



Spectrum

UNITE
FOR
GOOD

RI District 3291

Mar 15, 2026

President Dr. Saktirupa Chakraborty

Club No 78956

Semimonthly bulletin of Rotary Salt Lake Metropolitan Kolkata

Editors PP Siddartha Tantia & Priyanka Agarwal

Chartered On April 30, 2008

VOL 19 NO 17

Secretary Ajit Kumar Majumder

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

CLUB EVENT I

RCSLMK gives Life & Dignity to Physically Challenged



Date: Sunday, March 1, 2026

Project: Uthe Sabke Kadam 3 GG

Location: Chakdah

Area of Focus: Disease Prevention & Treatment & ECD to Physically Handicapped.



Inputs: A 5-member team from Mahavir Seba Sadan, 4 members of Rotary Salt Lake Metropolitan Kolkata & members of RCC Sutra Nabankur Sangha, Chakdah, Nadia were in action at the workshop.



Output: 28 people were fitted with leg and hand prosthesis, allowing them to become mobile.

Impact: Twenty-eight persons regained their Dignity, Peace of mind, and ability to be productive and earn livelihood.

Rotary Salt Lake Metropolitan members present were PE Dr. Bimlendu Sen, PP Uma Shankar Agarwal, Saugato manna, PP Dr Aruna Tantia.

RCC Sutra Nabankur Sangha mobilized beneficiaries and offered an excellent arrangement.

The Global Grant Project, Uthe Sabke Kadam - Feet for All, phase 3 got concluded with successful completion of the camp on March 1, 2026.

Phase 3 of the project started on March 2, 2025 and the 50th camp was held on March 1, 2026.

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 -

Editors: PP Siddartha Tantia & Priyanka Agarwal

For private circulation only • Web site: <https://rcslmk.rotaryindia.org> • Email ID - rotary.slmk8@gmail.com



Following is the achievement in one year and the target figures shown in parenthesis:
Legs: (target 1200), completed 822
Calipers: (target 615), all done
Modular Foot: (target 25), all done
Club Foot: (target 300), done 188
Hands: (target 25), all done
Cerebral Palsy rehab: (target 50), all done
Summary: Planned project tenure 18 months. 78% of the project completed in 12 months.
Pending: Legs: 378, Club Foot: 112



Club Foot would be completed in March, Legs by latest mid-June.

About Rotary's Global Grant project, "Uthe Sabke Kadam"

"Uthe Sabke Kadam": Words coined from a song (lyricist: Rajendra Kishan, Composer: Rajesh Roshan) of the Basu Chatterjee's 1979 movie, "Baton Baton Main"

Project Uthe Sabke Kadam (USK) is a major Rotary International Global Grant initiative, primarily in RID 3291 (Kolkata), focused on providing free prosthetic limbs (artificial legs/hands) to underprivileged individuals. Partnering with Mahavir Seva Sadan, Rotary Clubs from Finland, UK, and Young Indians, the multi-year project aims to restore mobility and dignity.

Key Aspects of Uthe Sabke Kadam:

Objective: To provide high-quality artificial limbs to those in need, facilitating mobility and rehabilitation.

Partnerships: Led by Rotary Club of Calcutta Chowringhee in collaboration with 17 Rotary Clubs from Finland, clubs from the UK, 5 Rotary International Districts, and Mahavir Seva Sadan.

Scope: The project is in its 3rd edition as of 2025, operating as a 15-16 month long, multi-year initiative.

Impact: Hundreds of beneficiaries have received prosthetic limbs, including specialized limb fitment camps, such as those held at the Mahavir Seva Sadan.

Participating Clubs (RID 3291): Included RCC Chowringhee, RCC Mayfair, RCC Victoria, and RC Salt Lake Metropolitan Kolkata.

The project has been active since 2021, with significant international and local support to ensure the sustainable delivery of prosthetics.

Planning is on for the fourth edition, USK-4



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 •

Editors: PP Siddhartha Tantia & Priyanka Agarwal

For private circulation only • Web site: <https://rcslmk.rotaryindia.org> • Email ID - rotary.slmk@gmail.com

About Mahavir Seva Sadan



आशाई - DARE TO DREAM

Mahavir Seva Sadan is a non-profit organization based in Kolkata, dedicated to providing free rehabilitation and medical services to persons needing artificial limbs and children with cerebral palsy.

Established in 1985, it operates multiple facilities, including a primary center in Khidirpur and a large research and rehabilitation center in Joka.

