

AASHAYEIN

ROTARY CLUB OF MUMBAI SHER- E- PUNJAB

WEEKLY NEWSLETTER



VOLUME 17
4TH WEEK OCTOBER
ECONOMIC DEVELOPMENT MONTH

ROTARY REFLECTIONS: VOICES OF THE WHEEL



Growing Together with Rotary



Rtn. Baljeet Kaur

Being a part of the Rotary Club of Mumbai Sher-E-Punjab has been a truly enriching journey — one that goes far beyond meetings and events. It's about participation, learning and the deep sense of purpose that comes from serving together.

Every Rotary program brings new opportunities to get involved — to step forward, contribute and make a difference. Through these experiences, we continue learning — not only about leadership and teamwork, but also about empathy, humility, and resilience. Rotary offers a platform where every member learns by doing, by engaging, and by sharing ideas with others who are equally passionate about making a positive impact.

The true essence of Rotary lies in the bonding it fosters. The friendships built here go far beyond club meetings — they are rooted in trust, mutual respect, and the shared goal of uplifting communities. Together, we celebrate milestones, support one another, and grow as a family that believes in Service Above Self.

Our various initiatives — from health camps and educational drives to environmental projects — remind us that serving society is both our privilege and our responsibility. Each project, big or small, adds meaning to what we do and reflects the collective strength of our club. Over time, Rotary has also helped us build confidence — the confidence to speak, to lead, to take initiative, and to inspire others. It was a proud moment for me when I broadcasted a podcast on mental health, where I shared my personal story of overcoming depression to motivate others and break the stigma surrounding mental illness.

A heartfelt note of appreciation goes to our Club President, Secretary, and senior members, who continue to be constant sources of inspiration. Their energy, motivation, and encouragement have truly elevated the spirit of participation across the club. Their vision keeps us united and focused on what truly matters — community, compassion, and contribution.

We celebrate festivals like Ganesh Chaturthi, Diwali, and Christmas with great zeal and enthusiasm, adding joy and togetherness to our Rotary family.

I feel truly honored to be part of this wonderful Sher-E-Punjab Rotary family, where every member adds value and every idea is welcomed with open arms. Our programmes reflect the diversity and dedication of our members — whether it's a fellowship meet, a social initiative, or a professional development session, each event leaves us richer in experience and spirit. Together, we continue to learn, bond, and serve — strengthening the very ideals that make Rotary such a powerful force for good.

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FOR
GOOD

Rotary
District 3141



LETS
INSPIRE



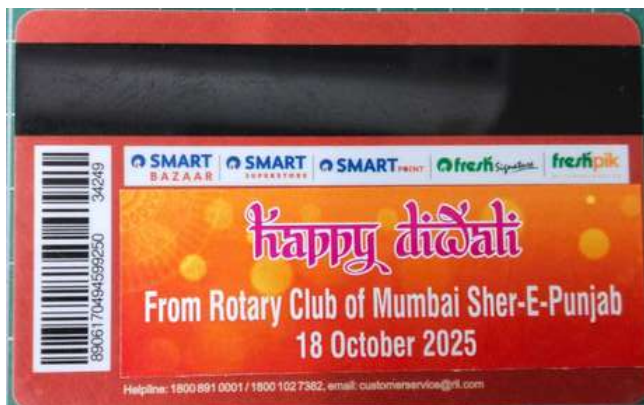
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4th Week October

ANNAPURNA, ECONOMIC DEVELOPMENT

DIWALI WITH DIGNITY

RCMSEP celebrated Diwali 2025 with a heartfelt initiative, Diwali with Dignity, inviting 70 members from the Humsafar Trust, an LGBTQ+ organization, to Smart Sahakari Bhandar, Andheri East. Each guest received a ₹1,500 smart card to shop freely for essentials and festive items of their choice, fulfilling a vision the club had cherished since the start of the year.



Date : 18th Oct 2025

RI Theme: Economic
Development Annapurna

Location: Poonam Nagar,
Andheri East

Members Present: 6

Beneficiaries: 70

Amount: ₹1,03,425

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 October

**ECONOMIC DEVELOPMENT,
ANNAPURNA**

DIWALI CELEBRATION WITH RCC MEMBERS

RCMSEP continued its Diwali celebrations with enthusiasm through the Smile Box Annapurna project, delighting 125 Jeevdani Sevaks and beneficiaries with samosas, jalebis, milk burfi, and Amul Kool. The celebration also brought smiles to children's faces as toys were distributed, spreading joy all around.



