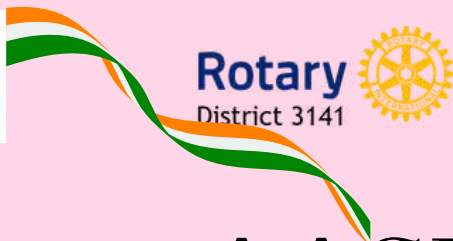


UNITE
FOR
GOOD



Rotary
District 3141



LETS
INSPIRE

AASHAYEIN

ROTARY CLUB OF MUMBAI SHER- E- PUNJAB

WEEKLY NEWSLETTER

VOLUME 30

5TH WEEK JANUARY 2026

VOCATIONAL SERVICE MONTH

ROTARY REFLECTIONS:
VOICES OF THE WHEEL



From "Selfishness" to "Selflessness": How a Single Message Changed My Life

They say the longest journey you will ever take is the eighteen inches from your head to your heart. For a long time, my world was small—largely centered around my own ambitions, goals, and needs. Life was busy, purposeful, yet quietly limited in its reach.

Then, in June 2025, a simple message from Dixha Nath changed everything. That one moment opened a door I never knew existed and led me to the Rotary Club of Mumbai Sher-E-Punjab. Since then, life has taken on a depth and direction I hadn't imagined.

This shift was not merely a change in routine; it was a spiritual awaken understand Nishkama Karma—the power of selfless action, performed not for reward, but with devotion and purpose. Along this journey, I have been deeply inspired by modern-day torchbearers who make ancient truths accessible and relevant. Gaur Gopal Das and Gauranga Das Prabhu taught me that true leadership is, at its core, stewardship. BK Shivani showed me that peace begins within, but is reflected in how we treat others. Sadhguru reminded me that service is not merely an act of kindness—it is a way to expand our own inner boundaries.

What began as a small effort—collecting old clothes from society members for animal and destitute welfare—soon grew into something far more meaningful. Recently, we organized a free medical check-up for over 110 beneficiaries at HillCrest Society. Witnessing the impact firsthand was profoundly humbling and deeply fulfilling.

In those moments, I understood that the "Joy of Giving" is not just a phrase—it is nourishment for the soul. When you give, you do not lose; you grow. Today, I stand as a proud Rotarian, having moved from asking, "What's in it for me?" to "How can I serve?" My purpose now is simple: to sparkle in my own way and to ensure that every moment I touch brings joy, dignity, and hope to others.

To the younger generation, my message is this: if you feel stuck in the self-focused phase of life, take one small step toward service. It doesn't need to be grand. It only needs to be sincere. That first step might just be the beginning of your own journey—from the head to the heart.



Rtn. Simran Jagtiani

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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5th week January 2026

NATIONAL INTEGRATION DISEASE PREVENTION AND TREATMENT



MARATHON: SUPPORTING FITNESS, PATRIOTISM, FAITH

On 26th January 2026, RCMSEP proudly celebrated Republic Day by supporting the Shaheedi Run organised by Gurudwara Sri Guru Nanak Darbar – Sher-E-Punjab Society, commemorating the 350th martyrdom year of Sri Guru Tegh Bahadur Ji while beautifully blending patriotism, fitness, and community spirit. With enthusiastic participation across all age groups and strong support from Rotarians, the event stood as a powerful tribute to sacrifice, unity, healthy living and collective responsibility.



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5th week January 2026

**DEI
COMMUNITY ECONOMIC DEVELOPMENT.**

CELEBRATING DIVERSITY, INCLUSION FELLOWSHIP

On Monday, 26th January 2026, members of RCMSEP attended Gulabi Mela 2026, an inclusive community event organised by The Humsafar Trust at Canossa Lawn, Andheri (E), celebrating diversity through fashion, culture, art, and community engagement. Through their presence and fellowship, Rotarians conveyed strong solidarity with the LGBTQ+ community, reaffirming Rotary's core values of compassion, inclusiveness, equality, and service above self.



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5th week January 2026

BASIC EDUCATION AND LITERACY

EMPOWERING EDUCATION THROUGH SMART CLASSROOMS

On 27th January 2026, two Smart Classrooms were inaugurated at Sharada High School, Sakinaka, Mumbai, by Rtn. Dr. Manish Motwani, District Governor, reinforcing Rotary's commitment to strengthening education through technology under The Urban Vocational Upliftment Program. The project, spearheaded by Rtn. Rajendra Unnikrishnan and led by the Rotary Club of Bombay Metropolitan with active collaboration from RCMSEP and eight other Rotary Clubs, will enhance interactive learning and create a lasting impact by equipping students with future-ready educational tools.



