

**UNITE
FOR
GOOD**



**LETS
INSPIRE**

Aasha

Rotary Club Of Mumbai Sher-E-Punjab
Monthly Newsletter, November 2025

Website: <https://www.rcmsherepunjab.rotaryindia.org>

Email: rotary.sepunjab@gmail.com

Facebook: Rotary Club of Mumbai Sher E Punjab

Instagram : [rotaryclub_sherepunjab](https://www.instagram.com/rotaryclub_sherepunjab)

FROM THE PRESIDENTS DESK-

RTN. MINISHAA I OBEROI



PRESIDENT

RTN. MINISHAA I OBEROI

Hello friends...

Welcome to the November edition of Aasha! ✨What a month it has been – buzzing, vibrant, and absolutely inspiring. November truly brought out the very best in our club! With RSW in full swing, our club was overflowing with enthusiasm. Every member stepped forward with dedication, and the collective energy was simply electric.

✨ RSW saw 13 Projects in 7 Days!

Yes, you read that right – an extraordinary milestone! From early mornings to late evenings, our members showed up, worked tirelessly, and ensured that every project was carried out with heart, precision, and purpose. We proudly took the lead on some of the month's most impactful initiatives:-

- Eye Camp – touching lives with the gift of better vision
- Senior Citizens' Celebration – an evening filled with joy, warmth, and gratitude
- Cyber Crime Awareness Session – empowering our community with vital knowledge

Each event served as a beautiful reminder of why “Service Above Self” matters so deeply.

♥ Mega Blood Donation Camp – 117 Units Collected!

One of our biggest highlights – and certainly a moment of immense pride. This collective achievement helped save countless lives, showing once again that when we unite as Rotarians, we create magic. But November didn't stop there!

We also had our Club Pre-OCV, AGM, and Assembly – a truly power-packed evening filled with insights, reflection, and celebration.

Our Assistant Governor, Dr. Mary, graced the occasion with her warm presence. She appreciated our hard work, dedication, and the strong commitment our club has shown throughout the year. Her encouraging words added inspiration and pride to the evening, making it even more memorable.

November continued shining with impactful service:

- Children's Day celebrations, bringing joy and laughter to young hearts-
- Plantation Drive at Thakur Village, adding green to our surroundings
- CPR training sessions, equipping people with life-saving skills
- Digital Detox sessions for children, promoting healthier habits in a tech-heavy world
- Menstrual hygiene awareness sessions for young girls, building dignity and confidence
- Support to the Study Centre at Khupri Village, Palghar, nurturing education where it matters most

Every project carried meaning, every act of service made a difference, and every day of November radiated the true spirit of Rotary.

Here's to the passion, the unity, and the unstoppable spirit of our wonderful Rotary family! 💙🌟

Warm regards,
And Shukrana



THE EDITORIAL BOARD



Rtn. Minishaa I Oberoi



Rtn. Jotinder Singh Ahluwalia



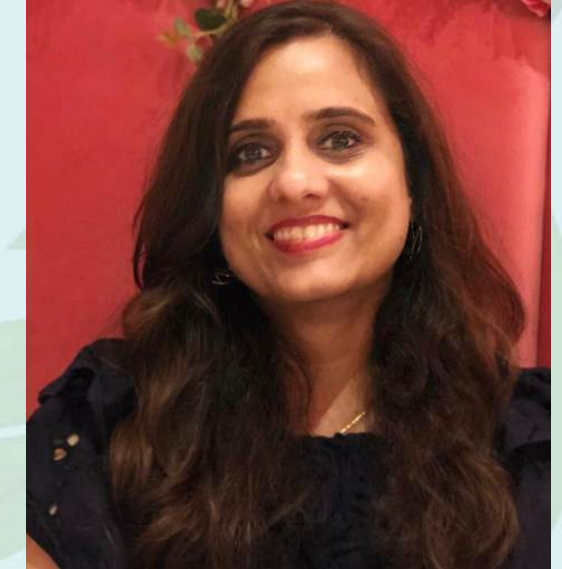
Rtn. Jasjit Bhatia



Rtn. Seema Bhoocher



Rtn. Jasbeer Nagi



Rtn. Aarti Jadhav

UNITE FOR GOOD Rotary District 3141 LETS INSPIRE

AASHAYEIN
ROTARY CLUB OF MUMBAI SHER- E- PUNJAB

WEEKLY NEWSLETTER

VOLUME 18
1ST WEEK NOVEMBER
THE ROTARY FOUNDATION MONTH
ROTARY REFLECTIONS: VOICES OF THE WHEEL

Inspired to Serve, United to Lead

I joined the Rotary Club of Mumbai Sher-E-Punjab in its charter year. Since then, this journey has been truly eye-opening—offering exposure to diverse fields, opportunities to learn, build new skills, and connect with like-minded people. Rotary has helped me understand the real needs of our community and how thoughtful action can meet them.

The project closest to my heart is Annapurna—our Smile Box that brings dignity and nourishment to many families. It is deeply fulfilling to live the belief that no one should sleep hungry. Every box packed is a promise of care, every smile received a reminder of why we serve.

Our fellowships are on another level—energizing, inclusive, and full of warmth. We share, we care, and we grow together, creating strong bonds that make our club a true family. These fellowships fuel our service and keep our spirit of Service Above Self alive.

Looking ahead, let us unite for good—strengthening education, health, environment, and livelihoods—to our impact endures. With dynamic, dedicated, and knowledgeable leadership, and the wholehearted support of a passionate team, we can and will make it happen.

Together, we serve with integrity.
Together, we lead with empathy.
Together, we create hope—one project, one family, one life at a time.

Rtn. Sunita Gandhi

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
ROTARY CLUB OF MUMBAI SHER- E- PUNJAB

WEEKLY NEWSLETTER

VOLUME 18
2ND WEEK NOVEMBER
THE ROTARY FOUNDATION MONTH
ROTARY REFLECTIONS: VOICES OF THE WHEEL

What Rotary Means to Me

I am a Rotarian because Service Above Self has become a guiding principle in my life, teaching me that it is my prime duty to serve the community, shed my ego, and do real work for others. Rotary unites us in serving the community, bringing together true representatives from various vocations and sections of society, all striving to give their best without any personal gains. By involving our families in projects, Rotary helps create strong, thick bonds among members, while the emphasis on regular attendance ensures continuity and consistency in our service. Its international stature allows me to attend meetings anywhere in the world, constantly reminding me that wherever I am, my duty towards society remains the same.

Visiting different clubs helps me make new friends, exchange innovative ideas, and benefit from the unique blend of talents and calluses that Rotary attracts. In my own classification, I get invaluable exposure and opportunities to upgrade my knowledge and resources. As a Rotarian, I also experience a unique status in society, receiving respect that comes from being part of an organization known for integrity and service. Through Rotary, I learn and exchange cultures from different parts of the world, broadening my horizons, and at the end of the day, I carry with me a deep sense of accomplishment, knowing that, in some small way, I have contributed to making a difference.

Rtn. Manoj Phene

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
ROTARY CLUB OF MUMBAI SHER- E- PUNJAB

WEEKLY NEWSLETTER

VOLUME 18
3RD WEEK NOVEMBER
THE ROTARY FOUNDATION MONTH
ROTARY REFLECTIONS: VOICES OF THE WHEEL

**Service, Friendship and Family
My Rotary Experience**

Being a Rotarian of the Mumbai Sher-E-Punjab club is one of the most meaningful parts of my life. What I value the most is the warmth and inclusiveness of our members. My family is always welcomed with open arms, and that sense of belonging makes the club feel like an extended family.

Though my work keeps me in Goa for most of the year, every time I return to Mumbai, attending our meetings and participating in projects feels energizing. Rotary gives me a purpose—it reconnects me with service, friendship, and community impact.

Our club has undertaken many impactful projects across education, health, environment, youth empowerment, and community development. Seeing how these initiatives touch lives gives me immense satisfaction. Each project reminds me why Rotary matters and why our club stands out for its commitment to real, on-ground service.

What also inspires me is the strong fellowship among members. We support one another, celebrate achievements together, and work as a team to bring change. This positive environment motivates me to stay involved despite my travel and work commitments.

I am proud to be a Rotarian, and even prouder to belong to the Rotary Club of Mumbai Sher-E-Punjab—a club that truly lives the spirit of "Service Above Self" with heart, unity, and compassion.

Rtn. Dinesh C Bhandolkar

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
ROTARY CLUB OF MUMBAI SHER- E- PUNJAB

WEEKLY NEWSLETTER

VOLUME 18
4TH WEEK NOVEMBER
THE ROTARY FOUNDATION MONTH
ROTARY REFLECTIONS: VOICES OF THE WHEEL

My Rotary Journey: A Year of Service and Growth

A year ago, I took a step into the world of Rotary, encouraged by our club President, who is also a dear friend. At the time, I was uncertain and apprehensive, unsure of what Rotary truly entailed and how it would fit in. Little did I know that this decision would become a journey of immense fulfillment, growth, and new friendships.

Over the past year, I've come to embrace the spirit of Rotary—Service Above Self. I've actively participated in various projects and events, and each experience has been truly inspiring. I've had the privilege of working alongside senior Rotarians who have shared their wisdom, knowledge, and rich understanding of the world. Observing their dedication has taught me that true leadership is not about position, but about presence, reliability, and compassion.

