

**UNITE
FOR
GOOD**

Rotary
District 3141



**LETS
INSPIRE**

Aasha

Rotary Club Of Mumbai Sher-E-Punjab
Monthly Newsletter, October 2025

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Facebook: Rotary Club of Mumbai Sher E Punjab

Instagram : [rotaryclub_sherepunjab](https://www.instagram.com/rotaryclub_sherepunjab)

FROM THE PRESIDENTS DESK.....

RTN. MINISHAA I OBEROI

Dear Fellow Rotarians,

As we step into the fifth month of this Rotary year, I am delighted to share that October has been an immensely fulfilling and impactful month for the Rotary Club of Mumbai Sher-E-Punjab. With every project, celebration and moment of fellowship, our club continues to grow stronger, more visible and more deeply connected to the community we serve.

We began the month with Navratri celebrations, held both with the specially-abled children of the MBA Foundation and with our RCC team—a beautiful reminder of inclusion, joy and togetherness. Our focus on awareness and empowerment continued as we conducted CPR Training Sessions and a Mental Health Awareness Workshop, equipping individuals with life-saving skills and emotional well-being tools. One of the significant milestones this month was our first Thermal Breast Screening Camp of the year, where we successfully conducted 30 scans—a meaningful and proactive step towards women's health and early detection.

We also extended our hands in support of the flood victims of Dahanu, sending essential supplies such as toothpaste, toothbrushes, and soaps. These small acts of care go a long way in bringing comfort during times of distress. To enhance community visibility and engagement, we sponsored two Housie events at the Sher-E-Punjab Club—a cheerful and interactive initiative that added vibrancy to the month.

October also brought with it the warmth of festivals. From Dussehra to Diwali to Bhaidooj, our club celebrated them all with great enthusiasm. The highlight was our touching initiative, “Diwali with Dignity,” celebrated with the transgender community of the Humsafar Trust. Watching them shop freely and joyfully at the Smart Sahakari Bhandar—selecting items worth ₹1500 of their choice—was truly heartwarming and a powerful reminder of dignity, inclusion and respect.

This month, we proudly feature our Assistant Learning Facilitator, Rtn. Kalpana Jaishankar, whose dedication to continuous learning and leadership inspires us all. We have added some reflective Musing Moments for you to enjoy, and we are delighted to share that our club has once again been featured in the GML—a moment of pride for every member. A special mention goes to our young Interactor, Bhavi, our former Interact Club Secretary, whose beautiful artwork we are proud to feature this month. The creativity and spirit of our youth truly light the way forward.

As we close October, I extend my heartfelt gratitude to each one of you for your constant support, participation and energy. Together, we continue to move forward—with purpose, compassion and the true spirit of Rotary.

Warm regards,
And Shukrana

**PRESIDENT
RTN. MINISHAA I OBEROI**



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LET'S
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THE EDITORIAL BOARD



Rtn. Minishaa I Oberoi



Rtn. Jotinder Singh Ahluwalia



Rtn. Jasjit Bhatia



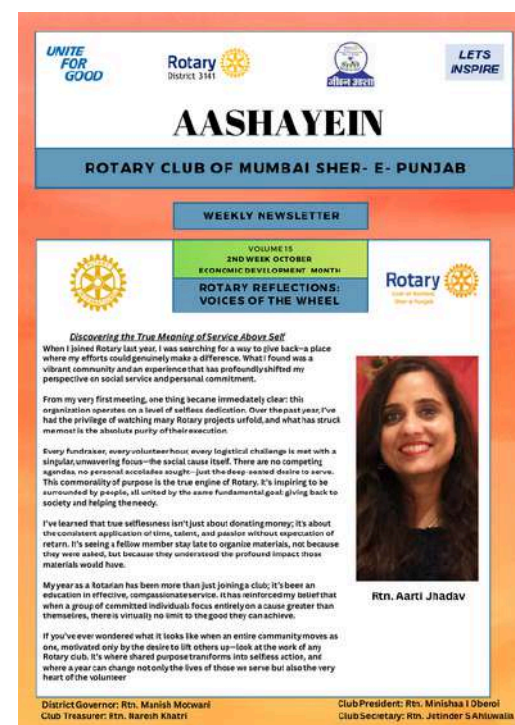
Rtn. Seema Bhoocher



Rtn. Jasbeer Nagi



Rtn. Aarti Jadhav





NARESH KHATRI

My Hobby: Listening to hindi music and singing old songs

Favourite:

Actor: Amitabh Bachchan

Book: Archies and his gang

Song: Bekhudi main sanam..old movie... Haseena maan jayegi

Food: South Indian food..ie..idli, dosa

Destination: New Jersey USA..

Project : Annapurna project and transgender project

My Mantra: Live simple and think big

Z



DEEPAK WADHWA

My Hobby: Watching Cricket, Tennis Matches, Hindi movies, music

Favourite:

Actor/Actress: Dharmendra/Rekha

Book: Great Expectations

Song: Yeh duniya agar mil bhi jaye toh kya hai

Food: Samosa

Destination: Goa

Project: Book distribution in the tribal area.

My Mantra: Be Happy and make others Happy.



TAVINDERPAL KAUR PURI

My Hobby: Reading

Free Time: Play the Harmonium

Food : Paneer

Colour: Pink

Fruit : Mango

Restaurant: Sai Palace

Destination: US

Project : Vastramela

I am : A Quiet Listener



JASBEER NAGI

My Hobby: Reading dancing ,traveling, etc

Favourite:

Actor: Kareena Kapoor, Julie Roberts

Ajay Devgan, Salman Khan , Tom Cruise

Book: Chicken soup for soul series

Song: Kaun tujhe

Food: Samosa

Destination: London, Bali, Switzerland

Project : Providing basic needs to kids and Annapurna

My Mantra: Live Life king size

30th September, 2025

INSTALLATION CEREMONY OF RCC JEEVDANI SEVAKS

RCMSEP celebrated a momentous occasion with the installation of their RCC, beginning the event by seeking the blessings of Maa Durga. The evening brimmed with joy and togetherness as members rejoiced in the festivities, forging lasting bonds with the RCC members. The Certificate of Installation was presented to RCC President Ranjana Tai



NAVRATRI CELEBRATIONS WITH MEMBERS OF MBA FOUNDATION

RCMSEP had a wonderful time celebrating Navratri with the specially-abled children from MBA Foundation. The festivities included a delicious पाव भाजी lunch and yummy seviyan. The highlight of the event was everyone dancing to the tunes of Gujarati songs and Bollywood hits, enjoying a lively गरबा session in the afternoon.



HAPPY STRAY-DONATION OF MICROWAVE & BEDHSEETS

RCMSCP donated a gently used microwave (Sponsored by Mrs. Ritu) to the Happy Stray Animal Foundation under the project RAW, supporting their mission of rescuing, sheltering, and caring for stray animals.

This small yet meaningful gesture will help the foundation prepare warm meals and provide better care for their furry friends.



CPR TRAINING FOR SCHOOL CHILDREN

RCMSEP and the Interact Club of Maruti Veers conducted a CPR training program for Class 9 and 10 students at RC Maruti High School, Andheri. The session, led by the Critical Care Unified Team comprising Ms. Manpreet and Ms. Lily, educated students on the importance of CPR, essential dos and don'ts during cardiac emergencies and how to assist patients in need.



7th October, 2025

MENTAL HEALTH AWARENESS SESSION

RCMSEP successfully conducted a mental health workshop for students of Classes 8, 9 and 10 at GES (Goregaon Education Society) 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. The session focused on helping parents, educators and young individuals to understand and manage academic stress, peer pressure and emotional challenges faced by teenagers and children.



