

UNITE  
FOR  
GOOD

Rotary  
District 3141



LET'S  
INSPIRE



# AASHAYEIN



ROTARY CLUB OF MUMBAI SHER- E- PUNJAB

WEEKLY NEWSLETTER



VOLUME 22  
1<sup>ST</sup> WEEK DECEMBER  
DISEASE PREVENTION & TREATMENT MONTH

ROTARY REFLECTIONS:  
VOICES OF THE WHEEL

Rotary  
Club of Mumbai  
Sher-e-Punjab

## From a New Member to a Proud Rotarian

As I write this opening message for our newsletter, I feel immense pride, joy, and gratitude. My Rotary journey began in November 2023, and what a meaningful journey it has been. New people, new learning, new responsibilities – yet the warmth and acceptance I received made my transition effortless. From my very first meeting, I felt a true sense of belonging.

Our Past First President Rtn. Jasjit Bhatia, with her energetic yet soft-spoken leadership, made a lasting impression on me. I admired the grace and dedication with which she led the club. Following her, Past President Rtn. Jotinder guided us with his dynamic leadership and strong sense of direction, helping me understand the deeper essence of Rotary.

Today, under the inspired leadership of our Present President Rtn. Minishaa – energetic, informative, supportive, and full of guidance – our club has already completed 120 impactful projects. This remarkable achievement reflects not only her commitment but also the unity of our club. Her leadership continues to inspire me every single day. But what touched me the most throughout the year was the love and fellowship of our members.

Through Rotary's diverse avenues of service – from education initiatives and healthcare support to community upliftment, Annapoorna for the specially-abled, and meaningful outreach for HIV-positive and transgender communities – I have witnessed the true heart of Rotary. I saw how selfless work can transform lives, how dedication can spark hope, and how kindness can ripple through entire communities.

Every project, every meeting, every fellowship gathering has taught me something valuable about service, leadership, teamwork, and the real needs of society. Rotary has become a beautiful platform for both personal and professional growth.

As I continue this journey, I aspire to:

- participate actively in service projects,
- bring innovative ideas that create meaningful impact,
- uphold Rotary's values of integrity, fellowship, and Service Above Self,
- and grow as a leader while serving others.

I am deeply grateful to everyone who has guided, supported, and encouraged me throughout the years. Your passion for service fuels my own desire to give more – today and in the years to come.



Rtn Naresh Khatri  
Club Treasurer

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

1<sup>st</sup> week December

**ECONOMIC COMMUNITY DEVELOPMENT  
BASIC EDUCATION & LITERACY**

## **SPREADING SMILES WITH A PICHKOO TREAT**

RCMSEP, in collaboration with Chingari Shakti Foundation, distributed three boxes of Rich Tomato Pichkoo to the students of Rishi Valmiki High School, Goregaon. The children were delighted and enjoyed the treat wholeheartedly. Their smiles made the initiative even more special!



**Date: 1st Dec 2025**  
**RI Theme: Economic  
Community  
Development  
Basic Education &  
Development**  
**Location: Goregaon**  
**Members Present: 1**  
**Beneficiaries: 60**  
**Project worth : Rs. 1200**



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

**Club President: Rtn. Minisha I Oberoi**  
**Club Secretary: Rtn. Jotinder S Ahluwalia**



# AASHAYEIN

1<sup>st</sup> week December

## DISEASE PREVENTION & TREATMENT

### MEDICAL CARE FOR SPECIALLY-ABLED CHILDREN AT SOPAN

RCMSEP conducted a medical check-up camp for 55 specially-abled children at SOPAN, an autism centre inside a BMC school in Natwar Nagar, Andheri East, providing eye check-ups by Mr. Amol Gawane, general check-ups by Dr. Samiksha B. Seth, and dental check-ups by Dr. Sonam Singh. The camp was well organized, and the management team, led by Ms. Neha, expressed their deep appreciation for this meaningful initiative.