Each project has reminded me how much difference a few thoughtful actions can make—whether it's distributing food, supporting education, or simply spending time with those who feel forgotten.

Most importantly, Rotary has taught me the true value of community, teamwork, and selfless service. I am deeply grateful for the support and encouragement from my fellow Rotarians, who have welcomed me, guided me, and treated me as family. They have given me the confidence to take initiative and contribute more meaningfully.

As I look ahead, I'm excited to take on new responsibilities and continue to be more involved in planning and executing impactful projects. I hope to bring fresh ideas, energy, and support to every role I take on, and to continue learning from everyone around me.

Rotary has truly become a significant part of my life—a space where friendship, purpose, and service beautifully come together.

Rtn. Manoj Sinha

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
ROTARY CLUB OF MUMBAI SHER- E- PUNJAB

WEEKLY NEWSLETTER

VOLUME 18
5TH WEEK NOVEMBER
THE ROTARY FOUNDATION MONTH
ROTARY REFLECTIONS: VOICES OF THE WHEEL

My Rotary Journey: A Year of Service and Growth

A year ago, I took a step into the world of Rotary, encouraged by our club President, who is also a dear friend. At the time, I was uncertain and apprehensive, unsure of what Rotary truly entailed and how it would fit in. Little did I know that this decision would become a journey of immense fulfillment, growth, and new friendships.

Over the past year, I've come to embrace the spirit of Rotary—Service Above Self. I've actively participated in various projects and events, and each experience has been truly inspiring. I've had the privilege of working alongside senior Rotarians who have shared their wisdom, knowledge, and rich understanding of the world. Observing their dedication has taught me that true leadership is not about position, but about presence, reliability, and compassion.

Each project has reminded me how much difference a few thoughtful actions can make—whether it's distributing food, supporting education, or simply spending time with those who feel forgotten.

Most importantly, Rotary has taught me the true value of community, teamwork, and selfless service. I am deeply grateful for the support and encouragement from my fellow Rotarians, who have welcomed me, guided me, and treated me as family. They have given me the confidence to take initiative and contribute more meaningfully.

As I look ahead, I'm excited to take on new responsibilities and continue to be more involved in planning and executing impactful projects. I hope to bring fresh ideas, energy, and support to every role I take on, and to continue learning from everyone around me.

Rotary has truly become a significant part of my life—a space where friendship, purpose, and service beautifully come together.

Rtn. Anveet Kaur

District Governor: Rtn. Manish Motwani
Club Treasurer: Rtn. Naresh Khatri
Club President: Rtn. Minishaa I Oberoi
Club Secretary: Rtn. Jotinder S Ahluwalia



DR. SURJIT K AHLUWALIA

My Hobby: Gardening, Reading
Actor: Amitabh Bachchan ji
Book:
Song:
Food: Green vegetables
Destination: India
Project: Specially abled children and transgenders project
My Mantra: All is well, God blesses everyone.



RAMANPREET KAUR

My Hobby: Playing cards, Relaxing
Actor: —
Book: —
Song: —
Food: Rajma Chawal
Destination: UK, Japan, Cruise Ship
Project: Educational
My Mantra: I'm a blessed and grateful soul

Z



MANOJ PHENE

My Hobby: Learning new things,
Reading technical write-ups
Actor: Dilip Prabhavalkar
Book: Ludwick
Song: Tumko Dekha Toh Yeh Khayal Aaya
Food: Shrikhand
Destination: Goa, Ranthambore
Project: Distributing blankets & notebooks
My Mantra: As you sow so you reap



JASJIT BHATIA

My Hobby: Reading, Scrolling Insta/Reels/Movies
Actor: Shah Rukh Khan
Book: Lumilore by Sabine Ruhhouse
Song: Tora Man Darpan Kahlaiye
Food: Idli / Chutney / Sambhar
Destination: Shimla
Project: Diwali & Christmas celebrations with special-needs children and Home for the Aged
My Mantra: Jaan hai toh Jahaan hai!!
Nature is my Solace

TOWARDS A CLEANER PLANET: E-WASTE DRIVE

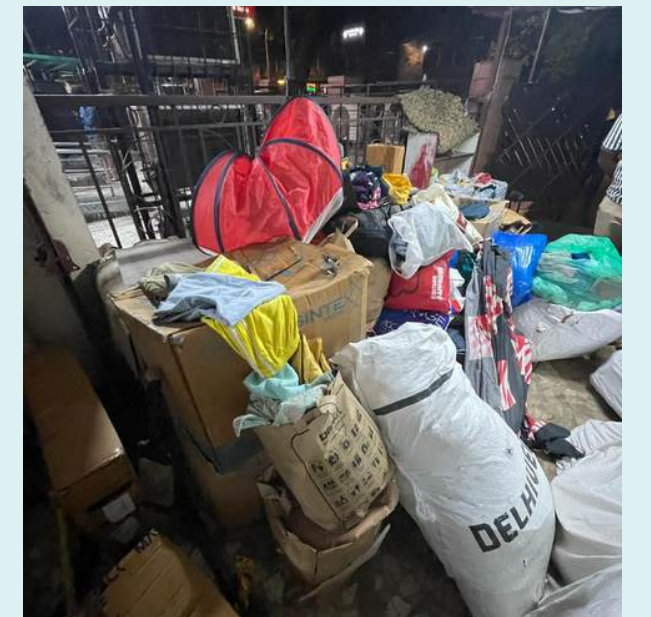
RCMSEP actively participated in the district's e-waste collection drive and successfully donated 178 kilograms of e-waste, including TVs, computers, laptops, wires, and batteries, for which it will receive a credit of ₹2,074. The club extends its gratitude to the district for their collaboration and support in promoting environmental sustainability.



SPREADING JOY, SUSTAINABILITY AND GRATITUDE

1st November, 2025

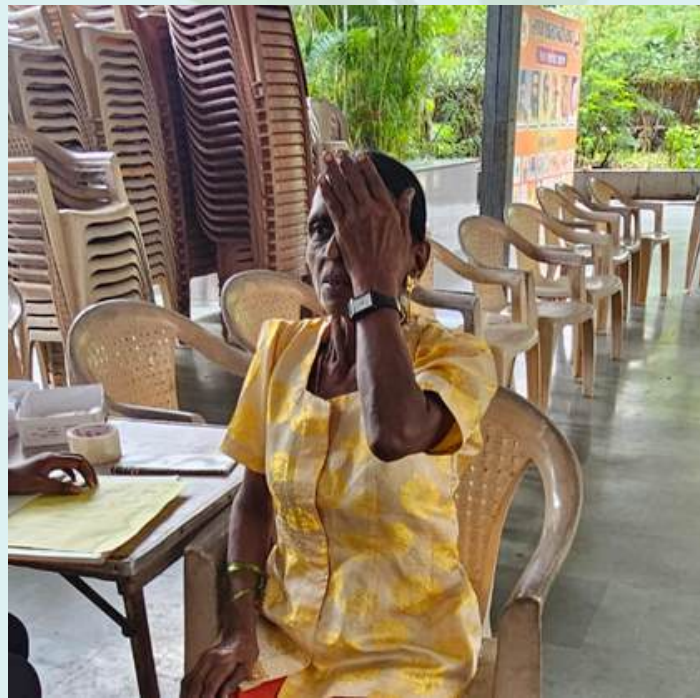
RCMSEP donated a full truckload of shoes, bags and clothes to Aahar Sadan Sanstha, continuing its sustainability mission. The team received a heartfelt thankyou certificated for their contribution.





EYE CARE CAMP

RCMSEP conducted its first event—an eye camp for RSW Week at *Keshav Shruti*—where, although no cataract cases were detected, several participants were diagnosed with refractive errors and advised to visit Bhaktivedanta Hospital, and 40 spectacles were distributed free of cost with assurance of follow-up support. The Eye Van, provided by Bhaktivedanta Hospital and operated by four skilled technicians, together with six members from RCMSEP and one from the Rotary Club of Mumbai Bhandup, ensured smooth execution of this impactful camp, delivering much-needed eye care services to the community.





3rd November, 2025

CYBER CRIME AWARENESS

RCMSEP, as lead host, successfully conducted its first Cyber Crime Awareness Workshop at *GES School, Goregaon East*, led by Rtn. Gurpreet Singh to educate children on online safety, responsible internet use, and potential cyber threats through interactive discussions. Using a multilingual approach in Gujarati, English, and Hindi, and supported by four RCMSEP members, the session ensured clear understanding for every child and reinforced Rotary's commitment to empowering the next generation to navigate the digital world with awareness and responsibility.



CYBER CRIME AWARENESS

RCMSEP conducted its second Cyber Crime Awareness Workshop under RSW Week at *MET College of Pharmacy, Bandra*, where Rtn. Jotinder Singh Ahluwalia educated around 100 students on cyber safety, common risks, prevention methods, responsible online behaviour and reporting procedures through helplines 1945 and 1930. The college management expressed their appreciation for this informative and timely initiative, which helped equip young minds with essential knowledge to stay safe in the digital world.



