



Spectrum

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FOR
GOOD

RI District 3291

Sept 15, 2025

Semimonthly bulletin of Rotary Salt Lake Metropolitan Kolkata

VOL 19 □ NO 5

President □ Dr. Saktirupa Chakraborty

Secretary □ Ajit Kumar Majumder

Editors □ PP Siddhartha Tantia & Priyanka Agarwal

Club No □ 78956

Chartered On □ April 30, 2008

Website □ Www.Rcslmk.Weebly.Com

CLUB NEWS I

Club member's speech at ESRAG Seminar receives acclaim



The speech delivered by PP Dr Aruna Tantia of RCSLMK on August 13, 2025 at the weekly webinar of Environmental Sustainability Rotary Action Group (ESRAG) concerning necessity of growth of mangroves for global sustenance of shores of seas and delta regions. Was highly appreciated by the audience.



On observing positive responses, President Dr Saktirupa congratulates PP Dr. Aruna. Further, she is hopeful in respect of identifying international partners for successful execution of the club's upcoming project on Mangrove restoration and livelihood.

CLUB NEWS II

RCSLMK & Prez Sunil recognized at the District Award Program



Sunil Singhi, Immediate past President and RCSLMK were recognized at the 2024-25 District Awards held on August 17, 2025.



IPP Sunil received individual award as an outstanding club President of year 2024-25.



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

Printed by Dr Saktirupa Chakraborty, President, Rotary Club of Salt Lake Metropolitan Kolkata •

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RCSLMK received, among others, 4 top awards. President Dr Saktirupa congratulates IPP Sunil for such recognitions under his leadership

CLUB NEWS III

Small Firms Tap Big Tech

The words in the headline of a full pager story of what exactly got printed in bold in the Times Bengal Business dated September 7, 2025



The story talks about adopting AI by small startups, where some of the Industry leaders, including Sunil Singhi, IPP, RCSLMK, among others, perform the role of enablers to let such startups see success.

We are collaborating with AI Startups in the city to help them prepare financial modelling, which will forecast revenue, expenses and cash flows enabling the startups to scale up their business.

Lower cost of operations attracts AI startups for digital service expansions by many companies that serve SMEs or offshore clients with limited AI budgets

Sunil Singhi | MANAGING PARTNER, V SINGHI & ASSOCIATES



CLUB EVENT I

“Matri Raksha”: The 74th Fighting Anemia Camp of RCSLMK held on August 31, 2025 at Baranagar



The Rotary Club of Salt Lake Metropolitan Kolkata successfully organized the 74th Matri Raksha Camp at 337/1, Maharaj Nandakumar Road (North), Baranagar, Kolkata- 700035. The camp also included various supportive health programs, ensuring comprehensive healthcare services for the community.



A total of 321 patients registered including men and women, where 82 women were screened for hemoglobin levels, sugar and BP by our trained technical team under Matri Raksha camp. All women were thoroughly examined and counselled by gynecologists Dr. Debasmita Mukhopadhyay & Dr. Tripti Mukherjee. Free medicines were distributed including iron tablets (for 2–3 months), deworming tablets and calcium as required.



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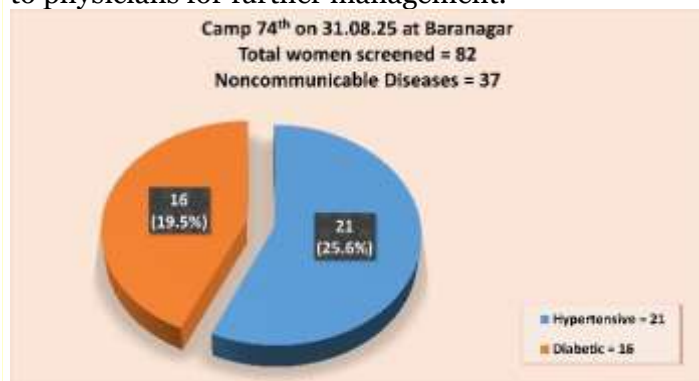
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Data analysis revealed:

- As per data analysis the camp, 62 (76%) women had hemoglobin levels below 12 gm/dl. with 31 (37.8%) categorized as having severe anemia (≤ 10 gm/dl).



- As per data analysis the camp, 16 patients (19.5%) were diagnosed with diabetes (DM) and 21 patients (25.6%) were found hypertensive (HTN) and referred to physicians for further management.



