

UNITE  
FOR  
GOOD

Rotary  
District 3141



LET'S  
INSPIRE

# AASHAYEIN

ROTARY CLUB OF MUMBAI SHER- E- PUNJAB

WEEKLY NEWSLETTER



VOLUME 35  
2ND WEEK MARCH 2026  
PEACE BUILDING & CONFLICT PREVENTION MONTH

ROTARY REFLECTIONS:  
VOICES OF THE WHEEL



## THE PAUL HARRIS SERIES

### FROM A SIMPLE IDEA TO A GLOBAL MOVEMENT

#### Episode 1: The Walk on the North Side

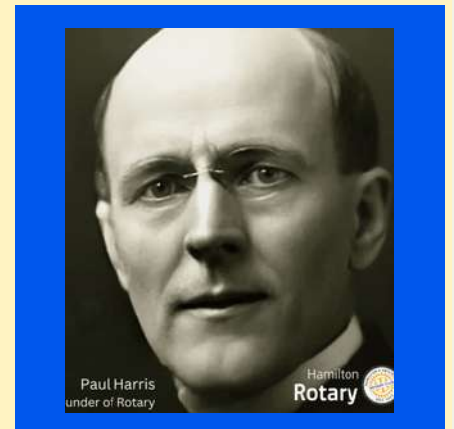
Born on 19 April 1868 in Racine, Wisconsin, Paul Harris spent his early years searching for something many take for granted—a sense of belonging. At just three years old, he moved to Wallingford, Vermont, where his grandparents raised him in a close-knit, trusting community.

Years later, after studying at the University of Vermont, Princeton University, and the University of Iowa, Harris arrived in Chicago in 1896 to begin his law career. But instead of warmth, he found a city buzzing with opportunity—yet strangely cold and impersonal. Then came a moment that changed everything.

Four years later, he met fellow attorney Bob Frank for dinner on Chicago's North Side. They walked around the area, stopping at shops along the way. Harris was impressed that Frank was friendly with many of the shopkeepers. He had not seen this kind of camaraderie among businessmen since moving to Chicago and wondered if there was a way to channel it, because it reminded him of growing up in Wallingford.

“The thought persisted that I was experiencing only what had happened to hundreds, perhaps thousands, of others in the great city. ... I was sure that there must be many other young men who had come from farms and small villages to establish themselves in Chicago. ... Why not bring them together? If others were longing for fellowship as I was, something would come of it. Why not bring people together?”

What started as a passing thought would soon ignite a global movement.....



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

Club President: Rtn. Minishaa I Oberoi  
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# AASHAYEIN

2nd week March 2026

## DISEASE PREVENTION AND TREATMENT

### SAVING LIVES TOGETHER: BLOOD DONATION CAMP

On 9th March 2026, RCMSEP supported a Blood Donation Camp co-hosted with 21 other Rotary Clubs at Andheri Railway Station. The camp witnessed enthusiastic participation, resulting in the collection of 73 units of blood, reinforcing Rotary's commitment to saving lives and serving the community.

