



AASHAYEIN

ROTARY CLUB OF MUMBAI SHER- E- PUNJAB

WEEKLY NEWSLETTER



VOLUME 19
3RD WEEK NOVEMBER
THE ROTARY FOUNDATION MONTH

ROTARY REFLECTIONS: VOICES OF THE WHEEL



Service, Friendship and Family My Rotary Experience

Being a Rotarian of the Mumbai Sher-E-Punjab club is one of the most meaningful parts of my life. What I value the most is the warmth and inclusiveness of our members. My family is always welcomed with open arms, and that sense of belonging makes the club feel like an extended family.

Though my work keeps me in Goa for most of the year, every time I return to Mumbai, attending our meetings and participating in projects feels energising. Rotary gives me a purpose—it reconnects me with service, friendship, and community impact.

Our club has undertaken many impactful projects across education, health, environment, youth empowerment, and community development. Seeing how these initiatives touch lives gives me immense satisfaction. Each project reminds me why Rotary matters and why our club stands out for its commitment to real, on-ground service.

What also inspires me is the strong fellowship among members. We support one another, celebrate achievements together, and work as a team to bring change. This positive environment motivates me to stay involved despite my travel and work commitments.

I am proud to be a Rotarian, and even prouder to belong to the Rotary Club of Mumbai Sher-E-Punjab—a club that truly lives the spirit of “Service Above Self,” with heart, unity and compassion.



Rtn. Dinesh C Bandodkar

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3rd Week November

ENVIRONMENT

TOWARDS A CLEANER PLANET: E-WASTE DRIVE

RCMSEP actively participated in the district's e-waste collection drive and successfully donated 178 kilograms of e-waste, including TVs, computers, laptops, wires, and batteries, for which it will receive a credit of ₹2,074. The club extends its gratitude to the district for their collaboration and support in promoting environmental sustainability. 🌍♻️



Date : 29th Oct 2025

RI Theme:
Environment

Location: Andheri
East

Members Present: 2



ed Request ID	Name	Area	Phone Num	Pick-up A	User Sub-Category	Pick-up Date	Category 1	Category 2	Category 3	Category 4	Category 5	Total Wt. (Kgs)	Total Va
125	45	Eric Elavia rf Nargis G	9821318439	Lady Enn	Mumbai South Cuffe Parade	28-09-2025	1	0	0	5	8	14.00	
125	46	Prabodh Sharma	9323185422	8,A Ujaga	Deonar	28-09-2025	0	21	0	15	0	36.00	
125	47	MALVIKA L SUKHANI	9819486640	Rotary Se	Bombay Up-Town	05-10-2025	2	19.5	0	30	8	59.50	
125	48	Anaya Janwadkar	9820337427	Swarna B	Mumbai Juhu	05-10-2025	0	0	148	0	0	148.00	
125	49	Patrick Gomes	9833798558	Marathi	Bombay Mulund Valley	05-10-2025	12	11.8	48	0	0	71.80	
125	50	Prashaant Mishra	8108123461	A102 Vija	Bombay Kandivli	05-10-2025	2	0	80	0	0	82.00	
125	51	Kajal Thadani	9930482662	Maruti, Jc	Bombay Pier	05-10-2025	5.5	27.3	16.1	0	0	48.90	
125	52	S Ramnath	9821333850	Emerald	Bombay Mulund Valley	05-10-2025	0	30	2	0	0	32.00	
125	59	KUMAR PILLAY	9702293503	401, Tow	Mumbai Ghatkopar West	02-11-2025	8	11	0	1	7	27.00	
125	60	Rushabh Mishra	8108123468	Vishnu S	Bombay Kandivli	12-10-2025	0	0	0	0	0	0.00	
125	62	Kalpna Krishnadas M	9869586068	T2, 304, C	Bombay Kandivli	14-10-2025	5.3	24	22.9	3	32.6	88.00	
125	63	Meghana Doshi	9819750830	Mayfair r	Mumbai Andheri	14-10-2025	0	0	0	2	23	25.00	
125	65	MALVIKA L SUKHANI	9819486640	Rotary Se	Bombay Up-Town	02-11-2025	14.5	4	26	0	10	54.50	
125	68	Minishaa Oberoi	932226475	Plot 153,	Mumbai Sher-E-Punjab	02-11-2025	25	95	46	0	13	179.00	
125	69	Rushabh Mishra	8108123468	Syselec h	Bombay Kandivli	03-11-2025	44	132.5	11	0	0	187.50	
125	70	Chhaya Bangur	9833546308	B 11, 501,	Bombay Up-Town	02-11-2025	1	0	0	0	14	15.00	
Total							120.50	376.10	400.00	56.00	115.60	1068.20	1