IMPACT OF THE 74 TH MATRI RAKSHA CAMP	
Breakup of category of patients treated	
TOTAL NO	82 no
Hypertension detected	21 no (25.6%)
Diabetes Detected	16 no (19.5%)
Matriraksha: Anemia Screening	82 no Women
Anemia detected	62 no (76.0%)

CLUB EVENT II

“Matri Raksha”: The 75th Fighting Anemia Camp of RCSLMK held on September 7, 2025 at Konnagar



The Rotary Club of Salt Lake Metropolitan Kolkata successfully organized the 75th Matri Raksha Camp in association with Rotary club of Serampore and Konnagar Health Fare Committee at Utpal Dutta Manch Kanaipur Colony, Kanaipur, Konnagar, West Bengal 712234.

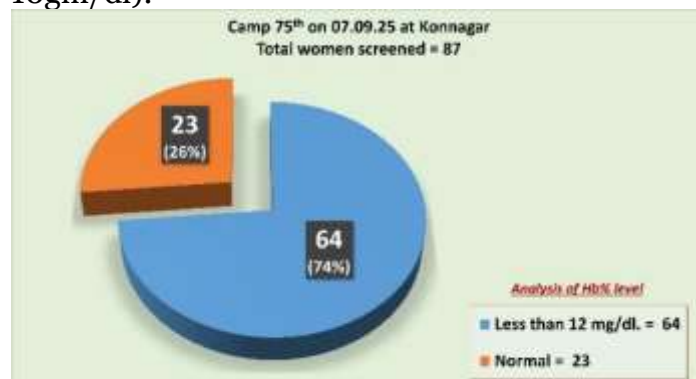


A total of 87 women were screened for hemoglobin levels, sugar and BP by our trained technical team under Matri Raksha camp. All women were thoroughly examined and counselled by gynecologists - Dr. Chitra Ray and Dr. Debasmita Mukhopadhyay. Free iron tablets (for 2–3 months) were distributed including deworming tablets and calcium as required.



Data analysis revealed:

- As per data analysis the camp, 64 (74%) women had hemoglobin levels below 12 gm/dl. with 31 (35.6%) categorized as having severe anemia (≤ 10 gm/dl).



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• As per data analysis the camp, 24 patients (27.5%) were diagnosed with diabetes (DM) and 4 patients (4.6%) were found hypertensive (HTN) and referred to physicians for further management.



IMPACT OF THE 75 TH MATRI RAKSHA CAMP	
Breakup of category of patients treated	
TOTAL NO	87 no
Hypertension detected	4 no (4.6%)
Diabetes Detected	24 no (27.5%)
Matriraksha: Anemia Screening	87 no Women
Anemia detected	64 no (74.0%)

CLUB EVENT III Cervical & Breast Cancer Screening and Awareness Camp On September 7, 2025 At Konnagar



A Cervical and Breast Cancer Screening and Awareness Camp was organized on 7th September 2025 at Kanaipur Colony, Konnagar, jointly by the Rotary Club of Salt Lake Metropolitan and Rotary Club of Serampore, in association with the Chittaranjan National Cancer Institute (CNCI).



The camp aimed to raise awareness about women's health and provide early detection disease.

A total of 79 women underwent cervical cancer screening and mammography performed for 15 patients with the support of skilled technicians from CNCI.

CLUB EVENT IV

Cervical cancer screening & awareness done at Deriya High School, Diamond Harbor on Saturday, September 13, 2025

Attended by Prez Dr Saktirupa and Rtn Saugato. Out of 200 girls registered, 25 found anemic.



Bengal Obstetric & Gynecological Society (BOGS) and Rotary Salt Lake metropolitan Kolkata (RCSLMK) organized an awareness and screening camp for anemia and HPV Vaccination at Deriya High School, Diamond Harbor on Saturday, September 13, 2025.



119 girls were screened for anemia and 26 girls had Hemoglobin less than ten.



It was an interesting interactive program with the students and their parents.



Dr MM Samsuzzoha, Dr Tulika Jha, and Dr Susmita Chattopadhyay represented BOGS. Sanitary pads were distributed to the students. This program was also attended by Dr Saktirupa Chakroborty & Saugato Manna on behalf of Rotary Salt Lake Metropolitan Kolkata and Rotary Calcutta Southwest.



