

AASHAYEIN

ROTARY CLUB OF MUMBAI SHER- E- PUNJAB

WEEKLY NEWSLETTER

VOLUME 3

3RD WEEK OF JULY



ROTARY REFLECTIONS: VOICES OF THE WHEEL



Did I Find Rotary or Did Rotary Find Me?

Destiny is a curious thing—quiet yet powerful. Sometimes we chase dreams; sometimes something finds us when we're not even looking. For me, that something was Rotary. I didn't plan to join. It wasn't a lifelong goal. It was more like a quiet nudge—an unexpected invitation that changed everything. What started as a casual step soon became a turning point.

Two years ago, I entered this world of service, not knowing what lay ahead. Today, I stand as President of the Rotary Club of Mumbai Sher-E-Punjab. And while the calendar says two years, my heart feels like I've belonged here forever. The rhythm of Rotary—the kindness, the connection—has become a part of who I am.

रास्तों की तलाश थी, मंज़िल का न था पता,
रोटरी ने जब थामा हाथ, तो मिल गई नई दिशा।

Rotary didn't just give me a platform to serve; it helped me discover myself. In every project, I've found strength. In every smile, I've felt purpose. And in every fellow Rotarian, I've found a family.

What I've experienced here is more than service—it's transformation. It's the kind of growth that happens not by standing still, but by moving forward with compassion, empathy, and vision.

The greatest joy? Making someone else smile. That unspoken gratitude is the truest reward—and the reason I keep going.

So, did I find Rotary? Or did Rotary find me?

Maybe it doesn't matter.

Because through Rotary, I found something far more important—

I found me.



Inspired President
Rtn. Minishaa I Oberoi

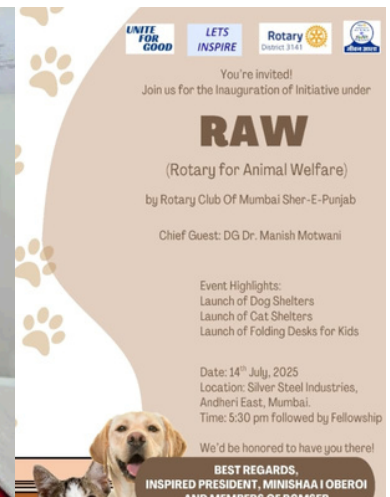
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3rd week of July

DISEASE PREVENTION & TREATMENT

INAUGURATION BY DG RTN.MANISH

Project Animal Shelters- the flagship project of RCMSEP) was formally inaugurated by DG Rtn Manish Motwani. 50 shelters were donated and transported to Lonavala on July 14th. The DG appreciated the project and announced its adoption at the district level, with RCMSEP as the lead club.



DATE: 14TH JULY 2025

**RI THEME: DISEASE PREVENTION
& TREATMENT**

**BENEFICIARIES: 150 DOGS/ CATS
(2-3 ANIMALS PER SHED)**

AMOUNT SPENT: RS. 43750/-

**RCMSEP MEMBERS : 25
LOCATION: ANDHERI EAST**

**PROJECT LEAD : ARUN BHOOSHER
MINISHAA I OBEROI**

UNITE
FOR
GOOD

Rotary
District 3141



LET'S
INSPIRE

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3rd week of July

COMMUNITY DEVELOPMENT

FELLOWSHIP & PROJECT



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 of July

ENVIRONMENT & ECONOMIC DEVELOPMENT

DONATION OF USED /UNUSED ITEMS

RCMSEP donated a truckload of bags containing recycled clothes, bedsheets, shoes and toys to Aahar Sadan Sanstha for distribution to villages, providing vital support to the village community, enhancing their quality of life and dignity.



DATE: 18TH JULY 2025

LOCATION: MUMBAI

**RI THEME: ENVIRONMENT
COMMUNITY DEVELOPMENT**

PARTNER: GUR SAMARATH FOUNDATION

BENEFICIARIES: 50

PROJECT WORTH : RS. 5000/-

PROJECT LEAD: MINISHAA

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3rd week of July

COMMUNITY DEVELOPMENT , BAGHBAAN

SMILE BOX : ANNAPURNA

Dr. Samiksha celebrated her father's 66th birthday by sponsoring a wholesome meal for 70 senior citizens under RCMSEP'S SMILE BOX - Annapurna, spreading joy and community care.



DATE: 15TH JULY 2025

LOCATION: DIGNITY FOUNDATION, JOGESHWARI

RI THEME: ANNAPORNA, COMMUNITY DEVELOPMENT, BAGHBAAN

PROJECT WORTH : RS. 6400/-

BENEFICIARIES: 70

MEMBERS PRESENT: 4

PROJECT LEAD: RTN KIRAN , RTN. SURJIT

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 of July

ENVIRONMENT , COMMUNITY SERVICE

NEWSPAPER BAG MAKING WORKSHOP



A unique workshop was conducted by specially-abled children from Jyotirmay Foundation for 150 students of class 5,6,7 and 8. They were taught to make newspaper bags to promote eco-friendly practices.



