







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

#### **WEEKLY NEWSLETTER**



VOLUME 5
1ST WEEK OF AUGUST

## ROTARY REFLECTIONS: VOICES OF THE WHEEL



#### "The Heart of Service: A Reflection"

A helping hand, a kind heart, compassionate words, is everyone's need. But what about giving back?

"Service Above Self" is more than just a motto — it is a powerful philosophy that inspires individuals to act with compassion, integrity, and selflessness.

At its core, "Service Above Self" challenges individuals to look beyond personal gain and contribute meaningfully to the betterment of society. It emphasizes that true fulfillment comes not from what we receive, but from what we give. Whether it's lending a hand to those in need, standing up for what is right, or working towards a cause greater than oneself, this principle guides actions that build stronger, kinder communities. In today's world, where individualism often overshadows collective well-being, this principle serves as a timeless reminder that the highest form of humanity lies in serving others with sincerity and heart.

Being in Rotary has significantly contributed to my personal and professional growth. It has deepened my understanding of service, leadership, and community engagement. Through various service projects, I have developed a greater sense of empathy, responsibility, and purpose. Rotary's core value—Service Above Self—has inspired me to look beyond my own needs and contribute meaningfully to the welfare of others.

Interacting with members from diverse backgrounds has enhanced my communication skills, broadened my perspectives, and encouraged a spirit of collaboration.

Above all, Rotary has instilled in me the belief that real change begins with selfless service and consistent effort. It has helped me grow not just in skills, but in values.



Rtn. Monica Menon

District Governor: Rtn. Manish Motwani Club Treasurer: Rtn. Naresh Khatri Club President: Rtn. Minishaa I Oberoi Club Secretary: Rtn. Jotinder S Ahluwalia









# AASHAYEIN July-1st Week August

#### **CLUB & VOCATIONAL SERVICE**

### BAMBOO ECO-TOURISM PICNIC AT VIKRAMGAD

RCMSEP organised a fellowship picnic to Bamboo eco-tourism, Vikramgad- Palghar, that specializes in Warli art painting and Bamboo craftsmen. An educative fun filled tour for all the members. Also, our clubs 1st Picnic for the Inspired Year.









DATE: 27<sup>TH</sup> JULY 2025

RI AVENUE: CLUB, VOCATIONAL LOCATION: VIKRAMGAD, PALGHAR

**AMOUNT SPENT: 30,000/-**

RCMSEP MEMBERS PRESENT: 20

PROJECT LEAD: RTN. KIRAN





Club President: Rtn. Minishaa I Oberoi District Governor: Rtn. Manish Motwani Club Treasurer: Rtn. Naresh Khatri Club Secretary: Rtn. Jotinder S Ahluwalia









# AASHAYETT July-1st Week August

#### **COMMUNITY DEVELOPMENT & WOMEN EMPOWERMENT**



#### SMART GIRL WORKSHOP @ GURU NANAK ENGLISH HIGH SCHOOL

RCMSEP and ICGNB conducted a 2-day SMART GIRL WORKSHOP for girl students of Std 7th, 8th & 9th by expert faculty Mr. Ratnakar Mahajan from Bharatiya Jain Sanghatana. The topics, 7 Life changing sessions on - Self-awareness, Communication, Relationships, Self-esteem, Choices and decisions, celebrating women's health, Body Language, Trust, Friendship and temptations were shared. The session was followed by an interactive dialogue with the parents of the participants.











**DATE: 29TH & 30<sup>TH</sup> JULY 2025** 

RI THEME: COMMUNITY DEVELOPMENT,, WOMEN EMPOWERMENT

LOCATION: GURUNANAK ENGLISH HIGH SCHOOL

**BENEFICIARIES: 72 GIRL STUDENTS** 

**AMOUNT SPENT: RS. 15,000/-RCMSEP MEMBERS PRESENT: 6** 

PROJECT LEAD: RTN. DR. SUNITA SHARMA





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

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









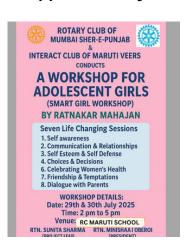
# AASHAYEII July-1st Week August

#### **COMMUNITY DEVELOPMENT & WOMEN EMPOWERMENT**



### SMART GIRL WORKSHOP @ RC MARUTI SCHOOL

RCMSEP and ICMV conducted a 2-day SMART GIRL WORKSHOP for girl students of Std 7th, 8th & 9th by expert faculty Mr. Ratnakar Mahajan (Bharatiya Jain Sanghatana). The session was appreciated by the students, management and the parents.















