



ROTARY CLUB OF CALCUTTA METROPOLITAN

Club Regn. No. : 043290002/3842 • Charter Date : 17.06.1986

METRO VOICE

<https://rccalcuttametropolitan.rotaryindia.org>

RY : 2025-2026

**UNITE
FOR
GOOD**

Rotary

Rotary



President : RAJSHREE JAIN • Hony. Secretary : NAMRATA BENGANI

• Editor Emeritus : SASHI DHACHOLIA

1722ND REGULAR MEETING

VOL 40, NO. 19

11 APRIL 2026

KNOW YOUR GUEST SPEAKERS



BABITA JHUNJHUNWALA

Babita Jhunjunwala is a Psychological Counsellor and founder of Mann Ki Baat - A Journey Within. Babita Jhunjunwala is dedicated to creating awareness around mental health and emotional well-being. She has spoken at national forums, including the National Mental Health Summit by Emotional Ability Resources, and has moderated panels with leading psychologists, doctors, and educators.

An Executive Board Member at CAFE (Career After Family Enterprise), Babita mentors, leads initiatives, and has anchored events. She also serves as Treasurer at Inner Wheel Club of Metropolitan and is a member of the National WICCI Childcare Council.

Widely appreciated for her empathy, patience, and grounded presence, she believes: "Helping one person might not change the world, but it can change the world for that one person."

TODAY'S TOPIC: DE-STRESS & RESET



SAROJ AGARWAL

Saroj Agarwal is a certified Psychological Counsellor, Life Skills Coach, Motivational Speaker, and the Founder of Mann Ki Baat, an initiative dedicated to mental health awareness. She serves as a Board Member of CAREER AFTER FAMILY (CAFE) and is the Vice President of WICCI WB Homepreneurs Council. A solution-focused therapist, Saroj has counselled over 300 individuals across all age groups, with expertise in young adult, pre-marital, and marital counselling.

She has conducted transformative workshops and keynote sessions on prestigious platforms such as DTPA, ACAE, EIRC, Avantika, Lions Club, Rotary Club and many more including, several residential complexes. Previously, she also served as the School Counsellor at Our Lady Queen of the Missions School, Salt Lake branch.

Her mission is to promote preventive mental health and to psycho-educate the younger generation, helping build emotionally resilient and confident individuals.

Her mantra is-

Empowering minds, enriching lives, and creating a culture of emotional well-being .Because every 'Mann Ki Baat' deserves to be heard and healed."

"We owe it to ourselves and to the next generation to conserve the environment so that we can bequeath our children a sustainable world that benefits all"

~ Wangari Maathai

DISTRICT TEAM LEARNING SEMINAR FOR RY-2026-2027 HELD ON 5.4.2026

District Team Learning Seminar for RY-2026-2027 was held on 5.4.2026. PP Rtn Utpal Chatterjee as Chief Counsellor addressed the Rotarians in his Inaugural Remarks. PP Rtn Dr Naresh Goyal & PP Rtn Sashi Dhacholia also attended the seminar as District Secretariat Team for RY- 2026-2027 for RI District-3291.

There were multiple Break Away Session for different services, which mostly conducted by PDGs. The break Away sessions were meaningful with Q & A sessions. It was attended by more than 200 delegates.

Rotary Club of Calcutta North East was the Host Club for DTLS, who have done great job. Thanks to their President Rtn Angana Paul and the team.



DISTRICT TEAM LEARNING SEMINAR FOR RY-2026-2027 HELD ON 5.4.2026



HOW BONE HEALTH IS IMPORTANT AFTER CROSSING 40 AN REPORT ON BONE HEALTH HELD ON 28.3.2025

An Interactive session on Bone Health by PP Rtn Dr V K Nevatia, a well-known Orthopaedic Surgeon, offered an engaging and practical deep dive into a topic often overlooked until concerns arise. The session focused on building awareness about bone strength, bone mineral density, and the importance of proactive care across different stages of life. One should be careful once crossed the age of 40 to take care various aspects to keep the bone healthy.

