



# AASHAYEIN

## ROTARY CLUB OF MUMBAI SHER- E- PUNJAB

### WEEKLY NEWSLETTER

VOLUME 2

2ND WEEK OF JULY

### BLESSINGS



#### AASHAYEIN

RCMSEP you rock!!  
Born Incredible ,  
Teething with Vibrancy,  
The Inspired Infant,  
is on the run with fun,  
The Rotary Mission and the  
Vision is focused ,  
On making a difference,  
to the local and the global ,  
A better world to live in ,  
for every being to breathe easy.  
The Wheel, thus rolls on.  
Beckoning more to jump in the  
band-wagon,  
And enjoy the ride with a life-purpose.  
Spreading the message of humanity,  
Do good, be good.

#### Aashayein- the Fountain of Hope

A Newsweekly , e- bulletin devised by our Inspired President Rtn Minishaa I Oberoi is a stepping stone to the higher pinnacles of success in a reach out and visibility program.

The creativity, talent, discipline and dedication towards this venture is highly appreciable and commendable. May God the Almighty bless the Inspired President and the RCMSEP team to achieve this milestone and take their Rotary club to higher success heights.

As the Vibrant year transcends to the Inspired term with its legacy of relevant community service and humanitarian projects, the enthusiasm and teamwork of bonding club members makes RCMSEP, an outshining club in our district 3141. RCMSEP foundation runs deep and Vision far reaching.

Congratulations and my hearty Best Wishes to President Minishaa and our RCMSEP team , for the launch of Aashayein. Stay Inspired.

Rtn. Jasjit Kaur Bhatia  
Charter Past President  
(Incredible 2023-24)  
Rotary Club of Mumbai Sher E Punjab

# AASHAYEIN

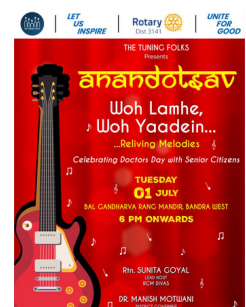
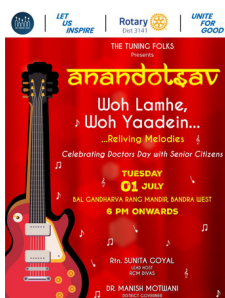
## ROTARY CLUB OF MUMBAI SHER- E- PUNJAB

### WEEKLY NEWSLETTER

VOLUME 2  
2ND WEEK OF JULY

### REVIEW

## Heartfelt Review of Anandostav



कल शाम बांद्रा स्थित बाल गंधर्व रंग मंदिर में रौटरी क्लब द्वारा प्रायोजित, शहर के प्रख्यात डाक्टरों द्वारा आयोजित संगीत संध्या, आनंदोत्सव, वो लमहे वो यादें का आनंदकलद उठाने का अवसर मिला। पहले तो सोचा कि इतनी कठिन और ऊंची पढाई करने वाले और हमेशा मरीजों और बीमारी के बीच रहने वाले डाक्टर क्या तो गा पायेंगे। पर आयोजन को देखने के बाद लगा कि और लोगों की तरह डाक्टर भी कला और संगीत के प्रेमी और पारंगत हो सकते हैं।

इस संगीतमय आयोजन का भार प्रमुख रूप से डाक्टर मुकुंद, डाक्टर सायली, डाक्टर मीता वीरा, डाक्टर निकुंभ, डाक्टर इंदुमती और डाक्टर अजीत मैनन आदि के कंधों पर था।

सबने एक से बढ़कर एक गीत गाये। उन्होंने मुकेश , रफी, लता , किशोर , आशा भोंसले, गीता दत्त, यहां तक कि मन्नाडे को भी गाया। संगीतकारों की बात करें तो उन्होंने मदन मोहन, सचिन देव बर्मन, सलिल चौधरी, पंचम ,कल्याण जी आनंद जी, शंकर जय किशन आदि सभी महारथियों को आजमाया।

जहां कुछ हल्के फुल्के गाने, जैसे कि लगजा गले दिलरुबा या कोई सहरी बाबू, कोई लहरी बाबू गाया, वहीं संजीदा कलाम, जैसे कि कहीं दूर जब दिन ढल जाये, वक्त ने किया क्या हंसी सितम, तू इस तरह से मेरी जिंदगी में हासिल है, वो शाम आती ना थी कहीं दूर जब दिन ढल जाये जैसे गाने भी गाये। यहां तक कि डाक्टर मुकुंद तो मन्ना दा का, कौन आया मेरे मन के द्वारे तक को गाने से नहीं चूके। संगीतप्रेमी जानते हैं कि मन्ना दा को छू पाना भी बहुत कठिन है। इस बीच डाक्टर मनीश शर्मा की चांद सी मेहबूबा हिमालय की गोद में जा बैठी और डाक्टर इंदुमती का झुमका बरेली के बाजार में गिर गया। डाक्टर कुमारस्वामी ने पूरे प्रोग्राम का संचालन इस खूबी के साथ किया कि पूरा का पूरा औडियोरियम उनके साथ सपनों की सैर पर चला गया। बीच बीच में उनकी मेडिकल टिप्स जैसे हार्ट अटैक और हार्ट फेल्योर में अंतर बहुत ही उपयोगी और सटीक बन पड़ा।

