

# AASHAYEIN

## ROTARY CLUB OF MUMBAI SHER- E- PUNJAB

### WEEKLY NEWSLETTER



VOLUME 16  
3RD WEEK OCTOBER  
ECONOMIC DEVELOPMENT MONTH

### ROTARY REFLECTIONS: VOICES OF THE WHEEL



#### ☀ A Journey of Discovery and Pride ☀

Two years ago, when I first joined Rotary, I'll admit — I had little idea of the depth, passion and impact this organization truly carried. I had seen Rotary logos on signboards and heard of community work being done here and there, but it was only after becoming a member that I truly understood what Service Above Self means.

I have witnessed firsthand the dedication of Rotarians who work tirelessly — not for recognition, but for the joy of making a difference. Whether it's bringing smiles to children's faces, supporting education, protecting the environment, or uplifting the underprivileged, Rotary's reach and compassion truly inspired me.

This year, with my wife as President of our club, my sense of pride has multiplied. Seeing her lead projects with heart and vision, supported by such an enthusiastic team, reminds me every day of how powerful collective service can be. Rotary is not just an organization — it's a family of changemakers.

Joining Rotary has been one of the most meaningful decisions of my life. It has shown me that when people with goodwill come together, miracles happen quietly but powerfully. I'm grateful to be part of this journey, and I look forward to many more years of service, learning, and fellowship.



**Rtn. Inderjeet Singh  
Oberoi**



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# AASHAYEIN

3rd Week October

## ENVIRONMENT

### WALK IN THE BIODIVERSITY PARK, KALINA

Members of RCMSEP spent a delightful morning on October 11th exploring the Rotary Club of Bombay's Biodiversity Park at Mumbai University, Kalina. 🌿 Sponsored by RC Bombay, the visit offered a peaceful walk amid lush greenery, followed by a delicious breakfast that made the experience truly refreshing and memorable.



Date : 11th Oct  
2025

RI Theme:  
Environment

Location:  
Biodiversity Park,  
kalina

Members  
Present: 5

Amount: ₹1000



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 October

## RAW : DISEASE PREVENTION & TREATMENT

### A HEARTWARMING TALE OF COMPASSION

Eight orphaned puppies, rescued by animal welfare worker Naeem through President Minishaa's RAW network and friend Pinto, found a new lease on life at Nandini Aunty's foster home, where a nursing mother dog lovingly took them in. Their survival is a testament to the power of kindness and teamwork. RCMSEP continues its RAW mission — making a difference, one life at a time.



**Date :13th Oct 2025**

**RI Theme: RAW, Disease  
Prevention & Treatment**

**Location: Mira Road**

**Members Present: 1**

**Amount: ₹2000**

**District Governor: Rtn. Manish Motwani  
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3rd Week October

## VOCATIONAL SERVICE

### SUPPORT TO SKILL CENTRE

RCMSEP donated 5 huge bags of clothes cut pieces to Chingari Shakti Foundation worth Rs. 15000, to be distributed to their skill centers in Wada. These will be used by the women at the skill centers to create beautiful and meaningful products, empowering them through skill development and economic independence.



Date : 14th Oct 2025

RI Theme: Vocational  
service, Economic  
Development.

Location: Wada

Members Present: 1

Amount: ₹15000

Partner: Chingari  
Shakti foundation

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3rd Week October

## DISEASE PREVENTION & TREATMENT

### CO HOST : BLOOD DONATION DRIVE AT ANDHERI STATION

Shortage of blood remains a constant challenge for hospitals, often becoming a matter of life and death for patients in need. Recognizing this critical cause, RCMSEP co-hosted a blood donation drive with 21 Rotary clubs at Andheri Station, resulting in an impressive collection of 63 bottles in October.



Date :15th Oct 2025

Beneficiaries: 63

RI Theme: Disease Prevention & Treatment

Location: Andheri station

Members Present: 3

Project worth ₹63000



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3rd Week October

CLUB MEETING, FIRESIDE



## CLUB DIWALI PARTY 2025



District Governor: Rtn. Manish Motwani  
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3rd Week October

## CLUB SERVICE, PUBLIC IMAGE

### CREATING CLUB VISIBILITY THROUGH COMMUNITY FUN!

To create visibility in the neighbourhood, RCMSEP sponsored two prizes for the first Full Housie winners at the Sher-e-Punjab Gymkhana's Housie games on 18th October 2025. We're delighted to continue our support for the next three Saturdays, adding more fun, excitement, and community spirit to the event.



