



# Spectrum

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RI District 3291

Nov 30, 2025

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President □ Dr. Saktirupa Chakraborty

Secretary □ Ajit Kumar Majumder

Editors □ PP Siddhartha Tantia & Priyanka Agarwal

Club No □ 78956

Chartered On □ April 30, 2008

Website □ <https://rcslmk.rotaryindia.org>

## CLUB EVENT I

### “Matri Raksha”: The 78<sup>th</sup> Fighting Anemia Camp of RCSLMK held on November 16, 2025 at Chakdah



RCSLMK held its 78<sup>th</sup> Matri Raksha Health camp concerning fighting anemia in women under Global Grant 1991152 at Banamalipur Adibasi primary school. Chakdah, Nadia District on Sunday, November 16, 2025 with support of RCC Sutra Nabarun Sangha. The Health Camp further extended its services of providing basic health parameters to both male and female beneficiaries of the locality under title, “Know your numbers”.



The Health Camp also offered Cataract Screening services to the community with support of Rotary Hooghly Eye Hospital.



Club's own specialists, namely, president Dr. Saktirupa, PP Dr. Aruna and Club Secretary Dr. Ajit led the respective areas of their specialization. PP Uma Shankar looked after coordination and overall administration. Rtn Sougata offered necessary supports. Dr. Debasmita Mukhopadhyay and club President Dr. Saktirupa examined women covered under Matri Raksha. Aloke, Kanchan and others offered their skills in respect of collecting personal data of beneficiaries, measuring and recording their health parameters and distributing prescribed medicines.

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 Siddhartha Tantia & Priyanka Agarwal

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150 persons were screened for Anemia and Menstrual disease, Diabetes, Hypertension, Orthopedic ailment and Cataract.



98 of them, all women, who went under purview of Matri Raksha, under Global Grant #1991152, were given free medicines, that included iron, calcium and deworming for 1 to 3 months and nutritional booklets. Each beneficiary was provided with basic health parameters under, "Know your numbers". Low hemoglobin, high blood pressure and high glucose were observed in many of them.

Cataract screening was done for 140 persons. 23 of them, who were detected with cataract, were offered free cataract surgeries at Rotary Hooghly Eye Hospital 50 persons with orthopedic ailments, were examined and prescribed the necessities.



Partha Roy and his RCC volunteers made beneficiaries aware of the camp, arranged infrastructure and hosted entire RCSLMK team.

The team left Salt Lake at 7.30 AM and returned in late evening with a memorable experience.

The club has touched lives of 7500 women so far through its Global Grant project, titled, "MATRI RAKSHA" meant to eradicate anemia in women. Rotary Nidau-Niel, Biel Bienne and Biel Buttenburg of Switzerland are among the Grant partners.

## CLUB EVENT II

### "Matri Raksha": The 79<sup>th</sup> Fighting Anemia Camp of RCSLMK held on November 19, 2025 at Uluberia



RCSLMK held its 79<sup>th</sup> Matri Raksha Health camp concerning fighting anemia in women under Global Grant 1991152 at Calcutta Institute of Pharmaceutical Technology & Allied Health Sciences (CIPT & AHS), a 2 years old Institute located in Banitabla, Uluberia, Howrah, West Bengal on Wednesday, November 19, 2025.



Total 112 women, who underwent screening and treatment for Anemia, were given free medicines, that included iron, calcium and deworming for 1 to 3 months and nutritional booklets.

Dr. Tripti and Dr. Anubrato of ILS Hospital, who volunteered their services as Gynecologists, examined and prescribed necessary medicines and guided in respect of appropriate lifestyle to remain healthy. They handed over a nutritional booklet to each woman after explaining the content therein.

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Sujoy, Alok, Sister and M&E team assisted Dr. Tripti and Dr. Anubrato by organizing registration, preparing health cards, measuring and recording basic health parameters that included height, weight, age, blood hemoglobin, blood glucose and blood pressure of each beneficiary.



Coordination and logistics were remotely organized appropriately by Ms. Jhuma Chaudhury and Sanjay of ILS Hospital.



President Dr. Saktirupa and members of Rotary Salt Lake Metropolitan Kolkata commend valuable support rendered by the stated ILS doctors and the assisting team to ensure success of the event.