Empowering young minds: A workshop on mental health

Goregaon Education Society's English Medium School hosted a Mental Health Workshop on October 7, aimed at fostering emotional well-being and self-awareness among students. Led by psychiatrist Shefali Shah and organised by the Rotary Club of Sher-e-Punjab, the session sought to equip

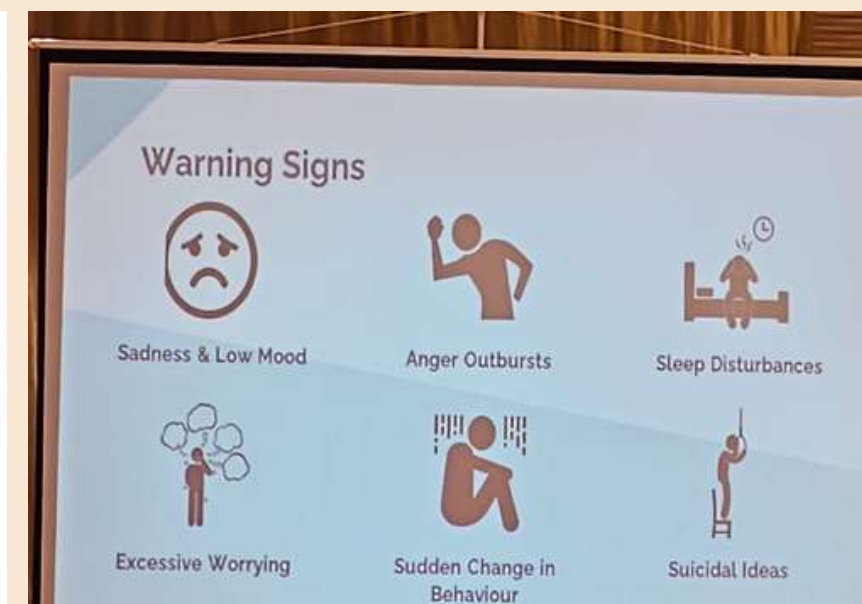


Goregaon Education

Tips For Taking Care Of Your MENTAL HEALTH

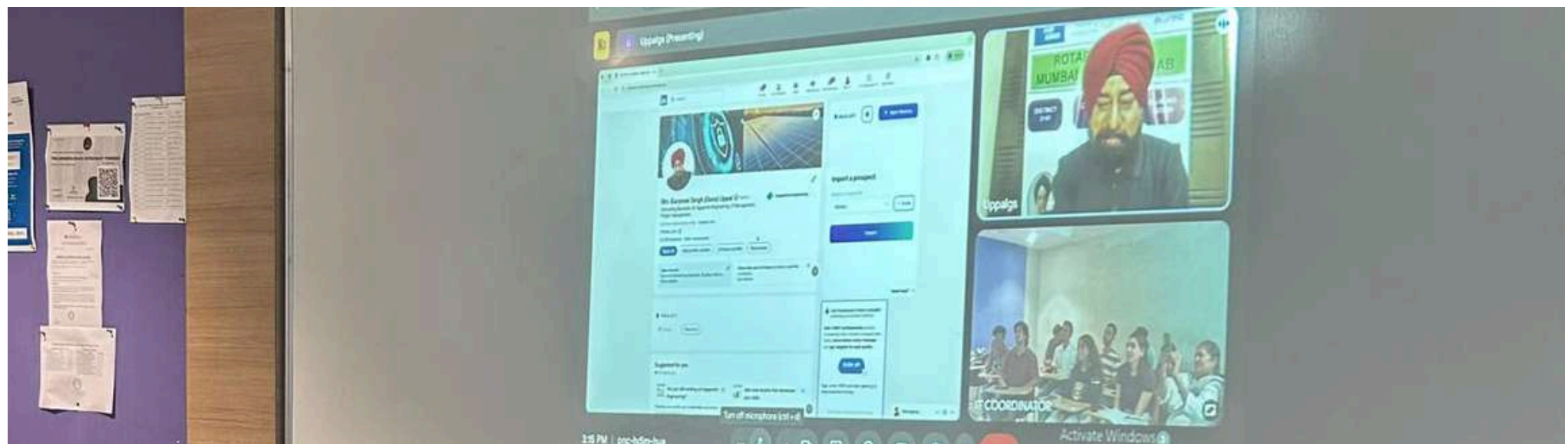
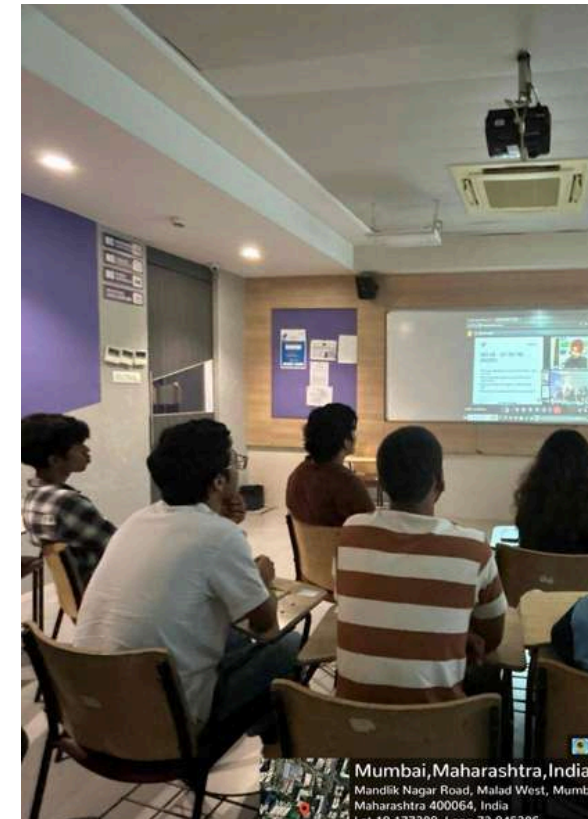
- ♥ Talk To Someone You Trust
- ♥ Take Care Of Your Physical Health
- ♥ Do Activities That You Enjoy
- ♥ Take a break from social media to breathe and notice the world around you.
- ♥ Think of times you get through something really tough and remind yourself that you can do it again.

portant as physical health. When students learn to care



CYBERCRIME AWARENESS WORKSHOP

On October 7, 2025, RCMSEP conducted an online session on “Cyber Threats and Cyber Security with Special Reference to Banking” for S.Y. BMS students via Google Meet. The session was coordinated by Rtn. Minishaa Oberoi (President) and Rtn. Prof. (Dr.) Sunita Sharma, with Rtn. Gurpreet Singh Uppal, IT & Cybersecurity Professional and Founder & CEO of NEXORA, as the guest speaker. He shared valuable insights on cybersecurity challenges and best practices in the banking sector, providing students with practical knowledge and awareness of online safety.





THERMAL MAMMOGRAPHY CAMP

Rotary Club of Mumbai Sher-E-Punjab organized its first-ever Thermal Mammography Breast Camp on October 8th at Roshni Cooperative Society, wadala. The camp was a huge success, with 30 ladies benefiting from the radiation-free and painless screening. Although all reports were clear, 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.. thanks to Zulekhaji, Badru Qureshiji and SP Ahuja ji for supporting this camp



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.

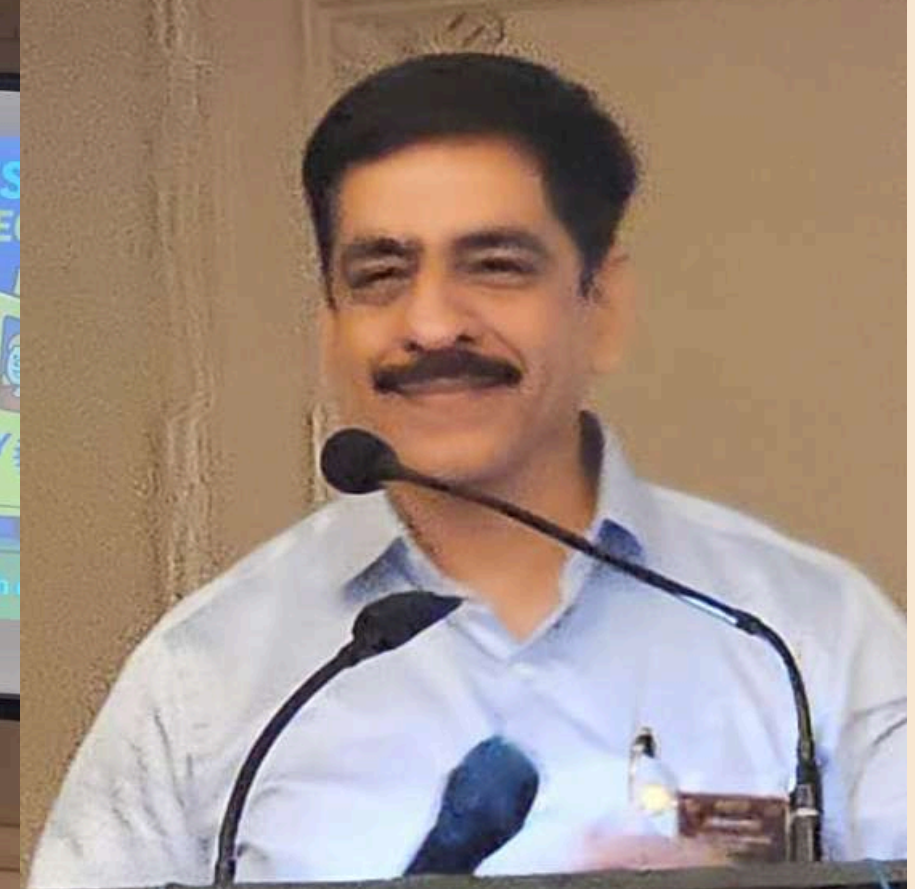


MEMBERSHIP & PUBLIC IMAGE SEMINAR

12 th October, 2025



RCMSEP, along with DG Dr. Manish Motwani and the Inner Core Team, organized a Membership & Public Image Seminar Building a Strong Rotary 3141 on October 12 at Rotary Service Centre, Juhu, focusing on strengthening membership and enhancing Rotary's public image.