Date : 20th Oct 2025

RI Theme:
economic
development ,
annapurna

Location: Subhash
Nagar

Members Present:
5
beneficiaries: 150

Amount: ₹11840



District Governor: Rtn. Manish Motwani
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Club President: Rtn. Minishaa I Oberoi
Club Secretary: Rtn. Jotinder S Ahluwalia

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DISASTER
RELIEF

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4th Week October

DISASTER RESPONSE ,
COMMUNITY ECONOMIC DEVELOPMENT



SPREADING HOPE: AID TO DAHANU FLOOD VICTIMS

RCMSEP extended support to Dahanu flood victims by donating 500 toothbrushes, 500 toothpaste tubes and 300 soaps, thanks to the generosity of our donors. Their kindness brought hope and relief to those affected, reflecting the true spirit of community care and compassion.



Date : 21st October 2025

RI Theme: Disaster
Response,
Community Economic
Development

Location: Dahanu

Members Present: 1

Beneficiaries: 500

Amount: ₹33,500



District Governor: Rtn. Manish Motwani
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Club President: Rtn. Minishaa I Oberoi
Club Secretary: Rtn. Jotinder S Ahluwalia

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District 3141



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4th Week October

CLUB SERVICE, PUBLIC IMAGE

CREATING CLUB VISIBILITY THROUGH COMMUNITY FUN!

To enhance community visibility, RCMSEP sponsored two prizes for the first Full Housie winners at the Sher-e-Punjab Gymkhana's Housie games on 25th October 2025. The initiative was a huge success and marked the second consecutive week of sponsorship, aimed at strengthening the club's presence within the Sher-e-Punjab neighbourhood.



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4th Week October

BASIC EDUCATION & LITERACY

EMPOWERING YOUNG MINDS: CELEBRATES VIJAYADASHMI

RCMSEP, in collaboration with Chingari Shakti Foundation, celebrated Vijayadashmi Puja by donating 4 notebooks and 1 pen each to 50 students of School Khadakipada, Dahanu, Palghar. This initiative supported the educational journey of young learners from classes 1st to 4th, spreading the spirit of knowledge and giving.

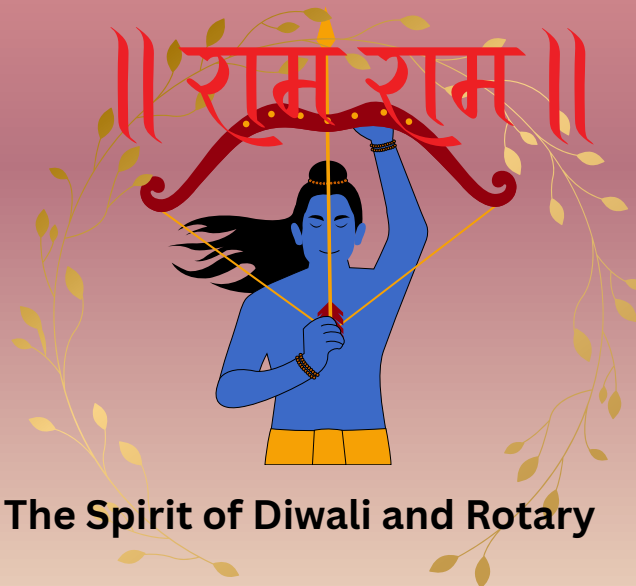


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शुभ
दीपावली

★ The Many Meanings of Diwali

Diwali, though celebrated across India with radiant lights and joyous spirit, carries diverse meanings rooted in regional traditions and faiths. In Gujarat, it heralds the New Year and honors Goddess Lakshmi, the divine bringer of prosperity. In Bengal, the festival night is dedicated to Goddess Kali, symbolizing strength and protection. In South India, it celebrates Lord Krishna's triumph over the demon Narakasura, while for Jains, it marks Lord Mahavira's attainment of Nirvana. For Sikhs, Diwali is Bandi Chhor Divas — the day Guru Hargobind Ji was freed from captivity, embodying liberation and justice.



