

UNITE
FOR
GOOD



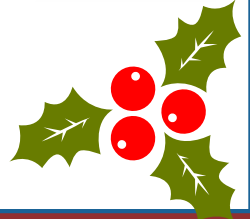
Rotary
District 3141



AASHAYEIN



LET'S
INSPIRE



ROTARY CLUB OF MUMBAI SHER- E- PUNJAB

WEEKLY NEWSLETTER

VOLUME 23

2ND WEEK DECEMBER

DISEASE PREVENTION & TREATMENT MONTH

ROTARY REFLECTIONS:
VOICES OF THE WHEEL

Rotary
Club of Mumbai
Sher-e-Punjab



My Rotary Journey

Until 2015, my life was a singular path—guided by dreams of giving back to society and finding small satisfaction in individual acts of kindness. Yet, I often felt a quiet limitation. The good deeds I carried out did not seem to multiply, and there was a blockage that prevented me from doing more. Over time, I realized that the constraint lay in my individual capacity. Alone, my reach could only extend so far.

The turning point came with my introduction to Rotary. I joined with a clean slate, knowing little beyond the idea of fellowship. But as I became involved and began to understand the true essence of Rotary—the service, the impact, the collective spirit—my perceptions and my life transformed. I discovered that Rotary was the platform through which I could fulfill my deepest desire: to give back to society that had so benevolently given to me.

Since then, the journey has been profoundly satisfying. Serving as President of my club in 2018–19 opened my eyes further. The roller coaster of projects, service initiatives, and the joy of giving brought me a happiness that only teamwork can create. Rotary's collective power gave me the freedom and scope to rise higher, to dream bigger, and to execute projects that truly touched lives. No longer limited, I found in Rotary—through the club, the district, and Rotary International—the tools to turn aspirations into reality.

Today, I proudly call myself a Rotarian. I hold this identity in high esteem, feeling the strength of collective functioning and learning from fellow Rotarians the many ways of doing constructive work for the betterment of communities. The importance of WE as against ME is learnt so well from being a Rotarian.

For me, Rotary is no longer just a club—it is a family of like minded souls, united by the mission to serve while living life fully. Together, we enjoy the good things in life and spread that goodness all around, making the world a happier, more inspired place.

Dr Gopinath Menon

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2nd week December

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ECONOMIC COMMUNITY DEVELOPMENT

**ROTARY CLUB OF
MUMBAI SHER-E-PUNJAB**
**BLANKET
DISTRIBUTION
DRIVE**

DATE: Tuesday, 9th December 2025
TIME: 10:00 PM onwards
VENUE: Goregaon - Under the Flyover

Join us as we come together to spread warmth, comfort, and kindness to those in need.
Your presence and support will truly make a difference.

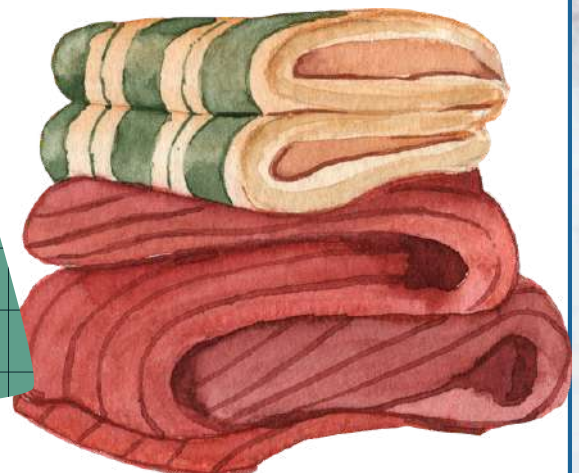
Rotary Club of Mumbai
Sher-E-Punjab

WARMTH WITH CARE: BLANKET & BISCUIT DISTRIBUTION DRIVE

RCMSEP organized a blanket and biscuit distribution drive for people living on the streets near JVLR, donating 100 blankets and 100 packets of Good Day biscuits to help them cope with the cold weather. The event was successfully conducted and the team was grateful to make a small yet meaningful difference in the lives of those in need.



Date: 10th Dec 2025
**RI Theme: Economic
Community
Development**
Location: Andheri East
Members Present: 6
Beneficiaries: 105
Project worth : Rs 11,000



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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2nd week December

DISEASE PREVENTION & TREATMENT, MATERNAL & CHILD HEALTH

EMPOWERING YOUNG GIRLS THROUGH MENSTRUAL HYGIENE AWARENESS – DAY 3

The third day of the Menstrual Hygiene Awareness Session was held on 10th December for girls of Classes 6–10, focusing on understanding the menstrual cycle and the use of a period tracker, which was explained in detail by the resource person. Each participant received 2 underwear and 2 cloth pads, and the session concluded with the girls feeling comfortable, informed and grateful.