Participants were guided through the lifecycle of bone development, beginning with the critical growth years in childhood and adolescence, when peak bone mass is typically achieved by the late twenties. Dr. Nevatia explained how bone density gradually declines with age, often beginning in the thirties, and may accelerate in later years, particularly among post-menopausal women and the elderly.

A key highlight of the session was the emphasis on prevention. The importance of proper nutrition, including calcium- and vitamin D-rich foods, was discussed in detail, along with the role of supplements when required. The session reinforced that a balanced diet forms the foundation of long-term bone health.

Equally significant was the role of physical activity. Weight-bearing exercises, strength training, and regular movement were highlighted as effective ways to maintain bone density and reduce fracture risk. Participants were encouraged to adopt an active lifestyle as a long-term investment in their well-being.

The session also introduced diagnostic tools such as bone density tests, which play a crucial role in early detection of conditions like osteoporosis. Understanding when and how to undergo these tests was emphasized as an essential step in preventive healthcare.

Overall, the session was insightful and empowering, equipping attendees with the knowledge to take charge of their bone health and make informed lifestyle choices for a stronger future.

Maintaining strong bones requires adequate calcium (daily) and vitamin D (daily) intake, along with regular weight-bearing exercise. Key strategies include eating calcium-rich dairy and leafy greens, consuming sufficient protein, getting sunlight, and avoiding smoking. Key nutrients, such as calcium, Vitamin D, and Magnesium, are essential for maintaining bone density and preventing fractures.

KEY ASPECTS OF BONE HEALTH

Signs of Poor Bone Health: Often asymptomatic until a fracture occurs. Other indicators include loss of height, stooped posture, or severe back pain.

Recommended Diet & Supplements:

Consume dairy (milk, yogurt, cheese), leafy greens (kale, broccoli), and calcium-fortified foods (cereal, soy products). Supplements for Calcium and Vitamin D should be discussed with a doctor, especially if diet is insufficient.

Recommended Exercises: Weight-bearing exercises (walking, jogging, dancing) and resistance training (lifting weights, using bands) are most effective for building bone density.

Risk Factors: Advanced age, postmenopausal status in women, smoking, excessive alcohol consumption, and a sedentary lifestyle increase the risk of osteoporosis.

Treatments: Along with lifestyle changes (diet and exercise), doctors may prescribe medications, such as hormone therapy or bone-density building drugs, to treat weak bones.

KEY NUTRIENTS AND THEIR ROLES

Calcium: Essential mineral for building and maintaining bone density, with the skeleton acting as the body's primary storage.

Vitamin D: Promotes calcium absorption.

Magnesium & Zinc: Support bone density and assist with vitamin D activation.

Protein: Provides the structural foundation for bone tissue.

By Rtn. Nabanita Sen

GLIMPSES OF AN INTERACTIVE SESSION ON BONE HEALTH AFTER CROSSING 40



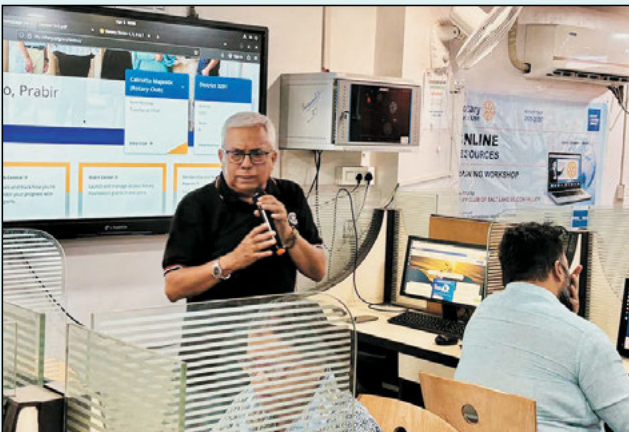
ROTARY ONLINE RESOURCES TRAINING WORKSHOP FOR RID-3291 ON 3.4.2026

Rotary District-3291 organized Online Resources Training Workshop was conducted wonderfully by PDG Rtn Prabir Chatterjee and PDG Rtn Angsuman Bandyopadhyay on 3.4.2026. This workshop was much needed for the Incoming Presidents and Club Officials to know how to handle both www.rotary.org and www.rizones4567.org.

