

# Spectrum



RI District 3291

Semimonthly bulletin of Rotary Salt Lake Metropolitan Kolkata Oct 15, 2025

Educate Health Care Workers and technicisms in handling equipments.

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Club No □ 78956 Chartered On ☐ April 30, 2008

Website □ https://rcslmk.rotaryindia.org

#### MATRI RAKSHA: AN OVERVIEW



More than 50% of women of reproductive age group pf 15 to 54 are anemic and too weak to give birth to healthy child. Through appropriate treatment and training, such non-communicable epidemic can be contained.



The Global Grant initiative under GG1991152 titled, "MATRI RAKSHA: Fighting anemia in women" that started in 2020, with the following objectives:

- Screen 20000 women to identify presence of anemia
- Treat anemic women
- Teach women about anemia and mal-nutrition though demonstrated speeches and free hygiene and nutritional booklets
- Augment community's capacity to identify weak and anemic women by providing anemia and blood glucose testing instruments with offering skill to use and maintain such instruments

Provide special treatment to critically anemic women.

#### INTRODUCTION

- Diagnostic Equipments
- . Training of the Health Care Technicians to use and maintain these equipments
- . Training of Local Health Care professionals to upgrade their skills and knowledge
- Screen 20000 at risk adult women of 24 parganas for Anaemia by qualified Health care professionals in
- · accordation with local health centers
- Preventive education will be given regarding Anaemia and its prevention to 20000 Women & family members during screening camps by Health care professional.

Rotary Clubs of Nidau-Biel, Biel Bienne & Biel Buttenberg of Rotary International District 1990, Switzerland are overseas partners of the project.

#### PROJECT DESCRIPTION ROJECT OVERVIEW: PROJECT ORJECTIVE: More than 50% of 4.44.67.088 women in Endern > To screen 20000 women for anaemia Treat anaemia by medicines, deworming periodically. defined by decrease in total amount of he or red blood cells. > Offer surgical treatment wherever needed by panel The most common causes of anaemio are nutritional iron deficiency & heavy periods which is totally preventable & curable. Training of medical technicians / community health Low awareness, liliteracy and the practice of putting the family before self are factors leading to anaemia. (Global Nutrition Report 2017)

Though RCSLMK, the host sponsor, by middle of 2020, was ready adequately, the launch of the project was delayed by a year due to pandemic that prevailed globally. Finally, the inauguration of the project took place on September 19, 2021 where the then Rotary International president Shekhar Mehta and Rotary International Director Urs Klemn virtually shared their best wishes for accomplishment. successful International partners were also present virtually at the inauguration.

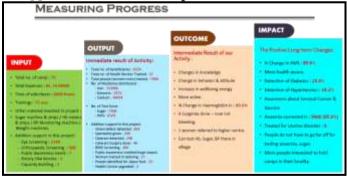
IMPACT OF 75 MATRI RAKSHA CAMPS		
Breakup of category of women treated		
TOTAL NO		6329 no
	Hypertension detected	1212 no (19.1%)
	Diabetes Detected	850 no (13.4%)
	Anemia detected	4160 no (65.7%)



Since then till September 17, 2025, in four years, through 75 health camps, 6329 women have been screened and treated to stop their anemia successfully. An all-inclusive 271472 medicines of different categories have been distributed among the ailing women. Among 6329, 8 women required and had successful surgical intervention.

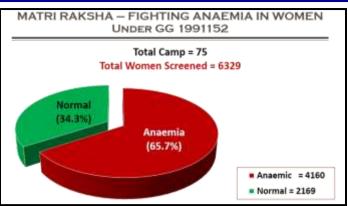


Over the stated period 6900 volunteer hours and Rs.1530000.00 have been spent.

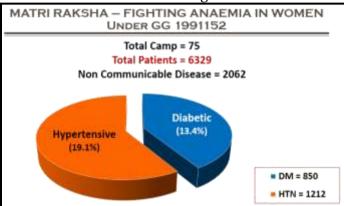


Though the stated camps, impaired vision detected in 602 persons. 249 of them received free spectacles. Cataract detected in 298 of them and 40 of them had cataract surgeries.

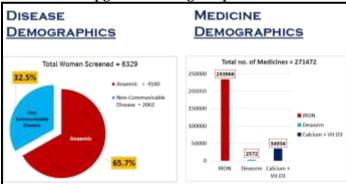




Though identification of needs in the health camps 17 women were trained in tailoring.



During the stated period, 13 persons, identified with need of prosthetic limb, were provided Jaipur foot: an inexpensive and durable prosthetic limb. Also 2 health centers were upgraded during the period.



