

# AASHAYEIN

## ROTARY CLUB OF MUMBAI SHER- E- PUNJAB

### WEEKLY NEWSLETTER



VOLUME 15  
2ND WEEK OCTOBER  
ECONOMIC DEVELOPMENT MONTH

### ROTARY REFLECTIONS: VOICES OF THE WHEEL



#### Discovering the True Meaning of Service Above Self

When I joined Rotary last year, I was searching for a way to give back—a place where my efforts could genuinely make a difference. What I found was a vibrant community and an experience that has profoundly shifted my perspective on social service and personal commitment.

From my very first meeting, one thing became immediately clear: this organization operates on a level of selfless dedication. Over the past year, I've had the privilege of watching many Rotary projects unfold, and what has struck me most is the absolute purity of their execution.

Every fundraiser, every volunteer hour, every logistical challenge is met with a singular, unwavering focus—the social cause itself. There are no competing agendas, no personal accolades sought—just the deep-seated desire to serve. This commonality of purpose is the true engine of Rotary. It's inspiring to be surrounded by people, all united by the same fundamental goal: giving back to society and helping the needy.

I've learned that true selflessness isn't just about donating money; it's about the consistent application of time, talent, and passion without expectation of return. It's seeing a fellow member stay late to organize materials, not because they were asked, but because they understood the profound impact those materials would have.

My year as a Rotarian has been more than just joining a club; it's been an education in effective, compassionate service. It has reinforced my belief that when a group of committed individuals focus entirely on a cause greater than themselves, there is virtually no limit to the good they can achieve.

If you've ever wondered what it looks like when an entire community moves as one, motivated only by the desire to lift others up—look at the work of any Rotary club. It's where shared purpose transforms into selfless action, and where a year can change not only the lives of those we serve but also the very heart of the volunteer



Rtn. Aarti Jhadav

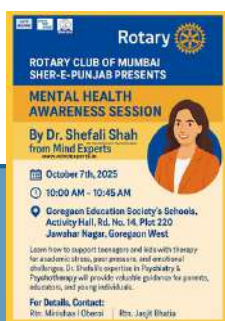


**UNITE  
FOR  
GOOD**

**Rotary**  
District 3141



**LET'S  
INSPIRE**



# AASHAYEIN

2nd Week October

## DISEASE PREVENTION & TREATMENT

### MENTAL AWARENESS SESSION FOR SCHOOL CHILDREN

RCMSEP successfully conducted a mental health workshop for students of Classes 8, 9 and 10 at GES School, led by Dr. Shefali, MD Psychiatrist & Psychologist, with support from the school management under Ms. Uma Mukherjee. We sincerely appreciate Dr. Shefali's efforts in raising awareness on crucial mental health topics and promoting emotional well-being among young minds.



Date :7th Oct 2025

RI Theme: Disease  
Prevention & Treatment

Location: GES ( Goregaon  
Education Society)  
English Medium School

Members Present: 2  
Amount: ₹2000



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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# AASHAYEIN

2nd Week October

## ECONOMIC DEVELOPMENT, BASIC EDUCATION & LITERACY

### CYBER THREATS AND CYBER SECURITY IN BANKING

RCMSEP successfully hosted an online workshop on "Cyber Threats and Cyber Security in Banking" for Devi Prasad Goenka Management College of Media Studies students. Led by Rtn. Gurpreet Singh, Founder & CEO of Nexora, the session offered expert insights into cyber security, equipping students to navigate the digital world safely and securely.



**Date :7th Oct 2025**

**Members Present: 1**

**RI Theme: Economic Development, Basic Education & Literacy**

**Location: Devi Prasad Goenka Management College of Media Studies, Malad**

**Amount: ₹2000**

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# AASHAYEIN

2nd Week October

## DISEASE PREVENTION & TREATMENT

### THERMAL MAMMOGRAPHY CAMP

RCMSEP organized its first-ever Thermal Mammography Breast Camp at Roshni Cooperative Society, Wadala. The camp was a huge success, with 30 ladies benefiting from the radiation-free and painless screening. The event served as a vital awareness initiative. We thank Nana Palkar Samruti Samiti for their support in promoting breast health and enabling early detection. Also grateful to Zulekhaji, Badru Qureshiji and SP Ahuja ji for supporting this camp



Date :8th OCT 2025

Members Present: 2

RI Theme: Disease Prevention & Treatment

Location: Roshni Cooperative society, Wadala

Costs: Rs 4000

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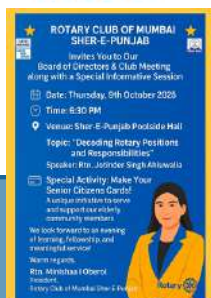


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# AASHAYEIN

2nd Week October

## BOD & CLUB MEETING, SPEAKER SESSION

### DECODING ROTARY POSITIONS AND RESPONSIBILITIES

RCMSEP BOD and club meeting was held on 9th October, discussing completed, upcoming projects and other agenda. This was followed by an engaging speaker session by Rtn Jotinder Singh on "Decoding Rotary Positions and Responsibilities", providing valuable insights into the duties of directors and members, especially with the planning of the next year's board.



