



Spectrum



RI District 3291

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CLUB NEWS I

Rural Road illuminated before Diwali

निजी फैक्ट्री की पहल से दिवाली की पूर्व संध्या जगमगा उठा गाँव

सुधेन्द्र सायक

कोलकाता मिरर 20 अक्टूबर (बुधवार): बिस्ते के गंगजलघाटी प्रखंड में निजी फैक्ट्री की पहल से दिवाली की पूर्व संध्या पर भारतीय पहल की मिशन कायम की है।

नोडल के दौरान ये सब पूरा हुआ है। बिस्ते रोडमिने से सबा होला है। सब इस ओडिगिफ प्रखंड ने अंधी सड़कों पर सड़की रोडनी की व्यवस्था करके ग्रामीणों के चेहरों पर मुस्कान ला दी है।

बताया जा रहा है कि गंगजलघाटी के भद्रा चौक से गंगजलपुर गाँव तक की सड़क पर रोडमिने कई लोग जाते-वाते हैं। लेकिन रात के बाद, अंधे में सड़क पर चलने मुश्किल हो जाता है। सड़की रोडमिने से सड़क पर सड़की रोडमिने की व्यवस्था करने की मांग कर रहे थे।

अखिरकार, फैक्ट्री के वीसअर (कोलिका सोलर रिस्पांसिबिलिटी) विभाग ने सड़क पर कई सोलर लैंपों की स्थापना की। सड़की रोडमिने से सड़क पर सड़की रोडमिने के अ-वा सड़क।

इस पहल से ग्रामिणों ने कहा, 'हम सबे समय से अंधे में रातों पे और



दुर्घटना से बचता बना रहता था। अब सड़क सड़की से चलने वाली सड़कों के लगे से सड़की रोडमिने हो गई है जिससे हमें बहुत राहत मिली है। दिवाली से पहले यह सड़की रोडमिने का एक नया मोडल है।

फैक्ट्री के उप महाप्रबंधक सुवरात मलिक ने कहा, 'हम न केवल औद्योगिक उत्पादन के लिए दिग्गज हैं, बल्कि समाज के विकास में भी अपनी भूमिका निभाना चाहते हैं। इसलिए, दिवाली से पहले सड़क के लगे से यह रोडमिने प्रदान करना हमने अपना कर्तव्य समझा।'

महाप्रबंधक आनंदी चौध ने कहा, 'हम अपने कारखाने की ओर से रात भर ग्राम में बिजली विकास कार्य करते रहते हैं। दिवाली की पूर्व संध्या पर यह रोडमिने की व्यवस्था की गई थी।

भविष्य में हमारे कई अन्य कार्यक्रम भी हैं।'

सामाजिक जिला परिषद सदस्य माली ने इस पहल की प्रशंसा करते हुए कहा, 'फैक्ट्री का यह सामाजिक कदम अन्य संस्थाओं के लिए भी एक उदाहरण होना चाहिए। समाज के प्रति जिम्मेदारी के ऐसे प्रकटोत्तर पर हमें गर्व है।'

भुक्ति रोडमिने की रोडमिने में उसका भी भाग ले रहा है। वीसटी कस्टमिजिंग द्वारा सामाजिक जिम्मेदारी का यह उदाहरण सड़क सड़की में प्रतिष्ठित करता है कि ग्रामीणों की सड़की रोडमिने को सड़की के बारे में नहीं है, बल्कि इसे सामाजिक के विकास से भरने के बारे में भी है।

for ESRA's 'A Million Solar Panel Challenge' (MSPC) by documenting solar panels installed at home, office, business and for the less fortunate.



Dr. Tantia has also been recognized as a Solar Hero. PP Dr. Aruna further shared that she had logged her Solar Installation on 'Million Solar Panel Challenge' app and received the recognition from ESRA.

CLUB NEWS III

Club member suggests sharing benefits of Moringa oleifera with community



RCSLMK member Dr. Sougata Manna in club meeting of Saturday, October 25, 2025, explained health and commercial benefits of growing and utilizing appropriate components of Moringa oleifera, which is commonly known as Drumstick tree.