UNITE
FOR
GOOD

Rotary
District 3141



LET'S
INSPIRE



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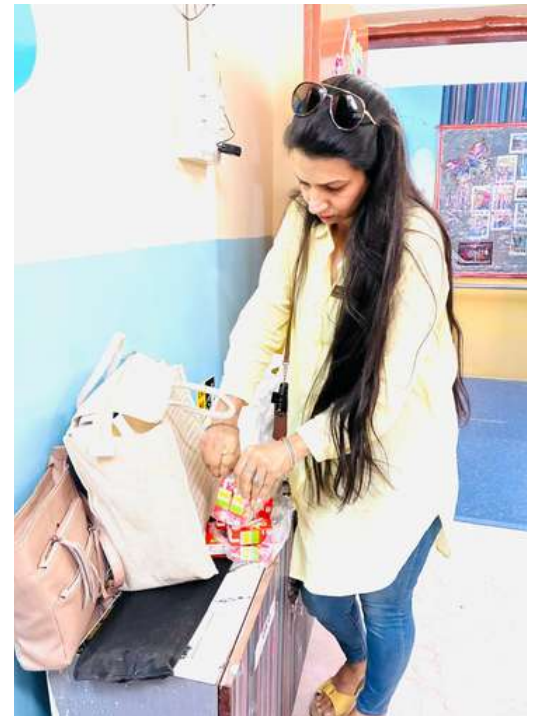
3rd Week November

ANNA PURNA MATERNAL AND CHILD HEALTH



A BIRTHDAY CELEBRATION AT ASHIANA SCHOOL OF AUTISM

RCMSEP celebrated Simrit Nagi's special day with the specially abled autistic children at Ashiana School of Autism through a sumptuous meal and fruity treats, generously donated and sponsored by Rtn. Jasbir Nagi. As part of the Annapurna Smile Box project, ably led by Rtn. Seema Bhoocher, this thoughtful celebration created a joyful and heartwarming experience for all present.



Date : 10th Nov 2025

RI Theme: Annapurna,
Maternal and Child Health

Location: Andheri East

Members Present: 4

Beneficiaries: 40

Project Cost : Rs. 6000



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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3rd Week November

DISEASE PREVENTION & TREATMENT



THERMAL BREAST SCREENING CAMP

RCMSEP successfully organized a thermal Breast Screening Camp at Oberoi Prisma CHS Ltd where 35 women were screened, and all reports were found to be normal, helping promote awareness about early detection and preventive healthcare. All staff members are encouraged to participate in such initiatives, and residents are requested to motivate their staff to take advantage of these valuable health opportunities.



Date : 12th Nov 2025

Beneficiaries: 35

RI Theme: Disease Prevention & Treatment

Location: Oberoi Prisma , Jogeshwari East

Members Present: 3

Project Worth: Rs. 18500



District Governor: Rtn. Manish Motwani
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3rd Week November

BASIC EDUCATION & LITERACY



A FUN-FILLED, MAGICAL CHILDREN'S DAY

Rotary Club of Mumbai Sher-E-Punjab celebrated its first Children's Day event with the children of Chandrabhaga Vidya Mandir School, Malad East, where Magician Ranjan—sponsored by Rtn. Amita delighted everyone with his lively magic show. The children also enjoyed samosas and sweets sponsored by Vicky of Gulati Sweets, making it a joyful, fun-filled day of memories to cherish.



Date : 14th Nov 2025

RI Theme: Basic Education
& Literacy

Location: Malad East

Members Present: 5

Beneficiaries: 230

Project Worth : Rs. 10400



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

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Club Secretary: Rtn. Jotinder S Ahluwalia

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District 3141



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3rd Week November

BASIC EDUCATION & LITERACY



RCMSEP SPREADS SMILES ON CHILDREN'S DAY

RCMSEP celebrated its second Children's Day event with great enthusiasm at ALM Park, Andheri East, with around 200 Angel Xpress children enjoying a magic show by Magician Ranjan and a delicious snack spread sponsored by friends of Rotary, Ayansh and Aditi. Also we distributed drinks and chocolates, Chingari Shakti Foundation gifted notebooks. A heartfelt thanks were extended to Angel Xpress, the sponsors, members and the magician for making the evening so memorable.



