

AASHAYEIN

ROTARY CLUB OF MUMBAI SHER- E- PUNJAB

WEEKLY NEWSLETTER



VOLUME 20
4TH WEEK NOVEMBER
THE ROTARY FOUNDATION MONTH

ROTARY REFLECTIONS:
VOICES OF THE WHEEL



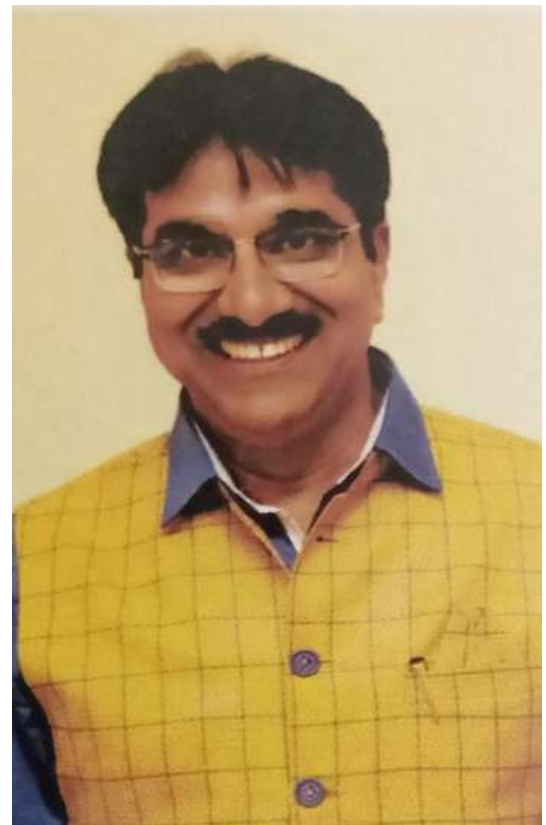
सदस्य से सच्चे रोटेरियन तक: मेरी रोटरी यात्रा

मैं, Rtn. Manoj Kumar Sinha, RCMSEP, का सदस्य हूँ। हमारे ही परिसर के सीनियर Rtn. Arun Bhoocher और Rtn. Satinderpal S Ahluwalia के माध्यम से मुझे Rotary से जुड़ने का अवसर मिला। Rotary के बारे में सुना तो था, पर इसकी कार्यपद्धति और अनुशासन को नज़दीक से पहली बार देखा। August 2023 में हमारे club को Charter घोषित किया गया, जहाँ Rtn. Jasjit Kaur Bhatia को मानद President और मुझे मानद Secretary की शपथ दिलाई गई। तभी समझ आया कि यह केवल एक साधारण एनजीओ नहीं, बल्कि सामाजिक, आर्थिक और स्वास्थ्य संबंधी विषयों पर गहराई से विचार कर योजनाबद्ध काम करने वाला एक सशक्त प्लेटफॉर्म है।

पहले वर्ष में Rtn. Jasjitji की अगुवाई में अनेक सामाजिक, आर्थिक और स्वास्थ्य संबंधी प्रोजेक्ट किए गए, जिनके चलते हमारे club को District 3141 से कई ट्रॉफियाँ और सम्मान प्राप्त हुए। दूसरे वर्ष Rtn. Jotinder S Ahluwalia ji के नेतृत्व में लगभग 130-140 प्रोजेक्ट्स के ज़रिए अनगिनत लाभार्थियों तक सेवा पहुंची, और मुझे फिर से vibrant Secretary रूप में काम करने का अवसर मिला। तीसरे वर्ष में अध्यक्ष Rtn. Minishaa I Oberoi के नेतृत्व में दो विशेष प्रोजेक्ट नियमित रूप से जुड़े – RAW (Rotary for Animal Welfare) और RISE (Rotary Initiative to Support Education)।

