

AASHAYEIN

ROTARY CLUB OF MUMBAI SHER- E- PUNJAB

WEEKLY NEWSLETTER



VOLUME 18
2ND WEEK NOVEMBER
THE ROTARY FOUNDATION MONTH

ROTARY REFLECTIONS: VOICES OF THE WHEEL



What Rotary Means to Me

I am a Rotarian because Service Above Self has become a guiding principle in my life, teaching me that it is my prime duty to serve the community, shed my ego, and do real work for others. Rotary unites us in serving the community, bringing together true representatives from various vocations and sections of society, all striving to give their best without any personal gains. By involving our families in projects, Rotary helps create strong, thick bonds among members, while the emphasis on regular attendance ensures continuity and consistency in our service. Its international stature allows me to attend meetings anywhere in the world, constantly reminding me that wherever I am, my duty towards society remains the same.

Visiting different clubs helps me make new friends, exchange innovative ideas, and benefit from the unique blend of talents and calibres that Rotary attracts. In my own classification, I get invaluable exposure and opportunities to upgrade my knowledge and resources. As a Rotarian, I also experience a unique status in society, receiving respect that comes from being part of an organisation known for integrity and service. Through Rotary, I learn and exchange cultures from different parts of the world, broadening my horizons, and at the end of the day, I carry with me a deep sense of accomplishment knowing that, in some small way, I have contributed to making a difference.



Rtn. Manoj Phene



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2nd Week November



DAY 1 DISEASE PREVENTION & TREATMENT

EYE CARE

RCMSEP conducted its first event—an eye camp for RSW Week—where, although no cataract cases were detected, several participants were diagnosed with refractive errors and advised to visit Bhaktivedanta Hospital, and 40 spectacles were distributed free of cost with assurance of follow-up support. The Eye Van, provided by Bhaktivedanta Hospital and operated by four skilled technicians, together with six members from RCMSEP and one from the Rotary Club of Mumbai Bhandup, ensured smooth execution of this impactful camp, delivering much-needed eye care services to the community.



Lead Host
Date : 2nd Nov
2025

RI Theme:
Disease
Prevention &
Treatment,

Location: Keshav
Shrusti , Uttan,
Bhayandar

Present: 6

Beneficiaries:
105

Project worth:
Rs. 30250



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
District 3141



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2nd Week November

DAY 2

COMMUNITY DEVELOPMENT, BASIC EDUCATION & LITERACY



CYBER CRIME AWARENESS

RCMSEP, as lead host, successfully conducted its first Cyber Crime Awareness Workshop at GES School, Goregaon East, led by Rtn. Gurpreet Singh to educate children on online safety, responsible internet use, and potential cyber threats through interactive discussions. Using a multilingual approach in Gujarati, English, and Hindi, and supported by four RCMSEP members, the session ensured clear understanding for every child and reinforced Rotary's commitment to empowering the next generation to navigate the digital world with awareness and responsibility.



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2nd Week November

DAY 2

COMMUNITY DEVELOPMENT , BASIC EDUCATION & LITERACY



CYBER CRIME AWARENESS

RCMSEP conducted its second Cyber Crime Awareness Workshop under RSW Week at MET College of Pharmacy, Bandra, where Rtn. Jotinder Singh Ahluwalia educated around 100 students on cyber safety, common risks, prevention methods, responsible online behaviour and reporting procedures through helplines 1945 and 1930. The college management expressed their appreciation for this informative and timely initiative, which helped equip young minds with essential knowledge to stay safe in the digital world.



