

AASHAYEIN

ROTARY CLUB OF MUMBAI SHER- E- PUNJAB

WEEKLY NEWSLETTER

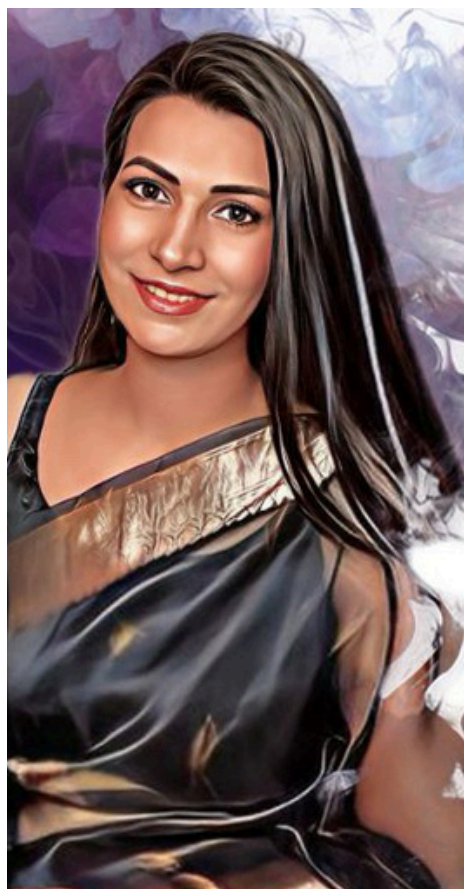
VOLUME 9
5TH WEEK OF AUGUST



ROTARY REFLECTIONS: VOICES OF THE WHEEL



The Rotary Nudge: How an Invitation Changed My Life



Rtn. Jasbeer Nagi

A compelling invitation from Minishaa was the crucial "nudge" I needed to visit a meeting and see for myself what being in Rotary is all about. It's important to show up and volunteer, even if you're not sure it's for you. This led me to form new connections for life, along with a deeper understanding of Rotary's impact.

Joining RCMSEP, I realized Rotary is about belonging, having a voice, and making a difference. It is action-based service, where the true motivation comes from the impact we create in doing good for all living beings – Service Above Self.

Rotary makes you realize that you don't necessarily change the world around you, but rather, it changes you into a better, more positive version of yourself. This explains the foresight of our club in doing things differently – if you have a passion that you believe can make a difference, bring it on! Sher-E-Punjab will welcome it.

The great projects we take on, the incredible speakers we learn from, the fellowship and laughter we share, and the supportive, enjoyable, and meaningful friendships we build along the way – all these make Rotary worth being a part of.

We are united for good, and there is space here for you to lead, create, and make something wonderful happen. Thank you for making me part of this delightful club. I truly love being a Rotarian in the making.

**COMMUNITY DEVELOPMENT,
WOMEN EMPOWERMENT,
BASIC EDUCATION & LITERACY**

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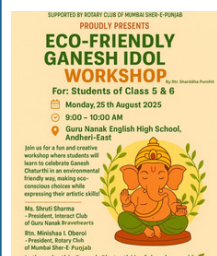
5th Week August

ENVIRONMENT,
COMMUNITY DEVELOPMENT



ECO FRIENDLY GANESH IDOL MAKING WORKSHOP

POP idol immersion during Ganesh Chaturthi poses serious environmental risks. RCMSEP and Interact Club of Gurunanak Bravehearts organized an eco-friendly idol-making workshop for 100 Class V & VI students conducted by Rtr. Shraddha Purohit to build skills, encourage creativity and promote sustainability.



DATE: 25TH AUG 2025

RI THEME: ENVIRONMENT
COMMUNITY DEVELOPMENT,

LOCATION: GURU NANAK ENGLISH
HIGH SCHOOL

BENEFICIARIES: 100+

MEMBERS PRESENT: 2

AMOUNT SPENT: RS. 2800/-

UNITE
FOR
GOOD

Rotary
District 3141



LETS
INSPIRE



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5th Week August

ENVIRONMENT
COMMUNITY DEVELOPMENT



SUSTAINABLE GANESH IDOL CRAFTING WORKSHOP

To address the environmental challenges of idol immersion, the Rotaract Club of JES College Parivartan organized an eco-friendly Ganesh idol-making workshop for 70 students and 2 teachers at JES College conducted by Rtr. Shraddha PurohiT.