## CLUB NEWS I

### RCSLMK IPP and past President in active roles at the Special Olympics Bharat National Championship



## Special Olympics

The Special Olympics Bharat National Football Championship 2025 has concluded. The tournament ran from November 17-21, 2025, at the SAI Complex, Salt Lake, in Kolkata, West Bengal.



RCSLMK immediate past president Sunil Singhi was actively involved in organizing and sponsoring the event. The inauguration, held on November 17, 2025, was attended by, among others, RCSLMK president Dr Saktirupa Chakraborty, IPP Dr Aruna Tantia, IPP Sunil Singhi and Rotarian Rohit Bagrecha.



Also present were Sushil Poddar, president Special Olympics Bharat–West Bengal as chief guest; Ruchika Gupta, President of the Sanmarg Group and the Founder-Guardian of Aparajita, the Art of Excellence; Anil Bhutoria, founder and chairman of Stadel Hotel; Sumit Agarwal, RCSLMK past President, a public relations professional and disability rights advocate; Imran Zaki, social entrepreneur, educationalist, businessman, and patron for arts and culture in Kolkata and host of dignitaries.

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It was a beautiful sight and children were enthused by participation of spectators as cheer leaders as they marched with their contingents.



Over 300 athletes and officials from 22 states participated in the championship, which included senior, junior, and sub-junior divisions, as well as unified 5-a-side matches. This event was a key qualifier for the Special Olympics World Summer Games in 2027 to be held in Santiago, Chile, from October 16–25, 2027.



Earlier in 2025, the Special Olympics Bharat team also achieved a significant international victory, winning the Gothia Special Olympics Trophy 2025 in Gothenburg, Sweden, for the second consecutive time. Special Olympics Bharat is the Indian branch of Special Olympics International, a National Sports Federation that provides sports training and competition for individuals with intellectual disabilities. Founded in 1988 and officially recognized by the Indian government, its mission is to build an inclusive society through sports by empowering athletes with year-round training, health programs, and leadership opportunities. It has a large network of over 1.5 million registered athletes and holds competitions at local, district, state, national, and international levels.

## CLUB NEWS II

### RCSLMK's past president, an invited speaker and live instructor in a National Conference

Source: Seezan Nezani, TNN, Nov 22, 2025



RCSLMK's past president Dr. Aruna Tantia has been an invited speaker and led a special surgery at the national conference 'EVE ENDOSCOPY 2025 – Patliputra' held at AIIMS Patna. The conference was organized by the Indian Association of Gynecological Endoscopists (IAGE) and the department of obstetrics and gynecology, AIIMS Patna, to strengthen new techniques in gynecological endoscopy, ensure safe surgical procedures and promote women's leadership.



PP Dr. Aruna was awarded Eve endoscopy 2025 Trophy for being the Operating surgeon at the inauguration ceremony, held on November 22, 2025, attended by Director AIMS Dr. Agarwal and President IAGE Dr. Kalyan Barmade.

Chief guest Dr Prakash Trivedi, a world-renowned key-hole surgeon, delivered an inspiring lecture titled **“Shunya Se Punya Tak – Aao Banayen Apna Bhavishya.”** He emphasized a positive approach to medical education and the development of surgical skills.

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The day's academic activities included pre-conference workshops focused on fibroids, adenomyosis and endometriosis. Live training was provided on hysteroscopic septal resection, lap cystectomy, fertility-preserving surgeries, lap myomectomy, TLH and hysteroscopic myomectomy by nationally renowned faculty including Dr Anita Singh, Dr Aruna Tantia, Dr Mala Raj, Dr Manjula Anagani, Dr Mukta Agrawal and other experts.



The ceremony began with a welcome to guests and bouquet presentation, followed by lamp lighting and invocation. Organizing Chairperson Dr Anita Singh and Chief Patron Brigadier (Retd) Prof (Dr) Raju Agrawal, ED-cum-CEO, AIIMS Patna, delivered the inaugural address. Distinguished guests Dr Sudha Tandon, Dr Poonam Prasad Bhadani, Dr Sangam Jha (joint secretary) and Dr Monika Anand (treasurer) were present on the dais, while Dr Kalyan Barmade and Dr Rekha Kuriyan shared insights on modern endoscopic techniques and safe procedures.

