

AASHAYEIN

ROTARY CLUB OF MUMBAI SHER- E- PUNJAB

WEEKLY NEWSLETTER

VOLUME 6

2ND WEEK OF AUGUST



ROTARY REFLECTIONS: VOICES OF THE WHEEL



Rtn. Sunita Bedi
President Elect

Stepping into Service:

My Path with Rotary Club of Mumbai Sher-E-Punjab

One and a half years ago, I became a proud member of the Rotary Club of Sher-E-Punjab. What began as a step towards community service soon transformed into a truly enriching journey — one filled with purpose, teamwork, and personal growth.

From the very start, I was welcomed into a group of passionate and dedicated individuals, all driven by the same goal: to make a positive difference in people's lives. The camaraderie, the spirit of collaboration, and the willingness of every member to go the extra mile have been nothing short of inspiring. Together, we have executed projects that not only impacted the community but also broadened my perspective on service, leadership, and humanity.

Being a Rotarian has also given me exposure to diverse fields — from healthcare and education to environmental initiatives and cultural programs. Each experience has been a chance to learn something new, contribute meaningfully, and connect with people from all walks of life.

The respect and recognition I have received from the community during this time have been deeply humbling. More than awards or titles, it is the heartfelt appreciation of those we serve that makes the journey so rewarding.

As I prepare to take on the role of President of the Rotary Club of Sher-E-Punjab next year, I feel immense gratitude for the trust and opportunity bestowed upon me. I look forward to continuing this legacy of service, working alongside my fellow Rotarians, and taking our club to greater heights.

Thank you for making this journey so memorable — and here's to the many more milestones ahead.

AASHAYEIN

2nd Week August

BASIC EDUCATION & LITERACY, WATER SANITATION & HYGIENE (WASH)



DONATION : WATER PURIFIER AND TABLES

RCMSEP in collaboration with Chingari Shakti Foundation donated 2 big wooden tables (8 ft x 4 ft) and a Water Purifier to Rameshwar School – Malad. This contribution will enhance the school's infrastructure, creating a better learning environment.



DATE: MONDAY, 4TH AUGUST 2025

RI AVENUE: BASIC EDUCATION & LITERACY, WATER SANITATION & HYGIENE (WASH)

LOCATION: RAMESHWAR SCHOOL, MALAD

BENEFICIARIES: 1500 SCHOOL CHILDREN

AMOUNT SPENT: RS. 50000 (BIG TABLES – RS. 35000, PURIFIER – RS. 15000)

RCMSEP MEMBERS PRESENT: 1

PROJECT LEAD: RTN. ARUN BHOCHAR, PINKKY RAJGARHIYA

PROJECT PARTNER: CHINGARI SHAKTI FOUNDATION

AASHAYEIN

2nd Week August

BASIC EDUCATION & LITERACY, ANNAPURNA

SMILE BOX - ANNAPURNA

Aanganwadi Kendra, Andheri Required a wooden table, floor mats, blackboard and educational toys for their young children. RCMSEP donated these under the Smile Box - Annapurna project wherein the Bhoochar family along with Rtn. Swati Khatri sponsored the snacks and the other items to celebrate the birthday of Ms. Shruti Bhoochar.

UNITE FOR GOOD Rotary District 3141 LETS INSPIRE

CELEBRATING WITH HEART
ROTARY CLUB OF MUMBAI SHER-E-PUNJAB cordially invites you to a joyful celebration of
Dear Shruti Bhoochar's Birthday
with the lovely children of
Aanganwadi Kendra, Andheri (East)
Date: 5th August 2025
Time: 11:30 AM

How Do We Celebrate?
By spreading love and smiles through our donations:
Office Table Floor Mats
Educational Toys Food Packets

Come, be a part of this heartwarming initiative! ✨
Rtn. Minishaa I Oberoi (President)
Rtn. Seema Bhoochar
Rtn. Swati Khatri



DATE: TUESDAY, 5TH AUGUST 2025
RI THEME: BASIC EDUCATION &
LITERACY, ANNAPURNA
LOCATION: AANGANWADI KENDRA,
MAHAKALI CAVES ROAD
BENEFICIARIES: 23 AANGANWADI KIDS
AMOUNT SPENT: RS. 16600
RCMSEP MEMBERS PRESENT: 10
PROJECT LEAD: RTN. SEEMA
RTN. SWATI

UNITE
FOR
GOOD

Rotary
District 3141



LET'S
INSPIRE

AASHAYEIN

2nd Week August

BOD & CLUB MEETING

MEETING & SPEAKER SESSION: RTN. VINOD THAKKAR

A successful BOD and club meeting featuring engaging discussions on past events, upcoming August projects, and recognition of members' outstanding contributions. Guests and prospective members joined in, enjoying the highlight of the evening – an inspiring talk by Rtn. Vinod Thakkar on "Being a Rotarian." The event concluded with a delightful dinner, fostering camaraderie and celebration among attendees.



