

AASHAYEIN

ROTARY CLUB OF MUMBAI SHER- E- PUNJAB

WEEKLY NEWSLETTER

VOLUME 7
3RD WEEK OF AUGUST



ROTARY REFLECTIONS: VOICES OF THE WHEEL



ROTARY is a team of like-minded individuals from within a locality and beyond, who come together to form a group, contribute in various ways, and strive to make a positive difference in the community—especially in areas that need focused attention.

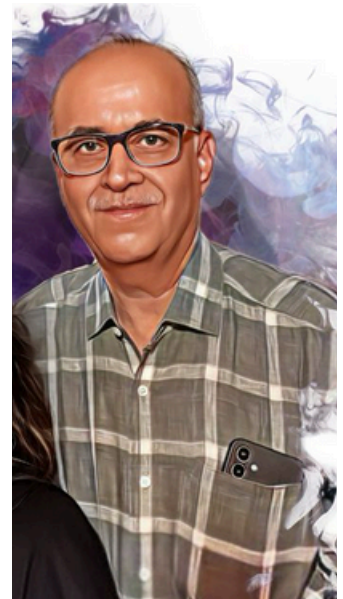
As our Foundation Day approaches on 21st August 2025, we reflect on the projects undertaken and evaluate whether they were aligned with the focus areas identified at the inception of the Club. This name was thoughtfully chosen, as the majority of our charter members belonged to this locality. We deeply appreciate our esteemed Rotarian Jasjit Bhatia—a veteran in Rotary and Inner Wheel service—for graciously taking on the mantle of our Charter President. She led with dedication and excellence, setting a benchmark that continues to inspire us.

Looking back at the years gone by, we take pride in the projects that have uplifted the community. It is heartening to see that our club is moving in the right direction, in line with the standards and ethics of Rotary. At the same time, it is important to ensure that our initiatives also create visibility in the community—especially in and around the Sher-e-Punjab society—so that more people become aware of our presence and are encouraged to join the Rotary movement. When every member suggests three to four meaningful project ideas, it helps the President and her team enhance the club's impact and visibility.

Among the many initiatives, one close to my heart is a project for the underprivileged—particularly, creating shelters for stray dogs. With our President being an animal lover, this initiative resonated strongly. These shelters provide our four-legged friends, especially during the monsoons, with a safe place to rest. The overwhelming response on social media highlighted not only the compassion behind the project but also created immense visibility for our club.

Another impactful idea, is to organize a beauty pageant in our nearby society. Such an event has the potential to bring together residents of large, high-profile housing communities in the area, significantly boosting visibility and creating opportunities to attract new members to our club.

Let us continue working together as a team to take our beloved Rotary Club of Mumbai Sher-e-Punjab to even greater heights.



RTN. ARUN BHOOCHER
DEDICATED MEMBER
PROPOSER

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3rd Week August

DISEASE PREVENTION & TREATMENT

BLOOD DONATION DRIVE AT ANDHERI EAST

Shortage of blood is a continual problem for Hospitals. It can often be a matter of LIFE & DEATH for some unfortunate patients. Realizing this, RCMSEP cohosted a blood donation drive with 21 clubs at Andheri- East station.

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

Francisco Arezzo RI President
Camp Co-ordinators Anshulam Chaudhary RCB North End Sahil Sharma RCB Mahakali Heights
Dr. Manish Motwani District Governor



DATE: 11TH AUGUST 2025
RI AVENUE: DISEASE PREVENTION & TREATMENT
LOCATION: ANDHERI - EAST
BENEFICIARIES: 89
AMOUNT SPENT: RS. 89000
RCMSEP MEMBERS PRESENT: 3
PROJECT LEAD: RTN. MINISHAA

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3rd Week August

DISEASE PREVENTION & TREATMENT

GENERIC MEDICINES DONATED TO HUMSAFAR TRUST

RCMSEP distributed generic medicines to transgenders and people living with HIV at Humsafar Trust, Kalina. Sponsored by M/s Unimark Pharma India Ltd under their CSR initiative, along with contributions from other donors. Snacks were also distributed to mark the birthday celebration of Nirvaan Nagi, son of Rtn. Jasbeer.