DATE: 17TH JULY 2025

**RI THEME: ENVIRONMENT & ECONOMIC
DEVELOPMENT, BASIC EDUCATION &
LITERACY**

**LOCATION: GURUNANAK ENGLISH HIGH SCHOOL,
ANDHERI EAST**

BENEFICIARIES: 150+ RCMSEP MEMBERS: 4

AMOUNT SPENT: 1000 PROJECT LEAD: MINISHAA

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3rd week of July

FIRESIDE CLUB MEETING

FIRST CHAI PE CHARCHA

The club's 1st fireside meeting for the inspired year was warmly hosted by Rtn. Simi & Jotinder at their residence. The meeting marked a successful start to the year, an evening filled with discussions, projections, laughter, games, gifts and delicious food.



Rotary
ROTARY CLUB OF MUMBAI
SHER-E-PUNJAB
HOSTS ITS FIRST
FIRESIDE MEETING
"chai pe charcha"
on 17th July 2025
VENUE: BUILDING NO 1, GUL MOHAR, GARDEN LANE,
SHER-E-PUNJAB SOCIETY, M C RD., ANDHERI-E, 93
TIME: 6:15 PM ONWARDS
PROGRAM:
6:15 - 6:30 PM FELLOWSHIP.
6:30 - 7:30 PM CLUB MEETING.
7:30 - 8:30 PM FELLOWSHIP FOLLOWED
BY DINNER.
HOST FOR JULY: SIMI & JOTINDER AHLUWALIA.
WE LOOK FORWARD TO SEEING YOU ALL.
RTN MINISHA I OBEROI
PRESIDENT

DATE: 17TH JULY 2025
LOCATION: JOTINDER & SIMI
RESIDENCE
MEMBERS PRESENT : 26
GUESTS : 2



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 of July

COMMUNITY DEVELOPMENT

CYBER SECURITY AWARENESS SESSION

RCMSEP organized a Cyber Security Informative Session in association with Ekta Tripolis and Brahmakumaris, presented by speaker Sayan Basak, Co-Founder of Secure Bharat. Cyber threats—including AI Scams, phishing, spyware, impersonation and many more were shared, along with valuable insights on how individuals can protect themselves online.



DATE: 18TH JULY 2025
RI THEME : ECONOMIC DEVELOPMENT
LOCATION: EKTA TRIPOLIS, GOREGAON WEST
BENEFICIARIES: 130
AMOUNT SPENT: 0
RCMSEP MEMBERS : 6
PROJECT LEAD: RTN.KIRAN



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 of July

BASIC EDUCATION & LITERACY

DONATION OF NOTE BOOKS

RCMSEP coordinated a notebook donation of 2000 long books with the help of Lok Udaan, a local help group for 960 students of RC Maruti School (Hindi medium section).



DATE: 19TH JULY 2025
RI THEME : BASIC EDUCATION & LITERACY
LOCATION: ANDHERI
BENEFICIARIES: 960 STUDENTS
TOTAL COSTS:RS. 60,000
MEMBERS PRESENT: 1
GUESTS: 2 (LOK UDAAN REPRESENTATIVES)

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UPCOMING EVENTS



Rotary

WE, THE PRESIDENT AND MEMBERS OF THE
**ROTARY CLUB OF MUMBAI
SHER-E-PUNJAB**

CORDIALLY INVITE YOU TO GRACE THE
INSTALLATION CEREMONY
of
SHRUTI SHARMA
AS PRESIDENT (2025-26)
OF THE
**INTERACT CLUB OF GURUNANAK
BRAVEHEARTS**
(CLUB ID 230051) (CHARTER DATE: 15T AUG 2024)

ALONG WITH HER BOARD OF DIRECTORS

DATE / DAY: **TUESDAY: 22nd JULY 2025**
TIME: 10 AM ONWARDS
VENUE: GURU NANAK ENGLISH HIGH SCHOOL,
SHER-E-PUNJAB SOCIETY, ANDHERI-EAST