DATE: 25TH AUG 25

RI THEME:
ENVIRONMENT,
COMMUNITY
DEVELOPMENT,
LOCATION: JES COLLEGE
BENEFICIARIES: 72
MEMBERS PRESENT: 2



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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5th Week August

ENVIRONMENT COMMUNITY DEVELOPMENT



GANESH IDOL MAKING – GO GREEN INITIATIVE

RCMSEP and Interact Club of Maruti Veers organized an eco-friendly Ganesh idol-making workshop for 87 Class IX students at R.C. Maruti High School, conducted by Rtr. Shraddha Purohit. This not only nurtures student creativity but also helps protect the environment.



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

**ECO-FRIENDLY
GANESH IDOL WORKSHOP**

For: Students of
RC Maruti School,
Andheri-East

Date: Monday,
25th August 2025

Time: 3:30 PM – 4:30 M

Venue: RC Maruti
School

Join us for a fun and creative
workshop where students will
learn to celebrate Ganesh Chaturti
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! ✨



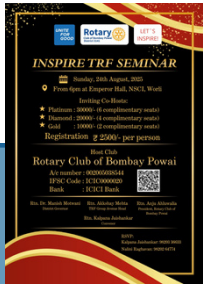
DATE: 25TH AUG 2025
**RI THEME: ENVIRONMENT,
COMMUNITY DEVELOPMENT**
LOCATION: R C MARUTI SCHOOL
BENEFICIARIES: 87 STUDENTS
MEMBERS PRESENT: 2
AMOUNT SPENT: RS. 2800/-

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5th Week August

TRF SEMINAR

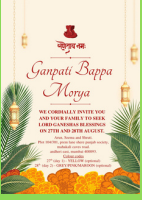
DISTRICT EVENT : THE ROTARY FOUNDATION SEMINAR

RCMSEP proudly was Gold Co-Host of the 1st TRF Seminar of RID 3141 – “Inspire TRF Seminar” held on Sunday, August 24, 2025, at Emperor Hall, NSCI, Worli. The seminar, led by the Rotary Club of Bombay Powai, featured Past Rotary International President Shekhar Mehta as Chief Guest, offering members an inspiring opportunity to hear from him



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5th Week August



CELEBRATIONS & FELLOWSHIP

BEAUTIFUL GANESH DARSHAN AT BHOOCHEER RESIDENCE





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5th Week August



CELEBRATIONS & FELLOWSHIP

BLISSFUL GANESH DARSHAN AT OBEROI RESIDENCE





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5th Week August



RECOGNITIONS & MILESTONES



After receiving the Club Excellence Award for RCMSEP, we have now received CLUB EXCELLENCE AWARD - 24-25, from Rotary International, for our INTERACT CLUB OF GURU NANAK BRAVEHEARTS, operating from Guru Nanak English High School - Sherepunjab Society Branch.

This recognition is on account of the wonderful efforts by the Interact team led by President Dhairya Pal and the school management led by Sanjeet ji, Smitha ji and Sukarma ji. The credit for this recognition, also goes to our Rtn. Minishaa Oberoi, as the Youth Director of RCMSEP and other members.