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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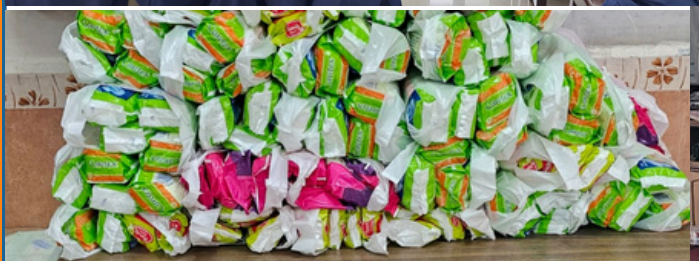
3rd Week August

DISEASE PREVENTION & TREATMENT



AWARENESS SESSION ON MENSTRUAL HEALTH & HYGIENE

RCMSEP distributed Sanitary pads and promoted a menstrual hygiene awareness session among the girls of Kamla Mehta School for the Blind. 327 sanitary pads (4 packets per girl) were distributed towards menstrual health of the visually challenged students.



DATE: 12TH AUGUST 2025
RI AVENUE: DISEASE PREVENTION & TREATMENT
LOCATION: DADAR
BENEFICIARIES: 80 GIRLS
AMOUNT SPENT: RS. 15915
RCMSEP MEMBERS PRESENT: 7 + 1 GUEST
PARTNER: RC MUMBAI WEST COAST



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3rd Week August

WATER SANITATION & HYGIENE (WASH) DISEASE PREVENTION & TREATMENT



DONATION: WATER DISPENSER

RCMSEP, together with Chingari Shakti Foundation, has provided a water dispenser to Discovery English School, Jogeshwari (West). The contribution addresses a specific need expressed by the school and will benefit students and staff.



DATE: 13TH AUGUST 2025

**RI AVENUE: WATER SANITATION & HYGIENE
DISEASE PREVENTION & TREATMENT**

LOCATION: JOGESHWARI- WEST

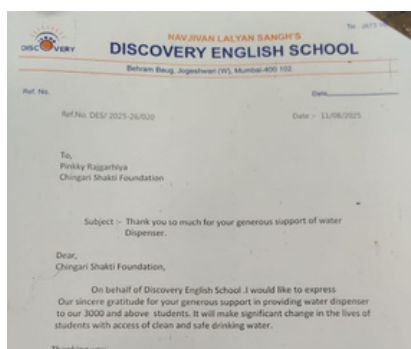
BENEFICIARIES: 2000

AMOUNT SPENT: RS. 15000

RCMSEP MEMBERS PRESENT: 1

PROJECT LEAD: RTN. PINKKY

PARTNER: CHINGARI SHAKTI FOUNDATION



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3rd Week August

YOUTH SERVICES : INSTALLATION



INSTALLATION CEREMONY OF INTERACT CLUB OF MARUTI VEERS

Tamanna Pakira & her BOD were formally pinned by RCMSEP Club President Rtn. Minishaa Oberoi and senior BOD members. A formal handover of the collar, gong & gavel & Charter Certificate were done. Ms. Tamanna shared her broad plans for her term enthusiastically and introduced her BOD team.



DATE: 14TH AUGUST 2025
RI AVENUE: YOUTH SERVICES
LOCATION: RC MARUTI SCHOOL, ANDHERI E
BENEFICIARIES: 17 CHILDREN
AMOUNT SPENT: RS. 2500
RCMSEP MEMBERS PRESENT: 6



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3rd Week August

PEACE PROMOTION & CONFLICT PREVENTION, NATIONAL INTEGRATION, ANNA PURNA

INDEPENDENCE DAY CELEBRATION

RCMSEP celebrated Independence Day with the children of Angel Xpress and ALM Park members on 15th August 2025. The celebration began with the flag hoisting, followed by delightful song and dance performances and concluded with delicious snacks.