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## The Story of Karva Chauth

A Celebration of Love and Devotion



Karva Chauth is one of India's most cherished festivals, celebrating love, trust, and the sacred bond of marriage. On this day, married women keep a strict fast from sunrise to moonrise for the long life, well-being, and prosperity of their husbands. But behind this beautiful ritual lies an even more beautiful story — one of faith, sacrifice, and the power of love

### 🌕 The Story of Karva Chauth

Long ago, in ancient India, there lived a devoted queen named Veeravati. She was the only sister among seven loving brothers and was married to a handsome king. On her first Karva Chauth after marriage, Veeravati returned to her parents' home to observe the fast — a day-long vow for the long life of her husband.

She began her fast before sunrise, as was the tradition, refraining from both food and water until the moon rose. As the day went on, Veeravati grew weak and faint with hunger and thirst. Her brothers, unable to see her suffer, decided to trick her out of compassion. They climbed a nearby hill and held a mirror so that it reflected the light of a lamp, making it appear as if the moon had risen. Believing the moon was out, Veeravati broke her fast. The moment she ate, a messenger arrived bringing devastating news — her husband, the king, had suddenly fallen ill and died.

Heartbroken, Veeravati wept and prayed to Goddess Parvati, confessing how she was misled and had unknowingly broken the fast early. The goddess appeared before her and explained that since the ritual was broken before the true moonrise, the blessing of longevity could not be completed. However, moved by her devotion, Goddess Parvati revived the king's life — but on the condition that Veeravati would faithfully observe Karva Chauth every year with sincerity and full discipline.

From that day on, Veeravati followed the fast devoutly each year, ensuring her husband lived a long and healthy life. This story became a symbol of love, loyalty, and sacrifice, passed down from generation to generation.

### 🌸 The Essence of the Festival

Beyond ritual and fasting, Karva Chauth celebrates the strength of commitment and the beauty of emotional connection. It reminds couples to cherish, protect, and stand by each other through life's changing seasons — a celebration not only of love but of faith, patience and eternal togetherness.



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## UPCOMING EVENTS

ROTARY CLUB OF MUMBAI SHER E PUNJAB  
&  
SHERE PUNJAB GYMKHANA  
ORGANIZE

**HOUSIE**

**ON EVERY SATURDAY**  
**FROM: 6:00 PM ONWARDS**  
**VENUE: AT POOL SIDE**

- 2 ROUNDS WITH ATTRACTIVE PRIZES
- LIVE MUSIC FUN & FOOD

**RATES:**  
₹.50/- FOR 3 TICKETS  
₹.100/- FOR 7 TICKETS

JOIN US WITH YOUR FAMILY & FRIENDS  
FOR AN EVENING FILLED WITH  
FUN & EXCITEMENT

**25th Oct**

**Rotary**

Rotary Club of Mumbai Sher-E-Punjab  
in association with  
RCC Jeevdani Sewaks and Chingari Shakti Foundation  
cordially invites you to a

**FREE MEDICAL HEALTH  
CHECK-UP CAMP**

for the residents of Subhash Nagar, Andheri East, Mumbai

Date: Sunday, 26th October  
Time: 10:00 AM – 4:00 PM  
Venue: Near Jeevdani Mandir, Subhash Nagar,  
Andheri East

Tests Included:

- CBC
- Blood Sugar (Fasting & Random)
- Blood Pressure
- Vitamin D
- Vitamin D
- Vitamin B12
- Total Cholesterol
- TSH
- Basic Eye Check-up  
(Spectacles will be provided if needed)

Contact:  
Rtn. Minishaa I. Oberoi  
Rtn. Sunita Sharma

Let's come together for a healthier tomorrow!

**26th Oct**

**You're Invited!**

Rotary Club of Bombay Film City &  
Rotary Club of Mumbai Sher-E-Punjab  
proudly present a joint speaker session  
and graciously invite you to join us:

Date: 30th October 2025  
Time: 7:00 PM – 8:00 PM  
Mode: Online (Google Meet link to be shared)

Topic: Investments for Wealth Creation  
& Outline of Money Management

Speaker:  
Mr. Avinnash Gorakshakar

Join market expert  
Avinnash Gorakshakar for  
an insightful session on  
thoughtful and balanced  
investing.