CLUB NEWS II

ESRAG recognizes Club's past president Dr. Aruna Tantia

Environmental Sustainability Rotary Action Group (ESRAG) is a group that helps Rotary clubs, districts, and multi-districts plan and implement environmental projects, providing them with expertise, networks, education, and best practices.

ESRAG, in its Certificate of Appreciation dated October 19, 2025, recognizes RCSLMK's past President Dr. Aruna Tantia for her invaluable support

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MORINGA

The Natural Key to Holistic Lifestyle Management



Nutritional Excellence



- 7x more Vitamin C than oranges
- 4x more Calcium than milk
- 3x more Potassium than bananas
- 2x more Protein than yogurt
- 25x more Iron than spinach

Enhances Brain and Emotional Health

মস্তিষ্ক ও মানসিক স্বাস্থ্য
উন্নতি

- Antioxidants and neuro-enhancers (Vitamin E, C, and polyphenols)
- Supports mental clarity, focus, and mood regulation
- Helps reduce stress, anxiety, and depression due to adaptogenic properties

Cardiometabolic and Anti-inflammatory Benefits

- Reduces cholesterol, blood sugar, and inflammation
- Improves heart health and insulin sensitivity
- Rich in isothiocyanates and omega-3 fatty acids, which protect tissues from chronic inflammation

Joint and Muscle Health

যৌথ ও পেশি স্বাস্থ্যের উন্নতি

- Excellent for joint stiffness and pain
- High calcium, magnesium, and anti-inflammatory compounds
- Aids muscle recovery beneficial for physiotherapy and rehabilitation patients



Environmental and Social Sustainability

- Grows in poor soil and requires minimal water
- Used for reforestation, water purification, and organic farming
- Provides income and empowerment in rural communities (especially for women farmers)

Members and audience appreciated and welcomed Dr. Manna's presentation that elaborated germination and growth of Moringa; its health and commercial benefits through various forms of applications and self-employment opportunities.

However, application of such opportunities in form of a viable and sustainable project for satisfying needs of community requires detailed report supported with concrete plan.

CLUB ANNOUNCEMENT I

Upcoming Club Programs

1. The 79th Matri Raksha Camp at Konnagar on Sunday, November 2, 2025
2. The 80th Matri Raksha Camp at Bonomalipara Adibasi Primary School, Bonomalipara, Chakdaha, Nadia on Sunday, November 16, 2025
In association with Banamalipara Adibasi Tarun Sangha. Services of Orthopedic Surgeon, Ophthalmologist, Pediatrician, General Physician and Physiotherapist would also be available.
3. The 81st Matri Raksha Camp at Konnagar on Sunday, November 19, 2025

4. The 82nd Matri Raksha Camp at Konnagar on Sunday, December 7, 2025
5. The 83rd Matri Raksha Camp at Dattapukur on Sunday, December 14, 2025

CLUB ANNOUNCEMENT II

Ashutosh Memorial Rotary scholarship

RCSLMK announces Ashutosh Memorial Rotary scholarship for students of secondary schools
RCSLMK invites applications from meritorious students of Classes V to X from less fortunate families. Application should be submitted in a prescribed form.

DISTRICT ANNOUNCEMENT

District Conference



Save the Dates!

9th to 11th January 2026



RI District 3291
Rotary District Conference
2026

East Side Pavillion
Nicco Park, Kolkata

Rotary District 3291 announces its 2026 Conference to be held at the east side pavilion of NICCO Park from January 9 to January 11, 2025.

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

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RCSLMK President Dr. Saktirupa urges participation of all members at the Conference.

RCSLMK is also intending to book a kiosk to showcase club projects MATRI RAKSHA and Shoring the Shores and Organic Farming. Further, the club may consider offering free testing of Blood Sugar, Anemia and Thalassemia.

