

AASHAYEIN

ROTARY CLUB OF MUMBAI SHER- E- PUNJAB

WEEKLY NEWSLETTER



VOLUME 14
1ST WEEK OCTOBER
ECONOMIC DEVELOPMENT MONTH

ROTARY REFLECTIONS: VOICES OF THE WHEEL



A Single Candle, A Thousand Lights

Last week, as I stood under the shade of a solar lamp installed in a small village, I couldn't help but think—this one light was made possible because a few of us decided to act. Alone, I could have lit one bulb. But with Rotary, that effort can get multiplied into lighting up hundreds of homes.

That is the magic of Rotary. It takes your small act of service, your one drop of effort and turns it into an ocean of impact. Here, our resources grow, our reach extends and together we become a force much bigger than ourselves.

For me, this journey is deeply personal. I care about our planet and every solar panel installed is not just a piece of technology, but a promise of a cleaner tomorrow. At the same time, I worry about another invisible danger—cyber threats. Just as we protect our environment, we must also protect our digital lives. A careless click can cause more damage than we imagine and awareness is our first line of defense.

Rotary gives us the platform to spread both hope and awareness—to light up villages, to safeguard communities and to inspire change. And the best part? We don't do it alone. We do it together, as one RCMSEP family, amplifying each other's strengths.

So the next time you wonder if your effort matters, remember this: one candle may light a room, but a thousand candles light up the world. And Rotary is where that spark begins.



Rtn. Gurpreet Singh

UNITE
FOR
GOOD

Rotary
District 3141



LET'S
INSPIRE

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1st Week October

CLUB SERVICE : INSTALLATION

INSTALLATION CEREMENYOY OF RCC JEEVDANI SEVAKS

RCMSEP celebrated a momentous occasion with the installation of their RCC, beginning the event by seeking the blessings of Maa Durga. The evening brimmed with joy and togetherness as members rejoiced in the festivities, forging lasting bonds with the RCC members.



Date : 30th Sept 2025
RI Theme: Club
Service
Location: Subash
Nagar, Andheri east
Members Present: 6
Amount: ₹ 1000



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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District 3141



LET'S
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Rotary Club of Mumbai Sher-E-Punjab & Interact Club of Gurunank Bravehearts cordially invite you to attend

CPR WORKSHOP

Conducted by:
Critical Care Unified Team

30th September
11:00 AM - 12:00 PM
Guru Nanak English High School, Andheri (East)

What You Will Learn

- How to identify the difference between a Heart Attack and Cardiac Arrest
- How to perform CPR effectively
- Do's and Don'ts in an Emergency

Contact: Rtn. Minishaa I. Oberoi

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1st Week October

DISEASE PREVENTION & TREATMENT



CPR TRAINING FOR SCHOOL CHILDREN

RCMSEP, in collaboration with the Interact Club of Guru Nanak Bravehearts, organized a CPR Training Workshop conducted by our district partners, the Critical Care Unified Team, led by Ms. Lily, Ms. Manpreet, and Mr. Sachin. It was a wonderfully informative and engaging session. Students received hands-on training using CPR dummies and learned essential life-saving techniques, including mouth-to-mouth resuscitation and chest compressions.



Date :30th Sept 2025

RI Theme: Disease Prevention & Treatment

Location: Guru Nanak English High School, Andheri-E

Members Present: 1

Amount: ₹2000



District Governor: Rtn. Manish Motwani
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1st Week October

SMILE BOX-ANNA PURNA,
DISABILITY TO ABILITY

NAVRATRI CELEBRATIONS WITH MBA FOUNDATION

RCMSEP had a wonderful time celebrating Navratri with the specially-abled children from MBA Foundation. The festivities included a delicious पाव भाजी lunch and yummy seviyan. The highlight of the event was everyone dancing to the tunes of Gujarati songs and Bollywood hits, enjoying a lively गरबा session in the afternoon.



