

UNITE
FOR
GOOD

Rotary
District 3141



LET'S
INSPIRE



AASHAYEIN

ROTARY CLUB OF MUMBAI SHER- E- PUNJAB

WEEKLY NEWSLETTER

VOLUME 10
1ST WEEK SEPTEMBER



ROTARY REFLECTIONS:
VOICES OF THE WHEEL

Rotary
Club of Mumbai
Sher-e-Punjab



Rtn. Sukarma Khanna

" Vasundhaiva Kutumbakam " This Sanskrit phrase has been derived from our Maha Upanishad's Rig Veda. It completely resonates with Rotary's vision, "One world, One family, One future." A vision which unites like-minded people together in action, in order to create a lasting change in and around our communities and across the world.

The pinning ceremony in the Charter Year of Rotary Club of Mumbai Sher-e-Punjab for me was nothing short of an oath-taking occasion. It was a gradual journey of my personal transformation from a simple member into an enlightened, passionate, responsible and devoted Rotarian. Since then, it has been an exhilarating experience and eye-opener to work under the leadership of distinguished Presidents Jasjitji. Jotinderji and now Minishaa, each blessed with individual, inspiring and unique personalities, gifted with outstanding skills. All three Presidents, imbibed with their individual personalities, have a common underlying trait of encouraging, embracing each member of the club as a precious, irreplaceable block of a dynamic structure.

Since the very inception of the club, we all have experienced each project as a celebration, a prize in itself, infusing a feeling of love, joy, fellowship and team spirit. We experienced a unique project on 1st July 2025, the International Doctors' Day. The lifesavers were seen in an unimaginable form, participating in a musical band, singing melodies of Bollywood, nothing short of professional singers, entertaining senior citizens and seeking their blessings. Our Club had the privilege to entertain the senior citizens of Dignity Foundation, JVL R.

I pray to Almighty to illuminate our path. May we continue to carry ourselves in the eternal light of selfless service, a causeway to the divine self, for laying a foundation of "one world, one family, one future" and embodying the very essence of being a Rotarian.

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LETS
INSPIRE

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1st Week September

DISEASE PREVENTION & TREATMENT

CPR TRAINING WOKSHOP

RCMSEP organised a CPR Training Workshop by Dr. Akshay Mehta, Interventional Cardiologist, along with Dr. Snigdha Mehta. The session included a presentation on cardiac emergencies, hands-on CPR practice, AED demonstration and guidance on distinguishing fainting from cardiac arrest for members, Oberoi Prisma residents and staff.



DATE : 31st Aug 2025
RI THEME: DISEASE
PREVENTION & TREATMENT
LOCATION: OBEROI PRISMA,
JOGESHWARI
BENEFICIARIES: 75+
MEMBERS PRESENT : 15
AMOUNT SPENT: Rs. 6000/-



District Governor: Rtn. Manish Motwani
Club Treasurer: Rtn. Naresh Khatri

Club President: Rtn. Minishaa I Oberoi
Club Secretary: Rtn. Jotinder S Ahluwalia

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1st Week September

DISEASE PREVENTION & TREATMENT

MEDCYCLE : DONATION OF MEDICINES

RCMSEP organised MEDCYCLE, a collection of unused and semi-used medicines and medical equipment, which were then donated to Manav Jyot Trust, Mulund, for further distribution in villages. Additionally, the club donated a brand-new oxygen concentrator (Courtesy Ms. Sunita Chabbria) to strengthen healthcare support.



Rotary  ROTARY CLUB OF
MUMBAI SHER-E-
PUNJAB CONDUCTS

MEDCYCLE
DONATE YOUR



OLD / USED / UNUSED
MEDICINES AND
MEDICAL EQUIPMENT



COLLECTION BOX OUTSIDE F TOWER 2202,
OBEROI SPLENDOR (PLEASE DO NOT RING BELL)
RTN SUNITA BEDI RTN MINISHAA
I OBEROI (PRESIDENT)

DATE : 1st Sept
2025

RI THEME: DISEASE
PREVENTION &
TREATMENT

LOCATION: MULUND

BENEFICIARIES: 50+

MEMBERS
PRESENT : 2
AMOUNT SPENT:
Rs. 60,000/-



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1st Week September

RAW : DISEASE PREVENTION & TREATMENT

DONATION OF DOG & CAT SHELTERS

Continuing its initiative to support stray animals, RCMSEP donated two dog shelters and two cat shelters to the RCC team at Subhash Nagar. These sheds provide a safe and secure haven for the community's stray animals. 350 shelters have been sent out till date.



DATE : 2nd September 2025
RI THEME: DISEASE
PREVENTION & TREATMENT
LOCATION: SUBHASH NAGAR,
ANDHERI-EAST
BENEFICIARIES: 4 DOGS 4 CATS
MEMBERS PRESENT : 1
AMOUNT SPENT: Rs. 1700/-



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1st Week September



WHEELS OF CELEBRATIONS



5th September



5th September

PROUD WINNERS OF VOL 9
(5TH WEEK AUGUST)

SIMI AHLUWALIA

1. Chammak Challo
2. Aankh Maare Ladka Aankh Maare
3. Chor Bazaari
4. Ye Moh Moh ke Dhage
5. Mehndi Laga Ke Rakhna



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1st Week September

CULTURAL CONNECT

CELEBRATING ONAM

A FESTIVAL OF UNITY AND PROSPERITY 🌸

Onam, the vibrant harvest festival of Kerala, is a celebration that beautifully blends tradition, culture and togetherness. It is observed in the month of Chingam (August–September) and honors the legendary King Mahabali, whose reign is remembered as a golden era of prosperity, equality, and happiness. According to mythology, Onam marks the annual homecoming of King Mahabali, who visits his people to see them living joyfully.

