



**LET'S  
INSPIRE**

# ECHOES OF AASHA

Voices of Hope, Harmony, Humanity

**THE OFFICIAL QUARTERLY NEWSLETTER  
ROTARY CLUB OF MUMBAI SHER E PUNJAB**

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## FROM THE PRESIDENTS DESK

### Reflections on the First Quarter of the Inspired Year

As we conclude the first three months of our Inspired Year, my heart is filled with deep gratitude to Gururji for guiding us with strength, compassion, and the opportunity to serve those in need.

When I began this journey as President, I carried both excitement and a sense of uncertainty about the road ahead. But the energy, unity, and selfless dedication of our members quickly transformed that uncertainty into pride and purpose. Together, we have shown what can be achieved when service and sincerity walk hand in hand.

The first quarter has been both fulfilling and inspiring. We have implemented impactful initiatives across diverse areas – RAW (Rotary Animal Welfare), RMR (Rotary Medical Relief), RISE (Rotary Initiative to Support Education), Smile Box Annapurna, vocational training, youth empowerment, environmental conservation, and community development. Each project reflects our shared passion to serve, uplift, and make a lasting difference.

Beyond service, we have celebrated fellowship – the heartbeat of Rotary. Fireside meetings, festive gatherings, and celebrations from Independence Day to Navratri have strengthened our bonds and reminded us that true service thrives on friendship, unity, and joy.

For quick reference I list here our “Quarterly Progress Report” .....

Projects Completed : 69  
Beneficiaries Impacted : 20,643  
Projects worth : ₹ 11,92,774  
New members added : 5  
Firesides conducted : 5  
Festivals celebrated : 4  
Co-Hosted events : 5  
Picnic & fellowships : 2  
Aashayin Weekly newsletter released : 13  
Aasha Monthly Magazine released : 3

My heartfelt thanks to my dynamic team, every member, partner and supporters for standing by our mission. A special note of appreciation to Chingari Shakti Foundation, Gur Samarath Foundation, Rotaract Club of JES College Parivartan and the Interact Clubs of Maruti Veers and Guru Nanak Bravehearts for their invaluable collaboration, trust and the fantastic projects we have accomplished together

Further, this magazine “Echoes of Aasha” is a quarterly reflection of Hope, Service & Fellowship which brings together heartfelt articles and reflections from our members – stories about projects that touched their hearts, experiences that inspired them, or thoughts they wish to share with fellow Rotarians.

The details of events and initiatives have already been shared through our monthly newsletters, so this edition focuses not on repetition but on reflection, emotion and inspiration – a space to celebrate the spirit of service and the voices of those who make it possible.

As we step into the next quarter, our goal remains to deepen our impact and broaden our reach. With continued teamwork and compassion, I am confident that we will scale even greater heights together.

Let us continue to serve with humility, passion and love – lighting the path toward a more compassionate and inclusive world.

Warm regards,  
Rtn. Minishaa I Oberoi



## EDITORIAL BOARD

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## ECHOES OF AASHA

### RAW (ROTARY FOR ANIMAL WELFARE) A SHELTER OF COMPASSION

RTN MINISHA I OBEROI



Last year, the Rotary Club of Mumbai Sher-E-Punjab proudly launched RAW (Rotary for Animal Welfare) – an initiative dedicated to serving the animals, stray dogs, birds and cats in need. Our early efforts focused on providing medical treatment, sterilization, accident care, and food support to countless animals across the city.

However, this year, the project took a remarkable leap forward. Our member Rtn. Arun Bhoocher, through his company Silver Steel Products, generously offered to fabricate dog shelters using durable steel pipes and tarpaulin. As an ardent animal lover and welfare advocate, I immediately embraced this thoughtful proposal.

Our District Governor, Dr. Rtn. Manish Motwani, officially launched this project, giving us great strength, motivation and encouragement to expand our vision and outreach. His inspiring presence reinforced our belief that compassion for all living beings lies at the very heart of Rotary service.



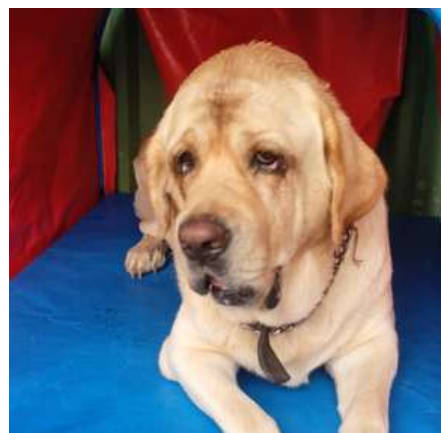
With strong support and visibility and through social media, our initiative gained tremendous momentum. Between July 1st and September 30th, 2025, we successfully created and distributed 366 dog shelters and 11 cat shelters. Half of these were given free of cost, while the remainder were offered at subsidized costs, ensuring there was absolutely no profit motive – only a pure spirit of service.