Lead Host
Date : 3rd Nov 2025
RI Theme: Community Development,
Basic Education & Literacy ,
Location: MET College of Pharmacy (Diploma)
Bandra
Present: 4
Beneficiaries: 100
Project worth: Rs. 5000



District Governor: Rtn. Manish Motwani
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Club Secretary: Rtn. Jotinder S Ahluwalia

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2nd Week November

DAY 2

COMMUNITY DEVELOPMENT , BASIC EDUCATION & LITERACY



CYBER CRIME AWARENESS

RCMSEP conducted its third cybercrime awareness workshop at the Dignity Foundation in Jogeshwari East, led by Rtn. Gurpreet Singh with support from Inspector Anand and Inspector Patil of the Meghwadi Police Station's Cyber Crime Department, providing senior citizens with vital insights into common scams, reporting helplines (1945 and 1930), and practical safety measures through informative videos. The Dignity Foundation appreciated this impactful and educational session, which empowered participants with the knowledge needed to stay vigilant and protect themselves from online threats



Date : 3rd Nov 2025

RI Theme: Community Development,
Basic Education & Literacy

Location: Dignity Foundation,
Jogeshwari - E
Members Present : 7
Beneficiaries: 80
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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2nd Week November

DAY 2

COMMUNITY DEVELOPMENT , BASIC EDUCATION & LITERACY



CYBER CRIME AWARENESS

RCMSEP conducted its fourth Cyber Crime Awareness Workshop at the Rangoonwala Foundation in Jogeshwari East, where Rtn. Jotinder Singh and the Meghwadi Police cyber team guided residents on common cybercrime tactics, vigilance, and reporting through helplines 1945 and 1930. The session saw active participation, making it a truly impactful and informative experience for the community



Lead Host
Date : 3rd Nov 2025
RI Theme: Community Development, Basic Education & Literacy ,
Location: Rangoonwala Foundation, Jogeshwari E
Present: 5 + 2 Guests
Beneficiaries: 110
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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2nd Week November

DAY 3

DISEASE PREVENTION & TREATMENT



BLOOD DONATION CAMP

RCMSEP, in collaboration with Mumbai Lakers, hosted a Blood Donation Camp conducted by Samarpan Blood Centre (Ghatkopar), dedicated to supporting children with thalassemia, where donors underwent thorough health checks and nearby Times Square corporate employees were encouraged to participate. DG Dr. Manish Motwani, Dr. Indumati, PDG Shashi Sharma, and Rtn. Chetan Kotak, graced the event as part of their RSW Week visits, adding significance to this impactful initiative supporting thalassemia patients.



**Date : 4th Nov
2025**

**RI Theme:
Disease
Prevention &
Treatment**

**Location: Times
Square, Marol**

**Members
Present: 6
Beneficiaries: 129**

**Project worth: Rs.
86,000**



**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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2nd Week November

DAY 4

DISEASE PREVENTION & TREATMENT



CERVICAL & BREAST CANCER SCREENING AWARENESS

RCMSEP, in collaboration with the RC of Chandivili, Mumbai, organized a Cervical and Breast Cancer Screening and Awareness program to promote women's health and early detection. Women were educated about the importance of regular screenings, early signs, and preventive measures, while also being actively screened onsite by medical professionals in a supportive, welcoming environment.



Date : 5th Nov 2025
RI Theme: Disease
Prevention &
Treatment

Location:Dr.
Babasaheb Ambedkar
Hospital, Vikhroli E

Present: 2
Beneficiaries: 89
Project worth: Rs.
45500



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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2nd Week November

DAY 4
DISEASE PREVENTION & TREATMENT



CERVICAL & BREAST CANCER SCREENING AWARENESS

RCMSEP in collaboration with the RC Mumbai Lakers, co-hosted its second breast and cervical cancer screening and awareness camp at Sangharsh Nagar to promote cancer awareness and prevention among women. Participants were not only screened for early signs of cancer but were also educated about recognizing symptoms, adopting preventive measures, and proactively safeguarding their health, thereby empowering them to reduce future health risks.



Date : 5th Nov 2025

RI Theme: Disease
Prevention &
Treatment

Location: Sangarsh
Nagar Community
Hall

Present: 2
Beneficiaries: 101

Project worth: Rs.
88600



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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2nd Week November

DISEASE PREVENTION & TREATMENT

MEGA BLOOD DONATION CAMP

RCMSEP conducted a Mega Blood Donation Camp at Sri Guru Nanak Darbar, Andheri East, on the occasion of Guru Nanak Jayanti and it was a grand success with 117 bottles of blood collected. Volunteers from the Rotaract Club of JES College Parivartan actively participated, and heartfelt thanks go to St. George Hospital, the Gurudwara Committee, and every donor, volunteer, and team member for their unwavering support and dedication—together, we truly made a difference!