Date: 1st Dec 2025  
RI Theme: Disease  
Prevention & Treatment  
Location: Amdheri E  
Members Present: 3  
Beneficiaries: 55  
Project worth : Rs. 55000

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Rotary Club of Mumbai Sher-E-Punjab  
&  
Interact Club of Guru Nanak Bravehearts  
cordially invite you to a  
**Menstrual Hygiene  
Awareness Session**  
By: Citizens Association for Child Rights  
Resource Person: Rtn. Moha Kamat  
This is 2nd session  
Venue: Guru Nanak English High School,  
Sher-E-Punjab  
Participants: Girls of Classes 6, 7, 8, 9 & 10  
Date: Wednesday, 3rd December  
Time: 6:45 am to 10:00 am  
For more info:  
Rtn. Minishaa Rtn. Sakarna Rtn. Kiran

# AASHAYEIN

1<sup>st</sup> week December

**BASIC EDUCATION AND LITERACY  
DISEASE PREVENTION & TREATMENT**

## EMPOWERING GIRLS THROUGH MENSTRUAL HEALTH AWARENESS

RCMSEP and the Interact Club of Guru Nanak Bravehearts organized Day 2 of the menstrual hygiene awareness program for girls of Classes 6 to 10, in collaboration with the Citizens Association for Child Rights (CACR). The session, led by Rtn. Moha Kamat, was easy to understand, ensuring the students felt comfortable as part of this three-day weekly awareness initiative.



**Date: 3rd Dec 2025**  
**RI Theme: Disease  
Prevention & Treatment**  
**Location: Andheri E**  
**Members Present: 2**  
**Beneficiaries: 105**  
**Project worth : Rs. 5000**



**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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LETS INSPIRE Rotary

ROTARY CLUB OF  
MUMBAI SHER-E-PUNJAB  
WELCOMES YOU TO  
OFFICIAL CLUB VISIT

CHIEF GUEST  
DG RTN.DR. MANISH MOTWANI

DEC 2025 | 4 | THURS  
6 PM

VINCE SHERU PUNJAB GYANJANA  
SANGHET HALL

RTN. NARESH KHATRI  
PRESIDENT

RTN. JOTINDER S AHLUWALIA  
CLUB SECRETARY

# AASHAYEIN

1<sup>st</sup> week December

## CLUB SERVICE

### OFFICIAL CLUB VISIT



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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**Rotary**  
ROTARY CLUB OF MUMBAI  
SHER-E-PUNJAB  
INVITES YOU TO JOIN  
**OFFICIAL CLUB VISIT (OCV)**  
by our District Governor,  
Rtn. Dr. Manish Motwani  
4th December 2025  
6:30 PM onwards  
Sher-E-Punjab Club, 1st Floor  
*A great opportunity to showcase our  
club's performance and achievements.*  
Followed by dinner.  
Your presence will be truly appreciated.  
Let's come together to give a  
warm welcome to our DGI!

# AASHAYEIN

1<sup>st</sup> week December

## CLUB SERVICE

### OFFICIAL CLUB VISIT



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

Club President: Rtn. Minisha I Oberoi  
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Rotary Club of Mumbai Sher-E-Punjab  
In collaboration with Chingari Shakti Foundation  
organizes a  
**Free Medical Health  
Check-up Camp**

For:  
Staff, maids, housekeeping staff,  
and drivers of Prisma CHS Ltd.

Sunday  
7th December 2025  
10:00 am to 4:00 pm

Free Tests Include:  
• CBC  
• Thyroid  
• Blood Sugar (Fasting & Random)  
• Blood Pressure  
• Vitamin D  
• Total Cholesterol  
• TSH  
• Eye Check-up (Free spectacles)

Please encourage your staff  
to benefit from this camp

# AASHAYEIN

1<sup>st</sup> week December

## DISEASE PREVENTION & TREATMENT

### FREE MEDICAL HEALTH CAMP AT OBEROI PRISMA

RCMSCP conducted a free medical health check-up camp at Oberoi Prisma for the staff, drivers, and housekeeping personnel, with valuable support from Chingari Shakti Foundation. The camp saw 138 registrations, including 114 blood tests, 64 free reading spectacles, and 66 Ayushman Card applications, earning heartfelt appreciation from the residents for bringing healthcare to their doorstep



**Date: 7th Dec 2025**  
**RI Theme: Disease  
Prevention & Treatment**  
**Location: Jogeshwari E**  
**Members Present: 3**  
**Beneficiaries: 138**  
**Project worth : Rs.  
95600**  
**Partner: Chingari Shakti  
Foundation**