24 October, 2025 is World Polio Day

**5 November: World Interact Day
(World Interact Week is celebrated Monday
through Sunday during the week of 5
November, Interact's anniversary)**

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

Citation for Meritorious Service Award nomination period opens in November

The Rotary Foundation's Citation for Meritorious Service honors Rotarians and Rotaractors who demonstrate their commitment to helping others through their service to The Rotary Foundation. Rotary Foundation Chairs may nominate one candidate from their districts to receive this award each Rotary year by completing an online nomination form between 1-30 November.

If you know any members you think would qualify, contact their district Rotary Foundation chair and encourage them to recognize them with a nomination.
21-Oct-2025

RI ANNOUNCEMENT II

RI Board elects 2026-30 Rotary Foundation Trustees

The Rotary International Bylaws provide that Rotary Foundation trustees are nominated by the president-elect and elected by the RI Board in the year before the trustees are to take office. At its October meeting, the Board elected the following members to serve as Rotary Foundation Trustees beginning 1 July 2026 to serve terms of four years each:

- Francesco Arezzo of the Rotary Club of Ragusa, Italy
- Cynthia Covington of the Rotary Club of South Jacksonville, Florida, United States
- Francis Tusubira of the Rotary Club of Kampala-North, Uganda
- Ananthanarayanan Venkatesh of the Rotary Club of Chennai Mambalam, India

29-Oct-2025

ROTARY INTERNATIONAL NEWS

Rotary Concert in Lucerne Raises Enough Funds to Save More than 100,000 from Lifelong Polio Paralysis

October 29, 2025

Lucerne, Switzerland, 27 October 2025 — Music, unity and global purpose filled the air on Sunday evening as Rotary International hosted a spectacular World Polio Day benefit concert at the world-renowned Culture and Congress Centre (KKL), Lucerne, Switzerland. The event brought Rotarians and guests from across Europe in celebration of Rotary's decades-long fight to eradicate polio worldwide.



© **Rotary International/A. Springer**

At the close of the evening, organizers presented a check for CHF48,000 – enough funds to vaccinate more than 100,000 children – to Christine Buering, Rotary International Director, and Mike McGovern, Chair of Rotary's International PolioPlus Committee. The funds will support the Global Polio Eradication Initiative (GPEI), of which Rotary is a core partner “This evening shows what is best about Rotary – generosity, solidarity and hope,” said Christine

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Buering. "Every note of music played here tonight brings us one step closer to a world free of polio. My heartfelt thanks go to all participants, to all who performed, and to everyone who contributed to this remarkable effort."

The concert itself was a masterpiece of sound and vision: the Stuttgarter Philharmoniker, under the baton of Chloé Dufresne, performed Tchaikovsky's Piano Concerto No. 1 with the prodigious young pianist Tsotne Zedginidze at the piano, followed by Dvořák's Symphony No. 9 "From the New World" synced with breathtaking live photography by Tobias Melle projected behind the orchestra — a multisensory journey of music and imagery that electrified the venue.



© Rotary International/A. Springer

Since Rotary launched PolioPlus in 1985, the number of children paralyzed by polio has dropped by over 99%, from nearly half a million cases every year to just a handful of districts in Pakistan and Afghanistan. Over 22 million people are walking today who would otherwise have been paralyzed for life.

"It is taking longer than we once hoped, but we are closer than ever," said Mike McGovern. "The greatest threat now is complacency. Polio can return anywhere until it is eradicated everywhere. Tonight's concert reminds us that together, we can — and must — finish the job."

On behalf of the World Health Organization, Dr Jamal Ahmed, Director for Polio Eradication, expressed deep gratitude to Rotary and all partners:

"Rotary's unwavering leadership continues to inspire the entire global health community," he said. "We thank Rotary International, and every Rotarian here tonight for their extraordinary commitment. As our Director-General Dr Tedros Adhanom Ghebreyesus said earlier this week when meeting Rotarians at WHO headquarters — Rotary's partnership remains vital to finishing polio once and for all."

Polio eradication remains a Public Health Emergency of International Concern, underscoring the need for continued vigilance. Yet the success of Rotary's work

— supported by partners such as WHO, UNICEF, CDC, the Gates Foundation and Gavi — shows what humanity can achieve through unity and compassion.