Date : 5th Nov 2025

RI Theme: Disease
Prevention &
Treatment

Location: Sri Guru
Nanak Darbar
Andheri East

Members Present: 17

Beneficiaries: 351

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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2nd Week November

**DISEASE PREVENTION & TREATMENT
ECONOMIC DEVELOPMENT**

MEGA BLOOD DONATION CAMP



District Governor: Rtn. Manish Motwani
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2nd Week November

DAY 5

COMMUNITY DEVELOPMENT , BAGHBAAN



SENIOR CITIZENS DAY CELEBRATION: OLD AGE HOME

RCMSEP conducted a heartwarming senior citizen event on 6th November at the Home for the Aged. Ten Interact children from Guru Nanak Bravehearts and club members engaged the seniors in a lively game of housie, bringing joy and laughter to all. Chocolates and gifts were given to all the seniors. Thereafter, the club served medu vada and oranges, which the seniors thoroughly enjoyed. The residents were deeply grateful for the club's effort and the time spent with them, making it a truly memorable morning for everyone involved.



Lead Host
Date : 6th Nov 2025

RI Theme :
Community
Development,
Baghbaan

Location : Little
Sisters Of The Poor
Home for the Aged,
Andheri East

Members Present: 7 +
10 Interact Children

Beneficiaries: 50

Project Cost:
Rs. 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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2nd Week November

DAY 5

COMMUNITY DEVELOPMENT , BAGHBAAN



SENIOR CITIZENS DAY CELEBRATION: DIGNITY FOUNDATION

RCMSEP organised its second senior citizen event at Dignity Foundation, creating a day filled with smiles and cheer for 100 senior citizens, where five Rotaractors from JES College Parivartan hosted a lively Housie game followed by a fun-filled Antakshari session with singing, acting, chocolates and prizes for all. Lunch was sponsored by the club featuring puri bhaji, veg pulao, raita and gulab jamun and a heartfelt thank you goes to the dedicated rotaractors and RCMSEP members for making this a memorable experience.



Lead Host
Date : 6th Nov 2025

RI Theme :
Community
Development,
Baghbaan

Location : Dignity
Foundation,
Jogeshwari East

Members Present: 5
+ 10 Rotaractors
from JES College-
Parivartan

Beneficiaries : 100

Project Cost: Rs.
6400



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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2nd Week November

DAY 5

COMMUNITY DEVELOPMENT , BAGHBAAN



SENIOR CITIZENS DAY CELEBRATION

RCMSEP co-hosted a spectacular musical evening, "Golden Melodies Night," at Balkanji Bari Hall, Ghatkopar, in collaboration with RC Kalakar, where senior citizens themselves paid a heartwarming tribute to iconic Bollywood divas from Madhubala to Madhuri through soulful performances of evergreen songs. With around 100 enthusiastic seniors in attendance, the hall was filled with energy, nostalgia, and applause, as the audience was thoroughly entertained and deeply moved by the talent on display, making it an unforgettable celebration of grace and the timeless magic of music.



Co Host
Date : 6th Nov 2025

RI Theme : Community Development,
Baghbaan

Location : Balkanji Bari Hall, Ghatkopar

Members Present: 4

Beneficiaries : 100

Project Cost: Rs. 5000



District Governor: Rtn. Manish Motwani
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Club Secretary: Rtn. Jotinder S Ahluwalia

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2nd Week November

DISEASE PREVENTION & TREATMENT



THERMAL BREAST SCREENING CAMP AT VASANT OASIS

RCMSEP conducted its second thermal breast screening camp at Vasant Oasis, Mumbai, in collaboration with Life of Gratitude and Nana Palkar Smruti Samiti in November, offering a painless, radiation-free screening process. A total of 56 lady members were screened, with one suspected case detected on Day 2 and advised to undergo detailed sonography for further evaluation. This initiative reinforced RCMSEP's commitment to promoting early detection and encouraging women to take proactive care of their health.



