



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

1698TH REGULAR MEETING

VOL 39, NO. 19

19 APRIL 2025

KNOW YOUR SPEAKER- MS SUPARNA MUKHERJEE

Suparna Mukherjee

I AM

- * a Certified Parenting Coach,
- * a Psychological Counsellor, (PGDM)
- * a Personality Development Trainer, (TTT certified)
- * a Beauty Pageant Coach (former)
- MRS INDIA 2ND r' up ,
- MRS ASIA PACIFIC AMBASSADOR,
- MRS UNIVERSE PERFECT (Title holder)
- * a Grooming Consultant.

Founder/Director of
* SAPHIRE INDIA EDUCATION
ACADEMY [SIEA]
(Softskills/Lifeskills training from 8 yrs
and up)
* BENGAL PARENTING FORUM
* VICE PRESIDENT of WICCI JAIL
REFORMS COUNCIL (WEST BENGAL)



@suparnamukherjee

APRIL IS ENVIRONMENTAL MONTH

REPORT ON "DIET AND LIFESTYLE MANAGEMENT" ON 12.4.2025

At a recent Rotary Club meeting, us members had the opportunity to hear from Shreyoshi Bhaumick Sinha, a distinguished clinical nutritionist, dietitian and lifestyle counselor known for her holistic approach to wellness. Based in Kolkata and with experience across leading institutions like Peerless Hospital, VLCC, and Apollo 24/7, she has built a reputation for making nutrition both accessible and effective.

Her session focused on the critical role of diet and lifestyle management in maintaining long-term health. Drawing from her extensive experience, Shreyoshi Bhaumick Sinha broke down how everyday choices-what we eat, how we move, how well we sleep, and how we manage stress-can dramatically influence our physical and mental well-being.

She emphasized that food isn't just fuel, but a powerful tool for disease prevention and energy management. Beyond diet, she spoke about integrating sustainable habits into daily life-highlighting how balanced nutrition, regular physical activity, adequate sleep, and stress management work together to support a healthier, more resilient lifestyle.

Her practical tips, paired with a no-nonsense approach, made the topic relatable and actionable. Members left the session with a renewed perspective: that health isn't about extremes, but about consistent, mindful living.

Shreyoshi Bhaumick Sinha's insights served as a timely reminder that small changes in our diet and lifestyle today can lead to big health benefits tomorrow.

By Rtn Nabanita Sen



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REPORT ON "DIET AND LIFESTYLE MANAGEMENT" ON 12.4.2025



RI THEME - 2025-26: Unite for Good

RI President-elect Mário César Martins de Camargo calls us to Unite for Good. By using the power of human connection to welcome new members, collaborate on service projects, and build our global impact, Rotary members create positive change.



SPEAKER: SHREYOSHI BHAUMICK SINHA, TOPIC: DIET AND LIFESTYLE MANAGEMENT IN OUR REGULAR MEETING ON 12.4.2025

According to Shreyoshi Bhaumick Sinha, Senior dietitian, usual perception of diet is that something extreme must happen, it is like a punishment, it means starvation, which is not the right understanding. Diet is best defined as healthy eating practice, which does not have to be tasteless or boring or including strenuous exercising. A good diet is based on analysing a person's genes, work culture, life style, likes dislikes and preferences to make it sustainable. She has been consulting cases of diabetes from age group 25 to 70. She has been successful in reversing diabetes along with other life style related medical conditions, leveraging Sugarfit, a virtual platform

She highlighted four key parameters that impact good health. First being nutrition, second being adequate exercise and movement, third being sleep, importantly quality of sleep and forth being emotional well-being including stress management.

She shared a case of a 25-year-old patient, who came for consultation saying she has tried everything but she was not getting the desired result for the weight loss. After analysing she informed the patient that her inadequate sleep was a major factor in her not being able to lose weight as the patient was staying awake at night in hope to burn extra calories.

