



RI District 3291

August 19, 2023

PRESIDENT KUSUM CHAMARIA

CLUB NO 78956

Spectrum

Weekly bulletin of Rotary Club of Salt Lake Metropolitan Kolkata

SECRETARY DR CHITRA RAY

CHARTERED ON APRIL 30, 2008



VOL 17 NO 8

EDITOR DR OM TANTIA

WEBSITE www.rcslmk.org

Matri Raksha: fighting anemia in women

The 25th Health Screening and Treatment Camp under Global Grant 1991152 held on August 15, 2023 at Gadkhali, Sundarban in association with Young Indians (YI) Kolkata

Young Indians (Yi), an integral part of the Confederation of Indian Industry (CII), is a movement for Indian youth to Converge, Lead, Co-Create and influence India's Future.

The Journey

The 25th Matriraksha Camp under Global Grant 1991152 was held on Tuesday August 15, 2023 in association with Young Indians Kolkata at Godkhali, at the tip of Basanti Highway, near the ferry ghat to Gosaba, which is separated by river Bidyadhari, located within Sundarban, South 24 Parganas.

The team comprising of 28 persons that included, among others, past Governor Shyamashree Sen, President Kusum Chamaria, PP Dr Aruna Tantia, Rtn Dr Bimalendu Sen, Senior member Rtn Ashoke Surana with spouse Ms Shushila and Dr Chaitali Roy left Salt Lake at 8.00 in the morning.

President Kusum loaded the vehicle with breakfast packets and bananas for each person including the driver and his assistant. She also took attractive clothes and sweets for local children who would be joining at the time of National Flag hoisting as a part of celebration of nation's Independence Day.

Technical team members, comprising of Ms Sharmila, Ms Kanchan, Mr Samir, Mr Shuvranil and Mr Avishek joined after loading banners, laptop, testing and screening instruments and related consumables, and necessary medicines in sufficient quantities into the vehicle.

Teams of optometrist, ophthalmologist and prosthetic implant were there, among others, with their tools and instruments. PP Umapasrad Datta joined near Science City. Sirdar Paramjit Singh, a Sikh, aged about 70 with silver white beard, assisted by equally aged person drove the steel grey A/C Bus that carried the entire team to near Godkhali ferry ghat. An 80 kilometre drive, through congested road, was covered in 3 hours to let the team reach by 11.00 AM.

Young Indian members and volunteers took the team to campsite in multiple TOTO E-Rickshaws.

The technical team reached the camp site, a raised large three storied building built as temporary shelter for flood-affected people of the locality, and quickly started setting up the registration and testing stations, so that the needs of waiting YI women could be catered at the earliest.

Inauguration of Dispensary and Basic Treatment Centre



The family of Rotary members and Young Indians first visited a small dispensing setup run by one Mr Jayanta Mondal, a person, though unqualified, but having basic medical knowledge and skills, who caters related needs of people of surrounding five villages. Past Governor Shyamashree formally inaugurated dispensing and basic testing setup that would henceforth run under supervision and free augmenting of medicines, consumables and testing instruments by RCSLMK.



Nation's Independence Day celebration



On reaching the campsite, Rotary members distributed clothes, local ice cream and sweets among children present, assembled with children at the ground below and hoisted national flag.

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

Printed by Kusum Chamaria, President, Rotary Club of Salt Lake Metropolitan Kolkata • Editor: Dr. Om Tantia

For private circulation only • Web site: www.rcslmk.weebly.com • Email: es.rcslm@gmail.com



Matri Raksha: Health Screening and Treatment

Total number of beneficiaries at the Matri Raksha camp was 153 women



Shuvranil and Avishek manned the registration desk on ground floor effectively.

Samir was there for digital recording the prescriptions, distribution of medicines, explaining the content of prescription and asking each beneficiary to share Haemoglobin figure to be taken by them three months later for furthering their treatment, if necessary.



