

# 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



**Rtn. Sunita Gandhi**

I joined the Rotary Club of Mumbai Sher-E-Punjab in its charter year. Since then, the 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 friendships 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—so 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.



UNITE  
FOR  
GOOD



LETS  
INSPIRE

# AASHAYEIN

1st Week November

## DISEASE PREVENTION & TREATMENT ECONOMIC DEVELOPMENT



## HEALTH CHECKS, EYE CARE & SCHEMES

RCMSEP, in collaboration with Jeevdani Sewaks and Chingari Shakti Foundation, organized a Health Check-up, Eye Camp, and Government Scheme Application Seva for the underprivileged community at our RCC venue, offering blood tests, eye examinations, spectacles distribution, and Ayushman card registrations. The initiative reached 100 participants—completing 74 blood tests and 100 eye check-ups, distributing 67 spectacles, facilitating 15 Ayushman cards—and included the donation of 100 sanitary pads.



Date : 26th Oct 2025

RI Theme: Disease  
Prevention &  
Treatment, Economic  
Development

Location: Subhash  
Nagar Andheri East

Members Present: 4

Beneficiaries: 100



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

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





LETS  
INSPIRE



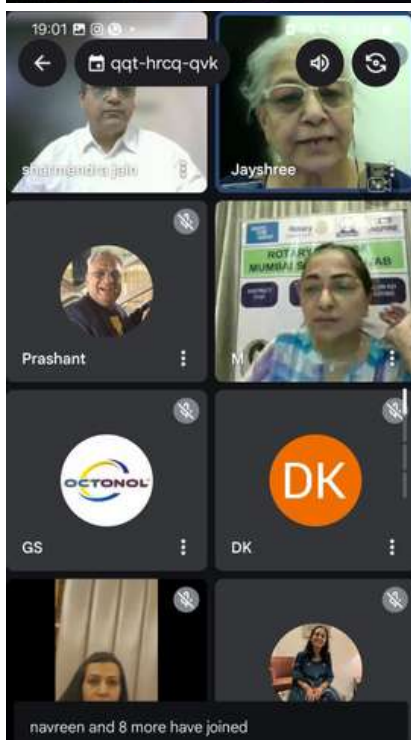
# AASHAYEIN

1st Week November

## COMMUNITY ECONOMIC DEVELOPMENT, BASIC EDUCATION & LITERACY

### FROM GOALS TO GAINS: AN EVENING ON WEALTH CREATION

RCMSEP and RC Filmcity jointly hosted an online speaker session on “Investments for Wealth Creation & Outline of Money Management.” The session featured market expert Mr. Avinnash Gorakshakar, who shared valuable insights on smart investing, goal setting, and effective risk management. He explained how to align portfolios with life goals, evaluate risk-return trade-offs, and avoid common behavioral biases

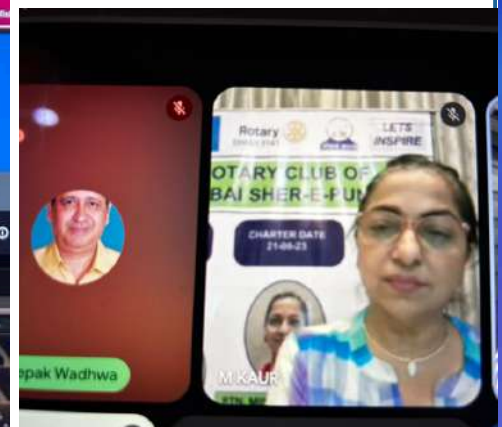


Date : 30th Oct 2025

RI Theme: Basic Education & Literacy

Location: Online

Members Present: 50



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

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



# AASHAYEIN

1st Week November

## ENVIRONMENT

### SPREADING JOY, SUSTAINABILITY AND GRATITUDE

RCMSEP donated a full truckload of shoes, bags and clothes to Aahar Sadan Sanstha, continuing its sustainability mission. The team received a heartfelt thank-you certificate for their contribution. RCMSEP continues to take steps towards saving the environment and supporting a noble cause!