WALK IN THE BIODIVERSITY PARK, KALINA

Visit to the Biodiversity park. The Rotary Club of Bombay's Biodiversity Park, nestled in Mumbai University's Kalina campus, is a shining example of collaboration and dedication. Financed by HDFC Asset Management Company's CSR initiative, this one-and-a-half-acre park features a Butterfly Garden, Sensory Park, Urban Bird Habitat, and Miyavaki Forest. The park's serene surroundings, lake, and amphitheater-like facility make it a haven for nature lovers. A perfect spot to unwind and connect with nature, away from the city's chaos. On October 11th, 5 members of the Rotary Club of Mumbai Sher-E-Punjab had a delightful morning at the park, courtesy an event sponsored by the Rotary Club of Bombay. The group enjoyed a leisurely walk amidst nature, savoring the park's beauty. A delicious breakfast added to the warmth of the morning, making it a beautiful experience.



RAW : A HEARTWARMING TALE OF COMPASSION

Eight orphaned puppies, rescued by animal welfare worker Naeem through President Minishaa's RAW network and friend Pinto, found a new lease on life at Nandini Aunty's foster home, where a nursing mother dog lovingly took them in. Their survival is a testament to the power of kindness and teamwork.

RCMSEP continues its RAW mission — making a difference, one life at a time.



SUPPORT TO SKILL CENTRE

RCMSEP donated 5 huge bags of clothes cut pieces to Chingari Shakti Foundation worth Rs. 15000, to be distributed to their skill centers in Wada. These will be used by the women at the skill centers to create beautiful and meaningful products, empowering them through skill development and economic independence.



BLOOD DONATION CAMP

Shortage of blood remains a constant challenge for hospitals, often becoming a matter of life and death for patients in need. RCMSEP continues to co-host a blood donation drive with 21 Rotary clubs at Andheri Station, resulting in an impressive collection of 63 bottles in October on 15th October, 2025.



Rotary
District 3141

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UNITE
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BLOOD DONATION CAMP



DONATE
BLOOD

On- 15th 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
RC Bombay East
RCM Bandra Kuria Complex

RCB Mahakali Heights
RCM Coastline
RCB Airport

RCB Film City
RCM Gen X
RCM Iconic

RCM Juhu
RCM Khar
RCM Neo

RCM North Island
RCM Nova
RCM Royale

RCB Juhu Beach
RCM Versova
RCM Sher-E-Punjab

Francesco Arezzo
RI President

Camp Co-ordinators
Anupkumar Chandarana
RCM North End

Babli Bhamra
RCB Mahakali Heights

Dr. Manish Motwani
District Governor

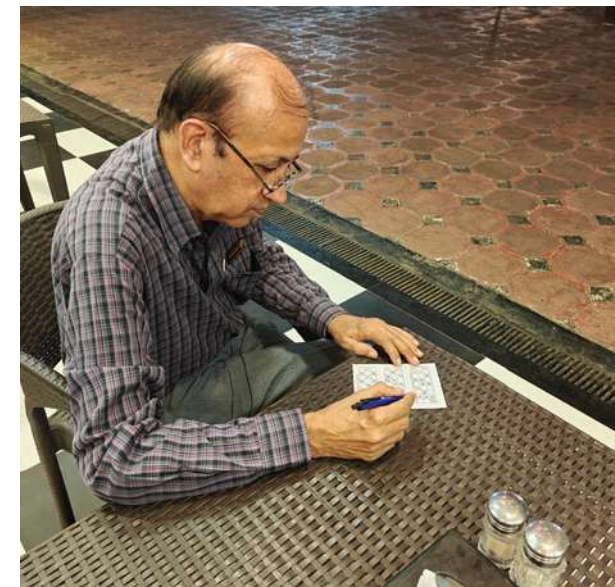
CLUB DIWALI PARTY 2025

RCMSEP, celebrated the Festival of Lights with a joyful Diwali Party on October 15 at Andheri West, hosted by Rtn. Jasbeer Nagi. The evening was filled with laughter, togetherness, and festive cheer as members came together to celebrate the spirit of Diwali.



CREATING CLUB VISIBILITY THROUGH COMMUNITY FUN!

RCMSEP sponsored 2 prizes for the 1st full housie winners at Sher- E- Punjab Gymkhana's Housie games! This initiative aimed to increase visibility for our club in the Sher Punjab community. We were thrilled to support the event, adding fun and excitement to the games!





DIWALI WITH DIGNITY



RCMSEP, in collaboration with The Humsafar Trust, organized “Diwali of Dignity” on 18th October at Smart Sahakari Bhandhar, Andheri East. The event celebrated Diwali with 70 members of the transgender community, gifting ₹1,500 vouchers as a gesture of love, respect and inclusion.



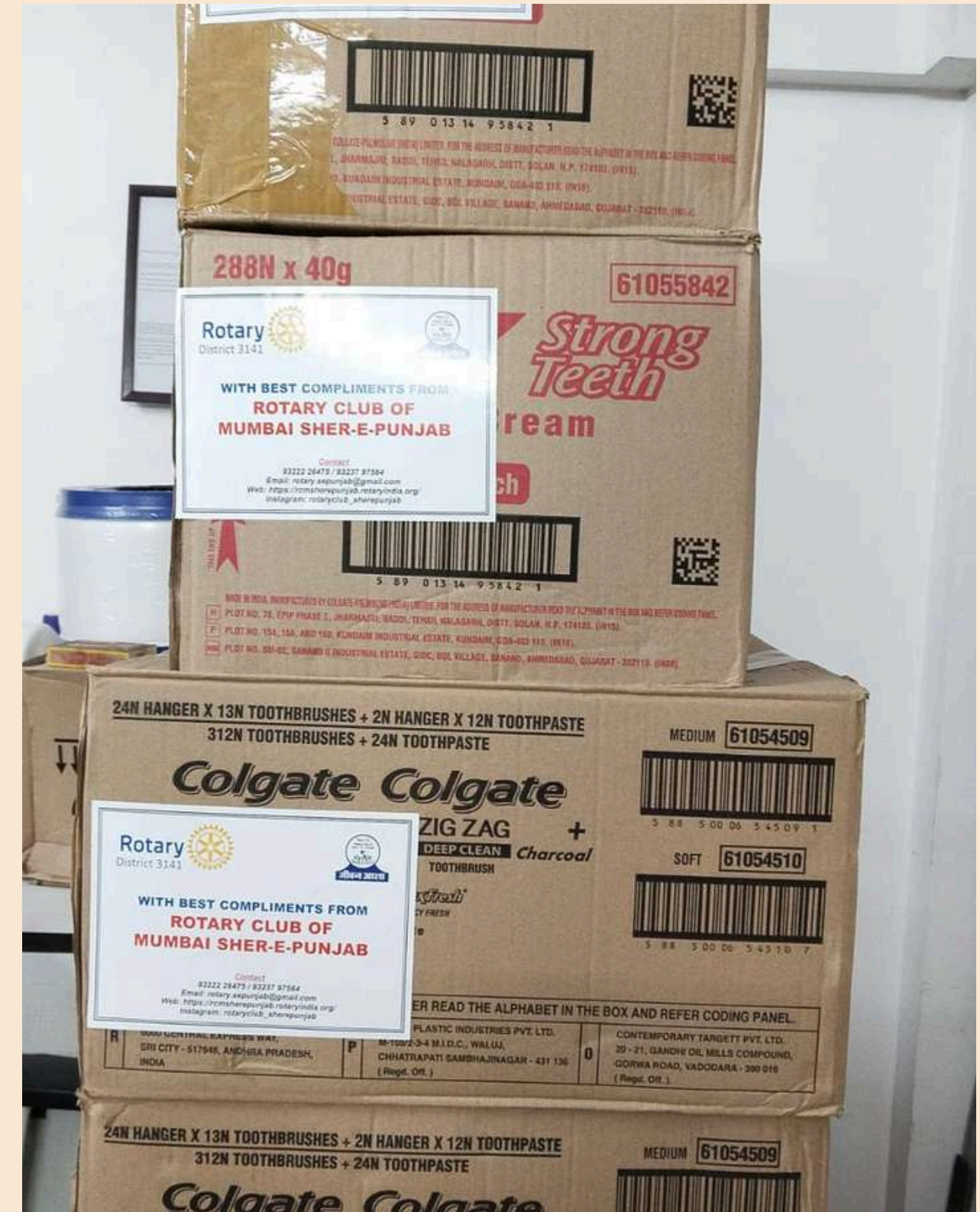
DIWALI CELEBRATION WITH RCC MEMBERS

RCMSEP continued its Diwali celebrations with enthusiasm through the Smile Box Annapurna project, delighting 125 Jeevdani Sevaks and beneficiaries with samosas, jalebis, milk burfi, and Amul Kool. The celebration also brought smiles to children's faces as toys were distributed, spreading joy all around.



