

**UNITE  
FOR  
GOOD**

**Rotary**  
District 3141



**LET'S  
INSPIRE**

# AASHAYEIN

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

**WEEKLY NEWSLETTER**

VOLUME 35

3RD WEEK MARCH 2026

PEACE BUILDING & CONFLICT PREVENTION MONTH

**ROTARY REFLECTIONS:  
VOICES OF THE WHEEL**

**THE PAUL HARRIS SERIES**

**Episode 2:**

**THE MAN BEHIND THE MOVEMENT**



**Paul Harris as a cadet in the Vermont Military Academy.**



**Paul Harris as a student at the University of Vermont in Burlington.**



**Paul Harris, shortly after he graduated from the University of Iowa law school in 1891.**



**The school Paul Harris attended as a child in Wallingford, Vermont, circa 1933-38.**

**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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Episode 2:

## THE MAN BEHIND THE MOVEMENT

A Restless Beginning: The Making of Paul Harris

Long before the birth of Rotary, the journey of Paul Harris was anything but smooth.

Born in 1868 in Racine, Wisconsin, young Paul's early life was marked by uncertainty. At the age of three, due to financial struggles in the family, he and his older brother Cecil were sent to live with their paternal grandparents in Wallingford, Vermont. It was here, in a small-town setting, that Harris experienced the warmth of community life—something that would later shape his vision for Rotary.

He attended primary school in a simple one-room schoolhouse—ironically, a place that today serves as the meeting venue of the Rotary Club of Wallingford. Mischievous and restless, he often played pranks and skipped school. His rebellious nature continued into his teenage years, leading to his expulsion from Black River Academy within just a few weeks. Reflecting later, he remarked that while he valued learning, it had to feel meaningful to him. His education was anything but linear. After attending the Vermont Military Academy, he enrolled at the University of Vermont in 1885 and even made the freshman football team. Yet discipline again became an issue, and in 1886 he was expelled for involvement in an underground student society—something he later admitted, with humility, was not entirely undeserved.

After spending time studying privately under a tutor arranged by his grandfather, Harris restarted his academic journey at Princeton University in 1887. But fate intervened—his grandfather passed away in 1888. Though he completed the term, he did not return. Instead, he stepped into the real world. He worked for the Sheldon Marble Company in Vermont, honoring a promise to his grandmother—to work hard, build a meaningful life, and uphold his grandfather's legacy. This promise became a turning point. After a year, he moved to Des Moines, Iowa, where he worked at a law firm. This experience laid the foundation for his future.

Determined and more focused now, he enrolled at the University of Iowa and graduated with a Bachelor of Laws degree in June 1891. Later in life, he would be awarded several honorary degrees, including recognitions from the University of Vermont.

Paul Harris was not a perfect student—but he became a man of purpose. His early struggles, setbacks, and second chances quietly shaped the values that would one day bring people together across the world. And perhaps, without those detours... Rotary may never have been born.

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# AASHAYEIN

3rd week March 2026

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

### CARING FOR LITTLE SMILES: FREE DENTAL CAMP

On 17th March 2026, RCMSEP organized a Free Dental Check-up Camp at Sundernagar Aanganwadi, benefiting 110 children through dental screenings and oral hygiene guidance. The camp was conducted by Dr. Sonam and her team, who also distributed free dental kits, promoting better oral health among the children.



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# AASHAYEIN

3rd week March 2026

**SUPPORTING THE ENVIRONMENT  
BASIC EDUCATION AND LITERACY**



## DISASTER MANAGEMENT TRAINING FOR YOUTH EMPOWERMENT

RCMSEP organized an impactful speaker session on Disaster Management for 125 students at Tolani College of Commerce on 16th March 2026. Speaker Rtn. Jotinder Singh Ahluwalia shared vital insights on emergency preparedness and response strategies, concluding the event with an interactive quiz to ensure the students felt both empowered and informed.



