



# ROTARY CLUB OF CALCUTTA METROPOLITAN

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

RY : 2024-2025

Rotary



<https://rccalcuttametropolitan.rotaryindia.org>

**PRESIDENT : SASHI DHACHOLIA • HONY. SECRETARY : RAJIV TIBREWAL**

1697TH REGULAR MEETING

VOL 39, NO. 18

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## KNOW YOUR SPEAKER- SHREYOSHI BHAUMICK SINHA



### HER PROFESSIONAL EXPERIENCE:

- She was associated as Senior Dietician at Vivekananda Hospital Durgapur, Senior Executive Dietician at Peerless Hospital and eminent organisations of repute like VLCC and Healthifyme
- Currently associated as a Senior Diabetes expert at Sugar fit (Medical pool of Cult fitness), Care Now Polyclinic Jodhpur Park, Apollo Clinic Ballygunge and Kolkata Heart Foundation, Bhawanipur.
- Attached to Bangladesh Food and Nutrition Association as one of the Trainers from India
- Life Member of Indian Dietetic Association, Bengal Chapter and India Association for Parenteral and Enteral Nutrition.

### HER ACHIEVEMENTS:

#### Awards Received:

- THE BENGAL ICON AWARD 2022 (Best Clinical Nutritionist)
- India Prime Woman Icon Awards 2022 by Foxclues.
- Bengal Achievers Award (Best health professional of the year 2023) by Today's Story The Super Woman Award 2023 (the most aspiring Nutritionist) by Forever Star India

She featured in a book on Top 35 Powerful woman Stories of India by Woman Times named "UMA" - featuring her journey from Bell's Palsy to a celebrity Nutritionist

Shreyoshi has been invited as guest speaker/nutritionists at various events organised by Lady Brabourne College Kolkata, Sagar Group of Institutions Engineering college, Bankura Sammilani Medical College, Woman's times, Mfine, Incoda Tv, Suvidha, Jiyo Bangla and food magazine like Hangla.

Her articles Published in newspapers like Anandabazar Patrika, Aajkal Travellers world, Sananda Pujobarshiki 2024 etc.

Dt Shreyoshi Bhaumick Sinha have been invited as a Guest Nutritionist in most familiar Bangla Tv shows like Didi no 1, Zee Bangla Rannaghor, Star Jalsha Rannabanna, Josh Talks to name a few.

**TODAY'S TOPIC: DIET & LIFE STYLE MANAGEMENT**

**APRIL IS ENVIOREMENTAL MONTH**



## KARATE UNIFORM DISTRIBUTION TO PLC STUDENTS

On April 4, 2025, RCCM President Rtn. Sashi Dhacholia and IPP Rtn. Rakesh Kumar Goel distributed 240 sets of Karate uniforms from class-I to class-XII, which was generously sponsored by Rtn. Vivek Bajaj.

Karate training is an essential part of our students' physical and mental development, promoting discipline, focus, and self-confidence. It also teaches valuable life skills such as perseverance, respect, and self-defence.

The uniforms are a crucial aspect of Karate training, allowing students to move freely and comfortably while performing various postures and techniques. The new uniforms will enable our students to practice with ease

and precision, enhancing their overall performance. We look forward to showcasing our students' skills in an upcoming Karate event, demonstrating the progress they have made in their training.

We extend our heartfelt gratitude to Rtn. Vivek Bajaj for sponsoring the Karate uniforms, enabling our students to pursue their passion for Karate with dignity and confidence.