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

# BLOOD DONATION CAMP

WELCOME - CAPTAIN DR. KANTA MUKHERJEE

On 9th Mar. 2026 From 9.30am To 5.30pm

**At Andheri Railway Station**

**Lead Host Clubs**  
RC Bombay Mahakali Heights  
RCM Coastline • RCM Bandra Kurla Complex • RCM Elegant

**Co-Hosted by**

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

**Francesco Arezzo**  
RI President

**Camp Co-ordinators**  
Anupkumar Chandarana  
RCM North End

Babli Bhamra  
RCB Mahakali Heights

**Dr. Manish Motwani**  
District Governor



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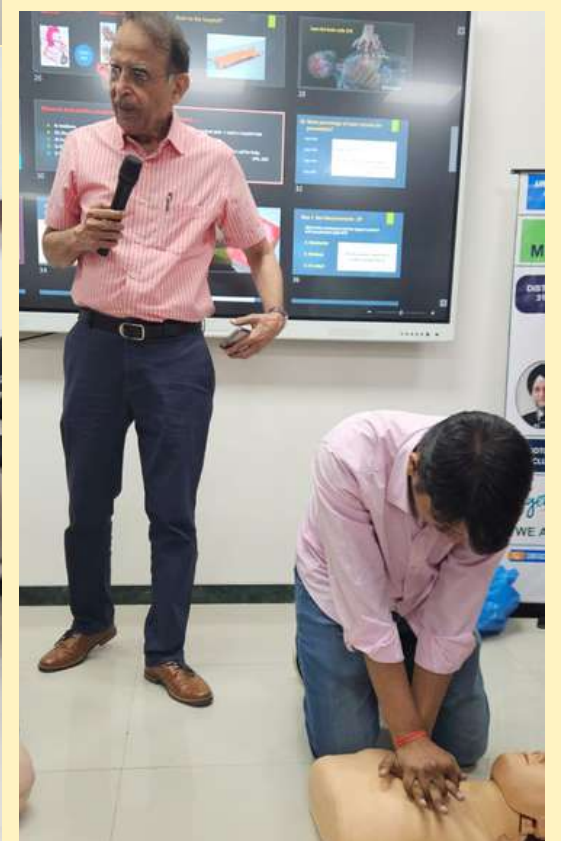
# AASHAYEIN

2nd week March 2026

## BASIC EDUCATION AND LITERACY DISEASE PREVENTION AND TREATMENT

### BYSTANDER TO LIFE-SAVER: EQUIPPING STUDENTS WITH VITAL CPR SKILLS

In collaboration with the MET Institute of Pharmacy, RCMSEP hosted a vital CPR training workshop led by interventional cardiologist Dr. Akshay Mehta on 11th March 2026. Students and teachers gained hands-on experience in life-saving techniques, including the use of an AED and the correct method for chest compressions, equipping them to respond effectively during cardiac emergencies.



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# AASHAYEIN

2nd week March 2026

## DISEASE PREVENTION AND TREATMENT MATERNAL AND CHILD HEALTH & COMMUNITY SERVICE

### HEALTHY TEETH, HAPPY FACES: ROTARY'S PAEDIATRIC DENTAL INITIATIVE

RCMSEP organized a comprehensive dental check-up camp for 185 primary students at Little Flower English Medium High School on 12th March 2026. Conducted by Dr. Nikita Shah, this initiative focused on providing preventive care and fostering oral health awareness to ensure healthier futures for the children.



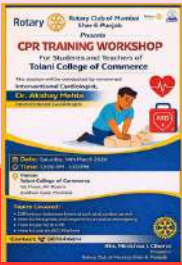
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# AASHAYEIN

2nd week March 2026

## BASIC EDUCATION AND LITERACY DISEASE PREVENTION AND TREATMENT

### A MEDICAL AWARENESS SESSION ON CPR AND HEART HEALTH

RCMSEP organized a vital CPR and AED training workshop for 155 students and teachers at Tolani College of Commerce on 14th March 2026. Renowned cardiologist Dr. Akshay Mehta provided hands-on demonstrations and essential medical insights, empowering the participants with the practical skills needed to respond effectively during cardiac emergencies.



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# AASHAYEIN

2nd week March 2026

## CLUB SERVICE PEACEBUILDING AND CONFLICT PREVENTION

### FIRESIDE WITH KASHYAP-MIR: THE FORGOTTEN TRUTH

RCMSEP hosted "Kashyap-Mir," an immersive cultural evening featuring a thought-provoking talk by TEDx speaker Rtn. Jhankar Gadkari on the historical identity and deep civilizational roots of Kashmir. The event vibrantly blended education with fellowship, showcasing traditional Kashmiri dances and cuisine while celebrating the induction of two new members, Vikas and Ruchika, into the club's growing family.



