

UNITE
FOR
GOOD

Rotary
District 3141



LET'S
INSPIRE

AASHAYEIN

ROTARY CLUB OF MUMBAI SHER- E- PUNJAB

WEEKLY NEWSLETTER

VOLUME 34

4TH WEEK FEBRUARY 2026

PEACE BUILDING & CONFLICT PREVENTION MONTH

ROTARY REFLECTIONS:
VOICES OF THE WHEEL



February Reflections: Sparkle, Service, Togetherness & Peace



February is the month of Peacebuilding and Conflict Prevention in Rotary International. It reminds us that peace begins with understanding, kindness, and respect for one another. Peace is not created only through large efforts, but through the small daily actions of empathy, patience, and care that bring people closer together. Every smile shared, every helping hand extended, and every effort to listen with an open heart contributes to harmony in our communities.

This February was truly a month of action, compassion, and celebration for RCMESP. It was all about SPARKLE, a beautiful expression of joy, creativity, talent, and hope. It brought smiles, confidence, and unforgettable memories, while reminding us of the power of celebration to unite people from all walks of life.

The month also highlighted our commitment towards the noble cause of cancer detection and cure, where we worked towards our first major and significant fundraiser, SPARKLE – a beauty pageant, to raise funds in support of cancer detection and cure. Every contribution, every supporter, and every helping hand strengthened our ability to reach more beneficiaries and create a larger impact. Together, we are building resources that will transform into opportunities, relief, and smiles for countless lives.

Most importantly, this month reflected the spirit of inclusivity and togetherness. We celebrated diversity, welcomed every individual, and created spaces where everyone felt valued and respected. The warmth of fellowship and the joy of working side by side reminded us that our greatest strength lies in our unity.

As Rotarians, we have the privilege and responsibility to be ambassadors of peace through service. Let us continue to inspire hope, nurture friendships, and create positive change wherever we go. When we choose kindness over division and service over self, we move one step closer to a better and more peaceful world.

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

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

AASHAYEIN

4th week February 2026

ENVIRONMENT ECONOMIC COMMUNITY SERVICE

DONATIONS FOR RURAL COMMUNITIES

RCMESP supports Ahaar Sadan Sanstha through regular donations of clothes, toys, shoes, and bags. In February 2026, a truckload of donated items worth ₹15,000 was sent by the team. Collected from nearby areas, these items are recycled and distributed free of cost in villages served by the organization.



AASHAYEIN

4th week February 2026

ENVIRONMENT ECONOMIC COMMUNITY SERVICE

SUSTAINABILITY THROUGH E-WASTE COLLECTION DRIVE

RCMESP supports sustainability and the environment by collecting e-waste from in and around the neighbourhood. On 28th February, 100 kg of e-waste including TVs, wires, and calculators was collected and sent to Siddhi Eco Green for proper disposal and recycling. The club also received ₹987 against this contribution in its account



Minisha Oberoi
-93222 26435
→ Amthen (C)

E-waste	
1 pc →	35kg
5 mobile →	15kg
	+14kg
2 induction cooker	7kg
	→10kg
2 footID	14kg
	9kg
4 speaker	
CRT TV →	6kg
Total	100kg



**UNITE
FOR
GOOD**

Rotary
District 3141



**LETS
INSPIRE**



AASHAYEIN

4th week February 2026

DISEASE PREVENTION AND TREATMENT COMMUNITY ECONOMIC SERVICE

HEALTH CAMP & WOMEN EMPOWERMENT AWARENESS SESSION

On Sunday, 1st March 2026, RCMSEP successfully organised a Health Camp at Kayra Party Hall, Jogeshwari East, benefiting 75 ladies through free haemoglobin check-ups, eye check-ups, and distribution of reading glasses. In celebration of International Women's Day, the camp also featured an awareness session on the Pink Auto Scheme for Women by Alka Murli, President of RC Mumbai Deonar, promoting financial independence, health awareness, and women empowerment.



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

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

AASHAYEIN

 The Happy Wheel - Fun Corner

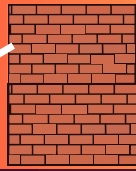
WORDS IN DISGUISE

1

IPOISEV

2

MORAL

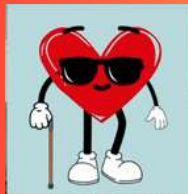


3



H₂O

4



5

DECI SION

6

W8

7

STO
NE

AASHAYEIN

UPCOMING EVENTS

Rashtriya Sant Shri Gadge Baba Parit (Dhobi) Samaj Seva Sangh, Mumbai Suburban, in association with Rotary Club of Mumbai Sher-E-Punjab cordially invites you to celebrate the **150th Birth Anniversary of Rashtriya Sant Shri Gadge Baba** Sunday, 1st March 2026 at 11:00 AM

Health Camp Services Include:

- Free Haemoglobin Check-up
- Free Eye Check-Up Camp with Free Reading Glasses (Supported by Rotary Club of Mumbai Sher-E-Punjab)

To mark International Women's Day

- Haldi-Kumkum Ceremony
- Business Guidance Camp for Women

Pink Auto Scheme for Women Starting at 12:30 to 1:30 PM

Venue: Kayra Party Hall, Smtati Nivas, Devidas Banglow, Near Sai Baba Temple, Sham Nagar, Jogeshwari East, Mumbai - 400060

We look forward to your gracious presence!

