

# 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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**Highlights**

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**SOUND THERAPY... LET'S RELAX AND REJUVENATE WITH THE EXPERT IN FIELD,**  
**RTN AARATI MANDALIYA.**



## MEETING DETAILS

**DATE** : 04th May 2025  
**DAY** : Sunday  
**TIME** : 7 to 8 am  
**VENUE** : DPMC  
**MENU** : Breakfast  
**WELCOME** : Rotarians, Anns  
**PROGRAM** :

Sound bath healing therapy, an hour of perfect bliss and blessings with none other than Rtn Aarati Mandauliya.. do join Please Note... do bring yoga mat, water bottle and a thin dupatta or shawl to cover your eyes and body... and do wear comfortable clothes ... what are you waiting for.. do join in large numbers to join in the journey of sheer peace and serenity ..



## ANNIVERSARY WISHES - Wishing wonderful years of togetherness and happiness!!

**Dolly and Prashant Kakkad**  
28th April

**Preeti and Vijay Nagrecha**  
28th April

**Dr. Reena and Dr. Nitin Lal**  
28th April

**Shruti and Shriyush Gajera**  
29th April

**Nidhi and Virendra Sanepara**  
30th April

**Wishing all the couples, many more years of togetherness**



## CLUB NEWS

Cyclofun celebration was just out of this world.. many thanks to one and all for their invaluable contribution towards making the event a grand gala one.. Kudos and congratulations to captain of the ship, president and cycle mayor, Divyeshbhai Aghera... he always makes it super se upar... keep it up



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**Dr. Nishant Rathod**

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



Welcome to our wonderful program

"Sound bath journey"

Before you experience it please read this to understand what is Sound bath healing therapy and how it works.

Sound bath is a meditative practice that involves listening to vibrations from traditional wind and percussion instruments.

The goal is to create a state of harmony by using sound to clear discordance from the participants' energy fields.

Many people report significant benefits, including:

- Reduced stress and anxiety
  - Improved sleep quality
  - Increased focus and clarity
  - Feeling calmer/less stressed
  - Muscles that feel looser
  - A greater sense of relaxation
  - Pain relief
  - Improved mood
  - Better body awareness/being more in tune with your body
- A sound bath can induce a trance-like state called an Altered State of Consciousness (ASC). This happens when the brainwave state is altered from beta (waking), to alpha (relaxed), theta (dreamlike), and finally delta (restorative). During this state, you might feel like you're floating, or you might see colors.

Sound baths are typically accompanied by yoga or meditation exercises.

After a sound bath, it's best to drink plenty of water to keep you hydrated and to allow any toxins released by the sound healing to be flushed from the body. You should also take it easy, rest, relax, go for a walk, and avoid stressful situations.

Sound baths originated from ancient healing practices, especially from cultures like Tibetan, Ancient Egyptian, Greek, and Indigenous traditions. Tibetan singing bowls, gongs, and other instruments were used for centuries for meditation, healing, and spiritual rituals.



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A BRIGHTER  
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The modern version of a “sound bath” — where participants lie down and get “bathed” in sound waves — became popular in the West around the 1970s and 80s, influenced by both Eastern philosophies and the New Age movement.

### Rotary Club of Rajkot Midtown Check Dam Project

In collaboration with Geer Ganga Trust, Rotary Club of Rajkot Midtown is launching the “Check Dam Project” at Saurashtra University to promote water conservation and environmental care.

Project Cost: ₹25 Lakh Approval from authorities is in process and final confirmation is awaited.

We invite you to support this noble cause: Golden Sponsor (₹5 lakh and above) | Silver Sponsor (₹1 lakh and above)

Your name will be permanently inscribed on the Check Dam.

Golden Sponsor:  
Dr. Rajnibhai Mehta

Silver Sponsors:  
Divyesh Aghera, Trusha Vora, Jay Changani, Divyesh Jasani, Madhubhai Parmar, Ashish G. Mehta, Mitul Kadvani, Bharatbhai Ghodasara, Sanjay Maniar, Pankajbhai Buddhdev

Benefits of Check Dams:

- \* Recharges groundwater
- \* Supports farmers and wildlife
- \* Prevents soil erosion
- \* Grows more greenery
- \* Builds a better environ

### HAPPINESS

Happiness is a few pounds heavier.  
It's accepting being tired.  
Being older. Being softer.  
Being more reaching oak and less wildflower.  
Happiness is taking days to bask in silence.  
Not doing. Just being.  
Happiness is no longer shrinking.  
It's releasing.  
Guilt. Regret.  
The weight of the past, and the fear of the future.  
It's discovering the joy in simplicity.  
The beauty in the little things.  
The power in the everyday.

Contributed by Dr. Ketan Thakkar



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**HipDict** is the crowdsourced dictionary that's going strong with over 2 million followers. Here are a few examples of how HipDict tells it like it really is... check out Friend and Sibling.

**Home (n.)**

The place where you trust the toilet seat.

**English Teacher (n.)**

A person who puts more thought into a novel than the original author ever did.

**Sibling (n.)**

You'd give them your kidney but you won't let them borrow your charger.

**Etc. (abb.)**

End of thinking capacity.

**Oh, ok (phr.)**

I thought you understood me, but you don't.

**I'm fine (phr.)**

Not dead. Still alive.

**Friend (n.)**

Someone who listens to your bullshit, tells you it's bullshit, and then listens to some more.

**Everything happens for a reason (phr.)**

Sometimes the reason is you're stupid and make bad decisions.

**K. (adv.)**

Ok but with anger.

**Psychopaths (n.)**

People who watch scary movies for fun and sleep fine afterwards.

**Happiness (n.)**

Not having to set the alarm clock for the next day.

**\*I'm going to sleep early tonight \* (phr.)**

The biggest lie you tell yourself.

**Dad (n.)**

A person who has no clue what's inside when you open a gift labelled "From Mom & Dad".

**Contributed by Dr. Ketan Thakkar**