



**LET'S
INSPIRE**

AASHAYEIN

ROTARY CLUB OF MUMBAI SHER- E- PUNJAB

WEEKLY NEWSLETTER



VOLUME 13
4TH WEEK SEPTEMBER
BASIC EDUCATION AND LITERACY MONTH

ROTARY REFLECTIONS: VOICES OF THE WHEEL



Serving All, Helping All

I had joined RCMSB at its charter year. An organisation of like-minded people and the will to serve all brings many to work together. The club became a channel to help me to serve. I came into association with many beneficiaries and understood how one works to help.

It is not all about work, as fellowship events help us in bonding with fellow Rotarians. District events too help in the same. The speaker guests visiting our meetings also make way for us to move ahead. The joint work with other clubs also helps in serving and association.

Over the years, the journey has given me immense learning, new friendships, and unforgettable experiences. Rotary has truly become a family where service and fellowship go hand in hand. The values of teamwork, compassion, and service have become a guiding force in my personal and professional life. Each project reminds me that even small acts of kindness can create a lasting impact.

Serve all and help all.



Rtn. Swati Khatri



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4th Week September

**ANNAPURNA , BASIC EDUCATION & LITERACY,
DISEASE PREVENTION & TREATMENT**



NAVRATRI CELBRATION WITH RCC JEEVDANI SEWAKS

RCMSEP, in collaboration with Chingari Shakti Foundation, celebrated Navratri with RCC Jeevdani Sewaks by donating 200 notebooks, 150 sanitary pads, and distributing suji halwa. The children loved and enjoyed the celebration wholeheartedly. This initiative truly reflected the festive spirit of giving and sharing joy.



Date : 24th Sept 2025

RI Theme: Annapurna , Basic Education & Literacy, Disease Prevention & Treatment

Location: Subhash Nagar, Andheri east

Members Present: 6

Amount: ₹15,800

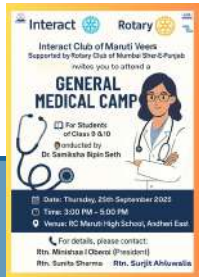


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4th Week September

DISEASE PREVENTION & TREATMENT



GENERAL HEALTH CHECK-UP FOR GIRLS AT RC MARUTI SCHOOL

RCMSEP, in collaboration with the Rotaract Club of Maruti Veers, successfully organized a general health medical check-up for 61 girls from classes 9, 11, and 12 at RC Maruti High School. Dr. Samiksha Bipin Seth conducted the check-ups, providing valuable health assessments for the students.



Date : 25th Sept 2025

RI Theme: Disease Prevention & Treatment

Location : RC Maruti High School

Members Present: 4

Amount : ₹ 4,000

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

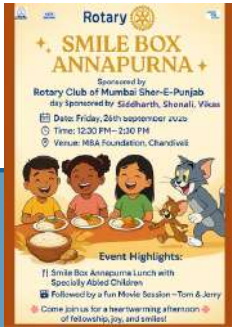
Club President: Rtn. Minishaa I Oberoi
Club Secretary: Rtn. Jotinder S Ahluwalia

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4th Week September

SMILE BOX : ANNAPURNA



SPREADING SMILES: SONALI'S BIRTHDAY CELEBRATION AT MBA FOUNDATION

RCMSEP celebrated friend Sonali Kevalramani's birthday with a Smile Box Annapurna initiative at MBA Foundation, Chandivli, bringing joy to specially-abled children. A delicious lunch of pav bhaji was followed by a fun-filled Tom and Jerry movie session, where the kids laughed, enjoyed, and had a wonderful time. Heartfelt thanks to Sonali for spreading happiness and being a gracious host through this thoughtful celebration!



Date : 26th Sept 2025
RI Theme: Annapurna
Location: Chandivli
Members Present : 5
Guests: 1
Amount: ₹ 3,500

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 September

BASIC EDUCATION & LITERACY

EMPOWERING STUDENTS: CAREER INSIGHTS SESSION BY MS. LOLY VADASSARY

RCMSEP organized an enlightening speaker session for TYBCom students of Usha Pravin Gandhi College of Commerce. Miss Loly Vadassery, Chief Human Resources Officer at Datamatics Business Solutions Limited, shared valuable insights on building a professional identity, developing emotional intelligence and bridging the gap between academics and workplace expectations.



Date : 27th Sept 2025

RI Theme: Basic
Education & Literacy,

Location: Irla, Vile
Parle E

Members Present: 1

Amount: ₹ 2,000

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4th Week September

CLUB MEETING & FIRESIDE



MONTHLY FIRESIDE MEET : AN EVENING OF FELLOWSHIP AND PLANNING

RCMSEP's monthly fireside meet, hosted by Rtn. Sukarma and Pradeep Ji, featured discussions on completed projects, upcoming initiatives, and planning for the next three months. With 8 guests in attendance, the evening concluded with games, a buffet dinner, and lively songs, offering a wonderful opportunity for members and guests to connect and strengthen camaraderie.



