

UNITE
FOR
GOOD



LET'S
INSPIRE

AASHAYEIN

ROTARY CLUB OF MUMBAI SHER- E- PUNJAB

WEEKLY NEWSLETTER

VOLUME 35

1ST WEEK MARCH 2026

WATER, SANITATION AND HYGIENE MONTH

ROTARY REFLECTIONS:
VOICES OF THE WHEEL

The 12 Months of Rotary

January – Vocational Service Month

Focuses on using professional skills to serve society and uphold high ethical standards. Encourages Rotarians to contribute their expertise for community development.

February – Peacebuilding and Conflict Prevention Month

Promotes peace, harmony, and understanding across communities. Supports initiatives that prevent conflict and build lasting relationships.

March – Water, Sanitation and Hygiene Month

Highlights the importance of clean water, sanitation, and hygiene practices. Encourages sustainable projects that improve health and dignity.

April – Environmental Month

Focuses on improving healthcare for mothers and children. Supports nutrition, medical care, and safe childbirth initiatives.

May – Youth Service Month

Celebrates the power and potential of young people. Encourages leadership, learning, and youth-driven service projects.

June – Rotary Fellowships Month

Promotes friendship, networking, and shared interests among members. Strengthens global connections within the Rotary family.

July – Transition / New Leadership Month

Marks the beginning of the new Rotary year and leadership. Encourages fresh ideas, planning, and renewed commitment to service.

August – Membership and New Club Development Month

Focuses on growing Rotary's reach and strengthening membership. Encourages inclusion, engagement, and formation of new clubs.

September – Basic Education and Literacy Month

Highlights the importance of education and literacy for all. Supports initiatives that empower through knowledge and learning.

October – Community Economic Development Month

Focuses on creating sustainable livelihoods and economic growth. Encourages skill development and entrepreneurship in communities.

November – The Rotary Foundation Month

Celebrates the Foundation's role in funding impactful projects. Encourages contributions to support global humanitarian efforts.

December – Disease Prevention and Treatment Month

Focuses on improving health and preventing diseases. Supports medical camps, awareness drives, and healthcare access initiatives

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Club Treasurer: Rtn. Naresh Khatri

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

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1st week March 2026

**BASIC EDUCATION AND LITERACY ENVIRONMENT
ECONOMIC COMMUNITY SERVICE**

EMPOWERING DREAMS THROUGH COMPUTER DONATION FOR STUDENTS

On 1st March 2026, RCMSEP donated two All-in-One Computers to Shaista and Bhavna in Pune to support their college education, following a request raised by Rtn. Monica Menon for the girls from humble backgrounds whose parents work as domestic help. Heartfelt thanks to President Rtn. Minishaa for generously donating the computers and special appreciation to Rtn. Satinder Pal Ahluwalia for personally carrying them to Pune and ensuring safe delivery to the beneficiaries.



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1st week March 2026

ENVIRONMENT ECONOMIC COMMUNITY SERVICE

FROM COLLECTION TO COMPASSION: SHOES DONATED TO MAKE A DIFFERENCE

On 2nd March, RCMSEP supported sustainability and community welfare by sending approximately 400 pairs of shoes to Green Soles for reuse and redistribution. These shoes will be refurbished and provided to the underprivileged, offering comfort, dignity, and a step towards a better future.

GreenSoles
CARBON REDUCTION
CERTIFICATE

presented to

Rotary Club of Mumbai

Sher-E-Punjab

For saving 1.84 tons of CO2 emission

Goodwill Society, Kharghar donated 340 pairs of footwear and 64 pieces of all apparel to GreenSoles Foundation. This CO2 emissions calculation is as per the Audit Report by EMC, Mumbai 2021-22

Shreyansh



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1st week March 2026

CLUB SERVICE MEMBERSHIP DEVELOPMENT

CELEBRATING ACHIEVEMENTS AND PLANNING AHEAD: MEETING HIGHLIGHTS

On 4th March 2026, RCMSEP conducted a combined BOD and Club Meeting, reflecting on the success of Sparkle 2026 and discussing upcoming projects for Quarter 3 and Quarter 4. The meeting also marked the induction of a new member, Mr. Sujoy, along with certificate recognitions by Past President Jotinder Singh Ahluwalia, and concluded with fellowship, dinner, and music in a warm and celebratory atmosphere



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1st week March 2026

MATERNAL AND CHILD HEALTH DISEASE PREVENTION AND TREATMENT

PROMOTING PREVENTIVE HEALTHCARE THROUGH CANCER SCREENING INITIATIVE

On 7th March, RCMSEP, co-hosted with the RC Mumbai Lakers, a Cancer Screening Camp at Prashik Welfare Society, Aarey Colony Road, providing essential diagnostic and preventive healthcare services including kidney function tests such as BUN, Creatinine, Uric Acid, eGFR, and related parameters. The camp also focused on women's health through breast cancer screening and Pap smear tests, along with awareness sessions on early detection and healthy living, reflecting Rotary's commitment to community well-being