SPREADING HOPE : AID TO DAHANU FLOOD VICTIMS

RCMSEP extended support to Dahanu flood victims by donating 500 toothbrushes, 500 toothpaste tubes and 300 soaps, thanks to the generosity of our donors. Their kindness brought hope and relief to those affected, reflecting the true spirit of community care and compassion.



CREATING CLUB VISIBILITY THROUGH COMMUNITY FUN!

To enhance community visibility, RCMSEP sponsored two prizes for the first Full Housie winners at the Sher-e-Punjab Gymkhana's Housie games on 25th October 2025. The initiative was a huge success and marked the second consecutive week of sponsorship, aimed at strengthening the club's presence within the Sher-e-Punjab neighbourhood.



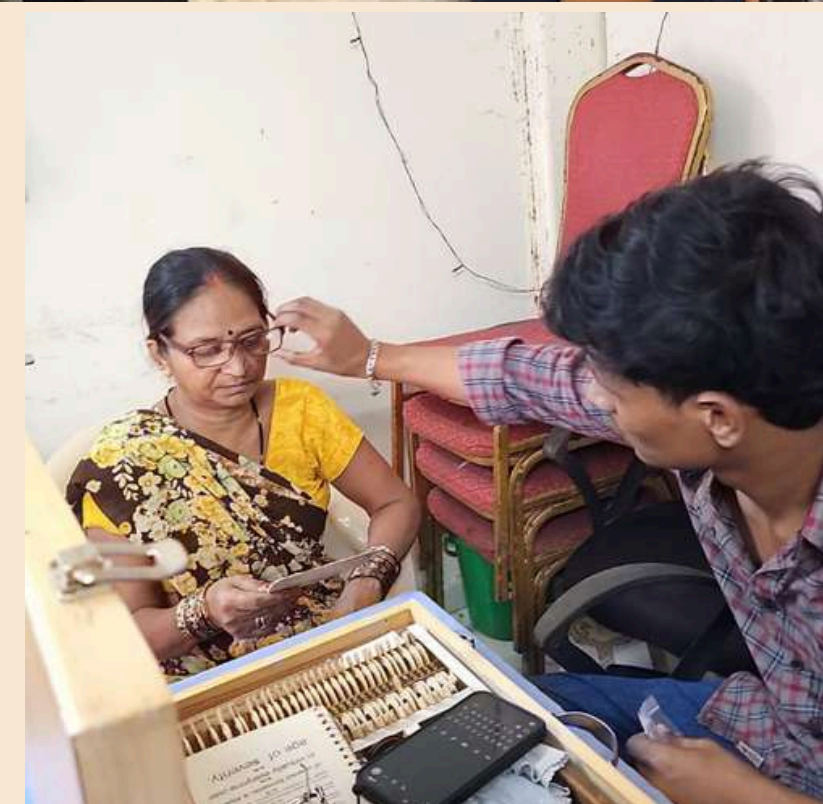
EMPOWERING YOUNG MINDS : CELEBRATES VIJAYADASHMI

RCMSEP, in collaboration with Chingari Shakti Foundation, celebrated Vijayadashmi Puja by donating 4 notebooks and 1 pen each to 50 students of School Khadakipada, Dahanu, Palghar. This initiative supported the educational journey of young learners from classes 1st to 4th, spreading the spirit of knowledge and giving.



HEALTH CHECKS, EYE CARE & GOVERNMENT SCHEMES

RCMSEP, in collaboration with Jeevdani Sewaks and Chingari Shakti Foundation, organized a Health Check-up, Eye Camp, and Government Scheme Application Seva for the underprivileged community at our RCC venue, offering blood tests, eye examinations, spectacles distribution, and Ayushman card registrations. The initiative reached 100 participants—completing 74 blood tests and 100 eye check-ups, distributing 67 spectacles, facilitating 15 Ayushman cards—and included the donation of 100 sanitary pads.



MENTAL HEALTH AWARENESS SESSION

Article in Time NIE covers the mental health awareness workshop conducted by RCMSEP

Empowering young minds: A workshop on mental health

Goregaon Education Society's English Medium School hosted a Mental Health Workshop on October 7, aimed at fostering emotional well-being and self-awareness among students. Led by psychiatrist Shefali Shah and organised by the Rotary Club of Sher-e-Punjab, the session sought to equip students with tools to manage stress, anxiety, and peer pressure. Shefali Shah emphasised the importance of a healthy mind in today's fast-paced world. Through interactive discussions and real-life examples, she guided students in recognising and managing their emotions. The workshop introduced practical coping techniques such as mindfulness, positive thinking, and deep-breathing exercises, empowering students to remain calm



Goregaon Education
SOCIETY'S ENGLISH MEDIUM SCHOOL

and focused, particularly during exams.

The session also focused on building resilience, confidence, and effective communication skills, while highlighting the importance of empathy and respect. This approach aimed to cultivate a compassionate and inclusive school environment. Shefali Shah remarked, "Mental health is as im-

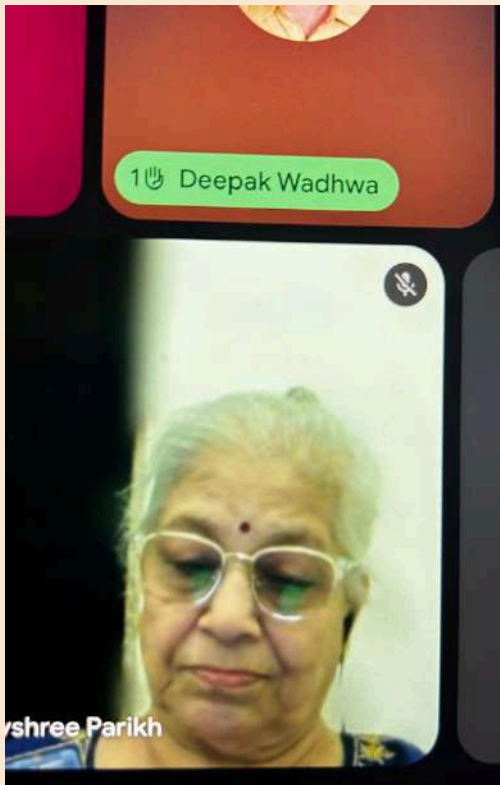
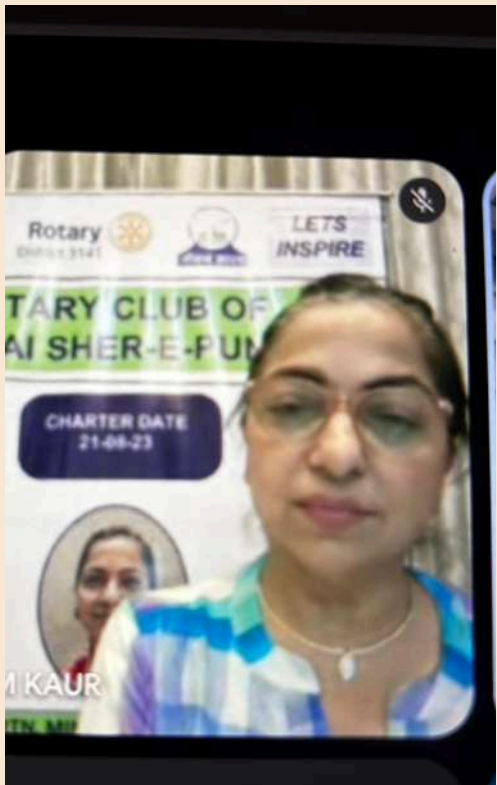
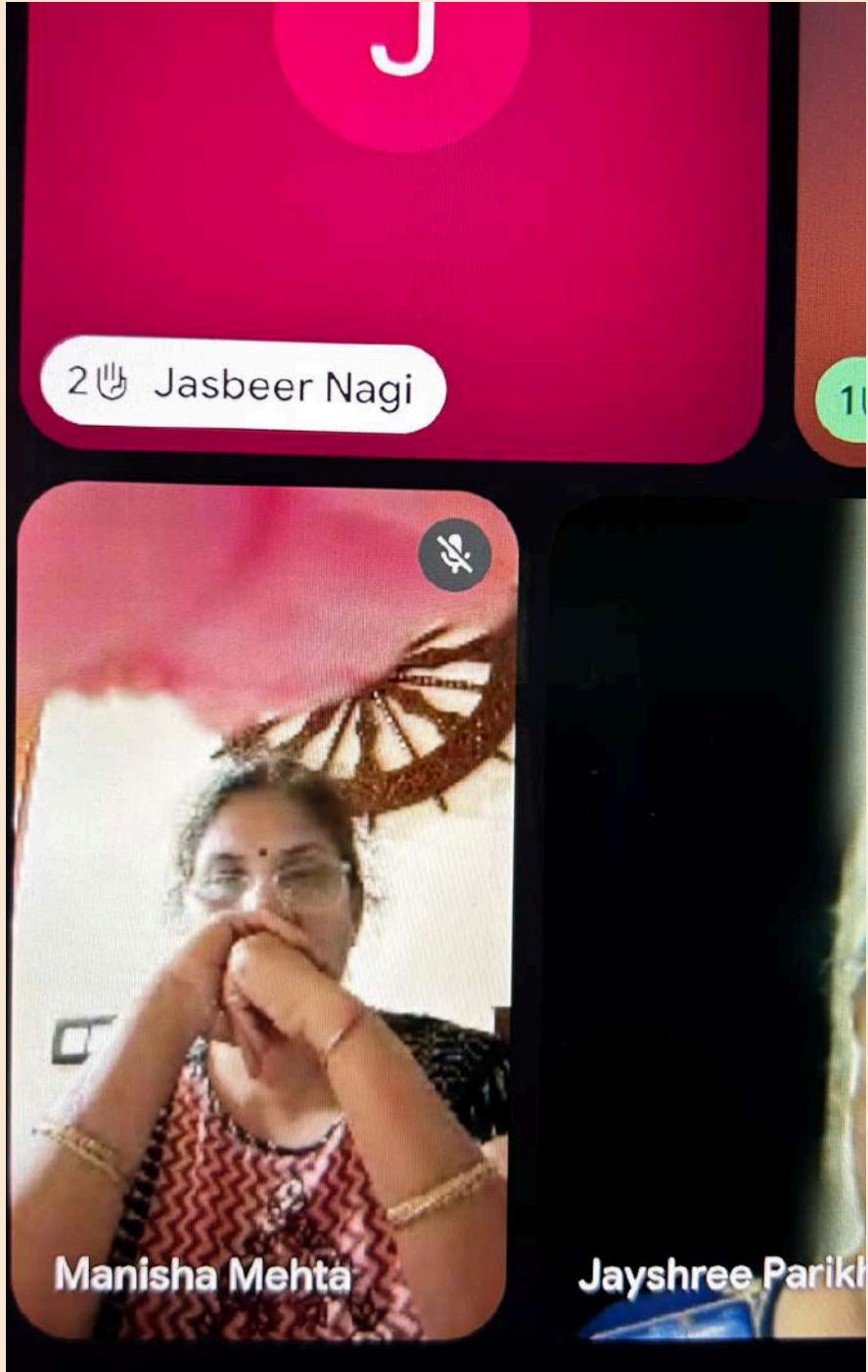
portant as physical health. When students learn to care for their minds, they perform better, think clearer, and grow into emotionally strong individuals." The initiative was well-received by students and teachers, appreciated for raising awareness and breaking the stigma surrounding mental health. The workshop concluded with an engaging Q&A session, where students eagerly shared their thoughts and clarified doubts. It served as a reminder of the importance of rest and mental health care.