Date : 1st Oct 2025
RI Theme: Annapurna,
Disability to Ability
Location : MBA
Foundation, Airoli
Members Present: 11
Amount: ₹25,800



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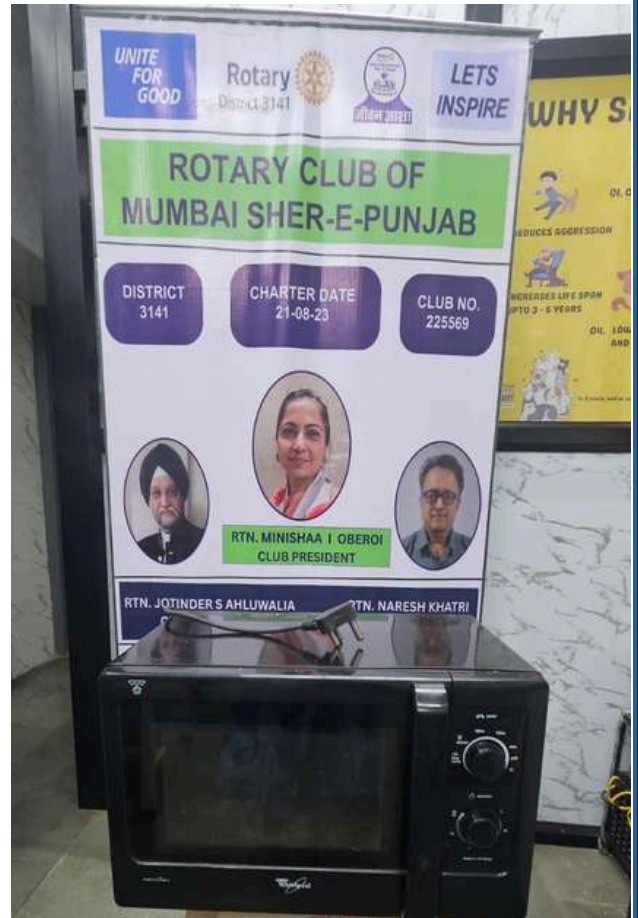
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1st Week October

**RAW:
DISEASE PREVENTION AND TREATMENT**

DONATION OF MICROWAVE TO HAPPY STRAY ANIMAL FOUNDATION

RCMSEP donated a Whirlpool microwave to the Happy Stray Animal Foundation in Goregaon, generously sponsored by club friend Ms. Ritu. The foundation team expressed immense gratitude, as the contribution will significantly support their daily efforts in caring for stray animals

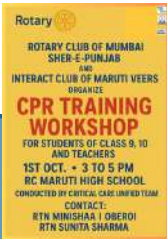


Date : 3rd Oct 2025
RI Theme: Disease
Prevention and
Treatment
Location: Goregaon
East
Members Present: 2
Amount: ₹ 15,000



District Governor: Rtn. Manish Motwani
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1st Week October

DISEASE PREVENTION & TREATMENT



CPR TRAINING FOR SCHOOL CHILDREN

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. The session, led by the Critical Care Unified Team comprising Ms. Manpreet and Ms. Lily, educated students on the importance of CPR, essential dos and don'ts during cardiac emergencies and how to assist patients in need.



Date : 1st Oct 2025

**RI Theme: Disease
Prevention &
Treatment**

**Location: RC Maruti
School**

**Members Present : 1
Students: 70**

Amount: ₹ 2,000



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1st Week October



UPCOMING EVENTS

Rotary CLUB OF MUMBAI SHER-E-PUNJAB presents

MENTAL HEALTH AWARENESS SESSION

Topic: Nurturing Mental Health in Adolescence: Navigating Life's Challenges

with Dr. Shefali

October 7th, 2025
10:00 AM – 10:45 AM

Goregaon Education Society's Scholooos, Activity Hall, Rd. No. 14, Jawahar Nagar, Goregaon West, Mumbai

Let's prioritize mental well-being together!

Rtn. Minishaa I Oberoi (President) Rtn. Jasjit Bhatia

7th Oct

DEVIPRASAD GOENKA MANAGEMENT COLLEGE OF MEDIA STUDIES (DGMC) IN COLLABORATION WITH

Rotary Club of Mumbai Sher-E-Punjab presents:

CYBER THREATS AND CYBERSECURITY IN BANKING

October 7th, 2025
2:00 PM - 3:00 PM

Rtn. Gurpreet Singh Uppal
IT & Cybersecurity Professional, Founder & CEO, NEXORA

7th Oct

Rotary CLUB OF MUMBAI SHER-E-PUNJAB

Organizes its First Breast Thermal Screening Camp

In collaboration with Nana Palkar Smrutl Samiti

Screening conducted in a Mobile Van using Thermalatic Machine

✓ Radiation-Free ✓ Painless ✓ Completely Safe ✓ Immediate Reporting

For Women aged 25-70 years
Up to 25 women can undergo screening per day

Date: 8th October 2025
Time: 9:00 AM to 4:00 PM
Venue: Roshni Cooperative Housing Society, Wadala East, Mumbai - 37

For details, contact:
Rtn. Minishaa I Oberoi (President)
Rtn. Dr. Surjit Ahluwalia

8th Oct

ROTARY CLUB OF MUMBAI SHER-E-PUNJAB

Invites You to Our Board of Directors & Club Meeting along with a Special Informative Session

Date: Thursday, 9th October 2025
Time: 6:30 PM
Venue: Sher-E-Punjab Poolside Hall

Topic: "Decoding Rotary Positions and Responsibilities"
Speaker: Rtn. Jotinder Singh Ahluwalia

Special Activity: Make Your Senior Citizens Cards!
A unique initiative to serve and support our elderly community members

We look forward to an evening of learning, fellowship, and meaningful service!

