

UNITE
FOR
GOOD

Rotary
District 3141



LET'S
INSPIRE

AASHAYEIN

ROTARY CLUB OF MUMBAI SHER- E- PUNJAB

WEEKLY NEWSLETTER



VOLUME 24

3RD WEEK DECEMBER

DISEASE PREVENTION & TREATMENT MONTH

ROTARY REFLECTIONS:
VOICES OF THE WHEEL



Rotary
Club of Mumbai
Sher-e-Punjab



Connecting Across Continents: My Rotary Experience



Rtn. Ramanpreet Kaur Bindra

Hello everyone! Although I reside in Kuwait, joining the Rotary Club of Mumbai Sher-E-Punjab last year has been an incredibly enriching experience. Even from afar, I've had the privilege of witnessing the club's impactful projects and the genuine difference they make in our communities. Reading about and supporting these initiatives has truly enlightened me, and I'm continually inspired by the dedication and passion of our members. It's a privilege to be part of this incredible journey and contribute to the club's mission, no matter the distance.

I've been deeply moved by the club's initiatives, such as the Khupri Study Centre for underprivileged students, the Blanket Distribution Drive, and the heartfelt support we offer to the transgender community through the Humsafar Trust. I'm also truly appreciative of our Rotary Animal Welfare project, which reflects our commitment not only to human welfare but also to the well-being of stray animals. It's truly inspiring to see how the club addresses diverse needs and continues to make a positive impact.

Moreover, I deeply appreciate how Rotary's efforts extend beyond India and make a difference worldwide. It gives me great pleasure to be part of a community that serves humankind and strives to create positive change globally. I am also impressed by the environment projects we've undertaken this year, and I truly enjoy the fellowship and bonding I witness among members through videos and our WhatsApp communications.

I look forward to continuing my support and being part of this wonderful journey.



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

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

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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

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3rd week December

**ECONOMIC COMMUNITY DEVELOPMENT
WOMEN EMPOWERMENT &
SKILL DEVELOPMENT**

MAKEUP MASTER CLASS FOR BEAUTICIAN COURSE GRADUATES

RCMSEP organized a Makeup Master Class on 16th December 2025, conducted by makeup specialist Ami, for 40 women from Rangoonwala Foundation (I) Trust, Jogeshwari Centre, focusing on upgrading their skills, techniques, and confidence after completing their beautician course. The initiative also included the donation of two complete makeup kits, enabling hands-on practice, and was highly appreciated for empowering the participants, with sincere thanks to Ami for her valuable contribution.



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3rd week December



**COMMUNITY SERVICE -
CHILD WELFARE & NUTRITION 21ST**



SMILE BOX – ANNAPURNA ICE CREAM PARTY

RCMSEP in collaboration with Chingari Shakti Foundation, organized the “Smile Box – Annapurna Ice Cream Party” on 19th December at Guru Nanak English High School and RC Maruti High School, spreading joy and smiles among children through a fun-filled celebration. The event, made special by the generous ice cream donation from Mr. Vedansh, beautifully reflected Rotary’s spirit of service and community goodwill.



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COMMUNITY SERVICE –
BASIC NEEDS & WINTER RELIEF

SPREADING WARMTH AND SMILES AT CHESHIRE HOME

RCMSEP conducted its third blanket distribution drive of the season on 19th December 2025 at Cheshire Home, distributing Sholapur blankets to both residents and staff as part of its winter relief initiative. The project, led by Rtn. Arun and Rtn. Seema, also included an Annapurna Smile Box Dinner that brought warmth and smiles through a wholesome meal, reflecting Rotary's spirit of compassion and community service.



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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!

Special pricing for Rotarians & Rotary friends

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

WHAT'S IN STORE:

- Hoops with your favorite 3x3 basketball
- Pre game snacks & delicious beverages
- Lunch & refreshments for families & spectators
- Refreshing showers & cool always on hand
- Special for FREE participants
- Team Games, cheerleaders & private booths

All this for ONLY Rs. 325 (40% + 50% GST)
Registration: <https://bit.ly/3Z0v0d5>
Come run, walk, cheer & relive your school sports day... because FUN has no age limit!