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

**Club President: Rtn. Minisha Oberoi**  
**Club Secretary: Rtn. Jotinder S Ahluwalia**

# AASHAYEIN

## UPCOMING EVENTS

**WALKABOUT x Rotary Club of Mumbai Sher-e-Punjab**

**SENIOR GAMES 2025**  
 Bringing the magic of SCHOOL SPORTS DAY back - for adults 55+!  
 A fun-filled morning of games, laughter & nostalgia

**COME JOIN US!**

**DATE:** Saturday, 20<sup>th</sup> Dec, 2025  
**TIME:** 7:00 AM - 11:00 AM  
**VENUE:** Turf Station, opposite PVR Cinemas, Juhu

**WHAT'S IN STORE?**

- Booths with your favourite childhood games
- Pre-game snacks & delicious breakfast
- Event T-shirts, sipper bottles & surprise goodies
- Wellness stations & cool-down corners
- Medal for EVERY participant
- Team games, cheerleaders & photo booths

All this for **ONLY Rs.589 (499 + 18% GST)**  
 Register now: <https://rzp.io/rzp/lu6eqLXw3>  
 Come run, walk, cheer & relive your school sports day... because FUN has no age limit!

Rtn. Minishaa | Oberoi: 9322226475

*Special pricing for Rotarians & Rotary friends*

20<sup>th</sup> Dec

**BLOOD DONATION CAMP**

On- 10<sup>th</sup> Dec. 2025 From 9.30am To 5.30pm

**At Andheri Railway Station**

Lead Host Clubs  
**RCM Khar - RCM North Island - RCM Nova**

Co-Hosted by

RCM North End	RCM Wankari Heights	RCM Film City	RCM Juhu	RCM Kherli	RCM Juhu Beach
RCM Sarnay East	RCM Coastline	RCM Elegant	RCM San Y	RCM Mira	RCM Worli
RCM Sharda Kuria Complex	RCM Airport	RCM Elegant Plus	RCM West End	RCM Royale	RCM Sher-E-Punjab

Francisco Arezzo  
Rt President

Group Co-ordinators  
 Anupama Chaudhary - 9322226475  
 RCM Sher-e-Punjab

Dr. Manish Malwani  
District Governor

10<sup>th</sup> Dec

**Rotary Club of Mumbai Sher-E-Punjab**

In collaboration with Chingari Shakti Foundation & Hillcrest CHS Ltd. organizes

**FREE MEDICAL HEALTH CHECK-UP CAMP**

For: Staff, maids, housekeeping staff & drivers of Hillcrest CHS Ltd.

**Date:** Saturday, 13<sup>th</sup> December 2025  
**Time:** 10:00 am - 4:00 pm  
**Venue:** Hillcrest CHS Ltd. C Wing Lobby, P4

**Free Tests Include:**

- CBC
- Thyroid Profile
- Blood Sugar (Fasting & Random)
- Blood Pressure
- Vitamin D
- Total Cholesterol
- TSH
- Anaemia check (with medication)
- Eye Check-up (Free spectacles)

Residents are requested to encourage their staff to avail of this free camp and benefit from these health checks.

For more information, contact: Rtn. Minishaa I. Oberoi  
 9322226475  
 Sinrwan Jagtiani- 9322896966

13<sup>th</sup> Dec

**ROTARY CLUB OF MUMBAI SHER-E-PUNJAB**

presents a magical

**FELLOWSHIP FIRESIDE CHRISTMAS PARTY**

Get ready for an evening of laughter, music, selfies, games, and festive cheer as we celebrate Christmas together under stars!

Theme: Christmas Magic in Red, White & Green

Sunday, 21<sup>st</sup> December 2025

**Venue:** Oberoi Prisma Terrace  
**Time:** 7:00 p.m. onwards  
**Dress Code:** Christmas Red & White - bring on the sparkle, Santa vibes, and holiday glam!

*Hosted by: Oberoi's*

21<sup>st</sup> Dec

**ROTARY CLUB OF MUMBAI SHER-E-PUNJAB**

**BLANKET DISTRIBUTION DRIVE**

**DATE:** Tuesday, 9<sup>th</sup> December 2025  
**TIME:** 10:00 PM onwards  
**VENUE:** Goregaon - Under the Flyover

Join us as we come together to spread warmth, comfort, and kindness to those in need.

Your presence and support will truly make a difference.