She informed that another hidden factor for bad health is way the hormones function. From the hunger trigger, to what we choose to eat and how the body decides to process it, it is all decided by our hormones. So, it can be the best friend or worst enemy. Bad gut health is another factor leading to bloating, acidity. All these are caused overtime with no meal time discipline, eating junk food etc

She mentioned that it is not enough to sleep 7 to 8 hours, but what really counts is a quality sleep from 10pm to 6am as that is the time body is repairing, rejuvenating, and healing. 10 am to 2pm is physical repairing and 2am to 6am is psychological repairing. We suffer when we go against nature, as daytime is meant for activity and night for rest. Mobile and TV screentime are artificial inhibitor and factors that lead to weight gain issues. Another remedy for good sleep is pinch of nutmeg in water or warm milk/ soy milk with turmeric.

Emotional wellness can be achieved by learning how to manage stress like practising 4-7-8 breathing technique before sleeping. When we are stressed, body produces more stress hormones called cortisol, which supresses the happy hormones like serotonin endorphin, which then interferes with healing of body.

Exercise needs to be categorised based on body weight and lifestyle. It can range from moderate to high intensity and must be customised to get effective results.

Shreyoshi shared that in many cases we are running behind the symptom without working on the root cause. For e.g. if there is a headache caused by acidity, it will go completely when we treat acidity, a pain killer is a temporary relief.

Hence inspired by the movie 3 idiots dialogue, "Don't run after success, run after excellence, success will follow", she has adapted the same for her profession that "Don't run after weight loss, run after good health and weight loss will follow"

BY VP RTN RUNJHUN GUPTA

Forthcoming Events

CLUB

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 Hotel Hindusthan International 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

DISTRICT

26.04.2025	Esho Hey Boisakh 1432. Venue and time will be conveyed later on
25.05.2025	District Training Assembly for RY-2025-2026 at Dhono Dhanyo Auditorium (DDA)



WORLD HEALTH DAY CELEBRATION AT PLC

On April 7th,'25 our school celebrated World Health Day. It was an opportunity to raise global awareness about global health issues. Our students marked this occasion with enthusiasm, participating in Yoga and other physical activities.

It was an event that promotes healthy living and well-being. It encourages individuals to take action for better health.

By celebrating World Health Day, our students gained valuable insights into the significance of health and wellness, while also developing essential life skills through physical activities and teamwork. Mrs. Poushali Adhikari, our P.T instructor commented "These physical activities I selected to promote both physical and mental well-being of the students. It also fostered a sense of community and teamwork through collective celebration"

By Mahashweta Maity
Vice Principal (PLC)



**MESSAGE TO ALL ROTARIANS
FROM RI PRESIDENT, TRF CHAIR AND GENERAL SECRETARY
OF ROTARY INTERNATIONAL**

Dear Rotary members,

Over the past few months, while we visited Rotary clubs worldwide and witnessed inspiring projects that are making a tangible difference in their communities, many have approached us with concerns about the current political and economic volatility, and its potential impact on the work that we do.

We want to assure you that in times of uncertainty, one thing is certain - our mission and values remain unchanged. Rotary is a force for good in the world because we are deeply embedded in communities. We will continue to provide service to others, promote integrity, and advance world understanding, goodwill, and peace.

The ideals of service, fellowship, and diversity have enabled us to transcend boundaries of all kinds. We bring people of all backgrounds together, foster collaboration, and make our communities stronger.

For 120 years Rotary has thrived through two World Wars, through the Cold War, and through multiple deadly pandemics. We have endured and strengthened because we adhere to our mission and to our values. In times like these, we are once again reminded of the strength of Rotary and the importance of supporting our organization.

As a founding partner of the Global Polio Eradication Initiative, we've helped reduce polio cases by 99.9 percent since our first project to vaccinate children in the Philippines in 1979. Regardless of what lies ahead, we will stay the course and keep our commitment to the world's children by ending polio forever. At present, we're coordinating with our global partners to closely monitor and assess the fast-evolving situation, proactively working with many governments to sustain their financial support and seek alternative funding sources. Now more than ever, your financial support of PolioPlus is critical.