Rtn. Minishaa | Oberoi: 832226475

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3rd week December

**COMMUNITY SERVICE :
HEALTH & WELLNESS, BAGHBAAN**

SENIOR SPORTS DAY CELEBRATION FOR SENIOR CITIZENS

The Rotary Club of Mumbai Sher-E-Punjab, in collaboration with Walk About, successfully organized Senior Sports Day on 20th December, witnessing an overwhelming response with around 320 registrations and enthusiastic participation from senior citizens aged 50 years and above. The event, graced by District Governor Dr. Manish Motwani as Chief Guest, featured fun-filled sports activities, healthy refreshments, and concluded with certificates, medals and goody bags, making it a joyful, energetic, and memorable celebration of fitness, fellowship and well-being.



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3rd week December

**ECONOMIC COMMUNITY DEVELOPMENT
BASIC EDUCATION & LITERACY**

SENIOR SPORTS DAY CELEBRATION FOR SENIOR CITIZEN



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*Merry
Christmas*



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3rd week December

**CLUB EVENT & FELLOWSHIP
21ST DECEMBER 2025**



CHRISTMAS PARTY



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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The Happy Wheel - Fun Corner

WORDS IN DISGUISE !

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POD

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DACRK

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Vaastu Corner

3rd week December

By Rtn. Arun Bhoocher

(Under Guidance of Niilesh N Shah)

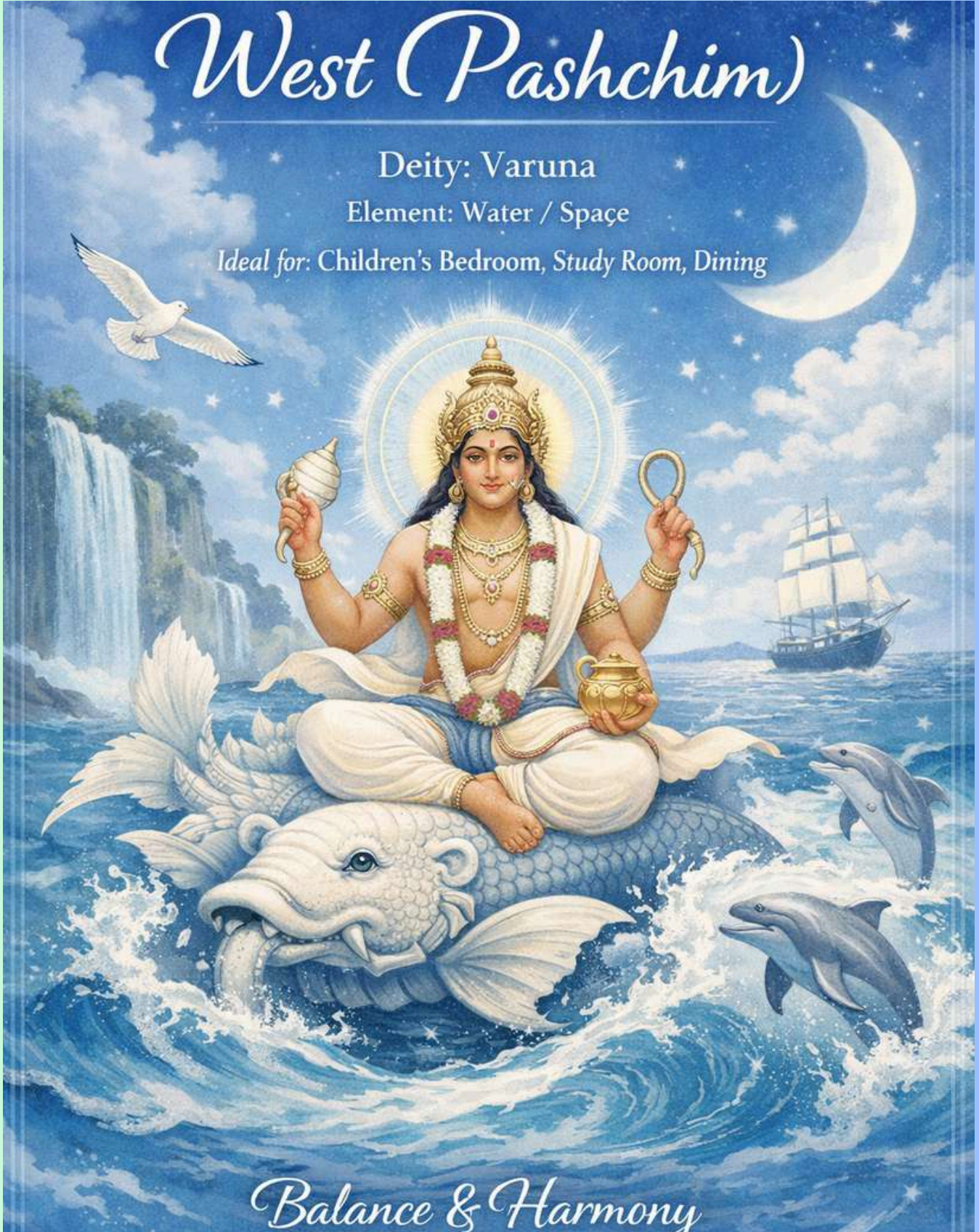
DIRECTIONAL VASTU
DEITIES, IDEAL COLOURS, DOS & DON'TS