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5th week January 2026

CLUB SERVICE BOD & CLUB MEETING

BOD & CLUB MEETING: PROJECTS & SPARKLE 2026

On 27th January 2026, a BOD and Club Meeting was held at Sher-E-Punjab Gymkhana, Andheri East, to review completed events and projects and to discuss the upcoming beauty pageant Sparkle 2026. Key actions were finalized and clear plans were put in place for effective execution.



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5th week January 2026

RAW
SUPPORTING THE ENVIRONMENT
(ANIMAL WELFARE INITIATIVE)

COMPASSION IN ACTION – ANIMAL WELFARE INITIATIVE

RCMSEP supports food for about 10 to 12 stray cats that now stay on the building premises, ensuring they are neutered, well cared for, and provided with necessary health and medical support.



CHERVENO 212950
DATED 20/01/2026

FEDERAL BANK
YOUR PERFECT BANKING PARTNER

Counterfoil (For Customer)/ ग्राहक के लिए ग्राहक पायती

Branch/शाखा	MUMBAI ANANDK	Date/दिनांक	20/01/2026
Application for/प्रत्येक के लिए	RTGS	NEFT	DD
Beneficiary Name/सहायता के नाम	THE FEDERAL BANK LTD. AND SALON ANANDKAST MUMBAI		
Beneficiary Account Number/सहायता का खाता संख्या	50200078013464		
Beneficiary Bank/सहायता का बैंक	HDFC BANK		
Beneficiary Branch/सहायता का शाखा	TRAFFIC LIGHT		
Amount (₹) / रकम	7000 = 0	Charges (₹) / शुल्क	
Total Amount (₹) /कुल रकम	SEVEN THOUSAND ONLY		
Cashier/ Clerk (₹) / क्लर्क		Asst. Manager / सहायक प्रबंधक	



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UPCOMING EVENTS

Rotary District 3141

REGISTER NOW
Drishtikon
DISCON 26

SAHARA STAR
7th & 8th FEB 2026

QR CODE | PAY NOW

SPECIAL OFFER
₹ 17,000
For 50 Registrations

PATRON SINGLE - 60,000	INDIVIDUAL - 21,000	COUPLE - 38,000
PATRON COUPLE - 75,000	5-9 PERSON - 20,000	10+ - 19,000

7th Feb

UNITE FOR GOOD | Rotary District 3141 | LET'S INSPIRE

SPARKLE
Sparkling Icon of 2026
Walk for a Purpose!

Rotary Club Of Mumbai
Sher-E-Punjab

In support of
Early Cancer Detection & Care
Because early diagnosis saves lives.

SCAN TO REGISTER | QR CODE

21st & 22nd February 2026
Sher-e-Punjab Gymkhana Club, Andheri East

CONTACT : MINISHAA | OBEROI
+91 932226475

21st / 22nd Feb

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 The Happy Wheel - Fun Corner

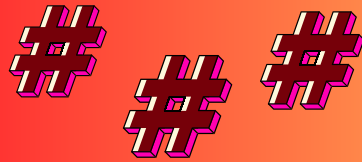
WHAT DOES THIS PUZZLE SAY ?

1

LEFT

FOOD

2



3

META META
META META

4

SITTING
THE WORLD

5

S
CH
EME

6

STANDARDS
STANDARDS

7



AASHAYEIN Vaastu Corner

By Rtn. Arun Bhoosher

(Under Guidance of Nilesh N Shah)

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

Brahmasthan (Center)

(The Spiritual Center of the Home)

Deity: Brahma



Good For:

- ✓ Open Area
- ✓ Lobby
- ✓ Circulation Space

Element: Space (Akasha)

Good Colours:

- White, Off-White,
- Very Light Pastels

Avoid:



Toilets / Kitchen



Staircase &
Heavy Beams



Dark Flooring /
Clutter

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Flavours of Fellowship

Tandoori Mushroom Toss (5-Minute Recipe)

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.

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🍄 *Tandoori Mushroom Toss (5-Minute Recipe)*



*Recipe by :
Rtn. Jasjit Bhatia*

☞ *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

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The Happy Wheel - Fun Corner

ANSWERS

UNSCRAMBLE THE COUNTRY

1

LIVIABO

BOLIVIA

2

KANERMD

DENMARK

3

RUCODAE

ECUADOR

4

REALNDHTEN

NETHERLAND

5

GAUYRAPA

PARAGUAY

6

TILANERSWDZ

SWITZERLAND

7

ZULEEVAN

VENEZUELA

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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