Date: 10th Dec 2025
RI Theme: Disease Prevention & treatment, Maternal Health & Child Health
Location: Andheri East
Members Present: 1
Beneficiaries: 105
Project worth : Rs 20,750



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2nd week December

DISEASE PREVENTION & TREATMENT

MANY CLUBS, ONE CAUSE: BLOOD DONATION DRIVE

RCMSEP collaborated with 20 other Rotary clubs to conduct a blood donation camp at Andheri Railway Station in November, successfully collecting 78 units of blood. The camp witnessed active participation from volunteers and donors, contributing to the noble cause of saving lives.

Rotary
District 3141

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BLOOD DONATION CAMP

**DONATE
BLOOD**

On- 10th Dec. 2025 | From 9.30am To 5.30pm

Illustration of a woman donating blood

At Andheri Railway Station

Lead Host Clubs

RCM Khar • RCM North Island • RCM Nova

Co-Hosted by

RCM North End	RCB Mahakali Heights	RCB Film City	RCM Juhu	RCM Iconic	RCB Juhu Beach
RC Bombay East	RCM Coastline	RCM Elegant	RCM Gen X	RCM Neo	RCM Versova
RCM Bandra Kurla Complex	RCB Airport	RCM Elegant Plus	RCM West End	RCM Royale	RCM Sher-E-Punjab

Francesco Arezzo
RI President

Date: 10th Dec 2025
RI Theme: Disease Prevention & Treatment
Location: Andheri East
Members Present: 1
Beneficiaries: 234
Project worth : Rs. 78000



Dr. Manish Motwani
District Governor



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

Club President: Rtn. Minishaa I Oberoi
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2nd week December

DISEASE PREVENTION & TREATMENT

S

RCMSP, in collaboration with Chingare Shakti Foundation, conducted a medical camp at HillCrest CHS Ltd for over 112 beneficiaries, including support staff and their families. Free spectacles and medicines were provided, and the residents expressed their gratitude for the support. The initiative was met with great appreciation and positive feedback from the community.



Date: 13th Dec 2025

**RI Theme: Disease
Prevention & Treatment**

Location: Andheri E

Members Present: 5

Beneficiaries: 112

Project worth : Rs. 95800

**Partner: Chingari Shakti
Foundation**



District Governor: Rtn. Manish Motwani
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Club President: Rtn. Minisha I Oberoi
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2nd week December

ECONOMIC COMMUNITY DEVELOPMENT

ENHANCING PATIENT COMFORT AT GURUKRIPA DENTAL DISPENSARY

RCMSEP donated one 3-seater bench to Gurukripa Dental Dispensary to facilitate comfortable seating for patients. The donation was generously made by member Rtn. Arun Bhoocher through his company, M/s Silver Steel Products.



Date: 13th Dec 2025
**RI Theme: Economic
Community
Development**
Location: Andheri East
Members Present: 1
Beneficiaries: 50
Project worth : Rs 4,100



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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The Happy Wheel - Fun Corner

ANSWERS TO VOL. 22



HUNGARY



THAILAND

B



BAHRAIN



DENMARK



IA

ROMANIA



GERMANY

I



IRAN



A



PANAMA

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The Happy Wheel - Fun Corner

WORDS IN DISGUISE

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BONES BONES
BONES BONES

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Vaastu Corner

By Rtn. Arun Bhoocher

(Under Guidance of Niilesh N Shah)

**DIRECTIONAL VASTU
DEITIES, IDEAL COLOURS, DOS & DON'TS**

South (Dakshin)

Deity: Yama

Element: Fire



Good colours:

Shades of red,
maroon, pink,
earthy brown



Good for:

Master bedroom,
heavy cupboards,
stability zones.

Avoid:

- ▶ Main entrance exactly in the south
(as per traditional Vastu)
- ▶ Big water features (aquarium, fountain)
- ▶ Very light, weak colours if this wall
is structurally important



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UPCOMING EVENTS

ROTARY CLUB OF MUMBAI SHER-E PUNJAB
presents a magical

FELLOWSHIP FIRESIDE CHRISTMAS PARTY

Get ready for an evening of laughter, music, selfies, games, and festive cheer as we celebrate Christmas together under stars!

Theme: Christmas Magic in Red, White & Green

Sunday, 21st December 2025

Venue: Oberoi Prisma Terrace
 Time: 7:00 p.m. onwards
 Dress Code: Christmas Red & White - bring on the sparkle, Santa vibes, and holiday glam!

