

# Midtowner

WEEKLY BULLETIN OF ROTARY CLUB OF RAJKOT MIDTOWN • CLUB 31287 • R.I. DISTRICT 3060

rotaryclubofrajkotmidtown  
/RotaryClubofRajkotMidtown

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2024 - 2025

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**DONE AND DUSTED..THE MOST AWAITED AND FLAGSHIP PROJECT OF RCRM, CYCLOFUN, WAS A HUGE SUCCESS... SO PARTY TO BANTI HAI... LET'S CELEBRATE THE GRAND SUCCESS IN A GRAND GALA WAY WITH THE MIDTOWN FAMILY, THIS SATURDAY**



## MEETING DETAILS

**DATE** : 26th April 2025  
**DAY** : Saturday  
**TIME** : 8:30pm followed by dinner  
**VENUE** : DPMC  
**PROGRAM** : Celebrating the success of CYCLOFUN with midtown family  
Welcome... Rotarians, Anns and Annets



## CLUB NEWS

Service above self, has always been the motto of Rotary... it's always Joy of giving.... the contribution of donors is priceless... felicitation of donors (zone wise) of district 3060, was held on 19th April at Seasons hotel. (The day also marks the birth anniversary of Paul Harris, the founder of Rotary International).. YASHSHKAR, felicitation of Major donors was an event to cherish.. All major donors of Midtown were felicitated.. DG Tushar bhai and first lady Nehalben graced the occasion with their esteemed presence.. keep giving because it can make someone's life worth living, (Eye detection camps are being organised at government schools by RCRM and Rajkot Municipal corporation.. 1700 students examined so far, target is 10,000.. Kudos to Dr. Piyushbhai Unadkat and Team)..



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**Dr. Nishant Rathod**

Consultant Pediatric Neurologist  
DNB, FIPN (Jaslok, Mumbai), FICG (SGPGI)



આપણી સંસ્થા છેલ્લા 13 વર્ષથી ગરીબ માતૃશ્રીને એક મહિનો ચાલે એટલા અનાજની કીટ આપી રહી છે આપ સર્વના સહકારથી આ કાર્ય એકદમ સરળતા પૂર્વક ચાલી રહ્યું છે એ બદલ સંસ્થા આપની ઋણી છે આ ઉપરાંત દર વર્ષે મે મહિનામાં દરેક માજીને આખું વર્ષ ચાલે તેટલા મસાલા (મરચું, હળદર તથા ઘાણાજીરું) આપે છે જેમાં દરેક માતૃશ્રીને 1.5 કિલો મરચું, 1 કિલો હળદર તથા 750 ગ્રામ ઘાણા જીરું આપીએ છે.

(1) 230 માતૃશ્રીની હાલની સંખ્યાને ધ્યાનમાં લેતા 345 કિલો મરચાના પાવડરની જરૂર છે. મીડીયમ ક્વોલિટીનું મરચું માટે 80000 રૂપિયા ખર્ચ થશે.

(2) હળદર 230 કિલો લેવા માટે 80 હજાર રૂપિયા ખર્ચ થશે તથા

(3) ઘાણાજીરું 175 કિલો લેવા માટે રૂપિયા 50000 ની જરૂર પડશે. કુલ 2,10,000 નો ખર્ચ છે. આ ખર્ચને પહોંચી વળવા માટે દર વર્ષની જેમ સંસ્થા આપના પૂરા સહયોગ ની આશા રાખે છે કોઈ દાતા ત્રણેય આઈટમની વસ્તુરૂપે કે દાનથી મદદ કરી, આખું વર્ષ 230 માજીના આશિષ મેળવવાનો લાભ લઈ શકે છે. કોઈ એક આઈટમ વસ્તુરૂપે કે દાનથી આપી શકે છે. આથવા આપને અનુકુળતા મુજબ દાન આપી આ પુણ્યના કાર્યમાં સંસ્થાને સહકાર આપી આભારી કરશો તેવી વિનંતી



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Gujarat paryavaran trust...