CYBER CRIME AWARENESS

RCMSEP conducted its third cybercrime awareness workshop at the *Dignity Foundation in Jogeshwari East*, led by Rtn. Gurpreet Singh with support from Inspector Anand and Inspector Patil of the Meghwadi Police Station's Cyber Crime Department, providing senior citizens with vital insights into common scams, reporting helplines (1945 and 1930), and practical safety measures through informative videos. The Dignity Foundation appreciated this impactful and educational session, which empowered participants with the knowledge needed to stay vigilant and protect themselves from online threats





CYBER CRIME AWARENESS

RCMSEP conducted its fourth Cyber Crime Awareness Workshop at the *Rangoonwala Foundation in Jogeshwari East*, where Rtn. Jotinder Singh and the Meghwadi Police cyber team guided residents on common cybercrime tactics, vigilance, and reporting through helplines 1945 and 1930. The session saw active participation, making it a truly impactful and informative experience for the community

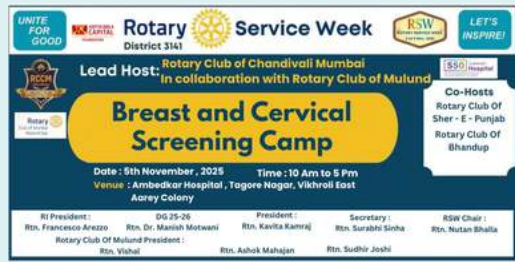




BLOOD DONATION CAMP

RCMSEP, in collaboration with Mumbai Lakers, hosted a Blood Donation Camp conducted by *Samarpan Blood Centre* (Ghatkopar), dedicated to supporting children with thalassemia, where donors underwent thorough health checks and nearby Times Square corporate employees were encouraged to participate. DG Dr. Manish Motwani, Dr. Indumati, PDG Shashi Sharma, and Rtn. Chetan Kotak, graced the event as part of their RSW Week visits, adding significance to this impactful initiative supporting thalassemia patients





CERVICAL & BREAST CANCER SCREENING AWARENESS

RCMSEP, in collaboration with the RC of Chandivili, Mumbai, organized a *Cervical and Breast Cancer Screening* and Awareness program to promote women's health and early detection. Women were educated about the importance of regular screenings, early signs, and preventive measures, while also being actively screened onsite by medical professionals in a supportive, welcoming environment.



CERVICAL & BREAST CANCER SCREENING AWARENESS



RCMSEP in collaboration with the RC Mumbai Lakers, co-hosted its second breast and cervical cancer screening and awareness camp at *Sangharsh Nagar* to promote cancer awareness and prevention among women.

Participants were not only screened for early signs of cancer but were also educated about recognizing symptoms, adopting preventive measures, and proactively safeguarding their health, thereby empowering them to reduce future health risks.



MEGA BLOOD DONATION CAMP



With Waheguru Ji's blessings, our Mega Blood Donation Camp on 5th Nov 2025 was a huge success, collecting 117 bottles of blood. Heartfelt thanks to St. George Hospital, the Gurudwara Committee, and every donor, volunteer, and team member for their dedication. Special appreciation to Jassi, Jotinder Veerji, Amita & Ashish Kastiya, Seema, Arun Ji, Jasbeer, Sunita Gandhi Ji, Sukarma Ji, Pradeep Ji, Deepak Ji, Inderjeet, Simi, Pal Veerji, Kiran, and our creative trio Veer, Harjas & Harsheen. Gratitude to the JES team, Rotaractors, Manoj Phene, Govinder Veerji, Baljeet Ji, Bunty Veerji, Taran, Gurpreet, Verinder Uppal, and Monica for their support. Special thanks to Manoj Ji, Sunita Sharma Ji, and Pinkky for gracing the event. Together, we truly made a difference!





MEGA BLOOD DONATION CAMP

5th November, 2025



SENIOR CITIZENS DAY CELEBRATION : OLD AGE HOME

RCMSEP conducted a heartwarming senior citizen event on 6th November at the Home for the Aged. 10 Interact children from Guru Nanak Bravehearts and club members engaged the seniors in a lively game of housie, bringing joy and laughter to all. Chocolates and gifts were given to all the seniors. Thereafter, the club served medu vada and oranges, which the seniors thoroughly enjoyed. The residents were deeply grateful for the club's effort and the time spent with them, making it a truly memorable morning for everyone involved.





SENIOR CITIZENS DAY CELEBRATION: DIGNITY FOUNDATION

RCMSEP organised its second senior citizen event at *Dignity Foundation*, creating a day filled with smiles and cheer for 100 senior citizens, where five Rotaractors from JES College Parivartan hosted a lively Housie game followed by a fun-filled Antakshari session with singing, acting, chocolates and prizes for all. Lunch was sponsored by the club featuring puri bhaji, veg pulao, raita and gulab jamun and a heartfelt thank you goes to the dedicated rotaractors and RCMSEP members for making this a memorable experience.

Rotary Service Week
District 3141
Lead Host: Rotary Club Of Mumbai Kalakar
Co-Host: ROTARY CLUB OF MUMBAI SHEETI PUNAB
Sponsor: Chandrabhawan Singh
Senior Citizen
An Entertainment Program by Senior Citizens for Senior Citizens
Time: 5pm-8pm Date: 6.11.2025
Venue: Balkanji Bari Hall, Ghatkopar
Rtn Francesco Anzore Rtn Dr. Mandish Motwani Rtn Dr. Indumati Gopinathan Rtn Rajendran Unnikrishnan
Rtn President Rtn Group Avenue Head Rtn Group Avenue Head Rtn
Lead Host Club President Club Secretary Rtn & Project Chair
Rtn Pooja Mehnta Rtn Suparna Chakravarty Mukherjee Rtn IPP Haina Deshpande

SENIOR CITIZENS DAY CELEBRATION

RCMSEP co-hosted a spectacular musical evening, *“Golden Melodies Night,”* at *Balkanji Bari Hall, Ghatkopar,* in collaboration with RC Kalakar, where senior citizens themselves paid a heartwarming tribute to iconic Bollywood divas from Madhubala to Madhuri through soulful performances of evergreen songs. With around 100 enthusiastic seniors in attendance, the hall was filled with energy, nostalgia, and applause, as the audience was thoroughly entertained and deeply moved by the talent on display, making it an unforgettable celebration of grace and the timeless magic of music.



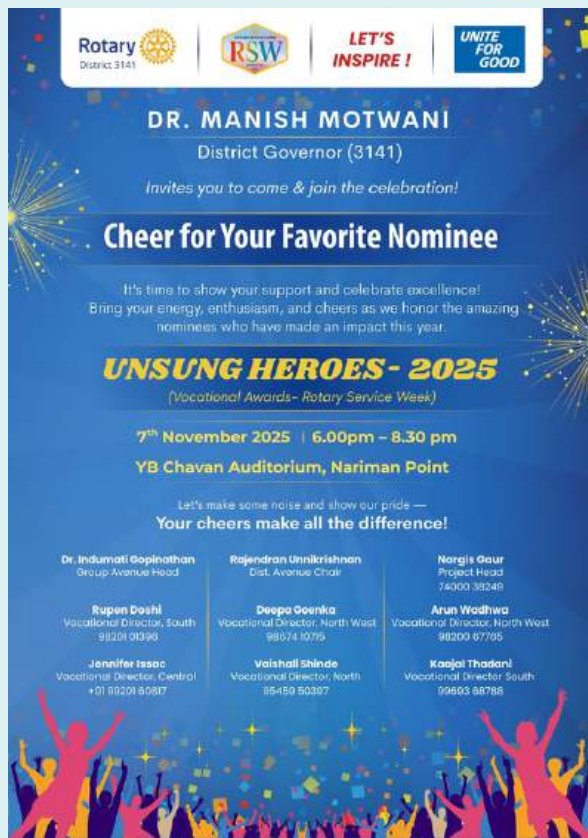
THERMAL BREAST SCREENING CAMP AT VASANT OASIS

RCMSEP conducted its second thermal breast screening camp at *Vasant Oasis*, Mumbai, in collaboration with Life of Gratitude and Nana Palkar Smruti Samiti in November, offering a painless, radiation-free screening process. A total of 56 lady members were screened, with one suspected case detected on Day 2 and advised to undergo detailed sonography for further evaluation. This initiative reinforced RCMSEP's commitment to promoting early detection and encouraging women to take proactive care of their health.



UN Sung HEROES AWARDS

RCMSEP silver co-hosted the Unsung Heroes Awards, proudly nominating three individuals who have selflessly served society, with five club members attending the event. It was a wonderful evening, highlighted by a soulful live Bollywood performance by the Tuning Folks group, making the celebration truly memorable.



SPECIALLY ABLED DAY CELEBRATION WITH MBA FOUNDATION MEMBERS

RCMSEP co-hosted a Specially Abled Day celebration with RC Mumbai Lakers, bringing joy to the members of *MBA Foundation, Airoli*, with a special band that created a lively atmosphere through Bollywood songs, dancing, and plenty of laughter. The morning was filled with happiness as children and members enthusiastically participated and shared in the fun, making it a truly memorable experience for everyone involved.



RSW
ROTARY SERVICE WEEK
2 to 9 Nov. 2025

SPECIALLY ABLED DAY
8th November 2025

Rotary Club of Mumbai Sher-E-Punjab

Rotary District 3141

60.D.S.