Date : 6 / 7th Nov 2025

RI Theme: Disease
Prevention &
Treatment

Location: Vasant Oasis,
Marol

Members Present: 4
Beneficiaries: 56
Project worth : Rs.
32000

Partners : Life Of
Gratitude, Nana Palkar
Smruti Samiti



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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2nd Week November

DISEASE PREVENTION & TREATMENT



CARING FOR OUR CARETAKERS: HEALTH CAMP FOR VASANT OASIS STAFF

RCMSEP conducted a Medical Check-up Camp for the housekeeping staff and security personnel of Vasant Oasis, a housing society in Marol, in collaboration with Chingari Shakti Foundation and Life of Gratitude. A total of 85 staff members benefited from free blood tests (including blood sugar, TSH, haemoglobin, and thyroid) as well as eye check-ups with free spectacles provided where required.



Date : 6th Nov 2025

RI Theme : Disease Prevention & Treatment

Location :Vasant Oasis, Marol

Members Present: 2

Beneficiaries : 85

Project worth: Rs. 44500

Partners: Life Of Gratitude , Chingari Shakti Foundation



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2nd Week November

DAY 5 COMMUNITY DEVELOPMENT



UNSUNG HEROES AWARDS

RCMSEP silver co-hosted the Unsung Heroes Awards, proudly nominating three individuals who have selflessly served society, with five club members attending the event. It was a wonderful evening, highlighted by a soulful live Bollywood performance by the Tuning Folks group, making the celebration truly memorable.



Silver Co Host
Date : 7th Nov 2025

RI Theme : Community
Development,

Location : YB Chavan Auditorium

Members Present: 5

Project Cost: Rs. 7000



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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2nd Week November

DAY 7 DISABILITY TO ABILITY



SPECIALLY ABLED DAY CELEBRATION WITH MBA FOUNDATION MEMBERS

RCMSEP co-hosted a Specially Abled Day celebration with RC Mumbai Lakers, bringing joy to the members of MBA Foundation, Airoli, with a special band that created a lively atmosphere through Bollywood songs, dancing, and plenty of laughter. The morning was filled with happiness as children and members enthusiastically participated and shared in the fun, making it a truly memorable experience for everyone involved.



Co Host

Date :8th Nov 2025

RI Theme :Disability to Ability , Community Development

Location : Maharashtra Seva Sangh Hall. Airoli

Members Present: 4

Beneficiaries : 80

Project worth: Rs. 20000



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

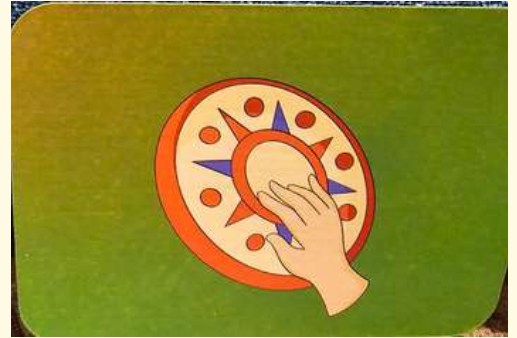
Club President: Rtn. Minishaa I Oberoi
Club Secretary: Rtn. Jotinder S Ahluwalia