The response was overwhelming, resonating not only across our Rotary District but also beyond. It reaffirmed our belief that service to animals is service to humanity. Most importantly, our work provided comfort and protection to countless animals during the torrential monsoon rains of 2025.

Every day, countless stray animals sleep under cars or in unsafe street corners, seeking shelter from harsh weather – often ending up injured or killed in tragic accidents. Through RAW, we aimed to change that reality by offering them a small but safe space they could call home.

I extend my heartfelt gratitude to everyone who supported, promoted and participated in this initiative. Together, we have made a tangible difference and earned the silent blessings of many furry friends.

RAW has now evolved into a flagship initiative of our club – one that inspires other Rotary Clubs to adopt similar causes. With continued dedication and compassion, we aim to expand this movement and build safer, kinder spaces for many more animals in the years ahead.



## ECHOES OF AASHA



### STAYING ALIVE! A STITCH IN TIME SAVES NINE, ONE COULD BE SAFE AND FINE!!

BY RTN JASJIT KAUR (PP RCMSEP)

The miracle of a human body, constituted by nature, working in complete harmony, systematically, is what constitutes perfect health. The heart is the vital organ in the human body, ticking away at a rhythm. If due to any reason there is a disruption and it misses its beat, human life gets into a danger zone. Medical science through ages has researched and understood the various origins of problems and solutions of the human heart.

CPR (CardioPulmonary Resuscitation) can help save a life during cardiac arrest, when the heart stops beating or beats too ineffectively to circulate blood to the brain and other vital organs. The goal of CPR is to keep oxygen flowing in and out of the lungs and to keep oxygenated blood flowing through the body. This will delay tissue death. Sudden cardiac arrest is not the same thing as a heart attack.

CPR is the combination of chest compression and mouth-to-mouth breathing. It was invented in 1960 by Drs James Jude, William Kouwenhoven, and Peter Safar. This foundational technique was published and promoted by the American Heart Association (AHA) beginning to train the general public in 1970. Rotary, under its medical projects, initiates CPR training workshops with the help of doctors and their teams, for the general public, in housing societies, schools, and colleges.

Rtn Dr. Akshay Mehta, an eminent interventional cardiologist and Vice Chairman of the Academy of Cardiology at Mumbai, has contributed several articles on heart health in Rotary News – the Rotary International magazine for the South Asian region – which are enlightening.

Being an active Charter Member and Past President of Rotary Club of Bombay Airport, Dr. Akshay Mehta is consistently contributing to the noble cause of spreading awareness among the public regarding coronary heart disease and the practical use of AED machines for the lay public in emergencies.

The Rotary Club of Mumbai Sher-E-Punjab organised a CPR training and PowerPoint presentation at Oberoi Prisma on 31st August 2025. It was a great success wherein people gained practical knowledge regarding heart health issues and saving lives. The life-saving skills that people learnt in this session included:

- Difference between heart attack and cardiac arrest
- How to recognise and respond
- How to do CPR
- How to use an AED machine to restart the heart

This vital training program empowered ordinary people to save lives during emergencies, as it helps maintain oxygen and blood flow to vital organs until medical aid arrives. Since most cardiac arrests occur outside hospitals, quick CPR by bystanders can stand in good stead – it can double or triple survival chances. Even simple hands-only CPR is effective. Training communities in CPR practice on a dummy and demonstration of using an AED machine creates confident first responders and a safer society.





# ECHOES OF AASHA

## ROTECH SERIES

### DON'T TRASH IT – RECYCLE IT: THE BATTERY STORY”

BY RTN SHANKAR PERIAGARAM

## BATTERY RECYCLING

### Why Talk About Battery Recycling?

We live in a world that thrives on energy. From mobile phones and laptops to cars and electric vehicles (EVs), batteries power almost every part of our lives. But once these batteries stop working, what happens to them? Throwing them in the trash is not only wasteful but also dangerous. Recycling batteries is the safe and smart way forward—it protects our environment and recovers valuable resources.

### Types of Batteries We Use Every Day

Batteries come in many shapes and sizes:

- Alkaline batteries – Common AA and AAA types; disposable and non-recyclable.
- Lithium-ion batteries – Rechargeable and high performance; found in phones, laptops, and EVs.
- Lithium primary batteries – Non-rechargeable (like CR123A).
- NiMH batteries – Rechargeable, made with nickel and cadmium.
- Lantern batteries – Large rectangular ones, often non-rechargeable.