Date : 14th Nov 2025
RI Theme: Basic Education & Literacy
Location: ALM Park, Andheri East
Members Present: 12 + 3 guests
Beneficiaries: 200
Project Worth : Rs. 18300



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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3rd Week November

ENVIRONMENT



GREENER TOMORROW : RCMSEP PLANTATION DRIVE

RCMSEP conducted a plantation drive at Dream Park, Thakur Village, in collaboration with Friends of Trees, Rotaract Club JES College Parivartan, and JES NSS. The club adopted 10 pits, provided 230 saplings, compost and equipment, with 45 students, 3 club members, BMC officials and BJP representative Mr. Dave participating. The activity left everyone with a strong sense of fulfillment and a renewed commitment to making Thakur Village greener and more beautiful. 🌱💚



Date :15th Nov 2025

RI Theme: Environment

Location: Thakur village,
Kandivili

Members Present: 3 + 45
rotaractors

Partners: Friends of Trees

Project Cost : Rs. 14000



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

INCREDIBLE INDIA QUIZ SERIES-2

1. Which Indian state is known as the “Scotland of the East”?
2. Which city is called the “City of Joy”?
3. Which state is known as the “Land of Gods (Devbhoomi)”?
4. Which city is famously known as the “Orange City”?
5. Which state is called the “Land of Backwaters”?
6. Which city is known as the “Yoga Capital of the World”?
7. Which state is known as the “Land of the Red River and Blue Hills”?
8. Which city is referred to as the “IT Hub of India”?
9. Which state is popularly known as the “Jewel of India”?
10. Which city is known as the “City of Dreams”?
11. Which state is called the “Land of Forests”?
12. Which city is known as the “Temple City of India”?
13. Which state is known as the “Land of the Thunder Dragon” in India?
14. Which city is called the “Steel City of India”?

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UPCOMING EVENTS

Rotary   **Interact Club of Maruti Veers**

cordially invite you to a

LOG OUT

Digital De-addiction and Detox Awareness Session

Conducted By: Rtn. Vishal Patwa



This session will help students build healthy screen habits, manage social media use wisely, and recognize early signs of digital addiction.

 **Venue:** RC Maruti High School
 **Date:** Friday, 28th November
 **Time:** 1:00 pm to 2.30 pm
 **For details, contact:** Rtn. Minishaa I. Oberoi
 Rtn. Sunita Sharma

28th Nov

Rotary   **Rotary Club of Mumbai Sher-E-Punjab & Interact Club of Guru Nanak Bravehearts**

cordially invite you to a

MENSTRUAL HYGIENE AWARENESS SESSION

By: Citizens Association for Child Rights
 Resource Person: Rtn. Moha Kamat

Dates:
 • 28th November
 • 3rd December
 • 10th December

Topics Covered:

- Science behind menstruation
- Use of absorbents
- Challenges and solutions
- Hygiene practices
- Myths and taboos
- Period tracker

Venue: Guru Nanak English High School, Sher-E-Punjab
Participants: Girls of Classes 7, 8, 9 & 10
Time: 8:45 am to 10:00 am

Rtn. Minishaa I. Oberoi
 Rtn. Kiran Srivastava
 Rtn. Sukarma Khanna



28th Nov

Rotary   **Club of Mumbai Sher-E-Punjab**

Interact CLUB OF MARUTI VEERS

proudly organize a

DRAWING & POSTER COMPETITION

Green Environment



 **28th November 2025** **12:00 pm**
 **RC Maruti High School**

Let's colour our planet green with creativity, ideas and imagination! Come, join us and draw for a better tomorrow.

For more information, please contact:
 Rtn. Minishaa I. Oberoi Rtn. Sunta Sharma

28th Nov

Rotary   **Rotary Club Of Mumbai Sher E Punjab**

invites you to join us

Rotary District 3141  

ROTARY / ROTARACT DISTRICT MODEL UNITED NATIONS 2025

You are invited to witness different countries discussing:
LOSS AND DAMAGE CAUSED BY CLIMATE CHANGE, SHOULD BE FUNDED BY DEVELOPED COUNTRIES

30th November, 2025 – 8 am to 5 pm
 The Catholic Gymkhana, Marine Drive

 **Chief Guest Dr. Manish Motwani**
 District Governor

 **Guest of Honour Mr. Zoru Bhathena**
 Environmentalist

Dress code: Country's National Dress / Formals

Neopur Desai **Yashvardhan Chauhan**
 President - Rotary Club of Bombay Pier (Lead Host) District Rotaract Representative