DATE: 15TH AUGUST 2025
RI AVENUE: INDEPENDENCE DAY
LOCATION: ALM PARK, ANDHERI E
BENEFICIARIES: 150 CHILDREN
AMOUNT SPENT: RS. 3900
RCMSEP MEMBERS PRESENT: 13



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3rd Week August

RCC : COMMUNITY SERVICE ECONOMIC DEVELOPMENT



SMILE BOX - ANNAPURNA WITH JANMASHTAMI CELEBTARTION

RCMSEP celebrated Janmashtami with RCC Jeevdani Sevaks under Smile Box Annapurna, serving Pav Bhaji, distributing treats like biscuits and laddoos . The children were also gifted stuffed toys, spreading joy and happiness among them.



DATE: 16TH AUGUST 2025
RI AVENUE: ECONOMIC DEVELOPMENT, ANNAPURNA
LOCATION: SUBHASH NAGAR, ANDHERI-EAST
BENEFICIARIES: 200 (CHILDREN & ADULTS)
AMOUNT SPENT: RS. 7000 + 10000 (FOOD + BISCUITS + TOYS + SWEETS)
RCMSEP MEMBERS PRESENT: 9
PROJECT LEAD: RTN. SUNITA SHARMA, RTN. MINISHAA I OBEROI
DONORS: MR. SATINDERPAL S AHUJA, MS, PAWAN SHRAMA, CHINGARI SHAKTI FOUNDATION



UPCOMING EVENTS



Rotary

★ Rotary Club of Mumbai Sher-E-Punjab ★

cordially invites you to join us for our

FIRESIDE MEETING & CLUB FOUNDATION DAY CELEBRATION

 Date: Thursday, 21st August 2025

 Time: 6:15 pm onwards

 Venue: Oberoi Splendor MPH Hall, JVLR Jogeshwari (East)

Program Schedule:

6:30 pm – 7:30 pm | Fireside Meeting

7:30 pm – 8:30 pm | Fellowship, Games & Celebration

8:30 pm onwards | Dinner

★ Fireside Meeting graciously hosted by:

Rtn. Baljeet · Rtn. Tavinderpal · Rtn. Sunita Bedi
Rtn. Karruna · Rtn. Govinder Singh · Rtn. Amarjit Singh

Come, celebrate with us as we strengthen bonds of friendship and fellowship.

Rotary Club of Mumbai Sher-E-Punjab

21st August



ROTARY CLUB OF MUMBAI SHER-E-PUNJAB ♥

Organizes

FINANCIAL LITERACY CAMP

For Housekeeping Staff, Maids & Drivers of
OBEROI SPLENDOR SOCIETY

 Date: 22nd & 23rd August 2025

 Time: 10:00 AM – 4:00 PM

 Venue: Oberoi Splendor Family Lounge

 For: Housekeeping Staff, Maids & Drivers

★ Empowering lives through financial awareness ★



Contact:

Rtn. Minishaa I Oberoi (President) – 93222 26475
Rtn. Sunita Bedi – 98203 06125

A step towards financial security
& empowerment for every household hero!

22nd 23rd August



INSPIRE TRF SEMINAR INVITATION

 6 p.m.  Sunday, 24th August, 2025

 Emperor Hall, NCSI, Worli

Dear Inspire President
Thank you for your Gold co-hosting
You are entitled to 2 complimentary Seats

We invite you to share details of your members joining this event by registering on the link below or sending a message on whatsapp to Rtn. Nalini Raghavan on +91 9820264774



Chief Guest
PRIP Shekhar Mehta

Special Guests:
RRFC Dr. N. Subramanian & ARRFC Kailash Jethani

Rtn. Dr. Manish Motwani
District Governor

Rtn. Akkshay Mehta
TRF Group Avenue Head

Rtn. Anju Ahluwalia
Club President

Rtn. Kalpana Jaishankar
Convenor

Lead Host Club : Rotary Club of Bombay Powai

24th August

Independence Quiz

Solve as many as you can and send reply @ Minishaa to win a prize

Test your knowledge of India's history through these riddles & clues!