West (Pashchim)

Deity: Varuna

Element: Water / Space

Ideal for: Children's Bedroom, Study Room, Dining



Balance & Harmony

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UPCOMING EVENTS

WELCOME 2026 WITH MAGIC & JOY!

NEW YEAR CELEBRATION FOR CHILDREN

Organised by
Rotary Club of Mumbai Sher-E-Punjab & RCC Jeevdani Sevaks

MAGIC SHOW
by the renowned magician **VEERU**

1st January 2026 | 4:00 PM onwards
Subhash Nagar

Snacks • Fun • Laughter • Surprises!
A joyful evening full of wonder & smiles

Contact for Details:
Rtn. Minishaa I Oberoi: 9322226475
Rtn. Sunita Sharma: 9323225065

1st JAN 2026

SMART CLASSROOM DONATION DRIVE

Rotary Club of Mumbai Sher-E-Punjab is collecting funds to support the project of donating **TWO SMART DIGITAL CLASSROOMS** to Sharada High School, Sakinaka, Andheri East, Mumbai - 400062.

WHY SMART CLASSROOMS?

- These Smart Digital Classrooms will enhance learning through:
 - Interactive digital teaching tools
 - Visual & multimedia content
 - Modern and engaging teaching methods
- Helping students gain better understanding, digital exposure, and improved learning outcomes.

PROJECT DETAILS

- Total Project Cost: ₹ 3,00,000
- No contribution is too small - every donation makes a meaningful difference.

APPEAL

Your generous support will directly contribute towards quality education for deserving students and help bridge the digital learning gap.

FOR DONATIONS & DETAILS

Rtn. Minishaa I. Oberoi
Rotary Club of Mumbai Sher-E-Punjab
9322226475

4th JAN 2026

Rotary Club of Mumbai Sher-E-Punjab & RCC Jeevdani Sevaks organize a **BREAST THERMAL SCREENING CAMP**

In Collaboration with **Nana Palkar Smruti Samiti**

EVENT DETAILS

- Date: Tuesday, 30th December 2025
- Venue: Subhash Nagar, Andheri East.

SCREENING HIGHLIGHTS

- Radiation-free & painless thermal screening
- Conducted in a mobile screening van
- Eligibility: Women aged 25 to 70 years
- Up to 35 women screened per day
- Instant report provided **FREE BLOOD TEST**

FOR MORE INFORMATION & REGISTRATION

Rtn. Minishaa I. Oberoi (President)
Rotary Club of Mumbai Sher-E-Punjab
93222 26475

Rtn. Sunita Sharma
93232 25065

30th DEC 2025

E-Waste Collection Initiative

Dear Hillcrest Residents,
An E-Waste bin has been placed at P4 near the staircase in all the wings (A, B & C). This initiative is supported by the Rotary Club of Mumbai Sher-E-Punjab with coordination by our resident Mrs. Simran Jagtiani.