30th Nov

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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UPCOMING EVENTS

LET'S INSPIRE UNITE FOR GOOD

Rotary Club of Mumbai Sher-E-Punjab invites all to join in the opening of the Study Centre

रोटरी अभ्यास सभागृह

Inauguration of the ROTARY STUDY CENTRE

on
29th November 2025 at 11:00 am

Chief Guest:
Rtn. Shrirang Prabhu
District Governor 05-06
Rotary International District 3141

Venue Partner:
Khupri Gram Panchayat
Wada Taluka,
Palghar District – 421312

Rotary Club of Mumbai Sher-E-Punjab
Inauguration of the Study Centre
29th November 2025 at 11:00 am

ABC ABC

29th Nov

Rotary Club of Mumbai Sher E Punjab organize

MEDICAL CHECK-UP at SOPAN

for specially-abled and autistic children

About SOPAN
SOPAN is an autistic centre at Andheri (East), founded by a group of parents of autistic children and now supporting other special children as well.

Venue
Natwar Nagar MNP
Vishesh Shala (Divyang)
BMC Building, 2nd Floor,
Natwar Nagar Road No. 5,
Opp. Ashok Thakur Compound,
Andheri (East), Mumbai

Monday, 1st December 2025
Time: 10:30 am – 1:00 pm

Health Services Offered

Eye Check-up
By Mr. Amol Gawane

General Check-up
By Dr. Samiksha B. Seth

Dental Check-up
By Dr. Sonam Singh

For more information

- Rtn. Minishaa I. Oberoi
- Rtn. Kiran Srivastava

1st Dec

UNITE FOR GOOD LET'S INSPIRE

Rotary District 3141

ROTARY CLUB OF MUMBAI SHER E PUNJAB

INVITES YOU TO JOIN US

CLUB OFFICIAL VISIT

CHIEF GUEST:
DG RTN.DR. MANISH MOTWANI

DEC 2025 | 4 | THURS 6 PM

VENUE : SHERE PUNJAB GYMKHANA BANQUET HALL

Your presence will add warmth and value to this important evening as we review our club's progress and celebrate our journey of service.

RTN. MINISHAA I OBEROI
PRESIDENT

RTN. JOTINDER S AHLUWALIA
SECRETARY

RTN. NARESH KHATRI
TREASURER

4th 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

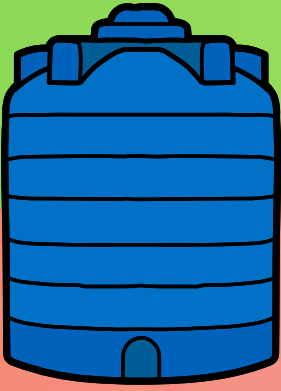
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THE HAPPY WHEEL - FUN CORNER

ANSWERS TO VOL 18 INCREDIBLE INDIA QUIZ SERIES -1

1. Which Indian city is known as the “City of Pearls”?
Answer: Hyderabad (Telangana)
2. Which city is called the “Pink City” of India?
Answer: Jaipur (Rajasthan)
3. Which state is known as the “Land of Five Rivers”?
Answer: Punjab
4. Which city is referred to as the “City of Lakes”?
Answer: Udaipur (Rajasthan)
5. Which Indian state is known as the “Spice Garden of India”?
Answer: Kerala
6. Which city is known as the “Tea Capital of India”?
Answer: Dibrugarh (Assam)
7. Which state is called the “Land of Rising Sun” in India?
Answer: Arunachal Pradesh
8. Which city is known as the “Silicon Valley of India”?
Answer: Bengaluru (Karnataka)
9. Which state is famous as the “Land of Festivals”?
Answer: Tamil Nadu
10. Which city is known as the “Textile City of India”?
Answer: Coimbatore (Tamil Nadu)
11. Which state is referred to as the “Sugar Bowl of India”?
Answer: Uttar Pradesh
12. Which city is popularly called the “Queen of the Hills”?
Answer: Darjeeling (West Bengal)
13. Which city is known as the “Diamond City of India”?
Answer: Surat (Gujarat)
14. Which Indian state is called the “Land of Kings”?
Answer: Rajasthan
15. Which city is called the “City of Nawabs”?
Answer: Lucknow (Uttar Pradesh)



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Vaastu Corner

By Rtn. Arun Bhoocher
(Under Guidance of Niilesh N Shah)

VASTU FOR WATER TANKS

1. Overhead Water Tank (on terrace / roof)

Best direction: South-West (SW)

This direction gives stability and supports the house with strong positive energy.

