



# Spectrum



RI District 3291

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Weekly bulletin of Rotary Club of Salt Lake Metropolitan Kolkata

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## Global Grant 1991152

**“Matri Raksha” Fighting Anemia in Women:  
9<sup>th</sup> Health screening and treatment Camp by Rotary Club of  
Salt Lake Metropolitan on Sunday, December 4, 2022  
Past President Dr Aruna Tantia writes**



The 9th camp of “Matri Raksha” under Global Grant 1991152 by Rotary Club of Salt Lake Metropolitan was held on Sunday, December 4, 2022 at Khorop, Joypur, Howrah in association with RCC Bhateghori Janakalyan Samity.



Total 77 women got registered. Each woman underwent Diabetes, Hypertension and Anaemia screening and were seen by our Rotarians PP Dr. Aruna Tantia and PP Dr. Chitra Ray.



Out of them 77 patients 45 (58%) had haemoglobin level below 12 mg./dl and 32 (42%) had above 12 mg./dl. Around 4 patients (5.2%) were suffering from Diabetes (DM), 8 patients (10.4%) were Hypertensive (HTN).



Patients having hemoglobin below 12 mg./dl received free Iron tablets for 2 & 3 months as advised and few received Calcium tablets as per requirement along with Anemia booklet with iron rich food recipes described by our doctors.



The camp was managed by our club Secretary PP Kusum Chamaria and members of RCC Bhateghori Janakalyan Samity. Technical supports were provided by one sister and four volunteers.



Each doctor, member and volunteer were treated with yummy lunch arranged by RCC Bhateghori Janakalyan Samity.

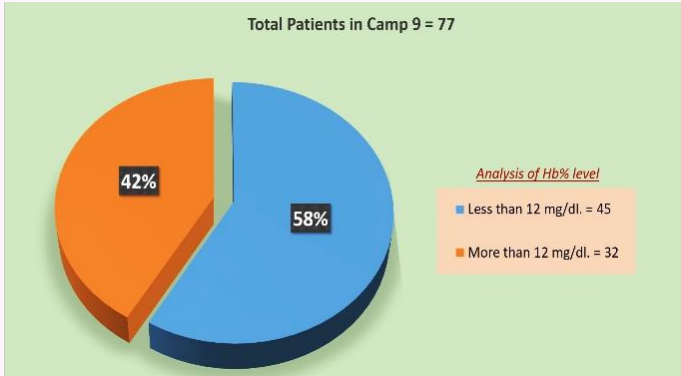
We meet calendar months' 2<sup>nd</sup> & 4<sup>th</sup> Saturdays at GPT Group, JC 25, Salt Lake, Kolkata 700098 at 6.00 PM

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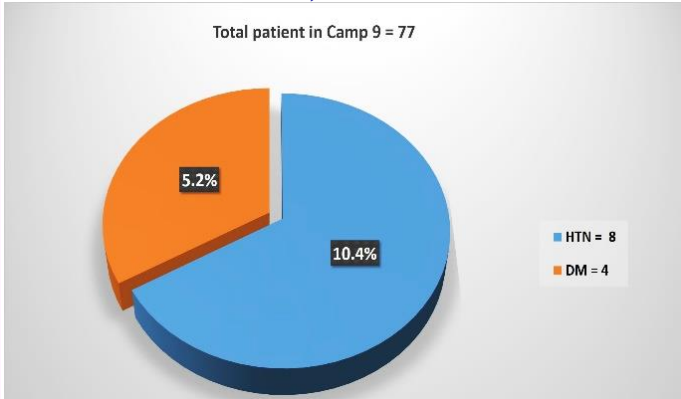
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**Level of Hemoglobin among women examined on December 4, 2022 shown in a chart below**



**Breakup of non-communicable diseases among women examined on December 4, 2022 shown in a chart below**



### Wheel Chair distribution by RCSLMK



PP Dr Chitra Ray and PP Kusum Chamaria hand over a wheel chair to an aged and physically challenged person at the venue of Matraraksha held on Sunday, December 4, 2022.