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ANSWERS TO MIND MINGLE DECIPHER THE WORD OR PHRASE



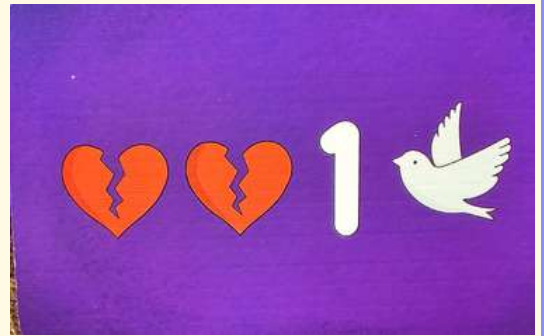
Chand Chupa Badal mein



Dhaphili wale Daphile baja



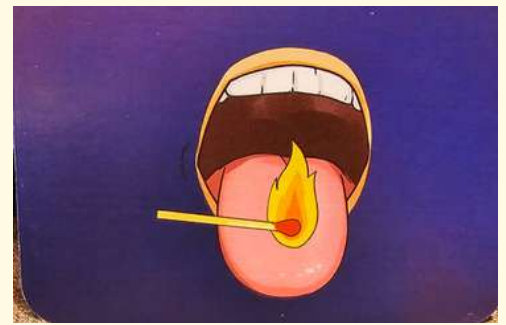
Chanda hai tu mera Tara hai tu



Toota toota Ek Pinda Aise Toota



Tumhe jo Maine Dekha



Aati kya khandala



Ek Garam chai ki pyali ho.



Swag se Swagat

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UPCOMING EVENTS

INVITATION

The Rotary Club of Mumbai Sher-E-Punjab cordially invites you to join in the celebration of

dear **Simrit Nagi's Birthday**

with the specially-abled children of Aishiana Institute for Autism

10th November 2025
2:00 PM

Aishiana Institute for Autism, Mumbai Public School Premises (Ground Floor), Opposite Garware Paints, Sahar Road, Andheri East

Under the Annapurna SmileBox Project

Come, celebrate with us and spread smiles together!

Rtn. Minishaa I. Oberoi
Rtn. Seema Bhoocher

10th Nov

Children's Day Celebration

Rotary Club of Mumbai Sher-E-Punjab invites you to a special evening, sponsored by Aditi and Ayansh, to celebrate Children's Day with the children of Angel Xpress at ALM Park.

Friday, 14 Nov 2025
6:30 PM
ALM Park, Poonam Nagar, Andheri East

Highlight: ✨ Magic show by Veeru the Magician
• Music • Snacks

Gifts donated by:
Chingari Shakti Foundation
Rtn. Minishaa I Oberoi
Rtn. Seema Bhoocher

Let's make it a memorable evening for the kids! ❤️

14th 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

Friends of Trees 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 Srivasatava 9892618546

15th Nov

Children's Day Celebration

Members of Rotary Club of Mumbai Sher-E-Punjab warmly invite you to a special afternoon with the children of Chandrabhaga Vidya School.

HIGHLIGHT: Magic show by Ranju the Magician
• Music • Snacks

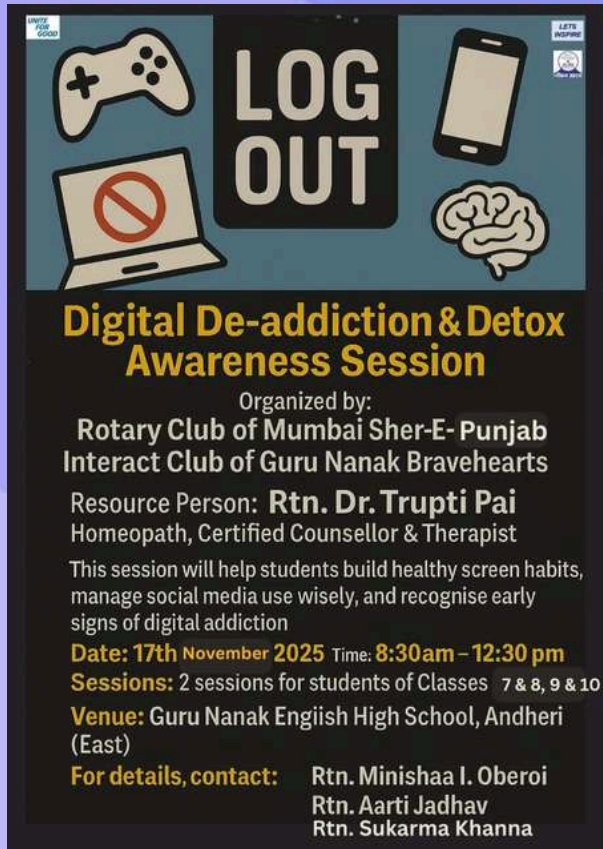
Friday, 14 Nov 2025
3:00 PM
Chandrabhaga Vidya School, Malad West

