



Spectrum



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Bringing free Preventive Healthcare to All

Posted on December 1, 2022 by Rotary Action Group for Family Health and AIDS Prevention



South Africa's Deputy Minister of Health Dr. Sibongiseni Dhlomo announces the theme for World AIDS Day 2022 'Equalise and Integrate To End AIDS' at the launch of Rotary Family Health Days in South Africa.

The Rotary Action Group for Family Health & AIDS Prevention (RFHA) is a Rotary International-recognized action group that mobilizes and guides Rotary members to take on sustainable projects to promote healthy families and communities around the globe. RFHA creates and implements large scale community development and humanitarian service programs for disease prevention, screenings, and treatment and education to improve the lives of children and families who lack access to preventive healthcare and education.



RFHA Inc. CEO Sue Paget with the Deputy Minister of Health Dr. Sibongiseni Dhlomo and SANAC CEO Dr. Thembi Xulu at the RFHD launch in South Africa.

Our proven, signature, scalable program, Rotary Family Health Days (RFHD), is in its 11th year and has been implemented

across Africa and India through a public-private partnership model. At the recent launch of RFHD 2022 in South Africa, the Deputy Minister of Health, Dr. Sibongiseni Dhlomo, said, "This year's event will further contribute significantly towards the [health of] informal settlements and farming communities. The RFHD will drive a clarion call to community members to access health, wellness and screening services in order to contribute towards achieving the 95-95-95 UNAIDS targets."

About Rotary Family Health Days

RFHDs provide free health screenings, life-saving immunizations, education on disease prevention & treatment, and crucially, referrals for follow-on essential care to nearby community members. RFHDs are an annual three-day initiative providing holistic, comprehensive, preventive health programs both for communicable and non-communicable diseases. This program is executed for the community, in the community, and by the community, with RFHA as the convener.

Our Impact

US\$44 million worth of services and materials are donated by Rotary members, governments, and private and NGO partners to support Rotary Family Health Days each year, offering a 44:1 return on cash contributions. We have delivered over 11 million free healthcare service to over 2.6 million people. We are just getting started.



Rotary Family Health Days offer:

- screening and testing for HIV/AIDS, TB, cancer, diabetes, blood pressure, hearing & vision, Hepatitis B&C followed by referrals to quality care as needed
- immunizations for Polio, measles, early childhood vaccinations and supplements
- education and counseling across a variety of areas and
- more specialized medical services such as women's health, neurology, x-rays and paediatric and dental services to name a few.

The integrated approach not only spans a variety of health screenings, but also allows people to come forward for testing

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

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without the stigma that might typically be associated with singular screening.

Why We Run Rotary Family Health Days?

We know half of the world's population cannot access affordable healthcare, so RFHDs are vital for the well-being and survival of babies, children and adults across Africa, India and other developing countries.

“On top of this startling statistic, the previous two years has seen a global pandemic overshadowing other diseases, resulting in them being neglected, with programs targeting HIV/AIDS and TB being set back by six years or more. The Rotary Family Health Days program bridges this gap. It is now more than ever that RFHA needs to be the vehicle which drives crucial essential support and change,” said Sue Paget, CEO, RFHA Inc.

Where We Run RFHD

To date we have run RFHDs in Uganda, Nigeria, Cote d'Ivoire, Zambia, Togo, Lesotho, Ghana, Eswatini, Benin, South Africa and the State of Madya Pradesh in India. We are also launching the program in ten new countries in partnership with the Bill & Melinda Gates Foundation. “We are excited to work in partnership with the Bill & Melinda Gates Foundation, which will allow us to expand and scale our Rotary Family Health Days in numerous other countries. We will leverage this contribution across a two-year pilot program which will enable us to roll out RFHDs in 10 new countries,” added Sue.

“Access to healthcare is a human right that we want to ensure everyone has access to. We want to strengthen the healthcare system by working with government, local NGO's and both private and public partners on our vision to improve health for all,” said Sue.

Korean Rotary club gives visually-impaired a chance to ride

On December 1, 2022 By Seoha Lee; photos by Seongjoon Cho



Shin Tae Byull, a member of the Rotary Club of Cheongju Dream, Chungcheongbug, Korea, adjust the helmet of his riding partner at the start of the 24-kilometer ride.