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

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

AASHAYEIN

2nd Week August

ANNAPURNA, DISABILITY TO ABILITY

SMILE BOX- ANNAPURNA & ENTERTAINMENT

Under its Smile Box- Annapurna program, RCMSEP celebrated Ms. Sunita Krishnadas's birthday who sponsored the snacks for the specially-abled children. The highlight was a captivating magic show by Magician Veer Paswan. The children were thrilled and thoroughly enjoyed the performance.



DATE: FRIDAY, 8TH AUGUST 2025

RI AVENUE: ANNAPURNA,
DISABILITY TO ABILITY

LOCATION: JYOTIRMAY
FOUNDATION, VILE PARLE

BENEFICIARIES: 65

AMOUNT SPENT: RS. 7500

RCMSEP MEMBERS PRESENT: 7

PROJECT LEAD: RTN. MINISHAA



AASHAYEIN

2nd Week August

ANNAPURNA, BAGHBAAN



SMILE BOX- ANNAPURNA & ENTERTAINMENT

RCMSEP in partnership with Chingari Shakti Foundation, organized the Smile Box Annapurna project at the Jogeshwari Day Care Centre of Dignity Foundation, serving wholesome meals to 75 senior citizens and spreading joy among them.



DATE: 8TH AUGUST 2025

RI AVENUE: ANNAPURNA,
BAGHBAAN

LOCATION: DIGNITY
FOUNDATION, JOGESHWARI

BENEFICIARIES: 75

AMOUNT SPENT: RS. 7500

MEMBERS PRESENT: 1

PROJECT LEAD: RTN. PINKKY
RAJGARIHYA

PROJECT PARTNER: CHINGARI
SHAKTI FOUNDATION

AASHAYEIN

2nd Week August

DISABILITY TO ABILITY, ANNAPURNA

RAKSHA BANDHAN CELEBRATION @ CHESHIRE HOME

RCMSEP celebrated Raksha Bandhan at Cheshire Home, Andheri East, for the third consecutive year, spending a heartfelt morning with around 10 long-term residents. Members tied rakhis, shared sweets, fruits, and essentials, and donated two mattresses to enhance their comfort. The event symbolized love, care, and community support.



DATE: 9TH AUGUST 2025

RI AVENUE: DISABILITY TO ABILITY, FESTIVAL CELEBRATION

LOCATION: CHESHIRE HOME, ANDHERI-EAST

BENEFICIARIES: 10

AMOUNT SPENT: RS. 15000

MEMBERS PRESENT: 5 + 1 GUEST



AASHAYEIN

2nd Week August

UPCOMING EVENTS

Rotary District 3141 LET'S INSPIRE! UNITE FOR GOOD

BLOOD DONATION CAMP

On- 11th AUG. 2025 From 9.30am To 5.30pm

At Andheri Railway Station

Lead Host Clubs

RCM North End	RCB Mahakali Heights	RCB Juhu Beach
---------------	----------------------	----------------

Co-Hosted by

RC Bombay East	RCB Film City	RCM Elegant Plus	RCM Juhu	RCM North Island	RCM Sher-E-Punjab
RCB Airport	RCM Coastline	RCM Gen X	RCM Khar	RCM Nova	RCM Versova
RCM Bandra Kurla Complex	RCM Elegant	RCM Iconic	RCM Neo	RCM Royale	RCM West End

Francesco Arezzo
RI President

Camp Co-ordinators
Anupkumar Chandarana
RCM North End
Babli Bhamra
RCB Mahakali Heights

Dr. Manish Motwani
District Governor

Rotary District 3141 LET'S INSPIRE

ROTARY CLUB OF MUMBAI SHER E PUNJAB

invites you to join us for a special community service initiative



Come join us as we visit HUMSAFAR TRUST, Kalina to distribute generic medicines to the transgender community and HIV patients

Date: Tuesday, 12th August 2025
Time: 3:00 pm
Rtn. Minishaa I Oberoi (President)
Rtn. Kiran (Project Lead)
Rtn. Surjit (Project Lead)

Serving with compassion, touching lives with care

Rotary District 3141 LET'S INSPIRE

ROTARY CLUB OF MUMBAI SHER E PUNJAB

invites you to join us for a heartwarming visit to


SMT. KAMLA MEHTA SCHOOL FOR THE BLIND

Dadasaheb Phalke Rd, Dadar-E

Date: Tuesday, 12th August 2025
Venue: Dadar - Visit to Blind Children's Home
Time: 5:00 PM to 6:30 PM
Activity: Distribution of essential items to the children

Rtn. Minishaa I Oberoi (President)
Rtn. Surjit Ahluwalia (project lead)

Bringing smiles, sharing love and making a difference



LET'S INSPIRE Rotary District 3141 UNITE FOR GOOD

ROTARY CLUB OF MUMBAI SHER E PUNJAB



celebrates Independence Day 
our 79th Independence Day
with Angel Xpress children