From left to right: Dr Jamal Ahmed, WHO Director for Polio Eradication; Mike McGovern, Chair of Rotary's International PolioPlus Committee; Christine Buering, Rotary International Director; and, Rotarian Werner Obrecht, Obrasso Concerts.

© Rotary International/A. Springer

"In a world that often feels divided, PolioPlus shows what's possible when we make the right choices together," said Dr Ahmed. "Let us keep that spirit alive — until no child, anywhere, suffers from polio ever again."

As the final notes echoed through the KKL hall overlooking Lake Lucerne, the evening ended not just in applause, but in renewed determination — to turn Rotary's vision of a polio-free world into lasting reality.

RI FEATURE OF THE FORTNIGHT I People with intellectual disabilities find jobs through an innovative program

By Etelka Lehoczky

Most workplaces have an employee like Peter Lee. His job title may be office administration assistant, but it's more accurate to say he's the go-to guy.

"I do a lot of things. When there's a printer problem, people come and find me," says Lee, who works for the Edmonton, Canada, branch of the multinational insurance consultant NFP.

"He's basically Mr. Fix-It," adds Rotarian Andre Charrois. He hired Lee through a Rotary collaboration with local nonprofit Inclusion Alberta, which works with people who have intellectual disabilities.

"Peter helps with the photocopy machines and knows where everything is in the supply room," says Charrois, a member of the Rotary Club of St. Albert, Alberta, Canada. "Nobody enjoys it when he takes a vacation, because they have to figure things out on their own."

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Lee is among many Albertans with intellectual disabilities who have found rewarding work with the help of Inclusion Alberta and Rotary. For more than two decades, Rotary's alliance with Inclusion Alberta has made the most of Rotary members' extensive networks in the business community. Members spread the word about the benefits of hiring people with intellectual disabilities and streamline the hiring process. The initiative has helped fill around 900 jobs.



Rotary members from Districts 5360 and 5370 worked with Inclusion Alberta to expand employment opportunities for people with intellectual disabilities. 2024. Credit: Wendy McDonald

"What Rotary provides is the strength of our networking, who we know. It's been pivotal," says Wendy McDonald, a member of the Rotary Club of Edmonton Sunrise, Alberta, Canada, and chief operating officer of Inclusion Alberta. "Rotary's strength is the ability to open doors to the business community that otherwise wouldn't exist."



In Alberta, Canada, the nonprofit Inclusion Alberta makes connections between people with intellectual disabilities and local companies with positions to fill. 2024. Credit: Wendy McDonald

Unemployment among people with intellectual disabilities tops 70% in Canada, according to Inclusion Alberta. In the United States, it's more than 75%, according to the U.S. Bureau of Labor Statistics. But McDonald says there's no reason that should be the case.

Your chance to make a change

If each of the 1.2 million Rotary members worldwide used their professional expertise to help connect just one person with a sustainable job opportunity — as Andre Charrois did for Peter Lee — we could make a significant difference to the global employment gap. Your network, your skills, and one introduction can be someone's pathway to self-sufficiency.

She cites the wide range of areas in which program participants work, from administrative work and customer service to construction and manufacturing. "The business case for hiring somebody with an intellectual disability is substantial," McDonald says. Business leaders who are skeptical about hiring people with intellectual disabilities are usually uninformed rather than deliberately prejudiced, says Ken Masson, who helped charter the Rotary Club of World Disability Advocacy, Central MA and Metro West in 2021. He spent a decade working for a social services agency in Massachusetts, USA, that helped people with disabilities find jobs.

"In a majority of situations, it's not a case of discrimination. I think it's just a lack of knowledge," he says. "People would say, 'Let me think about it,' or 'Let's bring someone in and see how it works out.' I had several cases where they totally changed their attitudes."

Charrois heard various objections when he first spoke to his colleagues about hiring Lee. They worried about what Lee's role would be and what kind of supervision he would need. But after the decision was made, Inclusion Alberta's onboarding assistance smoothed the way considerably.

"The Inclusion Alberta people came in without Peter and told our staff what they could expect with him, what his challenges were, and so on," Charrois says. "As soon as they were done, I got about 10 email messages from people saying, 'This is a really cool thing we're doing as a company. This is a company I want to work for.'"