I was a march without music that made the ocean taste of freedom. What am I?

Two English words, one August thunderclap in 1942—what movement?

Signed at midnight, celebrated by dawn—what moment am I?

Four lions stand back-to-back, yet only three are seen. Name me.

I am a wheel that stands still yet speaks of motion—count me and you'll find 24. What am I?

A vow in Lahore set a date that later crowned a Constitution. What resolution—and which date?

I'm a line drawn in under five weeks by a man who had never seen the land I split. What am I?

No bullet, no blade—just cotton and a small spin that tangled an empire. Name the symbol.

A speech promised a 'tryst'—not with a person but with an idea. Who spoke, and when?

10 He left the top chair but not the fight; he stepped 'forward' and raised an army abroad. Who?

Where does a Prime Minister look over red ramparts to speak to a billion?

Chosen by the last Viceroy for a different war's anniversary—name the date and the reason.

Channa daal stuffed cutlet with kabuli channa gravy

- Ingredients
- 1 cup soaked kabuli channa (chickpeas)
- 1 cup soaked channa dal
- 2 medium boiled potatoes (mashed)
- ½ cup bread crumbs
- 1 cup fresh coriander leaves
- ½ cup fresh mint leaves
- 2-3 green chilies
- 3-4 garlic cloves
- 1 small piece of ginger
- Juice of 1 lemon
- ½ cup tamarind pulp
- ½ cup dates pulp
- 2 medium onions (chopped)
- 1 tsp cumin seeds (jeera)
- 1 tsp cumin powder
- 1 tsp red chilli powder
- ½ tsp turmeric powder
- 1 tsp coriander powder
- 1 tsp garam masala
- ½ tsp black salt
- 2 tbsp sugar (adjust to taste)
- Oil as required
- Fresh coriander, chopped onions, chaat masala, lemon wedges (for garnish)
- Salt to taste
- Method



Method

Green Chutney – Grind coriander, mint, green chilies, garlic, ginger, lemon juice, and salt into a chutney.

Imli-Dates Chutney – Cook tamarind and dates pulp with cumin powder, red chilli powder, black salt, and sugar until thick.

Kabuli Channa Gravy – Pressure cook kabuli channa. In a pan, sauté onions in oil, add ginger-garlic paste and all dry spices. Mix in the boiled channa and cook until well combined.

Channa Dal Stuffing – Cook channa dal with turmeric and salt until soft and dry. Temper with jeera, green chilies, ginger paste, and dry masalas. Mix well.

Cutlet Base – Combine mashed potatoes, bread crumbs, green chilli paste, ginger paste, cumin powder, and salt. Shape into balls, stuff with channa dal mixture, seal, and form cutlets. Air fry or shallow fry until golden.

Plating – Place cutlets on a plate, top with kabuli channa gravy, drizzle both chutneys, and garnish with onions, coriander, lemon juice, and chaat masala.

Serve hot & enjoy!



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Channa daal stuffed cutlet with kabuli channa gravy



*Recipe by :
Rtn. Swati Khatri*

Fun Fact:

Channa dal cutlet is truly a 🌍 world traveler cousin — India's cool relative of falafels and croquettes, crispy on the outside with full-on desi swag inside.

💪 It's also a gym buddy snack, loaded with protein and fiber, making it that rare street food which secretly hits the gym.

♥ Fun to play with, you can shape it, love it — whether hearts, stars, or even Mickey Mouse, it's always party-ready.