We will continue to support our Areas of Focus to forge solutions and fulfill long-term goals. Through our programs, grants, and people-to-people diplomacy, we address the underlying causes of conflicts, creating an environment conducive to peace. We work with our partners to engage in sustainable projects that tackle poverty, inequality, and lack of access to education in our own communities and those around the world. Rotary's recent peace conference in Istanbul, which attracted more than 1,000 Rotary members, peace builders, and scholars around the world is testimony to our commitment.

At this moment, it is ever more important that we channel our concerns and uncertainties into action and share that vision of hope with others.

Sincerely,

Stephanie A. Urchick
President, Rotary International

Mark Daniel Maloney
Chair, The Rotary Foundation

John Hewko
General Secretary



Stephanie A. Urchick
RI President 2024-25

As the chill of winter gives way to the warmth of spring, we have an opportunity to rejuvenate our commitments to each other and to the communities we serve.

A shining example is the Rotary Club of Windsor-Roseland in Ontario, whose members support a program providing hot meals to people facing homelessness and food insecurity.

On any given evening, the Soup Shack run by Feed Windsor-Essex serves up to 130 people, offering nourishment and a sense of community and care. Club member and Past District Governor Aruna Koushik got the club involved after seeing a news segment about the Soup Shack. Koushik collaborated with club members to quickly approve the purchase of a stove, pots, and pans for its new permanent space. Soon after, club members met with the Soup Shack team, toured the new location, and presented a check for 3,000 Canadian dollars (about US\$2,000) to support its efforts. They also committed to volunteering their time to prepare and serve meals once the facility is operational.

This exemplifies how Rotary members can come together to address community needs, foster engagement, and make a tangible impact. By identifying opportunities for service and mobilizing resources, we not only support those in need but also strengthen our bonds with each other and with the communities we serve.

As we embrace the renewal that spring offers, let's take inspiration from the Windsor-Roseland club. Consider these ways to reinvigorate engagement within your club:

Identify emerging needs: Stay attuned to the evolving challenges in your communities. Engage with local organizations to understand where your club's support can make the most difference.

Mobilize resources quickly: When opportunities arise, act swiftly. Leverage the skills and networks within your club to gather resources, from financial contributions to equipment to volunteer time.

Foster collaboration: Encourage members to take initiative and collaborate on projects. Empowering individuals to lead and contribute their unique talents enhances engagement and drives success.

Commit to ongoing involvement: Beyond initial contributions, pledge continued support.

Regular service keeps members connected and reinforces the club's commitment to sustained impact.

By embracing these approaches, we can harness the energy of spring to renew our dedication to service and engagement. Let's seize this season as an opportunity to revitalize our efforts, strengthen our connections, and continue making a positive difference in the world.

This is The Magic of Rotary - transforming lives, inspiring hope, and creating lasting change for the communities we serve.

DISTRIBUTION OF SANITARY NAPKINS ON 24.2.2025 AT NABADIGANTA LEPROSY COLONY



DRY RATION DISTRIBUTED AT NABADIGANTA LEPROSY COLONY, DURGAPUR ON 15.04.2025



APRIL IS ENVIRONMENTAL MONTH

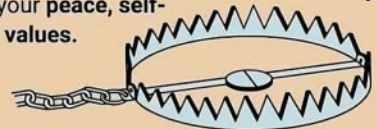


Every Action Counts.
Together, We Nurture Nature.

Rotary  PEOPLE OF ACTION

Things to walk away from:

- Conversations filled with **hate**, **gossip** & **negativity**.
- Arguments that lead nowhere & **pointless drama**.
- **One-sided** relationships or **fake friends**.
- People who put you down or **toxic relationships**.
- Anything or anyone that disturbs your **peace**, **self-worth**, or **values**.



Where our talents and **the world's needs** meet
That's where **our vocation** lies

Aristote



Rotary 
PEOPLE OF ACTION

JOIN US

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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