Date : 27th Sept 2025
RI Theme: Club Service & Fireside
Location: Khanna Residence
Members Present: 28
Guests: 8
Amount: ₹ 20,000



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 September



UPCOMING EVENTS

Rotary Club of Mumbai Sher-E-Punjab
&
Interact Club of Gurunanak Bravehearts
cordially invite you to attend

CPR WORKSHOP

Conducted by:
Critical Care Unified Team

30th September
11:00 AM – 12:00 PM
Guru Nanak English High School,
Andheri (East)

What You Will Learn

- How to identify the difference between a Heart Attack and Cardiac Arrest
- How to perform CPR effectively
- Do's and Don'ts in an Emergency

Contact: Rtn. Minishaa I. Oberoi

30th Sept

Rotary Club of Mumbai Sher-E-Punjab
invites you to join us
as we celebrate

* Navratri with the Specially-Abled Children

Under the Annapurna Smile Box Project

1st October 12:00 PM – 1:30 PM
Gods Abode, Plot No. 23A,
Near Abhyudaya Bank, Sector-17,
Airoli – 400708, Navi Mumbai

Highlights of the Day

- Fun-filled Dance & Celebration
- Delicious Food Sharing
- Heartwarming Time with these Beautiful Children

Contact:
Rtn. Minishaa I. Oberoi
Rtn. Seema Bhocher

1st Oct

Rotary
ROTARY CLUB OF MUMBAI SHER-E-PUNJAB
AND
INTERACT CLUB OF MARUTI VEERS
ORGANIZE

CPR TRAINING WORKSHOP

FOR STUDENTS OF CLASS 9, 10
AND TEACHERS

1ST OCT. • 3 TO 5 PM
RC MARUTI HIGH SCHOOL
CONDUCTED BY CRITICAL CARE UNIFIED TEAM

CONTACT:
RTN MINISHAA I OBEROI
RTN SUNITA SHARMA

1st Oct

Rotary
CLUB OF MUMBAI SHER-E-PUNJAB
INVITES YOU TO JOIN US AS WE VISIT

HAPPY STRAY

ANIMAL FOUNDATION

TO DONATE MICROWAVE & BEDSHEETS

Date: 3rd October Friday
Time: 12:00 PM - 1:30 PM
Venue: Malti Kutir, Bldg No. 8,
1/3 Motilal Nagar Rd No. 3,
Near Jain Hospital, Goregaon West,
Mumbai – 400104

Under RAW Projects

Rtn. Minishaa I. Oberoi

3rd Oct

Jagdish Shah
in association with
Vibe Works Entertainment
presents

SaDa'Bahaar SD Burman

with

Playback Singer Sanjeevani Bhelade
(Voice of Chori Chori Jab Nazrein Mill)

Kunal Kaushal
(Voice of Kishore)

Jugal Kishore
(Voice of Rafi) (Versatile Singer)

Dhanashri Deshpande
(Voice of Rafi)

Music Conductor Chetan Upadhyay
Anchor Vinayak Shinde

4th Oct | 8:30 p.m.
@ Master Deenanath Mangeskar Natyagurha,
Yileparle (East), Mumbai

for tickets/sponsorship contact :
Jagdish Shah : 9920018532
Kunal Kaushal : 9892316500

book my show

4th Oct

Flavours of Fellowship

Adai Recipe

Ingredients

Rice – 1 cup

Toor dal (Tur dal) – ¼ cup

Chana dal – ¼ cup

Urad dal – ¼ cup

***Green moong dal – ½ cup
(optional)***

Whole red chillies – 5 to 6

Ginger – a small piece

Hing (asafoetida) – a pinch

***Onions – 2 medium (finely
chopped)***

Curry leaves – a few

***Grated coconut – ¼ cup (optional,
if not using onions)***

Salt – to taste

Oil – as required for cooking



Method

- 1. Soak: Wash and soak rice, all dals, and red chillies together in water for about 2 hours.***
- 2. Grind: Drain the soaked mixture and grind along with ginger and red chillies to a thick, coarse batter. Add salt and hing.***
- 3. Mix: Add finely chopped onions and curry leaves to the batter. (If skipping onions, mix in grated coconut instead.)***
- 4. Prepare Adai: Heat a dosa tawa (griddle). Pour a ladleful of batter and spread it thickly (unlike dosa, adai should be thicker).***
- 5. Add Oil: Drizzle oil liberally around the edges and, if desired, make a small hole in the center to add a few drops of oil.***
- 6. Cook: When one side turns golden brown and crispy, flip and cook the other side until done.***
- 7. Serve: Hot adai is best served with coconut chutney or tomato chutney. Traditionally, a dollop of butter on top makes it even more delicious.***

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Adai Recipe



Recipe by :
Rtn. Geetha Periagaram

Adai is a thicker version of dosa that doesn't require fermentation. Made from a mix of protein-rich dals and rice, it's both wholesome and filling. Many families add drumstick leaves or vegetables to the batter, making it even more nutritious. Traditionally paired with avial in Tamil Nadu and Kerala, Adai is also a popular weekend favorite in South Indian homes.