इसी दौरान DOG and CAT SHED HOUSE जैसे अनूठे प्रोजेक्ट सीनियर Rtn. Arun Bhoocher के विशेष प्रयासों से हुए, जिनका शुभारंभ District Governor Rtn. Manish Motwani के करकमलों से हुआ और जिसकी चर्चा दूर-दूर तक हुई। इसी काल में “Aashayein” weekly magazine की भी शुरुआत हुई, जिसमें यह मेरा पहला लेख है। यह नाम मुझे व्यक्तिगत रूप से प्रिय है, क्योंकि पहले भी हम अपने एक NGO का नाम Jeevan Aasha Trust रख चुके हैं, जो मेरे माता-पिता से प्रेरित था।

मैं आशा करता हूँ कि इन अनुभवों के माध्यम से मैं केवल मेंबर बने हुए साथियों को सच्चा रोटेरियन बनने की प्रेरणा दे सकूँ और उन्हें उनके सामाजिक उत्तरदायित्व से परिचित करा सकूँ।



Rtn. Manoj Sinha

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FOR
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Rotary
District 3141



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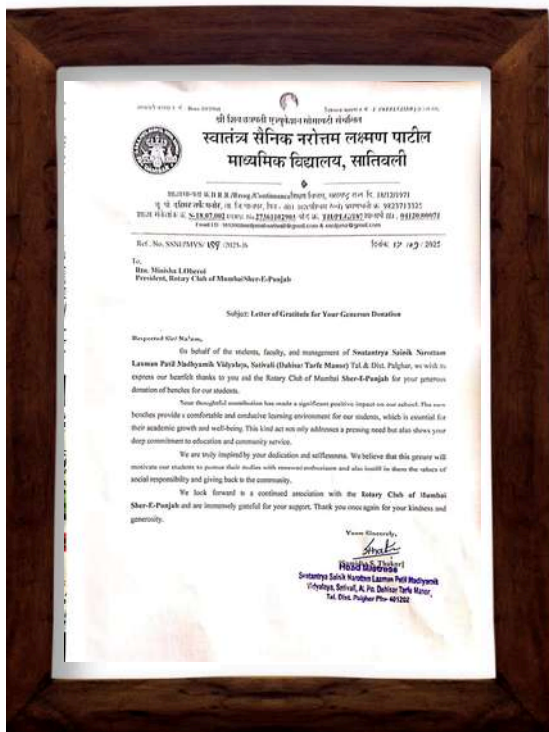
4th Week November

BASIC EDUCATION & LITERACY



A GIFT OF COMFORT AND OPPORTUNITY TO RURAL SCHOOLS

RCMSEP responded to requests from rural village schools by coordinating, along with Chingari Shakti Foundation, the transportation of 75 benches from Vivekanand High School to Palghar, where they were repaired and put to use for the children. The school management expressed deep gratitude for this thoughtful initiative, which has made a meaningful difference in their classrooms.



RI Theme: Basic
Education & Literacy

Location: Palghar

Members Present: 1

Beneficiaries: 250

Project worth : Rs.
2,25,000

Partner: Chingari Shakti
Foundation



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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4th Week November

DISEASE PREVENTION & TREATMENT BASIC EDUCATION AND LITERACY

LOGOUT – DIGITAL DETOX SESSION

RCMSEP along with the Interact Club of Guru Nanak Bravehearts, organized a successful “Logout – Digital Detox Session” at Guru Nanak English High School, where Rtn. Dr. Trupti Pai conducted two impactful sessions for over 200 students of standards 7–8 and 9–10 on healthy screen habits and digital addiction awareness, attended by five club members. Special thanks to Principal Jasmeet and the school management for their support and heartfelt gratitude to Rtn. Dr. Trupti of RC Addiction Prevention for delivering such an engaging and informative session.



Date : 17th Nov 2025

**RI Theme: Disease
Prevention & Treatment**

**Location: Guru Nanak
English High School ,
Andheri- East**

Members Present: 6

Beneficiaries: 200



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

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4th Week November

DISEASE PREVENTION & TREATMENT

BLOOD DONATION CAMP

With hospitals constantly facing blood shortages—often a life-or-death concern for patients—RCMSEP joined hands with 21 Rotary clubs to organize a blood donation drive at Andheri Station on 18th November , successfully collecting 78 units .