Jai Gopala

1st March

Rotary **LET'S INSPIRE!** **UNITE FOR GOOD**

BLOOD DONATION CAMP

WELCOME - CAPTAIN DR. KANTA MUJHERJEE

On 9th Mar. 2026 From 9.30am To 5.30pm

At Andheri Railway Station

Lead Host Clubs
RC Bombay Mahakali Heights
RCM Coastline - RCM Bandra Kuria Complex - RCM Elegant

Co-Hosted by

RCM North End	RCB Airport	RCJ Jawah Beach	RCM Gao X
RCM Khar	RC Bombay East	RCM Film City	RCM Versova
RCM North Island	RCM Juhu	RCM Nova	RCM Royale
RCM West End	RCM Elegant Plus	RCM Neo	RCM Sher-E-Punjab

Francesco Arezzo RI President | Camp Co-ordinators: Indrajit Chakrabarti, Rishi Sharma, RCM North End, RCM Mahakali Heights | Dr. Manish Motwani District Governor

9th March

ROTARY CLUB OF MUMBAI SHER-E-PUNJAB ORGANISES

DENTAL CHECK-UP CAMP

for the Primary Students of **Little Flower English Medium High School**

Conducted by: **Dr. Nikita Shah**

Thursday, 12th March 2026

Venue: Little Flower English Medium High School, Andheri East

Time: 1:00 PM - 4:00 PM

WITH THE SUPPORT OF:

- Rtn. Minishaa I. Oberoi - President
- Rtn. Sunita Sharma
- Rtn. Surjit Ahluwalia

Promoting Oral Health & **Brighter Smiles!**

12th March

Rotary **LET'S INSPIRE!** **UNITE FOR GOOD**

Rotary Club of Mumbai Sher-E-Punjab in collaboration with **MET** Bhujbal Knowledge City MET INSTITUTE OF PHARMACY (DIPLOMA)

Conducts **MET Institute of Pharmacy (Diploma)**

CPR TRAINING WORKSHOP

For Students and Teachers

Date: Wednesday, 11th March
Time: 2:30 PM - 4:00 PM

Venue: MET Institute of Pharmacy (Diploma) Opposite Liavati Hospital, Bandra Reclamation, Bandra West, Mumbai

The workshop will be conducted by: **Dr Akshay Mehta** Interventional Cardiologist

Topics Covered:

- Difference between heart attack and cardiac arrest
- Recognize and respond
- How to perform CPR
- How to use an AED Machine

Contact:

Rtn. Minishaa I. Oberoi (President)
9322226475

11th March

AASHAYEIN

Flavours of Fellowship

Tandoori Mushroom Toss

Ingredients

- Button mushrooms – 1 bowl (washed & halved)
- Thick curd – 2 tbsp
- Tandoori masala – 1½ tsp
- Ginger-garlic paste – ½ tsp (optional but yum)
- Red chilli powder – pinch
- Salt – to taste
- Oil / butter – 1 tbsp
- Kasuri methi – pinch (optional)
- Lemon juice – few drops
- Onion rings & chaat masala (for garnish)



Method

1. Marinate fast
2. In a bowl mix curd, tandoori masala, ginger-garlic paste, chilli powder & salt.
3. Add mushrooms and toss well.
4. Hot pan magic
5. Heat oil/butter in a pan → add marinated mushrooms.
6. Cook on high flame, tossing for 3-4 minutes till lightly charred.
7. Finish & flavour
8. Add crushed kasuri methi + lemon juice.
9. Toss once and switch off flame.

AASHAYEIN

🍄 Tandoori Mushroom Toss



*Recipe by :
Rtn. Naresh Khatri*

👉 **Mushrooms act like tiny sponges – they absorb flavours insanely fast, which is why even a 2-minute marination makes them taste restaurant-level tandoori 🍷**

Bonus fun bite 😊

👉 **When cooked on high heat, mushrooms get that smoky, tandoor-style taste without an actual tandoor.**

Get your recipe featured in next Aashyein Weekly Magazine!

Contact Rtn. Seema Bhoocher

AASHAYEIN

Quote of the Week

**“You cannot do good too long
without making friends.”**

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