



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

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1723RD REGULAR MEETING

VOL 40, NO. 20

25 APRIL 2026

KNOW YOUR GUEST SPEAKER DR. OISHIMAYA SEN NAG



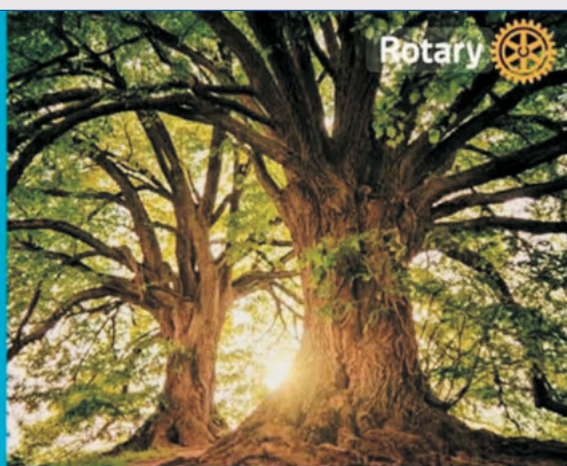
Dr. Oishimaya Sen Nag is a wildlife conservation storyteller, wildlife science communicator, and Senior Editor at WorldAtlas.com. She holds a Ph.D. in Parkinson's disease research from the University of Calcutta and transitioned into the field of conservation storytelling post her PhD.

She works across India documenting community-led conservation initiatives, with a strong focus on human-wildlife interactions and the role of culture, traditions, and indigenous knowledge in shaping conservation outcomes. Dr. Sen Nag also collaborates with organisations such as the Bombay Natural History Society (BNHS), the Tourism and Wildlife Society of India, supporting their communications efforts.

Her work spans articles, podcasts, seminars, and webinars and has been published on platforms including WorldAtlas, TheRise, Outlook Traveller, Roundglass Sustain, The Ground Report, The Quint, and the BNHS Blog. She has represented India's cultural conservation ethos at national and international forums, including the 12th World Wilderness Congress (WILD12) in the USA.

TOPIC : "The Indian Culture of Conservation: How India Conserves Wildlife in the 21st Century"

APRIL



Rotary



ENVIRONMENT MONTH

April is designated as Environment Month in the Rotary International calendar, a time dedicated to promoting environmental sustainability, conservation, and action. Rotary clubs worldwide focus on projects like tree planting, community clean-ups, and protecting ecosystems, particularly surrounding Earth Day on April 22nd.

KEY ASPECTS OF ROTARY ENVIRONMENT MONTH:

Focus Area: Activities aim to protect the planet, strengthen ecosystems, and support environmental stewardship.

Common Initiatives: Clubs engage in tree planting, beach/waterway clean-ups, waste reduction initiatives, and promoting sustainable farming.

Goal: To turn environmental awareness into action by supporting sustainable projects.

Connection to Earth Day: April 22nd is highlighted as a key day for action within the month.

INTERACTIVE SESSION ON DE-STRESS TO RESET

We had a very interactive session with Ms Babita Jhunjhunwala. The topic was very relevant for all of us- De-stress to Reset - "**Thoda Ruko, Phir Chalo**".

An engaging and practical session on managing everyday stress in today's fast-paced life, we explored how stress often becomes so normal that we stop noticing its signals.

Through light humour and interactive activities, members identified common signs of an overloaded mind- forgetfulness, irritability, fatigue, and constant overthinking.

The key takeaway was a simple ***3-Step Reset Formula***:

Pause - Thoda rukna before reacting

Notice - Observe thoughts, emotions, and body signals

Reframe - Shift from worry to solution-focused thinking

A guided 1-minute breathing reset showed how quickly calm can be restored.

The session also highlighted that emotional strength is not silent suffering, but self-awareness and healthy handling of stress.

Final message:

Stress ko khatam karna zaroori nahi... bas kabhi kabhi reset karna zaroori hai.

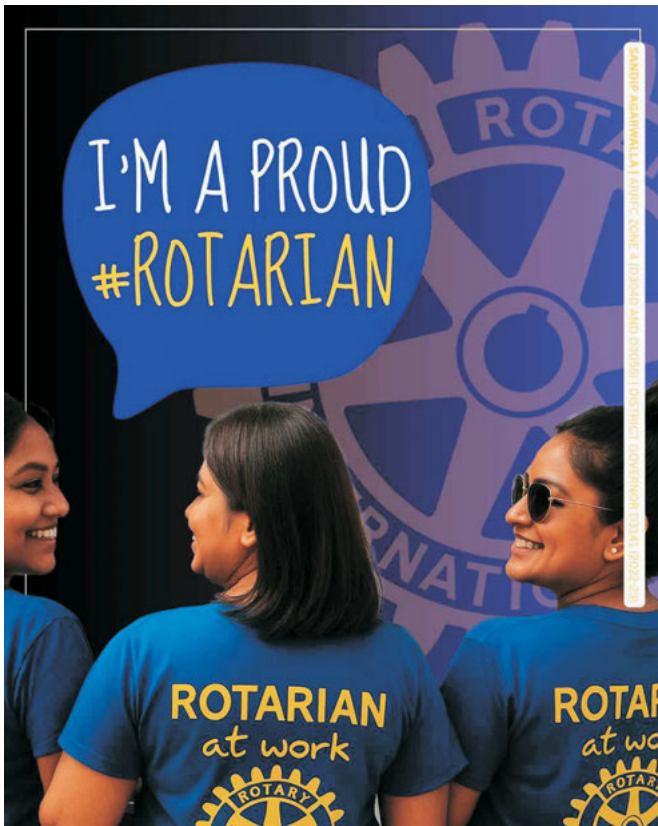
By Rtn Namrata Bengani



INTERACTIVE SESSION ON DE-STRESS TO RESET



INTERACTIVE SESSION ON DE-STRESS TO RESET



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

Aristote

Rotary
PEOPLE OF ACTION

ROTARY'S AREAS OF FOCUS

JOIN US

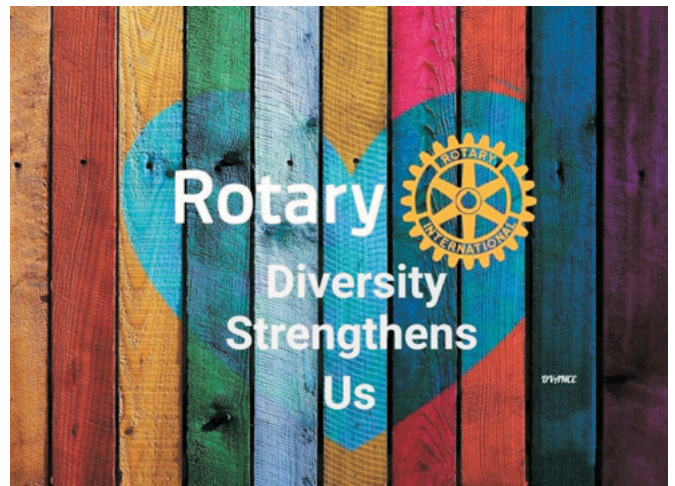
Forthcoming Events

CLUB

- 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

DISTRICT

- 17.05.2026 District Learning Centre (DLA) at Hyatt Regency. Registration Charges Rs.2200/-
- 08.01.2027 to 10.01.2026 District Conference -26-27, District-3291. Registration Charges Rs.3500/- per person till 30.6.2026. From 1.7.2026, registration charges may increase.



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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