Specially-Abled Day Celebration
Organized by
Rotary Club of Mumbai Lakers

8th November, **Saturday** 11 AM - 1 PM

Together we celebrate courage, joy and the power of inclusion

Rtn. Francesco Arezzo
RI President

Rtn. Dr. Manish Motwani
District Governor

Rtn. Eakta Menon
President

Co-Host
RC of Mumbai Sher-E-Punjab, RC of Chandivali Mumbai & RC of Bombay Powai



**HAPPY
Birthday**

A BIRTHDAY CELEBRATION AT ASHIANA SCHOOL OF AUTISM

RCMSEP celebrated Simrit Nagi's special day with the specially abled autistic children at Ashiana School of Autism through a sumptuous meal and fruity treats, generously donated and sponsored by Rtn. Jasbir Nagi. As part of the Annapurna Smile Box project, ably led by Rtn. Seema Bhoocher, this thoughtful celebration created a joyful and heartwarming experience for all present.





THERMAL BREAST SCREENING CAMP

On 12th November, the Rotary Club of Mumbai Sher-E-Punjab successfully organized a Breast Screening Camp, during which 35 women were screened and all reports were found to be normal. The initiative aimed to promote awareness about early detection and preventive healthcare. The Club's next initiative will be held on 13th December—a Full Health Checkup for Staff, which will include complete blood tests and eye checkups with free vision glasses for plus numbers. The objective of this upcoming camp is to ensure the overall well-being of staff through comprehensive health assessments. All staff members are encouraged to participate, and residents are requested to motivate their staff to take advantage of this valuable health initiative.





A FUN-FILLED, MAGICAL CHILDREN'S DAY

RCMSEP celebrated its first Children's Day celebration with the children of *Chandrabhaga Vidya Mandir School, Malad East* on 14th November 2025. The event was a huge success, thanks to the engaging magic show by Magician Ranjan, who waded the children with his amazing tricks and illusions featuring a pigeon, bunny rabbit, white mouse, colourful hats, and scarves. The children also relished a delicious snack packets of samosas and sweets, generously sponsored by Vicky of Gulati Sweets. The Magician was a huge hit! The magician was sponsored by Rtn Amita Kastiya. The event was a fun-filled day for the children, creating memories to cherish. The club looks forward to more such events in the future!





RCMSEP SPREADS SMILES ON CHILDREN'S DAY

RCMSEP celebrated its second Children's Day event with great enthusiasm at ALM Park, Andheri East, on 14th November 2025. The celebration was organized for the children of *AngelXpress* and brought together around 200 young participants for a joyful and fun-filled evening. The highlight of the event was an engaging magic show by Magician Ranjan, who captivated the children with his amazing tricks and illusions, featuring a pigeon, bunny rabbit, white mouse, colourful hats, and scarves. The children thoroughly enjoyed the magical experience. Then a delicious spread of snacks, including noodles, was served, adding to the delight of the evening. This event was generously sponsored by Ayansh and Aditi, friends of Rotary, whose contribution played a key role in making the celebration successful. The Rotary Club of Mumbai Sher-E-Punjab distributed drinks and chocolates to all the children, while the Chingari Shakti Foundation gifted notebooks to support the young learners. RCMSEP extends heartfelt thanks to AngelXpress for partnering in this meaningful celebration. The club also deeply appreciates the presence of its members, the support of sponsors Ayansh and Aditi, and the wonderful performance by Magician Ranjan, which made the evening truly memorable for the children.



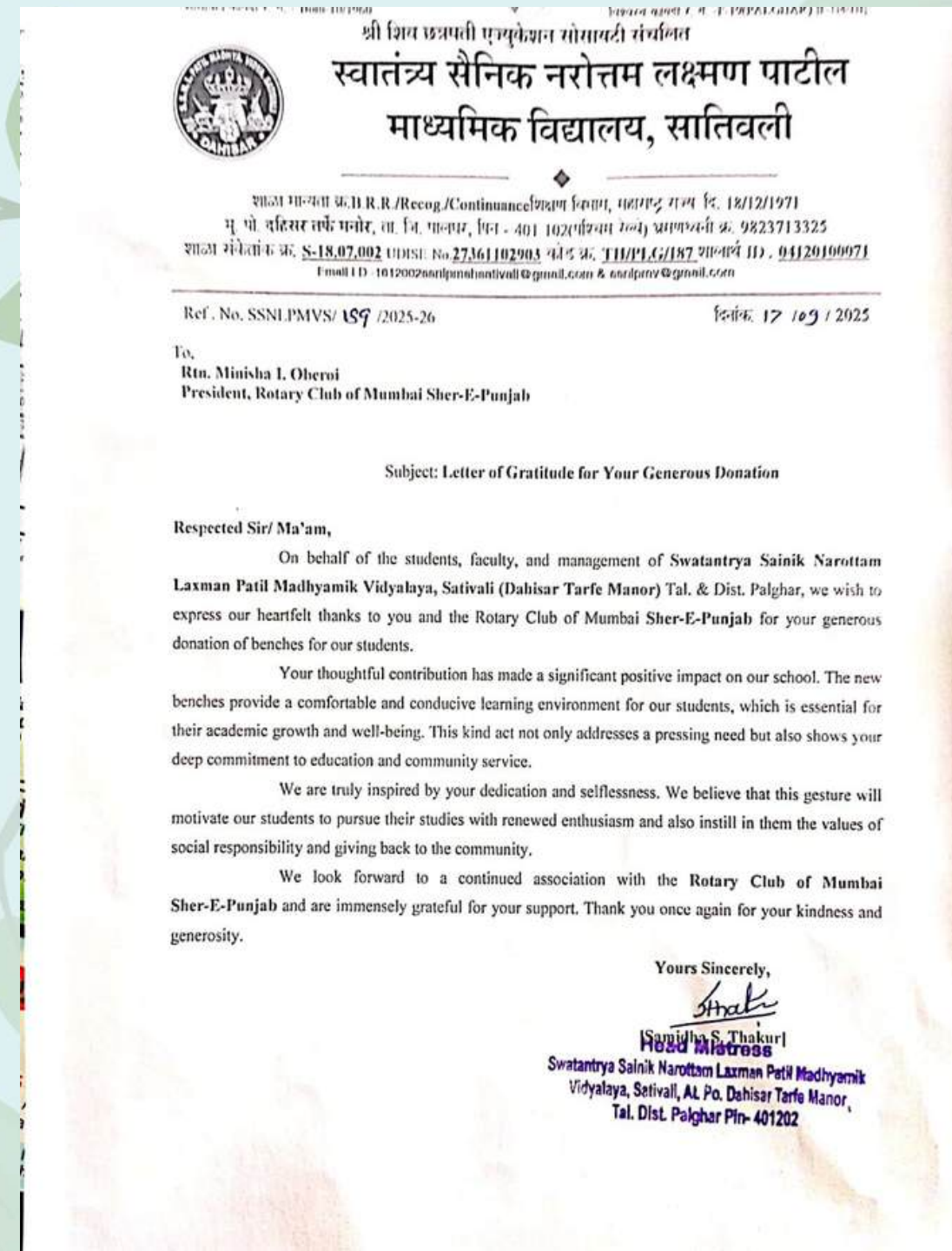
GREENER TOMORROW : RCMSEP PLANTATION DRIVE

As President of the RCMSEP, I am pleased to share the success of our plantation drive on 15th November 2025 at *Dream Park, Thakur Village*, conducted in collaboration with Friends of Trees, Rotaract Club JES College Parivartan, and JES NSS. Between 7:00–9:30 AM, we adopted 10 pits and provided 230 saplings along with compost and equipment, with 45 enthusiastic students and 3 club members participating with tremendous teamwork and dedication. At 9:30 AM, BMC officials and BJP representative Mr. Dave joined us and appreciated our efforts toward building a greener community. We concluded the activity with refreshments, a vote of thanks, and group photographs at the amphitheatre. My sincere gratitude to Mr. Subhash, Dr. Singh, and Adv. Rajiv from Friends of Trees for their invaluable support. The event wrapped up at 10:30 AM, leaving us with a deep sense of accomplishment and a renewed commitment to a greener Thakur Village.



A GIFT OF COMFORT AND OPPORTUNITY TO RURAL SCHOOLS

RCMSEP responded to requests from rural village schools by coordinating, along with Chingari Shakti Foundation, the transportation of 75 benches from Vivekanand High School to Palghar, where they were repaired and put to use for the children. The school management expressed deep gratitude for this thoughtful initiative, which has made a meaningful difference in their classrooms.



LOGOUT – DIGITAL DETOX SESSION

17th November, 2025

RCMSEP along with the Interact Club of Guru Nanak Bravehearts, organized a successful “Logout – Digital Detox Session” on 17th November at Guru Nanak English High School. Two impactful sessions were conducted by Rtn. Dr. Trupti Pai for over 200 students of standards 7 & 8 and 9 & 10, focusing on healthy screen habits and digital addiction awareness. Five club members were present. Special thanks to Principal Jasmeet and the management of Guru Nanak English High School for their support, and heartfelt gratitude to Dr. Trupti for delivering such an engaging and informative session.



