

AASHAYEIN

ROTARY CLUB OF MUMBAI SHER- E- PUNJAB

WEEKLY NEWSLETTER

VOLUME 7
4TH WEEK OF AUGUST



ROTARY REFLECTIONS: VOICES OF THE WHEEL



From Doubt to Discovery:

My Journey with Rotary Club Of Mumbai Sher-e-Punjab



Rtn. Meghna Jaishankar

I must admit that I was initially averse to joining Rotary. From the outside, my impression was that it was a group of people eager to showcase their wealth by attaching themselves to causes, taking photos, and moving on. It felt more about appearances than genuine impact. But my experience with RCMSEP completely changed this perception.

Here, I found a community of people who truly care—not only about the causes they support, but also about each other. The sincerity with which members rally behind initiatives is inspiring. When someone brings forth an idea or a project, it isn't just "their" cause—it becomes "our" cause, and the collective strength of the group comes into play. That sense of camaraderie is unlike anything I have experienced before. It is heartening to see individuals stand by one another, offering their time, resources, and networks to make things happen.

What also struck me is how members keep themselves meaningfully engaged. There is an energy in constantly looking for ways to contribute, to stay occupied in pursuits that matter—not for personal gain, but for the greater good. Rotary at Sher-e-Punjab is less about image and more about impact, less about charity and more about commitment. I feel privileged to be part of a circle where goodwill, friendship, and purpose go hand in hand.

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4th Week August

**BASIC EDUCATION & LITERACY,
COMMUNITY DEVELOPMENT , ANNAPURNA**

DONATION OF UMBRELLAS, NOTE BOOKS, BISCUITS

RCMSEP raised funds to provide 1400 Notebooks, 144 Umbrellas, 5 Footballs, 180 Oreo Biscuit packets (contributed by District). This material was handed over to Rtn. Mr. Ramdas of RC Karjat for further distribution at 2-3 schools in Kashele.



DATE: 18TH AUGUST 2025

RI THEME: COMMUNITY DEVELOPMENT,
BASIC EDUCATION & LITERACY

LOCATION: BHAUSAHEB RAUT HIGH SCHOOL, KASHELE
+ 2 OTHER SCHOOLS

BENEFICIARIES: 750+

MEMBERS PRESENT: 4

AMOUNT SPENT: RS,RS. 56810/-

PROJECT LEAD: RTN.MONICA, MINISHAA

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4th Week August

**BASIC EDUCATION & LITERACY,
COMMUNITY DEVELOPMENT , ANNA PURNA**

DISTRIBUTION OF UMBRELLAS, NOTE BOOKS, BISCUITS

Donations sent by RCMSEP were distributed by Rtn. Mr. Ramdas of RC Karjat to students of 2-3 schools in Kashele on 23rd August. The students happily swirled their umbrellas, clutched their notebooks and enjoyed their Oreo biscuits with delight.



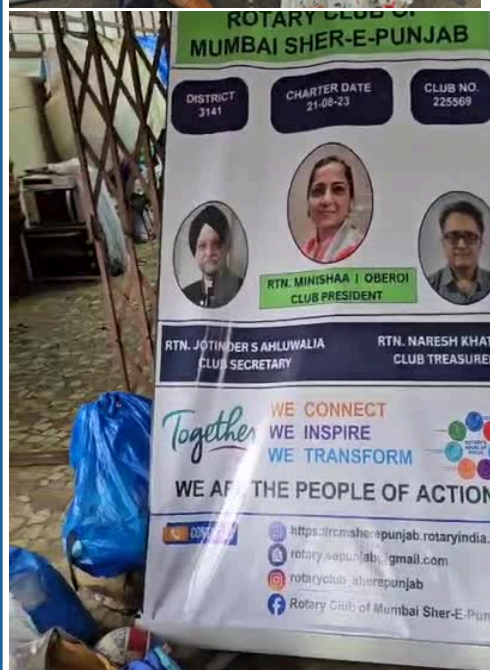
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4th Week August

COMMUNITY DEVELOPMENT & ENVIRONMENT

RECYCLE, REUSE, REDUCE

RCMSEP donated a truckload of clothes, shoes, bags, and toys to Manav Jeevan Seva Trust for village distribution, promoting its Recycle, Reuse, Reduce mission by giving city items a new life in rural communities.



DATE: 21ST AUGUST 2025 **RCMSEP MEMBERS PRESENT: 2**
RI THEME: COMMUNITY DEVELOPMENT, ENVIRONMENT

LOCATION: MANAV JEEVAN SEVA TRUST ,GHATKOPAR

BENEFICIARIES: 100+ **PROJECT LEAD: RTN. MINISHAA**
AMOUNT WORTH: RS, 15,000/-

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4th Week August

BASIC EDUCATION & LITERACY



LAPTOP DONATION

RCMSEP, in collaboration with Gur Samarth Foundation, donated a gently used Mac Air laptop to Sumit Ghodmode, a 3rd-year Engineering student at Government Polytechnic. This initiative aims to support his academic journey and empower him with better access to digital learning resources.