**By Mahashweta Maity**  
Vice Principal (PLC)



Before the start of distribution of Karate dresses & Guitars



Students waiting for distribution



IPP Rakesh Kumar Goel handing over Karate dress



Another view of distribution



Kankana Das was sponsored by IPP Rakesh Kumar Goel



President Sashi Dhacholia handing over the Karate dress



## KARATE UNIFORM DISTRIBUTION TO PLC STUDENTS



Another view of distribution



Karate dress to Jr students



Another view of distribution



Vice Principal of PLC handing over the Karate Dress



Karate Instructor handing over the dress



Students demonstrating Karate skill after wearing the uniform



Students & Instructor demonstrating the Karate skill



Distribution to all students



## MUSIC IS UNIVERSAL LANGUAGE

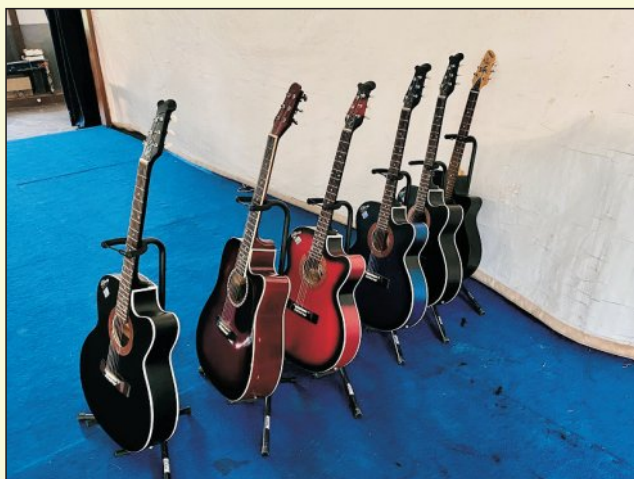
We are thrilled to announce that the Rotary Club of Mayfair and the Rotary Club of Calcutta Metropolitan have generously sponsored 6 guitars for our students. We extend our heartfelt gratitude to the Rotary Club of Mayfair and the Rotary Club of Calcutta Metropolitan (RCCM) for their kindness. We sincerely thank RCCM President Rtn. Sashi Dhacholia and IPP Rtn. Rakesh Kumar Goel for distributing the guitars to our students on 4.4.2025.

Our guitar teacher, Krishnendu Dutta, visits our school every Friday to train students from Class VI to Class XII. To ensure maximum practice time, we have

allocated slotted time for students to practice guitar under the guidance of our experienced teacher.

The sponsored guitars will enable our students to showcase their skills in our cultural programs, enhancing the overall quality of our music competitions and cultural events. We also hope to establish a school band, which will be a fantastic addition to our extracurricular activities. The students are thoroughly enjoying their guitar classes with Mr. Krishnendu Dutta, a renowned guitarist, filmmaker and music composer. We are excited to see our students' musical talents flourish very soon.

**By Mahashweta Maity**  
Vice Principal (PLC)



Display of 6 Guitars



Students who have learnt demonstrating music on Guitar



Students patiently waiting to hear music on Guitars



Students playing Guitars



Close view



Another Close view of playing Guitars



## MUSIC IS UNIVERSAL LANGUAGE



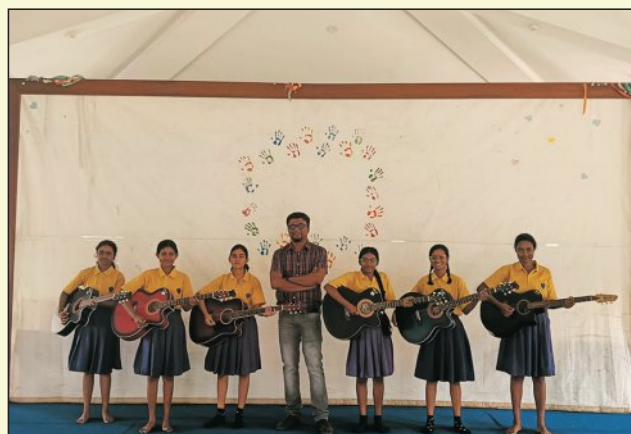
Playing Guitars



Another of playing Guitars



Teacher teaching about how to play Guitar



Students with instructor Krishnendu Dutta

### Forthcoming Events

#### CLUB

19.04.2025	Regular Meeting.
26.04.2024	Regular Meeting at 2. 00 PM. Visit by AG and ZS to the 3rd Club Assembly, which is mandatory prior to the visit by DG Official visit to the Club
03.05.2025	DG Official visit to the Club at The Conclave at 2.00 PM
24.05.2025	Regular Meeting. Guest speaker will be Ms Chandrima Roy
07.06.2025	Regular Meeting & COTS
17.06.2025	Charter Night & Thanks Giving Day
24.06.2025	Installation & Regular Meeting
29.06.2025	Joint Board Meeting

### WEDDING ANNIVERSARY GREETINGS



21.04.2025	Rtn Partha Sarthi Ganguli and Rtn Vanita Ganguli
21.04.2025	Rtn Vanita Ganguli and Spouse Rtn Partha Sarthi Ganguli

**Yes!** Rotary   
I AM A ROTARIAN

### WE CARE FOR CANCER AFFECTED CHILDREN

Rotary Club of Calcutta Metropolitan-RID-3291 have sponsored 14 Cancer Affected Children @ Rs.15,000/- per child for one year. This is the initiative by our Rotary International District-3291, who presently taking care about 600 children in different Hospitals.