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# AASHAYEIN

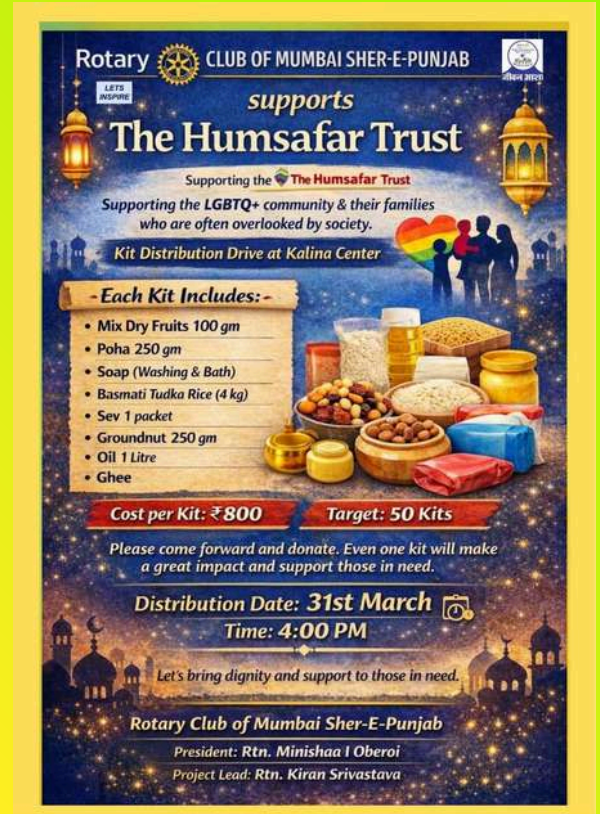
## UPCOMING EVENTS



**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



Rotary CLUB OF MUMBAI SHER-E-PUNJAB supports  
**The Humsafar Trust**  
 Supporting the **The Humsafar Trust**  
 Supporting the **LGBTQ+** community & their families who are often overlooked by society.  
 Kit Distribution Drive at Kalina Center

**- Each Kit Includes: -**

- Mix Dry Fruits 100 gm
- Poha 250 gm
- Soap (Washing & Bath)
- Basmati Tadka Rice (4 kg)
- Sev 1 packet
- Groundnut 250 gm
- Oil 1 Litre
- Ghee

Cost per Kit: ₹800 Target: 50 Kits

Please come forward and donate. Even one kit will make a great impact and support those in need.

Distribution Date: **31<sup>st</sup> March**  
 Time: **4:00 PM**

Let's bring dignity and support to those in need.

Rotary Club of Mumbai Sher-E-Punjab  
 President: Rtn. Minishaa I Oberoi  
 Project Lead: Rtn. Kiran Srivastava

31<sup>st</sup> March



**Attention HillCrest Residents!**  
**E-WASTE DISPOSAL UPDATE**  
 E-Waste Bin Now Available at C Wing – P4 Level

Convenient location · 24/7 Access · For Electronic Waste Only

**C WING P4**

Please Use the E-Waste Bin at C Wing – P4 Level within the Deadline!

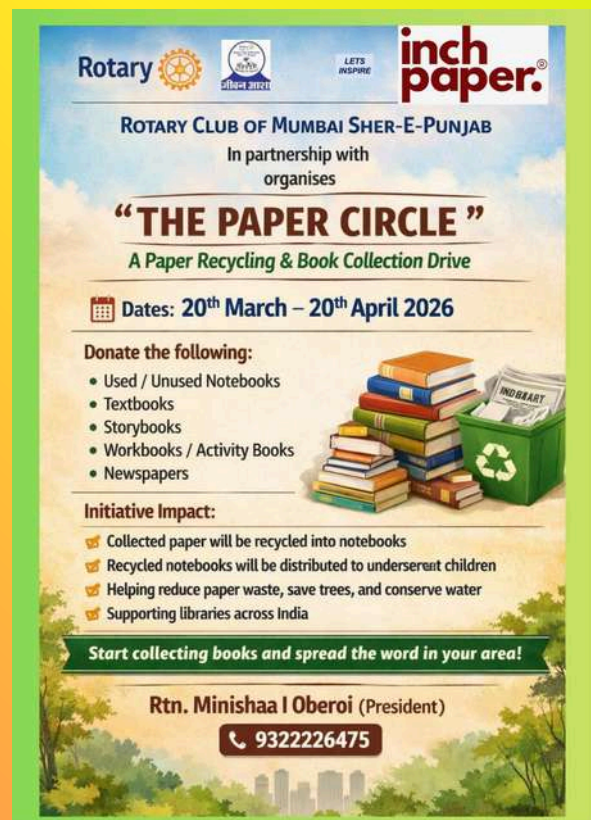
OPTIMUM UTILISATION REQUESTED!  
 Let's make the C Wing P4 e-bin a success. Please use it responsibly.

**NO PLASTIC BOTTLES** **NO CARDBOARD BOXES**

Dispose of **ONLY** Electronics & E-Waste in the E bin.  
**DEADLINE: 15<sup>th</sup> APRIL 2026**  
 After this date, the bin will be removed if misused.

Let's work together for a Cleaner & Greener HillCrest!