DATE : 21ST AUGUST 2025

RI THEME: BASIC EDUCATION & LITERACY

BENEFICIARIES:1

PROJECT LEAD: RTN. MINISHAA

AMOUNT WORTH: RS. 15,000/-

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 August

YOUTH SERVICE

SPEAKER SESSION : RTN. ANAND RAMNANI

Rtn. Anand Ramnani, Avenue Chair (Youth), District 3141, presented an engaging session on Rotary Youth Exchange (RYE) and New Generation Student Exchange (DGSE), showcasing unique opportunities for youth to explore foreign cultures and develop leadership. The session, well-received by participants, concluded with a Q&A and a testimonial by Dr. Gopinath Menon, a past beneficiary.



UNITE
FOR
GOOD

Rotary
District 3141



LET'S
INSPIRE

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4th Week August

FIRESIDE CLUB MEETING

CLUB FOUNDATION DAY, 21ST AUGUST

RCMSEP celebrated Foundation Day and second Fireside meeting as a spectacular celebration of fellowship, gratitude, and service—honoring our incredible journey and marking the 2nd birthday of the Club. With heartfelt thanks to our gracious hosts, organizers, and leaders, we cherished an evening of bonding, community impact, and the true spirit of Rotary.



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

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

UNITE
FOR
GOOD

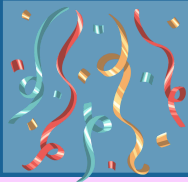
Rotary
District 3141



LETS
INSPIRE

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4th Week August



CLUB SERVICE & FELLOWSHIP



ROTAKSHRI, MUSICAL CHAIRS, DINNER

RCMSEP enjoyed a fantastic fireside meeting followed by Rotakshri, musical chairs and also celebrated the month's anniversaries and birthdays. We also enjoyed a super vegetarian buffet in a truly celebratory mood and everyone had a wonderful time!



DATE: 21ST AUGUST 2025
MEMBERS PRESENT: 33
GUESTS : 3 + 1 DISTRICT DIGNITARY
RI THEME: CLUB SERVICE
LOCATION: OBEROI SPLENDOR MPH
HOST: RTNS. BALJEET, TARVINDER,
SUNITA BEDI, KARRUNA, AMARJIT &
GOVINDER SINGH

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

Club President: Rtn. Minishaa I Oberoi
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4th Week August

ECONOMIC COMMUNITY DEVELOPMENT & WOMEN EMPOWERMENT



FINANCIAL LITERACY CAMP FOR GOVERNMENT SCHEMES

RCMSEP, in collaboration with Suryoday Foundation, successfully organized a 2-day Financial Literacy Camp on 22nd and 23rd August 2025, for staff, maids, drivers and housekeeping personnel of Oberoi Splendor CHS Ltd. The camp aimed to create awareness about various government schemes and empower participants with essential financial knowledge.



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4th Week August

DISEASE PREVENTION & TREATMENT

RAW; MEDICINES FOR STREET DOGS

Under the theme of Community Development and Disease Prevention & Treatment, RCMSEP supported local animal welfare workers in Jogeshwari (E) by providing medical support for 10 dogs at a cost of ₹750. The initiative was carried out under Project RAW, reflecting the club's dedication to animal welfare and community health.



DATE: 23RD AUGUST 2025
**RITHEME: COMMUNITY
DEVELOPMENT, DISEASE
PREVENTION TREATMENT**

LOCATION: JOGESHWARI -E

BENEFICIARIES: 10 DOGS
AMOUNT SPENT: RS, 750/-
PROJECT LEAD: RTN. MINISHAA

MEMBERS PRESENT: 1





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4th Week August

RECOGNITIONS & MILESTONES



CLUB EXCELLENCE AWARD from Rotary International for Vibrant Year 24-25



Acknowledged by Rotary International for being one of the clubs with an integrated website through RI Zones 4, 5, 6, & 7 and for successfully adding our projects to the RI Zones 4, 5, 6, & 7 portal.



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4th Week August

UPCOMING EVENTS

INTERACT CLUB OF GURU NANAK BRAVEHEARTS
SUPPORTED BY ROTARY CLUB OF MUMBAI SHER-E-PUNJAB

PROUDLY PRESENTS

ECO-FRIENDLY GANESH IDOL WORKSHOP

By Rtr. Shradha Purohit

For: Students of Class 5 & 6

Monday, 25th August 2025

9:00 – 10:00 AM

Guru Nanak English High School, Andheri-East

Join us for a fun and creative workshop where students will learn to celebrate Ganesh Chaturthi in an environmentally friendly way, making eco-conscious choices while expressing their artistic skills!