Tips For Taking Care Of Your MENTAL HEALTH

- ♥ Talk To Someone You Trust
- ♥ Take Care Of Your Physical Health
- ♥ Do Activities That You Enjoy
- ♥ Take a break from social media to breathe and notice the world around you.
- ♥ Think of times you got through something really tough and remind yourself that you can do it again.

FROM GOALS TO GAINS: AN EVENING ON WEALTH CREATION

RCMSEP and RC Filmcity jointly hosted an online speaker session on “Investments for Wealth Creation & Outline of Money Management.” The session featured market expert Mr. Avinnash Gorakshakar, who shared valuable insights on smart investing, goal setting, and effective risk management. He explained how to align portfolios with life goals, evaluate risk–return trade-offs, and avoid common behavioral biases





Jassi's Read & Recall Challenge

RTN. JASJIT BHATIA

- 1- Tavinderpal's Kaur Puri's hobby is _____
- 2- Naresh Khatri's favourite actor is _____
- 3- Deepak Wadhwa's favourite food is _____
- 4- Jasbeer Nagi's favourite song is _____
- 5- Deepak Wadhwa's my mantra is be _____
- 6- RCMSEP had a wonderful time celebrating Navratri with the specially abled children from _____
- 7- RCMSEP donated a _____ to the Happy Stray Animal Foundation in Goregaon.
- 8- RCMSEP and the interact club of Maruti Veers conducted a _____ training program for Class 9 and 10 students at RC Maruti High School, Andheri
- 9- RCMSEP successfully hosted _____ and cyber security in banking for Devi Prasad Goenka Management College of Media studies students.
- 10- First ever thermal mammography breast camp was organized at R _____ Cooperative Society, Wadala.
- 11- Mental health awareness session was led by Dr. _____, who is MD Psychiatrist and Psychologist.

- 12- _____ is IT and Cybersecurity professional and founder and CEO of NEXORA.
- 13- Thermal mammography breast camp was a huge success with 30 ladies benefiting from _____
- 14- _____ members of the Rotary Club of Mumbai Sher-E-Punjab had a delightful morning at the park, courtesy an event sponsored by the Rotary Club of _____.
- 15- _____ orphaned puppies were rescued by animal welfare worker Naeem.
- 16- RCMSEP donated _____ huge bags of clothes cut pieces to Chingari Shakti Foundation worth RS. 15000.
- 17- The Blood Donation Drive in October successfully collected _____ bottles of blood .
- 18- RCMSEP sponsored _____ for the 1st full housie winners at Shere-E-Punjab Gymkhana's Housie game.
- 19- The event Diwali with dignity was celebrated with _____ members of the transgender community, gifting ₹ _____ vouchers as gesture of love and respect.
- 20- RCMSEP extended support to _____ flood victims by donating 500 toothbrushes, 500 toothpaste tubes and 300 soaps.



MEET OUR DISTRICT (3141) LEADERS

ASSISTANT LEARNING FACILITATOR- 2025-26.



Rtn. Kalpana Jaishankar

Kalpana Jaishankar is a senior HR professional with experience in IT and engineering consulting organization. She worked as CHRO with Tata Consulting Engineers, Mastek and Geometric Software Solutions. She was also part of the senior HR leadership Team at Patni Computers.

She is now HR Consultant and a Coach. She specialises as a Developer and is empanelled as an Assessor with several organisations.

Kalpana did her schooling from La Martiniere For Girls Calcutta till Class XII. She then went on to do her Bachelors in Science (Maths Major) from Women's Christian College Chennai. She then did her MBA from IRMA Anand before starting her professional career.

She has held leadership positions in school and in college where she was the President of the College Senate. She is an avid debater who has participated in various intercollege competitions and enjoys public speaking.

Interestingly, she has been a Rotaractor albeit for just a year, but the circle has come round as when she joined the Rotary club of Bombay Powai in 2011. She served as Alpha President in 2022-23 and has held several positions as a BOD in RCBP. In the Inspire year she serves as the Assistant Learning Facilitator at the district level and is TRF director for her club.

Her role as Assistant Learning Facilitator has been to be part of the Faculty for PELs/ SELs and is a resource for any of the clubs she serves as ALF to all upon for any of their training needs with respect to Rotary. She is the ALF for the Rotary Clubs of Sher-E-Punjab, Chandivali, Ghatkopar West and Mulund South. She is also available as a resource to be tapped for fireside meets being organized by Inspire Presidents on a regular basis.



A PEEP THROUGH GURU'S WINDOW...

RTN. GURPREET SINGH UPPAL

POWERING CHANGE- ONE ROOFTOP AT A TIME



In previous article, I wrote about how the Sun, that blazing ball of energy 150 million kilometers away...can quietly power our homes, societies, and even our cities. Many readers came up to me later and said, “It sounds great, but how does it actually work for us here in Mumbai?”

Let me share a small story.

A few months ago, one of my friends in Andheri installed a rooftop solar system on his building terrace. His monthly electricity bill dropped from ₹14,000 to ₹3,000; and the best part? The solar panels just sit there, soaking sunlight, silently doing their job day after day. Rain or shine, the Sun hasn't sent him a bill yet! ☀️

This isn't a one-off case. Across Mumbai and Thane, more and more housing societies are waking up to the idea that rooftops aren't just for water tanks and pigeon nests, they're potential power plants in the sky.

Why Solar Makes Sense for Mumbai

Mumbai may be crowded, but it's blessed with an average of 300 sunny days a year. Even in monsoons, the diffuse sunlight is enough to generate power. For a city that never sleeps, where every fan, fridge, lift and light is running non-stop...the savings from solar can be enormous.

A 10 kW rooftop system can generate roughly 1,200 units per month, saving nearly ₹12,000 every month at today's average rates. And here's the real kicker, it keeps doing that for 20–25 years!

