

AASHAYEIN

ROTARY CLUB OF MUMBAI SHER- E- PUNJAB

WEEKLY NEWSLETTER

VOLUME 4

4TH WEEK OF JULY



Rotary Reflections: Voices of the Wheel



I joined the Rotary Club of Mumbai Sher E Punjab in the vibrant Rotary year 2024-25, —just a year after the club's inception. As the club approaches its second anniversary in August 2025, it's heartening to see how swiftly we've evolved. We're no longer a new or "baby" club; we've grown in strength, in service, and in spirit.

Being part of this dynamic club has been a thoroughly enriching experience. The camaraderie among members is truly special. The projects we've undertaken—spanning diverse causes from child welfare, senior citizen care, support for **the** specially-abled and transgender communities, to empowering women, tribals, and even extending kindness to animals—have been deeply fulfilling. I've had the privilege to participate in many of these initiatives, each leaving a lasting impact not only on the community but on me personally.

This year, under the dynamic leadership of President Rtn. Minishaa Oberoi, the momentum continues. Even in this one month alone, we've launched meaningful, impactful projects that reaffirm our club's commitment to service above self.

The fellowships and gatherings have been more than just social events—they've been opportunities to forge friendships, grow personally, and build a strong support network. Today, I feel I'm not just a member of a Rotary club, but a part of a close-knit family.

I stand proud to be a Rotarian, committed to making a difference. While much has been done, there's still so much more to achieve. The journey continues—and yes, the show must go on.



Rtn. Deepak Wadhwa
Inspired Vice President

AASHAYEIN

4th week of July

YOUTH SERVICES : INSTALLATION



INTERACT CLUB OF GURUNANAK BRAVEHEARTS

Shruti Sharma & 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. Shruti shared her broad plans for her term enthusiastically and introduced her BOD team.



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

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

UNITE
FOR
GOOD

Rotary
District 3141



LET'S
INSPIRE

AASHAYEIN

4th week of July

YOUTH SERVICES : INSTALLATION



INTERACT CLUB OF GURUNANAK BRAVEHEARTS



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

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

UNITE
FOR
GOOD

Rotary
District 3141



LET'S
INSPIRE

AASHAYEIN

4th week of July

YOUTH SERVICES : INSTALLATION



ROTARACT CLUB OF JES COLLEGE PARIVARTAN

Rtr. Mansi Pawar & 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. Mansi enthusiastically shared her broad plans for her term and introduced her BOD team.



★ INVITATION ★

We, the President and Members of the Rotary Club of Mumbai Sher-E-Punjab, cordially invite you to grace the

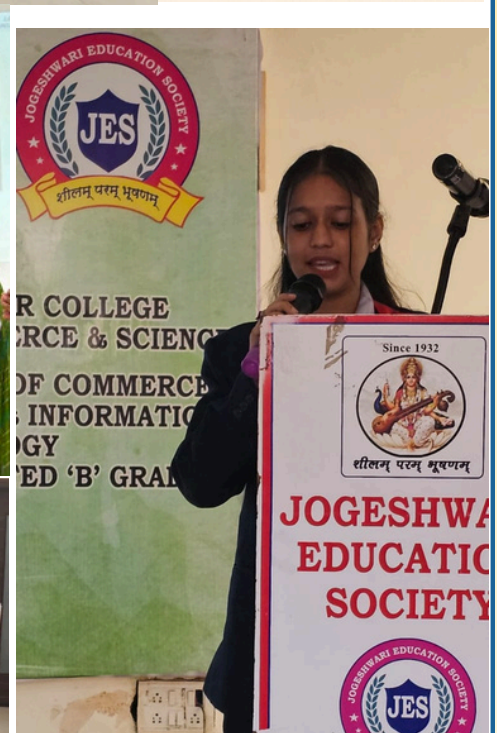
Installation Ceremony

of Rtr. Mansi Pawar as President (2025–26) of the Rotaract Club of JES Parivartan, along with her Board of Directors.

📅 Date: Wednesday, 23rd July 2025
⌚ Time: 9:30 AM onwards
📍 Venue: JES College, Jogeshwari

Your esteemed presence will be a great source of encouragement and joy as the new leadership embarks on a year of service and impact.