All women were screened their Hemoglobin, Blood Sugar and Blood Pressure by technical team comprising of Sharmila and Kanchan. Jayanta Mondal helped them to examine Blood Pressure at the time of congestion of beneficiaries at the testing point. President Kusum Chamaria, Ashok Surana and Umapasrad Datta helped the young ladies in manual recording the aforesaid health parameters. During his occasional lean moments, Samir turned up to check calibration of some of the measuring instruments



Dr. Aruna Tantia and Dr Chaitali Roy physically examined each beneficiary meticulously and made their prescriptions in line with treatment needs.



Till the end 155 women were examined and treated under the Global Grant titled Matri Raksha.

There were quite a few girls outside the purview of Matri Raksha were also examined and treated by RCLSMK. Every women having haemoglobin below 12 mg/dl received free Iron tablets for 2 to 6 months as advised and few patients received deworm & calcium tablets as per requirement along with nutritional booklet.

According to camp data 48 (31%) had haemoglobin level below 12 mg/dl, 9 (5.8%) had severe anaemia (less than 10 mg). Around 10 patients (6.5%) were suffering from Diabetes (DM), 36 patients (23.5%) were Hypertensive (HTN) and were referred to concerned physicians.



The exact number of beneficiaries reported at the eye screening and treatment centre was not reported till date. However, the figure could be around 50.

The exact number of male beneficiaries reported for 'Know Your Numbers' was also not reported till date. Rough estimate could be above 50.

Dr Bimalendu Sen examined and treated ten persons reported with orthopaedic ailments. One out them was sent for prosthetic implant and was duly attended by concerned person.



At about 2.30 PM, the team took a short break and returned after a brief lunch deliciously cooked using local organic food under supervision of Young Indians.

Post-lunch, the Health Camp team returned to the Campsite to serve waiting beneficiaries.

The Sanitary Napkin manufacturing unit

A small team of Rotary members comprising of past Governor Shyamashree Sen, Mrs and Mr Ashoke Surana and Umapasrad Datta, being escorted by Young Indian (YI) Jhelum and YI Photographer Debajyoti, using TOTO, attempted to visit the sites of sanitary pad manufacturing and mangrove plantation – the initiatives of the YI Kolkata.

The Sanitary Pad manufacturing unit situated in a hut beside a narrow muddy road, the floor level of which was almost the same as of the muddy road level. The unit was then manned by a woman. The inventories of raw materials comprising of non-woven cloth, cotton and a thin non-biodegradable plastic membrane and the finished pads are stored on floor in unhygienic manners. The pad manufacturing process using a hand operated machine is slow, wasteful and hazardous. The disposal of, both inflammable, process waste and used product, are significant environmental issues. On the whole, the entire process is far below minimum expectation from a CII associated unit.

An unsuccessful attempt to see mangrove plantation

While approaching towards the so called site of mangrove plantation for a couple of minutes, the YI members, surprisingly, turned around and took us back to the Campsite in the plea of sudden bad weather, which when questioned, the plea got switched to bad road condition. Such funny action gave a loud and clear message that the much hyped ongoing mangrove project till then was either non-existent or completely washed away. The second possibility cannot be ruled out, as it has been established that success rate of survival of mangrove plantation in Sundarban delta of Bengal is very poor,

particularly in eroding concave soil exposed to high velocity wave.



The Departure

By 4.15 PM Doctors and technical team completed their day's commitment and started packing up for departure. The team, after thanking YI for offering the site and hospitality, started leaving the site for boarding the bus.

While on the bus President Kusum and RCSLMK members felicitated past Governor Shyamashree for sparing her valued time encouraging the endeavour.

President Kusum and RCSLMK members further recognized and lauded Sharmila for her preference to work more than 12 hours for success of the camp; setting aside her pressing family need of celebration of her wedding anniversary that wonderfully coincided with nation's Independence Day.

While on the bus the entire team enjoyed steaming typical north Indian Chai, not standard English tea, courtesy Sirdar Paramjit and Avishek.