Early one morning in late October, members of the Rotary Club of Cheongju Dream, Korea, gathered with volunteers at Mushimcheon River Park, Cheongju, Korea. Excitement filled the air as visually-impaired individuals, young and old, arrived with social worker companions for a four-hour tandem bicycle ride.

Every year for the past five years, the club has hosted the ride for residents of Gwanghwawon, a group home for people with visual impairment. For many of the residents, it's a rare chance to get outside their facility, as many of them also have other

disabilities that require one-on-one care. The pandemic forced the 2021 ride to be delayed until this May. But the 2022 ride went ahead as usual in October.

Rotary members or other volunteers are paired with a visually-impaired resident. Rotary members or volunteers ride in the front seat and describe the landscape as they pedal past fields of silver grass, cosmos flowers swaying in the wind, sun sparkling off the river under a blue autumn sky. The riders are coached beforehand to go slow and take frequent stops. They take a break in the middle for lunch before the route turns back toward the river park.



Members of the Rotary Club of Cheongju Dream, volunteers, and residents of Gwanghwawon, a group home for people with visual impairment, gather at the Mushimcheon River Park in Cheongju, Korea, for the club's annual tandem riding event.



Club member Min Ho Kim talks with his tandem partner Sang Min Lee before the ride.



The ride begins at Mushimcheon River Park at 10 a.m. and follows the river.



Rotary members pedaled from the front seat and described the scenery as the ride progressed.



The cycling procession crosses a bridge over the river on the ride back after lunch.

During the pairing of riders, club member Min Ho Kim noted how his riding partner, Sang Min Lee, had also been his partner for the previous ride in May. “He is a good partner and good at riding a bicycle. Today will be a wonderful day!”

Jae Heung Kim, a social worker at Gwanghwawon, recalled how the initiative began five years ago when the group home asked the club to start a ride for their residents. Now, many of the residents look forward to the event every year.

A song competition was held after lunch. Everyone who sings receives a gift voucher. Won Jung Kim, who is known in the group home as a singer, was the first to grab the microphone and perform a familiar song, with everyone singing along. Another resident chose a K-pop song from one of their favorite bands.

The event showcases the club to the community, and serves as a recruitment opportunity. Seungho Shin, club secretary, who oversaw the preparations for this year’s ride, noted how the club received several membership queries afterward.

“It is natural that we feel great because we see how our friends at Gwanghwawon really enjoy it. Quite a few people joined the club after participating in riding as volunteers. Our members are all busy people, but no matter how busy we are, the bike riding will continue.”

Dr. Nonhlanhla Yende-Zuma is saving lives with math

She’s a statistician who faced impossibly long odds.

By Bill Gates/ December 01, 2022

Growing up in a rural community with high rates of HIV and TB, Nonhlanhla Yende could have been just another statistic. Instead, she became a world-class statistician, one who’s using her expertise to save lives around the globe.

The name Nonhlanhla means “one with good luck” in Zulu, the most common first language in her native South Africa. But her

rise from deep poverty to the head of biostatistics at one of Africa’s most prestigious research institutions had very little to do with luck. When I heard her story, I was blown away



Dr. Nonhlanhla Yende-Zuma, as she is now known, was born in 1978, more than a decade before the fall of apartheid. Because her father left shortly after she was born, her family depended entirely on the small salary that her grandfather earned by raising cattle and working in the kitchen of a bed and breakfast. “My grandfather was working in a lovely kitchen for a white family,” she says, “but his own family often went hungry.”

Despite her hunger, Nonhlanhla had to walk 10 kilometers each way to the community’s one-room schoolhouse. Most people in her small town considered it a waste of time for a girl to attend school. “To this day, many people think that the only thing girls need to learn is how to do laundry and cook for their future husbands,” she says.

But Nonhlanhla imagined a different life for herself, largely because her Uncle Petros helped her see her own potential. From the time Nonhlanhla was very young, Petros pushed her to read anything he managed to find for her, and he became a fierce champion of her schooling. When her mother or grandmother told her to do a chore like fetching water, Petros would step in and say, “No, she’s studying.” He also stuck up for her when the boys in her class—and even some male teachers—tried to undermine the smart girl who was outshining the boys.

Nonhlanhla earned her “matric” (high school diploma) shortly after the fall of apartheid and then had an opportunity to attend the University of KwaZulu Natal (UKZN). Once she arrived, she signed up to study information technology, because she (and Petros) saw it as a pathway to a good career. But she felt lost and overwhelmed, and she was not the only one. She and a few other disadvantaged Black students approached a school counselor and acknowledged that they had no idea how to use a computer, and their limited command of English made it hard for them to understand their professors.