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# AASHAYEIN

2nd week March 2026

**CLUB SERVICE  
PEACEBUILDING AND CONFLICT PREVENTION**

**FIRESIDE WITH KASHYAP-MIR: THE FORGOTTEN TRUTH**



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# AASHAYEIN

## The Happy Wheel - Fun Corner

### WHAT WORD CAN FOLLOW ALL THREE BLANKS?

1 Honey \_\_\_\_\_  
Full \_\_\_\_\_  
Half \_\_\_\_\_



2 Road \_\_\_\_\_  
Sun \_\_\_\_\_  
Stumbling \_\_\_\_\_



3 Arm \_\_\_\_\_  
Wrist \_\_\_\_\_  
Head \_\_\_\_\_



4 Finger \_\_\_\_\_  
Toe \_\_\_\_\_  
Thumb \_\_\_\_\_



5 Frame \_\_\_\_\_  
Home \_\_\_\_\_  
Team \_\_\_\_\_

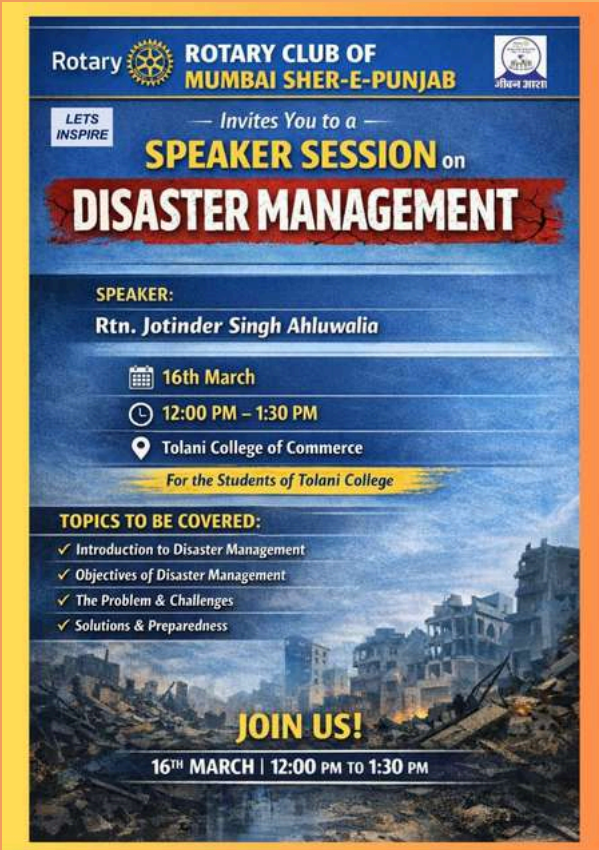


6 Hill \_\_\_\_\_  
Road \_\_\_\_\_  
Court \_\_\_\_\_



# AASHAYEIN

## UPCOMING EVENTS



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

— Invites You to a —  
**SPEAKER SESSION** on  
**DISASTER MANAGEMENT**

**SPEAKER:**  
Rtn. Jotinder Singh Ahluwalia

16th March  
12:00 PM – 1:30 PM  
Tolani College of Commerce  
For the Students of Tolani College

**TOPICS TO BE COVERED:**

- ✓ Introduction to Disaster Management
- ✓ Objectives of Disaster Management
- ✓ The Problem & Challenges
- ✓ Solutions & Preparedness