In February-March 2023, RCSLMK hosted about twelve overseas Grant partners, during which RCSLMK held one Matri Raksha camp, where the overseas partners had hands on experience. Around the same period Foundation Cadre of Technical Advisor Dr Leena Lokras visited to observe and audit the project till date.

Out of 75 health camps, the 14<sup>th</sup> camp held in March 2023 at Labhpur, District Birbhum, needs a unique mention. Unlike all other camps held in semi-urban areas, this was held in a village of tribal people. The diagnosis showed that the tribal girls and women were significantly healthier than those living in urban and semi-urban areas.

#### **CLUB NEWS I**

# PP Dr. Aruna speaks in a national Webinar



RCSLMK's past President Dr. Aruna Tantia in the afternoon of October 11, 2025, spoke on *Breast Cancer and Anemia in women* in a public awareness webinar on *Cervical Cancer, Breast Cancer & Anemia in women and Menopause* organized by the Association of Inner Wheel clubs of India.

The webinar was attended by 360 people across India, who participated actively in the Q&A session. The association president and national representative of Inner wheel clubs Jyoti Mahipal presided over the webinar.

#### **CLUB NEWS II**

# IPP Sunil announces inauguration of new office

RCSLMK's IPP Sunil Singhi, Managing partner of V Singhi & associates, invites club members at the inauguration of new office at Andheri (E), Mumbai. Kolkata based V Singhi & associates are offering in the arrays of taxation, audit and assurance, finance, business advisory, corporate and other financial advisory services. they have offices in Mumbai, New Delhi, Bangalore, Jaipur, Hyderabad and Guwahati.



#### **CLUB EVENT I**

"Matri Raksha": The 77<sup>th</sup> Fighting Anemia Camp of RCSLMK held on October 11, 2025 at Konnagar



RCSLMK organized the 77<sup>th</sup> Matri Raksha Camp held in association with Rotary Serampore on Saturday, October 11, 2025 at Banshai Dream House, Kanaipur, Konnagar, District Hooghly. Assisted by club's warriors, namely, Aloke, Sharmila, Kanchan, Himadri and Sujoy Dr. Debasmita Mukhopadhyay screened 132 women, who were treated for anemia.



Club President Dr. Saktirupa Chakraborty visited the camp to inspire those, who offered their services voluntarily to improve quality of health of women.

#### **CLUB EVENT II**

**Cervical & Breast Cancer Screening & Awareness at Konnagar, Hooghly on Saturday, October 11, 2025** 



RCSLMK and Rotary Serampore jointly organized a Cervical & Breast Cancer Screening camp on Saturday, October 11, 2025 at Banshai Dream house, Kanaipur, Konnagar, District Hooghly in association with Chittaranjan National Cancer Institute (CNCI) and Bengal Obstetrics & Gynecological Society (BOGS).



Club President Dr. Saktirupa Chakroborty attended the camp along with officials from CNCI. Out of 100 girls and women, who attended, 87 were screened for Cervical and 17 were screened for Breast Cancer.

#### **UPCOMING CLUB PROGRAMS**

- 1. A special Health Camp on Sunday, October 19, 2025 at Patuli comprising of the following:
  - The 78<sup>th</sup> Matri Raksha Camp for fighting anemia in women
  - A special camp for persons requiring intervention of Orthopedic Surgeon.
  - A special camp for persons needing intervention of Optometrist and Ophthalmologist.
  - A special voluntary blood donation camp.
- 2. The 79<sup>th</sup> Matri Raksha Camp at Konnagar on Sunday, November 2, 2025
- 3. The 80<sup>th</sup> Matri Raksha Camp at Konnagar on Sunday, November 16, 2025
- 4. The 81st Matri Raksha Camp at Konnagar on Sunday, December 7, 2025

24 October, 2025 is World Polio Day

# Birthdays of members in October & November

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 Meenal Chaudhary on November 1, 2025

# Anniversaries of members in October & November

Sp Sapna & Sanjay Agarwal on Nov 19, 2025 PP Archana & Sp Mukesh Goyal on Nov 21 PP Dr. Aruna & Dr. Om Tantia on Nov 27 Shreya & Abhishek Duggar on Nov 29 Sp Sushila & Indra Kumar Bagri on Nov 30

October is Community Economic Development Month

**November is Rotary Foundation Month** 

#### RI ANNOUNCEMENT I

### Together for Healthy Families in Nigeria — film and discussion guide now available

Watch this <u>4-minute video</u> to learn how the 2022 Programs of Scale award recipient, "Together for Healthy Families in Nigeria", is reducing high mortality rates among mothers and newborns. The program has improved the care available to patients at health facilities and has increased both the demand for and access to that care. Show the film at a club meeting

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 Printed by Dr Saktirupa Chakraborty, President, Rotary Club of Salt Lake Metropolitan Kolkata • Editors: PP Siddartha Tantia & Priyanka Agarwal and use the discussion guide to talk about community health, designing effective service projects, how Rotary fosters global connections, and the impact of The Rotary Foundation.