**Rotary Club of Mumbai Sher-E-Punjab**

10<sup>th</sup> Dec

## Flavours of Fellowship

### ★ Classic Christmas Gingerbread Cookies Recipe

#### Ingredients

##### For the cookies:

- 3 cups all-purpose flour
- 3/4 cup brown sugar
- 3/4 cup unsalted butter (softened)
- 1/2 cup molasses  
(or dark honey if molasses unavailable)
- 1 egg
- 1 tsp baking soda
- 1 tsp ground ginger
- 1 tsp cinnamon
- 1/2 tsp nutmeg
- 1/4 tsp cloves
- 1/2 tsp salt

##### For icing (optional):

- 1 cup powdered sugar
- 1–2 tbsp milk
- 1/2 tsp vanilla extract
- Food colors (optional)

#### 👨‍🍳 Instructions

##### 1. Make the Dough

In a bowl, whisk dry ingredients: flour, baking soda, salt, ginger, cinnamon, nutmeg, cloves.

In another bowl, cream butter + brown sugar until fluffy.

Add egg + molasses and blend until smooth.

Slowly add dry mix to wet mix → form a soft dough.

Wrap in cling film and refrigerate 1 hour. (Helps keep shapes perfect.)

##### 2. Shape the Cookies

Preheat oven to 175°C.

Roll dough to ¼ inch thickness.

Use cookie cutters (gingerbread man, stars, bells, trees 🌲).

Place on baking tray lined with parchment.

##### 3. Bake

Bake for 8–10 minutes until edges are slightly firm.

Cool completely before decorating.

##### 4. Decorate (Optional but Fun!)

Mix powdered sugar + milk + vanilla to make icing.

Pipe outlines, faces, buttons, snowflakes, or colourful patterns.



# AASHAYEIN

## ★ *Classic Christmas Gingerbread Cookies Recipe*



*Recipe by :*  
*Simran Oberoi*

*Did you know? Gingerbread men were first made for a queen!  
Sweet, spicy, and royally cute!  
Gingerbread houses became famous after Hansel & Gretel –  
a fairy tale you can actually eat!  
In old times, gingerbread was a love token...  
Give one cookie, steal one heart! ♥*

Get your recipe featured in next Aashyein Weekly Magazine!

**Contact Rtn. Seema Bhoocher**

# AASHAYEIN



## The Happy Wheel - Fun Corner

Can you identify the country?

1



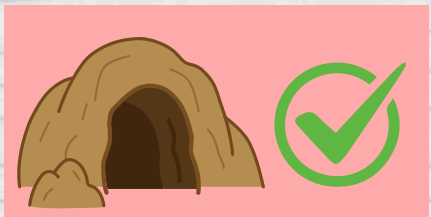
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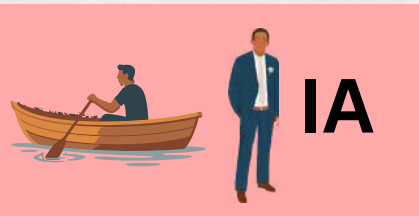
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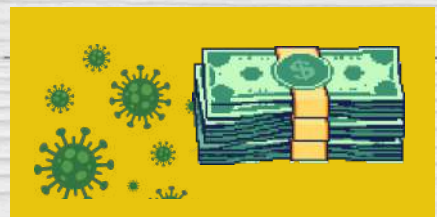
6



3



7



4



8



# AASHAYEIN

## Vaastu Corner

By Rtn. Arun Bhoocher

(Under Guidance of Niilesh N Shah)

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



## EAST (PURVA)

**Deity:** Indra

**Element:** Air / Sunrise Energy

**Good Colours:**

Light yellow, cream,  
light green

**Ideal For:**

Main entrance

Living room

Puja room

Study table facing



**Avoid:**

High walls or balconies blocking morning  
sunlight

Dominance of dark blues or blacks

Clutter, especially near windows

# AASHAYEIN

ANSWERS TO VOL 21  
Can you identify the country?



**CHILLI**



**ICELAND**



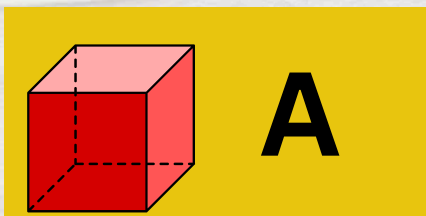
**JAPAN**



**SINGAPORE**



**UKRAINE**



**CUBA**

1<sup>st</sup> week December

# AASHAYEIN

## Quote of the Week

“The world changes one meaningful connection  
at a time.”



## 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