+ Hosted by: Oberoi's +

21st Dec

WALKABOUT x Rotary Club of Mumbai Sher-e-Punjab

SENIOR GAMES 2025

Bringing the magic of SCHOOL SPORTS DAY back - for adults 55+!
A fun-filled morning of games, laughter & nostalgia

COME JOIN US!

DATE: Saturday, 20th Dec, 2025
 TIME: 7:00 AM - 11:00 AM
 VENUE: Turf Station, opposite PVR Cinemas, Juhu

WHAT'S IN STORE?

- Booths with your favourite childhood games
- Pre-game snacks & delicious breakfast
- Event T-shirts, sipper bottles & surprise goodies
- Wellness stations & cool-down corners
- Medal for EVERY participant
- Team games, cheerleaders & photo booths

All this for **ONLY Rs.589 (499 + 18% GST)**
Register now: <https://rzp.io/rzp/u6eqlXw3>
Come run, walk, cheer & relive your school sports day... because FUN has no age limit!

Rtn. Minishaa | Oberoi: 9322226475

Special pricing for Rotarians & Rotary friends

20th Dec

ROTARY CLUB OF MUMBAI SHER-E-PUNJAB ORGANIZES

MAKEOVER BY AMI

Professional Makeup Artist

A SKILL DEVELOPMENT & MAKEUP TRAINING SESSION
for the Ladies of Rangoonwala Foundation

Date: Tuesday, 16th December 2025
Time: 2:00 PM – 5:00 PM
Venue: Rangoonwala Training Centre, Jogeshwari East

SKILL DEVELOPMENT – MAKEUP LESSONS INCLUDE:

- Skin Preparation
- Concealing & Correcting
- Foundation Principles
- Contouring & Highlighting
- Blush Techniques
- Eye Makeup
- Lip Makeup
- Product Knowledge

FOR DETAILS: Rtn. Minishaa I. Oberoi

16th Dec

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Flavours of Fellowship

2nd week December

Veg Ramen (Japanese-Style But Easy!)

Ingredients (2 servings)

Broth

- 1 tbsp oil or butter
- 4–5 garlic cloves (crushed)
- 1-inch ginger (sliced)
- 1 small onion (sliced)
- 2 cups vegetable stock OR water
- 1 tbsp soy sauce
- 1 tsp vinegar or lemon
- 1 tsp chilli oil (optional)
- 1 tbsp miso paste (optional; if not, add ½ tsp extra soy sauce)
- Salt + pepper to taste

Noodles & Veggies

- 2 blocks ramen noodles / hakka noodles
- ½ cup mushrooms (optional, gives restaurant flavour)
- ½ cup carrot (julienned)
- ½ cup cabbage (shredded)
- ½ cup broccoli
- Spring onions
- 1 tbsp sesame seeds

Toppings (optional but yum!)

- Soft-boiled egg (skip for 100% veg)
- Paneer / tofu cubes (pan-fried)
- Chilli oil
- Extra spring onions

red



Method

1. Prepare the Broth

1. Heat oil in a pan.
2. Add garlic + ginger + onion → sauté until fragrant.
3. Add mushrooms (they deepen the flavour).
4. Pour in vegetable stock / water.
5. Add soy sauce, vinegar, pepper and miso paste (if using).
6. Simmer for 10–12 minutes to let flavours mix.
7. Strain the broth (optional) for a clean, smooth ramen base.

2. Cook the Noodles

1. Boil noodles separately according to packet instructions.
2. Drain and rinse lightly so they don't stick.

3. Assemble the Ramen Bowl

1. Place cooked noodles in a deep bowl.
2. Add your sautéed or lightly boiled veggies (carrot, cabbage, broccoli).
3. Pour hot broth over the top.
4. Add toppings like tofu/paneer, chilli oil, and spring onions.
5. Sprinkle sesame seeds.

Ready to Serve!

Your steaming, flavour-packed Veg Ramen is ready!

AASHAYEIN

Veg Ramen (Japanese-Style But Easy!)



Recipe by :
Harsheen Jhulka

1. Ramen was once considered a luxury!

When instant ramen was first released in 1958, it was six times more expensive than fresh noodles. Now it's the opposite!

2. There's a Cup Noodles Museum in Japan

Yes, a whole museum dedicated to ramen where you can even make your own custom cup noodles.

3. Astronauts eat Ramen in space

Nissin created a special "Space Ramen" that doesn't need gravity to be eaten.

Get your recipe featured in next Aashyein Weekly Magazine!

Contact Rtn. Seema Bhoocher

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Quote of the Week

“Rotary is a place where ordinary hands do extraordinary work.”



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