### Gift of Life changes lives

Posted on December 6, 2022 by Magdalen R Leung, Rotary Club of Richmond Sunset, British Columbia, Canada, and a member of the Health Major Gifts Initiative Advisers committee



**A child, Gift of Life heart surgery recipient, holds a doll in a hospital bed, behind her are the child's parents and doctor**



**Magdalen R Leung**

Through my participation in global grants from The Rotary Foundation, I have seen how the lives of 600 children in China have been changed for the better in the past ten years. I have been involved in four global grants to support Gift of Life in Shanghai, China. These grants, ranging from \$150,000 to \$200,000, have provided life-changing heart surgery to children as young as three months old, with most of the children ages five or six.

Part of every grant is training for new doctors and nurses to perform the surgery and to ensure post-surgery care. Training new medical staff in remote areas has reduced costs by allowing the children to have post-operative care locally rather than having to endure a long bus or train journey to Shanghai. I have been asked from time to time why I spend so much time in a different country helping these children. On one of my first trips to the hospital, a doctor explained that one little girl needed emergency heart surgery, but her family could not pay for it. I asked him how much and he said \$5,000. This small sum for one child's life. The hospital just wanted the commitment that the money was available. My Rotary club made the commitment. One year later, I went back to visit this little girl. She opened her shirt to show me her surgery scar and said, "look this is my zipper." I said it's so beautiful and she said, "do you think I would ever get married with this?" I said, yes, I guarantee you will get married. It is this child and all the others that make me want to raise more dollars and save more children. The parents come and kiss you and hug you and say thank you. They want to give me gifts, small things to me, great gifts for them. Sometimes they give bags of peanuts, hand-made slippers or a scarf. This is from families with next to nothing. How can a person not want to work on the next grant and the next? December is Disease Prevention and Treatment Month in Rotary. Make a donation to this area of focus at [www.Rotary.org/donate](http://www.Rotary.org/donate). You can also support an area of focus with a gift in your estate plans or by establishing an endowment.

## Lessons learned in Rotary's fight against malaria in Zambia

Posted on December 8, 2022 by Axel von Bierbrauer, The Rotary Foundation Cadre Technical Adviser, and member of the Rotary Club Neunkirchen/Saar, Germany



*Ruth, a community health worker, demonstrates how she tests patients for malaria. Central Province, Zambia. 26 August 2022.*

Najuma (29) lives with her three-year-old daughter Alika and two other children in a small home in a village near Mpika, in Zambia's northeastern Muchinga province, 650 km from the capital Lusaka. The rural province is one of Zambia's least developed regions; most people live from small-scale agriculture, and unemployment is high. Najuma herself had a severe malaria episode during a pregnancy, which she barely survived; two of her formerly five children died of malaria in infancy.

**Malaria is still one of the most common and threatening infectious diseases worldwide**, with over 220 million cases each year. Over 400,000 people die from malaria worldwide each year (WHO 2019), 94% of these fatalities occur in Africa. The poor in rural areas are disproportionately affected, especially children under five and pregnant women. Malaria is responsible for 50% of child mortality and 20% of pregnancy deaths in these areas.

I met Najuma in July 2022 during a visit to the Partners for a Malaria-Free Zambia program as a Technical Adviser for The Rotary Foundation Cadre. Najuma had been working as a community health worker in malaria control for eight months. She is responsible for over 500 people in her neighborhood. To become certified to work in this capacity, Najuma received training with 30 new fellow community health workers in all the important factors of malaria prevention and control. She proudly tells me that she received her certificate of completion and was one of the top three course participants at the end of the exhausting training week.



*Community health workers at the certification ceremony for the Partners for a Malaria-Free Zambia program*

The training and Najuma's work are funded by the first winning project of the new Programs-of-Scale Grant offered by The Rotary Foundation, awarded in 2020. Together with World Vision and the Bill and Melinda Gates Foundation, dedicated Rotarians are working to fight malaria in hard-hit areas in Zambia through this US\$6 million grant. This initiative in Zambia was started 10 years ago by a Seattle Rotarian group led by Bill Feldt, who also leads this groundbreaking project today. Najuma has an entire backpack with malaria equipment and goes from hut to hut to inquire about the health of the inhabitants. If someone has a fever or other malaria symptoms, she carries out a rapid test directly on-site. If the test is positive, she immediately administers the malaria medication, which the patient must take for a few days. In this way, the therapy now reaches the patient, who previously had to actively seek treatment themselves – which often did not happen. Najuma also knows the warning symptoms of a severe malaria episode, especially in young children. In life-threatening cases, she arranges for prompt transport to the associated Health Facility Center (HFC).