Get your recipe featured in next Aashyein Weekly Magazine!

Contact Rtn. Seema Bhoocher



The Happy Wheel - Fun Corner

LIGHTS

CAMERA



QUESTION?

1. Which was the first Bollywood movie to be released in color?

2. Which was the first Indian movie to be nominated for an Oscar?

3. Who is known as the "Tragedy King" of Bollywood?

4. What was the name of the villain in the movie in Padmaavat (2018)?

5. Who was the first actress to win a Filmfare Award for Best Actress?

6. Which was the debut movie of Ranbir Kapoor?

7. Which Bollywood film was the first to be shot in Switzerland, starting the trend

8. Which Bollywood actor is popularly called "Mr. Perfectionist"

9. Which movie features the iconic song "Pyar Hua Ikrar Hua"

10. Which Bollywood star is also called "Greek God of Bollywood"?

11. Who was known as the "Showman of Bollywood"

12. What was the name of Kareena Kapoor in movie Jab We Met (2007)?

Vaastu Corner

By Rtn. Arun Bhoocher

(Under Guidance of Niilesh N Shah)

THE ENTRANCE

DOOR DETAILING

The main door should look attractive, clean, and well-lit.

Avoid broken, cracked, or creaky doors.

Wood (teak or other strong wood) is preferred.

Lighting and Ventilation

A well-lit entrance is inviting and positive. Ensure that there is ample natural light during the day and adequate lighting in the evenings. Good ventilation is also essential to prevent stagnation of energy.

Avoid Obstacles

Obstacles near the entrance, such as trees, utility poles, or debris, can hinder the flow of energy. Ensure the vicinity around the entrance remains uncluttered.

Protection from Harsh Weather

Providing some form of shelter or overhang above the entrance can protect it from harsh weather conditions and help maintain its positive energy.

Welcome with Plants

Placing auspicious plants like money plants or tulsi (holy basil) near the entrance can invite positive energy and prosperity into your home.

Avoid thorny plants or garbage bins near the entrance.





The Happy Wheel - Fun Corner

GENERAL KNOWLEDGE

Answers to Volume : 12

1. Name the lake between Jordan and Israel, where it is almost impossible to sink due to its high salt content.

DEAD SEA

2. Which country is home to Okinawa, a blue zone where many people live over 100 years?

JAPAN

3. What is the name of the desert located across northern China and southern Mongolia?

GOBI

4. Which country's national animal is a unicorn?

SCOTLAND

5. How many legs does a lobster have?

TEN

6. Which animals are known to hold hands when they sleep?

SEA OTTERS

7. Name the country that ends with the letter Q.

IRAQ

8. Which country has 11 time zones and is a part of both Asia and Europe?

RUSSIA

9. Which is the oldest mountain range in India?

ARAVALLI

10. Which is the largest dam in India?

TEHRI

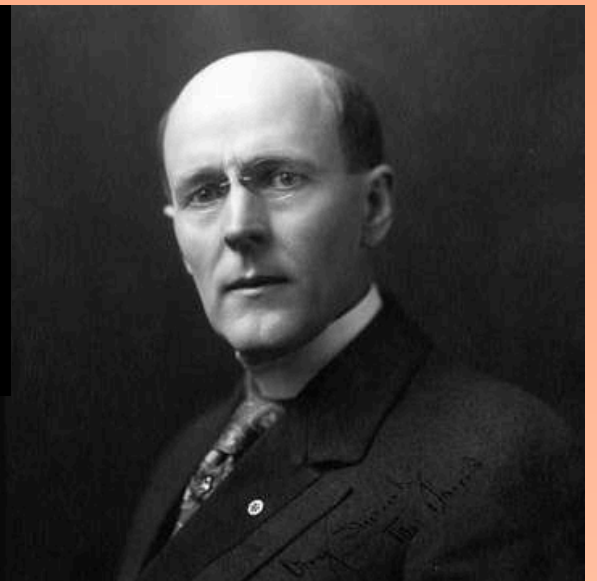
PROUD WINNER OF VOL 12
(2nd Week September)

Rtn. Kiran Srivastava

Quote of the Week

"Friendship is the bread of life, and service is the wine of life."

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