Inclusion Alberta staffers and Rotary volunteers are active early in the hiring process as well. Representatives from Inclusion Alberta may tour potential employers' workplaces to find departments that could benefit from additional help. Rotary members act as employment coordinators and review job descriptions to decide whether a specific position can be filled by one of the people they represent. Sometimes it's possible to modify a job to fit the applicant's skills.

Although similar employment programs exist elsewhere in the world, this initiative is particularly

cost-effective, says former Inclusion Alberta CEO Bruce Uditsky. That's because it makes such good use of its Rotary volunteers. "Today, a lot of employment is secured by paying people in the disability field to find the jobs. In our case, we have the Rotarians securing the jobs, finding the openings, creating the chance for a conversation," says Uditsky, a member of the Rotary Club of Edmonton Sunrise who led Inclusion Alberta for 25 years. "This engages Rotarians who want to have a direct impact on their communities and make a difference in somebody's life, in a way that is tied to the very roots of Rotary."

For Lee, the program has indeed been life changing. That's partly because working at NFP has been so different from his onetime goal of owning a coffee shop. He also feels supported as he navigates his role. "Anytime I have questions, I can call someone from Inclusion Alberta or the Rotary club. They're always willing to spend time to chat with me and find solutions to any problems," he says. "They've always been really helpful along the way."

— October 2025

RI FEATURE OF THE FORTNIGHT II Friendship across borders: Japanese and Ukrainian students connect through Rotary

*Posted on October 30, 2025 by Yuhiko Kato,
member of the Rotary Club of Sendai and
governor of Rotary District 2520 (Japan)*



Students embrace Japanese culture, dressed in traditional yukata during the Shiogama Port Festival in Japan.

In 2024, Rotary District 2520 began planning its 60th anniversary Interact Annual Conference with a bold question:

"What can we do that will truly stay in the hearts of young people?"

The answer was not a ceremony, but a journey—connecting Japanese and Ukrainian Interactors through ongoing cultural exchange and peacebuilding. Through a partnership with the Interact Club of School No. 27 in Cherkasy, Ukraine, and the historic Interact Club of Sendai Ikuei Gakuen (founded in 1963), students began meeting regularly on Zoom in September 2024.

Though the first meetings were a bit awkward, smiles increased with each session. Eventually, they no longer needed interpreters. So, when the Ukrainian students arrived in Sendai in July 2025, no one said, "Nice to meet you."

That's how much they had already become "friends."

Experiencing Japanese culture together

During their visit, the students participated in a variety of cultural activities. At the Tsutsujigaoka Tenmangu Shrine, votive plaques were inscribed. They offered prayers for peace while participating in a Shinto ritual—a practice rooted in Japan's indigenous religious traditions—accompanied by the sounds of gagaku, Japan's ancient court music. In doing so, they experienced a distinctly Japanese mode of "prayer," coming into intimate contact with traditional culture. With the support of the Rotary Club of Shiogama, the group joined the Shiogama Port Festival. Although the Ukrainian students were initially hesitant to wear yukata—an informal type of kimono typically worn during summer—they ultimately embraced the experience. As they gazed at the fireworks, their faces lit up with smiles, and they exclaimed, "Beautiful!"

After consulting with the Ukrainian students, the hosts and visitors planted a cherry blossom sapling at the Towa Keisetsu campus of Sendai Ikuei Gakuen High School. The idea came from a Zoom meeting with the Mayor of Cherkasy. "Our city has cherry trees that were given to us by Japan in 2016, and they bring warmth to the hearts of our citizens every spring," the Mayor said. "I would like to plant cherry trees in the schoolyard of School No. 27, which will similarly teach the children the importance of freedom and peace." He hopes they will serve as a symbol of friendship between Japan and Ukraine, as well as of the Japan-Ukraine International Intercountry Committee, which is scheduled to be established soon.

Reflecting on freedom and peace

At the main event of the Interact Annual Conference, we welcomed Andrii Bukriirko, Third Secretary of the Embassy of Ukraine in Japan, to speak on "Freedom and Peace in Ukraine."