★ The Spirit of Diwali and Rotary

Beyond lights and celebration, Diwali's true message — the triumph of light over darkness — aligns perfectly with Rotary's vision of bringing hope where there is despair. Every diya we light is like a Rotary project — small on its own, but together creating a glow of compassion, service, and change. As Rotarians, we are reminded to keep spreading the light of kindness, knowledge, and unity in our communities, so that the flame of service above self continues to shine brighter with every passing year.



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The Happy Wheel - Fun Corner

MIND MINGLE

DECIPHER THE WORD OR PHRASE

1

come table
 table
 table
 table

6

T I M E
ABDEFG

2

XQQQQQME

7

VICE + VICE

3

W A T E R

8

LEM
—
AID

4

abcdefghijklm
nopqrstuvwxyz

9

ONCE IN A
MOON

5

TRAVEL
CCCCCCC

10

SEC OND

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UPCOMING EVENTS

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 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

ROTARY CLUB OF MUMBAI SHER-E-PUNJAB
ORGANIZES

SARBAT DA BHALA
MEGA BLOOD DONATION CAMP
DONATE BLOOD
5 NOVEMBER 2025

ON THE AUSPICIOUS OCCASION OF GURU NANAK JAYANTI, LET'S DONATE BLOOD & FOLLOW HIS TEACHINGS OF:

SEWA - Selfless Service
VANDO CHAKKNA - Selfless Sharing
SARBAT DA BHALA - Welfare for All

EACH DONATION CAN SAVE UP TO 4 HUMAN LIVES

JOIN US ON
5TH NOVEMBER
BETWEEN
10AM - 5PM
AT GURUWARA
SRI GURU NANAK DARBAR,
SHERPUNJAB, ANDHERI - E

*Healthy individuals aged 18 - 65 can donate

EARN
THE BLESSINGS OF GURU NANAK DEV Ji,
A CERTIFICATE & A TONER GIFT

IN ASSOCIATION WITH: ST. GEORGE'S HOSPITAL, ROTARACT CLUB OF JES COLLEGE, PARIVARTAN & GURUWARA SRI GURU NANAK DARBAR

FOR MORE INFORMATION 93222 26475, 83328 91485, 99205 48965, 98236 10524, 98290 83864

5th Nov

ROTARY CLUB OF MUMBAI SHER - E - PUNJAB
presents
HAPPY STREET

SUNDAY, NOVEMBER 09
06:30 AM - 09:30 AM
NS Road No. 10, Juhu

Join Us for a Spectacular Fun morning!

9th Nov

ROTARY SERVICE WEEK 2025
Upcoming Events 2nd - 9th November
ROTARY CLUB OF MUMBAI SHER E PUNJAB

EYE CARE SUNDAY, 2 ND TIME: 9:00 AM – 4:00 PM KESHAV SRUSHIT, UTTAN, BHAYANDAR	SENIOR CITIZENS' DAY THURSDAY, 6 TH HOME FOR THE AGED, ANDHERI - E 10:30 AM – 11:30 AM DIGNITY FOUNDATION, JVLR 11:00 AM – 12:30 PM MADHUBALA TO MADHURI MUSICAL BAIKANJI BARI HALL, RAJAWADI , GHATKOPAR (E) 4:00 PM – 6:00 PM
CYBERCRIME AWARENESS MONDAY, 3 RD GES SCHOOL, GOREGAON – 8:00 AM – 10:00 AM MET COLLEGE OF PHARMACY (DIPLOMA), BANDRA 11:00 AM – 1:00 PM DIGNITY FOUNDATION, JVLR 11:00 AM – 1:00 PM RANGONWALA FOUNDATION, JOGESHWARI (E) 4:00 PM – 6:00 PM	VOCATIONAL AWARDS FRIDAY, 7 TH TIME: 5:00 PM YB CHAVAN AUDITORIUM
BLOOD DONATION TUESDAY, 4 TH 10:00 AM – 4:00 PM TIMES SQUARE, MAROL, POWAI	SPECIALLY ABLED SATURDAY, 6 TH MBA FOUNDATION, AIROLI 10:00 AM – 1:00 PM & JOLLY GYMKHANA CLUB, GHATKOPAR 4:00 PM – 6:00 PM
CERVICAL & BREAST CANCER WEDNESDAY 5 TH TIME: 9:00 AM – 5:00 PM CPAA, SANGHARSH NAGAR, POWAI	HAPPY STREET SUNDAY, 9 TH 6:00 AM – 10:00 AM NS RD 10, JUHU