Organizing Secretary Dr Mukta Agrawal presented the vote of thanks, and the inaugural session concluded with the national anthem.

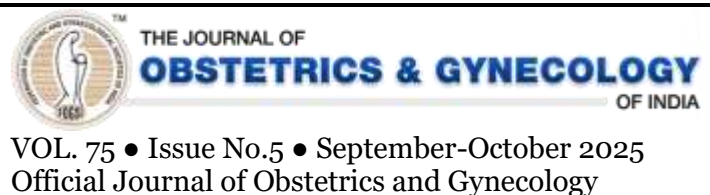


### CLUB NEWS III

## RCSLMK members commend the feat of its member

RCSLMK members express pride and joy on observing a case study of PP Dr. Aruna Tantia on obstructive uropathy being published in the latest issue of *"The Journal of Obstetrics and Gynecology"* a highly acclaimed and respected publication.

The editorial team of Spectrum proudly shares the official extract of the publication.



### CASE REPORTS (GYNECOLOGY)

## Obstructive Uropathy Secondary to Pelvic Endometriosis: A Scary Story!

**Author: Aruna Tantia, Kalyani Barde, Gotam Pipara, Ruchi Pipara, Shashi Khanna**

Obstructive uropathy is a rare but serious complication of pelvic endometriosis, with urinary tract involvement reported in approximately 1% of endometriosis cases. In this report, we describe a 40-year-old working woman presenting Obstructive acute left-sided flank pain radiating to the groin, difficulty in voiding, heavy menstrual bleeding and a palpable 24-week-sized abdominal mass. Imaging revealed a 10 cm left adnexal cystic mass compressing the bladder and left ureter, with consequent left hydroureteronephrosis and background uterine adenomyosis. Emergency cystoscopy and left double-J stenting provided immediate relief of obstruction and flank pain. This was followed by laparoscopic hysterectomy with left salpingo-oophorectomy, right salpingectomy and extensive adhesiolysis. Histopathology confirmed an endometriotic cyst and adenomyosis; postoperative imaging showed complete resolution of ureteral obstruction and hydronephrosis. Although urinary tract involvement in Endometriosis is rare (reported in approximately 1 % of cases) and frequently silent, it can lead to obstructive uropathy and renal compromise if unrecognized. This case highlights the importance of considering endometriosis in the differential diagnosis of premenopausal women with urological symptoms, and underscores the value of prompt decompression of the urinary tract followed by definitive gynecological management in a multidisciplinary setting for optimal renal and gynecological outcomes.

## CLUB ANNOUNCEMENTS

### Club's upcoming scheduled projects

1. On 30 November, 2025 at Baruipur in collaboration with Bengal Obstetrics & Gynecological Society (BOGS), focusing the need of HPV, the human papillomavirus vaccine that protects against certain strains of human papillomavirus, a common virus that can cause various cancers and genital warts.
2. The 80<sup>th</sup> Matri Raksha Camp with RC Serampore at Konnagar on Sunday, December 7, 2025
3. The 81<sup>st</sup> Matri Raksha Camp at Kashimpur, Dattapukur, Baasat on Sunday, December 14, 2025 at the farmhouse of club secretary Dr. Ajit, who invites all members to join with family to let the club hold its annual club picnic.

There will be cataract screening at the same venue. Ms Mita Majumder, spouse of Dr. Ajit, shall sponsor intraocular lens for the cataract patients, who would require surgeries.

4. The 82<sup>nd</sup> & 83<sup>rd</sup> Matri Raksha Camps along with Cervical cancer, Thalassaemia, awareness & HPV vaccination program respectively on 23<sup>rd</sup> & 24<sup>th</sup> December, 2025. It's expected to get appx. 600 tribal Students Venue: Adhigram Bhoomi School, Pailan.

**Adhigam Bhoomi:** "Apni Mitti Se Judi Shiksha" **Help Us Help Them** (HUHT) is a non-profit organization that has been working since 2006 with nearly 600 deprived and street children, catering to their educational and overall developmental needs. HUHT currently runs a rural school in Mallickpur and the School-On-Wheels program, with 35 faculty members and other staff providing free education. The goal of HUHT is to nurture good human beings who will grow into responsible citizens of India.