साथ में संगत दे रहा और्केस्ट्रा मल्लिम आवाज में मीठा लग रहा था।

प्रोग्राम की सबसे बड़ी विशेषता ठीक समय से प्रारंभ होकर समय से समापन होना थी।जूही बब्बर की ग्रेसफुल उपस्थिति ने आयोजन की शोभा बढ़ाई। वरिष्ठ नागरिकों की सुरक्षा के लिए मार्गदर्शन मुंबई पुलिस का एक नया रूप था, विशेषकर हेल्पलाइन 1930.

और अंत में हमारी अपनी मैडम श्रीकांता के नेतृत्व में सभी सदस्यों का झुम कर गाना और गायक डाक्टरों के साथ, शम्मी कपूर के फास्ट नगमों पर डांस करना सुखद आश्चर्य रहा। हम सब इस संगीतमयी संध्या को बहुत दिनों तक याद रखेंगे। नमस्कार।

SENIOR CITIZEN OF ALTA MONTE



# AASHAYEIN

2<sup>nd</sup> week of July

## COMMUNITY DEVELOPMENT

### SMILE BOX: ANNAPURNA

The Rotary Club of Mumbai Sher-E-Punjab, through Rtn. Sunita Bedi's generous donation supported Food Bank Malad-East in providing meals to 40 street children under the Annapurna Project.



**DATE: 6TH JULY 2025**

**RI THEME: COMMUNITY  
DEVELOPMENT**

**DF: ANNAPURNA**

**LOCATION: MALAD EAST**

**BENEFICIARIES: 40**

**AMOUNT SPENT: RS. 2200/-**

**RCMSEP MEMBERS : 1**

**PROJECT LEAD: SUNITA BEDI**





# AASHAYEIN

2<sup>nd</sup> week of july

## DISEASE PREVENTION & TREATMENT

# SUPPORT FOR MEDICAL TREATMENT

RCMSEP with the support of Chingari Shakti Foundation supported the medical checking & MRI for Pramila Prabhakar Chiman, a 56 year old rural lady who had suffered a fall leading to severe back pain. Limited village facilities prompted her family to seek treatment in Mumbai.



**DATE: 7TH JULY 2025**  
**LOCATION: MALAD EAST**  
**RI THEME: DISEASE PREVENTION & TREATMENT**  
**PROJECT WORTH : RS. 10000/-**  
**AMOUNT SPENT: 0**  
**BENEFICIARIES: 1**  
**PARTNER: CHINGARI SHAKTI FOUNDATION**

### RCMSEP PAID FOR MEDICINES TO SUPPORT HAIFIZULLAH KHAN

**DATE: 11 TH JULY 2025**  
**BENEFICIARY: MR HAIFIZULLAH KHAN**  
**LOCATION: ANDHERI EAST**  
**RI THEME: DISEASE PREVENTION & TREATMENT**  
**AMOUNT SPENT: RS.1217/-**  
**BENEFICIARIES: 1**  
**PROJECT LEAD: MINISHAA I OBEROI**





# AASHAYEIN

2<sup>nd</sup> week of july

## DEI: COMMUNITY SERVICE

### DONATION OF REFRIGERATORS, DESK BENCHES, CURTAINS

RCMSEP donated 190 litre Whirlpool Refrigerator, Curtains, Desk Benches, Chairs to Global Rights Foundation Trust, Ulhasnagar, an NGO shelter home which provides sustainable support to the Transgenders, HIV patients, Families of sex-workers etc.