Rtn. Minishaa I Oberoi (President) Rtn. Sunita Sharma (Director – Youth Services)



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

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

UNITE
FOR
GOOD

Rotary
District 3141



LETS
INSPIRE

AASHAYEIN

4th week of July

MATERNAL & CHILD HEALTH
DISEASE PREVENTION & TREATMENT



GENERAL MEDICAL CAMP

Interact Club of Guru Nanak Bravehearts (ICGNB) and RCMSEP, jointly **organised** a **GENERAL HEALTH CHECKUP CAMP** (Height, Weight, Hemoglobin) at Guru Nanak English High School, conducted by Dr. Samiksha Bipin Seth.



UNITE FOR GOOD Interact Club of Mumbai Sher-E-Punjab Rotary District 3141 LETS INSPIRE

THE ROTARY CLUB OF MUMBAI SHER-E-PUNJAB & INTERACT CLUB OF GURU NANAK BRAVEHEARTS organize a

GENERAL MEDICAL CAMP

UNDER PROJECT RMR (ROTARY MEDICAL RELIEF)

for the students of class 1 to 4 of GURU NANAK ENGLISH HIGH SCHOOL

By : **Dr Samiksha Bipin Seth**

Date / day : Wed, 23rd July 2025
Time : 1.30 pm to 5 pm
Venue : Guru Nanak English High school, Sher-e-Punjab society, Andheri-East

Come join us.

Rtn. Minishaa I Oberoi (President)
Rtn. Surjit: 9819413322
Rtn. Sukarma: 9820813482



DATE: 23RD JULY 2025

LOCATION: GNEHS, ANDHERI EAST

RI THEME: DISEASE PREVENTION
& TREATMENT,
MATERNAL & CHILD HEALTH

BENEFICIARIES: 153 STUDENTS

PARTNER: DR SAMIKSHA BIPIN SETH

PROJECT LEAD: RTN., SURJIT,
RTN. SUKARMA



District Governor: Rtn. Manish Motwani

Club Treasurer: Rtn. Naresh Khatri

Club President: Rtn. Minishaa I Oberoi

Club Secretary: Rtn. Jotinder S Ahluwalia

AASHAYEIN

4th week of July

COMMUNITY DEVELOPMENT

SMILE BOX : ANNAPURNA

Under the Smile Box Project, Ms. Pushpanjali, a friend of the RCMSEP celebrated her birthday in a meaningful way by sponsoring a **delicious** meal for specially-abled children of MBA FOUNDATION , spreading joy and fostering a spirit of community care.



DATE: 23RD JULY 2025

LOCATION: MALAD EAST

RI THEME: ANNAPOORNA, COMMUNITY DEVELOPMENT

PROJECT AMOUNT : RS. 2500/-

BENEFICIARIES: 25

UNITE
FOR
GOOD

Rotary
District 3141



LETS
INSPIRE

AASHAYEIN

4th week of July

MATERNAL & CHILD HEALTH
DISEASE PREVENTION & TREATMENT



GENERAL MEDICAL CAMP

ICGNB and RCMSEP jointly organized a Digital Dental Check-up Camp at Guru Nanak English High School, conducted by Dr. Vivek Khanna. This unique camp provided students and teachers with advanced **dental** screening using digital tools, raising awareness about oral hygiene and preventive care.



UNITE FOR GOOD | Interact | Rotary District 3141 | LETS INSPIRE

THE ROTARY CLUB OF MUMBAI SHER-E-PUNJAB & INTERACT CLUB OF GURU NANAK BRAVEHEARTS organize a

DIGITAL DENTAL CHECK-UP CAMP

under PROJECT RMR (ROTARY MEDICAL RELIEF) for the students of class 9 & 10 of Guru Nanak English High School

By: Dr. Rajesh P Khanna
Dr. Vivek Khanna
Date/Day: 24th & 25th July 2025
Time: 9:30 am to 12:30 pm
Venue: Guru Nanak English High School, Sher-e-Punjab society, Andheri East



