

UNITE
FOR
GOOD

Rotary
District 3141



LETS
INSPIRE

AASHAYEIN

ROTARY CLUB OF MUMBAI SHER- E- PUNJAB

WEEKLY NEWSLETTER



VOLUME 25

4TH WEEK DECEMBER

DISEASE PREVENTION & TREATMENT MONTH

ROTARY REFLECTIONS:
VOICES OF THE WHEEL



Rotary – Where Service Becomes a Way of Life

I had heard a great deal about Rotary and its exceptional commitment to social service and the welfare of society. When I learned that my good friend Mr. Satinderpal, whom I have known for over 25 years, was taking a whole hearted initiative to form a Rotary club in our society under the name Rotary Club of Mumbai Sher-E-Punjab (RCMSEP), I was delighted to join the Rotary family in July 2023.

I was deeply impressed by the dedication, commitment, and hard work of our Charter President, Mrs. Jasjit Kaur Bhatia, along with her team members. She laid a strong and solid foundation for the club, initiating exceptionally innovative and impactful social projects.

In the following year, our President Mr. Jotinderpal Ji carried this good work forward with great enthusiasm, dedication, and sincerity. His technical expertise played a significant role in the successful execution of various projects and in maintaining official records efficiently.

In the third year, our inspiring President Mrs. Minishaa Oberoi elevated the club to new heights of social service. Under her leadership, the club undertook an extraordinary number of charitable projects—almost one project every day, and sometimes even two. Her efforts are truly praiseworthy, as she led her team tirelessly with excellent planning and strong execution skills.

I am proud to be associated with such young, dynamic leaders and their dedicated teams. I stand united with them to support their zeal and enthusiasm. My wholehearted support and best wishes are always with these leaders and their exuberant team.

My learning through Rotary is that growing old is not a fall; it is a return to becoming more sensitive towards humanity.



Rtn. Pradeep Khanna

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 December

BASIC EDUCATION & LITERACY NATIONAL INTEGRATION

SAFAR-E-SHAHADAT: A PATRIOTIC & SPIRITUAL TRIBUTE

RCMSEP and Guru Nanak English High School solemnly observed Veer Bal Diwas on 23rd December 2025 through "Safar-e-Shahadat," a patriotic and spiritual tribute commemorating the supreme sacrifice, courage, and martyrdom of the Char Sahibzade of Sri Guru Gobind Singh Ji. The inspiring programme featured meaningful presentations, reflections, blessings from Chief Guests Mrs. Varinder Arora and Mrs. Satnam Kaur, along with distribution of snack boxes by Monica Menon and Surjit Ahluwalia in celebration of Dhiti's birthday.



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4th week December

DISEASE PREVENTION & TREATMENT



PREVENTIVE HEALTHCARE CAMP AT DIGNITY FOUNDATION

RCMSEP organized a Free Medical and Health Check-Up Camp on 24th December 2025 at Dignity Foundation, Jogeshwari East, in collaboration with Chingari Shakti Foundation and CACR, to promote preventive healthcare among underprivileged senior citizens. The camp provided comprehensive medical tests, free medicines, eye check-ups, and free reading glasses, enabling early identification of health issues.



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 The Happy Wheel - Fun Corner
UNSCRAMBLE THE COUNTRY

1

C E A R F N

2

A A N C D A

3

N A J A P

4

M E Y A N R G

5

Z B I R A L

6

L A T R U S A A I

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Vaastu Corner

4th week December

By Rtn. Arun Bhoocher

(Under Guidance of Nilesh N Shah)

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

**NORTH-EAST
(ISHAN)**

- Deity: Ishana (Shiva)
- Element: Water & Spiritual Energy

✓ **Auspicious Colours**

- ✓ White
- ✓ Very light Yellow
- ✓ Light Blue
- ✓ Soft Pastel Shades

✓ **Auspicious Colours**

- ✓ White
- ✓ Very light Yellow
- ✓ Light Blue
- ✓ Soft Pastel Shades

✓ **Best Uses**

- ✓ Puja Room / Mandir
- ✓ Meditation & Prayer Area
- ✓ Open, Clean, Clutter-Free Corner
- ✓ Spiritual Activities

Avoid in North-East:

- ✗ Toilets or Septic Tanks
- ✗ Heavy Storage or Large Wardrobes
- ✗ Dark or Dull Colours
- ✗ Clutter or Blocked Space
- ✗ Kitchen or Heavy Fire Activity

Tip:
Keeping the North-East area light, open, and pure enhances peace, clarity, and positive energy in the home.

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Flavours of Fellowship

4th week December

🍕 Mini Pizzas (Quick & Easy)

🛒 Ingredients

- 1 packet mini pizza buns
- Little oil
- Ginger-garlic paste (a little)
- Onion, finely chopped
- Tomato paste
- Capsicum, finely chopped 🥒
- Chilli flakes
- Oregano
- Mixed herbs
- Salt, to taste
- Sugar, a pinch
- Grated cheese (lots! 🧀)
- Butter (for greasing)

🍅 For the Pizza Sauce

1. Heat a little oil in a pan.
2. Add ginger-garlic paste and sauté till the raw smell goes away.
3. Add finely chopped onions and sauté till translucent.
4. Add tomato paste and cook well.
5. Mix in chopped capsicum.
6. Add chilli flakes, oregano, mixed herbs, salt, and a pinch of sugar.
7. Mix well and switch off the flame.



👩🍳 Assembly & Cooking

1. Place mini pizza buns on a plate.
2. Spread pizza sauce on each bun.
3. Top with onion slices 🍅 and capsicum 🥒.
4. Add generous grated cheese 🧀.
5. Lightly butter a baking tray and place the mini pizzas.
6. Bake till cheese melts and turns slightly golden

OR

Cook covered on a non-stick pan on low flame till cheese melts.

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🍕 *Mini Pizzas (Quick & Easy)*



Recipe by :
Rtn. Seema Bhoocher


🍕 *Fun Fact about Mini Pizza*

*Did you know? Mini pizzas often taste even better than big ones 😊
Because they're smaller, the sauce, cheese, and toppings are more evenly balanced in every bite, making each mouthful extra flavorful. Plus, they cook faster, giving you that perfectly melted cheese and crisp base every time!*

Get your recipe featured in next Aashyein Weekly Magazine!

Contact Rtn. Seema Bhoocher

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 The Happy Wheel - Fun Corner
Answers to ;
WORDS IN DISGUISE !

1

R E S T L E S S

GROWING RESTLESS

2

___ IDEA

NO IDEA

3

GENER ATION

GENERATION GAP

4

POD
POD
POD

TRIPOD

5

DACRK

SEE IN THE DARK

6

E E
A A
R R
T T
H H

DOWN TO EARTH

7


COMMAND

FIRST IN COMMAND

8

ADVATHANKSNCE

THANKS IN ADVANCE

9


MARK

WATERMARK

10

D
E
F

FED UP

Quote of the Week

“The highest distinction is service to others.”

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