**DATE: 7TH JULY 2025**

**RI THEME : DISEASE  
PREVENTION &  
TREATMENT AND DEI**

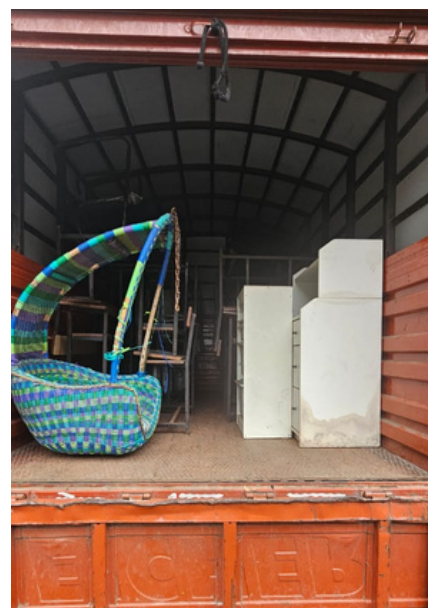
**LOCATION:  
ULHASNAGAR**

**BENEFICIARIES: 100+**

**AMOUNT SPENT:**

**RCMSEP MEMBERS : 10**

**PROJECT LEAD: MINISHAA,  
SUNITA BEDI, SUNITA  
SHARMA**





# AASHAYEIN

2<sup>nd</sup> week of July

RISE : BASIC EDUCATION & LITERACY

## DISTRIBUTION OF LONG BOOKS & STATIONERY

Based on the needs of the students of AngelXpress, ALM Park, RCMSEP donated long books, stationery and Frooti to 77 students of the evening batch.



DATE: 8TH JULY 2025

RI THEME : BASIC EDUCATION & LITERACY

LOCATION : MAHAKALI ALM PARK

BENEFICIARIES: 77

AMOUNT SPENT: RS. 6270/-

RCMSEP MEMBERS PRESENT: 14

PROJECT LEAD: ARUN & SEEMA BHOOSHER





# AASHAYEIN

2<sup>nd</sup> week of July

## DISEASE PREVENTION & TREATMENT

### DISTRIBUTION OF FLOOR MATS FOR DISABLED

SOPAN school for the disabled and specially-abled children works towards supporting the Autistic, physically and mentally disabled children. Based on their needs, RCMSEP donated 16 floor-mats for the benefit of the students.



DATE: 9TH JULY 2025

AMOUNT SPENT: RS. 6200/-

RI AREA: DISEASE PREVENTION & TREATMENT

LOCATION: SOPAN, JOGESHWARI

BENEFICIARIES: 125

MEMBERS PRESENT: 11

PROJECT LEAD: KIRAN SRIVASTAVA





# AASHAYEIN

2<sup>nd</sup> week of july

**RAW : DISEASE PREVENTION & TREATMENT**

## DONATION OF DOG SHELTERS

Continuing our initiative to provide shelters for stray dogs a new batch of 11 dog shelters was dispatched to Thane, offering a safe haven for these animals. Also, a beautifully designed cat shelter, crafted by our member Rtn. Arun Bhoocher, was presented to President Rtn. Minishaa I Oberoi for her adopted cats.



**DATE: 8TH JULY 2025**

**RI THEME: DISEASE  
PREVENTION & TREATMENT**

**LOCATION: THANE**

**BENEFICIARIES: 33**

**AMOUNT SPENT: RS. 9588/-**

**RCMSEP MEMBERS : 3**

**PROJECT LEAD : ARUN , MINISHAA**





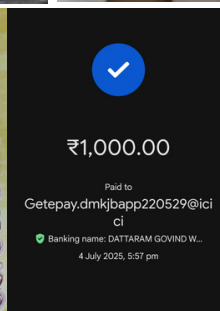
# AASHAYEIN

2<sup>nd</sup> week of july

## COMMUNITY DEVELOPMENT

### SMILE BOX: ANNAPURNA

RCMSEP continued its Smile Box -Annapurna initiative, this time serving senior citizens at Ichhapurti Ganesh Temple, Jogeshwari-East. Member Rtn Sunita Bedi sponsored a meal for the elderly.



DATE: 12TH JULY 2025

RI THEME: COMMUNITY DEVELOPMENT

DF: ANNAPURNA

LOCATION: ICHAPUTI GANESH MANDIR  
JOGESHWARI EAST



BENEFICIARIES: 20+ AMOUNT SPENT: RS. 1000/-

RCMSEP MEMBERS : 1 PROJECT LEAD: SUNITA BEDI



# AASHAYEIN

## UPCOMING EVENTS

**UNITE FOR GOOD** **LET'S INSPIRE** **Rotary** District 3141  

You're invited!  
Join us for the Inauguration of Initiative under

### RAW

(Rotary for Animal Welfare)

by Rotary Club Of Mumbai Sher-E-Punjab

Chief Guest: DG Dr. Manish Motwani

Event Highlights:  
Launch of Dog Shelters  
Launch of Cat Shelters  
Launch of Folding Desks for Kids


Date: 14<sup>th</sup> July, 2025  
Location: Silver Steel Industries,  
Andheri East, Mumbai.  
Time: 5:30 pm followed by Fellowship

We'd be honored to have you there!




