$$\begin{array}{c} \\ 0 \\ \\ 1 \\ \\ 2 \\ \\ \end{array} \begin{bmatrix} \overset{0}{1} & \overset{1}{3} & \overset{2}{5} & \overset{3}{7} \\ \overset{4}{10} & \overset{5}{11} & \overset{6}{16} & \overset{7}{20} \\ \overset{8}{23} & \overset{9}{30} & \overset{10}{34} & \overset{11}{60} \end{bmatrix} \quad \begin{array}{l} m = 3 \\ n = 4 \end{array}$$

$$\begin{matrix} 0 & 1 & 2 & 3 \end{matrix}$$

↓

If we Lay this flat $V = m \times n$

$$\begin{bmatrix} \overset{0}{1} & \overset{1}{3} & \overset{2}{5} & \overset{3}{7} & \overset{4}{10} & \overset{5}{11} & \overset{6}{16} & \overset{7}{20} & \overset{8}{23} & \overset{9}{30} & \overset{10}{34} & \overset{11}{60} \end{bmatrix}$$

$$mid = 6 \rightarrow \frac{12}{2} = 6$$

Now to identify which cell does 6 belong to,

We can convert

$$row = 6 // 4 = 1$$

$$col = 6 \% 4 = 2$$

$$: arr[1, 2] = 16$$