We have visited Nil Ratan Sarkar Medical College and Hospital on 26.3.2025 and handed over 20 Goodies kit containing 10 essential items to Cancer Affected Children and 45 Goodies packet at SSKM Medical College & Hospital (SSKM) on 27.3.2025. The most satisfaction part was bringing smile to these children when they received the Goodies packet.

Life Beyond Cancer has helped such patients and their families to gain confidence and bring them back to the normal lives. Those families who couldn't bear huge treatment expenses incurred in cancer are being supported by LBC for more than a decade. We would like to see the children, who are affected with Cancer, to cheer and bring smile on them.

We are grateful to Rtn Vivek Bajaj for sponsoring 14 Cancer Affected Children amounting to Rs.2,10,000/- and for Goodies Kits to Rtn Poulomi Mullick for Rs.15,000/- and Rs.11,000/- to Rtn Nisha Singhania totalling Rs.26,000/-.

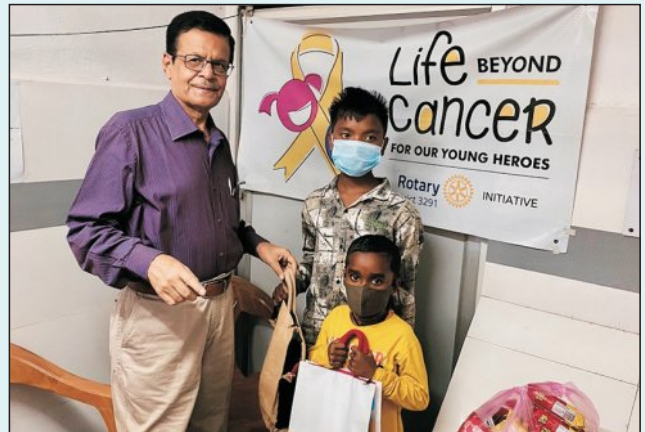


GLIMPSE OF VISIT TO NIL RATAN SARKAR MEDICAL COLLEGE AND HOSPITAL ON 26.3.2025





## GLIMPSE OF VISIT TO SSKM MEDICAL COLLEGE & HOSPITAL ON 27.3.2025





## REPORT ON "ARE OUR KIDNEY OKAY. LET'S DISCUSS"

Dr. Abhay Kumar, Senior Consultant and Head of Urology, Surgical Oncology, and Robotic Surgery at Medica Super specialty Hospital, delivered an insightful and eye-opening session on kidney health and urological wellness on 29.3.2025. With extensive experience in uro-oncology and robotic surgery, Dr. Kumar brought clarity to a topic that is often side-lined until it's too late.

He began by stressing the importance of kidney health, describing them as the body's silent workhorses - filtering waste, regulating fluids, and balancing blood pressure. He highlighted early warning signs of kidney trouble such as fatigue, swelling, foamy urine, and changes in urination, noting how these symptoms are often dismissed until the condition becomes serious. Regular screenings, especially for those with diabetes or high blood pressure, were strongly recommended.

A significant portion of his talk was dedicated to kidney transplants. Dr. Kumar explained the process - from donor compatibility to post-operative care - in a way that was both accessible and empathetic. He emphasized that the emotional readiness of both the donor and recipient plays a key role in the success of the procedure.

Dr. Kumar also addressed the impact of lifestyle choices on kidney health. He stressed the dangers of poor diet, lack of exercise, and unregulated supplement use, and encouraged attendees to adopt small, sustainable changes. His approach blended medical advice with a broader message of personal accountability and awareness.

What stood out most was his sincerity and ability to connect. He didn't just offer information-he shared reflections that left the audience introspective.

In conclusion, Dr. Kumar's session was far more than a medical lecture. It was a much-needed reminder to value our health, act early, and never take our body's quiet work for granted.

By Rtn Nabanita Sen



### WHAT DR ABHAY KUMAR SAYS

Dos and Don'ts for Renal Stones (Kidney Stones)

#### Dos:

- ☑ **Drink Plenty of Water** - Aim for at least 2-3 liters per day to flush out toxins and prevent stone formation.
- ☑ **Follow a Balanced Diet** - Eat a diet rich in fruits, vegetables, and whole grains to maintain kidney health.
- ☑ **Limit Salt Intake** - High sodium can increase calcium in the urine, leading to stone formation.
- ☑ **Consume Citrate-Rich Foods** - Lemons, oranges, and other citrus fruits help prevent stone formation.
- ☑ **Maintain a Healthy Weight** - Obesity increases the risk of kidney stones.
- ☑ **Monitor Calcium Intake** - Get enough dietary calcium (from dairy or leafy greens) to reduce oxalate absorption.
- ☑ **Exercise Regularly** - Staying active helps reduce the risk of stone formation.
- ☑ **Follow Your Doctor's Advice** - Take prescribed medications if you have a history of kidney stones.