He defined freedom as the ability to choose one's path, and peace as living with dignity, free from fear and oppression. He emphasized that peace is not just the absence of gunfire, but rather a state in which justice and human dignity are guaranteed, adding, "If that is not the case, it cannot be called true peace."

In the breakout session, the Ukrainian and Japanese students exchanged opinions in English, sometimes using translation apps, as they engaged in serious discussions.

“What is war?” “What is freedom?” “What can I do?”

It was profoundly moving to see them think together about such profound questions.

After returning home, Yaryna, a student at School No. 27, posted:

“It must have been hard for Japanese students to imagine what I was going through. But they listened and tried to understand. We had serious discussions about freedom and the pursuit of peace. It had been a long time since I felt truly at peace in a school. It made me reconsider the meaning of life, peace, and freedom.”

Her words were the best reward we could have received.

A small step towards peace

This year's Rotary President's message, “Unite for Good”, perfectly reflects this project.

Ukrainian students found a safe place to belong in faraway Japan, and Japanese students were able to face issues of war and peace as something that concerns them personally, rather than as something that concerns others.

It may have been just a small step, but it was one made possible by Rotary.

I'll end with a quote from Franklin Roosevelt, the 32nd President of the United States and honorary Rotarian:

“We cannot always build a future for our youth, but we can always build our youth for the future.”

Small dreams take flight, connect, and change the future. We will continue to walk hand in hand with young people, supporting the future of Ukraine—however small our contribution may be. This is our humble promise to you, as we hope for peace.

This story is adapted from an article originally published on Rotary Japan

ROTARY STORY OF THE FORTNIGHT

Red End Polio Now shirt sparks special moment

By Nikola Božić, End Polio Now Coordinator for Zone 21, and a member of the E-Club of Serbia on 23 October 2025

Some of the most powerful moments in Rotary come when you least expect them. This happened to me recently after a long day of meetings at Rotary International Headquarters in Evanston, Illinois, USA.

Following preparations for upcoming training sessions, I joined about a dozen Rotary colleagues in Chicago for dinner. It had been an intense day filled with strategy and planning, and we gathered simply to relax, eat, and enjoy fellowship. I happened to be wearing my red “End Polio Now” shirt, something I often do because it not only represents a campaign I care about and support but also sparks conversations.



EPN coordinators and Rotary staff at a dinner in Chicago that sparked an opportunity to share the importance of polio eradication.

In the middle of dinner, the restaurant owner's wife came over to our table. She apologized for interrupting and asked if everything was all right. Then she turned to me and said: “I see you are fighting to end polio. My husband is a polio survivor.”

She explained how her husband contracted the disease decades ago in the United States and what it meant for their family. And then, in a voice filled with emotion, she simply said, “Thank you. Thank you for what Rotary is doing.”

In that moment, our global campaign to eradicate polio, which can sometimes seem like statistics, strategy, and targets, became deeply personal again. We were no longer just talking about a few dozens of cases in 2024 or the remaining endemic countries of Pakistan and Afghanistan. We were talking about a man who survived polio, living right there in Chicago, whose life was forever changed by a disease we are committed to eradicating.

It reminded me of two important truths. First, polio is not ancient history. It shaped lives in more than 120 countries just a few decades ago. It has been eliminated in most, but the threat is still real and, as long as the virus exists anywhere, it is a risk everywhere. Second, carrying Rotary's message, even on the back of a shirt, can create unexpected opportunities. It connects us with people outside Rotary who share our vision of a healthier, safer world.

This encounter also renewed my conviction that awareness must be continuous. Too often, polio surfaces in our conversations only in October for World Polio Day or during fundraising drives. But stories like this one remind us why we need to keep the flame alive year-round, by educating, by advocating, and by telling human stories that make polio real.

That night, a simple red shirt turned dinner into a moment of gratitude, connection, and inspiration. It was a reminder that every Rotarian carries the power to be an ambassador for our promise to the world's children. And it was one more reason why I believe, with absolute certainty, that it is not a question of if we will end polio, but when.