C Wing – P4 Level is the **ONLY** E-WASTE DROP-OFF POINT



Rotary **inch paper.**  
 ROTARY CLUB OF MUMBAI SHER-E-PUNJAB  
 In partnership with organises  
**“THE PAPER CIRCLE”**  
 A Paper Recycling & Book Collection Drive

Dates: **20<sup>th</sup> March – 20<sup>th</sup> April 2026**

Donate the following:

- Used / Unused Notebooks
- Textbooks
- Storybooks
- Workbooks / Activity Books
- Newspapers

Initiative Impact:

- ✓ Collected paper will be recycled into notebooks
- ✓ Recycled notebooks will be distributed to underserved children
- ✓ Helping reduce paper waste, save trees, and conserve water
- ✓ Supporting libraries across India

Start collecting books and spread the word in your area!

Rtn. Minishaa I Oberoi (President)  
 9322226475

# AASHAYEIN

## The Happy Wheel - Fun Corner

WHAT WORD CAN FOLLOW ALL THREE BLANKS?



1 Front \_\_\_\_\_  
Door \_\_\_\_\_  
Two \_\_\_\_\_

?

2 Gun \_\_\_\_\_  
Ball \_\_\_\_\_  
View \_\_\_\_\_

?

3 Tooth \_\_\_\_\_  
Hair \_\_\_\_\_  
Nail \_\_\_\_\_

?

4 Any \_\_\_\_\_  
Life \_\_\_\_\_  
Mean \_\_\_\_\_

?

5 Farm \_\_\_\_\_  
Ware \_\_\_\_\_  
Tree \_\_\_\_\_

?

6 Lady \_\_\_\_\_  
Thunder \_\_\_\_\_  
Black \_\_\_\_\_

?

# AASHAYEIN

## *Flavours of Fellowship*

### **Mediterranean Summer Salad**

#### Ingredients

- 2 cups cherry tomatoes (halved)
- 1 large cucumber (sliced)
- 1/4 red onion (thinly sliced)
- 1/2 cup feta cheese (crumbled)
- 1/3 cup olives (Kalamata or black)
- 1/4 cup fresh parsley or basil (chopped)



#### Dressing

- 3 tbsp olive oil
- 1 tbsp lemon juice (or red wine vinegar)
- 1 tsp dried oregano
- Salt & pepper to taste

#### Instructions

1. In a large bowl, combine tomatoes, cucumber, onion, olives, and herbs.
2. Whisk together olive oil, lemon juice, oregano, salt, and pepper.
3. Pour dressing over the salad and toss gently.
4. Sprinkle feta on top and serve immediately (or chill for 15 minutes for extra freshness).

# AASHAYEIN

## *Mediterranean Summer Salad*



*Recipe by :*  
*Rtn. Sunita Gandhi*

*The word “salad” comes from the Latin word sal, meaning salt—because early Roman Empire salads were seasoned with salty dressings 🍷*

Get your recipe featured in next Aashyein Weekly Magazine!

**Contact Rtn. Seema Bhoocher**

# AASHAYEIN



The Happy Wheel - Fun Corner

ANSWERS

WHAT WORD CAN FOLLOW ALL THREE BLANKS?



Rtn. Kiran Srivastava  
Rtn. Deepak Wadhwa

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

**Moon**

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

**Block**

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

**Band**

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

**Nail**

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

**Work**

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

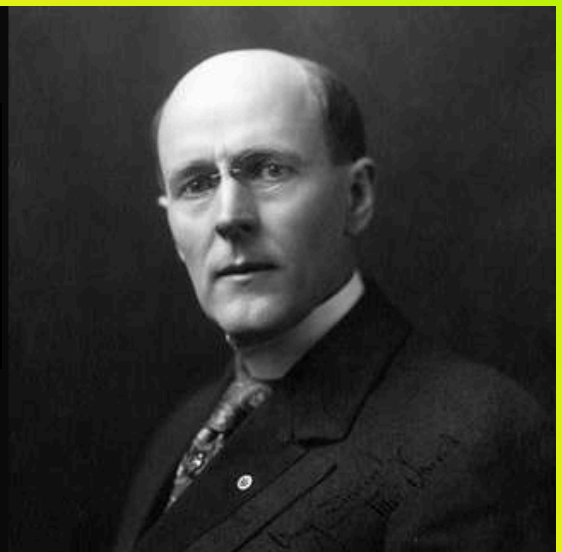
**Side**

# AASHAYEIN

## Quote of the Week

Rotary is a microcosm of the world—a  
model of what humanity can achieve  
together.

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