



THE MIDTOWNER

BULLETIN OF THE ROTARY CLUB OF CALCUTTA MIDTOWN

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From Editor's Desk:

When we talk of empowerment one is reminded of Arunima Sinha's story of remarkable resilience and determination. A former national-level volleyball player, she was attacked by robbers on a train in 2011, resulting in the loss of her leg and multiple fractures. Instead of giving up, she decided to climb Mount Everest, becoming the first female amputee to do so in 2013.

The Train Incident: A Life-Changing Moment

In April 2011, Arunima Sinha's life changed irreversibly. As she boarded a train bound for Delhi, little did she know that a routine journey would turn into a harrowing ordeal. While traveling, Arunima was confronted by a group of robbers who attempted to snatch her belongings. In an act of sheer bravery, she resisted, but the robbers, in a ruthless display of violence, threw her off the moving train. This traumatic incident resulted in Arunima being gravely injured and left on the tracks.

As she lay on the railway tracks, another train passed over her, causing severe injuries to her left leg. The gravity of her injuries necessitated immediate medical attention, and she was rushed to the hospital. Unfortunately, despite the best efforts of the medical team, her left leg had to be amputated below the knee to save her life.

The physical pain was immense, but the emotional and psychological toll of this incident was even greater. Arunima found herself grappling with a new reality, one that was filled with uncertainty and immense challenges.

The days and weeks that followed were marked by a grueling recovery process. In the hospital, Arunima faced numerous surgeries and extensive rehabilitation. Every day presented a new set of hurdles, both physical and emotional. The loss of a limb brought with it the challenge of relearning basic tasks and adjusting to her new physical limitations. However, it was during these trying times that Arunima's indomitable spirit began to shine through. Rather than succumbing to despair, she found within herself a reservoir of resilience and determination.

This tragic incident, although devastating, became a pivotal moment in Arunima's life. It was the catalyst that propelled her towards her future endeavors, transforming her into a symbol of hope and perseverance. The adversity she faced did not break her; instead, it forged a path for her to achieve extraordinary feats, redefining her life's purpose. Arunima's journey from tragedy to triumph serves as an inspiring testament to the power of the human spirit to overcome even the most insurmountable obstacles.

Arunima Sinha's Life Story: Overcoming Adversity

Arunima Sinha's life is a testament to the indomitable human spirit and unyielding determination. In 2011, her life took a dramatic turn after a devastating train accident, which resulted in the amputation of her left leg. Despite this severe setback, Arunima refused to be defined by her disability. Instead, she chose to channel her resilience into setting and achieving extraordinary goals.

Her decision to take up mountaineering was fueled by an unwavering resolve to not only reclaim her life but to also inspire others facing similar adversities. The journey was fraught with challenges, but her tenacity knew no bounds.

Undergoing rigorous training, she honed her skills and built the physical and mental strength necessary to tackle the world's highest peaks. Her relentless pursuit of excellence culminated in a historic achievement in 2013, when she became the world's first female amputee to scale Mount Everest. This monumental feat was not just a personal victory but a symbol of hope and possibility for countless individuals around the globe.

Arunima's mountaineering career did not stop with Everest. She continued to push her limits, scaling multiple other significant peaks, including Mount Kilimanjaro in Africa, Mount Elbrus in Europe, and Mount Kosciuszko in Australia. Each climb added to her illustrious record and solidified her status as a pioneering figure in the world of mountaineering.

Beyond her mountaineering accomplishments, Arunima has made significant contributions to sports and society. She has become an inspirational speaker, sharing her story of courage and perseverance with diverse audiences, and advocating for the rights and inclusion of differently-abled individuals. Through her foundation, she supports and empowers amputees and underprivileged athletes, ensuring that her legacy extends far beyond the peaks she has conquered.

Arunima Sinha's journey from tragedy to triumph exemplifies the power of resilience and the human capacity to overcome even the most daunting obstacles. Her story continues to inspire and motivate people around the world to pursue their dreams, regardless of the challenges they may face.

Arunima Sinha: A Beacon of Motivation

Arunima Sinha's journey from adversity to achievement encapsulates the indomitable human spirit. Her story is a powerful testament to perseverance and has inspired countless individuals worldwide. Through numerous public speaking engagements, Arunima has shared her experiences and motivated audiences with her unwavering determination and positive outlook.

Her speeches are not merely recountings of her struggles and triumphs; they serve as a call to action, urging people to confront their challenges head-on and pursue their dreams relentlessly.

Arunima's book, *Born Again on the Mountain*, chronicles her incredible ascent from tragedy to triumph. This memoir offers a deeply personal and inspiring narrative, detailing how she overcame the loss of her leg to become the world's first female amputee to scale Mount Everest. The book is a source of motivation for many, illustrating that with resilience and a steadfast spirit, one can overcome seemingly insurmountable obstacles. It's a powerful reminder that physical limitations do not define one's potential for greatness.