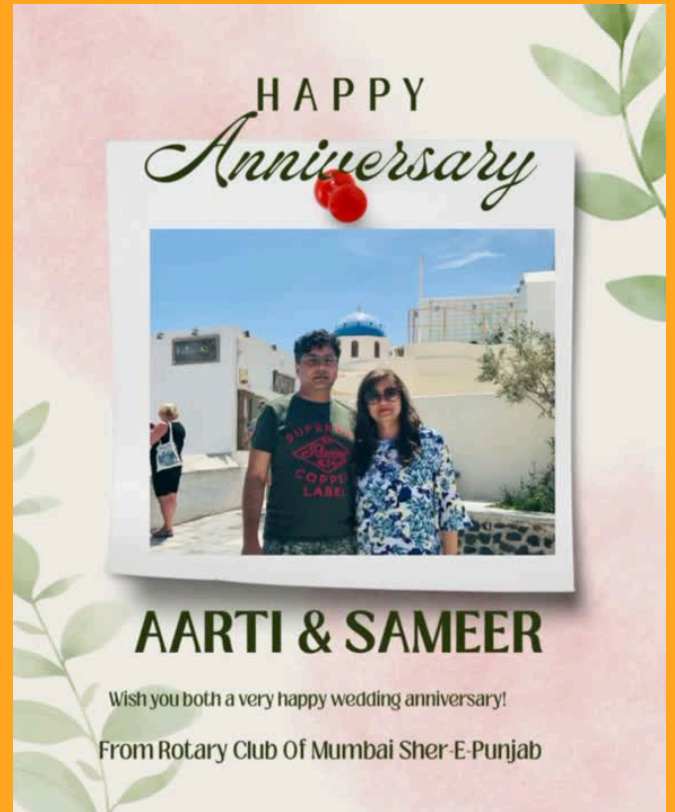
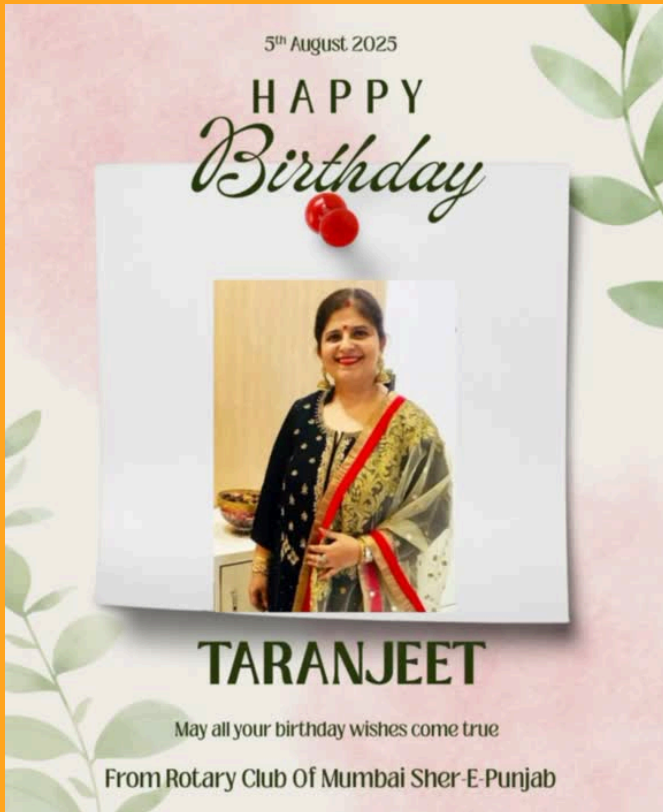
PROUD WINNERS OF VOL 8
(4TH WEEK AUGUST)

SIMI AHLUWALIA
MONICA MENON

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5th Week August

WHEELS OF WISHES FOR AUGUST



Ulli Chamandi

Ingredients

- **1 large Onion (sliced)**
- **4 Dried Red Chillies**
- **1 inch Ginger**
- **1 cup Shredded Coconut**
- **1 small ball Tamarind**
- **A few Curry Leaves**
- **2 tbsp Coconut Oil**
- **Salt – to taste**



Preparation Method

- 1. Heat 2 tbsp coconut oil in a wok or kadai.**
- 2. Add sliced onions, dried red chillies, shredded coconut, and tamarind. Sauté until the onions turn translucent.**
- 3. Add the grated ginger and curry leaves. Sauté for a few more minutes.**
- 4. Add salt and cook until the onions are soft and fully cooked.**
- 5. Allow the mixture to cool, then grind into a fine paste.**
- 6. Serve this delicious Ulli Chamandi with Dosa, Idli, or steamed rice.**



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Ulli Chamandi

5th Week August

Ulli Chammanthi is a popular, raw South Indian chutney, particularly from the state of Kerala, made primarily from crushed shallots (ulli) and green chilies, seasoned with salt, and finished with a generous drizzle of cold-pressed coconut oil. It's a simple, spicy, and flavorful condiment traditionally made by grinding the ingredients with a mortar and pestle and serves as an excellent accompaniment to steamed tapioca (kappa), dosa, and idli.



Recipe by :
“Amma” Dr.Gopi’s
Mother

From “Amma’s kitchen” arises the old and forgotten recipe which was one relished by young and old. This chamandi or chutney can be eaten with dosa, idli or rice. Do try it once and am sure it will be part of your meal often.