The Magic of “Net Metering”

Many people think that if the Sun isn't shining, they'll be left in the dark. That's where “net metering” comes in, a smart policy that lets you sell extra electricity back to the grid. During the day, your solar panels generate more power than you use. At night, you draw from the grid. The meter keeps a “net” count, and you pay only for the difference.

In simple words: when your terrace becomes a mini power station, your electricity meter starts spinning backwards!

More Than Just Savings

Beyond the economics, there's an emotional satisfaction in knowing you're part of the climate solution. Every 1 kW of solar you install offsets 1.3 tonnes of carbon emissions annually, equivalent to planting 60 trees every year!

Imagine your society with 50 flats installing a 25 kW solar system. That's like planting 1,500 trees every year, without lifting a shovel.

A Future Vision

Imagine if every Rotary Club in Mumbai adopted one society, one school or one public space ...and helped them go solar. The impact would be massive: lower electricity bills, cleaner air and a shining example of community-driven sustainability.

In fact, at 7Parallels Techno-Consultants, we recently worked with societies that had space constraints and still managed to design compact systems for their rooftops and pump houses. The technology is evolving fast and so are the possibilities.

Let's Be the Change

Solar energy isn't just about panels or technology; it's about mindset. It's about realizing that the Sun shines equally on all of us and so should the benefits.

As Rotarians, we have the reach, the credibility and the heart to inspire this change in our communities. The next time you look up at your building terrace, ask yourself...is it just a roof or could it be a reason for light?

Because sometimes, the most powerful revolutions begin... quietly, on our rooftops.



RTN. JASJIT BHATIA

JASSI'S READ & RECALL CHALLENGE

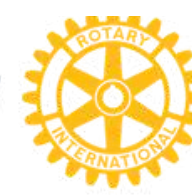
ANSWERS TO SEPTEMBER ISSUE

1. Inderjeet's favorite book is **29 Park Avenue**
2. The Central Government has already banned **19** categories of SUP products under the Plastic Waste Management Rules.
3. Sukarmaji's favorite color is **Beige**
4. Simi Ahluwalia's favorite actor is **Vicky Kaushal**.
5. **Protecting the Environment** is one of the seven focus areas of Rotary International.
6. Amarjit Singh's favorite travel destination is **Europe**.
7. RCMSEP donated used/unused medicines to **Manav Jyot** Trust
8. Flood relief was sent out to Rotary Club of **Jalandhar** in Punjab.
The relief items sent were **sanitary pads, Odomos and tarpaulins**
9. At the Onam celebrations, we witnessed **Kathakali** and **Mohiniyattam** dance performances.
We also saw King **Mahabali**.
10. A cooking session was conducted at Seema Goyal residence, with **Khao Suey** as the main menu.
11. Band accessories were bought for **22** children of Guru Nanak English High School.
12. Flowers collected from Ganesh Chaturthi celebrations were repurposed for **composting** and **agarbatti-making**
13. The full form of SUP stands for **Single-Use Plastic**.
14. CPR Training at JES College was conducted by the **Critical Care Unified team**
15. SUP items like **plastic straws, cutlery, cups, bags, sachets** and **thermocool** plates are used for a few minutes but pollute the environment for decades.
16. Adv. Jenel Busa spoke on the topic "**Wills and Succession**".
17. Ladies of RCMSEP gathered at member **Avneet's** residence to give their **measurements** and play a game of **Housie**
18. The Blood Donation Drive in September successfully collected **53** bottles of blood.
19. RCMSEP was the lead host club along with **RCB Airport** and **RCB Film City**.
20. We donated lab tables, notebooks, and pencils to the students of **Chandrabhaga Vidya Mandir School**, Malad.
21. The monthly Fireside Meet, hosted by Rtn. Sukarma and Pradeep Ji, had **8** guests in attendance.
22. Ten chairs, one bench, and one water filter were donated at the **MIDC, Andheri Police Station**.
23. In September, nutritional support was provided to PLHIV kids at the Humsafar Trust in observance of **Pitru Paksha**.
24. At the Navratri celebrations with RCC Jeevdani Sevaks, we distributed **suji halwa** as a sweet.
25. **Sonali Kevalramani's** birthday was celebrated at the MBA Foundation with pav bhaji lunch, a fun-filled **Tom and Jerry** movie session.
26. Speaker session for TYBCom students of Usha Pravin Gandhi College of Commerce was conducted by Ms. **Loly Vadassery**, Chief Human Resources Officer.
27. Students of Guru Nanak English High School received hands-on training using dummies and learned essential life-saving techniques, including **mouth-to-mouth** resuscitation and **chest** compressions.