Electric vehicles use advanced batteries containing lithium, cobalt, nickel, manganese and graphite. After about four years in vehicles, their efficiency drops, but they can still be reused in stationary energy storage systems for a few more years before final recycling.

### Why Recycling Matters!

**Protects the environment:** Batteries contain toxic chemicals that can leak into soil and water if not disposed of properly. Some can even explode if handled carelessly.

**Saves resources:** End-of-life batteries are rich in precious materials like lithium, cobalt, nickel, and graphite. These are expensive, limited in supply, and vital for future energy storage solutions. Recycling helps recover and reuse them.

### How Recycling Works

Used batteries are collected by agencies and sent to processors.

The casing materials, such as aluminium and copper, are separated and reused.

The remaining mix is processed into something called Black Mass—a material that can be traded globally. Companies like ATTERO, LOHUM, and LicoMAT then extract critical minerals (lithium, cobalt, nickel, manganese, graphite) from the Black Mass for reuse. India already produces about 80,000 tonnes of Black Mass every year, and this figure is expected to double in the next three years as EV adoption grows.

### The Rotary Takeaway

Batteries make our lives convenient, but their afterlife is equally important. By encouraging safe collection and recycling, we can:

*Reduce pollution,  
Recover scarce resources, and  
Contribute to a sustainable future.*

So, the next time you finish using a battery, don't just throw it away—think of where it can be recycled. Every small step adds up to a cleaner, safer, and more sustainable world.



## ECHOES OF AASHA



### WHEN THE WATERS ROSE, HUMANITY STOOD TALLER

BY RTN GURPREET SINGH

Sometimes, it takes a calamity to remind us of the strength of humanity. The recent floods in Punjab were one such moment. Over 1,400 villages drowned under sheets of relentless water, farmland spread across 3.7 lakh acres lay submerged, and lakhs of families stood displaced—helpless yet holding onto hope.

As Rotarians, we often speak about “Service Above Self,” but in those days of devastation, these words turned into action. What moved me most was not just the scale of destruction—but the way people responded, wholeheartedly, selflessly and with remarkable coordination.

We were in constant touch with Rotary leaders and volunteers on the ground—those who were wading through knee-deep water, walking into makeshift camps and listening to families who had lost everything overnight. They told us exactly what was needed—not in general terms, but real, urgent necessities. Women with no access to hygiene essentials. Children bitten by mosquitoes in waterlogged areas. Families with no roof over their heads, vulnerable under the open sky.

And so, our effort was not about sending aid blindly; it was about sending the right aid at the right time. On 4th September 2025, relief materials left for the Jalandhar Collection Centre:

- 30,000 sanitary pads (partnering with Save Earth Save Human)
- 1,440 bottles of Odomos to shield against mosquito-borne diseases
- 110 tarpaulins to give families at least a temporary roof above their heads

The impact? More than 1,000 victims found immediate relief. But more importantly, they felt seen, heard, and cared for.

I remember one story shared by a volunteer in Jalandhar—a young mother who broke down when handed sanitary supplies. In the chaos of survival, such needs often go unnoticed, yet they carry immense dignity for those suffering. For her, it wasn’t just about the packet she received—it was about the reassurance that someone, somewhere, cared enough to think about her specific struggle.

But service doesn’t always take the form of large-scale consignments. Many of us, including myself, found other ways to contribute. In my own society, we organized a collection drive for funds and with everyone’s support, donated ₹25,000 through the Sher e Punjab Gurdwara Management. Alongside, we tied up with Food Army to collect and dispatch essential supplies. The spirit was the same—every little effort adding up to a larger wave of relief.

This project was valued at couple of lakhs. But if you ask me, its true worth lies far beyond numbers. It lies in the collaboration—RCMSEP, RC Jalandhar, DG Punjab Rtn. Rohit Oberoi and our partners Save Earth Save Human. It lies in the generosity of our donors, who trusted us with their contributions. It lies in the quiet prayers of those who received our support.

As I reflect, I realize that service is not about the grandeur of the effort—it is about the sincerity of the intent. Standing together, bridging distance with empathy and responding with speed and precision—that is Rotary’s true spirit.

The waters may have risen high in Punjab, but what rose higher was the humanity that flowed across states and hearts. And in being a small part of that river of compassion, I feel deeply grateful.