Avishek, further acquired few saplings of Cape jasmine, popularly known as Gandharaj, white fragrant flowering plant from the Nursery across the road.

The team departed the Godkhali at about 5.00 PM and returned Salt Lake safely at 8.30.

Though tedious, it was an enjoyable and successful endeavour that grossly met the purpose.



Matri Raksha: fighting anemia in women

The 26th Health Screening and Treatment Camp under Global Grant 1991152 held on August 15, 2023 at Magura, Joypur, Bankura



Rotary Club of Salt Lake Metropolitan Kolkata organized the 26th Matri Raksha Camp under GG 1991152 on 15th August 2023 at Magura, Joypur, Bankura under leadership of Dr. Tamonas Chaudhuri.

The camp was organized by Geeta Sports Academy



Eighty-eight (88) beneficiaries reported and got treated at the camp

Each woman was screened for Hemoglobin, Blood Sugar and Blood Pressure counts by club's own team of expert technicians. Clinical examination and treatment of each beneficiary were conducted by medical team thankfully led by Dr Tamonas Chaudhuri.

Every women having hemoglobin below 12 mg/dl received free Iron tablets for 2 to 6 months as advised and few patients received deworm & calcium tablets as per requirement along with nutritional booklet.

According to camp analysis 64 (73%) had hemoglobin level below 12 mg/dl, 41 (46%) had severe anemia (hemoglobin count less than 10 mg/dl). Around 14 patients (5.1%) were suffering from Diabetes (DM), 7 patients (9.48%) were Hypertensive (HTN) and referred to physician.

Three volunteers, namely, Alok, Avinava Laha and Rupak Halder formed the Technical team.

Upcoming Anemia screening and treatment camps under Global Grant 1991152 titled "Matri Raksha"

The 27th camp shall be on Sunday, August 20, 2023 Karatheria, Rajapur, Howrah with Rotary Kolkata Galaxy.

The 28th camp shall be on Sunday, August 27, 2023 at Makhla Science Club, Hooghly with Rotary Serampore.

The 29th camp shall be on Sunday September 10, 2023 at Kalyani in association with proposed RCC Manab Seba Ashram, Nadia

The 30th camp shall be on Sunday September 24, 2023 at Uttarnara in association with Rotary Serampore
The 31st camp shall be on Sunday October 1, 2023 at Patharghata, Newtown
The 32nd camp shall be on Sunday October 15, 2023 at Kulpi, in association with Rotary Kolkata Galaxy
The 33rd camp shall be on Sunday October 22, 2023 at Patharpratima, in association with Rotary Kolkata Galaxy



IPP Archana Goyal on August 11, 2023
Priyanka Agarwal on August 21, 2023
President Kusum Chamaria on August 23, 2023

QUOTE

"Born too soon underlines why we must increase investment and accountability for preterm birth – the world's largest cause of death of children under the age of five. Progress is flatlining for maternal and newborn health, as well as the prevention of stillbirths, and is now pushed back further through the devastating combination of COVID-19, climate change, expanding conflicts and rising living costs.

"By working together in partnership – governments, donors, the private sector, civil society, parents, and health professionals – we can sound the alarm about this "silent emergency", and bring preterm prevention and care efforts to the forefront of national health and development efforts, building human capital by supporting families, societies and economies everywhere."

Helga Fogstad, Executive Director, PMNCH

UNWIND

"The key to faking out the parents is the clammy hands. It's a good non-specific symptom; I'm a big believer in it. A lot of people will tell you that a good phony fever is a dead lock, but you get a nervous mother, you could wind up in a doctor's office. That's worse than school. You fake a stomach cramp, and when you're bent over, moaning and wailing, you lick your palms. It's a little childish and stupid, but then, so is high school."

—Ferris Bueller (Matthew Broderick), Ferris Bueller's Day Off

TAILPIECE

The verb "cleave" is the only English word with two synonyms which are antonyms of each other: adhere and separate