

AASHAYEIN

ROTARY CLUB OF MUMBAI SHER- E- PUNJAB

WEEKLY NEWSLETTER



VOLUME 11
2ND WEEK SEPTEMBER
BASIC EDUCATION AND LITERACY MONTH

ROTARY REFLECTIONS: VOICES OF THE WHEEL



Finding Family in Rotary Club of Mumbai Sher E Punjab

I joined Rotary just two months ago and, since then, I have had the opportunity to attend a few meetings. From the very beginning, it has felt like becoming part of an extended family – a group of like-minded, enthusiastic, caring, supportive, and passionate individuals.

What inspires me most is that everyone here shares a genuine commitment to contributing meaningfully to community service and projects. Whether it is protecting the environment, engaging in social and humanitarian services, supporting animal welfare, promoting peace, or championing many other causes – with visible results both locally and globally, and with consistent follow-up – Rotary works with sincerity and dedication.

As an individual, I often felt it was difficult, almost impossible, to make a lasting difference on my own. Rotary, however, has given me the platform and the strength to transform good intentions into real action. It empowers me to contribute, collaborate, and be part of something larger than myself.

I am truly grateful to belong to such a vibrant and compassionate community, and I look forward to learning, growing, and serving together. Every meeting leaves me more inspired to take meaningful action, and every project reminds me of the impact we can create when we work as one. Together, I believe we can turn small efforts into extraordinary change.



Rtn. Amita Kastiya

UNITE
FOR
GOOD

Rotary
District 3141



LET'S
INSPIRE

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2nd Week September

CLUB SERVICE & FELLOWSHIP

ONAMADHURAM CELEBRATIONS

RCMSEP proudly Silver Co-hosted in Onamadhuram-2025, the Onam festival celebration organized by District 3141, under the leadership of RC Mumbai Neo and RC Mumbai Horizons. The event showcased traditional dance performances, a festive Sadhya feast and the symbolic presence of King Mahabali, reflecting the spirit of prosperity, equality and unity.



DATE : 7TH SEPT 2025
RI THEME:
FELLOWSHIP

LOCATION: BRIJWASI
PALACE HALL,
GOREGAON EAST

MEMBERS PRESENT: 8
GUESTS : 1

AMOUNT SPENT: RS.
14,000/-



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

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

**UNITE
FOR
GOOD**

Rotary
District 3141



**LETS
INSPIRE**



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2nd Week September

FIRESIDE & FELLOWSHIP

KHAO SUEY WORKSHOP & ROTARY LIFE LESSONS

Fireside events provide Rotarians with opportunities to connect beyond formal meetings and projects, helping to strengthen bonds and build lasting relationships. In this spirit, the RCMSEP organized a workshop where members learned the art of making authentic Khao Suey, conducted by dear friend Seema Goyal and Rtn. Kiran Srivastava shared insights with guests on how Rotary has helped us in our lives.



**DATE : 9TH SEPT
2025**

**RI THEME:
FIRESIDE &
FELLOWSHIP**

**LOCATION: OBEROI
PRISMA,
JOGESHWARI EAST**

**MEMBERS
PRESENT: 12
GUESTS : 6**

**AMOUNT SPENT:
RS. 4,000/-**



**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 September

DISEASE PREVENTION & TREATMENT, ECONOMIC COMMUNITY DEVELOPMENT

DONATIONS & MEDICINES SENT FOR PUNJAB REILEF

On hearing about the devastating floods in Punjab, RCMSEP immediately activated its resources and reached out to DG Punjab Rtn. Rohit Oberoi and RC Jalandhar, who highlighted the urgent need for essentials such as sanitary pads, Odomos, and tarpaulins for villagers who had lost everything in the floods. Without delay, RCMSEP dispatched these relief materials to the Jalandhar collection center to support the affected families.



Rotary  **Team HUM**
District 3070

HUM 4 Humanity
ROTARY RELIEF RESOURCE CENTRE
ROTARY CHAIRTABLE HOSPITAL,
SHRI LAXMI NARAYAN MANDIR,
MODEL HOUSE, JALANDHAR-144003
TEL : 0181-2440108, 98140-37255

DATE : 4TH SEPT 2025

RI THEME: DISEASE PREVENTION &
TREATMENT , COMMUNITY DEVELOPMENT

LOCATION : JALANDHAR, PUNJAB

AMOUNT SPENT: RS. 1,14,097/-

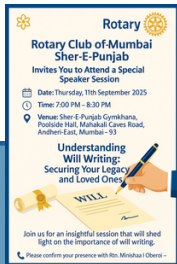
PARTNER: SAVE EARTH , SAVE HUMAN &
RC JALANDHAR

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District 3141



LETS
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2nd Week September

CLUB MEETING & SPEAKER SESSION

INSIGHTS ON WILLS AND SUCCESSION BY ADVOCATE JINAL BUSA

RCMSEP held its monthly club meeting followed by a speaker session with Advocate Jinal Busa, who spoke on the topic *Wills and Succession*, explaining various types of wills, the importance of will writing and why consulting an advocate is beneficial. Members found the session highly informative and expressed their gratitude for the enriching experience.