Get your recipe featured in next Aashyein Weekly Magazine!

Contact Rtn. Seema Bhoocher



The Happy Wheel - Fun Corner

Guess the Song



Solve and send reply @ Minishaa to win a prize

Vaastu Corner

By Rtn. Arun Bhoocher

(Under Guidance of Niilesh N Shah)

THE PRAYER ROOM

Preferably place the kitchen in the northeast corner of the house, as it's considered the most sacred. If not possible, use the east or north directions, but avoid the south. Keep the room clean and well-ventilated. Place the idol with its back to the east or west, and face east or north while worshipping. Avoid placing it near bathrooms, under staircases, or in the basement.

Ideal Location & Direction

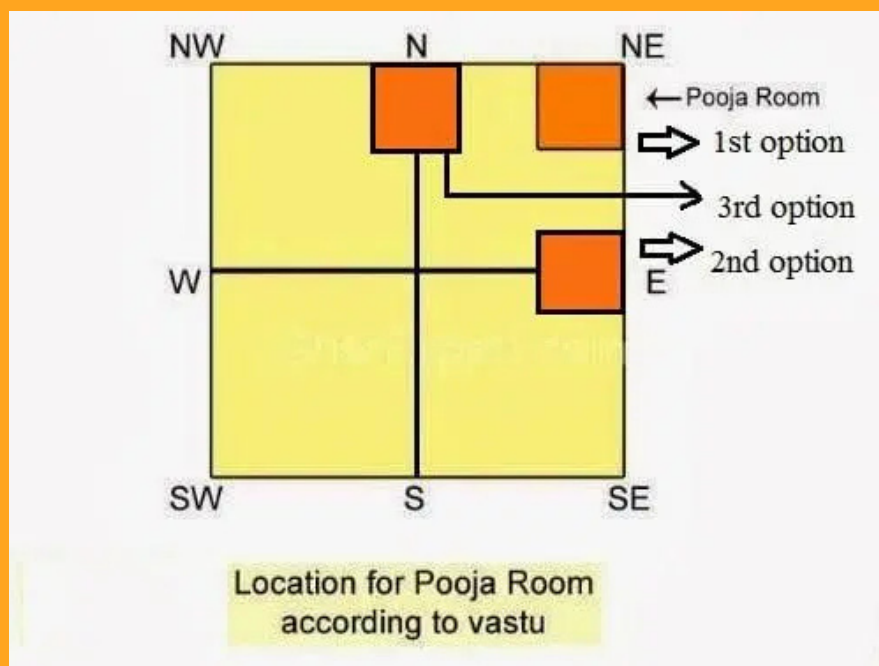
Northeast (Ishan Kona):

This is the most auspicious direction for a pooja room, as it's spiritually energized.

East: A good alternative if the northeast isn't feasible, bringing positive energy and good fortune.

North: Another acceptable direction for a pooja room.

Avoid South: The south direction is considered inauspicious for religious activities.

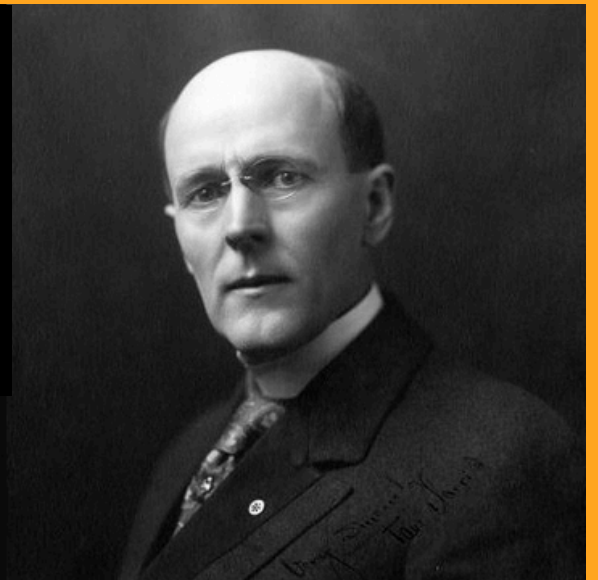


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Quote of the Week

The story of Rotary is the story of men and women of goodwill

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