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2nd Week October

## CLUB SERVICE

### MEMBERSHIP & PUBLIC IMAGE SEMINAR

RCMSEP attended the Membership and Public Image Seminar hosted by Rotary Club of Bombay West, gaining valuable insights on attracting and retaining members. The session also covered key aspects of public image branding, providing takeaways to enhance the club's visibility and reputation.



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# AASHAYEIN

2nd Week October



## UPCOMING EVENTS

ROTARY CLUB OF MUMBAI  
SHER-E-PUNJAB  
invites you to our

# Diwali Party!

Let's come together to celebrate the Festival of Lights with joy, laughter, and togetherness.

Date: Wednesday, October 15th, 2025  
Venue: Palash Apartments, Andheri West  
Hosted by: Rtn. Jasbeer Nagi  
Time: 7:00 PM onwards

We look forward to celebrating this special evening with you!

15th Oct

**DIWALI HOUSEIE DHAMAKA**

STARTING EVERY SATURDAY |  
FROM 18TH OCTOBER, 2025  
ONWARDS

AT 6:00 PM  
VENUE: POOL SIDE

- FUN & FROLIC
- 2 ROUNDS WITH ATTRACTIVE PRIZES
- LIVE MUSIC FUN & FOOD

RATES:  
₹.50/- FOR 3 TICKETS  
₹.100/- FOR 7 TICKETS

JOIN US WITH YOUR FAMILY & FRIENDS FOR AN EVENING FILLED WITH FUN & EXCITEMENT

18th Oct

Rotary  
District 1141

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UNITE FOR GOOD

# BLOOD DONATION CAMP

On- 15<sup>th</sup> Oct. 2025 From 9.30am To 5.30pm

At Andheri Railway Station

Lead Host Clubs  
RCM Elegant | RCM Elegant Plus | RCM West End

Co-Hosted by

|                          |                     |               |          |                  |                   |
|--------------------------|---------------------|---------------|----------|------------------|-------------------|
| RCM North End            | RCB Mahatma Heights | RCB Film City | RCM Juhu | RCM North Island | RCB Juhu Beach    |
| RC Bombay East           | RCM Coastline       | RCM Geo X     | RCM Khar | RCM Nova         | RCM Versova       |
| RCM Bandra Kurla Complex | RCB Airport         | RCM Iconic    | RCM Neo  | RCM Royale       | RCM Sher-E-Punjab |

Francesco Arezzo  
RI President

Camp Co-ordinators  
Anshul Chaudhary  
RCM North End

Sudhanshu  
RCB Mahatma Heights

Dr. Manish Motwani  
District Governor

15th Oct

Rotary

# FLOOD RELIEF APPEAL for DAHANU VILLAGES

Organized by Rotary Club of Mumbai Sher-E-Punjab

Dear Friends and Donors,

The recent floods in Dahanu have caused unimaginable devastation in rural villages — leaving farmers and families without shelter, food, clothing, or security. This humanitarian crisis calls for our immediate attention and collective action.

**The Most Critical Needs:**

- Food and Water
- Basic Clothing and Bedding
- Essential Hygiene Supplies
- 1000 Toothpastes
- 500 Soaps

**Your Contribution Can Make a Difference!**

Please come forward and donate generously to support our ongoing relief work.

**To Donate:**  
Rotary Club of Sher-E-Punjab Charitable Trust  
A/c No.: 18290200005574  
Bank: Federal Bank  
IFSC: FDRL0001829

(All donations above ₹3,000 will receive an 80G certificate.)

