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May- Youth Service Month



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The Power and Promise of Youth



Youth is often described as the most vibrant and dynamic phase of life—a time brimming with dreams, energy, and potential. It is during this period that individuals form their identities, cultivate values, and begin shaping their place in the world. As the bridge between childhood and adulthood, youth represents both hope for the future and the courage to challenge the present.

Young people are the driving force of innovation and social change. History is filled with examples of youth-led movements that have transformed societies—whether in the pursuit of civil rights, environmental protection, or technological advancement. Their curiosity, idealism, and willingness to question the status quo make them powerful agents of progress.

However, youth also face significant challenges in today's world. Mental health issues, academic pressure, unemployment, and the effects of climate change weigh heavily on their shoulders. It is essential for societies to support young people through education, mentorship, and opportunities for meaningful participation. Investing in youth is not only a moral responsibility but also a strategic one, as the strength of tomorrow's world depends on the growth and empowerment of today's young generation.

In essence, youth is not just a phase of life—it is a force. With the right support, guidance, and space to lead, young people have the potential to shape a better, more inclusive future for all.

Rotary's Youth Service

Rotary's Youth Service is one of its five avenues of service, focusing on empowering and educating young people to become future leaders. It involves programs like Interact, Rotaract, Rotary Youth Exchange (RYE), and Rotary Youth Leadership Awards (RYLA). These programs help youth develop leadership skills, make international connections, and contribute to their communities.

Youth Service Programs:

Interact Clubs:

For young people aged 12-18, these clubs focus on service, leadership, and community involvement.

Rotaract Clubs:

For young adults aged 18-30, these clubs offer professional development, networking, and hands-on service projects.

Rotary Youth Exchange (RYE):

Provides students aged 15-19 with the opportunity to experience a new culture and language, fostering global awareness and leadership skills.

Rotary Youth Leadership Awards (RYLA):

Intensive leadership experiences that help young people develop their leadership skills.

Youth Service Activities:

Community and International Service Projects:

Rotarians and youth participate in service projects that address local and global needs, such as disaster relief, education, and health initiatives.

Leadership Development:

Rotary provides programs and resources to help young people develop their leadership skills, such as public speaking, teamwork, and project management.

Cultural Exchange:

Through programs like RYE, Rotary facilitates cultural exchange and understanding, fostering international connections and global citizenship.

Mentorship and Guidance:

Rotarians act as mentors and role models for young people, providing guidance and support in their personal and professional development.

Benefits of Youth Service:

Development of Future Leaders:

Rotary's youth service programs help young people develop the skills and qualities necessary to become future leaders in their communities and the world.

Community Engagement:

Youth service programs encourage young people to be active participants in their communities, contributing to the well-being of others.

Personal Growth:

Participating in service projects and leadership development programs helps young people grow personally, developing confidence, self-esteem, and a sense of purpose.

Global Citizenship:

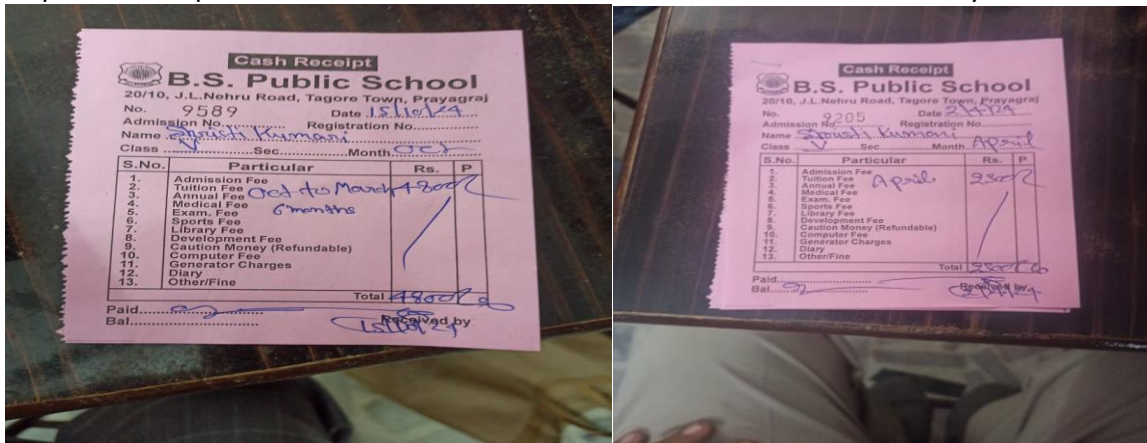
Rotary's youth service programs foster a sense of global citizenship, encouraging young people to understand and appreciate different cultures and to work towards a more peaceful and just world.