Warm regards,
Rtn. Minishaa I Oberoi
President,
Rotary Club of Mumbai Sher-E-Punjab

9th Oct

Rotary CLUB OF MUMBAI SHER-E-PUNJAB

DR. Manish Motwani & The Inner Core Team invite You To The

MEMBERSHIP & PUBLIC IMAGE SEMINAR

BUILDING A STRONG ROTARY 3141

Rtn. Sourabh Sonawala
Group & Service Head, Public Image

Rtn. Ravl Jaswani
Group & Service Head, Public Image

12th October, 2025, Sunday
Rotary Service Centre, Juhu

09:30 AM - 10:00 AM
Registration & Breakfast

CO-HOSTING 2025-2026
CO-HOSTING PLATFORM: PSL 2025

President: Rtn. Manish Motwani
Secretary: Rtn. Dr. Surjit Ahluwalia
Treasurer: Rtn. Nisha Sonawala
Service Head: Rtn. Dr. Surjit Ahluwalia

inspire@rotary3141.com | +91 88672 37928 | letsinspire3141@gmail.com

12th Oct

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Flavours of Fellowship

1st Week October

Thecha Aloo

Ingredients:

- 6–7 green chillies
- 1 tbsp jeera (cumin seeds)
- Sendha namak (rock salt) – to taste
- ¼ cup peanuts
- A generous handful of fresh coriander leaves & stems
- 8–10 curry leaves
- Juice of ½ lime
- 4–5 medium-sized boiled potatoes (diced)
- 1–2 tsp oil



Method:

1. **Dry Roast:**
2. **Heat a pan on medium flame. Dry roast the green chillies and peanuts together for a few seconds, stirring continuously to avoid burning.**
3. **Cool & Grind:**
4. **Let the roasted chillies and peanuts cool slightly. Then, add coriander leaves and stems, jeera, and rock salt. Coarsely grind everything together (don't make a fine paste).**
5. **Temper & Toss:**
6. **In a pan, heat a little oil. Add curry leaves and let them crackle.**
7. **Add the diced boiled potatoes and a pinch of salt. Toss well.**
8. **Mix in Thecha:**
9. **Add the coarsely ground thecha mixture to the potatoes and mix gently until evenly coated.**
10. **Finish:**
11. **Turn off the heat and squeeze in the lemon juice. Mix once again and serve hot!**

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Thecha Aloo

1st Week October



*Recipe by :
Rtn. Jasbeer Negi*

Fun Fact:

Did you know that Thecha literally means “to crush” in Marathi? This fiery Maharashtrian condiment was traditionally made by pounding green chillies, garlic, and peanuts using a mortar and pestle – giving it that rustic, smoky punch!  When tossed with potatoes, it turns into the ultimate comfort-spicy combo: Thecha Aloo! 😊

Get your recipe featured in next Aashyein Weekly Magazine!

Contact Rtn. Seema Bhoocher



The Happy Wheel - Fun Corner

MIND MINGLE !

1. Who is the current Secretary-General of the United Nations (as of 2025)?

- A. Ban Ki-moon
- B. António Guterres
- C. Kofi Annan
- D. Boutros Boutros-Ghali

6. Which Indian freedom fighter gave the slogan “Inquilab Zindabad”?

- A. Bhagat Singh
- B. Subhas Chandra Bose
- C. Lala Lajpat Rai
- D. Chandrashekhar Azad