A GIFT OF COMFORT AND OPPORTUNITY TO RURAL SCHOOLS

With hospitals constantly facing blood shortages—often a life-or-death concern for patients—RCMSEP joined hands with 21 Rotary clubs to organize a blood donation drive at Andheri Station on 18th November , successfully collecting 78 units .



Rotary District 3141

LET'S INSPIRE!

UNITE FOR GOOD

BLOOD DONATION CAMP

On- 18th Nov. 2025 | From 9.30am To 5.30pm

At Andheri Railway Station

Lead Host Clubs
RCM Gen X | RCM Iconic | RCM Neo

Co-Hosted by

RCM North End	RCB Mahakali Heights	RCB Film City	RCM Juhu	RCM North Island	RCB Juhu Beach
RC Bombay East	RCM Coastline	RCM Elegant	RCM Khar	RCM Nova	RCM Versova
RCM Bandra Kurla Complex	RCB Airport	RCM Elegant Plus	RCM West End	RCM Royale	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



A HIGH-IMPACT REVIEW OF 100 + PROJECTS

On 20th November 2025, RCMSEP held its *BOD Meeting, AGM, and Club Assembly* at Sher-e-Punjab Gymkhana, Poolside Conference Hall, with over 32 attendees including club members, guests, RCC representatives, and Interact and Rotaract leaders. The event was graced by Club Assistant Governor Mary Francis. The President and Board presented the club's performance report from 1st July to 16th November 2025, highlighting the successful completion of 106 medical and non-medical projects, which was highly appreciated by all present. Assistant Governor Mary Francis commended the club's visibility, teamwork, and impactful initiatives. The meeting concluded with fellowship and dinner, celebrating unity, efficiency, and a successful session conducted on time.



CPR AWARENESS SESSION : EQUIPPING RESIDENTS TO SAVE LIVES

RCMSEP, in collaboration with the Managing Committee of Joy Valencia, Jogeshwari- E, organized an informative and interactive CPR Awareness Session on 23rd November 2026 by Dr. Akshay Mehta (Interventional Cardiologist) and Dr Snigdha Mehta. The session was attended by around 100 residents and 3 club members. Dr. Mehta explained the difference between cardiac arrest and heart attack, and also demonstrated how to use an AED machine, making the session extremely helpful and practical for all attendees.



HIDDEN FAT, HIDDEN RISK: RCMSEP'S HEART HEALTH AWARENESS SESSION 28th November, 2025

RCMSEP organized a heart health awareness session titled "Hidden Fat, Hidden Risk" conducted by Dr. Misha Thakor and Dr. Ria. Dr. Misha carried out heart scans and explained the difference between subcutaneous fat and visceral fat, emphasizing how visceral or "hidden" fat around internal organs greatly increases the risk of heart disease, diabetes, and high blood pressure.



NEWSPAPER BAG MAKING WORKSHOP

27th November, 2025

On 27th November 2025, RCMSEP and Interact Club of Maruti Veers rocked the day with a newspaper-making session for Class 6 students and Interactors! What made it even more special? The sessions were led by the talented, specially-abled members of Jyotirmay Foundation . Two power-packed sessions that left everyone inspired! Principal Pramod Shukla was all praises for the initiative! A big thankyou to Jyotirmay Foundation for making it happen! 🙏



SPREADING THE JOY OF READING: RCMSEP JOINS PADHO BHARAT

On 28th November 2025, RCMSEP sent 100 storybooks to Malad as a contribution to the “Padho Bharat” initiative by the Rotary Club of Mumbai Bravehearts, in collaboration with Unify Collective, to be used for creating libraries.



MENSTRUAL HYGIENE AWARENESS SESSION REPORT

On 28th November, RCMSEP and the Interact Club of Guru Nanak Bravehearts organized a menstrual hygiene awareness session for the girls of Classes 6, 7, 8, 9, and 10. The session was conducted in collaboration with the Citizens Association for Child Rights (CACR). The resource person for the session was Rtn. Moha Kamal, who effectively explained the menstrual cycle and its significance. The session was informative, interactive, and easy to understand, ensuring that the students felt comfortable before discussing the detailed topics. This is a three-day awareness program, conducted once a week. The next session is scheduled for 3rd December.



LETS INSPIRE UNITE FOR GOOD

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

Dates:
 • 28th November
 • 3rd December
 • 10th December

cordially invite you to a

MENSTRUAL HYGIENE AWARENESS SESSION

By: Citizens Association for Child Rights
 Resource Person: Rtn. Moha Kamat

Topics Covered:

- Science behind menstruation
- Use of absorbents
- Challenges and solutions
- Hygiene practices
- Myths and taboos
- Period tracker

Venue: Guru Nanak English High School, Sher-E-Punjab

Participants: Girls of Classes 7, 8, 9 & 10

Time: 8:45 am to 10:00 am

Rtn. Minishaa I. Oberoi
 Rtn. Kiran Srivastava
 Rtn. Sukarma Khanna



DIGITAL DE-ADDICTION AWARENESS FOR TEENS

Digital Detox Alert! RCMSEP and Interact Club of Maruti Veers organized a De-addiction Awareness Session for Class 11 & 12 students and Interactors on 28th Nov 2025! Conducted by Rtn Vishal Patwa of RC of Addiction Prevention. A crucial initiative to promote digital wellness and a healthier lifestyle! 🙌 Kudos to the team for spreading awareness! Big thanks to Rtn Vishal Patwa and RC of Addiction Prevention for their efforts! Appreciated by the school management for promoting digital wellness among students!



GREEN ENVIRONMENT ART COMPETITION

Colours of creativity! 🎨 RCMSEP and Interact Club of Maruti Veers hosted a Drawing & Painting Competition on 'Green Environment' for students of the Interact Club on 28th nov 25! 🌿 Principal Aide Vikas Shukla graced the occasion as the judge and picked the top 3 winners! 🏆 1st Prize: Tamanna Pakira 🥉
Congratulations to the winners!



SPREADING WARMTH: BLANKET DONATION DRIVE

RCMSEP started its blanket donation drive, initiated by Rtn. Sunita Sharma, who distributed 70 blankets to the security and housekeeping staff of Takshila Society. 🙌 The initiative spread warmth, kindness, and heartfelt appreciation to those who serve the community every day.



ROTARY STUDY CENTRE SHINES IN KHUPRI VILLAGE

12 Rotary Clubs of District 3141, led by Rtn. Unnikrishnan of RC Mumbai Dahisar, came together to create the Rotary Study Centre in Khupri Village, with RCMSEP contributing 6 computer chairs, 7 Crompton fans, and competitive books.. The Centre was formally inaugurated by PDG Rtn. Shrirang Prabhu and Sarpanch Mr. Kishor Pawar, marking a proud milestone in community service.



As part of promoting environmental sustainability and reuse, RCMSEP donated a large truck load of gently used clothes, bags, and shoes to *Aahaar Sadan Sanstha*. This monthly project ensures that these items are regularly distributed to needy families in nearby villages and the club received a certificate of acknowledgment in appreciation of its continued support.



fssai

License Number
21521069001725



Rotary Club of Mumbai - Shet-E-Punjab

Donation of clothes , toys, Bedsheet etc.. (29-11-25)

We sincerely thank you for donating
supporting, trusting and encouraging

Aahaar Sadan Sanstha



Wankar
Chaitrali Wankar
(Founder)



9892776037



Aahaar.Sadan@gmail.com



9892776037



Aahaar Sadan
Sanstha

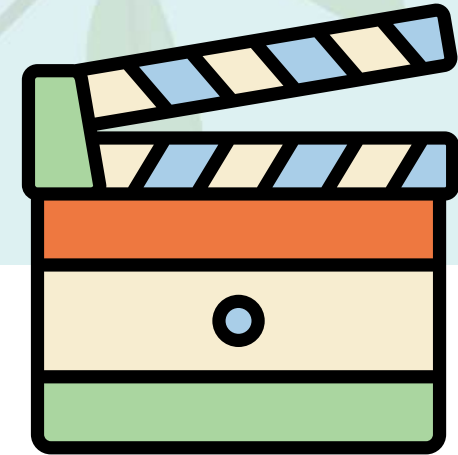


Aahaar Sadan
Sanstha



RTN. JASJIT BHATIA

JASSI'S BOLLYWOOD DIALOGUE RIDDLES



1. Who delivered the iconic courtroom line “Tareekh pe tareekh...” with roaring intensity?
2. Which superstar whispered “Main bhi toh ek insaan hoon...” while sitting quietly on a train platform?
3. Who warned, “Don’t angry me,” with a mix of charm and menace?
4. Who thundered the fierce line “Koi bhi rishta paap ka ho hi nahi sakta!” in a 90s classic?
5. Who said “Pushpa, I hate tears,” with heartbreaking charm?
6. Who whispered “Kitne aadmi the?” and changed the definition of terror onscreen?
7. Who delivered the punchline “Don ko pakadna mushkil hi nahi... namumkin hai!”?
8. Who uttered the poetic line “Aaj phir jeene ki tamanna hai...” with divine grace?
9. Whose teasing whisper “Mere khayalon ki malika...” became a cultural symbol of shyness?
10. Who said “Yeh dosti hum nahi todenge” with eternal loyalty?
11. Who declared “Saari duniya mein dhoond liya, tum jaise koi nahi mila!”?
12. Which actor growled “Kaun si badtameezi?” in a film full of fire?
13. Who said “Zindagi badi honi chahiye, lambi nahi.” in a timeless love story?
14. Who delivered the melancholic line “Main akela hi chala tha...” with poetic pain?
15. Who giggled the iconic “Main toh paida hi hoti hoti...” making madness adorable?