Date : 1st Nov 2025

RI Theme: Economic  
Development,  
Environment

Location: Sher E Punjab

Members Present:1

Beneficiaries: 150

Amount: ₹15,000



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## The Happy Wheel - Fun Corner

FIND THE BOLLYWOOD SONG

1



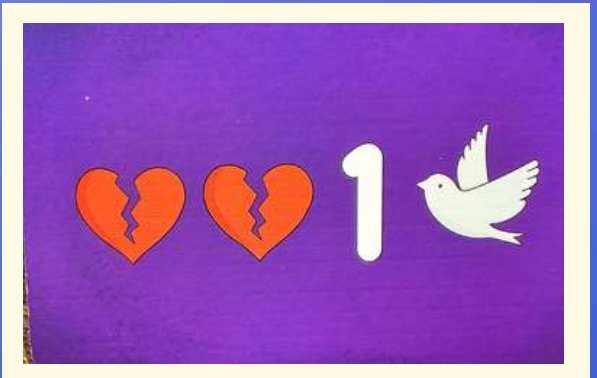
5



2



6



3



7



4



8



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## UPCOMING EVENTS









**★ ROTARY SERVICE WEEK 2025**  
**Upcoming Events 2nd -9th November**  
**ROTARY CLUB OF MUMBAI SHER E PUNJAB**

<p><b>EYE CARE</b>  <b>SUNDAY, 2<sup>ND</sup></b>  <b>TIME: 9:00 AM – 4:00 PM</b>  <b>KESHAV SRUSHTI,</b>  <b>UTTAN, BHAYANDAR</b></p>	<p><b>SENIOR CITIZENS' DAY</b>  <b>THURSDAY, 6<sup>TH</sup></b>  <b>HOME FOR THE AGED, ANDHERI - E</b>  <b>10:30 AM – 11:30 AM</b>  <b>DIGNITY FOUNDATION, JVL R</b>  <b>11:00 AM – 12:30 PM</b>  <b>MADHUBALA TO MADHURI</b>  <b>MUSICAL</b>  <b>BALKANJI BARI HALL, RAJAWADI</b>  <b>,GHATKOPAR (E)</b>  <b>4:00 PM – 6:00 PM</b></p>
<p><b>CYBERCRIME AWARENESS</b>  <b>MONDAY, 3<sup>RD</sup></b>  <b>GES SCHOOL, GOREGAON —</b>  <b>8:00 AM – 10:00 AM</b>  <b>MET COLLEGE OF PHARMACY</b>  <b>(DIPLOMA), BANDRA</b>  <b>11:00 AM – 1:00 PM</b>  <b>DIGNITY FOUNDATION,</b>  <b>JVL R -</b>  <b>11:00 AM – 1:00 PM</b>  <b>RANGOONWALA FOUNDATION,</b>  <b>JOGESHWARI (E)</b>  <b>4:00 PM – 6:00 PM</b></p>	<p><b>VOCATIONAL AWARDS</b>  <b>FRIDAY, 7<sup>TH</sup></b>  <b>TIME: 5:00 PM</b>  <b>YB CHAVAN AUDITORIUM</b></p>
<p><b>BLOOD DONATION</b>  <b>TUESDAY, 4<sup>TH</sup></b>  <b>10:00 AM – 4:00 PM</b>  <b>TIMES SQUARE, MAROL,</b></p>	<p><b>SPECIALLY ABLED</b>  <b>SATURDAY, 8<sup>TH</sup></b>  <b>MBA FOUNDATION, AIROLI</b>  <b>10:00 AM – 1:00 PM</b>  <b>&amp;</b>  <b>JOLLY GYM KHANA CLUB,</b>  <b>GHATKOPAR</b>  <b>4:00 PM – 6:00 PM</b></p>
<p><b>CERVICAL &amp; BREAST CANCER</b>  <b>WEDNESDAY 5<sup>TH</sup></b>  <b>TIME: 9:00 AM – 5:00 PM</b>  <b>CPAA, SANGHARSH NAGAR,</b>  <b>POWAI</b></p>	<p><b>HAPPY STREET</b>  <b>SUNDAY, 9<sup>TH</sup></b>  <b>6:00 AM – 10:00 AM</b>  <b>NS RD 10 , JUHU</b></p>