E-waste will be collected fortnightly to monthly. Kindly dispose of small electronic waste (chargers, cables, etc.) only in the designated bin.

Let's work together for a cleaner & greener society!

— Managing Committee (Hillcrest CHS LTD)

Rotary Club of Mumbai Sher-E-Punjab & Chingari Shakti Foundation

FREE MEDICAL HEALTH CHECK-UP CAMP

FREE TESTS INCLUDE

- Blood Pressure
- WBC
- Thyroid
- Blood Sugar (Fasting & Random)
- FREE ECG
- Vitamin D
- Vitamin B12
- Total Cholesterol
- TSH
- DENTAL CHECK UP

CAMP DETAILS

DATE: SUNDAY 4th JANUARY 2026
TIME: 9:00 AM to 5:00 PM
VENUE: Sri Guru Nanak Darbar, Sher-E-Punjab, Andheri East

SUPPORTED BY: Gurudwara Sri Guru Nanak Darbar, Sher-E-Punjab

Rtn. Minishaa I Oberoi (President)
Rtn. Jolinder S. Ahluwalia (Secretary)
Rtn. Surjit Ahluwalia (Executive - Medical)

Contact: +91 93222 26475 / 93237 97564

NEW YEAR CELEBRATION WITH MAGIC SHOW

Rotary Club of Mumbai Sher-E-Punjab organizes a fun-filled **MAGIC SHOW** for the Primary Children of **Guru Nanak English High School**

Date: Monday, 29th December
Time: 2:30 PM to 3:30 PM
Venue: Guru Nanak English High School

Let's welcome the New Year with joy, laughter, magic, and smiles for our little stars!

BY MAGICIAN RANJAN

Come & Join Us!
Rtn. Minishaa I Oberoi
9322226475

29th DEC 2025

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3rd week December

ANSWERS TO VOL 23 WORDS IN DISGUISE

1
FUNNY FUNNY
BONES BONES
BONES BONES

TOO FUNNY FOR
BONES

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CUT CUT CUT

CUT ABOVE THE REST

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DOPLANTOR

INDOOR PLANT

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Flavours of Fellowship

3rd week December

🎄 Christmas Hot Chocolate Recipe (Rich & Cozy)

📋 Ingredients

- 2 cups full-cream milk
- 2 tbsp cocoa powder (unsweetened)
- 2 tbsp dark chocolate chips or chopped dark chocolate
- 2 tbsp sugar (adjust to taste)
- ¼ tsp vanilla essence
- A pinch of cinnamon or nutmeg (optional, very Christmassy 🧑🏻)

👨🏻‍🍳 Method

Heat the milk in a saucepan on low flame (do not boil).

Add cocoa powder and sugar, whisk well until fully dissolved.

Add the dark chocolate and stir until melted and smooth.

Add vanilla essence and cinnamon/nutmeg.

Simmer for 1–2 minutes, stirring continuously.

Pour into mugs and serve hot.



Toppings (optional)
Mini marshmallows
Whipped cream
Chocolate shavings
Crushed candy cane or sprinklers
A dusting of cocoa or cinnamon

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🎄 Christmas Hot Chocolate Recipe (Rich & Cozy)



*Recipe by :
Rtn. Sehej S Oberoi*

🍷 **Fun Fact about Hot Chocolate:**

Hot chocolate was originally not sweet at all! 🍷

The ancient Aztecs drank cacao mixed with water, chili peppers, and spices—it was bitter, spicy, and even believed to give strength and energy. Sugar was added much later in Europe, turning it into the cozy treat we love today 🎄🌟

Get your recipe featured in next Aashyein Weekly Magazine!

Contact Rtn. Seema Bhoocher

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Quote of the Week

"This is a changing world; we must be prepared to change with it."



Thank you for being a Rotarian

Aashayein Editorial Board

Rtn. Minishaa I Oberoi

Rtn. Seema Bhoocher

Rtn. Jotinder S Ahluwalia

Rtn. Aarti Jadhav

Rtn. Jasiit Bhatia

Rtn. Jasbeer Nagi