For more details kindly contact PP Dr. Banuben Dhakan

Interviews of parents for new admission at our preschool Manjula,were held on 17th April, Thursday, under the leadership of Vikrambhai Sanghani... many Rotarians gave their valuable time for the same... thanks to all.. Kudos to Malini and Vikrambhai and Beena Sanghani for a wonderful project which is spreading its wings and horizons, year after year and fulfilling dream of Late Manjulaben Mehta Earthen pots for (water) were distributed at Pune under Joy of Giving, keeping scorching heat in mind, by Rtn Dr. Banuben Dhakan... very thoughtful gesture.. kudos

Feeling concerned about your liver health?

We've got you covered! Join our upcoming FibroScan camp in Rajkot and take a proactive step towards a healthier you.

FibroScan is a non-invasive and painless way to assess the health of your liver. It quickly measures liver stiffness and fat content, helping in the early detection of liver damage, often before symptoms even appear. This early detection is crucial for timely intervention and management, potentially preventing more serious complications down the line.

Here's why you should consider getting a FibroScan:

- \* **Non-invasive and Painless:** Unlike traditional biopsies, FibroScan doesn't involve any needles or incisions. It's a quick and comfortable procedure.
- \* **Early Detection:** It can identify liver issues in their early stages, allowing for timely lifestyle changes or treatment.
- \* **Quick Results:** You'll get your results promptly, enabling you to discuss them with your doctor without delay.
- \* **Comprehensive Assessment:** FibroScan provides valuable information about both liver stiffness (fibrosis) and fat accumulation (steatosis).
- \* **Peace of Mind:** Knowing your liver health status can provide significant reassurance.

Don't wait for problems to arise. Take control of your health and book your FibroScan at our camp today! It's a simple step with potentially life-changing benefits.

Contact us on: +91 94093 30034

for more details on the camp schedule and registration.

Your liver will thank you!



રોટરી સર્વિસક્લબ  
હોસ્પિટલ

**ફાઇબ્રોસ્કેન રિપોર્ટ માટે  
વિનામૂલ્યે કેમ્પ**

**ફાઇબ્રોસ્કેન શું છે?**

ફાઇબ્રોસ્કેન એ એક સરળ, પીડાવતી,  
કોઈપણ સ્થાન કે વેડા વગરની તપાસ છે  
જેની ઉપયોગ લીવરના સ્થાનમાંથી સીધા  
પુણઃકેન કરવા માટે થાય છે.

**કેમ ફાઇબ્રોસ્કેન કરાવી શકે છો?**

- ફેટી લીવર રોગ નીચા માં સરળી જ્યાં હોય તે
- નનરોગીક લીવર રોગ
- કીડની/કેન્સર બી/સી
- સામાન્ય અને વેડાથી/સામાન્ય
- સામાન્ય રોગ લીવરની નીચાલી
- કાન્સરનીચા
- જાવા કોમેટીસ અને હોય
- કેન્સરનીચા ને સમાન નીચા હોય

**કેમ સમય સ્થાન તારીખ**

તારીખ : 22/04/2025  
સમય : સવારે 9 થી 2

**એપોઈન્ટમેન્ટ માટે**  
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## FOOD FOR THOUGHT

School Inspector on school inspection

:\* How are studies going on?

Student : Ok, sir

SI : Which is the most interesting period?

Stu: Games period, Sir

SI: Fine. Which is the most boring thing ?

St: Exams, Sir

SI: Oh really... Then please suggest how to make exams more interesting.

The whole class is silent. Then Paltu raised his hand.

SI : Yes, my Boy.

Paltu: Sir, T20 Cricket emerged as Test Cricket started becoming boring. We can take some idea from T20 Cricket to make Exams more interesting.

SI: Very good. Please elaborate.

Paltu: Following are my suggestions :

1. The first 45 minutes of the 3 Hour Exam will be Power Play There will be no Invigilator in the class during this duration.
2. After Power Play, for the next 45 minutes there will be something like Over Restriction. Means, the Invigilator cannot enter the class more than 4 times. During each entry he cannot spend more than 2 minutes inside the class.
3. If the above restriction is flouted, there will be Free Hit. This means, he has to dictate one answer to the whole class.
4. After every 1 hour, there will be Strategic Time Out of 5 minutes. During this time the students can discuss amongst themselves.
5. There should be Review system Under this method, any two questions can be reviewed and replaced with choice questions of the students.
6. and Finally Impact Player System should be implemented and students can request to allow any other person to write his exam for any one subject.

School Inspector is admitted under emergency Trauma Care !!!!!

Exclusive

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