DATE: 24TH / 25TH JULY 2025
RI THEME : MATERNAL & CHILD HEALTH
DISEASE PREVENTION & TREATMENT
LOCATION: ANDHERI -E
BENEFICIARIES: 100
RCMSEP MEMBERS : 6
PROJECT WORTH: RS. 2,00,000
PROJECT LEAD : RTN. SUKARMA
PARTNER: DR VIVEK KHANNA

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

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

UNITE
FOR
GOOD

Rotary
District 3141



LET'S
INSPIRE

AASHAYEIN

4th week of July

RISE : BASIC EDUCATION & LITERACY

FELLOWSHIP

Based on the needs of the new members, an orientation was conducted by club ALF, Rtn. Kiran Srivastava. This engaging session aimed to deepen members' understanding of Rotary's values, mission, and global impact and to explore **role** in service, and ignite the spirit of community leadership.

UNITE FOR GOOD Rotary District 3141 LET'S INSPIRE

ROTARY CLUB OF MUMBAI SHER-E-PUNJAB

invites you to an
★ Interactive & Informative Session

KNOW YOUR ROTARY

An Orientation Program for Members

📅 Date/Day: Friday, 25th July
🕒 Time: 5:00 PM
📍 Venue: OBEROI SPLENDOR FAMILY ROOM

Session by: Club ALF – Rtn. Kiran Srivastava

Come join us for an engaging evening filled with insights, stories, and a deeper understanding of the values, impact, and opportunities Rotary offers.



DATE: 25TH JULY 2025

RI THEME : BASIC EDUCATION & LITERACY

LOCATION : OBEROI SPLENDOR

RCMSEP MEMBERS PRESENT: 11

PROJECT LEAD: RTN. KIRAN SRIVASTAV

District Governor: Rtn. Manish Motwani

Club Treasurer: Rtn. Naresh Khatri

Club President: Rtn. Minishaa I Oberoi

Club Secretary: Rtn. Jotinder S Ahluwalia

AASHAYEIN

UPCOMING EVENTS

Rotary Club of Mumbai Sher-e-Punjab & Interact Club of Guru Nanak Bravehearts

CONDUCTS

A WORKSHOP FOR ADOLESCENT GIRLS

(Smart Girl Workshop)

BY RATNAKAR MAHAJAN

Seven Life changing Sessions

1. Self awareness
2. Communication & Relationships
3. Self Esteem & Self Defense
5. Choices & Decisions
6. Celebrating Women's Health
7. Friendship & Temptations
8. Dialogue with Parents

Workshop Details:
 Date : 29 th & 30 th July 2025.
 Time : 9 am to 12.30 pm
 Venue : Guru Nanak English High school

Rtn. Sunita Sharma (Project Lead) Rtn. Minishaa I Oberoi (President)

ROTARY CLUB OF MUMBAI SHER-E-PUNJAB & INTERACT CLUB OF MARUTI VEERS

CONDUCTS

A WORKSHOP FOR ADOLESCENT GIRLS

(SMART GIRL WORKSHOP)

BY RATNAKAR MAHAJAN

Seven Life Changing Sessions

1. Self awareness
2. Communication & Relationships
3. Self Esteem & Self Defense
4. Choices & Decisions
6. Celebrating Women's Health
7. Friendship & Temptations
8. Dialogue with Parents

WORKSHOP DETAILS:
 Date: 29th & 30th July 2025
 Time: 2 pm to 5 pm
 Venue: RC Maruti Veers

Rtn. SUNITA SHARMA (PROJECT LEAD) Rtn. MINISHAA I OBEROI (PRESIDENT)

Rotary Rotary Club of Mumbai Sher-E-Punjab

Under Project RAW (Rotary for Animal Welfare)

Supports 'ANIMALS MATTER TO ME'

WE NEED YOUR HELP!

We are collecting:

- Old Bedsheets
- Curtains
- Blankets
- Mats

For paralysed and senior stray dogs at the shelter.

Every old bedsheet helps.
 Every blanket makes a difference.

To donate, please call:

Rtn. Minishaa I Oberoi – 9322226475

Rtn. Meghana Jaishankar 9867679416

Let's share warmth and love with those who need it the most.