RTN. MINISHAA I OBEROI

RTN. KIRAN SRIVASTAVA

## 2nd -9th November



# AASHAYEIN



## UPCOMING EVENTS

**ROTARY SERVICE WEEK 2025**  
Upcoming Events 2nd - 9th November  
ROTARY CLUB OF MUMBAI SHER E PUNJAB

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RTN. MINISHAA I OBEROI RTN. KIRAN SRIVASTAVA

2<sup>nd</sup> - 9<sup>th</sup> Nov

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

**SARBAT DA BHALA**  
MEGA BLOOD DONATION CAMP  
**DONATE BLOOD**  
5 NOVEMBER 2025

ON THE AUSPICIOUS OCCASION OF GURU NANAK JAYANTI, LET'S DONATE BLOOD & FOLLOW HIS TEACHINGS OF-  
SEWA - Selfless Service  
VANDO CHHAKNA - Selfless Sharing  
SARBAT DA BHALA - Welfare for All

EACH DONATION CAN SAVE UPTO 4 HUMAN LIVES

JOIN US ON  
**5TH NOVEMBER**  
BETWEEN  
**10AM - 5PM**  
AT GURUDWARA  
SRI GURU NANAK DARBAR,  
SHEREPUNJAB, ANDHERI - E

\*Healthy individuals aged 18 - 65 can donate

**EARN**  
THE BLESSINGS OF GURU NANAK DEV JI,  
A CERTIFICATE & A TOKEN GIFT

IN ASSOCIATION WITH: ST. GEORGE'S HOSPITAL, ROTARACT CLUB OF JES COLLEGE - PARIVARTAN & GURUDWARA SRI GURU NANAK DARBAR  
FOR MORE INFORMATION: 93222 26475, 98226 9465, 93205 48555, 98923 18846, 98200 82854

5<sup>th</sup> Nov

**ROTARY CLUB OF MUMBAI SHER E PUNJAB**

Rotary in association Chingari Shakti Foundation

**FREE MEDICAL HEALTH CHECK-UP CAMP**

invites the staff of Joy Valencia CHS Ltd., Jogeshwari (East), Mumbai

Thursday, 6th November 2025  
10:00 AM – 4:00 PM  
Joy Valencia CHS Ltd.

**Free Tests:**

- CBC
- Blood Sugar (Fasting & Random)
- Blood Pressure
- Vitamin D
- Vitamin B12
- Total Cholesterol
- TSH
- Basic Eye Check-up (Free spectacles)

For more information: Contact Rtn. Minishaa I. Oberoi  
Let's prioritize the health of our unsung heroes!

6<sup>th</sup> Nov

Rotary Club of Mumbai Sher-E-Punjab presents a

**2-DAY BREAST THERMAL SCREENING CAMP**  
in collaboration with  
**Nana Palkar Smruti Samiti**

**EVENT DETAILS:**  
Date: 6th (Thursday) & 7th (Friday)  
Venue: Vasant Oasis, Marol

**SCREENING HIGHLIGHTS**

- Radiation-free and painless thermal screening
- Conducted in a mobile van
- Eligibility: Women aged 25-70 years
- Up to 25 women can undergo screening per day
- Immediate reporting

**For More Information:**  
Contact Rtn. Minishaa I. Oberoi (President) or Rtn. Dr. Surjit Ahluwalia

6<sup>th</sup> 7<sup>th</sup> Nov

**ROTARY CLUB OF MUMBAI SHER - E - PUNJAB**  
presents  
**HAPPY STREET**

**SUNDAY, NOVEMBER 09**  
06:30 AM – 09:30 AM  
NS Road No. 10, Juhu

Join Us for a Spectacular Fun morning!

9<sup>th</sup> Nov

**ROTARY CLUB OF MUMBAI SHER E PUNJAB**  
joins hands with  
**FRIENDS OF TREES THAKUR VILLAGE**

Join Us in Creating a Greener, Cleaner Thakur Village

Celebrate Children's Day with a special Green Initiative  
Date: 15th November 2025  
Time: 7:00 AM – 9:00 AM  
Venue: Thakur Village, Kandivli

Plant 200 shrubs around 10 trees, enhancing the greenery and beauty of the neighbourhood.

This initiative celebrates the true spirit of sewa, nature, and community, inspiring young minds to grow with care for the planet.