For details, please contact: Rtn. Anita - 9969484716

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## The Happy Wheel - Fun Corner

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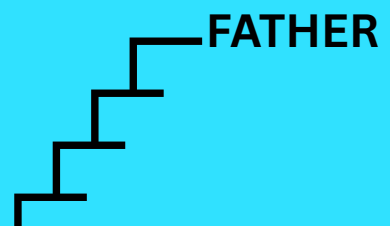
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FATHER



# AASHAYEIN

## *Flavours of Fellowship*

2nd Week October

### ***Veg Quesadilla***

#### **Ingredients**

- 2 tbsp oil
- 1 bell pepper (any color), diced
- 1 small onion, diced
- 2 garlic cloves, minced
- ½ cup frozen corn
- ½ tsp oregano seasoning
- 2 tsp butter
- ¼ tsp salt
- ⅛ tsp red chilli flakes
- Dash of black pepper
- 4 cups shredded cheese (mozzarella or cheddar mix)
- 6 rotis or flour tortillas



#### **Method:**

1. **Dry Roast:**
2. **Heat a pan on medium flame. Dry roast the green chillies and peanuts together for a few seconds, stirring continuously to avoid burning.**
3. **Cool & Grind:**
4. **Let the roasted chillies and peanuts cool slightly. Then, add coriander leaves and stems, jeera, and rock salt. Coarsely grind everything together (don't make a fine paste).**
5. **Temper & Toss:**
6. **In a pan, heat a little oil. Add curry leaves and let them crackle.**
7. **Add the diced boiled potatoes and a pinch of salt. Toss well.**
8. **Mix in Thecha:**
9. **Add the coarsely ground thecha mixture to the potatoes and mix gently until evenly coated.**
10. **Finish:**
11. **Turn off the heat and squeeze in the lemon juice. Mix once again and serve hot!**



# AASHAYEIN

## *Veg Quesadilla*

2nd Week October



*Recipe by :  
Rtn. Jasbeer Negi*

### 🔥 Fun Fact:

- 🌮 Quesadillas were first made in Mexico in the 16th century as a quick street snack.
- 🧀 Traditionally, quesadillas were made with corn tortillas and cheese — now they're enjoyed around the world with endless fillings!
- 🍷 Quesadillas are loved because they're crispy on the outside, gooey on the inside, and can be customized to anyone's taste.

Get your recipe featured in next Aashyein Weekly Magazine!

**Contact Rtn. Seema Bhoocher**



# AASHAYEIN

## Vaastu Corner

2nd Week October

By Rtn. Arun Bhoocher

(Under Guidance of Niilesh N Shah )

### LOCATION OF A SWING

As per Vastu Shastra, the direction should also be taken care of while installing the swing in the residence. The swing should always be positioned in the house to swing in the east and west directions. It is believed auspicious if the front of the person sitting on the swing is towards the east direction of the house.

By swinging facing east or north, luck supports you, luck starts shining, you get success in every work, and stopped work starts getting done. Don't make the mistake of installing a swing in the south direction even by mistake.







## The Happy Wheel - Fun Corner

### Mind Mingle !

#### Answers to Volume : 14

1. Who is the current Secretary-General of the United Nations (as of 2025)?

B. António Guterres

6. Which Indian freedom fighter gave the slogan "Inquilab Zindabad"?

A. Bhagat Singh

2. Which country will host the 2028 Summer Olympics?

B. Los Angeles

7. Which is the largest mangrove forest in India?

B. Sundarbans

3. Who was the Governor-General of India during the 1857 Revolt?

B. Lord Canning

8. Which river is also known as the "Sorrow of Bihar"?

B. Kosi

4. Which country hosted the 2016 Summer Olympics?

B. Brazil

9. Who won the FIFA World Cup 2022?

B. Argentina

5. Who developed the theory of relativity?

B. Albert Einstein

10. What is the motto of the Indian Air Force?

B. Touch the Sky with Glory

PROUD WINNER OF VOL 14  
(1st Week September)

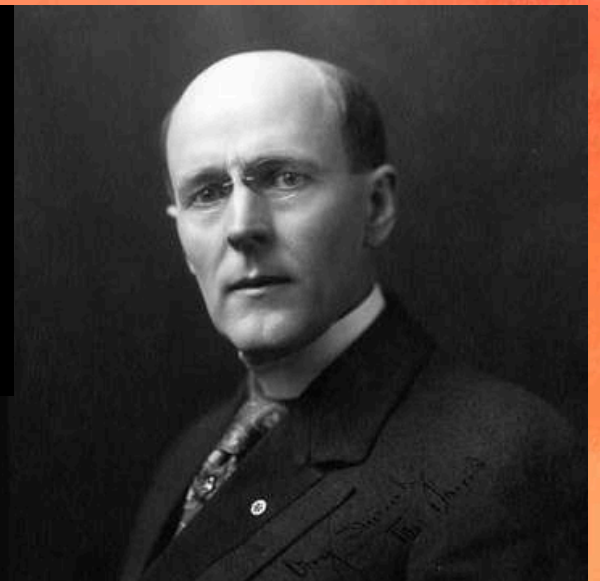
Rtn. Deepak Wadhwa



## Quote of the Week

*"It is easier to interest men in war than in peace; it therefore requires more moral courage to talk peace than war."*

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