5. The 84<sup>th</sup> Matri Raksha camp with RC Serampore at Konnagar on Sunday, December 28, 2025.
6. The 85<sup>th</sup> Matri Raksha camp shall be held in a Police Campus on 18<sup>th</sup> January 2026.

## OTHER ANNOUNCEMENTS

1. Fundraising for Environmental Global Grant proposal, GG 2454166 has progressed significantly and is about to near the target. The Rotary club of Washington, the overseas grant partner is keen and happy with the progress. The project titled 'Shoring the Shores' is meant to improve livelihood through mangrove restoration in Sundarbans delta.
2. RCSLMK has funded the research project titled, "Endometriosis related Stress management to reduce morbidity"
3. Proposed Eye Care Center in Chakdah is under active consideration after recent visit by pertinent club members.

## CLUB EVENT III

### Club President leads Breast and Cervical Cancer awareness and focuses the need of HPV vaccine

On 30 November, 2025 at Baruipur in collaboration with Bengal Obstetrics & Gynecological Society (BOGS), RCSLMK President Dr. Saktirupa led before girls and women, the Breast and Cervical Cancer awareness and focused the need of HPV vaccine.



The initiative of the aforesaid awareness campaign was in association with the Bengal Obstetric & Gynecological Society and was held at Baruipur under Public Health Promotion Project.

Rotary Ankuran Kolkata, Rotary Calcutta Charnock City, Rotary Calcutta Renaissance, Rotary Calcutta South West and Rotary Calcutta Victoria were collaborators with RCSLMK.



The program was supported by Maa & Afflatus Foundation, CINI and Durbar Mahila Samanwaya Committee.



The program attracted a large number of women and girls. Consent forms, for HPV vaccine, were distributed among girls for approval of their parents. Vaccines would be provided on receipt of approved consent.

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## Birthdays of members in November & December

Meenal Chaudhary on November 1, 2025  
IPP Sunil Singhi on December 4, 2025  
PP Siddharth Tantia on December 12, 2025  
Prez Dr. Saktirupa Chakraborty on Dec 16, 2025

## Anniversaries of members in November & December

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  
Rajul & IPP Sunil Singhi on Dec 9, 2025

November is Rotary Foundation Month

December is Disease Prevention and Treatment Month

15 December: Last day for early registration discount for the Rotary International Convention

## RI ANNOUNCEMENT

### Partners for a Malaria-Free Zambia: Annual impact report now available

The most recent data shows that Partners for a Malaria-Free Zambia, the 2021 Programs of Scale awardee, has spurred sustained improvement in health outcomes for people in 10 districts in Zambia. Program organizers continue to promote the community health worker model to reduce severe malaria cases and deaths. Rotary members in Zambia traveled to all 10 district health offices in 2025, one year after the program funding ended in 2024, to gather the data.

Review the Partners for a Malaria-Free Zambia Annual Impact Report to learn more about the effects of this program, feel proud of the tremendous work being done by Rotary members, and get inspired to take action on fighting disease or other issues that matter to you.

Promoting this program's success helps ensure that Rotary's most transformative work is seen, shared, and supported by members and nonmembers alike. Contact us with any questions or for more information.

18-Nov-2025

## ROTARY STORY OF THE FORTNIGHT How we built a bigger, bolder Rotary project in Panama, together with the community

Posted on November 27, 2025 by Alexei Oduber, member of Panama Nordeste Rotary Club, Panama



Alexei Oduber (left) poses next to Xavier Sanchez of the Rotary Foundation Cadre of Technical Advisers, and community members in Darien Province, Panama. Together with the communities of Baja Puru, Boca de Tigre, Peña Bijagual, and Pulida, they worked to bring clean drinking water to the area.

When our club set out to bring clean water to communities in Panama's Darién province, a region accessible only by canoe and small boat, I realized how much more impact we achieve by truly partnering with communities and embracing big challenges.

Let me show you what that project looked like through Rotary's "Building Blocks to Impact" framework from the Rotary Impact handbook. It provides a smart way to plan and measure service projects – starting with the inputs we bring to a project and building toward long-term, measurable results. I am really proud of the community's engagement and participation; they were shaping the project with us. From the beginning, this helped us ensure sustainability was a central part of the project design.