MEET OUR DISTRICT (3141) LEADERS



ASSISTANT GOVERNOR- 2025-26

Rtn. Mary Francis

Dr. Mary Francis is a diligent and seasoned senior Clinical Research professional with over 34 years of experience and extensive knowledge of global multinational clinical trials in the Pharmaceutical and Cosmetic industries.

She is currently the Director of Mascot Spincontrol, a Contract Research Organisation conducting clinical trials for leading cosmetic, personal care, and beauty brands.

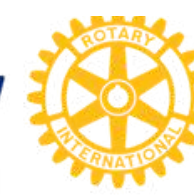
Dr. Mary is also the Founder and Director of CRIMSON, an institution that imparts clinical trial courses to Science Graduate and Postgraduate students, shaping young talent and strengthening the clinical research ecosystem.

Her Rotary journey is equally inspiring. She began as a Charter Member of the Rotary Club of Kanjurmarg (2019). She later joined the Rotary Club of Mumbai Elite, where she served as President for the Vision Year 2020–2021.

Over time, she has held several leadership roles, including Treasurer, Vice President, Mentor, and Trainer of Mumbai Kalakar. Presently, she serves as the Director of Membership for the Rotary Club of Mulund Hill View.

Dr. Mary Francis continues to be an exemplary leader whose experience, dedication, and passion for service make her an invaluable guide and inspiration to our club.



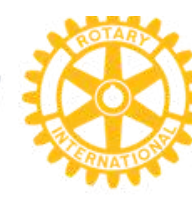


RTN. JASJIT BHATIA

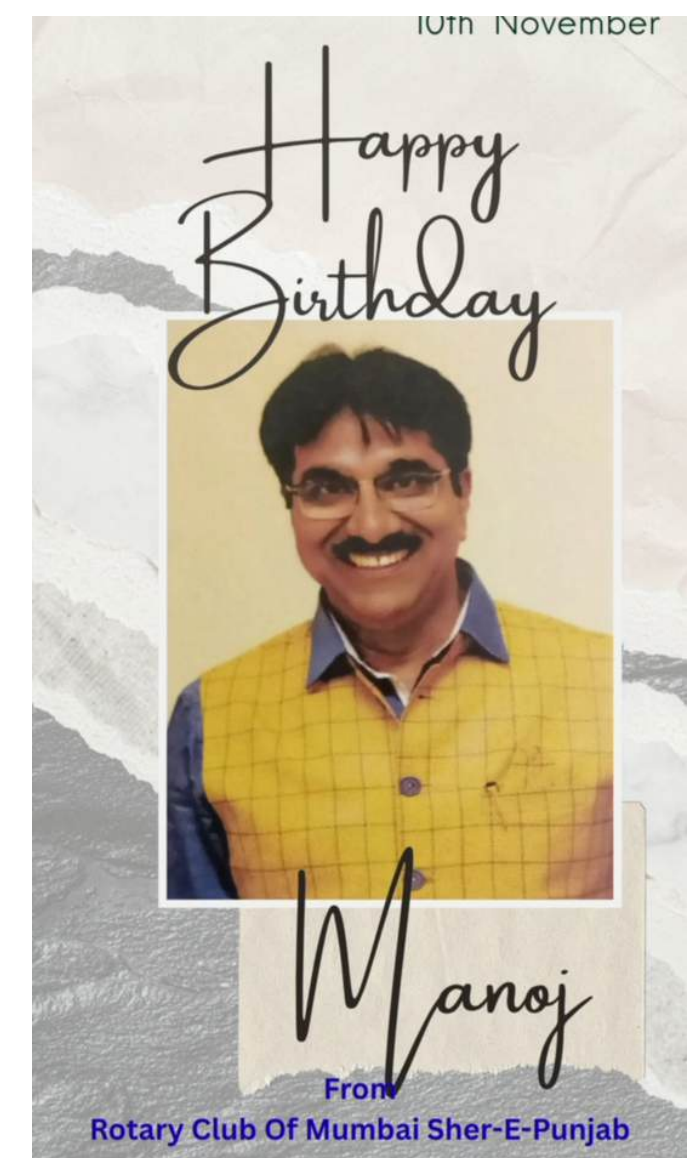
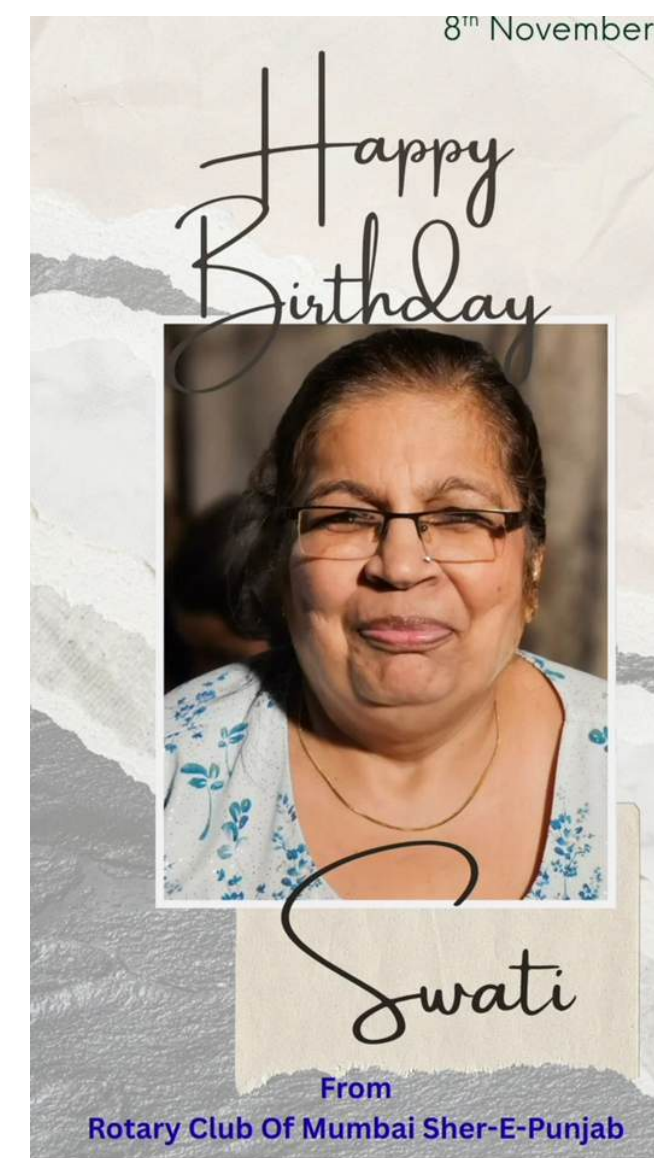
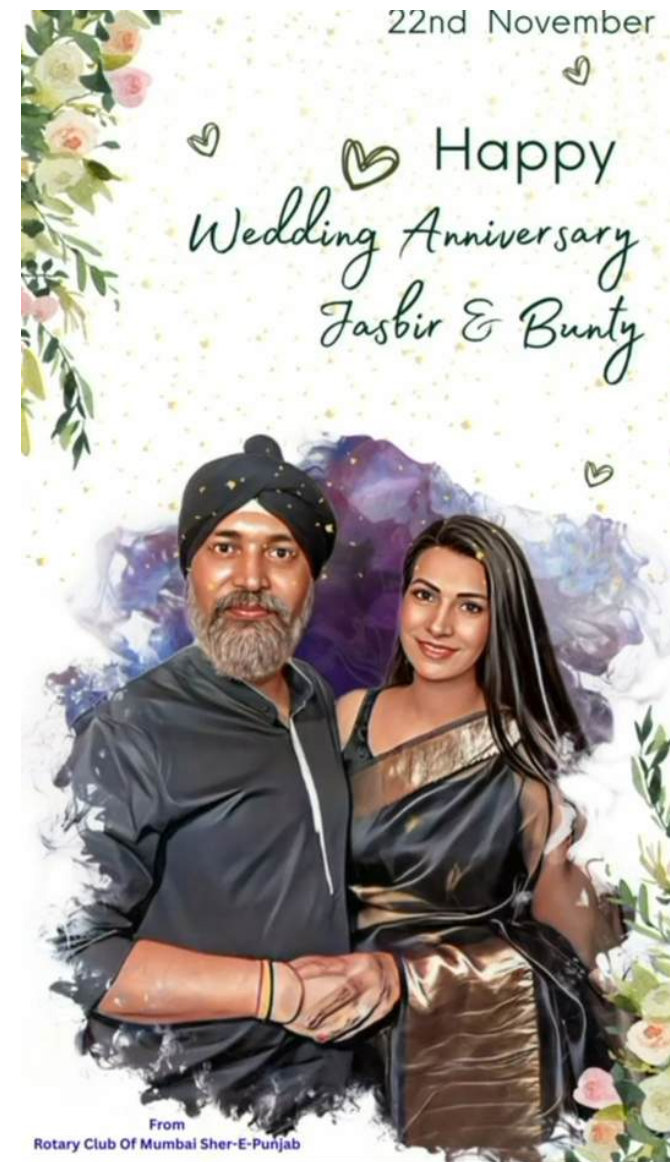
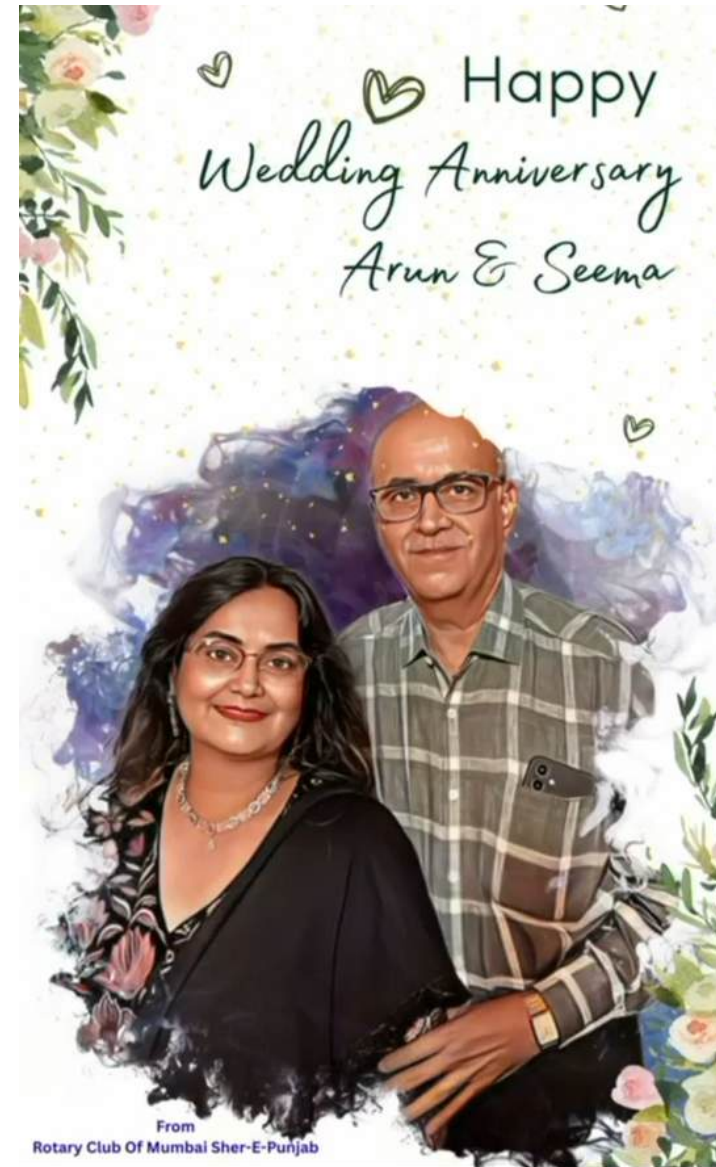
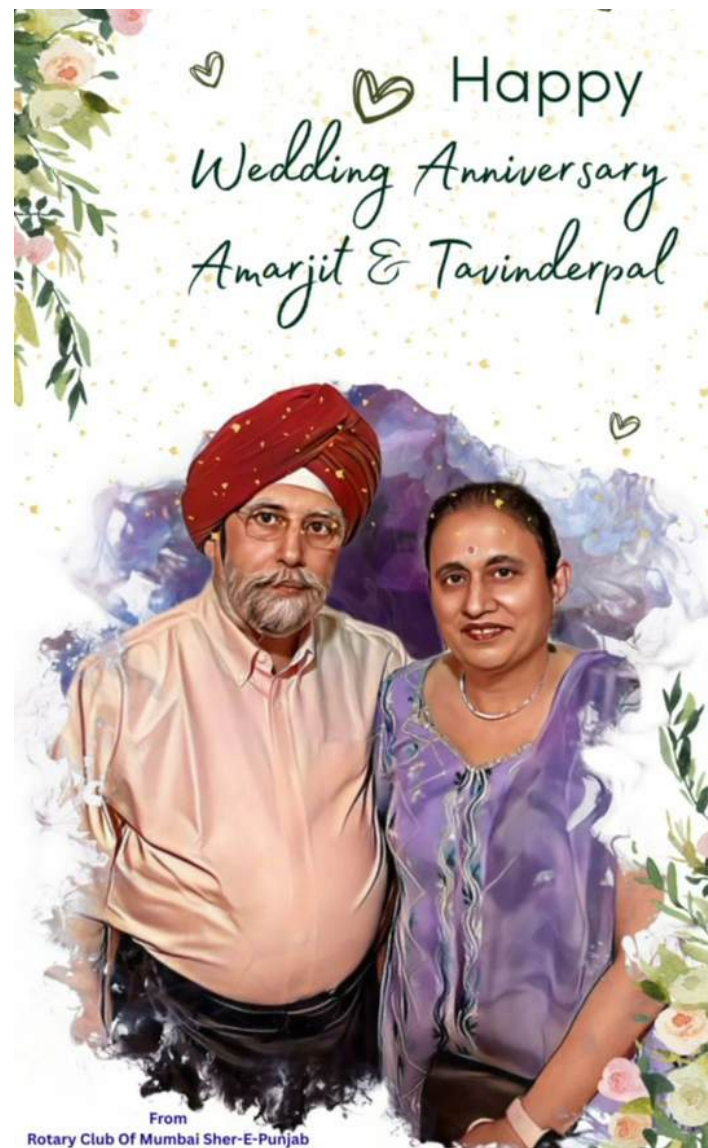
JASSI'S READ & RECALL CHALLENGE