DATE : 9TH SEPT 2025

RI THEME: CLUB
MEETING, SPEAKER
SESSION

LOCATION: SHERE
PUNJAB CLUB

MEMBERS PRESENT: 25
GUESTS : 5

AMOUNT SPENT: RS.
9,399/-



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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Milestones Achieved



Nirmalya Collection Drive 2025

As part of Environment Avenue initiative, we undertook Flower Collection activity during the Ganeshotsav. The objective was twofold; ***inculcate habit of waste segregation and also create the Rotary Connect with Society***. Three avenues were targeted; Community Pandals, Housing Societies and Visarjan sites. Of which, involvement of Rotarians was restricted to first two.

Though, the collected bags were not weighed, but considering the number of bags and transport vehicles used, it is estimated that the ***total recovery of flowers was over 25 tons!***. Of the total collection, **about 3-4 tons** was collected from 5 Community Pandals, 5 Housing Society Pandals & over 30 large housing societies that Rotarians could engage with.

Participating Clubs (with lead member):

RC Kandivli West (Vipul Gaglani)
RC Mulund Valley (Sanjay Patel)
RC Mulund Hill View (Kashmira Ganatra)
RC Mulund East (Ambika Dani)
RC Chembur West (Asha Janardhan)
RC Bombay (Ramesh Narayan)
RC SOBO (Swati Adukia)
RC Pier (Noopur Desai, Kaajal Thadani)
RC Neo (Kala Sridhar)
RC Sher-e-Punjab (Minisha Oberoi)
RC Royales (Ujwala Sahlot)
Community (Dipti Goyal, Anand Sheth, Reetu Asrani)



Thank you Inspired Rotarians for volunteering in collection of discarded sacred flowers. With your efforts, you have ***prevented over 3000 kg of flowers from going into garbage*** & would be repurposed into compost/agarbattis, a step towards circular economy. While agarbatti activity empowers women, the compost will be sent to the farmers free of cost.

~ Rajesh Choudhary GAH Environment

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2nd Week September



UPCOMING EVENTS

ROTARY CLUB OF MUMBAI
SHER-E-PUNJAB
INVITES ITS LADY MEMBERS

CLUB DRESS MEASUREMENTS

COLORS: PINK & GREEN

MONDAY, 15TH
TIME: 4:00 PM

RTN. AVNEET'S RESIDENCE
(PLOT 155)

JOIN US FOR AN AFTERNOON OF:

- MEASUREMENTS FOR THE CLUB DRESS
- FELLOWSHIP OVER TEA & SNACKS
- FUN GAME OF HOUSIE

WE WARMLY REQUEST ALL OUR LADY MEMBERS TO COME AND BE PART OF THIS DELIGHTFUL GATHERING!

15th Sept

Rotary Club of Mumbai Sher-E-Punjab
BLOOD DONATION CAMP

On: 15th Sep. 2025 From 9.30am To 5.30pm

At Andheri Railway Station

Lead Host Clubs
RCB Airport RCB Film City RCM Sher-E-Punjab

Co-Hosted by

RCM North End	RCM Mahakali Heights	RCM Elegant Plus	RCM Juhu	RCM North Island	RCB Juhu Beach
RC Bombay East	RCM Coastline	RCM Gen X	RCM Khar	RCM Nava	RCM Versova
RCM Bandra Kurla Complex	RCM Elegant	RCM Iconic	RCM Neo	RCM Royale	RCM West End

Francesco Arezzo
RI President

Camp Co-ordinators
Anandhar Chandra
RCM North End

Dr. Manish Motwani
District Governor

15th Sept

Rotary Club of Mumbai
Sher-E-Punjab
INVITES YOU

Tuesday, 16th September 2025
Time: 2:30 PM

Location: Chandrabhaga Vidya
Mandir School, Malad East

We'll be donating:

- 20 Lap Tables & 100 Notebooks
(Courtesy: Rtn. Arun & Rtn. Seema Bhoocher)
- 100 Pencils
(Courtesy: Rotary Club of Mumbai Sher-E-Punjab)

Come, let's spread joy and support
a noble cause!