## ECHOES OF AASHA

### A RAY OF LIGHT: MY EXPERIENCE AT THE HUMSAFAR TRUST

**RTN. JASBEER NAGI**

After my visit to The Humsafar Trust, an LGBTQ+ organization introduced to us by our Community Director, Kiran, I was deeply moved by the compassionate care and tireless dedication of the entire team. What touched me most was the sense of hope and inspiration found in the shared experiences of others. Stories like Sumi's and many more, reflect how personal journeys can give others the strength to build resilience, embrace life, and empower those around them. Their lives form part of a larger picture of overcoming adversity and finding hope.

My experience at Humsafar, and the opportunity to closely observe how it works, is something words cannot fully capture. The organization's efforts with the transgender community, support groups, and livelihood programs are truly commendable. The staff works tirelessly to improve the quality of life for adults and transgender individuals living with and affected by HIV, addressing their physical, psychological, and social challenges.

What stood out was the holistic approach that goes beyond medical care—it creates a safe space where individuals feel seen, heard and valued. From offering counselling and emotional support to helping with education and skill-building, the organization empowers people to reclaim their dignity. I was also impressed by their initiatives aimed at spreading awareness, reducing stigma, and creating opportunities for financial independence.

The sense of community within Humsafar is remarkable. People who once felt isolated find a network of friends and mentors who uplift them every step of the way. The courage and optimism of the beneficiaries remind us that resilience can shine even in the darkest of times.

We at the Rotary Club of Mumbai Sher-E-Punjab are privileged to support this noble cause by providing a minimum of 50 nutritional kits every month to people living with HIV, along with essential generic medicines. This small contribution helps improve their health, strengthens their immunity, and provides comfort in their day-to-day lives.

Thanks to their unwavering efforts, dedication, and inspiration, Humsafar continues to be a ray of light for so many. It stands as a reminder of what compassion, inclusivity, and human kindness can achieve when translated into action. Visiting this organization was not just an eye-opening experience, but also a reminder that together we can build a more empathetic and equitable world.





## ECHOES OF AASHA

### WHERE COMPASSION DANCES: NAVRATRI AT MBA FOUNDATION

BY RTN. JASBEER NAGI

The Rotary Club of Mumbai Sher-E-Punjab joyfully celebrated the Navratri festival with the specially-abled children of the MBA Foundation, Airoli. The afternoon began with a delicious meal of pav bhaji accompanied by sweet sevaiyaan, which the children thoroughly enjoyed.

After lunch, the celebration moved to the terrace where the children enthusiastically danced to lively Gujarati and Bollywood songs. Their energy, smiles, and spirit of joy lit up the atmosphere, creating unforgettable memories for everyone present.

The MBA Foundation itself is a place filled with humility and compassion. Its members support numerous individuals with special needs, working with patience, kindness, and dedication. The atmosphere at Airoli was truly inspiring—close to nature, peaceful, and surrounded by warm-hearted, thoughtful people. During our visit, I had the privilege of meeting individuals who have devoted their lives to the betterment of society, with no desire for self-gain or publicity. They chose social work not as a profession, but as a purpose—for the sheer joy of giving and the satisfaction of spreading happiness.

Spending time at MBA made me realize that this work is not easy; it demands patience, commitment, and selflessness. Yet, to see a child smile, and to know you have contributed in some way to that smile, brings a joy and inner satisfaction like no other. Social work and charity are not about returns, but about the value they create in humanity.

This experience has left me with deep respect and admiration for the people who make MBA Foundation what it is. I am truly grateful for the opportunity to be part of such a celebration, and for the lessons it offered in compassion, inclusivity, and the joy of giving. ❤️





## BRAND PARTNER SHE NAILED IT

BY MINI AND SILKY UPPAL

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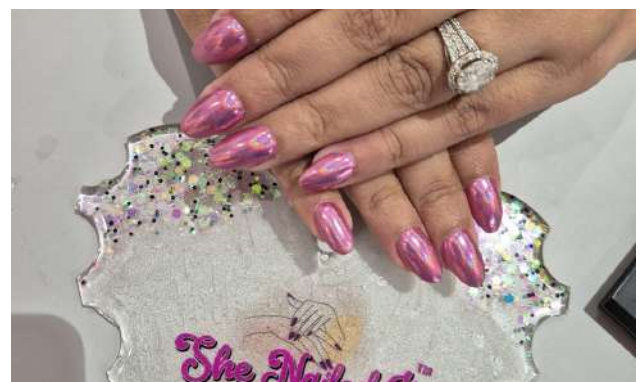
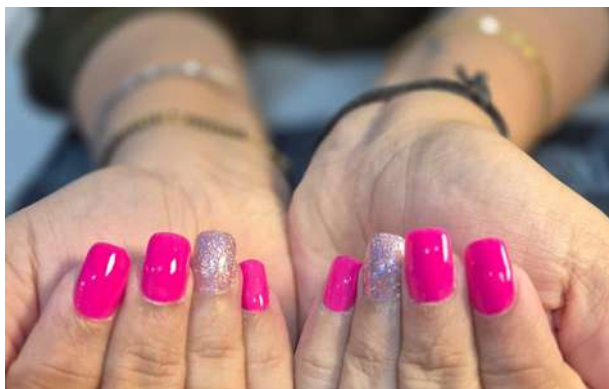
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## ECHOES OF AASHA