All major services provided by the organization are offered free of cost regardless of the patient's financial status.

About Young Indians (Yi)



Young Indians (Yi) is a voluntary youth movement and an integral part of the Confederation of Indian Industry (CII), a non-government and non-profit organization.

Founded in 2002, Yi aims to provide a platform for young Indians to converge, lead, and co-create future through responsible leadership and practical impact.

Core Mission and Structure

Youth Leadership: Focuses on developing leadership skills through personal development programs, entrepreneurship, and innovation.

Nation Building: Engages youth in community service and initiatives involving education, healthcare, environment, and road safety.

Thought Leadership: Empowers the youth to become a collective voice that effects positive change.

Membership and Reach

Membership is open to Indians between the ages of 21 and 40, with existing members to continue until age 45. The organization has over 70 chapters across India and an international chapter in Singapore.

Stakeholders:

Engaging over 30,000 college students in self-development and nation-building.

A platform for school children focusing on holistic development and responsible citizenship.

Programs reaching over 92 rural communities to drive inclusive growth.

Key Initiatives

A founding member of the G20 Young Entrepreneurs' Alliance (G20 YEA) and the Commonwealth Alliance of Young Entrepreneurs—Asia (CAYE—Asia).

Organizes annual events like the Young Indians Summit and Bharat Entrepreneurship Week.

Leads various projects such as "Masoom" (child safety), "Gift an Organ," and climate change advocacy.

CLUB NEWS

RCSLMK disburses Rotary Scholarship



RCSLMK disbursed the Ashutosh Memorial Rotary Scholarship to twelve meritorious rural school kids in a special club meeting held on Sunday, March 8, 2026 that coincided with International Women's Day.



The scholarships were meant to encourage boys and girls to further their learning to let them empower themselves through academic excellence.



President Dr. Saktirupa Chakraborty called the meeting to order. She welcomed past Rotary Governor Rajkumar Rajgharia, the Guest of Honor; Mr. Manas Majhi, Secretary, RCC Bhateghori Janakalyan Samity; the children identified for scholarship and club members.

Everyone rose for synchronized rendition of National Anthem in unified voice.

President Elect Dr. Bimalendu Sen narrated his experience at the mounting of artificial limbs at Chakdah on Sunday, March 1, 2026 under Global Grant project, "Uthe Sabke Kadam – 3".



PP Dr. Aruna Tantia spoke on International Projects like Shoring the Shores; Uthe Sabke Kadam; Matri Raksha; and repair of Cleft lip palate. President Dr. Saktirupa mentioned about various menstrual problems and their solutions.



Guest of honor past Rotary Governor Rajkumar Rajgharia was introduced by PP Dr. Aruna Tantia and Rotarian Ashok Surana. A brief speech of Rotarian Rajkumar followed.



Scholarship amount of Rs.5000 per student was awarded to 12 students from Howrah by the Guest of Honor past Rotary Governor Rajkumar Rajgharia along with club members. Club Secretary Dr. Ajit Kumar coordinated the disbursement.



Vote of thanks and fellowship followed.

Member's ancestors to revel Golden Wedding Anniversary



Spouse Sushila and Rotarian Ashok Kumar Surana had their golden wedding anniversary on January 26, 2026. Over 50 years they lived happy and meaningful life with family, community and friends. To commemorate the turning point, their descendants have decided to celebrate the defining moment with family and friends in the evening of Saturday, March 21, 2026 at Stadel Hotel, Salt Lake.

Club Secretary rushed to Hospital



Club Secretary Dr. Ajit Kumar Majumder suffered from stroke in the evening of Sunday, January 8, 2026. He had a fall when the BP was 150/100. He was rushed to Apollo Hospitals, where he was thrombolized.

One clot busted, but the other is causing disturbance in hand and speech. He is in ICU and is able to walk. He attended day's club meeting from 10.00 AM and drove back home thereafter. Family and club members are anxiously hoping for speedy recovery of such an active and energetic person. Only his right upper limb and speech are affected till the evening of Saturday, March 14, 2026 and he would soon be shifted to HDU.