Key Takeaways:

- Understand various instruments for investing
- Define individual goals and create a roadmap to achieve them
- Learn how to balance risks in your investments

Rtn Jayshree Parikh & Rtn Minishaa I Oberoi

**30th Oct**



# AASHAYEIN

## *Flavours of Fellowship*

3rd Week October

### *Sindhi Curry*

#### • Ingredients:

- For the curry base:
- Gram flour (besan) – 4 tbsp
- Oil – 3 tbsp
- Mustard seeds – ½ tsp
- Cumin seeds – ½ tsp
- Fenugreek seeds (methi dana) – ¼ tsp
- Asafoetida (hing) – a pinch
- Curry leaves – 10-12
- Green chilies (slit) – 2
- Ginger – 1-inch piece (grated)
- Red chili powder – 1 tsp
- Turmeric powder – ½ tsp
- Salt – to taste
- Tamarind pulp – 2 tbsp (adjust to taste)
- Water – 4-5 cups
- Vegetables (use a mix of your choice):
- Drumsticks – 2 (cut into 2-inch pieces)
- Potatoes – 2 (peeled and cubed)
- Lady's finger (bhindi) – 10 (cut into halves)
- Cluster beans (gawar) – 1 cup
- Brinjal – 2 small (cut into pieces)
- Tomatoes – 2 (chopped)

#### Method

##### 1. Roast the besan:

Heat oil in a deep pan or kadhai. Add besan and roast on medium flame till it turns golden brown and releases a nutty aroma. Stir continuously to avoid burning.

##### 2. Add spices:

Add mustard seeds, cumin seeds, fenugreek seeds, and let them splutter. Then add asafoetida, curry leaves, green chilies, and grated ginger. Sauté for a minute.

##### 3. Add water and seasoning:

Slowly add 4-5 cups of water while stirring continuously to avoid lumps. Mix in red chili powder, turmeric powder, and salt. Let it come to a boil.

##### 4. Add vegetables:

Add the harder vegetables first (like drumsticks, potatoes, and cluster beans). Cover and cook for about 10 minutes. Then add softer vegetables (like brinjal, bhindi, and tomatoes).

##### 5. Simmer:

Cook on medium heat for 20-25 minutes, stirring occasionally, till all vegetables are tender and the curry thickens slightly.

##### 6. Add tamarind pulp:

Stir in tamarind pulp and simmer for another 5-7 minutes. Adjust salt and tanginess as per taste.

##### 7. Serve hot:

Garnish with fresh coriander leaves and serve hot with steamed rice, papad, and pickle.





# AASHAYEIN

## *Sindhi Curry*

3rd Week October



*Recipe by :*  
*Rtn. Minishaa I Oberoi*

### 🔥 Fun Fact:

Sindhi Curry is a tangy-spicy wonder — just one spoonful can make your taste buds do a happy little dance! Every Sindhi family adds its secret twist — a dash of raw mango or a pinch of special spices — turning each curry into a unique “family recipe treasure.” While usually paired with steamed rice, this curry loves company, happily joining roti, paratha, or even bread at the table.

Get your recipe featured in next Aashyein Weekly Magazine!

**Contact Rtn. Seema Bhoocher**



# AASHAYEIN

## The Happy Wheel - Fun Corner

### Quiz-e-Diwali



1. According to the Ramayana, on which tithi (lunar day) did Lord Rama return to Ayodhya, celebrated as Diwali?

- a) Amavasya of Kartik month
- b) Purnima of Ashwin month
- c) Ekadashi of Kartik month
- d) Trayodashi of Kartik month

2. Diwali marks the coronation (Pattabhisheka) of Lord Rama. Who performed the coronation ritual?

- a) Sage Vashistha
- b) Sage Vishwamitra
- c) Sage Valmiki
- d) Sage Agastya

3. Which Jain Tirthankara attained Nirvana on Diwali day?

- a) Parshvanatha
- b) Mahavira
- c) Neminatha
- d) Rishabhanatha

4. For Sikhs, Diwali coincides with which important event?

- a) The birth of Guru Nanak Dev Ji
- b) The release of Guru Hargobind Ji from prison
- c) The martyrdom of Guru Tegh Bahadur Ji
- d) The founding of the

5. In Gujarat, Diwali also marks the beginning of which new year?

- a) Vikram Samvat
- b) Saka Samvat
- c) Gujarati Samvat
- d) Shaka Samvat

6. The legend of King Bali and Lord Vishnu in his Vamana avatar is associated with which Diwali-related festival in South India?