#### Don'ts:

- ☒ **Avoid Excessive Oxalate - Rich Foods** - Spinach, nuts, beets, chocolate, and tea can contribute to oxalate stones.
- ☒ **Limit Animal Protein** - Red meat, poultry, and fish increase uric acid, which can lead to stones.
- ☒ **Don't Rely on Supplements Without Guidance** - High doses of vitamin C or calcium supplements can increase kidney stone risk.
- ☒ **Avoid Sugary Drinks & Sodas** - These can lead to dehydration and increase kidney stone risk.
- ☒ **Don't Ignore Pain or Symptoms** - Seek medical attention if you experience severe pain, blood in urine, or frequent UTIs.
- ☒ **Reduce Alcohol & Caffeine** - Excessive alcohol or caffeine can lead to dehydration.





## REPORT ON "ARE OUR KIDNEY OKAY. LET'S DISCUSS"





## REPORT ON "ARE OUR KIDNEY OKAY. LET'S DISCUSS"



## HOW TO RETAIN THE MEMBERS IN ROTARY- AN WORKSHOP ON 5.4.2025

An effective interactive Vibrant Club Workshop was organized by the RI District-3291 on 5th April, 2025 at Rotary Sadan with deliberations by all our District Leaders viz. PRIP Rtn Shekhar Mehta, RID Rtn Anirudha Roychowdhury, DG AKS Rtn Dr Krishnendu Gupta, DGN Rtn Tapas Bhattacharya, DGND Rtn Purnendu Roychowdhury, PDG Rtn Ajay Agarwal, DMC Rtn Ravindra Sehgal Incoming DMC Rtn Debi Prosad Basu as Speakers and presentation by Rtn Anand Sharma.

Q & A session came with some interesting facts and queries and ideas for action plans. It was decided to hold further Workshops.





## DISTRICT TRAINING LEARNING SEMINAR FOR RY-2025-2026

DGE Rtn Ramendu Homchaudhuri had District Training Learning Seminar for the RY-2025-2026 to Make Dreams Real on 30.3.2025 basically to know various goals and how to achieved by the various Committee Chairs.

The session with galaxy of speakers like PRIP Rtn Shekhar Mehta, PDGs Shyamashree Sen, Ajay Agarwal, Pinaki Prasad Ghosh, Sandip Mukherjee, Mukul Sinha, Ravi Sehgal and Rtns Siddharth Majumdar and Siddharth Chakraborty. The day belonged to PDG Rtn Raju Rajgaria, who moved the audience with

humour and quotes. DGE Rtn Ramendu Homchaudhuri spoke his mind and emphasis was on Thalassemia.

DGE Rtn Ramendu Homchaudhuri has appointed following Metropolitans in the District Team for RY-2025-2026:

1. PP Rtn Dr V K Nevatia as Advisor, Artificial Limb Committee
2. President Rtn Sashi Dhacholia, Chair, Renewal Energy Committee

Congratulations to them.





## BASANTA UTSAB CELEBRATION AT PACE LEARNING CENTRE

On 13.03.2025, the PACE Learning Centre (PLC) community came together to celebrate the vibrant festival of Basanta Utsav, also known as Holi, in the shaded pavilion. Students and staff members assembled to mark this joyous occasion, signifying the arrival of spring.

The gathering began with a brief discussion on the significance of Basant Utsav, highlighting its Cultural and social significance. Basant Utsav marks the beginning of spring, symbolizing the end of winter and the renewal of life. The festival is a vibrant celebration of colors, representing the diversity and richness of Indian culture.

Basant Utsav not only serves the cultural richness but also promotes unity and harmony among people, transcending social and cultural boundaries. The festival provides an opportunity to renew and strengthen

relationships, fostering a sense of community and togetherness. Holi is a time for unbridled joy and merriment, allowing people to let loose and celebrate life.

The students and teachers participated in a lively program, featuring music, dance, and songs. This collective performance showcased the perfect blend of coordination and camaraderie between the students and staff.

The festivities culminated in a joyful game of Holi, where everyone played together, spreading colours and laughter. It was filled with vibrant colours, music, and laughter. We extend our warmest wishes to everyone for a Happy Holi!

**By Mahashweta Maity**  
Vice Principal, PLC



**Sponsored by : A WELL WISHER**

We meet every Saturday at 2.00 pm at The Calcutta Swimming Club, 1, Strand Road, Kolkata-700 001  
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