Aasha

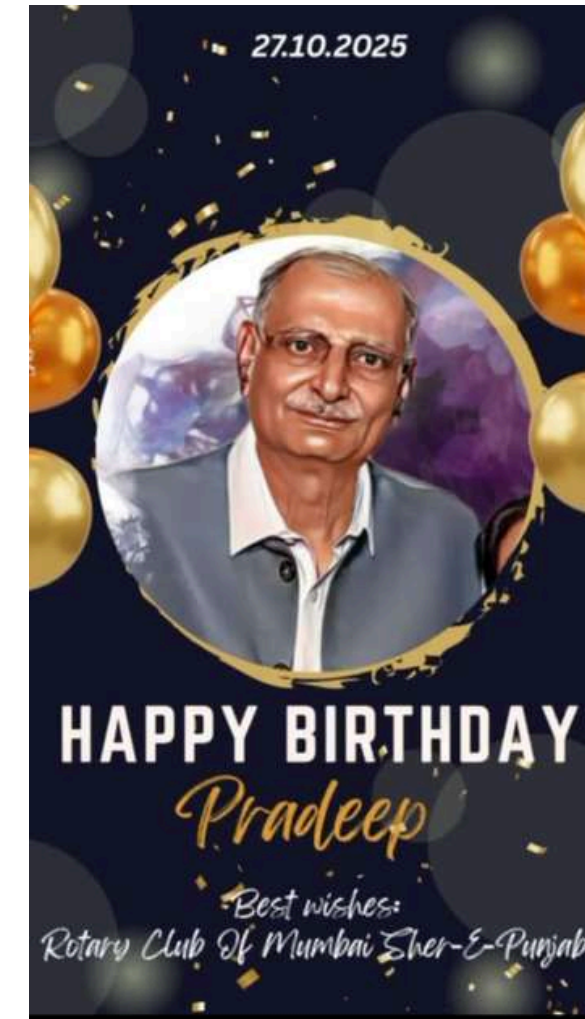
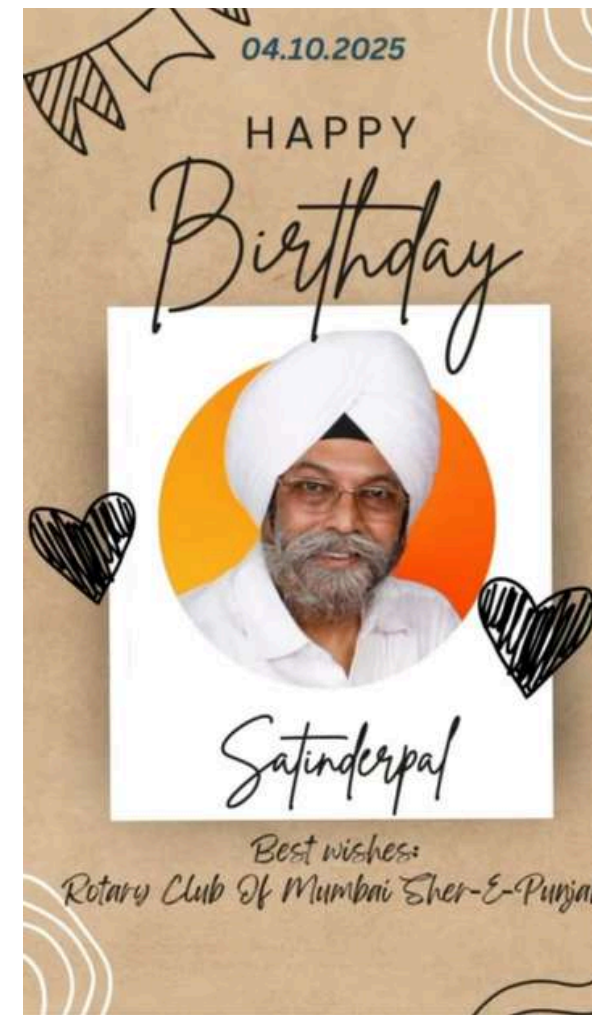
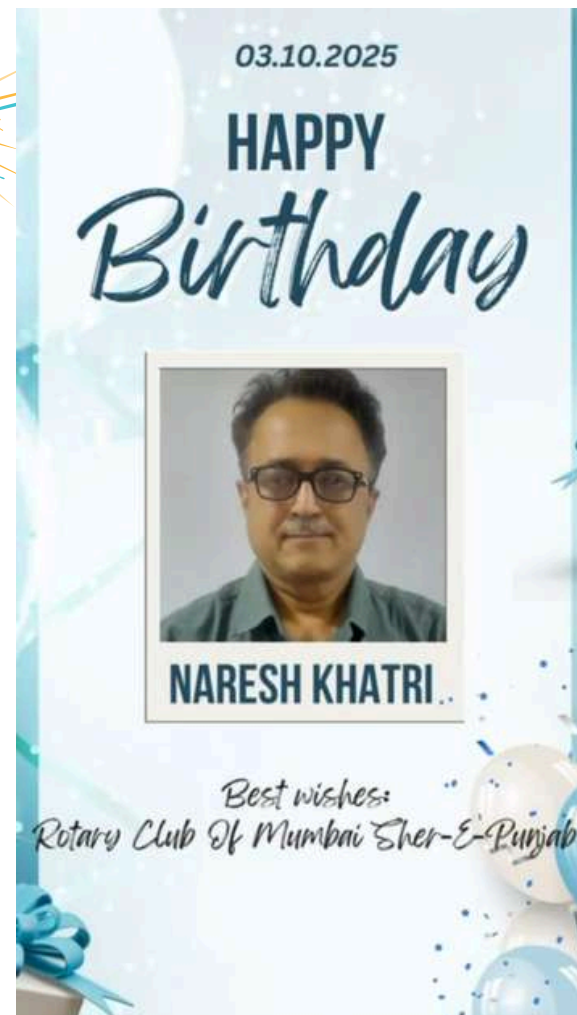
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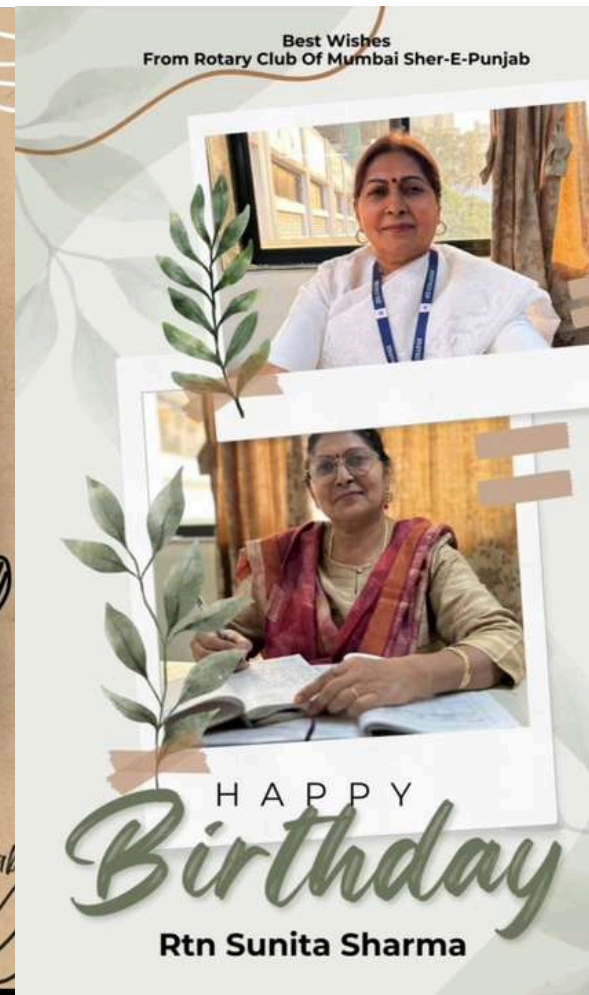
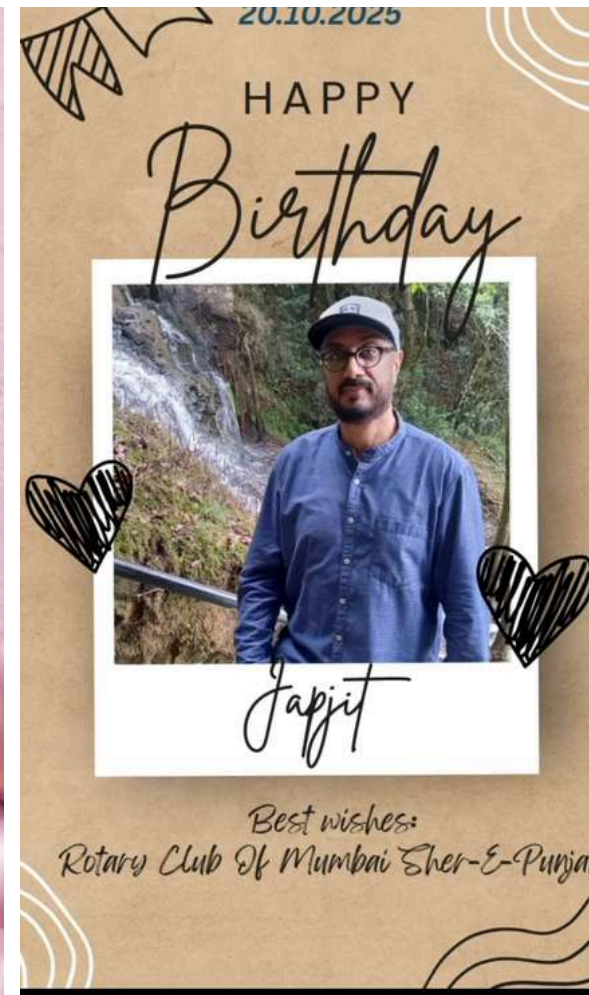
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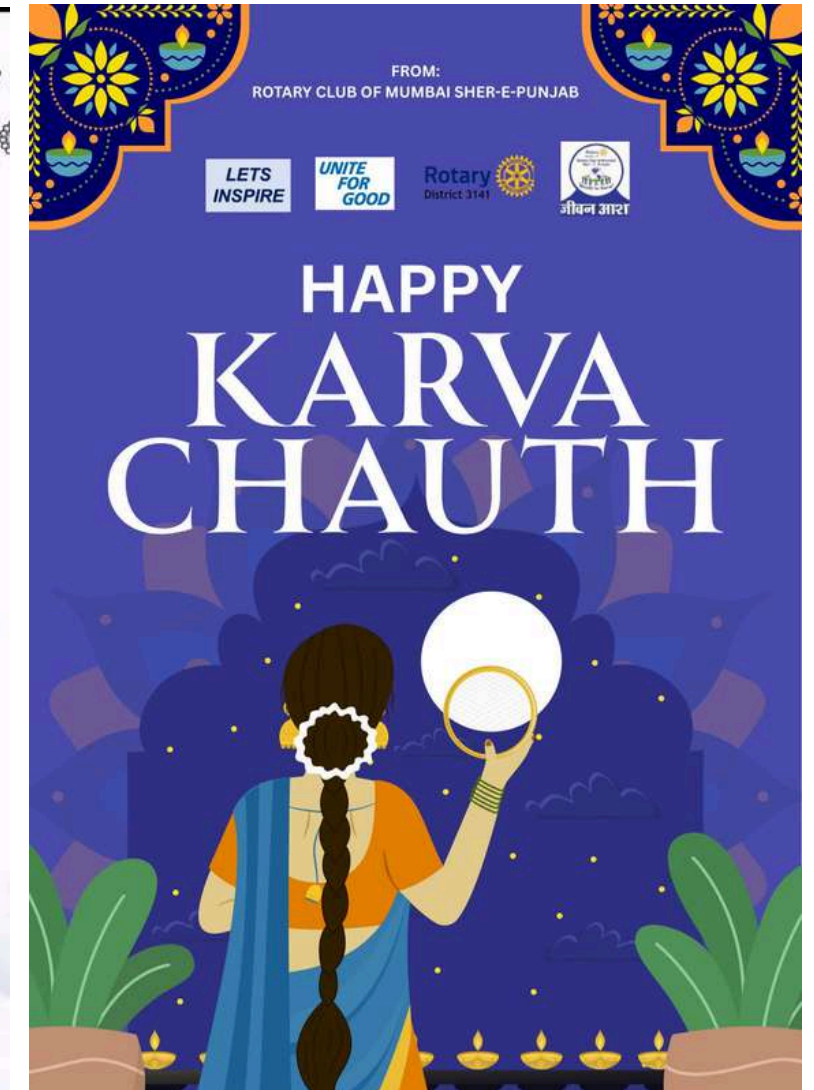
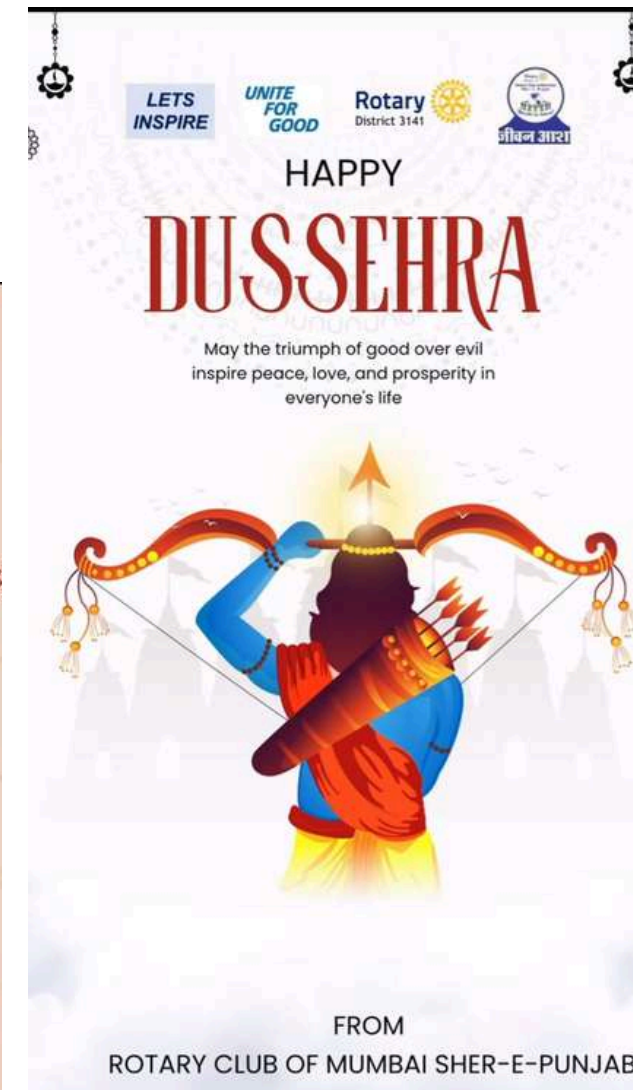
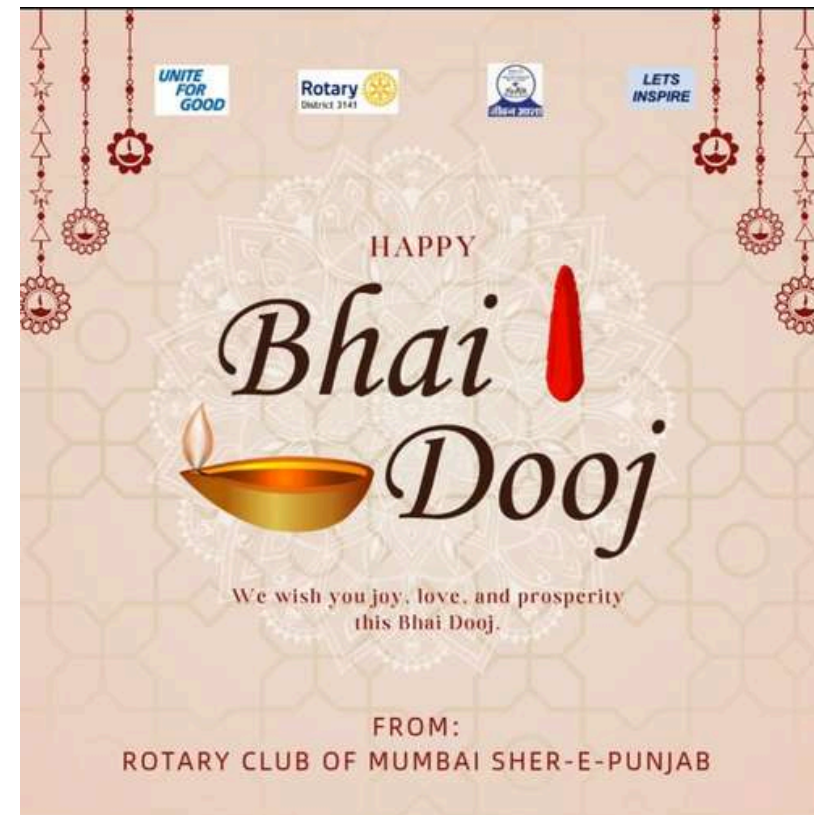
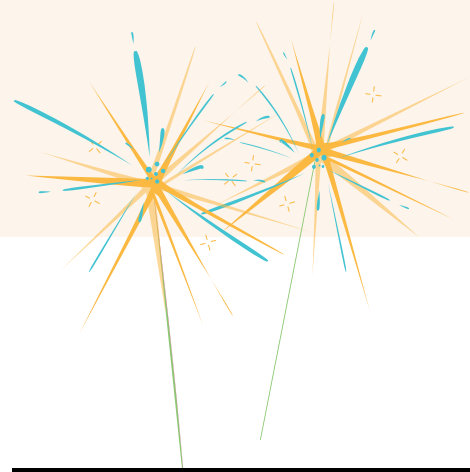
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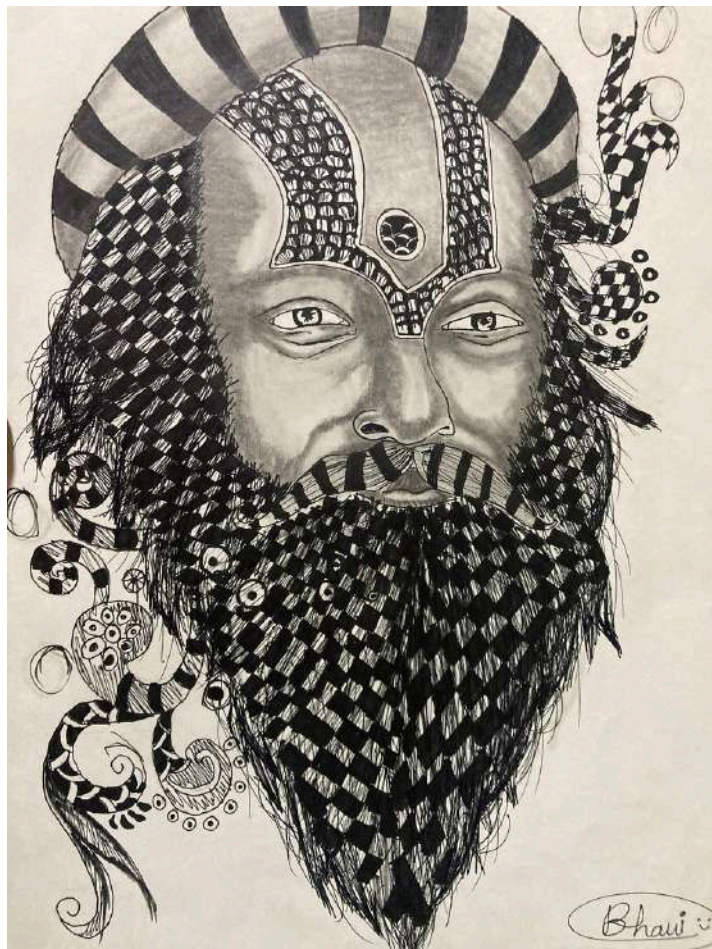