Rtn. MINISHAA I OBEROI Rtn. KIRAN SRIVASTAVA

2nd -9th Nov

ROTARY CLUB OF MUMBAI SHER E PUNJAB
joins hands with
FRIENDS OF TREES THAKUR VILLAGE

Join Us in Creating a Greener, Cleaner Thakur Village

Celebrate Children's Day with a special Green Initiative

Date: 15th November 2025
Time: 7:00 AM – 9:00 AM
Venue: Thakur Village, Kandivili

Plant 200 shrubs around 10 trees, enhancing the greenery and beauty of the neighbourhood.

This initiative celebrates the true spirit of sewa, nature, and community, inspiring young minds to grow with care for the planet.

Partner: Rotaract Club of JES College - Parivartan
Rtn. Minishaa I Oberoi 9322226475 Rtn. Kiran Srivastava 9892618546

15th Nov

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Vaastu Corner

By Rtn. Arun Bhoocher

(Under Guidance of Niilesh N Shah)

THE BRAHMASTHAN

The Brahmasthan (also called Brahmasthala) is the central zone of a property — the heart of the Vaastu Purusha Mandala (the cosmic energy grid on which Vaastu is based).

It represents Lord Brahma, the creator of the universe, and serves as the seat of pure energy, consciousness, and balance.

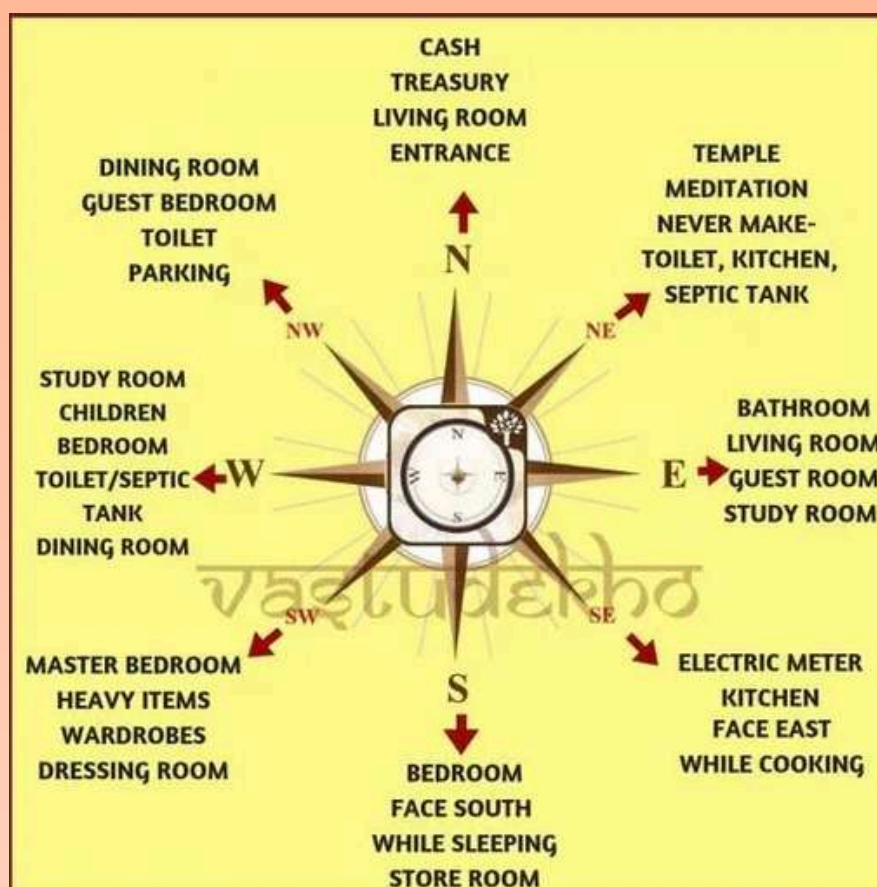
Think of it as the core of a human body — just as the navel is the center from which energy radiates outward, the Brahmasthan is the navel point of a building.