IPP Rtn Sashi Dhacholia is attending the Online Classes for last several years to enhance his knowledge about the both websites. Those who attended the workshop were helped by

PDG Rtn Prabir Chatterjee and PDG Rtn Angsuman Bandyopadhyay in detailed how to run them. Attending Rotarians appreciated the way the workshop was conducted. It's enhanced their knowledge about both websites of rotary.org and rizones4567.org.

Rizones4567.org is regularly holding Online Classes twice every year for Club officials with various sessions. Thanks to DGE Rtn Tapas Bhattacharya for encouraging such workshops for the Incoming Presidents, Officials and the Rotarians.



VISIT TO TATA MEMORIAL HOSPITAL

This is the project I revisited on 30th March 2026 at Mumbai. The MISEQ machine given to Tata Memorial Hospital (earlier it was Tata Cancer Centre) is still in use given by us during the RY-2018-2019. It is well maintained by them.

In pictures with Dr. Choudhury, Head of Department of Hematopathology. I also had the opportunity to meet Dr. Naveen Khattry, Deputy Director of the Institute who was very happy about the project. It's a 500 bedded teaching and Research Institutions now.

By PP Rtn Dr Naresh Goyal

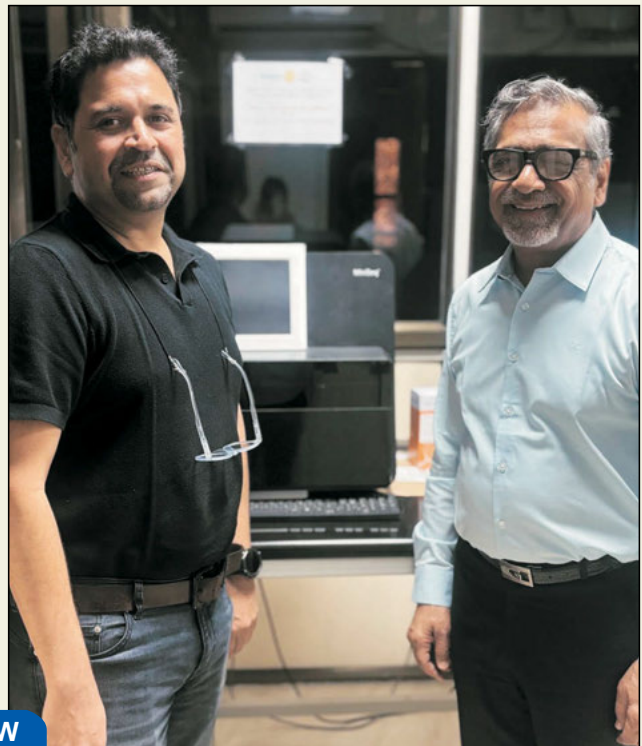


THEN



NOW

With Dr Naveen Khattry- Deputy Director



With Dr Choudhury-Head DIP Hemanto Pathology

CELEBRATION OF HANUMAN JAYANTI ON 2.4.2026

Bhajan Sandhya & Mahaprasad on the occasion of Mahavir Jayanti by Rtn Suraj Ratan Mundhra with some soulful bhajans. It was all family affairs, who heartily participated in singing bhajans. Rtn Suraj Ratan Mundhra religiously organised Hanuman Jayanti every year.



PRESIDENTIAL MESSAGE – APRIL 2026



Francesco Arezzo
President 2025-26

Not long ago, in a small health center in the village of Aaye in southwest Nigeria, a woman arrived in labor carrying twins. The facility was short-staffed. The nurse midwife in charge was not present.

A community health worker stepped forward. She had participated in Together for Healthy Families in Nigeria, a Rotary Foundation Programs of Scale initiative. And though she was not formally trained as a midwife, she was equipped with essential emergency obstetric skills.

Hours later, both babies had been delivered, one at the health center and the other at a general hospital, where the mother had been referred after complications were quickly identified. The newborns and their mother were alive and safe.

Women around the world face similar circumstances every day - moments when the difference between life and loss depends on well-trained medical staff and reliable systems and procedures.

Together for Healthy Families in Nigeria exists to increase the chances that those moments end in hope. By strengthening health systems and training frontline workers, this program helps communities protect mothers and children even when circumstances are difficult.