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SPECIAL DAYS OF OCTOBER



Creative Corners: Rotary Family Showcase



The Eyes of Wisdom: A Sketch Beyond Time

My name is Bhavi upadhyay I'm from 10th grade Art has the power to speak without words, and this unique sketch of an old man's face proves it beautifully. The art has calm and depth of a saint-like figure whose eyes reflect peace, knowledge, and untold stories. What makes this artwork truly stand out is its cheque design pattern, giving the portrait a modern twist while keeping the ancient soul alive. The fine details, from the wrinkles of experience to the serene expression, make viewers pause and reflect. This sketch reminds us that wisdom never fades—it only grows more beautiful with time and creativity

MUSING MOMENTS

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.**

VISIBILITY OF CLUB PROJECTS GML INSPIRE (OCTOBER ISSUE)



The Rotary Club of Mumbai Sher-E-Punjab extended heartfelt support to local guardians in uniform through a meaningful initiative at the MIDC Police Station, Andheri East. Led by President Rtn. Minishaa I. Oberoi, with project heads Rtn. Satinderpal Singh Ahluwalia and Rtn. Arun Bhoocher, the club aimed to improve the daily working environment of police personnel and enhance the experience of citizens visiting the station.

During a need assessment, club members identified the requirement for functional seating and safe drinking water. In response, they donated ten office chairs, a three-seater bench, and a Kent water filter, improving comfort, hygiene, and creating a more welcoming setting for officers and visitors alike. President Minishaa, along with Rotarians Surjit, Satinderpal, and Arun,

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**“The way to happiness is to find
something you love to do and then
do it with all your heart.”**

— Paul Harris
My Road to Rotarty

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Rotary Club Of Mumbai Sher-E-Punjab
Monthly Newsletter, October 2025

Thank You