Date: Friday, 15th August 2025
Time: 9:00 AM - 11:00 AM
Venue: ALM Park, Andheri East

Program Highlights:
Dance & Song Performances 
Followed by Snacks 
 Come join us in spreading joy, patriotism, Rotary Club Of Mumbai Sher E Punjab

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

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

कोफ्ते

सामग्री

कोफ्ते के लिए:

लौकी (दूधी) – 1 मध्यम (करीब 2 कप कद्दूकस की हुई)

बेसन – 4-5 बड़े चम्मच

हरी मिर्च – 1 बारीक कटी

अदरक – 1 छोटा चम्मच (कद्दूकस किया हुआ)

लहसुन – ¼ छोटा चम्मच

हरा धनिया – 1 बड़ा चम्मच (कटा हुआ)

नमक – स्वादानुसार

तेल – तलने के लिए (राई का तेल)

ग्रेवी के लिए:

टमाटर – 2 मध्यम

प्याज – 1 बड़ा

अदरक-लहसुन का पेस्ट – 1 बड़ा चम्मच

हरी मिर्च – 1

हल्दी पाउडर – ¼ छोटा चम्मच

लाल मिर्च पाउडर – ½ छोटा चम्मच

गरम मसाला – ¼ छोटा चम्मच

नमक – स्वादानुसार

तेल – 2 बड़े चम्मच (राई का तेल)

हरा धनिया – सजाने के लिए



1. कोफ्ते तैयार करें:

कद्दूकस की हुई लौकी में बेसन, हरी मिर्च, अदरक, नमक और हरा धनिया मिलाएं।

मिश्रण को अच्छी तरह मिलाकर छोटे-छोटे बॉल्स बना लें।

कढ़ाई में तेल गरम करें और कोफ्तों को मध्यम आंच पर सुनहरा होने तक तल लें। फिर टिशू पेपर पर निकालें।

2. ग्रेवी बनाएं:

प्याज और हरी मिर्च को मिक्सी में पीसकर पेस्ट बना लें।

एक पैन में तेल गरम करें, अदरक-लहसुन का पेस्ट डालकर 1 मिनट भूनें।

अब प्याज का पेस्ट डालें और मसाले (हल्दी, मिर्च, धनिया पाउडर) डालकर भूनें।

अब टमाटर डालें और भूनें जब तक तेल न छूटे।

थोड़ा पानी (या लौकी का निकला हुआ पानी) डालें और 5 मिनट पकाएं।

ग्रेवी तैयार होने पर गरम मसाला और नमक डालें।

3. कोफ्तों को मिलाएं:

परोसने से पहले कोफ्तों को ग्रेवी में डालें और 2-3 मिनट धीमी आंच पर पकाएं ताकि कोफ्ते ग्रेवी सोख लें।

4. परोसने का तरीका:

ऊपर से हरा धनिया डालकर सजाएं।

गर्मागर्म रोटी, पराठा या जीरा राइस के साथ परोसें।



AASHAYEIN

कोफ्ते



*Recipe by :
Rtn. Simi Ahluwalia*

Fun Fact:

Veg koftas are the delicious result of royal creativity! 🍷🍴
They were first crafted as a vegetarian twist on traditional meat koftas to serve the royal kitchens of India, especially during fasting days or for vegetarian rulers. From lauki to malai to paneer, veg koftas prove you don't need meat to make a dish royal and rich! 🍲

Get your recipe featured in next Aashyein Weekly Magazine!

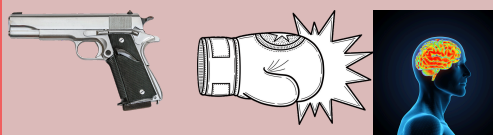
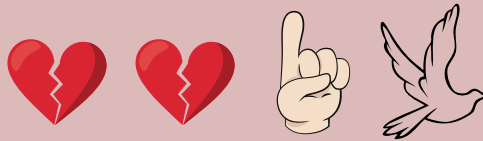
Contact Rtn. Seema Bhoocher

AASHAYEIN



The Happy Wheel - Fun Corner

Guess the SONG



Solve and send reply @ Minishaa to win a prize

AASHAYEIN

Vaastu Corner

2nd Week August

By Rtn. Arun Bhoocher

(Under Guidance of Niilesh N Shah)

THE KITCHEN

The most important Vastu Shastra principle for a kitchen is its location, ideally in the *southeast direction of the house*. This is because the southeast is ruled by the fire element, which is naturally associated with the kitchen and cooking activities. *Northwest corner* of the house can also be allocated for kitchen.

Additionally, ensuring proper ventilation, good lighting, and using appropriate colors are crucial for a Vastu-compliant kitchen.



Southeast direction of the house.
or
Northwest corner of the house

The platform top can be made of marble, granite, aluminium or steel



AASHAYEIN

Quote of the Week



“If Rotary is to realize its proper destiny, it must be evolutionary at all times, revolutionary on occasions.”

Paul Harris, Founder of Rotary



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