Ms. Shruti Sharma
- President, Interact Club of Guru Nanak Bravehearts

Rtn. Minishaa I. Oberoi
- President, Rotary Club of Mumbai Sher-E-Punjab

Let's make this Ganesh Chaturthi joyful and green!

25th August

Rotaract Club of JES College Parivartan
Supported by Rotary Club of Mumbai Sher-E-Punjab

PROUDLY PRESENTS

ECO-FRIENDLY GANESH IDOL WORKSHOP

by Rtr. Shradha Purohit

For: Students of JES College of Commerce, Science & IT

Monday, 25th August 2025

12:00 PM – 1:30 PM

JES College of Commerce, Science & IT, Jogeshwari East

Join us for a fun and creative workshop where students will learn to celebrate Ganesh Chaturthi in an environmentally friendly way, making eco-conscious choices while expressing artistic skills!

Organized By:
Ms. Mansi Pawar – President, Rotaract Club of JES College Parivartan
Rtn. Minishaa I. Oberoi – President, Rotary Club of Mumbai Sher-E-Punjab

Let's make this Ganesh Chaturthi joyful and green!

25th August

Interact Club of Maruti Veers
Supported by Rotary Club of Mumbai Sher-E-Punjab

PROUDLY PRESENTS

ECO-FRIENDLY GANESH IDOL WORKSHOP

By Rtr. Shradha Purohit

For: Students of RC Maruti School, Andheri-East

Monday, 25th August 2025

3:30 PM – 4:30 PM

RC Maruti School

Join us for a fun and creative workshop where students will learn to celebrate Ganesh Chaturthi in an environmentally friendly way, making eco-conscious choices while expressing their artistic skills!

Organized By:
Ms. Tamanna Pakira – President, Interact Club of Maruti Veers
Rtn. Minishaa I. Oberoi – President, Rotary Club of Mumbai Sher-E-Punjab

Let's make this Ganesh Chaturthi joyful and green!

25th August

Rotary

ROTARY CLUB OF MUMBAI SHER-E-PUNJAB

INVITES YOU TO JOIN US FOR A VISIT TO

HAPPY STRAY ANIMAL FOUNDATION

UNDER PROJECT RAW, WE DONATE A MICROWAVE TO SUPPORT THE FOUNDATION AND ITS EFFORTS IN CARING FOR STRAY ANIMALS.

TUESDAY, 26TH AUGUST 2025

TIME: TO BE ANNOUNCED

VENUE: SIDDHARTH NAGAR, GOREGAON WEST

ORGANIZED BY:
Rtn. MINISHAA I. OBEROI
PRESIDENT, ROTARY CLUB OF MUMBAI SHER-E-PUNJAB

LET'S COME TOGETHER TO MAKE A MEANINGFUL DIFFERENCE IN THE LIVES OF OUR FURRY FRIENDS!

26th August

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

IN ASSOCIATION WITH PRISMA COOPERATIVE HOUSING SOCIETY

Organizes a

CPR

(CARDIOPULMONARY RESUSCITATION) Training Workshop

By: Dr. Akshay Mehta, Interventional Cardiologist

Date: Sunday, 31st August 2025

Time: 11:00 AM

Venue: Oberoi Prisma, 7th Floor

Learn life-saving skills from an expert:

- Difference between Heart Attack and Cardiac Arrest
- How to recognize & respond.
- How to do CPR
- How to use an AED machine to restart the heart

Don't miss this opportunity to gain practical knowledge that could help save lives!

Rtn. Minishaa Oberoi (President) **Rtn. Amita Kastiyar, Rtn. Jasjit Bhatia**

31st August

गणेशाय नमः

Ganpati Bappa Morya

WE CORDIALLY INVITE YOU AND YOUR FAMILY TO SEEK LORD GANESHA'S BLESSINGS ON 27TH AND 28TH AUGUST.

Arun, Seema and Shruti,
Plot 104/301, prem lane shree punjab society,
mahakali caves road,
andheri east, mumbai 400093.
Colour codes
27th (day 1) - YELLOW (optional)
28th (day 2) - GREY/PINK/MAROON (optional)

WITH LORD GANESHA'S BLESSINGS, WE WARMLY INVITE YOU AND YOUR FAMILY TO CELEBRATE THE 57TH YEAR OF OUR GANESH CHATURTHI CELEBRATION.