**JOIN US!**  
16<sup>TH</sup> MARCH | 12:00 PM TO 1:30 PM

16<sup>th</sup> March



LET'S INSPIRE Rotary **ROTARY CLUB OF MUMBAI SHER-E-PUNJAB**

**FREE DENTAL CAMP**

The Rotary Club of Mumbai Sher-E-Punjab is organizing a Dental Check-up Camp

Conducted by: | **Dr. Sonam**

17 Date: 17th March  
Time: 10:30 AM - 1:30 PM

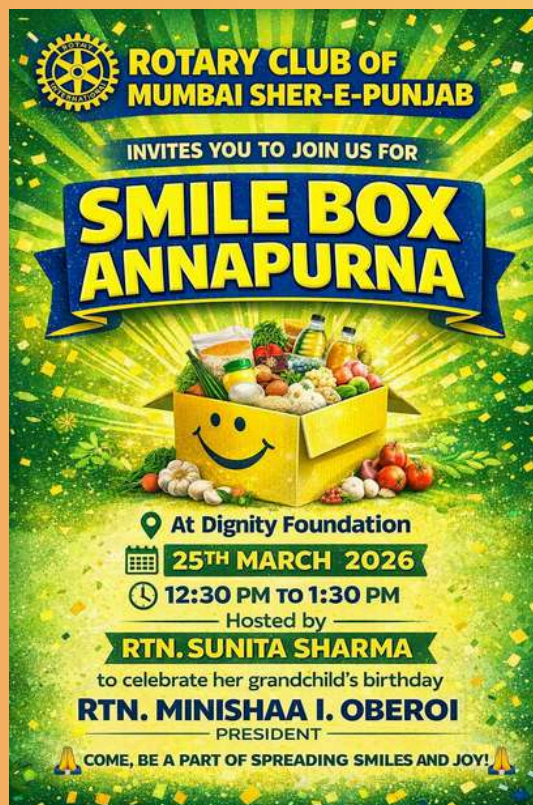
Venue:  
Sundemagar Aanganwadi  
[https://maps.app.goo.gl/Z3xvQvNAzqNeJ9Qz27?g\\_st=aw](https://maps.app.goo.gl/Z3xvQvNAzqNeJ9Qz27?g_st=aw)

**Project Leads:**

- Rtn. Seema
- Rtn. Swati

Serving the community through better health

17<sup>th</sup> March



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

INVITES YOU TO JOIN US FOR  
**SMILE BOX ANNAPURNA**

At Dignity Foundation  
25<sup>TH</sup> MARCH 2026  
12:30 PM TO 1:30 PM  
Hosted by  
**RTN. SUNITA SHARMA**  
to celebrate her grandchild's birthday  
**RTN. MINISHAA I. OBEROI**  
PRESIDENT

COME, BE A PART OF SPREADING SMILES AND JOY!

25<sup>th</sup> March

# AASHAYEIN

## *Flavours of Fellowship*

### **Watermelon Mint Cooler**

#### Ingredients:

- 1 cup watermelon (cubed, seedless)
- 5-6 mint leaves
- 1 tsp lemon juice
- Pinch of black salt
- Ice cubes



#### Steps:

1. Blend watermelon + mint until smooth
2. Strain (optional for smoother texture)
3. Add lemon juice + black salt
4. Pour over ice & serve chilled

# AASHAYEIN

## *Watermelon Mint Cooler*



*Recipe by :  
Rtn .Deepak Wadhwa*

*Fun twist: Watermelon juice can give a quick energy boost thanks to its natural sugars + electrolytes*

Get your recipe featured in next Aashyein Weekly Magazine!

**Contact Rtn. Seema Bhoocher**

# AASHAYEIN

## The Happy Wheel - Fun Corner

### ANSWERS TO WORDS IN DISGUISE

1

NEVER  
OLD LEARN  
OLD LEARN

NEVER TOO OLD  
TO LEARN

2



NO TIME LIKE  
THE PRESENT

3

**BIG BIG**  
IGNORE IGNORE

TOO BIG TO  
INGORE

4



BERMUDA  
TRIANGLE

5

— DEEF

NEGATIVE FEED

6

N  
G  
I  
S

SIGN UP

7

**R** GO GO

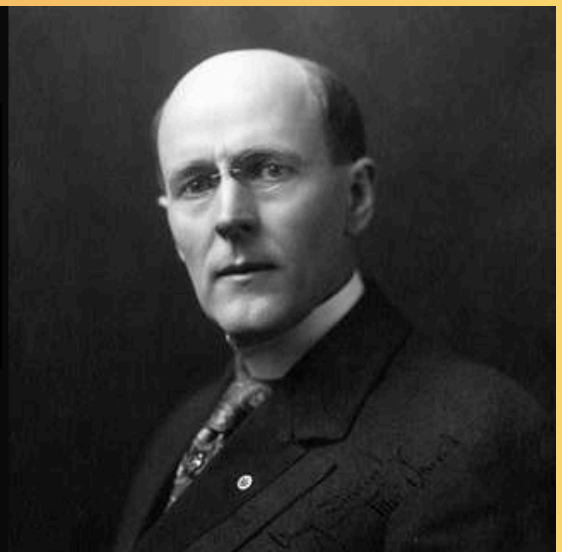
READY TO GO

# AASHAYEIN

## Quote of the Week

**“THE OBJECT OF ROTARY IS TO ENCOURAGE  
AND FOSTER THE IDEAL OF SERVICE AS A BASIS  
OF WORTHY ENTERPRISE.”**

**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