**DATE: 29TH & 30<sup>TH</sup> JULY 2025** 

RI THEME: COMMUNITY DEVELOPMENT,

WOMEN EMPOWERMENT

LOCATION: RC MARUTI SCHOOL **BENEFICIARIES: 60 GIRL STUDENTS** 

**AMOUNT SPENT: RS, 15,000/-**

PROJECT LEAD: RTN. DR. SUNITA SHARMA

RCMSEP MEMBERS PRESENT: 4

PROJECT LEAD: RTN. DR. SUNITA SHARMA



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

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









# AASHAYEIN July - 1st Week August

#### **DISEASE PREVENTION & TREATMENT**

### **RAW: DONATION OF SHEDS, BEDDINGS**

RCMSEP donated old blankets, bed sheets, pillows, curtains, towels and 5 beautiful blue dog shelters to Animals Matter to Me, Malad providing a safe and cozy space for the voiceless souls.















**DATE: 31ST JULY 2025** 

RI THEME: DISEASE PREVENTION & TREATMENT LOCATION: ANIMALS MATTER TO ME, MALAD

**BENEFICIARIES: 300 DOGS, 75 CATS** 

**AMOUNT SPENT: 19750/-**

**RCMSEP MEMBERS PRESENT: 5** 

PROJECT LEAD: MEGHNA, MINISHAA, SUNITA BEDI











# AASHAYEIN July -1st Week August

### **ENVIRONMENT**

### **CUPBOARD CLEANUP DRIVE**

Reduce, Recycle, Reuse

RCMSEP members conducted a Cupboard Clean Up Drive in their societies. E-waste, old shoes, clothes and household items were collected which will help to reduce, recycle and re-use.















Date: 2nd August 2025 Time: 10 am to 11 am

Venue: Oberoi Splendor, F Tower Lobby Rtn. Sunita Bedi Rtn. Minishaa I Oberoi (President)



### **CUPBOARD** ★ CLEAN-UP DRIVE ★

Donate your old clothes, shoes, bags, household items & E-waste Date: 1st & 2nd August 2025

**♥** Venue: Prisma Lobby











**DATE: 1ST AUGUST 2025 RI THEME: ENVIRONMENT** 

LOCATION: OBEROI SPLENDOR, PRISMA

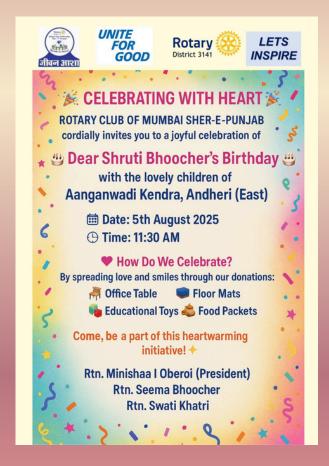
AMOUNT SPENT: RS. 15000/-**MEMBERS PRESENT: 1** 

PROJECT LEAD: SUNITA BEDI, AMITA KASTIYA

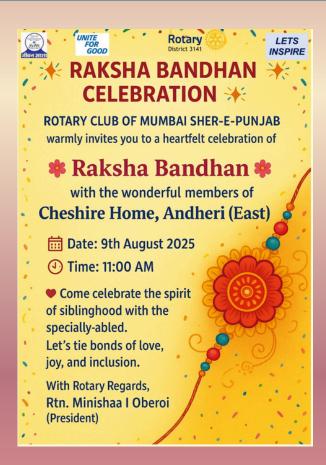
District Governor: Rtn. Manish Motwani Club Treasurer: Rtn. Naresh Khatri

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

### **UPCOMING EVENTS**









### Flavours of Fellowship

July- 1<sup>st</sup> Week August

# Veg American Chopsuey

#### Ingredients

#### Ingredients:

#### Vegetables (parboiled):

- 150 gms cauliflower (florets)
- 2 carrots (sliced)
- 4 baby corn (sliced)