ANSWERS TO OCTOBER ISSUE

- 1- Tavinderpal's hobby is reading book.
- 2- Naresh Khatri's favourite actor is Amitabh Bachchan
- 3- Deepak Wadhwa's favourite food is samosa.
- 4- Jasbeer Nagi's favourite song is kaun tuje.
- 5- Deepak Wadhwa's my mantra is be happy and make others happy
- 6- RCMSEP has a wonderful time celebrating Navratri with the specially abled children from MBA Foundation.
- 7- RCMSEP donated a Whirlpool microwave to the Happy Stray Animal Foundation in Goregaon.
- 8- RCMSEP and the interact club of Maruti Veers conducted a CPR training program for Class 9 and 10 students at RC Maruti High School, Andheri
- 9- RCMSEP successfully hosted an online workshop on cyber threats and cyber security in banking for Devi Prasad Goenka Management College of Media studies students.
- 10- First ever thermal mammography breast camp was organized by RCMSEP at Roshni Cooperative Society, Wadala.
- 11- Mental health awareness session was led by Dr. Shefali, who is MD Psychiatrist and Psychologist.
- 12- Gurupreet Singh Uppal is IT and Cybersecurity professional and founder and CEO of NEXORA.
- 13- Thermal mammography breast camp was a huge success with 30 ladies benefiting from radiation-free and painless screening.
- 14- 5 Members of the Rotary Club of Mumbai Sher-E-Punjab had a delightful morning at the park, courtesy an event sponsored by the Rotary Club of Bombay.
- 15- Eight orphaned puppies were rescued by animal welfare worker Naeem.
- 16- RCMSEP donated 5 huge bags of clothes cut pieces to Chingari Shakti Foundation worth RS. 15000.
- 17- The Blood Donation Drive in October successfully collected 63 bottles of blood .
- 18- RCMSEP sponsored 2 prizes for the 1st housie winners at Shere-E-Punjab Gymkhana's housie game.
- 19- The event diwali with dignity was celebrated with 70 members of the transgender community, gifting ₹1500 vouchers as gesture of love and respect.
- 20- RCMSEP extended support to Dahanu flood victims by donating 500 toothbrushes, 500 toothpaste tubes and 300 soaps.