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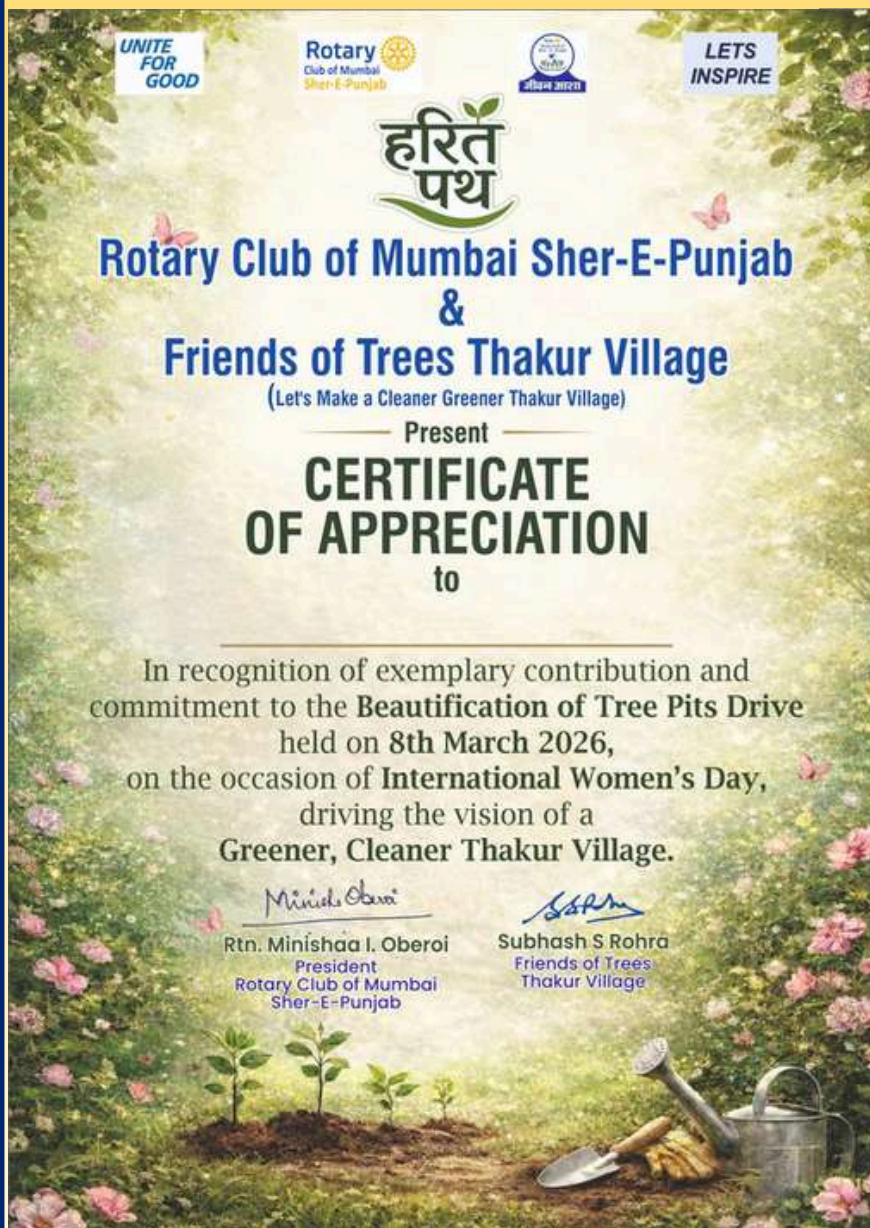
1st week March 2026

ENVIRONMENT
ECONOMIC COMMUNITY SERVICE

HAPPY
WOMEN'S
DAY

CELEBRATING WOMEN'S DAY WITH A GREEN MISSION AT THAKUR VILLAGE

On 8th March, in celebration of International Women's Day, RCMESP proudly supported the Friends of Trees initiative at Thakur Village by contributing liquid compost, compost, and certificates for the Beautification of Tree Pits Project. This meaningful initiative brought residents and students together to plant trees and shrubs, promoting environmental awareness, community participation, and care for greener spaces.



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1st week March 2026

MATERNAL AND CHILD HEALTH ECONOMIC COMMUNITY SERVICE

CELEBRATING WOMANHOOD WITH GRACE, JOY AND UNITY

On 8th March 2026, the Rotary Club of Mumbai Sher-E-Punjab, along with RCC Jeevdani Sevaks and Omark Mahila Mandal, organized a vibrant Women's Day celebration at Subhash Nagar, with around 125 ladies participating in games, activities, dance, and a lively pageant filled with joy and enthusiasm. The event included prize distribution, music, and delicious food, creating a festive atmosphere of bonding and empowerment,



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CELEBRATING WOMANHOOD WITH GRACE, JOY AND UNITY



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UPCOMING EVENTS

Rotary  **Rotary Club of Mumbai Sher-E-Punjab**
in collaboration with **MET** 
MET Institute of Pharmacy (Diploma)
Conducts
CPR TRAINING WORKSHOP
For Students and Teachers