Rtn. Minishaa I Oberoi
Rtn. Seema Bhoocher

14th Nov

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UPCOMING EVENTS



LOG OUT

Digital De-addiction & Detox Awareness Session

Organized by:
Rotary Club of Mumbai Sher-E-Punjab
 Interact Club of Guru Nanak Bravehearts

Resource Person: **Rtn. Dr. Trupti Pai**
 Homeopath, Certified Counsellor & Therapist

This session will help students build healthy screen habits, manage social media use wisely, and recognise early signs of digital addiction

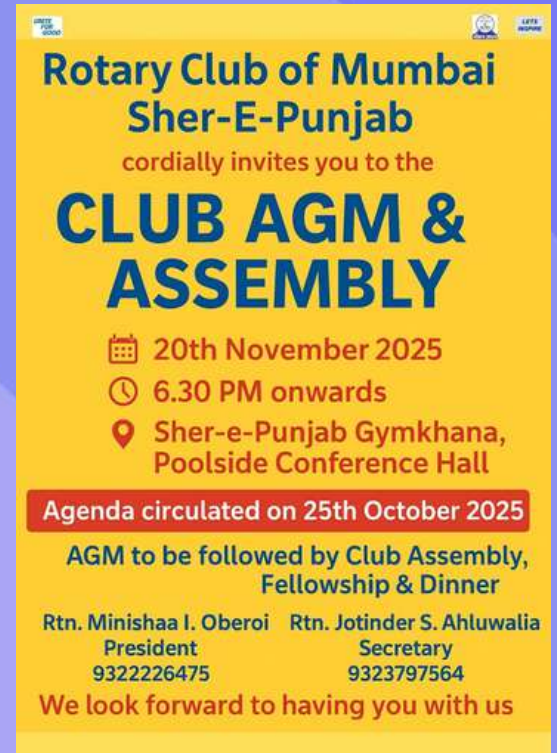
Date: 17th November 2025 Time: **8:30am – 12:30 pm**

Sessions: 2 sessions for students of Classes 7 & 8, 9 & 10

Venue: Guru Nanak English High School, Andheri (East)

For details, contact: Rtn. Minishaa I. Oberoi
 Rtn. Aarti Jadhav
 Rtn. Sukarma Khanna

17th Nov



Rotary Club of Mumbai Sher-E-Punjab
 cordially invites you to the

CLUB AGM & ASSEMBLY

20th November 2025
6.30 PM onwards
Sher-e-Punjab Gymkhana, Poolside Conference Hall

Agenda circulated on 25th October 2025

AGM to be followed by Club Assembly, Fellowship & Dinner

Rtn. Minishaa I. Oberoi President
 9322226475

Rtn. Jotinder S. Ahluwalia Secretary
 9323797564

We look forward to having you with us

20th Nov



BLOOD DONATION CAMP

On- 18th Nov. 2025 From 9.30am To 5.30pm

At Andheri Railway Station

Lead Host Clubs
 RCM Gen X | RCM Iconic | RCM Neo

Co-Hosted by

RCM North End	RCB Mahakali Heights	RCB Film City	RCM Juhu	RCM North Island	RCB Juhu Beach
RC Bombay East	RCM Coastline	RCM Elegant	RCM Khar	RCM Nova	RCM Versova
RCM Bandra Kurla Complex	RCB Airport	RCM Elegant Plus	RCM West End	RCM Royale	RCM Sher-E-Punjab

