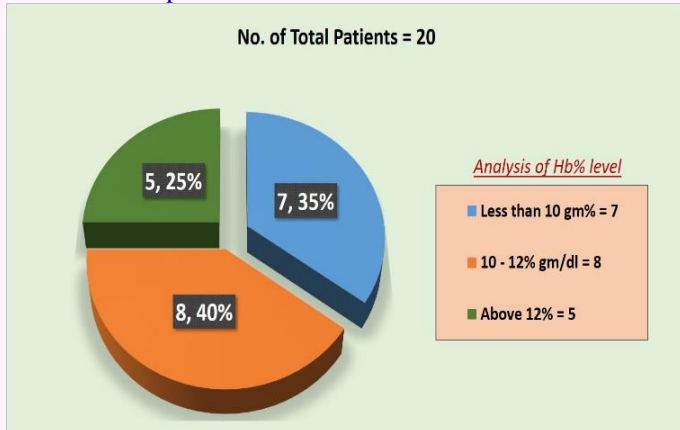
We had the follow up camp of our awesome Global Grant Project "Matri Raksha" at CB Block Community Hall, Salt Lake on Sunday, August 28, 2022.



We had lovely hands on participation by our respected members Kusum chamaria, Archana Goyal, Dr Chitra Ray, Ashok Surana, Rajesh Chirimer and zonal AG Amit Goswami.

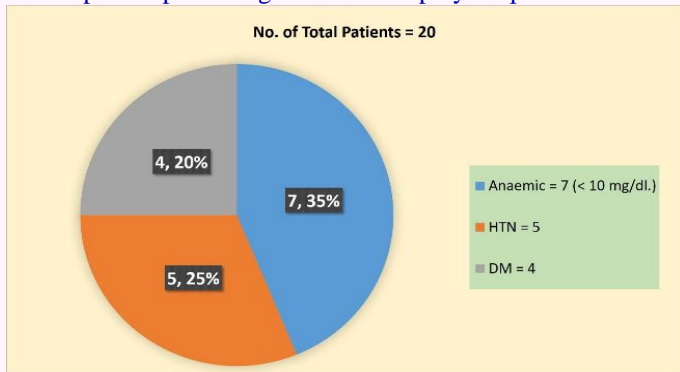


Around 40 patients were screened by Dr. Chitra Ray. Everyone underwent Anemia, Sugar and BP screening and were given free medicines, they were given Anemia booklet and were explained the nutrition aspects.



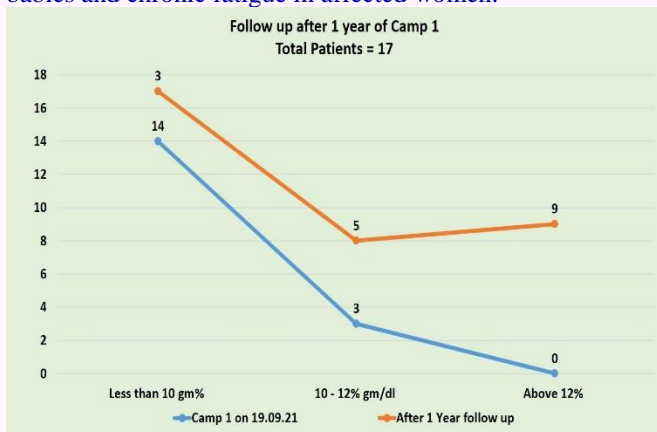
Analysis of Hb% level

Mr. Rajesh Chirimar, Mayor in Council of Bidhan Nagar Municipal Corporation graced the camp by his presence.



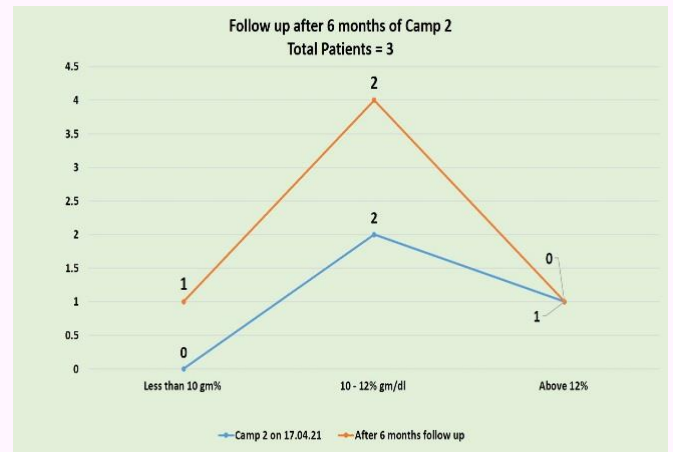
Detection of DM/HTN/Anaemia

Anemia is a chronic disease where a person suffers from deficient Hemoglobin in blood. West Bengal has 49% women in rural and urban poor pockets suffering from Anemia. Chronic Anemia is responsible for short height and low birth weight babies and chronic fatigue in affected women.



Analysis of Hb% level from 1st camp

While children and pregnant women are already covered under flagship program of Government of India "Anemia Mukh Bharat," this vulnerable group of non-pregnant women of 19-70 years is still to be addressed. Our project aims to reach out 20,000 such women in North and south 24 Parganas and screen them for Anemia, sugar, BP and diagnose cause of Anemia and offer free medicine for 3 months and free checkup and surgery if need arises



Analysis of Hb% level from 2nd camp

There were 20 new patients, out of which 7, i.e. 35% of them showed low hemoglobin of 6-10 gm%. - received Iron tablets for 3 months as advised.

5 of the new patients had hypertension and 4 were suffering from diabetes.