- a) Naraka Chaturdashi
- b) Govardhan Puja
- c) Balipadyami
- d) Bhai Dooj

7. The story of Goddess Lakshmi emerging from the ocean of milk (Samudra Manthan) is symbolically linked to Diwali. Who was her consort upon emergence?

- a) Lord Vishnu
- b) Lord Shiva
- c) Lord Indra
- d) Lord Brahma

8. Which ancient Sanskrit text first mentions the celebration of Deepavali?

- a) Padma Purana
- b) Skanda Purana
- c) Narada Purana
- d) Katha Upanishad

9. Which form of Goddess Lakshmi is especially worshipped on Diwali night?

- a) Dhana Lakshmi
- b) Aishwarya Lakshmi
- c) Mahalakshmi
- d) Gaja Lakshmi

10. In Bengal, which goddess is primarily worshipped during Diwali instead of Lakshmi?

- a) Kali
- b) Durga
- c) Saraswati
- d) Annapurna

11. In North India, which day after Diwali commemorates Lord Krishna lifting Govardhan Hill?

- a) Bhai Dooj
- b) Annakut
- c) Naraka Chaturdashi
- d) Dhanteras

12. Which Mughal emperor attempted to ban the use of fireworks and lamps during Diwali celebrations?

- a) Akbar
- b) Aurangzeb
- c) Shah Jahan
- d) Jahangir







## The Happy Wheel - Fun Corner

### Mind Mingle !

Answers to Volume : 15

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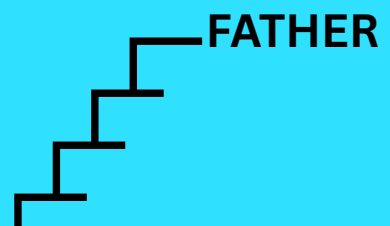
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PROUD WINNER OF VOL 15  
2ND WEEK OCTOBER

Rtn. Kiran Srivastava



STEPFATHER



# AASHAYEIN

3rd Week October

## Vaastu Corner

By Rtn. Arun Bhoocher

(Under Guidance of Niilesh N Shah )

### VASTU TIPS FOR SWING

If the swing is facing east or north, luck is with you. Luck shines and there is success in every work.

While swinging, keep in mind that when the swing swings, it should swing from east to west and the person sitting in the swing should face east or north.

According to Vastu Shastra, swing brings auspiciousness to the house. According to the rules, the swing makes the children positive and they also get success in their studies.

According to Vastu Shastra, while installing a swing in the house, special care should be taken that the swing should be mainly made of wood instead of metal or bamboo. By installing a swing made of wood, the money stays in the house and the economic condition also becomes strong.

Apart from this, installing a swing made of wood in the house keeps the house blessed and has a very auspicious effect on the children of the house. Children get success in their studies and the fear in their minds also goes away.





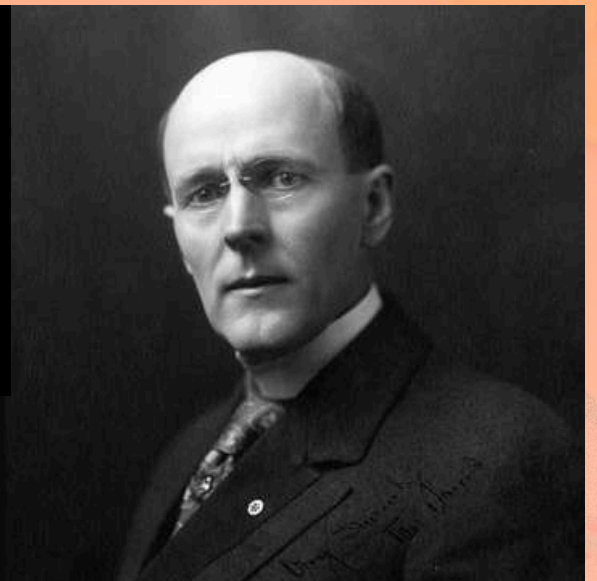
# AASHAYEIN

3rd Week October

## Quote of the Week

*"He who profits most serves best."*

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

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Rtn. Jasbeer Nagi