Francesco Arezzo
 RI President

Camp Co-ordinators
 Anagkumar Chandarana
 RCM North End

Dr. Manish Motwani
 District Governor

18th Nov



Rotary Club Of Mumbai Sher E Punjab & Joy Valencia

CPR TRAINING WORKSHOP

Sunday, 23rd November 2025 | 11 AM
Venue: Joy Valencia, Refuge area (8th Floor)

The workshop will be conducted by
Dr. Akshay Mehta, Interventional Cardiologist

- Difference between heart attack and cardiac arrest
- Recognize and respond
- How to do CPR
- How to use an AED Machine

Contact: Rtn. Minishaa I Oberoi (President) 9322226475
 Rtn. Jasjit Bhatia

23rd Nov

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The Happy Wheel - Fun Corner

Incredible India Quiz Series

1. Which Indian city is known as the “City of Pearls”?
2. Which city is called the “Pink City” of India?
3. Which state is known as the “Land of Five Rivers”?
4. Which city is referred to as the “City of Lakes”?
5. Which Indian state is known as the “Spice Garden of India”?
6. Which city is known as the “Tea Capital of India”?
7. Which state is called the “Land of Rising Sun” in India?
8. Which city is known as the “Silicon Valley of India”?
9. Which state is famous as the “Land of Festivals”?
10. Which city is known as the “Textile City of India”?
11. Which state is referred to as the “Sugar Bowl of India”?
12. Which city is popularly called the “Queen of the Hills”?
13. Which city is known as the “Diamond City of India”?
14. Which Indian state is called the “Land of Kings”?
15. Which city is called the “City of Nawabs”?

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Vaastu Corner

By Rtn. Arun Bhoocher

(Under Guidance of Nilesh N Shah)

FALSE CEILING

A Vastu-compliant false ceiling design should be symmetrical, use light colors, and maintain a uniform height of approximately 10 feet. Avoid irregular shapes, sloping designs and hanging mirrors or artwork on the ceiling.

A simple, clean design with ambient lighting is recommended.

In Vaastu, it is advisable to keep the false ceiling high enough so the room doesn't feel heavy or cramped, ideally with a total height of 9 ft or more. Very low false ceilings should be avoided directly over the bed, study table, or dining table, as they create a sense of heaviness and are considered inauspicious.

For directions, the North, East, and North-East (Ishanya) zones should have a simple, higher and lighter ceiling, avoiding heavy, thick drops, massive beams or bulky AC units in the NE corner.

Heavier designs such as thicker panels and wooden elements are better placed in the South, West and South-West zones and if there is any slope in the ceiling, it is preferable to keep it higher towards the North/East and slightly lower towards the South/West.



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Flavours of Fellowship

2nd Week November



TOMATO SOUP 😊

Ingredients (Serves 3-4)

- Tomatoes – 6 medium (about 600–700 g), roughly chopped
- Onion – 1 medium, chopped
- Garlic – 3–4 cloves, chopped
- Carrot – 1 small, chopped (optional, for sweetness)
- Butter or oil – 1 tbsp
- Water or vegetable stock – 2 to 2½ cups
- Salt – to taste
- Black pepper – ½–1 tsp (freshly ground if possible)
- Sugar – ½–1 tsp (optional, to balance acidity)
- Fresh cream – 2–3 tbsp (optional, for richness)
- Fresh coriander or basil leaves – for garnish



Method

- Sauté the base in a pan, heat butter/oil.
- Add chopped onion and garlic; sauté till soft and slightly translucent.
- Add chopped carrot (if using) and cook for 2–3 minutes.
- Cook the tomatoes
- Add chopped tomatoes and a pinch of salt.
- Cook on medium heat for 5–7 minutes till tomatoes turn soft and mushy.

Simmer

- Add 2–2½ cups water/stock, mix well.
- Cover and simmer for about 10–15 minutes.
- Switch off the gas and let it cool slightly.