2-Oct-2025

#### RI ANNOUNCEMENT II

# Interact clubs: Participate in the 2025 Interact Awards

The 2025 Interact Awards are here! Interact clubs are invited to submit a vertical video (9:16, in the style of a social media reel) that showcases their club experience and service initiatives. By participating, Interact Clubs have the opportunity for their submission to be named "Best Video" or "Runner Up" and receive funds to support their next service project. This year, the Interact Awards theme invites Interact clubs to showcase how Interactors Unite for Good and build peace in the world. Submit a vertical video, 2:00 minutes or less, that shows how your Interact club engages with peacebuilding. Submissions are due by 1 December 2025.

8-Oct-2025

### RI ANNOUNCEMENT III **Rotary in the News**

Between July-September 2025, the Public Relations team collaborated closely with Rotary members to enhance their messages, secure interviews, and develop content that appeared in 60 national and regional media in more than 14 countries (Australia, Brazil, Canada, Colombia, Germany, India, Italy, Kenya, Korea, Nigeria, Taiwan, Uganda, U.K., U.S.). View all coverage.

6-Oct-2025

#### RI ANNOUNCEMENT IV

### Programs of Scale will be reviewed in 2026 to build on its success

An external review of Programs of Scale is planned for January to June 2026, to help Rotary build on the success of the initiative that provides members with resources to implement large-scale, high-impact programs.

This won't affect the current 2026 application and award cycle, but the timeline means there won't be a 2027 application cycle. As such, the program will not be accepting concept notes in August 2026.

The Board of Trustees, which approved the review in receive the final findings will recommendations in October 2026. Trustees will use the results to decide on any changes to the Programs of Scale grant offerings and to:

Find ways to improve the application process

- Strengthen the Foundation's grant processes and
- Support award recipients' ability to scale projects beyond the Foundation's investment

Since the first US\$2 million Programs of Scale grant was awarded in 2021, the initiative has shown very positive results. The review is expected to offer actionable insights about the specific reasons for that. This review means that clubs and districts planning to apply for a future Programs of Scale award will have more time to strengthen their applications by building relationships with potential partners, gathering evidence supporting their intended outcomes, and using global grants to implement scalable project models.

We expect to share the findings of this review so members will have a greater ability to design effective service projects and make an even bigger impact in the future.

If you have questions about additional grant opportunities, write to grants@rotary.org.

If you have questions about Programs of Scale, write to programsofscale@rotary.org.

15-Oct-2025

### ROTARY STORY OF THE FORTNIGHT Talk Hope launches a conversation about mental health

Bv Md. Saddam Hossain Roni, Rotaract Club of Dhaka Orchid, Bangladesh on 16 October 2025



Suhana Rahman Shukonna addresses students at Bir Shrestha Noor Mohammad Public College in Dhaka as part of the Talk Hope project.

When our Rotaract family lost one of its own, we turned heartbreak into a mission of hope. Talk Hope, Bangladesh's first 24/7 emotional support line, led by vouth from our club and community, has brought understanding and compassion as we address the vital issue of mental health. It was an awakening for us of the silence that can mask emotional pain, and the opportunity to help by creating a place for people to talk, get help, and find hope. It has sparked a national conversation about mental health.

On 27 February 2024, I received a call that no Rotaract leader ever wants to hear. One of our members from the Rotaract Club of Dhaka Orchid had taken his own life.

He wasn't just any member, he was one of the brightest, most passionate souls in our club. He played a vital role in organizing Bangladesh's first-ever rock concert by a Rotaract Club, held in June 2023, which drew over 12,000 youth and was <u>lauded as an innovative approach to youth engagement</u>.

His loss shook us to the core. The joy we had created for others suddenly felt incomplete. For the first time, I realized how silent the battle with mental health can be, even among those who seem the happiest.

#### Silence became our call to action

In the weeks that followed, our club members struggled to make sense of what happened. We talked about how often people hide their pain behind smiles, how we had missed the signs, and how so many others must be silently suffering.