NOVEMBER CELEBRATIONS





NOVEMBER CELEBRATIONS

21st November

Happy
Birthday



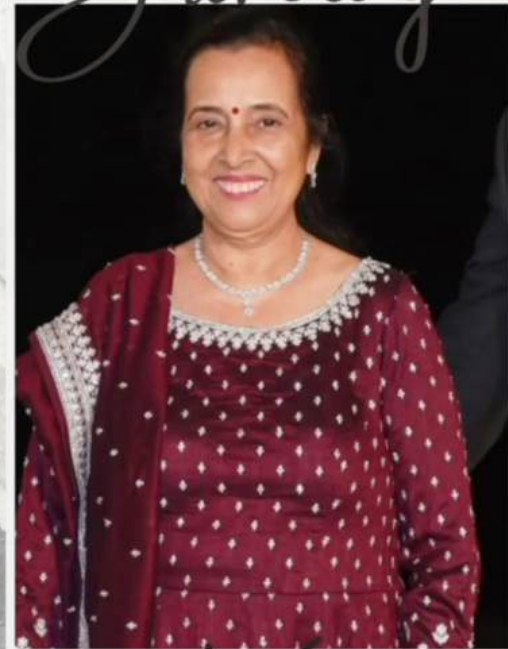
Pavinder

From

Rotary Club Of Mumbai Sher-E-Punjab

30th November

Happy
Birthday



Kiran

From

Rotary Club Of Mumbai Sher-E-Punjab

25th November

Happy
Birthday



Gurpreet

From

Rotary Club Of Mumbai Sher-E-Punjab

16th November

Happy
Birthday

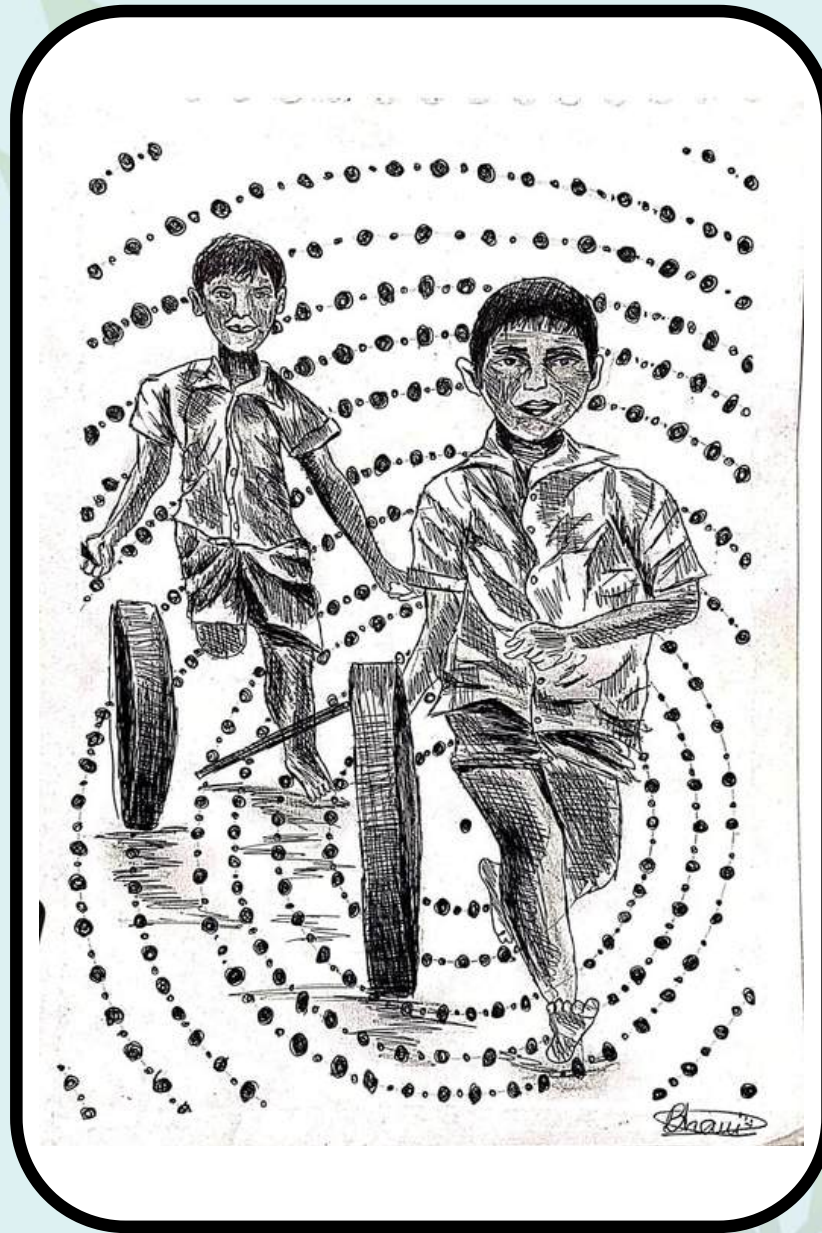


Mickey

From

Rotary Club Of Mumbai Sher-E-Punjab

Creative Corners: Rotary Family Showcase



Name - Bhavi Upadhyay
Std -10

Topic name "Growing Up Too Fast"

I love playing with my friends, but sometimes it feels like everything is changing. We used to play outside till it got dark, and now we're always on our phones. Our parents are always busy, and it's hard to find time to just have fun.

I remember when I was little, playing with tires and making up games. Now, we're always worried about school and what's going to happen next. It's like we're growing up too fast.

I like it when we can just be kids and play. It's okay to make mistakes and try new things. But sometimes it feels like the world is moving too fast, and we're getting left behind.

I wish we could just slow down and enjoy the little things. Like playing with my friends, laughing, and having fun. That's what makes me happy.



VISIBILITY OF CLUB PROJECTS GML INSPIRE (NOVEMBER ISSUE)

THE NEWS

November 2025

ROTARY CLUB OF MUMBAI SHER-E-PUNJAB Driving Meaningful Change Across Communities

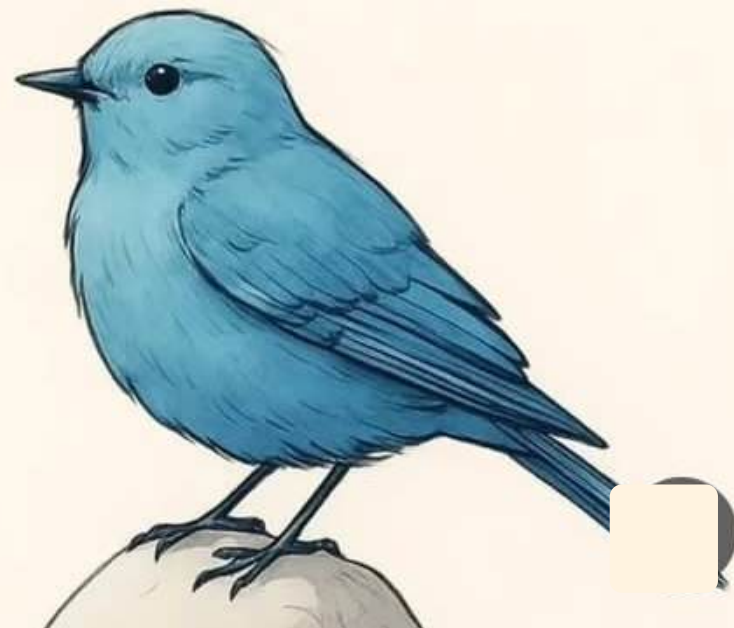
President: Rtn. Minishaa I Oberoi
Secretary: Rtn. Jotinder Singh Ahluwalia

<p>1. Eye Care Camp – Lead Host Venue: Keshav Shruti, Bhayandar Beneficiaries: 105 Attendance: 6 + 1 Project Cost: 30,250</p> <p>2. Cyber Crime Awareness Sessions – Lead Host (4 Camps) Session 1 – GES School, Goregaon West Beneficiaries: 50 Attendance: 4 Time: 8:00 am – 9:30 am Session 2 – MET College of Pharmacy Beneficiaries: 100 Attendance: 4 Time: 11:00 am – 12:30 pm Session 3 – Dignity Foundation, Jogeshwari East Beneficiaries: 80 Attendance: 7 + 3 guests Time: 11:00 am – 12:30 pm Session 4 – Rangoonwala Foundation, Jogeshwari East</p>	 <p>Beneficiaries: 110 Attendance: 5 + 3 guests Time: 4:00 pm – 5:30 pm</p> <p>3. Blood Donation Camp – Co-Host with RC Mumbai Lakers Date: 4 November 2025 Venue: Times Square Building, B-Wing, 6th Floor, Refuge Area Beneficiaries: 45 Attendance: 6</p> <p>4. Cervical & Breast Cancer Screening and Awareness Camp 1 – With RC Chandivali Mumbai Venue: Dr. Babasaheb Ambedkar Hospital, Tagore Nagar, Vikhroli East Beneficiaries: 52 (breast) + 37 (cervical)</p>	 <p>Attendance: 2 Time: 10:00 am – 4:00 pm Camp 2 – With RC Mumbai Lakers Beneficiaries: 101 Attendance: 3 Time: 9:30 am – 4:00 pm</p> <p>5. Senior Citizens Day – Lead Host Date: 6 November 2025 Three Venues: Venue 1 – Little Sisters of the Poor Home for the Aged, Andheri East Beneficiaries: 50 Attendance: 5 + 10 Interactors Time: 10:00 am – 12:00 pm Venue 2 – Dignity Foundation, Jogeshwari East (Co-host: RC Mumbai Kalakars)</p>	 <p>Beneficiaries: 100 Attendance: 5 + 10 Rotaractors (JES College – Parivartan) Time: 10:00 am – 12:00 pm Venue 3 – Balkanji Bari Hall, Ghatkopar Beneficiaries: 100 Attendance: 4 Time: 6:00 pm – 8:00 pm</p> <p>6. Unsung Hero Awards – Co-Host Date: 7 November 2025 Attendance: 5</p> <p>7. Specially Abled Day Celebration – Co-Host with RC Lakers Date: 8 November 2025 Beneficiaries: 80 Attendance: 4</p>
--	---	---	---

MUSING MOMENTS

Don't ask permission
to fly.

The wings are yours.
And the sky belongs
to no one.



We always work for a better tomorrow.
But when tomorrow comes, instead of enjoying,
we again think of a better tomorrow!
Let's have a better today.



Rotary
District 3141



**“Personality has power to uplift,
power to depress, power to curse,
and power to bless.”**

— Paul Harris
My Road to Rotary

**UNITE
FOR
GOOD**



**LETS
INSPIRE**

Aasha

Rotary Club Of Mumbai Sher-E-Punjab

Thank You