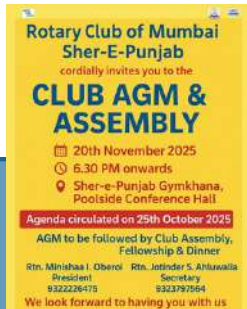
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4th Week November

CLUB AGM & ASSEMBLY

A HIGH-IMPACT REVIEW OF 100+ PROJECTS

RCMSEP successfully conducted its BOD meeting, AGM and Club Assembly on 20th Nov 2025, with over 32 attendees, including members, guests, RCC representatives, Interact and Rotaract leaders, in the presence of Assistant Governor Rtn. Mary Francis. The President and Board presented a report on the club's performance from 1st July to 16th November 2025, showcasing 106 medical and non-medical projects and earning strong appreciation for the club's dedication, visibility, and teamwork. The meeting concluded on a positive note with fellowship and sumptuous dinner



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4th Week November

DISEASE PREVENTION & TREATMENT

CPR AWARENESS SESSION : EQUIPPING RESIDENTS TO SAVE LIVES

RCMSEP, in collaboration with the Managing Committee of Joy Valencia, Jogeshwari (E), organized an informative and interactive CPR Awareness Session in November, conducted by Dr. Akshay Mehta (Interventional Cardiologist) and Dr. Snigdha Mehta. They explained the difference between cardiac arrest and heart attack and demonstrated how to use an AED machine, making the session extremely practical and helpful for all attendees.



Date : 23rd Nov 2025

RI Theme: Disease
Prevention & Treatment

Location: Joy Valencia,
Jogeshwari - East

Members Present: 4

Beneficiaries: 100



District Governor: Rtn. Manish Motwani
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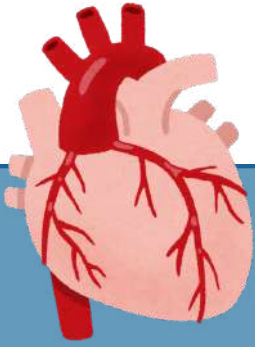
Club President: Rtn. Minishaa I Oberoi
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4th Week November

DISEASE PREVENTION & TREATMENT

HIDDEN FAT, HIDDEN RISK: RCMSEP'S HEART HEALTH AWARENESS SESSION

RCMSEP organized a heart health awareness session titled "Hidden Fat, Hidden Risk" conducted by Dr. Misha Thakor and Dr. Ria. Dr. Misha carried out heart scans and explained the difference between subcutaneous fat and visceral fat, emphasizing how visceral or "hidden" fat around internal organs greatly increases the risk of heart disease, diabetes, and high blood pressure.



Date : 23rd Nov 2025

RI Theme: Disease
Prevention & Treatment

Location: Joy Valencia,
Jogeshwari - East

Members Present: 4

Beneficiaries: 55

Project worth : Rs.
13750



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

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

ABC ABC

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

Special pricing for Rotarians & Rotary friends

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

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
- Dental Check-up**
By Dr. Sonam Singh
- General Check-up**
By Dr. Samiksha B. Seth

For more information

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

UNITE FOR GOOD LETS INSPIRE

Rotary Club of Mumbai Sher-E-Punjab

ROTARY CLUB OF MUMBAI SHER E PUNJAB
INVITES YOU TO JOIN US

CLUB OFFICIAL VISIT

CHIEF GUEST:
DG Rtn.DR. MANISH MOTWANI

DEC 4 THURS 6 PM

VENUE: SHER E PUNJAB GYMRIANA 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

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

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

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

2nd -9th November

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THE HAPPY WHEEL - FUN CORNER

INCREDIBLE INDIA QUIZ SERIES- 3

1. Which city is known as the “City of Seven Islands”?
2. Which Indian state is called the “Land of Rivers”?
3. Which city is known as the “City of Brass”?
4. Which state is known as the “Land of Golden Pagoda”?
5. Which city is known as the “City of Palaces”?
6. Which state is called the “Land of White Elephants” in India?
7. Which city is known as the “City of Oranges” in North East India?
8. Which Indian state is famous as the “Land of Paddy Fields”?
9. Which city is called the “City of Festivals” (South India)?
10. Which state is known as the “Land of Lakes”?
- 11 Which city is often called the “Cultural Capital of India”?
12. Which state is known as the “Land of Sunflowers”?
13. Which Indian city is known as the “Science City of India”?
14. Which state is called the “Land of Spices” (North East)?