RTN. MINISHAA I OBEROI RTN. SUNITA SHARMA
INSPIRED PRESIDENT DIRECTOR. YOUTH SERVICES

Mangrove Cleaning & Restoration

Protect them to get protected

Join us on
**26 July
2025**

Participation certificates will be given

Venue
Opp Carter Road Amphitheatre
7:30am to 9:00am

Contact
Rtn. Minishaa Oberoi: 9322226475
Rtn. Suresh Bajaj: 9967165046

GROUP AVENUE HEAD
RAJESH CHOUDHARY
DISTRICT GOVERNOR
DR. MANISH MOTWANI
RI PRESIDENT
FRANCESCO AREZZO

Rotary
District 3141

In association with
Green Society
#CarbonNeutralby2030

An initiative of rotary district 3141 environment avenue



THE ROTARY CLUB OF MUMBAI SHER-E-PUNJAB
& INTERACT CLUB OF GURU NANAK BRAVEHEARTS

organize a

GENERAL MEDICAL CAMP

UNDER PROJECT RMR (ROTARY MEDICAL RELIEF)

for the students of class 1 to 4 of
GURU NANAK ENGLISH HIGH SCHOOL

By : **Dr Samiksha**

Date / day : Wed, 23rd July 2025

Time : 1.30 pm to 5 pm

Venue : Guru Nanak English High school,
Sher-e-Punjab society, Andheri-East

Come join us.

Rtn. Minishaa I Oberoi (President)

Rtn. Surjit: 9819413322

Rtn. Sukrama: 9820813434



THE ROTARY CLUB OF MUMBAI SHER-E-PUNJAB
& INTERACT CLUB OF GURU NANAK BRAVEHEARTS
organize a

DIGITAL DENTAL CHECK-UP CAMP

under **PROJECT RMR (ROTARY MEDICAL RELIEF)**

for the students of class 9 & 10
of Guru Nanak English High School



By: **Dr Rajesh P Khanna**
Dr Vivek Khanna

Date/Day: 24th & 25th July 2025

Time: 9:30 am to 12:30 pm

Venue: Guru Nanak English High School,
Sher-e-Punjab society, Andheri East

Come join us.

Rtn. Minishaa I Oberoi (President): 9322226475

Rtn. Surjit: 9819413322 Rtn. Sukrama: 982081434



A One-Day Bamboo Eco-Tourism Journey!
Join us for a unique and unforgettable experience.

Join The Tribe



Spend a day with talented tribal artisans in a charming bamboo village
An experience full of creativity, culture, and fun!

INR 700/- Per Person

To Book Contact: 7021490824



Explore the crafts and
meet artisans



Warli painting
workshop



Bamboo handicrafts
workshop



Tribal folk dance



Organic lunch



Explore locality - farm
and water body visits

27TH JULY 2025



Vikramgad, Palghar District
100 kms from Mumbai

Organised by - Vikramgad Bamboo Udyog Producer Company Limited
SUPPORTED BY KESHAV SRUSHTI & NABARD
WWW.BAMBOOFIRST.IN

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

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

Kosambari

Ingredients

- 1. Moong daal - 1 handful
(one karchi)**
- 2. Cucumber - 2 small**
- 3. Lemon - 1**
- 4. Salt - as per taste**
- 5. Pepper - as per taste**
- 6. Green coriander - little**
- 7. Urad daal - one pinch
(around 20 seeds)**
- 8. Mustard - one pinch
(around 20 seeds)**
- 9. Curry leaves - 10 leaves**
- 10. Red chilli - 2 small**
- 11. Sunflower oil - 2 teaspoons**



Method

- 1. Wash the moong daal well and soak it in water for 3 to 4 hours**
- 2. The soaked daal water needs to be drained and kept dry in a bowl.**
- 3. Cut Cucumber (without seeds) into small equal pieces. Add them on the daal.**
- 4. Cut coriander and add them too.**
- 5. Add salt, pepper and lemon as per the taste.**
- 6. Add the Tadka (as mentioned below)**
- 7. Mix them well**
- 8. Serve**



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Kosambari



Recipe by :
Rtn. Sunita Bedi

:



Fun Fact:

Kosambari isn't just a salad—it's a prasad (offering) in many South Indian festivals like Ram Navami and Ugadi, especially loved by Lord Rama!

Get your recipe featured in next Aashyein Weekly Magazine!

Contact Rtn. Seema Bhoocher



The Happy Wheel - Fun Corner

SPOT IT



Spot the Difference

Can you find 5 differences between the pictures?



Here are the 5 differences between the two images:

Cloud Position: In the left image, there are two clouds in the sky; in the right image, the cloud positions are swapped, and one is smaller.

Bag Button: The button flap on the handbag is shaped differently — round in the left image, and longer in the right image.

Flower Petals: One flower in the right image has an extra petal compared to its counterpart on the left.

Vase Shape: The vase neck is shorter in the right image.

Cookies: The cookies are missing in the right image.

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3rd week of july

Quote of the Week



"What Rotary will be one hundred years hence, none living can imagine. There is nothing impossible to Rotary now."

— **Paul Harris, 1915**

Thank you for being a Rotarian