Birthdays of members in March & April

Amrita Chatterjee on March 25, 2026
Shreya Dugar on April 1, 2026
Rajesh Chirimar on April 12, 2026



Wedding Anniversaries of members in March & April 2026

Shruti & Nitesh Toshniwal on March 6, 2026
Baibhav & Priyanka Agarwal on Apr 28, 2026

March is Water and Sanitation Month

April is Environmental Month

31 March — Preregistration discount ends for the Rotary International Convention

World Rotaract Week is celebrated Monday through Sunday during the week of 13 March, Rotaract's anniversary

30 April — Rotary International Convention registrations and ticket cancellations are due

Upcoming club program

Excursion cum Matri Raksha Health Camp at Sundarbans on March 28 & 29, 2026.

RI ANNOUNCEMENT

New features to support membership growth now available

Rotary International is excited to announce that we are innovating our process for connecting prospective members and referrals with clubs by empowering candidates with the knowledge they need to find their home in Rotary and connect them to a club right away. The new prospective member management system both streamlines the process for prospective members and reduces the number of administrative tasks for club and district leaders.

Our modernized system will make it easier, faster, and more intuitive for club leaders to follow up with the candidates who have expressed interest in becoming a member of their club. District leaders will be empowered to support where needed, allowing them to focus on opportunities to support club health and new club development.

Reported club and district officers can visit pmm.rotary.org/admin to access the new platform. Thank you for your commitment to growing Rotary!
12-Mar-2026

STORY OF THE FORTNIGHT

A survivor of violence guides others to safety

By Valencia Jones

It was in the parking lot of a grocery store. That's where I felt my life diverge, my life before and my life after, trapped and free. A simple trip to the store — something most people do without really thinking about it — had been for me a thing of terror. I'd nervously watch the clock. How long had I been gone? Long enough for him to question where I'd been? Would I get a beating or just a fusillade of hurtful words?

I gripped the shopping cart and felt the familiar stab of fear, looking at the clock and the long checkout line. C'mon, move. Move! Out in the parking lot, I threw everything into the car and got in. Then it suddenly dawned on me. There's nobody at home, no one waiting. That life was over. In a car full of groceries, I sat and cried, just because I could take as long as I wanted, and because of everything that meant.

I met the man who would become my husband in 2006. He started talking to me at a gas station in Shreveport, Louisiana, about an hour and a half by car from my home in Monroe. He seemed nice. We exchanged numbers and would talk on the phone.

Every couple of weeks, we would meet up while I was in Shreveport to see a specialist for a back injury I suffered working as a nursing assistant.

After a few months, he asked me to move in. I was a single mother of three in my late 20s, unable to work because of my injury. I wouldn't have to worry about getting back to work or about money, he said. Within two years we married.



Image credit: Xia Gordon

Looking back, I know now that's when it started. The manipulation begins when they first approach you. They're relentless at being everything you need, filling the gaps in whatever is missing in your life. You're in financial trouble, you're a single mom, you're lonely. They try to be the answer to those things. They overwhelm you with nice gestures, dinners, flowers. But I didn't know that then. He just seemed like everything I could have hoped for.

It's small things at first. Ugly little comments, controlling behavior, once they feel comfortable and certain that they've got you. It's hard to explain to friends and family. They wonder how anyone could stay and put up with such abuse. But like I said, it's gradual and always followed by a barrage of apologies. I'm sorry I cussed at you. I'm sorry I threw something. I just got so angry because I care so much, I'm so passionate. And it's fine again until the next time. And there is always a next time. Over my 15-year marriage, I would experience many types of abuse.

I know now that the categories of abuse people experience can include verbal and physical violence directed at you or harm or threats of harm to your children, pets, or property as a way to hurt and control you.

Experiences like mine are more common than you might think. One out of 3 women and 1 in 4 men will

experience domestic violence. You might have experienced it or know someone who has. Maybe you saw the signs on someone else but didn't know what you were looking at. You may have heard them say, "Oh, this bruise? I fell, I'm so clumsy." Or perhaps they dodged invitations to a movie or dinner. "Sorry I can't, I need to get home."

My career as a counselor

Today, I work as a licensed professional counselor specializing in the treatment of people who experienced domestic violence or human trafficking as well as adults who were sexually abused as children. One case I'll never forget. I was counseling a woman whose partner had beaten her into a coma and was continuing to stalk her. She managed to safely escape to another state. Later, another woman came for help. Her abuser, I would learn, was the same man. Here I was helping these women and all the while there was this perpetrator out there creating another victim. That's how I, a domestic violence survivor, also began counseling abusers, ordered by courts to undergo treatment.

"Rotary lifted my self-esteem. It gave me a community of support and the courage to become a public speaker and advocate. It gave me my new start on life."

