

# Royals Connect

## Rotary Club of Allahabad Royals

District 3120

Club ID 90070



## Theme of the month: vocational Services

District Governor  
Rtn. Paritosh Bajaj

President  
Rtn. Sharmili Jain

Secretary  
Rtn. Anjali Agarwal

RI President  
Rtn. Stephanie Urchick

# From The President



Dear Royals,

It always feels proud to be a part of our Royal family. As we continue to serve the Society, bring change & spread joy and happiness, we encourage better Involvement & participation of our members to serve at Kumbh.

Updating achievements of our club for January 2025

1. We are one of the host clubs of Free Cataract Eye Surgery -a Rotary Foundation Grant project at Netra Kumbh, Kumbh chhetra along with United Medicity. We're doing 2000 cataract surgeries & glasses will also be provided to the beneficiaries.

2. Fellowship & District project Kite flying was organised with lots of

enthusiasm.

3. We distributed 100 food packets, 100 Blankets & 14 Room Heaters to the needy at Kumbh area

4. We organised Bhandara for Pilgrims on Mauni Amawasya.

We will continue our pledge of service and bring happiness to those around us.

With Regards  
Sharmili Jain  
President

## Fitness

I was wondering why I struggle with fitness so much.

And then it hit me - I come from a cultural family that never taught me my body matters.

Indian homes don't raise you to be healthy. They raise you to be safe. To be obedient. To be employable. Not to be strong, ambitious, or mindful. We were taught to save money, not save our knees. To protect our reputation, not our posture.

Our childhoods were full of lectures on marks, manners, and marriage. But no one told us how to breathe when we're anxious. No one taught us what real sleep feels like. Or that sugar is a drug. That gut health is real. That skipping breakfast isn't being busy but being neglected.

You eat what's cooked. You sit where there's space. You rest only when you're sick. That's how we're raised. Rest is laziness. Exercise is timepass. Health is something you deal with after something goes wrong.

Got a headache? "Balm laga le, thoda so ja."

Got a backache? "Moov laga le, thoda let ja."

Bad throat? "Haldi doodh pee le, subah tak theek ho jaayega."

Feeling weak for a week? "Exertion hai. Kal ki chutti karle, theek ho jaega."

We didn't grow up in homes that believed in prevention. We grew up in homes that feared diagnosis more than disease.

We'll pay for term insurance, life insurance, two health policies but won't spend on mental therapy. Or a fitness coach. Or a nutritionist.

We'll go to a hospital only when things are out of control and then say, "Pehle kyun nahi aaya?"

We'll travel 20 km to eat Chole Bhature, but won't run 5 km after dinner. We'll argue over MRP at a chemist, but spend 600 bucks on cold drinks and namkeen for guests. And this neglect is justified with pride.

We wear fatigue like a medal. We talk about acidity like it's a family member. We think waking up tired is just part of adult life. The irony is brutal. The same middle class that saves every receipt, every rupee, every old shaadi card forgets to save the body that holds it all together.

We build careers. We raise families. We tick every box that society gave us. But the body we carry through it all? Ignored. Until it screams.

And by then, it's already too late. The slip disc. The borderline diabetes. The insomnia. The stubborn weight. The breathlessness on stairs. Pain in joints. We have health issues because they sent warnings we never heard.

Maybe it's not willpower we lack. Maybe it's vocabulary.

Instead of "Thoda thak gaya hoon," say "Mujhe break chahiye."

Instead of "Baad mein dekh lenge," say "Abhi dekhna zaroori hai."

Because health isn't an expense but your first investment.

And fitness isn't indulgence but survival.

If we don't change this script now, we'll spend our entire savings on a body we never learned how to care for & leave the next generation with body debt.

**Compiled by Shalini Talwar**

At your Service

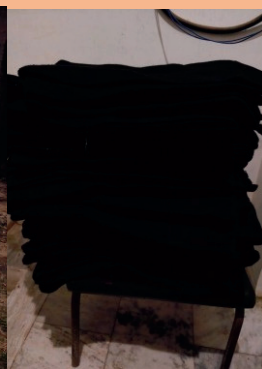


# Blood Donation



## Bhandara for thr pilgrims at Kumbh

## Water heaters & Blankets



## Distribution of old & New clothes

Some Masti Some Fun



# Chali Chali Re Nauka Hamari



Udi Udi Re Patang!!



# Kumbh- A confluence of humanity & Spirituality

--Kavita Agarwal

The ongoing Kumbh Mela at Prayagraj, Uttar Pradesh, is an extraordinary spiritual and cultural event that draws millions of devotees and tourists from around the world. Held at the Sangam, the confluence of the Ganges, Yamuna, and the mythical Sarasvati River, the Mela is considered one of the holiest gatherings in Hinduism. Pilgrims come to take a ritual dip in the sacred waters, believed to cleanse sins and purify the soul.

This year's Kumbh is significant not only for its sheer scale but also due to the special rituals and events that are being celebrated. One of the unique aspects of this Kumbh is the Mauni Amavasya amrit snan. This has led to a surge of devotees, particularly Akharas,



JagatGurus & Sanyasis who gather for special prayers and offerings to Devi Ganga.

New features in this Kumbh include improved infrastructure, with upgraded roads, transportation networks, and better sanitation facilities. Authorities have also introduced eco-friendly measures, aiming to make the event more sustainable, such as waste management systems and the promotion of green energy sources.

The cultural performances at the Mela are another highlight, with artists from across India showcasing traditional music, dance, and drama. Additionally, numerous spiritual seminars and discourses are held by revered saints and gurus, offering deep insights into Hindu philosophy and spirituality.



In this ongoing Kumbh, the increased emphasis on safety and security ensures that the vast crowd, often in the millions, can participate with ease and peace of mind. These factors, combined with the festival's spiritual significance, continue to make the Prayagraj Kumbh Mela one of the most anticipated religious events in the world.

## Tum Jiyo Hazaron saal

Sangeeta Mandhyan 5th Jan  
Manjula Garg 9th Jan  
Simmi Lal 15th Jan  
Bani Middha 29th Jan

## Happy Anniversary

Kajal mirpuri 22nd Jan  
Dev Priya Mukherjee 22nd Jan  
Sunita Jaiswal 23rd Jan  
Rachna Karara 24th Jan  
Kavita Agarwal 26h Jan  
Sharmili Jain 30th Jan



## Editorially Yours



Dear Rotary Family, As we have covered the first month of the new year, we continue to focus on our mission of

service, growth, and community development. The past months have been a journey of resilience and cooperation, and we remain committed to making a difference in the lives of those around us.

This season, as the world turns its attention to the historic city of Prayagraj, we are reminded of the significance of the Kumbh Mela. Known for being one of the largest spiritual gatherings on Earth, the Kumbh is not just a reflection of our rich cultural heritage, but also a time of renewal, reflection, and unity.

Rotary's commitment to service aligns perfectly with the spirit of Kumbh. As people from all walks of life come together in Prayagraj to take part in this sacred ritual, we too, as Rotarians, are reminded of the power of collective action in bringing about positive change. The Kumbh teaches us the importance of compassion, humility, and the strength of community—values that are central to the work we do.

Let us draw inspiration from the Kumbh, and with unity and purpose, continue our journey of serving humanity.

With Rotary Regards,  
Kavita Agarwal