Avoid:

- ✗ North-East (NE) – causes financial and health issues
- ✗ South-East (SE) – may lead to stress or fire-related imbalance
- ✗ North-West (NW) – can create instability or frequent repairs

Height Tip:

Overhead tank should be heavier and placed higher than the rest of the roof for good Vastu balance.

2. Underground Water Tank / Borewell

Best direction: North-East (NE)

This is the zone of water and purity in Vastu, believed to bring prosperity and peace.

Also acceptable:

- ✓ North
- ✓ East

Avoid:

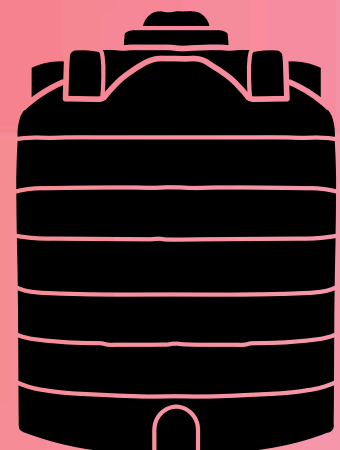
South-West, South, or South-East – may cause financial and personal difficulties.

Quick Summary

Overhead tank: South-West

Underground tank: North-East

Avoid mixing the two zones.



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Flavours of Fellowship



PANEER SAMOSA 😊

Ingredients

For Filling

200 g paneer (crumbled)
1 onion (chopped)
1 tsp red chilli powder
½ tsp turmeric
½ tsp garam masala
Salt to taste
1 tbsp oil

For Samosa

Ready-made samosa pattis
or
2 cups maida + water (if making dough)
Oil for frying



Method

1. Make the Paneer Filling

Heat 1 tbsp oil in a pan.

Add onion and fry for 1 minute.

Add paneer, chilli powder, turmeric, garam masala, and salt.

Mix well and cook for 2–3 minutes.

Turn off gas and let it cool.

2. Fill the Samosa

Take one samosa patti.

Fold it into a cone shape.

Fill 1–2 spoonfuls of paneer stuffing inside.

Seal the edges with a little water.

3. Fry

Heat oil on medium flame.

Fry samosas till golden and crispy.

Remove and place on tissue paper.

Ready!

Serve hot with ketchup or green chutney.

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🥘 PANEER SAMOSA 😊



*Recipe by :
Rtn. Kiran Srivastava*

Paneer samosas are actually a modern twist to the traditional samosa. Many say paneer samosas were first created by accident, when leftover paneer bhurji was stuffed into samosa pattis to avoid wastage—and the experiment became a hit!

Today, paneer samosas are especially popular in Mumbai tea stalls and bakeries, loved by children for their soft, mildly spiced filling. And here's the best part—compared to many fried snacks, paneer samosas are slightly healthier because paneer is rich in protein and calcium.

Get your recipe featured in next Aashyein Weekly Magazine!

Contact Rtn. Seema Bhoocher

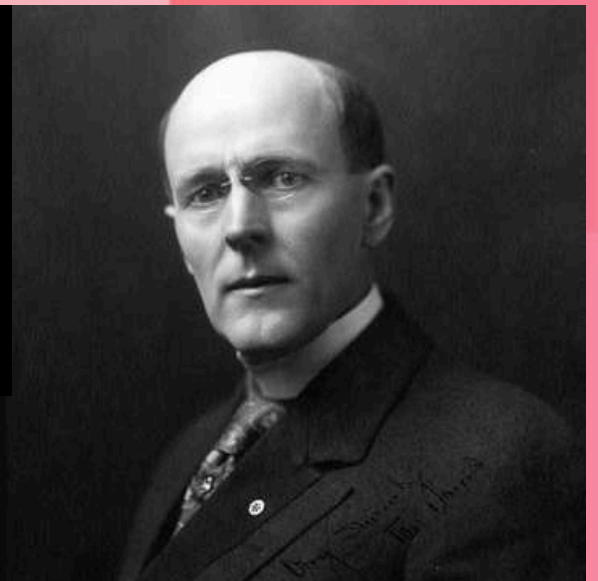
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3rd Week November

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