16th Sept

Host Club:
ROTARY CLUB OF BOMBAY POWAI
Welcomes you to the

Inspire Knowledge Quest 25

VEGA

LEXIQUEST

Platinum Co-Host
Rotary Club of Bombay Pier
Rotary Club of Thane Green City
Rotary Club of Mumbai Bandra Kurla Complex

Gold Co-Host
Rotary Club of Bombay Airport
Rotary Club of Navi Mumbai

Silver Co-Host
Rotary Club of Mumbai Mahim
Rotary Club of Mumbai Mulund South
Rotary Club of Mumbai Sher-E-Punjab
Rotary Club of Thane North
Rotary Club of Thane Premium
Rotary Club of Navi Mumbai Link Town Airoli

21st Sept

ROTARY CLUB OF MUMBAI
SHER-E-PUNJAB
INVITES YOU

Join us on Thursday,
18th September 2025

2:30 PM

MIDC Police Station,
Andheri-east

As part of our ongoing community support
initiatives, RCMSEP will be donating:

- 10 Office Chairs
- 1 Water Filter
(Courtesy: Rtn. Surjit & Rtn. Satinderpal)

This contribution aims to enhance the
working environment for our police personnel
and support them in their invaluable service
to society.

18th Sept

A GIFT OF GRAIN, A TRIBUTE OF LOVE

Rotary Club of Mumbai Sher-E-Punjab
invites you to join in the spirit of

SHRADH PITRU PAKSHA

as we honor the memory of our ancestors by offering tarpan and donations.

This year, we continue our heartfelt initiative of
distributing Nutritional Grain Kits to People Living
with HIV (PLHIV) at Humsafar Trust Clinic, Santacruz.

September 7th to
21st September 2025

Each Kit Contains
Sunflower Oil (1 litn)
Moong Dal (0.5 kg)
Masoor Dal (0.5 kg)
Chana (0.5 kg)
Moong (0.5 kg)
Hara Vatana (0.5 kg)
Ragi (1 kg)
Jowar (1 kg)

★ Your contribution can make
a significant difference in
the lives of those in need.

To Donate, Please Contact: Rtn. Minishaa
99223.26475

19th Sept

Rotary Club of Mumbai Sher-E-Punjab
and
Rotaract Club of JES College Parivartan
cordially invite you to attend

CPR Training Workshop

Date: 17th September 2025
Time: 10:00 AM - 12:00 PM
Venue: JES College of Commerce, Science & IT

Workshop conducted by:
Critical Care Unified Team

What You Will Learn:

- How to identify the difference between a heart attack and cardiac arrest
- How to perform CPR correctly
- Do's and Don'ts in emergency situations
- Hands-on practical training for real-life preparedness

Join us for this impactful, skill-based session
that could help save lives!

Contact:
Rtn. Manasi Pawar (President, Rotaract Club of JES College Parivartan)
Rtn. Minishaa I Oberoi (President, Rotary Club of Mumbai Sher-E-Punjab)

17th Sept

LET'S INSPIRE! UNITE FOR GOOD

ROTARY CLUB OF MULUND HILL VIEW & ROTARACT CLUB OF MULUND HILL VIEW
IN ASSOCIATION WITH DISCOVER DANCE STUDIO PRESENTS

GET READY MULUND

Manish Joshi

20th September

GOLDEN CELEBRATION BANQUET,
Above Cinema Showroom, Near
Chicknoka bus depot, Mulund West

For Passes Contact: Rtn. CA. Kaishmira Gondra: +91 98330 19679
Rtn. Vanisha Menda: +91 98330 88738

20th Sept

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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Flavours of Fellowship

Burmese Khow Suey Recipe

Ingredients

For the Curry Base:

- Oil – 2 tbsp
- Garlic – 6 cloves (finely chopped)
- Ginger – 1 tbsp (grated)
- Onion – 1 large (finely chopped)
- Gram flour (besan) – 2 tbsp (for thickness)
- Coconut milk – 2 cups (fresh or canned)
- Vegetable stock or water – 2 cups
- Curry powder – 1 tbsp (or mix of turmeric ½ tsp, cumin ½ tsp, coriander ½ tsp)
- Red chili powder – ½ tsp (adjust spice level)
- Salt – to taste
- Vegetables of choice – 1½ cups (carrot, beans, capsicum, broccoli, baby corn, mushrooms, etc. – chopped & blanched)

For the Noodles:

- Eggless noodles – 200g (boiled & drained)

Toppings (the most fun part 🍴):

- Fried garlic – 2 tbsp
- Fried onion – 2 tbsp
- Roasted peanuts – 2 tbsp (crushed)
- Fresh coriander – 2 tbsp (chopped)
- Spring onion greens – 2 tbsp (chopped)
- Lemon wedges – 4
- Green chilies in vinegar – 2 tbsp
- Boiled egg slices (optional if not strictly veg)



Method

1. Prepare the Base

- Heat oil in a pan. Add garlic, ginger, and onion. Sauté till golden.
- Add gram flour and roast for 1-2 minutes to remove raw taste.