**BEST REGARDS,**  
INSPIRED PRESIDENT, MINISHA I OBEROI  
AND MEMBERS OF RCMSEP




**Rotary Club of Mumbai Sher-E-Punjab**  
& Interact Club of Guru Nanak Bravehearts  
cordially invite you to attend and learn



 **Making Newspaper Bags**  
(Let's Save the environment)

A Training Program by Specially Abled Children from Jyotirmay  
(Centre for Skills Training, Therapy and Recreation for Adults with  
disabilities) for Students of Guru Nanak English High School,  
Andheri-East.

 Date: Wednesday 16th July 2025  
 Time: 10 am – 11,30 am  
 Venue: Guru Nanak English  
High School, Andheri-East



Trainers: Ms. Deepika, Ms. Jyot Trainees: Sameer, Santosh  
& Shweta

For more details, contact:  
 Rtn. Sukarma – 9820814822  Rtn. Minishaa

**LET'S INSPIRE** **UNITE FOR GOOD** **Rotary** District 3141  

**Rotary**  **ROTARY CLUB OF MUMBAI  
SHER-E-PUNJAB**

**HOSTS ITS FIRST**

## FIRESIDE MEETING

**“chai pe charcha”**  
on 17th July 2025

**VENUE: BUILDING NO.7, GULMOHAR, GARDEN LANE,  
SHER-E-PUNJAB SOCIETY, M C RD., ANDHERI-E. 93**

**TIME: 6.15 PM ONWARDS**

**PROGRAM:**  
6.15 – 6.30 PM FELLOWSHIP.  
6.30 – 7.30 PM CLUB MEETING.  
7.30 – 8.30 PM FELLOWSHIP FOLLOWED  
BY DINNER.

**HOST FOR JULY: SIMI & JOTINDER AHLUWALIA.**  
**WE LOOK FORWARD TO SEEING YOU ALL.**

**RTN MINISHA I OBEROI**  
**PRESIDENT**  
**ROTARY CLUB OF MUMBAI SHER-E-PUNJAB**



# AASHAYEIN

## *Flavours of Fellowship*

2<sup>nd</sup> week of july

### ***Rawa Dhokla***

#### ***Ingredients:***

- 2 cups Rawa (semolina)
- ½ cup Curd
- Water (as needed for idli-like batter consistency)
- ½ Lemon juice
- Salt (to taste)
- ¼ tsp Baking soda
- ½ inch piece Ginger
- 2 Green chillies.



#### ***Method:***

1. Grind ginger and green chillies into a paste.
2. Mix rawa, curd, ground paste, lemon juice, salt, and water to form a thick idli-like batter.
3. Add baking soda just before steaming and stir gently.
4. Pour into a greased plate or thali and steam for 15 minutes.
5. Prepare tempering with oil, mustard seeds, cumin seeds, sesame seeds, curry leaves, and green chillies.
6. Pour tempering over steamed dhokla.
7. Cut into squares and serve with green chutney or enjoy as is!

#### ***For tempering:***

- Curry leaves
- 2-3 slit Green chillies
- 1 tsp Mustard seeds (rai)
- ½ tsp Cumin seeds (jeera)
- 1 tsp White sesame seeds (til)
- 1 tbsp Oil



# AASHAYEIN

## ***Rawa Dhokla***



*Recipe by :  
Rtn. Jasbeer Nagi*

**Fun Fact:** Bonus trivia: It gets its fluffy texture thanks to ENO or fruit salt, which acts as a rapid leavening agent! 🧂✨

Get your recipe featured in next Aashyein Weekly Magazine!

**Contact Rtn. Seema Bhoocher**





# The Happy Wheel - Fun Corner

## EMOJI PUZZLES



**Clue: Known for jungles, tigers & tribal culture.**



**Clue: Famous for temples, art, and spicy food.**



**Clue: Coastal paradise with backwaters & coconut trees.**



**Clue: Known for rich culture, kebabs & chikankari.**



**Clue: The state of glam, nightlife & Bollywood dreams.**



**Clue: Desert vibes, forts, and vibrant festivals.**

Answers:

Madhya Pradesh, Tamil Nadu,  
Kerala, Uttar Pradesh,  
Maharashtra Rajasthan.

AASHAYEIN

2<sup>nd</sup> week of july

# Quote of the Week



Rotary 

"Perhaps dreaming is not so bad if  
one dreams good dreams and makes  
them come true."

— **Paul Harris,**  
*My Road to Rotary*

**Thank you for being a Rotarian**