Partner: Rotaract Club of JES College - Parivartan  
Rtn. Minishaa I Oberoi 9322226475 Rtn. Kiran Srivastava 9892618546

15<sup>th</sup> Nov

# AASHAYEIN



## The Happy Wheel - Fun Corner

### ANSWERS TO MIND MINGLE

DECIPHER THE WORD OR PHRASE

1

come      table  
            table  
            table  
            table

comfortable

2

XQQQQQME

excuse me

3

W A T E R

waterfall

4

abcdefghijklm  
nopqrstuvwxyz

missing you

5

TRAVEL  
CCCCCCC

travel overseas

6

T I M E  
ABDEFG

long time no see

7

VICE + VICE

advice

8

LEM  
—  
AID

lemonade

9

ONCE IN A  
MOON

once in a blue moon

10

SEC OND

split second



# AASHAYEIN

## Vaastu Corner

1st Week November

By Rtn. Arun Bhoocher

(Under Guidance of Niilesh N Shah )

### THE BRAHMASTHAN

#### ✔ Do's (Auspicious Practices)

Keep this zone open to the sky or with a skylight/dome.

Ideal for a courtyard, atrium, meditation, or pooja space.

Flooring should be white marble, light stone, or cream-colored tiles.

Maintain symmetry — the structure should ideally be balanced around this point.

If possible, mark it with a small symbol of Brahma, Om, or Swastika.

#### ❌ Don'ts (Prohibited Constructions)

Avoid placing the following in or near the Brahmasthan:

Pillars, beams, or columns

Stairs, walls, or partitions

Toilets or bathrooms

Kitchen or pantry

Storage rooms or heavy furniture

Underground tanks, septic tanks, or borewells

Electrical equipment or generators



# AASHAYEIN

## *Flavours of Fellowship*

1st Week November

### 🥗 CREAMY SALAD 😊

#### Ingredients:

Green and purple imported grapes – sliced into halves 🍇

Pomegranate – peeled and ready to use ❤️

Apple – diced into small cubes 🍏

Grated carrots 🥕

Finely chopped cabbage 🥬

Green, yellow & red bell peppers – chopped 🌈

1 pouch mayonnaise

A pinch of pepper 🧂

Chopped walnuts 🌰



#### Method:

1. In a large bowl, combine the grapes, pomegranate, apple, carrots, cabbage, and bell peppers.
2. Add the mayonnaise and sprinkle a little pepper.
3. Toss everything gently until well mixed.
4. Top it with chopped walnuts.
5. Chill before serving – and enjoy this crunchy, creamy, colorful salad! 😊



# AASHAYEIN

## ***Masala Macaroni***



*Recipe by :  
Rtn. Seema Bhoocher*

**Fun Fact:** 🥗 Did you know that the combination of fruits and veggies in a salad like this gives you a perfect balance of vitamins and antioxidants – it's like eating a rainbow that boosts your mood and your immunity at the same time! 🌈💪

Get your recipe featured in next Aashyein Weekly Magazine!

**Contact Rtn. Seema Bhoocher**

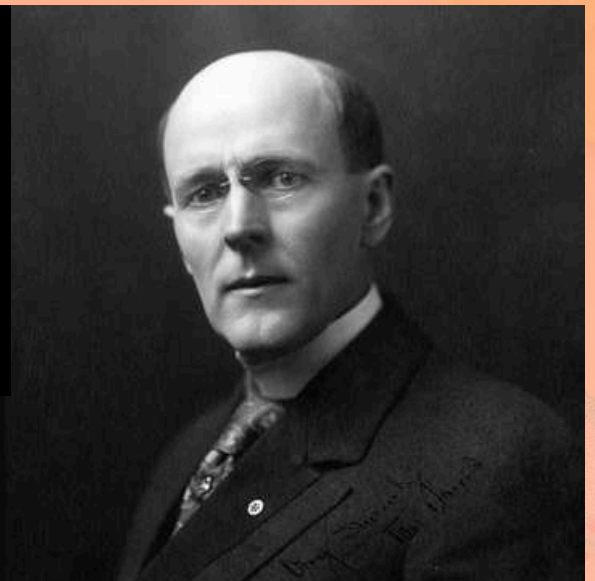
# AASHAYEIN

1st Week November

## Quote of the Week

*"The best way to know yourself is to serve others."*

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