Beyond her personal achievements, Arunima has dedicated herself to uplifting others. She actively supports differently-abled individuals, providing them with the encouragement and resources needed to pursue their aspirations. Her efforts have not only brought attention to the capabilities of differently-abled individuals but have also fostered a more inclusive and supportive environment.

The broader impact of Arunima's achievements cannot be overstated. Her story teaches invaluable lessons in courage and resilience. She embodies the principle that dreaming big is crucial, regardless of the obstacles one might face. Arunima Sinha's journey is a beacon of hope, illustrating that with determination and an unyielding spirit, one can transcend any adversity and achieve extraordinary feats. Her life continues to inspire and empower individuals to break barriers and reach for the highest summits, both literally and metaphorically.

Minutes for the 20th regular & 2166th continuous meeting of Rotary Club of Calcutta Midtown for the year 2024-25 held on Thursday ,8th May ,2025 at 6.30pm at Room no.1,The Saturday club.

Meeting called to order: President Rtn. Preeti Agarwal called the meeting to order.

National anthem: National anthem was rendered by all.

Confirmation of previous meeting minutes: The previous meeting minutes were proposed by Rtn. Dr. Surinder Kapoor & seconded by Rtn. Narinder Gulati.

Global Grant No. 1872799 Update: President Rtn. Preeti Agarwal updated about the global grant. The Rotary Grants Office has accepted the progress report for GG1872799 (till 31st March 2024) based on the utilization certificate submitted by Rtn. Rakesh Sahni. As the grant was received in Oct 2018 and has been open for 7 year, they have requested us to complete the project & submit the final report at the earliest. The report formats have been received from the Foundation.

Cervical cancer vaccine project: The last batch of our beneficiaries will be vaccinated on Friday,16th May at SGCCRI. President requested members to attend the project.

District Project update: President informed that we have received an initiative from the District of availing Cycle Van Rickshaw at a 50% discount. Our Rotarian Nirmal Nahata & Rtn. Samir Prasad have identified the beneficiaries for the same.

DG visit announcement: President informed that DG visit is scheduled on Thursday, 15th May, 2025. We have a team of 8 dignitaries coming so she requested members to mark calendar and be present for the meeting.

Yearly project execution report: President shared about the successful execution of the projects and activities within the budget utilising the resources efficiently. Funds were raised for the key projects & some good fellowship were conducted.

Secretary time: Secretary Rtn. Ruchira Bhuwalka updated about the birthdays and anniversaries.

The attendance was 24 members present making it 50%.

Any other matter:

A prospect Mr. Deven Shah was introduced.

The guest speaker Ms. Ariana Starc, a tarot card, numerology & vastu reader was introduced.

Meeting Closed: President Preeti Agarwal closed the meeting.

Minuted by:

Rtn. Ruchira Bhuwalka

Secretary 2024-25 RCCM

Regular Rotary Midtown meeting held on 8th May



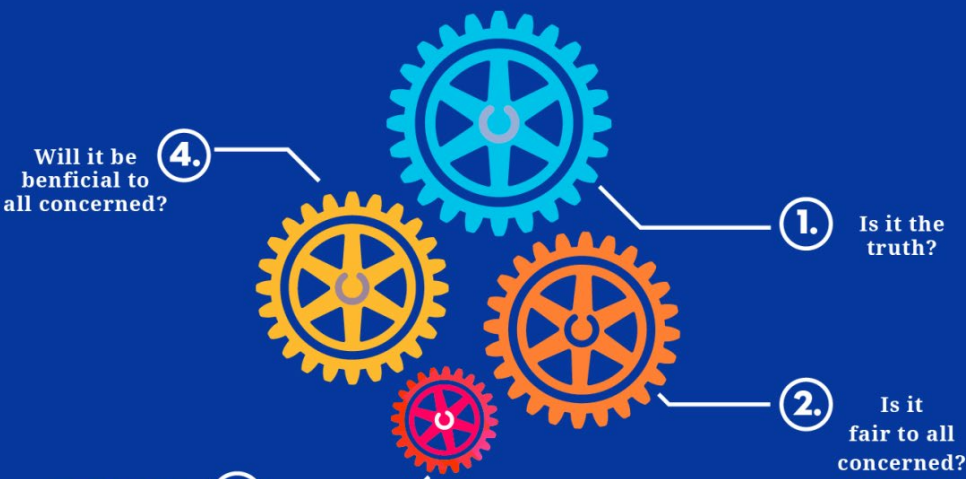
Birthday's

"Cheers to another wonderful year"



Rtn. Sonali Gupta (19th May)

THE ROTARY 4-WAY TEST



Rotary
Central Cayman Islands

There will be times when
moving forward hurts, moving
backwards hurts and standing
still is deadly.



Have courage and
move on.