It might sound strange, but I feel a certain empathy for these men. Many of them were victims of horrific abuse as children. That was my ex-husband's story. When he was 5 or 6, his dad would come home drunk and violent. Sometimes he'd hide out in the woods. He was hurt so he grew up hurting people.

I hear that over and over. While counseling a group of men, I asked one of them, "Why do you think you're so angry that you want to hurt your wife?" "Well, I don't know," he said. "My dad was a monster, I guess. I guess that's where I get it from."

He shared that one time his father had beaten his mother so severely he thought she was dead. I looked at him, this man, now 36 years old, fresh out of prison, covered in tattoos, full of muscles. He was weeping and rocking back and forth like he did as a child hiding in a closet. I cried too. All I could see was the scared 6-year-old boy. The other men leaned in, giving their full attention. I said, "I'm so sorry somebody hurt you. You just said your dad was a monster. So why then did you become the monster of your house?" There were gasps in the room. Later that man returned to tell me he'd turned his life around, enlisted in the Navy, and was treating his family better.

It's not easy for me. After all, these are representations of the man who abused me. When I first enter the room, they often react angrily to the sight of a woman as their counselor. But once they open up and become vulnerable, their healing can begin. Sometimes I share

my story with them. After one such session, a few of the men offered me words of support, asking how anyone could want to hurt me. And I said, "You know what, that's exactly how your wife feels." My perspective as a survivor has a real impact on them.

From pain to healing

Of course my experience helps with counseling survivors too. Some even come to me specifically because I'm a survivor. I share in their pain, tears, and regrets, all of it. Then I remind them that they had the courage to get out. I always take time to celebrate their strength in taking this path to freedom.

Lots of therapists avoid this area of counseling because it's so intense and improvements take time, sometimes years. It's a long haul because, to start with, you have to un-brainwash patients. I know the choreography of that manipulation and control. I know the isolation, how your friends start to drift away after you've canceled on them so many times for fear of your abuser's reaction to you being gone.



Image credit: Xia Gordon

Over time, you no longer recognize yourself. You give up doing your hair or makeup or dressing nice. That would arouse suspicion. You flatten your personality, lest he suspect you of flirting with other people. Your conversations with others become bland and generic. Don't get excited, don't make eye contact. In my case, I started to feel like an NPC, one of the non-playable characters that float by unnoticed in the background of the video games I like to play. I felt erased.

But here's the thing: There is hope. There is help and healing. I know that too. It starts with careful planning. Simply leaving without a plan can put you in more danger. Around 75 percent of homicides related to domestic violence occur after separation. I studied advice from online videos. My plan started with building financial independence. I persuaded my husband to accept me getting a part-time job and had my pay deposited electronically to a secret bank account. My husband, a truck driver, was away for months, allowing me to work more. Eventually, I had saved enough to go back to school and completed a bachelor's degree in psychology, then a master's degree, allowing me to work as a counselor and earn more. Meantime, my three oldest children were safely

independent. I just had to care for the two younger children I had with my husband.

Each person's safety plan differs, and some are able to break away sooner than others. For me, that day came after years of planning; I packed up the house while my husband was away. When he learned I was gone and I told him I wanted a divorce, he laughed, calling it a phase. Threats followed. I moved again. But in the end our divorce was finalized. And there was that moment in the grocery store parking lot. I'll never forget it.

Healing is a long journey. Through therapy, I learned to find myself again, to find my personality, decide how I want to dress or wear my hair. But one of the other first big things I did with my freedom was to join a Rotary club. Rotary was my first act of rebellion. A member of that club was on the board of a counseling center where I ran a free group for women who had experienced violence. He said he could tell I had a love for my community and asked me to join. He was the first person who really saw me. After some time, I shared my story with the club. Rotary lifted my self-esteem. It gave me a community of support and the courage to become a public speaker and advocate. It gave me my new start on life.

Now, every October, for Domestic Violence Awareness Month, I invite a few dozens of my clients or women from shelters to attend an event our club organizes to celebrate them with entertainment, dinner, cocktails, and door prizes. Sponsors donate money that we use to support women with counseling, transportation to safety, temporary shelter, personal items, moving trucks, living expenses, and more. The event, called Illuminate, ends with the women lighting paper lanterns. In the glow, we reflect in silence on how far we've all come.