Total number of students, some with their mothers along, attended the session were 200.

CLUB'S UPCOMING EVENT

Matriraksha: 76th camp on September 18, 2025 at Bidhannagar

CLUB NEWS IV

RCSLMK shall have an overseas Guest Speaker



Tina Fischlin, past Governor, Rotary District 6910, shall be the guest speaker at club's meeting on 17 September, 2025. Tina is a proud member of Rotary Greene & Putnam Counties where she served as Club President in 2011-12 and currently serves as the clubs International Service Chair.

Active at the District Level, she has served in various positions but most proudly served as District Governor in 2020-2021. She is currently the District's International Service Chair. She served on the Zone

34 2024 Governor Elect Learning team and is currently an Assistant Rotary Foundation Coordinator.

In 2015, Tina received Rotary's highest honor, the "Service Above Self" award which recognizes less than 150 individuals annually who demonstrate their commitment to helping others.

She is a facilitator with Rotary Leadership Institute (RLI), a Major Donor, a Georgia Rotary Student program, Will Watt Fellow, a Benefactor, a member of the Bequest Society and Paul Harris Society.

She is married to Mike Fischlin, a former Major League Baseball player who continues to live his passion as a sports agent. They live in Georgia USA with their beloved dog Sophia Loren.

Tina served as a Learning facilitator at the International assembly in 2024 & 2025.

Currently she serves as the Founding Co-Chair of Rotary's NEWEST Action Group for Girls Empowerment and was recently selected to the Cadre of Advisors Board.

For over 30 years, Tina has been enabling programs around the world to maximize impact and reach out to those most in need. Her volunteer work with organizations, like Alliance for Smiles, addresses the need for clean water, disease prevention, access to health care literacy, economic development and the environment.

President Dr Saktirupa and members of RCSLMK welcome Licensed real estate consultant and Business Owner (Hollcroft & Associates, Inc.) Ms Tina Fischlin At the club's very special meeting.

RI ANNOUNCEMENT I

SangKoo Yun, former RI president-elect, dies at 75



SangKoo Yun, a consummate Rotary leader and businessman who had been selected to be Rotary International's president for 2026-27, died on 5 September, after months of treatment for pancreatic cancer. A member of the Rotary Club of Sae Hanyang, Seoul, Korea, Yun resigned as president-elect in August to focus on his medical treatment.

"SangKoo's passing is a great loss to the global Rotary family," says RI President Francesco Arezzo. "Yun's vision and contributions to Rotary will continue to inspire and motivate me and others. His legacy lives

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on in the hearts of Rotary friends and those whose lives were touched by his dedication to Rotary service."

Yun grew up in Seoul, Korea. His father, a prominent political activist, served as the country's president in the early 1960s. Instead of following his father into politics, Yun traveled to the United States after secondary school to pursue his interest in architecture. He received his bachelor's and master's degrees in architecture from Syracuse University.

Yun returned to Korea in the late 1980s and founded Dongsuh Corp., which engineers and markets architectural materials. The business flourished during the construction boom before the 1988 Olympic Games in Seoul. He later started the Youngan Corp., a real estate and investment venture.

"SangKoo was a tremendously genuine and kind person," says Past RI President Stephanie Urchick, who reached out to Yun several years ago after her niece traveled to South Korea as an English teacher. Yun invited Urchick's niece to his home and spent time helping her acclimate to local cultures. "I will never forget his thoughtfulness and friendship", she adds. Many Rotary members recalled similar experiences.

Yun joined Rotary in 1987, when he helped charter the Rotary Club of Sae Hanyang. He saw the organization as a professional networking hub to help him become more involved in the community. From the beginning, he worked to promote Rotary Youth Exchange and served on his scholarship committee. These interests evolved into a lifelong passion for service, especially international service.

Yun served for eight years as co-chair of the Keep Mongolia Green Project. The initiative planted windbreak forests in the Gobi Desert to alleviate dust storms, which frequently affected nearby regions of Mongolia, China, and Korea. The project eventually expanded to include strategic orchard plantings in Karakorum, which is now Mongolia's largest green zone. Its success helped inspire the Mongolian government to take further action to counter desertification. Yun received a Friendship Medal from the president of Mongolia for spearheading the innovative project.

"No one thought trees could grow in the desert, but we succeeded," said Yun, who traveled to Mongolia 33 times.