#### Other Vegetables:

- 1 cup cabbage (cubed)
- ½ cup bell peppers (green/red/yellow, cubed)
- ½ cup stewed pineapple (cubed)
- ½ cucumber (cubed)

#### For Tomato Paste:

- 3 medium tomatoes (grind to fine paste)
- 6 cloves garlic (crushed)
- 2 green chillies (crushed)

#### For Sauce Mix:

- 5 tbsp tomato ketchup
- 1½ tbsp Schezwan sauce
- 1 tsp vinegar
- Salt to taste
- 3-4 tbsp sugar (adjust as per taste)

#### Other:

- 2 tbsp oil
- 1 glass water (adjust as needed)
- Cornflour slurry (1½ tbsp cornflour mixed in 3 tbsp water)
- Fried noodles for serving





#### Method:

#### 1. Prepare Sauce Mix:

 In a bowl, combine tomato ketchup, Schezwan sauce, vinegar, salt, and sugar. Mix well and keep aside.

#### 2. Make the Base Gravy:

- Heat 2 tbsp oil in a kadai.
- Add crushed garlic and green chillies.
   Sauté until aromatic.
- Add the tomato paste and a little salt.
   Cook till the color deepens and the oil separates.
- Add 1 glass of water (adjust if a thinner consistency is desired). Bring to a boil.
- Add the prepared sauce mix. Stir and let it simmer.

#### 3. Add Vegetables:

- Add parboiled cauliflower, carrots, and baby corn. Let it cook for 5 minutes.
- Add cabbage, bell peppers, pineapple, and cucumber. Cook on high flame for 2-3 minutes.
- o Taste and adjust salt/sugar if needed.

#### 4. Thicken the Gravy:

 Slowly add cornflour slurry while stirring to bring the gravy to a semithick consistency.

#### 5. Serve:

 Plate crispy fried noodles and pour the hot chopsuey gravy generously over it. Serve immediately.

# Veg American Chopsuey



Recipe by :
Rtn. Arun Bhoocher

#### **Service** Fun Fact:

Despite its name, American Chopsuey has nothing to do with America or traditional Chinese Chopsuey! It's a desi invention—an Indo-Chinese dish created in India that combines crispy fried noodles with a tangy, spicy vegetable sauce. It's basically India's delicious version of a Chinese-American comfort food!

Get your recipe featured in next Aashyein Weekly Magazine!

Contact Rtn. Seema Bhoocher

# **The Happy Wheel - Fun Corner**

### RIDDLE AWAY

### Riddle #1:

I speak without a mouth and hear without ears. I have no body, but I come alive with the wind. What am I?

### Q Riddle #2:

What has to be broken before you can use it?

#### Riddle #3:

I have hands but no arms, a face but no eyes. What am I?

### Riddle #4:

The more of me you take, the more you leave behind. What am I?

### Riddle #5:

I'm tall when I'm young, and I'm short when I'm old. What am I?

## Vaastu Corner

By Rtn. Arun Bhoocher

(Under Guidance of Niilesh N Shah

## What is Vaastu?

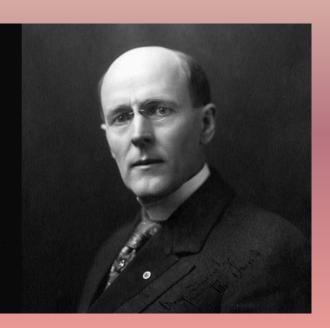
Vastu Shastra is an ancient Indian architectural *science* that aims to harmonize living spaces with nature by aligning them with the five elements (*earth*, *water*, *fire*, *air*, *and space*) and cardinal directions. It's based on the belief that these elements and directions influence the energy flow within a space, and by understanding and utilizing these principles, one can create a more balanced and positive environment.



# 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

**Aashayein Editorial Board** 

Rtn. Minishaa I Oberoi

Rtn. Seema Bhoocher

Rtn. Jotinder S Ahluwalia

Rtn. Aarti Jadhav

Rtn. Jasjit Bhatia

Rtn. Jasbeer Nagi