Najuma enters each visit into an application on her phone, provided through the project, noting whether she performed tests, dispensed medications, or referred someone to an HFC. The app has been programmed especially for the project (freeware) and enables timely documentation and control of the project progress while providing an immediate overview of the consumed – and therefore needed – project resources. This is of immense importance for maintaining the supply chain of malaria tests and treatments as this is often a critical challenge for malaria elimination projects.

Once a month, a community health worker group meeting is held at the local HFC where the project data accumulated electronically is checked, verified and, if not already done, forwarded to the project management. At this meeting, Najuma also receives the necessary rapid tests and medications for her work in the community through the project.



Community health workers receive malaria equipment at a health facility center

"I love my work as a community health worker. Through the training, my reputation in the community has increased and I can help every day small children like my Alika no longer die of malaria and help prevent pregnant women from becoming as seriously ill as I once was" says Najuma happily at the end of our visit.

### Lessons learned

The site visit to the Partners for a Malaria-Free Zambia program provided me with valuable lessons that can be of use to others working on Disease Prevention and Treatment projects. These are:

- Consistently trained and supported community health workers are ideal for closing medical supply gaps, especially in rural underdeveloped regions of the world.
- The principle “The treatment comes to the patient” instead of “The patient has to travel long distances for treatment” ensures that potentially life-threatening diseases are controlled in a timely manner.
- The intelligent use of modern information technology, here using the example of the malaria reporting app developed specifically for the project, enables efficient project management to ensure timely reporting of cases and malaria commodity supply needs.
- Through continuous and shared learning, a powerful, large-volume project can be developed from the experience of implementing, monitoring, and evaluating prior smaller local projects.

If you have questions or need technical advice for building up similar projects dealing with malaria control or other healthcare topics, please do not hesitate to contact The Rotary Foundation Technical Cadre or Rotarians Against Malaria – Global Rotary Action Group. For more information on Rotary’s Programs of Scale Awardee Partners for a Malaria-Free Zambia, please contact Martha Lungu, Rotary member and Executive Director of the implementing committee for the program, at [info@malariapartners.org](mailto:info@malariapartners.org). Watch this video to learn about Martha’s personal experience with malaria:

## 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

*The 10<sup>th</sup> 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

*Literacy is a bridge from misery to hope. It is a tool for daily life in modern society. It is a bulwark against poverty, and a building block of development... For everyone, everywhere, literacy is, along with education in general, a basic human right.... Literacy is, finally, the road to human progress and the means through which every man, woman and child can realize his or her full potential.*

*Kofi Annan*

## UNWIND

*Q. Why it is impossible to send a telegram to Washington today?*

*A. Because he is dead.*

*Q. If you throw a blue stone into the red sea what will it become?*

*A. It becomes wet.*

*Q. What often falls but never gets hurt?*

*A. Rain*

*Q. What is that no man ever saw which never was but always will be?*

*A. Tomorrow*

*Q. What looks like half apple?*

*A. The other half.*

*Q. What can you never eat at breakfast?*

*A. Dinner.*

*Q. What gets wet while drying?*

*A. A towel.*

*Q. What 3 letters change a girl into a woman?*

*A. Age.*

*Q. What happened when wheel was invented?*

*A. It caused a revolution.*

*Q. How is it easy to weigh a fish?*

*A. Because it has its own scales.*

*Q. Why does a bike rest on its leg?*

*A. Because it is too tired.*

*Q. Bay of Bengal is in which state?*

*A. liquid*

## Birthdays of members in December 2022

Sunil Singhi 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 Singhi on December 9, 2022

*December is Disease Prevention & Treatment month*

## TAILPIECE

### Members’ son exceeds parents’ expectations



Dr Mridul Tantia, son of PP Dr Aruna Tantia and Dr Om Tantia cracked NEET Super-specialty (SS) Entrance exam and has got a SS seat in Gastrointestinal surgery at Santokba durlabhji Memorial hospital Jaipur.

While congratulating Dr Mridul, the editorial team of Spectrum congratulates wishes Dr Mridul would continue to exceed expectations of his proud parents and family of Rotary.

*The Spectrum file picture above was taken at the commencement of Dr Mridul in January 2017*