Community Services

Project 1- KG to PG

Dated- 1st April 2025

Rotary Allahabad Midtown sponsors education of Srishti Kumari, 15 years, who is a CP patient by birth under our club's mission and District 3120 goal of KG to PG. Srishti who is a student of class 5th in B.S. Public school in the year 24-25, Mother's name Mrs. Gauri rani, Native place – Jehanabad, Patna, Bihar is currently living in a rented room in Tagore town, Prayagraj since 2017 for her treatment at Trishla Foundation under the able observation of Dr. J.K. Jain. She has undergone 2 surgeries of her knees and can gradually fold her knees & is expected to undergo multiple surgeries. She is a bright child and is showing favourable inclination towards studies. Her school fees is sponsored by our club member Rtn Vivek Gupta. He has paid her fees as well as books and notebooks for the whole year.



Project 2- Aatma Raksha

Dated- 3rd April 2025

Rotary Allahabad Midtown, in collaboration with Red Belt Academy, organized a self-defense camp at Mook Badhir Vidyalaya on Thursday, April 3rd. The aim of this class was to acquaint students with the skills of self-defense and encourage them to prioritize their safety. Director of Red Belt Academy, Rotarian Smriti Shangloo, emphasized the importance of self-defense in today's time.



Project 3- Happy School

Dated- 5th April 2025

Rotary Allahabad Midtown distributed 25 desks and benches at Aadi Hindu Primary School, Galla Bazaar, on Saturday, April 5. This initiative was sponsored by Rotarians Neeraj Agarwal and Amrita Agarwal, marking an important step by the Rotary Club toward making the school a "Happy School." Additionally, Rotary Allahabad Midtown Club distributed school bags, stationery items, notebooks, erasers, sharpeners, pencils, crayons, chips, and candies to 40 students. Handkerchiefs and soaps, sponsored by Ritu Kamal Agarwal, were also given to the students. This initiative is a commendable effort by Rotary Allahabad Midtown Club to enhance its contribution in the field of education and provide better education to children.



Project 4- Aatma Raksha

Dated- 5th April 2025

Rotary Allahabad Midtown, in collaboration with Red Belt Academy, organized a self-defense camp at Mook Badhir Vidyalaya on Saturday, April 5th. The aim of this class was to acquaint students with the skills of self-defense and encourage them to prioritize their safety. Director of Red Belt Academy, Rotarian Smriti Shangloo, emphasized the importance of self-defense in today's time.



Project 5- Palak

Dated- 8th April 2025

Rotary Allahabad Midtown Club donated an 'Aqua guard' water purifier to the students of Lala Manmohan Das Inter College in Jhansi On Tuesday, April 8, 2025. This important initiative ensures the provision of clean and safe drinking water for the students. On this occasion, the club's president, Radha Saxena, secretary Neeraj Chugh, and member Neeraj Mehrotra were present. They stated that this step was taken for the health of the students, so they can remain healthy during their educational journey.



Project 6- Aatma Raksha

Dated- 12th April 2025

Rotary Allahabad Midtown, in collaboration with Red Belt Academy, organized a self-defense camp at Mook Badhir Vidyalaya on Saturday, April 12th. The aim of this class was to acquaint students with the skills of self-defense and encourage them to prioritize their safety. Director of Red Belt Academy, Rotarian Smriti Shangloo, emphasized the importance of self-defense in today's time.