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Vaastu Corner

VASTU GUIDELINES FOR PLACING A WASHING MACHINE:

1. Best Direction:

North-West (NW) is the ideal direction for a washing machine — it represents air and movement, suitable for appliances that rotate or run cycles.

2. Second Best Direction:

South-East (SE) — the fire element zone, where electrical appliances generally fit well.

3. Avoid These Areas:

North-East (NE) — this is a sacred, calm zone; placing heavy or noisy appliances here is considered negative in Vastu.

South-West (SW) — associated with stability; avoid machines with vibration and rotation.

4. Placement Tips:

Keep the machine on a firm, leveled surface.

Prefer placing it in a laundry area, utility room, or bathroom, but avoid the NE corner of these rooms.

Ensure proper drainage and no water leakage, as stagnant water can bring negative energy.

Do not place the machine directly touching the wall—leave a little gap for airflow.



Flavours of Fellowship



MUSHROOM CORN RISOTTO

Ingredients

- 1 cup Arborio rice (or any short-grain rice)**
- 1 cup mushrooms (sliced)**
- ½ cup sweet corn**
- 1 small onion (chopped)**
- 2–3 garlic cloves (chopped)**
- 2 tbsp butter or olive oil**
- 3 cups vegetable/chicken stock (warm)**
- ½ cup milk or cream**
- ½ cup grated cheese (Parmesan or any cheese)**
- Salt and pepper to taste**



Method :

- Heat butter/oil in a pan. Sauté garlic and onion until soft.**
- Add mushrooms and cook until they soften. Add sweet corn and mix.**
- Add the rice and sauté for 1 minute.**
- Pour 1 cup warm stock and stir.**
- When it gets absorbed, add more stock little by little. Keep stirring.**
- Continue until the rice becomes soft and creamy (about 15–20 min).**
- Add cream/milk and cheese. Mix well.**
- Add salt and pepper.**
- Serve hot and creamy!**

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THE HAPPY WHEEL - FUN CORNER ANSWERS TO VOL 19 INCREDIBLE INDIA QUIZ SERIES -2

1. Which Indian state is known as the “Scotland of the East”?

Answer: Meghalaya

2. Which city is called the “City of Joy”?

Answer: Kolkata (West Bengal)

3. Which state is known as the “Land of Gods (Devbhoomi)”?

Answer: Uttarakhand

4. Which city is famously known as the “Orange City”?

Answer: Nagpur (Maharashtra)

5. Which state is called the “Land of Backwaters”?

Answer: Kerala

6. Which city is known as the “Yoga Capital of the World”?

Answer: Rishikesh (Uttarakhand)

7. Which state is known as the “Land of the Red River and Blue Hills”?

Answer: Assam

8. Which city is referred to as the “IT Hub of India”?

Answer: Bengaluru (Karnataka)

9. Which state is popularly known as the “Jewel of India”?

Answer: Manipur

10. Which city is known as the “City of Dreams”?

Answer: Mumbai (Maharashtra)

11. Which state is called the “Land of Forests”?

Answer: Jharkhand

12. Which city is known as the “Temple City of India”?

Answer: Bhubaneswar (Odisha)

13. Which state is known as the “Land of the Thunder Dragon” in India?

Answer: Sikkim

14. Which city is called the “Steel City of India”?

Answer: Jamshedpur

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MUSHROOM CORN RISOTTO



*Recipe by :
Rtn. Inderjeet Singh Oberoi*

Risotto, from the Italian word “riso” for rice, is traditionally cooked al dente –creamy outside, slightly firm inside. Arborio is common, but Carnaroli is prized for staying firm. Its creaminess comes from the rice’s starch, not added cream. Originating in Milan with Risotto alla Milanese, overcooked risotto is jokingly called “pappa” in Italy.

Get your recipe featured in next Aashyein Weekly Magazine!

Contact Rtn. Seema Bhoocher

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Quote of the Week

- *"Ignorance is a menace to peace."*

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