Canapes

Ingredients:

**I tin baked beans.
I pkt canapes .
I onion chopped finely
1 capsicum chopped
1tsp ginger garlic paste
Chilli flakes
Tomato sauce
Sweet n spicy sauce
Little oil**



Method:

**Saute the chopped onions
in little oil,add ginger garlic paste n
fry till the raw smell goes ,add
capsicum,tomato sauce,sweet n spicy
sauce ,chilli flakes n the baked beans
n little salt to taste.**

**Add little water n mix well n cook till
it thickens .Let cool.**

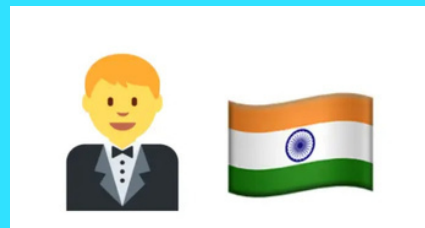
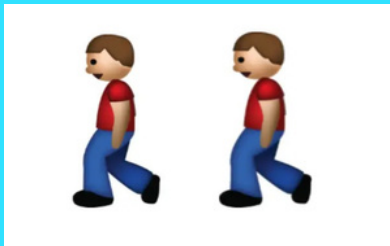
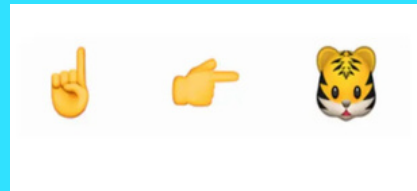
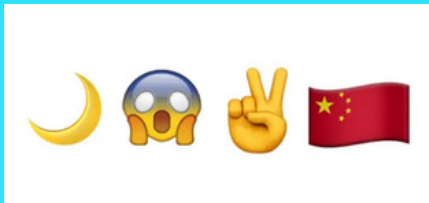
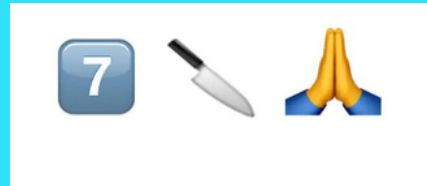
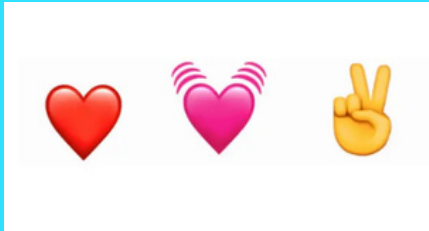
**Spread canapes on a plate ,place
little baked beans on each one .
Garnish with grated cheese n serve n
enjoy 😊**

AASHAYEIN



The Happy Wheel - Fun Corner

GUESS THE MOVIE

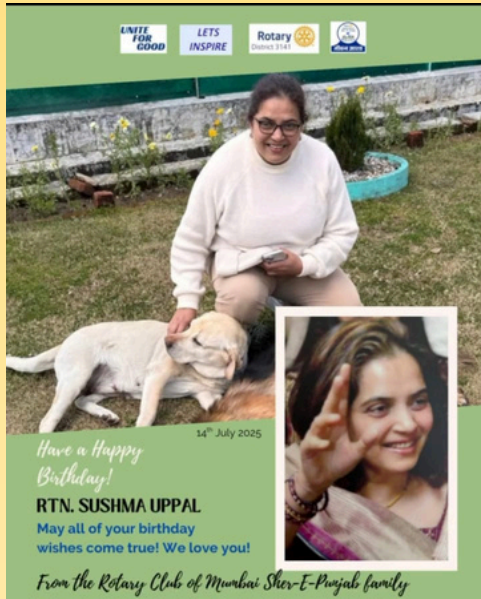


4th week of July

AASHAYEIN

Wheels of Wishes

HAPPY
BIRTHDAY



Happy Birthday
Karruna Uppal
14th July



Happy Birthday
Simi Ahluwalia
17th July



Happy Birthday
Ramyar Balsara
21st July

AASHAYEIN

4th 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

Aashayein Editorial Board

Rtn. Minishaa I Oberoi

Rtn. Jotinder Singh Ahluwalia

Rtn. Jasjit Bhatia

Rtn. Seema Bhoocher

Rtn. Aarti Jadhav

Rtn. Jasbeer Nagi