For decades, Yun traveled the world to visit the more than 30 Rotary Foundation grant initiatives he either led or helped organize. They have been carried out in Africa, Asia, Australia, Europe, North America, and South America.

Yun was recognized by Queen Elizabeth II as an Officer of the Most Excellent Order of the British Empire. The president and prime minister of Korea presented him with an award for distinguished

services. He was a trustee of the Yun Posun Memorial Foundation, chair of the Seoul Spring Festival of Chamber Music, and a director of the United Nations Association of the Republic of Korea.

Yun served Rotary as a director and trustee as well as the chair of numerous committees. Together with his spouse, Eunsun Yang Yun, he was a Rotary Foundation Benefactor, a Major Donor, and a member of the Arch Klumph Society, the Paul Harris Society, and the Bequest Society. He also received The Rotary Foundation's Distinguished Service Award.

Yun anticipated that his term as RI president would offer the opportunity to preserve and amplify Rotary's longstanding traditions.

"I do not see myself as a lone leader, but as one link in a strong, unbroken chain — a chain forged by the wisdom and dedication of those who came before me, and held firm by the strength of those who stand beside me today," he said in a recorded address to members attending Rotary's June 2025 convention in Calgary, Canada.

Yun was a veteran of the Korean army, as well as an emeritus elder at Andong Presbyterian Church. He had a deep appreciation for historical architecture and advocated for preserving Korea's cultural heritage. He resided in a hanok, a traditional Korean house, that was built in the 19th century. The hanok bears witness to Korea's contemporary history as well. Yun's father administered state affairs from the house, and it has served as the headquarters for South Korea's pro-democracy movement and a refuge for political activists.

Yun is survived by Eunsun, two adult children, and several grandchildren.

By Wen Huang, 5-Sep-2025

RI ANNOUNCEMENT II

Rotary's Service Project Center helps enhance your project's impact

Rotary's Service Project Center gives you the tools and resources you need to design and manage effective projects, find partners, and share best practices.

The center has new features that make it easier to access documents, guidance, and links to strengthen the impact of your projects.

New features include:

- A Resources page with links to project planning materials that can be tailored to your role when you're signed into your My Rotary account.
- A refreshed, mobile-friendly Grant Center page and dashboard integrated into the Service Project Center, giving members seamless access to project resources and grant information.
- An Impact page dedicated to Rotary's Action Plan with a fun game designed to test your knowledge.

These new features support the Action Plan priorities by helping clubs and districts engage members and deliver more impactful projects.

Visit the Service Project Center for all your project planning needs and check back regularly for new resources.

15-Sep-2025

ROTARY STORY OF THE FORTNIGHT I International Day of Peace 2025: How you can take action for a peaceful world

*Posted on September 11, 2025 by Rotary's
Peacebuilding and Conflict Prevention Area
of Focus and Rotary Peace Centers staff*



As an organization committed to advancing world understanding, goodwill, and peace, Rotary recognizes the United Nations International Day of Peace on 21 September as an opportunity to inspire acts of peace and friendship. The theme for 2025, Act Now for a Peaceful World, reminds us that everyone can do something to build peace and prevent conflict — whether in our everyday lives, within our clubs and communities, or at regional, national, and global levels.

Ways our members and peacebuilders take action

Rotary members and program participants are people of action who advance peace in countless ways:

- Through every service project that fosters community well-being
- In Positive Peace workshops that build understanding and skills
- By participating in Rotary Friendship Exchanges or Intercountry Committees
- By joining a Rotary Fellowship or Rotary Action Group
- By facilitating young leaders' programs that develop the next generation of leaders
- By supporting Rotary Peace Fellows and global grant or district scholars



A New Rotary Peace Center will open in India.

Rotary is partnering with Symbiosis International University in Pune, India, to establish its next Rotary Peace Center offering a one-year professional development certificate Rotary Peace Fellowship. Located at Symbiosis' scenic 400+ acre Lavale campus, the center will train peace and development professionals from across Asia in peace studies, conflict transformation, and sustainable development.