⚡ Importance

Acts as the energy nucleus of the structure.

Balances cosmic and terrestrial energies.

Ensures harmony, prosperity, and well-being of occupants when kept clear and pure. Any obstruction or heavy construction here can block energy flow and lead to imbalance, health issues or stagnation.



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Flavours of Fellowship



MASALA MACARONI – Indian-Style Fusion Recipe

Masala Macaroni – Indian-Style Fusion Recipe

Ingredients:

- 2–3 types of macaroni (or mixed pasta) – boiled and cooled
 - 1 large onion – sliced
 - 2 tomatoes – pureed or finely chopped
 - 1 tsp ginger-garlic paste
 - 1 green capsicum – chopped
 - 1 tsp mustard seeds (rai)
 - 2 tbsp tomato sauce
 - 1 tbsp hot & sweet sauce
 - ½ tsp sambar powder
 - ½ tsp oregano
 - ½ tsp chilli flakes
 - Salt to taste
 - 1 tbsp oil
- Method:



Method:

Boil the macaroni in salted water until al dente, drain, and set aside to cool.

In a kadhai, heat oil and add mustard seeds; let them splutter.

Add sliced onions and sauté till translucent.

Mix in ginger-garlic paste and fry briefly until aromatic.

Add tomato puree and cook until the oil separates.

Stir in tomato sauce, hot & sweet sauce, oregano, chilli flakes, sambar powder and salt.

Add a splash of water and cook the masala till it thickens.

Toss in chopped capsicum and sauté for 1–2 minutes to retain crunch.

Add boiled macaroni, mix well so that the sauce coats evenly, and cook for another 2–3 minutes.

Serve hot with garlic bread or a sprinkle of extra chilli flakes
for a delicious Indo-Italian twist!

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Masala Macaroni



*Recipe by :
Rtn. Seema Bhoocher*

Did you know macaroni means “kneaded dough” in Italian? 🍝

Brought to America by Thomas Jefferson, it became the beloved mac and cheese – though Italians never call it that! Its hollow shape perfectly holds sauces, making every bite flavorful. In India, we’ve given it a fun desi twist with sambar powder and spices, proving that macaroni truly has no borders.

Get your recipe featured in next Aashyein Weekly Magazine!

Contact Rtn. Seema Bhoocher

The Happy Wheel - Fun Corner

Answers to 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

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

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

a) Sage Vashistha

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

b) Skanda Purana

3. Which Jain Tirthankara attained Nirvana on Diwali day?

b) Mahavira

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

c) Mahalakshmi

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

b) The release of Guru Hargobind Ji from prison

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

a) Kali

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

a) Vikram Samvat

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

b) Annakut

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

c) Balipadyami

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

b) Aurangzeb

PROUD WINNER OF VOL 16
3rd WEEK OCTOBER

Rtn. Kiran Srivasatava
Rtn. Sunita Gandhi

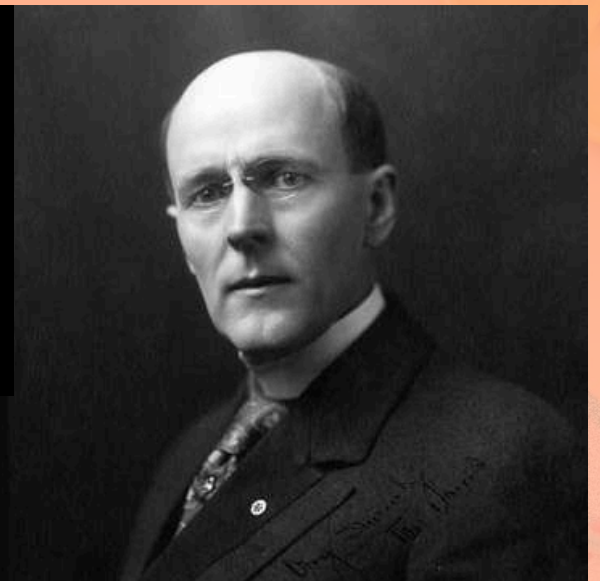
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4th Week October

Quote of the Week

*"Success is not measured by wealth, but
by the positive impact you have on 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