This story originally appeared in the March 2026 issue of Rotary magazine



Valencia Jones, the immediate past president of the Rotary Club of Riverbend-Shreveport, is the director of the Social Therapy Project.

Key Contributions & Achievements

The Social Therapy Project: As the founder and director, she leads this initiative to provide counseling, safety transportation, and living expenses for women escaping domestic abuse.

Community Recognition: Named a 2026 Virginia K. Shehee Most Influential Woman honoree for her extensive volunteer work in the Shreveport-Bossier community.

Professional Background

Jones is a Professional Counselor and has been a guest speaker at Johns Hopkins University. Her philosophy is rooted in the belief that "Our community thrives when we all thrive together"

Mathematicians find one pi formula to rule them all

A mixture of AI and algorithms uncovered a hidden structure spanning 2,000 years of equations for pi
By Lyndie Chiou edited by Clara Moskowitz
in Scientific American on March 13, 2026



A blackboard shows the digits of pi drawn out in chalk.

For more than two millennia, mathematicians have produced a growing heap of pi equations in their ongoing search for methods to calculate pi faster and faster. The pile of equations has now grown into the thousands, and algorithms now can generate an infinitude. Each discovery has arrived alone, as a fragment, with no obvious connection to the others. But now, for the first time, centuries of pi formulas have been shown to be part of a unified, formerly hidden structure.

Divide any circle's circumference by its diameter and you get pi. But what, exactly, are its digits? Measuring physical circles won't tell you—your tools are too clunky to discover pi's endless numerals. Uncovering its true value requires something much more powerful: a formula.

It all started with Archimedes, who developed the world's first known mathematical proof for pi's value. He thought of a circle as an infinite-sided polygon with sides of zero length. The math to handle infinitesimals (calculus) wouldn't arrive for another 1,900 years, so instead he circumscribed 96-sided polygons on the outside and inside of a circle and used geometry to calculate their perimeters. He was able to determine that pi fell somewhere between 3.140845... and 3.142857..., trapping it in a range. His rigor stood for 1,600 years.

Then, around the 14th century, Indian mathematician Madhava of Sangamagrama provided the first exact formula, expressed as an infinite series—a sum of endlessly many terms that, if you could somehow add them all up, would yield pi exactly. The catch: his series converged agonizingly slowly, requiring hundreds of terms just to nail down a few decimal places. More than three hundred years later Leonhard Euler discovered another series that converged faster. And in the early 1900s, the mathematician Srinivasa Ramanujan produced formulas that are still revered for their efficiency today.

Each equation seemed unrelated to the others. But in late 2025, a team of seven AI researchers at the Technion—Israel Institute of Technology found a previously unknown

mathematical structure underlying hundreds of pi formulas, including those of Archimedes, Euler and Ramanujan. "It's not every day that you get to cite Archimedes," says Ph.D. student Michael Shalyt, part of the team. The structure, called a conservative matrix field, or CMF, acts as a kind of mathematical common ancestor, showing how formulas that look nothing alike turn out to be different expressions of the same underlying object.

Pi Day is an annual celebration of the mathematical constant π (pi). Pi Day is observed on March 14 since 3, 1, and 4 are the first three significant figures of π



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

GG 2454166



Lead Host Club : Rotary Club of Salt Lake Metropolitan Kolkata, INDIA (D-3291)
Partner Club RC Central Calcutta (D-3291) | RC Hooghly (D3291)
Project Contact (HC) Dr. Aruna Tantia
International Host Club RC Washington DC, (D-7620)
Project Contact (IC) Dr. Sam Hancock – Washington DC
International Club Partner RC Aarau (D-1980)



aranuantia@gmail.com

We Seek International Partners

✓ RC Washington DC (D7620)	DDF	\$5,000
International District 2	DDF	\$3,000
Host Club District 3291	DDF	\$7,000
✓ RC Washington DC (D7620)	Cash	\$5,100
International Club (IC) 2	Cash	\$10,000
✓ IC RC Aarau (D1980)	Cash	\$1000
Host Club Lead (RC SLM)	Cash	\$13,808
✓ HC Partner (RC Central Calcutta)	Cash	\$5,000
✓ RC Hooghly	Cash	\$1,500
✓ E Club of District 7210	Cash	\$1,000



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 •

Editors: PP Siddartha Tantia & Priyanka Agarwal

For private circulation only • Web site: <https://rcslmk.rotaryindia.org> • Email ID - rotary.slmk8@gmail.com