And of course, 😊 it's a street food glow-up, carrying the soul of Mumbai's ragda pattice but with a healthier, modern twist.

Get your recipe featured in next Aashyein Weekly Magazine!

Contact Rtn. Seema Bhoocher



The Happy Wheel - Fun Corner

Guess the MOVIE



Solve and send reply @ Minishaa to win a prize

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Vaastu Corner

By Rtn. Arun Bhoocher

(Under Guidance of Niilesh N Shah)

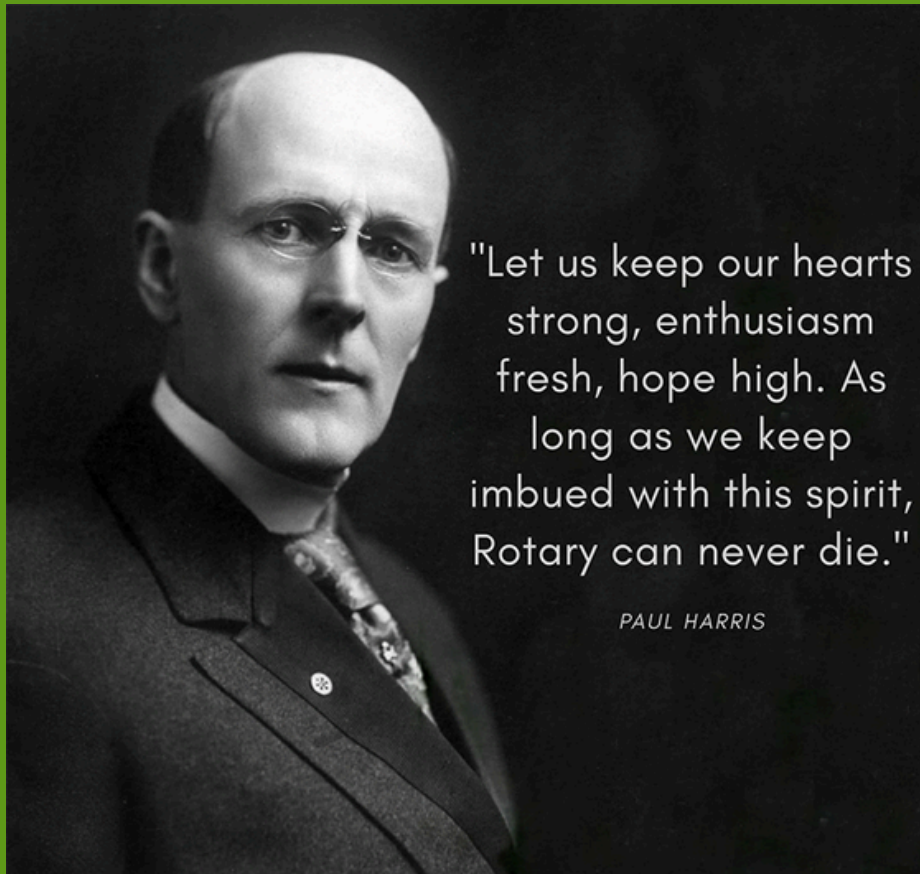
THE KITCHEN

The stove should be in the southeast, allowing the cook to face east, while the sink and drinking water should be in the northeast to balance the fire and water elements. Ensure good ventilation and natural light, use warm colors like orange and yellow, and keep the kitchen clean to welcome positive energy.



- The stove or hob should not be placed right in front of the entrance door of the kitchen.
- While cooking, make sure you are not facing the South, as this leads to health problems for the person who is cooking, and financial losses for the family.
- Never keep the flooring and wall of the kitchen in black colour.
- The refrigerator should be kept in the southeast, west, south, or north direction. The northeast direction should be completely avoided.
- The cylinder should be placed in the Southeast corner.
- Always clean your kitchen and the utensils daily at night before sleeping.

Quote of the Week



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