The festivities span over ten days, with the most important day being Thiruvonam. Homes are adorned with Pookkalam (floral carpets), families prepare the grand Onam Sadhya (a traditional vegetarian feast served on banana leaves), and communities come together in joy and gratitude. The celebration also features Vallam Kali (snake boat races), Pulikali (tiger dances), and folk performances that showcase Kerala's rich cultural heritage.

Onam transcends religion and community, embodying values of inclusivity, gratitude and shared happiness. It reminds us that festivals are not just about rituals but also about fostering bonds, sharing abundance and celebrating life's blessings.

As we celebrate Onam, let us carry forward the spirit of harmony, generosity and unity, ensuring that King Mahabali would indeed be proud to see his people living in peace and prosperity.

Wishing everyone a joyous, prosperous and colorful Onam!



Ukadiche Modak (Steamed Modak)

Ingredients

For the filling:

- 1.5 cups fresh coconut (grated)
- ½ cup jaggery (grated)
- 1–2 tsp pure ghee
- 1 pinch nutmeg powder
- ¼ tsp green cardamom (grounded)
- 4–5 cashews (finely chopped)
- 5–6 almonds (finely chopped)

For the outer layer:

- 1 cup rice flour
- 1.5 cups water
- 1–2 tsp ghee
- 2 tbsp milk
- A pinch of salt



Method:

Prepare the filling:

1. Heat a pan on medium flame, add ghee and grated jaggery. Cook for 2–3 minutes until jaggery melts.
2. Add grated coconut and cook until the mixture thickens and the moisture evaporates (around 4–5 minutes). Do not overcook.
3. Add cardamom powder, nutmeg, cashews, and almonds. Mix well.
4. Remove from heat and allow the mixture to cool.

Prepare the outer covering:

1. In a heavy-bottom pan, bring water to a boil. Add ghee, salt, and milk.
2. Lower the flame and add rice flour, stirring continuously to avoid lumps.
3. The mixture will come together like dough (should be soft, neither hard nor runny).
4. Cover and let it rest for 10 minutes, then knead into a smooth dough while still warm.

Shaping the modak:

1. Take a small portion of dough, flatten into a disc, and place some filling in the center.
2. Shape into a modak using your hands or a modak mould.
3. Keep the shaped modaks covered with a damp cloth to prevent drying.

Steaming:

1. Prepare a steamer and line the tray with banana leaves (optional).
2. Place modaks on the tray and steam for 10–15 minutes on medium flame.
3. Once ready, drizzle with a few drops of ghee and saffron-infused milk.



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Ukadiche Modak



*Recipe by :
Jasbeer Nagi*

Ukadiche Modak is believed to be Lord Ganesha's favorite sweet 🌸🍬. That's why during Ganesh Chaturthi, devotees prepare 21 modaks (a sacred number in Hindu tradition) as an offering (naivedya). It's said that offering modaks pleases Ganesha so much that he blesses his devotees with wisdom, prosperity, and happiness. 🙏🌟

Get your recipe featured in next Aashyein Weekly Magazine!

Contact Rtn. Seema Bhoocher

Vaastu Corner

By Rtn. Arun Bhoocher

(Under Guidance of Niilesh N Shah)

THE PRAYER ROOM

Ideal Location & Direction

- Northeast (Ishanya corner) is considered the most auspicious direction for a prayer/pooja room.
- If not possible, East or North are also good alternatives.
- Avoid placing the prayer room in the South, Southwest or directly under a staircase/bathroom.

Placement of Deities

Idols should face East or West; devotees should face East or North while praying.

- Do not keep broken or damaged idols.
- Ideally, place idols a few inches away from the wall for proper air circulation.

Design & Structure

- A square or rectangular-shaped room is preferred.
- The ceiling should be lower than other rooms if possible (to give a divine feel).
- A threshold or small step at the entrance is considered good.

Interiors & Materials

- Use light colors like white, yellow, or light blue; avoid dark shades.
- Wooden or marble platforms are preferred for placing idols.
- Keep the space clean, clutter-free, and well-ventilated.

Lamps & Storage

- Place the diya (lamp) in the southeast of the prayer room.
- Storage for religious books or materials can be in the south or west walls.





The Happy Wheel - Fun Corner

ONAM QUIZ QUESTIONS

1. Onam is the harvest festival of which Indian state?
2. Which legendary king's homecoming is celebrated during Onam?
3. What is the traditional boat race associated with Onam called?
4. What is the floral decoration made during Onam called?
5. Which traditional dance form is often performed during Onam?
6. What is the grand feast served during Onam called?
7. In which Malayalam month is Onam usually celebrated?



Solve and send reply @ Minishaa to win a prize

Quote of the Week

Friendship is the chain upon which all other virtues of Rotary are strung.

Paul Harris
Rotary Founder



Thank you for being a Rotarian

Aashayein Editorial Board

Rtn. Minishaa I Oberoi

Rtn. Seema Bhoocher

Rtn. Jotinder S Ahluwalia

Rtn. Aarti Jadhav

Rtn. Jasjit Bhatia

Rtn. Jasbeer Nagi