17 patients from first camp had turned up for the follow up check-up. From past records it was found that 14 of them had Hemoglobin of 6-10gm%. Now Hemoglobin level of five of them rose to 10-12gm%; Hemoglobin level of three of them rose to 10gm%; and Hemoglobin level of nine of them rose above 12gm%; The progress transpires that 82% of women of the first camp are now non-anemic.

There were 3 women from the second camp who had turned up for follow up. Out of which 2 had 10-12gm% of Hemoglobin and only 1 had Hemoglobin below 10gm%.

If we analyze the total 40 women including the new & the old one, 11 of them were anemic, 6 of them had diabetes, 2 of them were suffering from hypertension and 1 from IHD. So only 11% of the total were suffering from anemia.

Technical support was given by staff of ILS Hospitals. Our sincere thanks to ILS Staff Jhuma, Somedatta, Alok, Amit, Soham and nursing staff Kanchan for technical support. Each volunteers were treated to breakfast/tea and lunch packets.



Dear Rotary family,

I've always been inspired by something my brother David once told me: "In order to live in the kind of society you want, you have to help build it."

As people of action, Rotary members have a long history of creating positive change within our communities and ourselves. And now, as we begin the 2022-23 Rotary year, I'm excited to continue the work of growing Rotary into the organization we want it to be and know it can be.

Delivering on our promise

Diversity, equity, and inclusion (DEI) are not corporate buzzwords. They're important reminders that we need to understand and embrace our differences, provide equitable opportunities for success, and welcome one another exactly as we are



For Rotary, DEI means ensuring that our clubs, meetings, and events are places where participants can speak openly and

respectfully and where everyone feels welcome. It's about removing barriers to entry and success and opening doors to inclusion.

How can you help? We want to reflect the communities in which we live and serve. Invite community and business leaders and influencers from groups that are underrepresented in your club to participate in a club activity. Encourage a new club member to take a leadership role. Remove obstacles that could prevent some people from joining your club, like a meeting time or place that isn't accessible to everyone. Our ability to adapt is the key to strengthening Rotary's future.

Putting members first

The main reason Rotarians and Rotaractors remain Rotary members is that they feel welcomed and supported in their clubs. Increasing our membership continues to be a priority, but giving our members experiences they value and reasons to stay is equally important.



How can you help? To serve our communities, we first need to serve our members. Talk to your club leaders and fellow members about what they want from their Rotary experience and work together to make it happen. Learning what keeps members engaged is a powerful tool for strengthening Rotary. These membership resources can help.

Empowering women and girls

All over the world, gender can still affect a person's ability to get an education, funding for a small business, or proper health care. We know that projects that improve the health, well-being, education, and economic security of girls will have a positive impact on the next generation of empowered female leaders.



How can you help? Develop a club-based initiative or apply for a district grant or global grant to fund a project that promotes girls' health, education, or economic independence. From supporting a local women's shelter to improving girls' access to water and sanitation, every project can make a big difference. Share your stories and learn what other clubs are doing to empower girls and women on Rotary Showcase.

Imagine impact



We've always proudly showcased the many ways Rotary drives change and makes an impact. This year, we'll use a variety of storytelling approaches to highlight projects in each area of focus.

Our goals are to raise the visibility of our work; engage new influencers, media, leaders, and potential partners; and share what we've learned about how clubs can make projects in their communities even more effective.

How can you help? Visit the Learning Center to learn more about Rotary's focus on increasing impact. And download resources from Rotary's newly updated Brand Center to tell your club's story. By

sharing your club's successes, you're showing people that Rotary is a service and leadership organization that makes a difference. Rotary members have demonstrated that when we dream big — as with our fight to end polio — we can make our dreams a reality. This year, I'm asking you to Imagine Rotary — and to imagine a world where we each contribute to lasting positive change.

Sincerely,
Jennifer Jones
RI President, 2022-23
August 31, 2022



Brief outline of the Global Grant 1991152

Purpose: 'Fight against Anemia in Women'

Objectives: Treat women of Anemia by screening and treatment and prevent by educating them

Title: 'Matri-Raksha' - protection of mothers

Scope of work: Provide screening camps, minor and major surgeries, medicines, awareness training, healthcare professional training and providing diagnostic equipment at community health centers

Coverage: Both districts of 24 Parganas, West Bengal, India

Sponsors: Rotary clubs of Salt Lake Metropolitan Kolkata of District 3291, India and Nidau-Biel, Biel-Bienne, Biel-Buttenberg of District 1990, Switzerland:

Grant Partners: Rotary Foundation India, the Rotary Foundation of Rotary International,

Associates: Related Government and civic bodies, NGO's

QUOTE

"Build your own dreams, or someone else will hire you to build theirs." -Farrah Gray

UNWIND

From Washington DC Airport ticket agent:

I just got off the phone with a freshman Congressman, Bobby Bright from Ala. who asked, "How do I know which plane to get on?"

I asked him what exactly he meant, to which he replied, "I was told my flight number is 823, but none of these planes have numbers on them."

September Is Basic Education & Literacy month

TAILPIECE

Tell club's stories using the updated Brand Center

When you tell stories about your club's service and impact, use Rotary-branded promotional materials to increase people's recognition of us in your community and beyond. The updated Brand Center provides all the materials and guidance you'll need.

The Brand Center has now a streamlined layout; new and faster platform; user-friendly navigation & improved search functionality. The Brand Center can now be used without signing in to My Rotary. Improved templates make it easier to create club logos and to customize ads, social media graphics, and brochures. You can select from our library of images or upload your own. We've also made it easy to crop photos, add text and headlines, and choose options for home or professional printing.

The Brand Center also features updated guidelines for telling People of Action stories, using the different elements of our brand, and promoting Rotary. You'll find resources about People of Action messaging, fighting polio, and our causes that can help you build awareness of Rotary and our work in your community.

29-Aug-2022