

UNITE
FOR
GOOD

Rotary
District 3141



LET'S
INSPIRE

AASHAYEIN

2nd week January 2026

ROTARY CLUB OF MUMBAI SHER- E- PUNJAB

WEEKLY NEWSLETTER



VOLUME 27
2ND WEEK JANUARY 2026
VOCATIONAL SERVICE MONTH

**ROTARY REFLECTIONS:
VOICES OF THE WHEEL**

Rotary
Club of Mumbai
Sher-e-Punjab

Service, Fellowship and Growth – My Rotary Story

I joined Rotary about a year ago after witnessing my husband's deep and active involvement as a Rotarian. I often accompanied him to various projects and always looked forward to hearing about his experiences—the meaningful work being carried out and the people whose lives were positively impacted. When he became President last year, I officially joined Rotary, and throughout his tenure, I remained actively involved, accompanying him to most projects and learning immensely from the many thoughtful and impactful initiatives he led.

After his term, Rtn. Minishaa took over as President, and under her leadership, our journey in Rotary has continued to be both enjoyable and purposeful. Together, we have worked on several impactful projects that strengthened my understanding of Rotary's values and its commitment to service at the grassroots level. From initiatives for special children, including our MBA project, to medical and blood donation camps and outreach programs in tribal areas, every experience was enriching and eye-opening. These projects helped me truly understand the real needs of people, even in communities close to Mumbai.

Through Rotary, I also gained a deeper appreciation of polio eradication and the remarkable role Rotary played in achieving this historic global milestone. Most importantly, Rotary has given me a second family—our Rotary family—where members stand united in times of joy and sorrow. Our meetings, fellowships, and shared service experiences have been enriching, and the support and respect among members make this journey special.

Today, I feel proud and grateful to be part of this wonderful family and to be known as Rtn. Simi Ahluwalia.



Rtn. Simi Ahluwalia

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

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DISEASE PREVENTION & TREATMENT COMMUNITY SERVICE

FREE MEDICAL HEALTH CHECK - FOR TEACHERS, PARENTS & COMMUNITY

RCMSEP in association with Chingari Shakti Foundation and CACR organized a Free Medical Health Check-Up Camp on Monday, 5th January 2026 at Guru Nanak English High School, for teachers, parents and local residents, with 220 beneficiaries registered. The camp offered comprehensive preventive healthcare services including ECG, medical tests, dental services through the Government Dental Hospital dental van, free reading spectacles, and anemia screening with free medicines, reflecting Rotary's commitment to community health and service.



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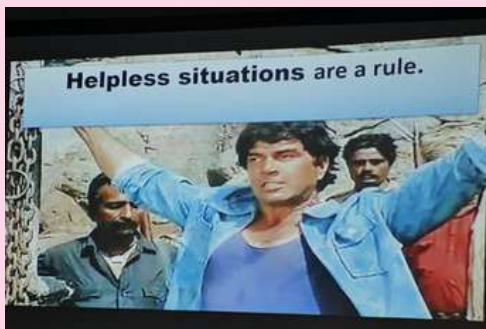
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2nd week January 2026

**CLUB SERVICE
BOD, CLUB MEETING, JOINT SPEAKER SESSION**

BOD MEETING AND MOTIVATIONAL SPEAKER SESSION

RCMSEP successfully conducted its BOD & Club Meeting followed by a Motivational Speaker Session on Thursday, 8th January 2026, at the Sher-E-Punjab Club – Poolside, with active discussions on administrative matters, ongoing projects, and future initiatives, and also proudly pinned its new member, Simran Jagtiani. The evening was enriched by an inspiring and interactive session by Rtn. Dr. Lucky Kasat, based on the learnings from the movie “Sholay” and joined by members of the Rotary Club of Bombay Film City, leaving all participants motivated, energized, and deeply inspired..



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Rotary Club of Vasant Oasis
जीवन आशा

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2nd week January 2026



DISEASE PREVENTION & TREATMENT COMMUNITY SERVICE

FREE MEGA HEALTH CHECKUP CAMP AT VASANT OASIS

RCMSEP, in collaboration with Chingari Shakti Foundation and Life of Gratitude, organized a Free Medical Health Checkup Camp on 9th January 2026 at Vasant Oasis, Marol, providing accessible healthcare to residents, staff, domestic maids and senior citizens, benefiting nearly 200 beneficiaries. The camp offered free medical consultations, blood tests, ECG, eye check-ups with free reading spectacles, anemia screening and dental check-ups conducted by the Government Dental Hospital team through its special dental van.



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DISEASE PREVENTION & TREATMENT



CO HOST : BLOOD DONATION DRIVE AT ANDHERI STATION

Blood shortages remain a constant challenge for hospitals, often becoming a matter of life and death for patients in critical need. Recognizing the urgency of this humanitarian cause, RCMSEP proudly co-hosted a large-scale blood donation drive in collaboration with 21 RCMs. Their collective effort not only strengthened hospital blood banks but also reaffirmed Rotary's unwavering commitment to saving lives through service above self.

Rotary District 3141

LET'S INSPIRE!