That's when the idea of **Talk Hope** was born. As Rotaractors, we've been taught to serve with compassion. This time, service began with listening. We wanted to create a space where people could talk about their pain safely, without judgment. A space where a conversation could save a life.

#### A need to be heard

We collaborated with SHADOW (Society for Humanity And Development Over the World) and its parent organization, the Dr. Muhammad Fakhrul Islam Foundation, to launch Talk Hope exactly two days after the date of our friend's passing. To our knowledge, it is Bangladesh's first and only fully free, 24/7 suicide prevention and mental health awareness platform. We started with an awareness platform. But within a year, we had added a call center, a virtual support center, and two in-person counseling centers staffed with professional psychologists. All of our services are completely free.

Within just a few months, thousands of young people reached out through calls, texts, and social media. Some were struggling with depression. Others were facing pressure from studies or relationships. But they all shared one thing, a need to be heard.

Though I am an engineer, I have started to study psychology and have even published a few journals. In collaboration with the Bangladesh Psychological Association, our Rotaractors received training from professional psychologists on how to become "listeners." We learned that empathy doesn't always mean solving someone's problem. Sometimes, it simply means sitting beside their pain without judgment.

#### The power of youth leadership

One of the most inspiring leaders to emerge from this work is Interactor Suhana Rahman Shukonna. At 16,

she threw herself into school outreach, peer counseling, and child-focused awareness programs. Her energy helped us bring emotional literacy sessions into classrooms, where students learned to speak about feelings instead of hiding them.

Shukonna was nominated for the <u>KidsRights</u> <u>International Children's Peace Prize</u> in 2024. She didn't win but has been nominated again this year. This commitment to mental health demonstrates how youth leadership can make an impact both locally and globally. When I see her lead workshops or speak with students, I'm reminded of how Rotary's youth programs are shaping the next generation of change-makers.

#### Beyond a helpline: a movement

Talk Hope has now evolved beyond just a helpline. It's become a national youth movement for mental wellness. We organize community dialogues, awareness campaigns, and online education programs about emotional health.

In alignment with Rotary's current global priorities, especially a focus on mental health, our initiative reflects how Rotary youth programs transform compassion into action. The Rotaract Club of Dhaka Orchid continues to pioneer unique projects in Bangladesh that exemplify Rotary ethics, innovation, and service to humanity.

Every time someone tells us, "Your team helped me hold on," we silently dedicate that moment to the friend we lost, because he is the reason this mission exists.

#### Looking ahead

We dream of expanding Talk Hope into a nationwide support ecosystem. Our goal is to make the helpline toll-free and to open youth-friendly wellness centers in universities, with the help of Rotary partners and psychologists.

What began with grief has become something that drives us. We learned that mental health is central to human dignity. When service meets empathy, miracles happen. If our story inspires you, share it with someone, start a conversation around mental health, or simple check in on someone today. Sometimes, a small act of kindness can save a life.

About the author: Md. Saddam Hossain Roni is a multiple Paul Harris Fellow and charter president of the Rotaract Club of Dhaka Orchid, Bangladesh. He is the founder of Talk Hope and SHADOW, and has served as president of the Rotary Interact Alumni Association of South Asia and as an Interact Representative for District 3282.

The World Health Organization recognizes 10 October as World Mental Health Day. Learn more about how members of the *Rotary Action Group on Mental Health Initiatives* strive to improve the mental health of communities and build friendships.

#### TAILPIECEI

# Turning Conflict into Growth: 7 Steps Every Emotionally Intelligent Leader Should Know

By Ron Pereira

Updated on August 7th, 2025

Let's face it—conflict is inevitable. Whether you're leading a lean transformation or coaching a team through change, friction will arise. And that's not always a bad thing.

In fact, handled well, conflict can spark creativity, fuel better decisions, and deepen relationships.

But it all depends on how we show up when conflict appears.

Over the years, I've seen highly technical leaders lose credibility—not because they lacked knowledge, but because they lacked the emotional intelligence to handle tension. They'd react too quickly. Get defensive. Avoid the hard conversations.

And I'll admit...I've made these mistakes myself on more than one occasion.

So what can we do?

# **Emotional Intelligence: Your Secret Weapon for Conflict**

Our Emotional Intelligence course includes a powerful 7-step framework. These steps aren't theoretical. They're practical, human, and rooted in respect.

Let's walk through them together.

# 1. Recognize & Acknowledge Differences

Before resolution comes recognition.

Emotionally intelligent leaders don't sweep conflict under the rug. They name it without blame. That means noticing when tension rises—maybe during a kaizen event or a staff meeting—and acknowledging it openly, without judgment.