### **Inputs: co-design, listening, shared resources**

We didn't start with solutions. Following the guidelines from Rotary's Conducting Community Assessment handbook, we listened. Leaders, mothers, and elders shared with us their daily lives, the obstacles they faced, and what changes would truly matter. Together, they shaped the priorities: clean, reliable water; a system that could be maintained locally; minimal electricity dependence; and ownership by local people.

Guided by those local priorities, we secured funding through a global grant and partnered with the Roswell Rotary Club (Georgia, USA) and Solea Water, an NGO already trusted in Darién. The community decided on the location of the facility, the structure of maintenance, and who would be trained for ongoing oversight and maintenance. We brought solar panels, treatment hardware, piping—but also invested in training, respect, and relationship building. These inputs created the project foundation.

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### Outputs: what we built together

Due to close collaboration with the community, these shared inputs resulted in strong and context-aware outputs, including a solar-powered water treatment facility, pipelines, and storage tanks. Local leaders were trained in operation, maintenance, and routine checks. Community members engaged in material transport, building, and hygiene education. They weren't passive beneficiaries; they were co-builders.



*A wooden path to the riverbank in Darién Province, Panama, where canoes await transport to communities accessible only by boat.*

### Outcomes: immediate changes we saw

Soon after, clean water was available in homes. Families no longer needed to fetch untreated river water on a daily basis. Children stopped missing school due to water-borne illnesses. Parents gained time and energy. Local leaders operated the facility themselves, identifying areas that needed improvement and requesting follow-ups, including latrines, drainage, and additional maintenance training. The community's voice grew stronger in defining what came next.

### Impact: long-term, sustainable change

Health has improved. School participation is rising. The burden on women and children in water collection has eased. Our solar-powered system avoids dependency on unreliable electricity or fuel.

Well-trained local leaders now maintain the infrastructure, reducing the risk of system failure. Decision-making was shared early on, fostering trust and ownership. As a result, the system belongs to the residents of Darién—not outsiders. This collaborative approach has built deep confidence in the process. Today, Darién residents view Rotary and Solea Water as true partners in improving their communities.

### Lessons learned

I learned six valuable lessons that enabled this collaborative approach:

1. **Start with listening.** Go into communities with humility and openness. Conduct community assessments to understand their priorities, capacities, and the barriers they face.
2. **Co-design everything.** Make the decisions jointly with local people.
3. **Invest in ownership.** Train local leaders well. Share responsibilities clearly.
4. **Design for local sustainability.** Select technologies and materials that are suitable for the specific context. Factor in maintenance and local capacity.

5. Use Rotary's tools boldly. Don't shy away from requesting global grant funding, requesting technical support from members of the district resource networks, or utilizing measurement frameworks like those in the Impact Handbook.
6. Tell your story ethically. The people we serve are not subjects; they are service partners. Uphold their agency, voice, and privacy. Secure informed consent, honor the relevance of their participation, share stories back with the community, and avoid stereotyped "helping the poor" framing.

It pays off to get a little uncomfortable. While we were initially concerned about the level of commitment to a project this size, what we've found is that it has really excited and engaged club and community members. We need to make Rotary exciting and relevant. Bigger, bolder projects like these not only address critical needs but also inspire a new wave of members dedicated to making a difference.

Don't let the size or complexity scare you. When we genuinely partner with communities, utilize the tools Rotary provides, and build for sustainability, we transform relationships, trust, and what our clubs can achieve.

**Environment Global Grant Proposal**

**MANGROVE RESTORATION AND LIVELIHOOD SHORING THE SHORES**

**GG 2454166**

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 - 3661**  
Website: Shoring the Shore

**GG 2454166**  
Grant Application with Community Assessment & Training Plan

**SCAN or CLICK HERE**

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

**The Rotary Foundation**  
www.rotary.org

**We Seek International Partners**

International District 1	DIF	\$5,000
International District 2	DIF	\$3,000
Host Club District 3291	DIF	\$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
✓ IC Partner (RC Central Calcutta)	Cash	\$2,000

**The Rotary Foundation**

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