UNITE FOR GOOD

BLOOD DONATION CAMP

On 8th Jan. 2026 From 9.30am To 5.30pm

At Andheri Railway Station

Lead Host Clubs

RC Bombay East • RCM Bandra Kurla Complex • RCM Juhu

Co-Hosted by

RCM North End	RCB Mahakali Heights	RCB Film City	RCM Nova	RCM Iconic	RCB Juhu Beach
RCM Khar	RCM Coastline	RCM Elegant	RCM Gen X	RCM Neo	RCM Versova
RCM North Island	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



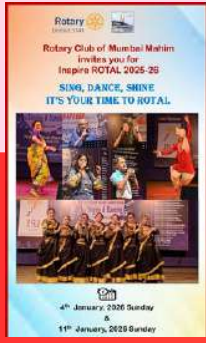
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2nd week January 2026

CLUB SERVICE & YOUTH DEVELOPMENT CULTURAL AND FELLOWSHIP

SWEEPING SUCCESS AT ROTAL 2025–26: A PROUD MOMENT FOR THE CLUB

RCMSEP shone at ROTAL 26, winning 12 awards across singing and dance categories, including multiple First Prizes in solo, pair and group events. The club also received two Special Club Awards for Maximum Number of Entries and Winners, celebrating the talent, enthusiasm, and vibrant spirit of its members, Rotaractors, and Interactors. Kudos to the club for its outstanding coordination and spirit—these remarkable performances not only brought home trophies but also left the audience inspired and cheering for more.



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**CLUB SERVICE & YOUTH DEVELOPMENT
CULTURAL AND FELLOWSHIP**

RCMSEP SHINES BRIGHT AT ROTAL 2026



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 The Happy Wheel - Fun Corner

UNSCRAMBLE THE COUNTRY

1

GIMBLEU

2

NAMVIET

3

EDNEWS

4

YITALI

5

AISUSR

6

YAWRON

7

LODNAP

AASHAYEIN

UPCOMING EVENTS

26th Jan

24th Jan

13th Jan

16th Jan

27th Jan

7th Feb

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Vaastu Corner


2nd week January 2026

By Rtn. Arun Bhoocher

(Under Guidance of Nilesh N Shah)

DIRECTIONAL VASTU

DEITIES, IDEAL COLOURS, DOS & DON'TS






SOUTH-WEST

(Nairutya Corner)





DEITY: NIRRTI / NAIRITI ♦ ELEMENT: EARTH

AUSPICIOUS COLOURS:
Earth tones – Beige, Brown, Mustard, Dull Yellow

BEST SUITED FOR:

-  Master Bedroom
-  Heavy Cupboards
-  Safe / Locker

AVOID PLACING:

-  Main Entrance at this Corner
-  Toilet Directly in the South-West if it can be Avoided.
-  Excessive Windows or Voids as This Can Represent Instability
-  Very Light, "Floating" Colours if This Is Meant to Be an Anchor Wall

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Flavours of Fellowship

2nd week January 2026

Masala Veg Cheese Toast

(No Fry, No Oven)

Ingredients

- **4 slices bread (brown or white)**
- **½ cup finely chopped vegetables**
- **(capsicum, onion, tomato, sweet corn – optional)**
- **½ cup grated cheese**
- **2 tbsp butter**
- **½ tsp red chilli flakes**
- **¼ tsp oregano / mixed herbs**
- **Salt to taste**
- **1-2 tbsp green chutney (optional)**



Method

1. **In a bowl, mix vegetables, cheese, chilli flakes, herbs, and salt.**
2. **Lightly butter one side of each bread slice.**
3. **Spread green chutney on the other side (optional).**
4. **Top with the veg-cheese mixture.**
5. **Place on a heated tawa, cover with lid, cook on low flame till:**
 - **bread turns crisp**
 - **cheese melts nicely**
6. **Cut and serve hot.**

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Masala Veg Cheese Toast **(No Fry, No Oven)**



Recipe by :
Rtn. Surjit Ahluwalia

✨ ✨ Fun Fact:

The word “toast” doesn’t mean bread originally—it comes from the Latin word tostum, which means “to burn or scorch” 🔥🍞

So every time you make a perfect golden toast, you’re actually mastering a tiny bit of ancient history 😊

Get your recipe featured in next Aashyein Weekly Magazine!

Contact Rtn. Seema Bhoosher

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The Happy Wheel - Fun Corner

ANSWERS:
UNSCRAMBLE THE COUNTRY

1

A P E N S I

ESPAIN

2

R O A K E

KOREA

3

N A C H I

CHINA

4

N I R A T B I

BRITAIN

5

Z B I R A L

BRAZIL

6

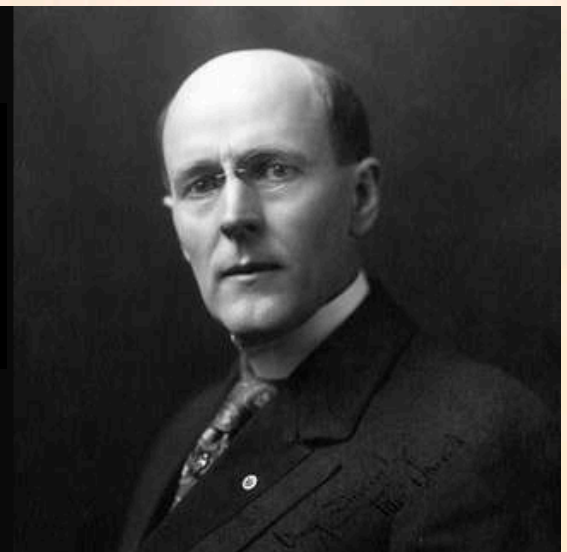
X I M E C O

MEXICO

Quote of the Week

"Rotary is a cross-section of the business and professional life of the community."

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