This step also calls us to check our assumptions. Is this really "their issue" or is something within us being triggered?

"Awareness is the birthplace of change."

#### 2. Stay Calm and Self-Aware

Conflict can feel personal. Our heart rate jumps. Our brain goes into protection mode. That's why this step is crucial.

Take a breath. Literally.

Maintain composure. Reflect: Why is this bothering me? Is there a pattern here?

Emotionally intelligent leaders don't let the heat of the moment hijack their values.

#### 3. Empathize and Understand Others

Now it's time to turn our attention outward.

This isn't about fixing or debating—it's about understanding.

Ask, "Can you help me understand what's most important to you right now?" Then, listen fully—to words, tone, and even silence.

Remember: people want to feel seen and heard before they'll consider a new perspective.

### 4. Express Your Own Feelings and Needs

This is where most of us struggle. We either clam up—or come in hot.

Emotionally intelligent leaders communicate with honesty and humility. We use "I" statements. Not "You never" but "I felt frustrated when I saw the timeline shift without discussion."

When we take responsibility for our feelings, others are more open to hearing us.

#### 5. Collaborative Problem-Solving

Once both perspectives are aired, it's time to get creative.

Invite input. Brainstorm without blame. Avoid defensiveness.

In lean terms, treat the problem—not the person—as the enemy.

You'd be amazed at the solutions that surface when people feel safe enough to speak.

#### 6. Negotiate and Reach Agreement

Conflict resolution isn't about "winning." It's about finding common ground, and being open to alternative paths forward.

Agree on what success looks like—and express appreciation. Something as simple as, "Thanks for sticking with this conversation" goes a long way.

#### 7. Follow Up

This step often gets missed. Conflict can re-emerge, especially under stress. So check in. Ask, "How are things feeling now?"

And if needed, walk back through the steps. That's not failure—that's leadership.

#### What Happens When We Get This Right?

When we lean into conflict with emotional intelligence, three things happen:

- Creativity increases: Diverse viewpoints spark innovation.
- Decisions improve: Truth gets voiced early before it derails action.
- Relationships deepen: Trust builds when we show up with respect and humility.

#### Final Thoughts

As lean leaders, we spend a lot of time focused on process. But people are the true catalysts of change. So, the next time conflict shows up—and it will—try walking through these seven steps. You might just find that what once felt like friction becomes fuel for growth.

Because sometimes, the most powerful lean tools aren't spelled out on a poster—they live within us.

#### About the author:

Ron has more than 20 years of experience in various manufacturing, supply chain, and senior leadership roles. Ron has held the titles of process engineer, engineering manager, master black belt, and director of manufacturing & continuous improvement.



In 2002 Ron was the first American to win the Nokia Global Six Sigma and Overall Quality award in Helsinki, Finland. Ron holds a bachelor's degree in automated manufacturing and an MBA in technology management.

#### TAIL PIECE II

# Creative thinking helps fund early childhood education

Providing care for young children doesn't just change their lives, it changes society. A Rotarian in Louisiana, USA, found a way to make donors see that.

Extract from original story by Etelka Lehoczky



Patrick Moore, a member of the Rotary Club of Alexandria, Louisiana, USA, found a novel way to raise funds for early childhood education in his community.

#### A business case for childcare

Moore and other members of his Rotary club had been looking for ways to support early childhood education for some time. When they heard about the matching grant, sponsored by the local Rapides Foundation, they were shocked to learn the deadline was only four months away. Knowing many were business owners like himself, he decided to make a business case for donating.

"I put together a kind of investment plan. I went to different entities and said, 'I'm going to give you an opportunity to invest," he says. "When you ask these businesses, 'What do you need?' they say, 'Oh my gosh, we need workers.' Well, by paying for early childhood education, we're basically planting seeds. This money will help our community have a stronger workforce in the future."

Once Moore got people to think that far ahead, his pitch proved irresistible.

The Alexandria club members also contributed substantially. "Early childhood is a foundation for all the learning that takes place later," says club member and former District Governor Cindy Cespiva. "And it makes a huge difference to families when parents have that opportunity to put their child in a quality setting. They can go to work and not have to worry about childcare." Including Moore's efforts, Rotary members raised close to \$500,000 by the deadline. The Rapides Foundation matched that sum, and then the state government matched the total. Ultimately, the \$500,000 that Moore and his club helped raise became \$2 million for early childhood education scholarships in Rapides Parish.

Learn more about Rotary's commitment to basic education and literacy.

- September 2025