ON 27TH AUGUST, 2025

10:00 AM ONWARDS

JOIN US IN SEEKING BAPPA'S BLESSINGS AND SHARING THE JOY, DEVOTION, AND TOGETHERNESS.

GANPATI BAPPA MORYA! VISARIAN

ON 28TH AUGUST, 2025

8:30 PM ONWARDS

Plot No. 129, Flat No. 4, Sher E Punjab Soc., Andheri East, Mumbai 400093.

Ganesh Chaturthi

Celebration

With great joy in our hearts, we invite you and your family to join us in welcoming Lord Ganesha into our home this Ganesh Chaturthi.

27th & 28th August 2025

Sharma's
20B/12 Takshila, Mahakali Caves Road, Andheri East, Mumbai 400093

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

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

Chilli Garlic Veg Fried Rice

Ingredients:

- **Rice:**
 - 1 katori long-grain rice (90% boiled & cooled)
 - 1 tsp soya sauce
- **Vegetables:**
 - 1 medium carrot
 - 8 French beans
 - 1 small cabbage piece
 - 1 small green capsicum
 - (Grind all coarsely in a vegetable chopper)
- **Other Ingredients:**
 - 10 cloves of garlic (finely chopped)
 - 4 green chillies (finely chopped)
 - 2 spring onions (finely chopped)
 - Spring onion greens (for garnish)
 - 3 tbsp oil
 - Salt to taste



Method:

Prep the Rice:

1. Boil 1 katori long-grain rice till 90% done. Let it cool. Add 1 tsp soya sauce and mix well. Set aside.

Prepare the Veggies:

2. Coarsely chop the carrot, beans, cabbage, and capsicum using a vegetable chopper.

Sauté the Aromatics:

3. Heat 3 tbsp oil in a wok. Add finely chopped garlic and green chillies. Sauté until garlic turns golden brown.

Add Onions & Veggies:

4. Add chopped spring onions (white part) and sauté until translucent.
5. Add the coarsely chopped vegetables and stir-fry on high flame for 2 minutes.

Combine & Finish:

6. Add salt to taste. Add the prepared rice and mix well, tossing everything together.

Garnish & Serve:

7. Garnish with chopped spring onion greens. Serve hot!



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Chilli Garlic Veg Fried Rice

4th Week August



*Recipe by :
Rtn. Arun Bhoocher*

Fun Fact:

Chilli Garlic Fried Rice is a fusion dish that beautifully blends Chinese cooking techniques with Indian love for bold, spicy flavors! 🔥🧄

While fried rice originated in China, the addition of lots of garlic, green chillies, and Indian-style stir-fried vegetables makes this version uniquely Desi-Chinese — a beloved street food across India!

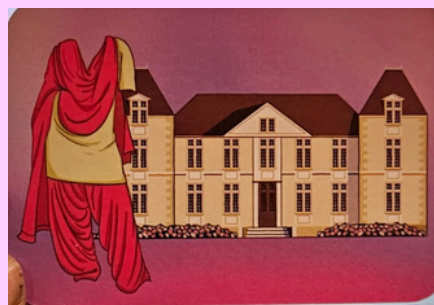
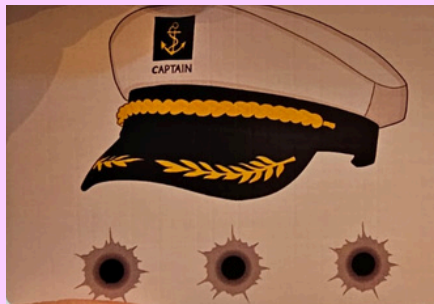
Get your recipe featured in next Aashyein Weekly Magazine!

Contact Rtn. Seema Bhoocher



The Happy Wheel - Fun Corner

Guess the Movie



Solve and send reply @ Minishaa to win a prize

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Vaastu Corner

By Rtn. Arun Bhoocher

(Under Guidance of Niilesh N Shah)

THE BEDROOM

Master Bedroom:

Best in the South-West corner of the house. It ensures stability and strong relationships.

Guest/Children's Bedroom:

North-West or West side is considered suitable.

Avoid:

Bedrooms in the North-East corner (believed to cause health and mental stress).

🚩 Bed Position

Place the bed in the South-West part of the room.

Head direction:

Sleep with your head towards the South or East for good health and peace.

Avoid keeping the head towards North (believed to cause disturbed sleep).

🌙 Interiors & Ambience

Use light, soothing colors (light blue, beige, cream, or pastel shades).

Keep the room clutter-free, especially under the bed.

Avoid mirrors directly facing the bed—it may cause disturbed sleep.

Soft lighting is preferable; avoid harsh, red, or very bright lights.

Bedroom Vastu



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Quote of the Week

“Rotarians are very much more favorably disposed toward action than they are toward words.”

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