Date: Wednesday, 11th March
Time: 2:30 PM – 4:00 PM

Venue:
MET Institute of Pharmacy (Diploma)
Opposite Liavati Hospital,
Bandra Reclamation,
Bandra West, Mumbai


The workshop will be conducted by:
Dr Akshay Mehta
Interventional Cardiologist

Topics Covered:

- Difference between heart attack and cardiac arrest
- Recognize and respond
- How to perform CPR
- How to use an AED Machine

Contact:
 **Rtn. Minishaa I. Oberoi (President)**
9322226475

11th March

Rotary  **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 Kuria Complex - RCM Elegant

Co-Hosted by

RCM North End	RCM Airport	RCM Juhu Beach	RCM Geo X
RCM Khar	RCM Bombay East	RCM Film City	RCM Versova
RCM North Island	RCM Juhu	RCM Nova	RCM Regala
RCM West End	RCM Elegant Plus	RCM Neo	RCM Sher-E-Punjab

Francesco Arezzo
RI President

Camp Co-ordinators
Anagha Chaudhary
Rajesh Desai

Dr. Manish Motwani
District Governor

9th March

ROTARY CLUB OF MUMBAI SHER-E-PUNJAB
ORGANISES

DENTAL CHECK-UP CAMP

for the Primary Students of
Little Flower English Medium High School

Conducted by:
Dr. Nikita Shah
Thursday, 12th March 2026

Venue:
Little Flower English Medium High School, Andheri East

Time:
1:00 PM – 4:00 PM

WITH THE SUPPORT OF:

- Rtn. Minishaa I. Oberoi – President
- Rtn. Sunita Sharma
- Rtn. Surjit Ahluwalia


Promoting Oral Health & *Brighter Smiles!*

12th March

ROTARY CLUB OF MUMBAI SHER-E-PUNJAB

Come join us for an evening of
Kashmiri Dance, music, food
and enjoy **Kashyap Mir**
Saturday 14th March 2026
Time: 6 pm onwards..
Venue: Kalpataru Estate Club House

14th 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**

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

Venue:
Sundernagar Aanganwadi
https://maps.app.goo.gl/Z3xvQvNAzqNeJ9Qz2?g_st=aw

Project Leads:

- Rtn. Seema
- Rtn. Swati

Serving the community through better health

17th March

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 The Happy Wheel - Fun Corner

WORDS IN DISGUISE

1

NEVER
OLD LEARN
OLD LEARN

2



3

BIG BIG
IGNORE IGNORE

4



5

— DEEF

6

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7

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Flavours of Fellowship

Lemon Iced Tea Cooler

Ingredients:

- 1 cup brewed tea (cooled)
- 1 tbsp lemon juice
- 1-2 tsp sugar or honey
- Ice cubes
- Lemon slices



Steps:

1. Brew tea & let it cool
2. Add lemon juice + sugar/honey
3. Stir well
4. Pour over ice & garnish with lemon slices

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Lemon Iced Tea Cooler



Recipe by :
Rtn. Aarti Jadhav

🍹 *Iced tea became popular after a heatwave at the 1904 World's Fair — hot tea wasn't selling, so it was served cold instead!*

Get your recipe featured in next Aashyein Weekly Magazine!

Contact Rtn. Seema Bhoocher

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The Happy Wheel - Fun Corner

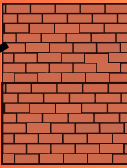
ANSWERS TO WORDS IN DISGUISE

1

IPOISEV

POISON IVY

2

MORAL 

MORAL SUPPORT

3


H₂O

BRIDGE OVER
TROUBLED
WATER

4



LOVE IS BLIND

5

DECI SION

SPLIT
DECISION

6

W8

WAIT

7

STO
NE

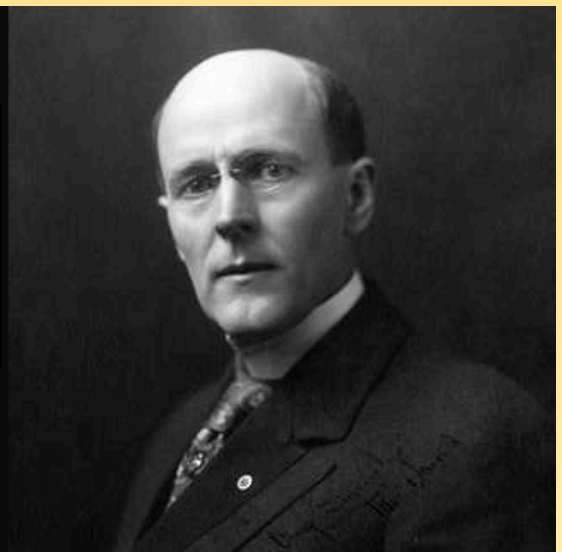
CORNER STONE

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Quote of the Week

**ROTARY EMPOWERS INDIVIDUALS TO SERVE
COMMUNITIES AND TRANSFORM LIVES WITH
PURPOSE.**

**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