Blend

- Use a hand blender directly in the pan, or transfer to a mixer and blend until smooth.
- Strain the soup through a sieve for a silky texture (optional but nice).
- Season & finish
- Return the strained soup to the pan.
- Add salt, black pepper, and sugar (if needed).
- Bring to a gentle boil; adjust consistency with a little water if it's too thick.
- Stir in fresh cream at the end (don't boil too much after adding cream).

Serve

- Garnish with coriander/basil and a swirl of cream or a small cube of butter.
- Serve hot with toasted bread, croutons, or grilled cheese sandwich

AASHAYEIN

TOMATO SOUP

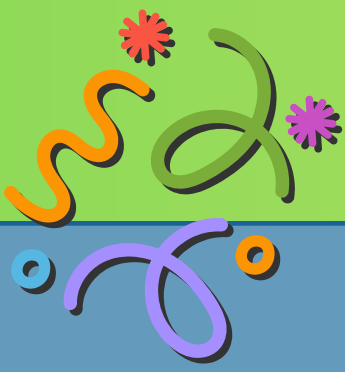


*Recipe by :
Rtn. Aarti Jadhav*

Tomato soup is basically a warm hug in a bowl! 🍅 Once upon a time it was “poor man’s food” because tomatoes were cheap, and now it’s a total celebrity—thanks to canned soup brands and even Andy Warhol turning it into pop art.

Get your recipe featured in next Aashyein Weekly Magazine!

Contact Rtn. Seema Bhoocher



AASHAYEIN



ANT-ERTAINMENT PAGE: LAUGH YOUR STRESS AWAY

Laugh away your stress with ants

1. 5 ants + 5 ants = Tenants.
2. To bring ant from another country into your country = Important.
3. Ant that's looking for a job = Applicant.
4. A spy ant = Informant.
5. A big ant = Elephant
6. A very little ant = Infant.
7. Ant that has a gun = Militant
8. Ant that is a specialist = Consultant
9. A proud ant = Arrogant
10. Ant that is cruel and oppressive = Tyrant
11. Ant that is friendly and lovely = Coolant
12. Ant that changed from evil to good deeds = Repentant
13. Ant that accumulated so much food in winter for summer = Abundant
14. Ant that opposes change: Reluctant
15. An ant that keeps accounts = Accountant
16. Ant that occupies a place = Occupant.
17. A dirty ant = Pollutant.
18. An unlikeable ant = Irritant.
19. A green ant = Verdant
20. Ant that is important = Significant
21. A sarcastic Ant = Mordant
22. An extremely fast ant = Instant
23. Shouting Ant = Rant
24. An ant that doesn't keep moving = Constant.
25. An enthusiastic ant = Exuberant.
26. An ant that has changed in to a different form = Mutant.



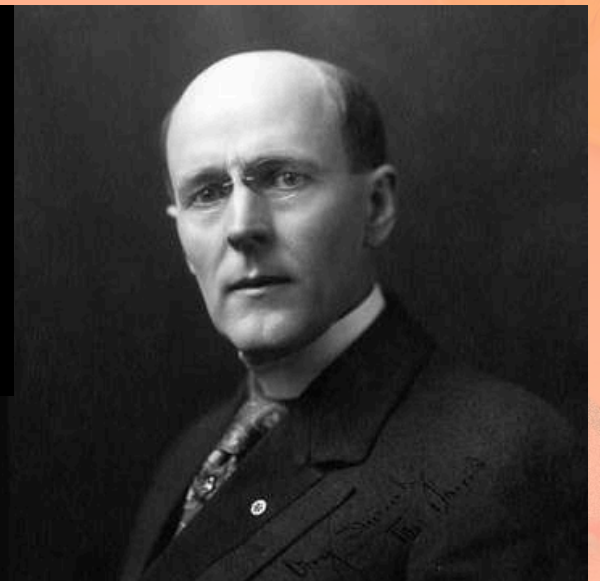
AASHAYEIN

2nd Week November

Quote of the Week

"Whatever Rotary may mean to us, to the world it will be known by the results it achieves."

Paul Harris
Rotary Founder



Thank you for being a Rotarian

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