Build peace through Rotary

Building on these efforts, here are more ideas on how to promote peace through Rotary:

Learn and share

- Download and share the Rotary Builds Peace brochure with your club members.
- View and share new videos: Peacebuilding through the Rotary Peace Fellowship and Rotary's work in Peacebuilding and Conflict Prevention.
- Share stories of impact about the 2025 People of Action: Champions of Peace and Programs of Scale grant recipient "Pathways to Peace and Prosperity in Colombia."
- Use these International Day of Peace graphics to help promote Rotary's mission to create environments where peace can happen.

Take action

- Browse Rotary's Service Project Center for inspiring examples of peacebuilding projects from around the world your club can replicate.
- Use Raise for Rotary to start a fundraiser supporting Rotary's peacebuilding and conflict prevention programs.
- Become a Global Peacebuilder District by contributing District Designated Funds (DDF) or district cash to support the Rotary Peace Centers or the area of focus in peacebuilding and conflict prevention.

Stay connected

- Follow the Rotary Peace Centers Facebook page for updates to share.

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Your actions matter

Every effort matters. Whether you lead a project, share a success story, or support peace scholars, you contribute to a more harmonious world. On International Day of Peace, choose to act. Explore Rotary resources, share stories of hope, and start building peace today — in your club, your community, or across the globe.

Birthdays of members in September & October

Sanjay Agarwal on October 5, 2025
Ansul Agrawal on October 7, 2025
PP Dr Chitra Ray on October 15, 2025
Rohit Bargecha on October 27, 2025

September is Basic Education and Literacy Month

TAI L P I E C E

Mango is OK in DM 2

A pilot study soon to appear in the European Journal of Clinical Nutrition and involving 95 participants found that three popular Indian mango varieties - Safeda, Dasheri and Langra - produced similar or lower glycemic responses than white bread over two hours of glucose testing. (A glycemic response is how quickly and how much a food raises blood sugar levels after eating.)

Continuous glucose monitoring of people with and without type 2 diabetics over three days showed that, in participants with diabetes, post-meal sugar fluctuations were significantly smaller after eating a mango. This low fluctuation glycemic response could be beneficial to the body in the long run, researchers say.

"Mangoes are a much-loved fruit and maligned for its possible glucose and weight-elevating effects," said Dr Sugandha Kehar, first author of both studies.

"These studies show that within prescribed diets, consumption of mangoes is not detrimental to blood glucose and may even be beneficial."

A second, eight-week randomized trial published in the Journal of Diabetes & Metabolic Disorders - conducted at Delhi's Fortis C-DOC with Indian Council of Medical Research funding - has reinforced the findings.

Thirty-five adults with type 2 diabetes who replaced their breakfast bread with 250g of mango saw improvements in fasting glucose, hemoglobin A1c test (HbA1c) which measures average blood sugar levels, insulin resistance, weight, waist circumference and HDL cholesterol. These markers are key indicators of diabetes control and overall metabolic health.

"We showed the benefits of small doses of mangoes in place of carbohydrates (bread) in breakfast in two detailed studies for the first time, laying to rest all speculations regarding adverse metabolic effects of its consumption," says Prof Anoop Misra, senior author and study lead.

"But the key is moderation and clinical supervision - this is not a license for unlimited mango feasts."

Source: Dr Samar Das, Rotary Guildford, UK



The project aims to restore the 2 villages coastal areas biodiversity by replanting native 1 lakh mangroves and engaging the community through Skill training workshops on their vital role in climate change mitigation & livelihood generation.

G - 3861

Website: Shoring the Shores



SCAN or CLICK HERE

GG 2454166

Grant Application with Community Assessment & Training Plan



Lead Host Club : Rotary Club of Salt Lake Metropolitan Kolkata, INDIA (D-3291)

Partner Club : RC Central Calcutta (D-3291)

Project Contact : Dr. Aruna Tantia

International Host Club : RC Las Vegas WON (D-5300)

Project Contact : AKS Shab Elawar

International Club Partner : RC Aarau (D-1980)



arunatantia@gmail.com

We Seek International Partners

International District 1	DDF	\$5,000
International District 2	DDF	\$3,000
Host Club District 3291	DDF	\$7,000
International Club (IC) 1	Cash	\$10,000
International Club (IC) 2	Cash	\$5,000
✓ IC RC Aarau (D1980)	Cash	\$1000
IC RC Las Vegas WON (D5300)	Cash	\$100
✓ Host Club Lead (RC SLM)	Cash	\$15,883
✓ HC Partner (RC Central Calcutta)	Cash	\$2,000



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