2. Make the Curry

- Add curry powder, chili powder, and salt. Mix well.
- Slowly pour in vegetable stock, whisking to avoid lumps.
- Add coconut milk and simmer for 5-6 minutes till slightly thick.
- Add blanched vegetables. Simmer for another 3-4 minutes.

3. Prepare Noodles

- Boil noodles as per packet instructions. Drain and set aside.

4. Assemble the Bowl

- Place noodles in serving bowls.
- Pour hot coconut curry over them.

5. Add Toppings (the magic ✨)

- Sprinkle fried garlic, onions, peanuts, coriander, spring onion.
- Add lemon juice and vinegar-soaked chilies as per taste.

Serving Suggestion

- Serve hot, with toppings on the side so everyone can customize their own bowl.
- Goes perfectly with a cold iced tea or lemon soda.

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Burmese Khow Suey Recipe



*Recipe by :
Seema Goyal*

👉 Khow Suey didn't originate in India but became famous here because of the Indian diaspora in Burma (now Myanmar).

When many Indians (especially Gujaratis and Marwaris) lived and traded in Rangoon during the British era, they brought the dish back with them to India after World War II. That's why today Burmese Khow Suey is more popular in India than even in Myanmar, and you'll find it in cafés from Mumbai to Kolkata!

Get your recipe featured in next Aashyein Weekly Magazine!

Contact Rtn. Seema Bhoocher

Vaastu Corner

By Rtn. Arun Bhoocher

(Under Guidance of Niilesh N Shah)

THE ENTRANCE

The Significance of the Entrance in Vastu (Vastu for Entrance)

The entrance of your home is like a portal that welcomes energy, both good and bad. Properly aligning and designing this crucial part of your home can have a profound impact on the overall energy flow within your living space. Here's how Vastu principles can be applied to your home entrance:

DIRECTION OF THE ENTRANCE

The cardinal directions play a vital role in Vastu, and the direction of your entrance matters significantly.

North and East: Entrances facing north or east are generally considered auspicious. These directions are associated with positive energies and can attract good fortune.

South and West: While south and west-facing entrances are not necessarily negative, they may require additional Vastu remedies to mitigate potentially adverse effects.



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The Happy Wheel - Fun Corner

GENERAL KNOWLEDGE

In which year did World War II end ?

At what temperature does Fahrenheit equal to Celsius?

Which 3 colors make up the flag of Italy?

Which country is named after the Equator?

Which game uses the term “ stalemate”?

Which two countries share the longest international border?

How many pairs of ribs does a human typically have ?

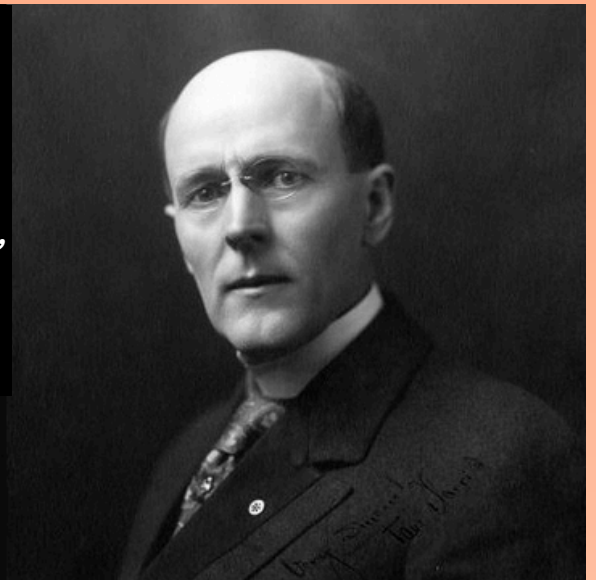
PROUD WINNERS OF VOL 10
(1st Week September)

Rtn.Amita Kastiya and
Rtn. Kiran Srivastava

Quote of the Week

"The way to happiness: keep your heart free from hate, your mind from worry. Live simply, expect little, give much. Scatter sunshine, forget self, think of 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