### SPIN THE MIND

BY: JASJIT BHATIA

S D S S L E R T K E Q J N D I T F I R K  
 E I W Z I F E I L T L K F U Y W R U Y F  
 B W F A V H H E R A N V E E R I N K P C  
 A B X I Y T K F K N H E T J M A C Q N J  
 M Z U R I K A B Y E Q B W A O I I U G O  
 S R X R C H R N P P C A A U V M R G C Y  
 B I H J B G E A S A L M A N S A U O X R  
 F T A A P S E E J R S E X H V N S E X B  
 Y W P P E F N A Y U S H M A N N H H H P  
 M O H R N L A H A M I T A B H Y A L G H  
 B A P N I A K S H A Y A R L H Y H L C D  
 N F D D K Y D K F U E D Y F S Y R F Z Z  
 V P B H Q G A T T S D S R A A D U L C A  
 B O Z J U D A N F N V A X A U A K Y Q N  
 I T Q K P R C L K E O Q F H N Z H M Q U  
 M X F K I X I E G A K I A R A B P D U S  
 J D E E P I K A W J Y U E I C K I C G H  
 K A T R I N A V W N W T L E B Z X R B K  
 R U O M Z K U A Y A R A X J W U Y T G A  
 D Y Y X H C I Q U B N K M Q T Z H U V F



**FIND THESE STARS:**

SHAHRUKH, SALMAN, AAMIR, AKSHAY,  
 RANBIR, DEEPIKA, ALIA, PRIYANKA,  
 KAREENA, HRITHIK, KATRINA, VARUN,  
 KIARA, RANVEER, VICKY,  
 AYUSHMANN, TAAPSEE, ANUSHKA,  
 MADHURI, AMITABH

## ECHOES OF AASHA

THE TRUE VICTORY  
WHEN GOODNESS BLOOMS AND NATURE THRIVES

**VICTORY OF GOOD OVER EVIL**

**BURN THE DEMON OF POLLUTION**

**THIS DUSSEHRA, pledge**



**CLEAN EARTH, OUR REAL VICTORY**

**CLEAN EARTH, OUR REAL VICTORY**

**VICTORY OF GOOD OVER EVIL**

**DESTROY THE DEMON OF WATER POLLUTION**

**THIS DUSEHRA together**



**CLEAN WATER, OUR TRUE TRIUMPH**

**CLEAN WATER, OUR TRUE TRIUMPH**

**VICTORY OF GOOD OVER EVIL**

**DROWN THE DEMON OF WATER POLLUTION**

**THIS DUSSEHRA, pledging action**



**CLEAN WATER, OUR REAL VICTORY**

**VICTORY OF GOOD OVER EVIL**

**BURN THE DEMON OF POLLUTION**



**CLEAN EARTH – OUR REAL VICTORY**



## ECHOES OF AASHA

### ECHOES OF SERVICE



**JOIN THE  
PAUL HARRIS  
SOCIETY  
TODAY**

*"So long as little children are allowed to suffer, there is no true love in this world."  
Isadora Duncan*


BY GIVING FROM YOUR HEART EACH AND EVERY YEAR, YOU CHANGE LIVES,  
SUPPORT FAMILIES, AND EMPOWER COMMUNITIES.



**AUGUST IS**

**MEMBERSHIP  
& EXTENSIONS  
MONTH**


Rotary  **EACH ROTARIAN:  
REACH ONE. KEEP ONE**



**SEPTEMBER IS**

**BASIC EDUCATION  
AND LITERACY  
MONTH**

*"The more you read, the more things you will know. The more that  
you learn, the more places you'll go."  
Dr. Seuss, "I Can Read With My Eyes Shut!"*

Rotary  [www.rotary.org](http://www.rotary.org)

WHATEVER ROTARY MAY MEAN TO US,  
TO THE WORLD IT WILL BE KNOWN BY THE RESULTS IT ACHIEVES

..... PAUL HARRIS

**A POWERFUL REMINDER THAT ACTIONS SPEAK LOUDER THAN WORDS**

**Thank  
you**