



THE MIDTOWNER

BULLETIN OF THE ROTARY CLUB OF CALCUTTA MIDTOWN

President: Rtn. Preeti Agarwal | Secretary: Rtn. Ruchira Bhuwalka | Editor: Rtn. Bhupesh Kapoor
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From Editor's Desk:

Be it a tough day or a happy celebration, music has the power to capture every emotion. While music serves as a mood lifter and a companion in times of need, on other days, playing music is therapeutic after a long day of work.

Music can be used within a therapeutic relationship to address physical, emotional, cognitive, and social needs of individuals. Therapy techniques are inspired by Raga-Chikitsa which is based around the idea that every raga affects the body and mind. They also use the study of the chakras or energy centres and their specific bija mantras or seed sounds.

Sisters Kamakshi and Vishala Khurana rely on this versatile performing art to help children and adults find wellness through sound and music therapy. "Music has been found to have a major impact on mental health and wellbeing. Music therapy works under the basic premise that music can benefit mood regulation, self-expression, self-esteem, anxiety, interpersonal effectiveness, treatment motivation, positive coping skills, and more. There's no one-size-fits-all treatment when it comes to healing through music."

Vishala tells HerStory. Their endeavour, The Sound Space, established in 2010 in Mumbai, is a labour of love. The sisters, who are trained in Psychology and Indian classical music, are striving to "make whatever change we can, doing what we know best – music." The sound of music Kamakshi and Vishala were introduced to music in their mother's womb. Their father, a trained musician and sound healer, sang to them every day before their birth and made sure that the power of music resonated with his daughters as well. The duo started learning music as young as three years old. Their love for music grew and led them to finish a visharad (bachelors) in Hindustani classical music while simultaneously studying psychology.

Music was so ingrained in their everyday life that they would learn their time-tables in a rhythm and make a song out of the history dates. "The role of music in our lives is very difficult to put into a sentence – but it is the soul of our lives. It is a means to express oneself, a passion, an instant pick me up, and most importantly, a life-long companion," shares Vishala. The sisters combined both music and psychological learnings to create The Sound Space.

Probably for the first time our club arranged for a musical evening jointly with Rotary Club of Mayfair on the advent of Independence Day. Every one participated with gusto and zeal that exuded bon homie and elevated spirits.

the 4 Way Test

... OF WHAT WE THINK, SAY OR DO

1. Is it the **TRUTH**?
2. Is it **FAIR** to All Concerned?
3. Will it Build **GOODWILL** and Better Friendships?
4. Will it Be **BENEFICIAL** to All Concerned?

Minutes of the 3rd Regular and 2149th Continuous Meeting of the Rotary Club of Calcutta Midtown and 351st Continuous of Rotary Club of Calcutta Mayfair was held jointly on Saturday, 10th August 2024 at Haldiram Banquets at 7 pm.

- **Meeting called to order:** President Rtn. Preeti Agarwal called the 2149th continuous and 3rd meeting for the year 2024-2025 to order.
- **National Anthem:** The national anthem was rendered by all.
- **Confirmation of previous Meeting Minutes:** The last meeting minutes were floated over WhatsApp. They were proposed by Rtn. Dr. S.K. Kapoor & seconded by Rtn. Yugal Sikri.
- President Rtn. Preeti Agarwal gave a short report on the ongoing projects: Our Rotary club has successfully vaccinated 100 girls from underprivileged backgrounds with the cervical cancer vaccine.

As part of the Easy School initiative, we will be inaugurating a Computer Training Centre at The Refuge on 15th August, providing new opportunities for learning and growth.

- Rtn. President Preeti Agarwal shared that all paper-work for our Cleft Lip Surgery project is complete, with surgeries commencing this month.
- She also informed that our annual visit to the blind boys academy is scheduled for 25th August, where we encourage members to sponsor at least one child's scholarship.
- **Secretary's announcements:** Secretary Rtn. Ruchira Bhuwalka announced the birthdays and anniversary for August. She also announced the attendance of 21 member present out of 46 which makes it 47%.
- **Meeting Closed:** President Rtn. Preeti Agarwal closed the meeting.

Minuted by:

Rtn. Ruchira Bhuwalka

Secretary 2024-25 RCCM



Donation of Oxygen Concentrators to NCRI



Joint meeting with Rotary Club of Mayfair followed by Antakshari



Inauguration of Computer Centre at Refuge



Flag Hoisting on Independence Day at Refuge by President



Birthday's

"Cheers to another wonderful year"



Rtn. Shalini Mehra (18th August)



Rtn. Ruchira Bhuwalka (21th August)



Rtn. Nirmal Agarwal (21th August)



Rtn. Lalita Seth (29th August)

Anniversary

Kiran & Surinder Kapoor

31st August