TAI L P I E C E

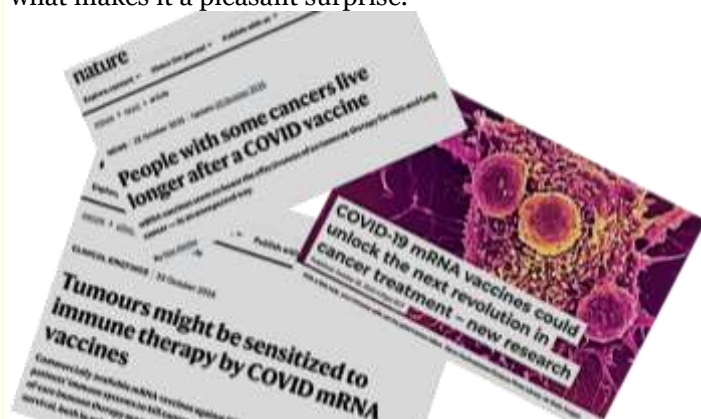
A pleasant surprise- Covid vaccines help the fight against Cancers

By Dr. Anirban Mitra on October 27, 2025 in Medium

That covid-19 vaccines — products of >3 decades of basic and applied research — have saved millions of lives and prevented/ reduced damage to health, including to yours and mine and our families, is well-accepted in science circles.

But that was overall expected. Because while their mass production was unprecedented, neither the basic science nor the core-technology that did it was new.

The latest serendipitous discovery was NOT. And that's what makes it a pleasant surprise.



The latest discoveries, published in Nature

A bit of background. You see, our immune system has evolved, not only to fight foreign enemies like bacteria, viruses and parasites, BUT ALSO to destroy tumor cells before they develop into a full-blown cancer.

A major problem is that since tumor cells are our-own-cells-gone-rogue, it is more difficult to track and hit them. What's more, tumor cells (like many viruses) unleash molecules that fox and suppress the immune system. It's an arms race within the body and this ability of tumor cells to inhibit the T cells has also made treating certain cancers quite difficult. A breakthrough came in the last decade when scientists developed immunotherapeutic molecules that could counter this inhibitory-effect of tumor cells. That freed the T cells from the tumor-induced blockades and allowed them to renew their bombardment of tumors. But, it didn't work for all cancers and customized therapy is still somewhat in the future.

Here is where covid vaccines have come in.

Turns out, the priming of the immune system that vaccines induced, not only secured the body against the virus, but also boosted tumor-targeting T cells. Part of an overall 'charging' effect on the immune system, you could say. And that, in turn, is helping the immunotherapy work better.

Results: >1000 patients with late-stage melanoma and lung cancer, who received the moderna and pfizer vaccines within 100days of start of immunotherapy are >2x likely to be alive after three years, compared to those who got the immunotherapy but not the vaccines. Patients, who had been poor responders to the immunotherapy earlier, were now responding better, thanks to vaccine's charging effect. WOW.

The results overall fit in with what's been known (eg, non-tumor RNA has been used to boost similar immunotherapy, and BCG — the weakened bacteria used in the vaccine against tuberculosis — has been used to help fight bladder cancer). Such information is increasingly part of our textbooks.

There are probably 2 more factors that aided this.

1) by preventing serious covid illness (and also infection to an extent) the vaccines are reducing inflammation, and since tumor progress is aided by chronic, dysregulated inflammation the vaccines are working this way too, to prevent cancer growth.

2) the covid virus produces a number of proteins that reduce the body's interferon production and action. And that also helps cancer cells to survive. Vaccines, by battling the virus better, block that route too.

It's all within the same body. So, all pathways probably work in molecular coordination.



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.



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Project Contact : Dr. Aruna Tantia
International Host Club : RC Las Vegas WON (D-5300)
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International Club (IC) 1	Cash	\$10,000
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✓ IC RC Aarau (D1980)	Cash	\$1000
✓ IC RC Las Vegas WON (D5300)	Cash	\$100
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✓ HC Partner (RC Central Calcutta)	Cash	\$2,000



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

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