The counselor arranged for the students to get computer training, and she asked the professors to speak more slowly for the Zulu speakers. The counselor also suggested to Nonhlanhla that she might want to switch from IT to math. “That was a turning point. I was good in math, and math required very little English,” she says. (She is now fluent in English.)

After a year of earning top grades in math, she was invited to join a rigorous statistics course, which appealed to her because she felt statistics would give math more meaning in the real world. She excelled in the program and went on to become the first Black South African woman to graduate from UKZN with a PhD in statistics. And she did it while working full time and raising two daughters.

Nonhlanhla could have landed a lucrative position in the country’s prominent financial sector. Instead, she chose global health. She was drawn to the idea of working on the health challenges of her community and family.



When she was in high school, HIV/AIDS began to decimate her community. A few years later, a loved one died of AIDS. “No one could even use the term HIV or AIDS. They just said, ‘It’s that disease.’”

“No one could even use the term HIV or AIDS.”

She began her global health career as an intern at CAPRISA, an organization that the Gates Foundation has long supported for its outstanding HIV research, and she has risen through the ranks. (A couple of years ago, I wrote about the married couple that founded CAPRISA.) Her work centers on assembling huge datasets and converting them into useful knowledge for clinicians and public health officials.

For example, when Dr. Yende-Zuma started at CAPRISA, clinicians had no idea how to treat patients infected with both HIV and TB. Most of the time, they gave these patients six months of TB treatments and only then initiated anti-retroviral therapies for HIV. Dr. Yende-Zuma and her colleagues produced strong evidence that this practice was resulting in needless deaths: Integrating TB treatment and ARVs reduced mortality drastically. Their evidence was so compelling that the World Health Organization adopted this guidance for doctors around the globe.

As you can imagine, Dr. Yende-Zuma’s skills were in great demand when COVID arrived in South Africa. Her husband and two children saw very little of her for the first year of the pandemic, because she worked long hours providing support to people who were advising the national health department. For instance, she designed an implementation study to determine whether the not-yet-approved Johnson & Johnson vaccine would be effective in South Africa; there was good reason to worry that the country’s high HIV prevalence could reduce the vaccine’s effectiveness. She and her colleagues proved that the vaccine was, in fact, highly effective.

She also helped many people in her community overcome their skepticism of Western medicine. “There were lots of rumors about the vaccine. I told my mom, ‘Tell your church ladies that your daughter was part of the team that brought those vaccines to South Africa and proved they were safe and effective,’” she says. Dr. Yende-Zuma became a fixture on television, bringing the same message to the whole country. “In my wildest dreams,” she says, “I never thought I’d be part of a high-level team who would do something so important for our country.”

If she hadn’t been so determined—and encouraged by her uncle—she might never have had the chance. Instead, she’s advancing health policy and practice around the world, while helping many others make the most of their talents too.

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-Butteneberg of District 1990, Switzerland:

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

Associates: Related Government and civic bodies, NGO’s

The 9th Matri Raksha Anemia screening and treatment camp will be held on Sunday, December 4, 2022 at Perona Mohila Songha Bhavan, Sehagori, Joypur, Howrah in association with RCC Bhateghari Janakalyan Samity, Amta with support of local Gram Panchayet (Rural Administration)

The 10th Matri Raksha Anemia screening and treatment camp will be held on Sunday, December 11, 2022 at Madhyamgram in association with Salt Lake Cultural Center

QUOTE

The measure of a man is what he does with power. —Plato

UNWIND

Alcohol kills slowly. So what? Who is in a hurry?

Birthdays of members in December 2022

Sunil Singh on December 4, 2022

PP Dr Ankush Bansal on December 6, 2022

PP Siddharth Tantia on December 12, 2022

Dr Saktirupa Chakraborty on December 16, 2022

Anniversaries of members in December 2022

Spouse Rajul & Sunil Singh on December 9, 2022

December is Disease Prevention & Treatment month

TAILPIECE

Wheel Chair distribution by RCLSMK



Kusum Chamaria, past President and Secretary, Rotary Salt Lake Metropolitan hands over wheel chairs to two physically challenged persons in a formal handover ceremony held at Shovabazar on Saturday, December 3, 2022.