Project 7- Swavlamban

Dated- 20th April 2025

Rotary Allahabad Midtown donated 4 Thhelas and 4 Sewing machines on Sunday 20th April at El chico. The Thhelas and sewing machines were given to needy people for running their livelihood through stitching, selling fruits and vegetables. This project was part of Rotary's service mission, aimed at empowering the underprivileged sections of society, held in the presence of the District Governor, Rtn Paritosh Bajaj who said that such initiatives empower the society.



Project 8- Karate Competition

Dated- 25th April 2025

Rotary Allahabad Midtown organized a karate competition for the deaf and dumb students of Mook Badhir Vidyalaya on April 25. Since July, these students have trained rigorously under instructors specially equipped to teach using visual cues, body language, and adapted techniques. The training emphasized self-defense, confidence building, and physical fitness—empowering the students with valuable life skills. The winners were given certificate, medals and they will be further given free classes at Red Belt Academy. The trainers were also given lowers and certificates.



Fellowship

Meeting 1- Prayagraj- Smart City Initiative

On Friday, April 4, Rotary Allahabad Midtown held an important meeting at Hotel Yatrik to discuss efforts to make Prayagraj the cleanest city in India and a smart city. Colonel Dinesh Tanwar, Enforcement Director of the Prayagraj Municipal Corporation, was the chief guest at the meeting. He discussed in detail the measures for making the city clean, focusing on the city's sanitation system, waste management, and citizens' participation. In the meeting, Sanjay Rath shared information about the measures taken to make Prayagraj a smart city. He shared his thoughts on the city's digitization, traffic management, and smart public services.



Meeting 2- Anti-Aging Tips

Rotary Allahabad Midtown organized a meeting on the topic “anti-aging tips” on Friday 11th April at Hotel Yatrik. The session was conducted by renowned lifestyle expert Paroma Gulati, who shared simple and effective ways to slow down the aging process and maintain long-term health. She emphasized that lifestyle changes such as a balanced diet, regular exercise, stress management, adequate sleep, and positive thinking can help individuals remain youthful and energetic for a longer period. On this occasion, the club also honoured its Paul Harris Fellow (PHF) members, who have made significant contributions to the Rotary Foundation. Additionally, as part of its social responsibility, the club donated a water purification unit (water filter) to the primary school in Bahariya, ensuring access to clean drinking water for the children there.



Meeting 3- Gut Health

Rotary Allahabad Midtown participated in a health awareness session organized by Rotary Prayagraj Sangam at Hotel Infinity Barista on Saturday, 26th April. Dr Arpit spoke on importance of optimizing hydration, gut health, blue mind, HRV and neurochemistry to enhance physical vitality, mental clarity, and emotional resilience. Proper hydration fuels cellular function, while a healthy gut supports mood and immunity. Water-based environments reduce stress through the Blue Mind effect, and HRV reflects the body's ability to manage pressure. Together with balanced neurochemistry, these factors form a powerful foundation for long-term wellness.



Birthdays for the month of May

2nd May- Rahul Agarwal
4th May- Atul Agarwal
6th May- Sanjeev Agarwal
7th May- Neeraj Chugh
8th May- Nitin Agarwal
11th May- Vimmi Arora
12th May- Arun Bagga
12th May- Shirish Agarwal
21st May- Abhishek Ranjan Agarwal
22nd May- Dr. Vandana Bansal
22nd May- Praveen Godbole
24th May- Rohit Malik
28th May- Sameer Agarwal

Anniversaries for the month of May

6th May- Swati & Mayank Kharbanda
9th May- Ashish & Radhika Choudhary
12th May- Ritu Kamal & Vratika Agarwal
18th May- Sameer & Sarika Agarwal
18th May- Suyash & Saumya Agarwal
19th May- Dr. Ankur & Dicastar Kesarwani
20th May- Nitin & Pallavi Agarwal
21st May- Anil & Sapna Narsaria
24th May- Dr. Neeraj & Anjali Sinha
25th May- Arvind & Nimisha Agarwal

*Thanks
Compiled by
Swati Kharbanda*