This work reflects the very heart of Rotary service. Service is not only what we do when conditions are ideal. It is what we do when systems are strained, resources are limited, and the need is urgent. It is the commitment to prepare people before a crisis arrives and to stand with communities when it does.

Maternal and child health is not an abstract goal. It is deeply personal. It is a mother who survives childbirth. It is a newborn who takes a first breath. It is a family that remains whole because someone was trained, ready, and cared enough to act. Rotary understands that service means investing in people and systems long before they are tested.

Programs like Together for Healthy Families in Nigeria show what is possible when Rotary brings together local knowledge, global partnerships, and sustainable solutions. By working alongside health professionals and local leaders, Rotary helps ensure that lifesaving care does not depend on luck or location.

The story of the mother and her twins is at its core a story of service. It is a reminder that Rotary's impact is measured in human moments when people step forward to help others in their most vulnerable hours.

When we **Unite for Good** service becomes more than an ideal. It becomes a lifeline for families, a source of strength for communities, and a promise that Rotary will continue to go wherever help is needed most.

MARRIAGE ANNIVERSARY GREETINGS



21.04.2026



Rtn Partha Sarthi Ganguli & Ann Vanita

Forthcoming Events

CLUB

- 28.04.2026** Regular Meeting
- 02.05.2026** DG Official Visit & Regular Meeting
- 23.05.2026** Regular Meeting
- 13.06.2026** COTS & Regular Meeting
- 20.06.2026** Installation cum Regular Meeting at 4.00 PM
- 27.06.2026** Thanks Giving & Regular Meeting followed by Joint BM & Trust meeting

TRUSTEE CHAIR'S MESSAGE – APRIL 2026



Holger Knaack
Trustee Chair 2025-26

Rotary's environment area of focus offers clubs and districts the chance to make a truly lasting impact in their communities.

One possibility is through the Community Action for Fresh Water partnership between Rotary and the United Nations Environment Programme, which launched the initiative in 2024 to protect, restore, and better manage freshwater resources worldwide.

Through the program, Rotary and Rotaract clubs identify a local body of water — a river, a lake, wetlands, or groundwater — and commit to its long-term protection and restoration. Members can draw on UNEP's technical expertise.

Salvador Rico, a member of the Rotary Club of South Ukiah, California, and a technical adviser to the partnership, tells us more:

The partnership is deeply personal to me.

My passion for clean rivers comes from a painful family experience during my childhood in Mexico: We believe my older sister died of polio she contracted from swimming in a polluted river there. Unsafe water is not an abstract environmental issue; it is a matter of life, health, and dignity for families and communities.

This experience drives my work as a member of The Rotary Foundation Cadre of Technical Advisers, where I ensure Rotary members have access to proven technical knowledge so their global grant-supported projects deliver lasting impact through permanent, scalable solutions.

Today, Community Action for Fresh Water supports Rotary clubs globally by providing a shared platform to upload projects, learn from other clubs, and access technical and financial support through global grants and club-to-club collaboration.

The impact became tangible in 2024, when the environmental chair of District 4170 in Mexico shared a critical challenge: Small, family-owned textile factories were polluting the upper Lerma River watershed. Rotarians lacked clear solutions. Through the freshwater partnership, I connected them with UNEP experts who provided guidance on bioremediation strategies. That collaboration led to a global grant application and, we hope, cleaner water for this community.

The partnership among Rotary clubs, family-owned textile companies, and government authorities ensures shared responsibility and long-term stewardship.

Every Rotary club can amplify this impact by registering freshwater projects at communityactionforfreshwater.org.

Look around your community — I bet you'll find a body of water in need of protection. The Rotary Foundation can support your project through Community Action for Fresh Water and a global grant.

Sponsored by : RTN RUNJHUN GUPTA

We meet every Saturday at 2.00 pm at The Calcutta Swimming Club, 1, Strand Road, Kolkata-700 001
Published by : Rtn Sashi Dhacholia, Mobile : 98310-14640, E-mail : sashidhacholia@gmail.com (For Private Circulation Only)
<https://rccalcuttametropolitan.rotaryindia.org>