2. Which country will host the 2028 Summer Olympics?

- A. Paris
- B. Los Angeles
- C. Tokyo
- D. Beijing

7. Which is the largest mangrove forest in India?

- A. Pichavaram
- B. Sundarbans
- C. Bhitarkanika
- D. Godavari Delta

3. Who was the Governor-General of India during the 1857 Revolt?

- A. Lord Dalhousie
- B. Lord Canning
- C. Lord Curzon
- D. Lord Hastings

8. Which river is also known as the “Sorrow of Bihar”?

- A. Yamuna
- B. Kosi
- C. Ghaghara
- D. Chambal

4. Which country hosted the 2016 Summer Olympics?

- A. Japan
- B. Brazil
- C. UK
- D. China

9. Who won the FIFA World Cup 2022?

- A. France
- B. Argentina
- C. Brazil
- D. Germany

5. Who developed the theory of relativity?

- A. Isaac Newton
- B. Albert Einstein
- C. Galileo Galilei
- D. Stephen Hawking

10. What is the motto of the Indian Air Force?

- A. Satyameva Jayate
- B. Touch the Sky with Glory
- C. Service Before Self
- D. Always Alert

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Vaastu Corner

1st Week October

By Rtn. Arun Bhoocher

(Under Guidance of Niilesh N Shah)

THE ENTRANCE

DO'S

PLACE NAMEPLATE (PREFERABLY METAL IF NORTH-FACING, WOODEN IF EAST/SOUTH-FACING).

USE AUSPICIOUS SYMBOLS (SWASTIK, OM, ETC.) IF DESIRED.

ENSURE THE ENTRANCE IS CLUTTER-FREE.

DON'TS

AVOID PLACING A BATHROOM, SHOE RACK, OR CLUTTER DIRECTLY OPPOSITE THE MAIN ENTRANCE.

NO MIRROR DIRECTLY FACING THE DOOR (IT PUSHES POSITIVE ENERGY AWAY).

AVOID THORNY PLANTS OR GARBAGE BINS NEAR THE ENTRANCE.



★ Remedies for Less Auspicious Entrances

South-facing: Place a Vastu pyramid or reflective symbols above the door, use red/brown shades, and keep the entrance well-lit.

South-West entrance: Keep a heavy wooden door, place Ganesha/Om symbol, and ensure interior is balanced with crystals or vastu remedies.

West-facing: Acceptable if the door is in the North-West part. Add metallic elements at the door (brass, copper).

South-East entrance: Place a Vastu yantra, use green plants nearby, and balance fire element inside.



The Happy Wheel - Fun Corner

LIGHTS

CAMERA



QUESTION?

Answers to Volume : 13

1. Which was the first Bollywood movie to be released in color?

Kisan Kanya (1937)

2. Which was the first Indian movie to be nominated for an Oscar?

Mother India (1957)

3. Who is known as the "Tragedy King" of Bollywood?

Dilip Kumar

4. What was the name of the villain in the movie in Padmaavat (2018)?

Allauddin Khilji

5. Who was the first actress to win a Filmfare Award for Best Actress?

Meena Kumari

6. Which was the debut movie of Ranbir Kapoor?

Sawariya

7. Which Bollywood film was the first to be shot in Switzerland, starting the trend

Sangam (1964)

8. Which Bollywood actor is popularly called "Mr. Perfectionist"?

Amir Khan

9. Which movie features the iconic song "Pyar Hua Ikrar Hua"

Shree 420

10. Which Bollywood star is also called "Greek God of Bollywood"?

Hrithik Roshan

11. Who was known as the "Showman of Bollywood"?

Raj Kapoor

12. What was the name of Kareena Kapoor in movie Jab We Met (2007)?

Geet Dhillon

PROUD WINNER OF VOL 13
(4th Week September)

Rtn. Sunita Gandhi

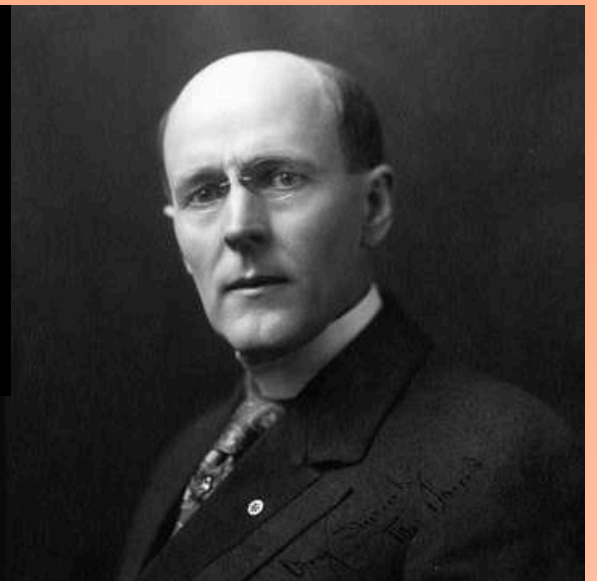
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1st Week October

Quote of the Week

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

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