

**UNITE
FOR
GOOD**



**LETS
INSPIRE**

Aasha

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

Website: <https://www.rcmsherepunjab.rotaryindia.org>
Facebook: Rotary Club of Mumbai Sher E Punjab

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**LET'S
INSPIRE**

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From the Presidents Desk



President Rtn. Minishaa I Oberoi

Dear Rotarians and community members,

As I step into the role of inspired President for the Rotary Club of Mumbai Sher-E-Punjab, I am filled with excitement, enthusiasm, and great humility. Being relatively new to Rotary—this is just my third year—I consider it a profound honor to have been entrusted with this position. I want to extend my heartfelt thanks to all those who believed in me and gave me this opportunity to serve and lead.

By God's blessings, in the very first month, we've accomplished an incredible 35-plus projects—a testament to the dedication and spirit of our Rotary family. This achievement was possible thanks to the unwavering support of all our Rotarian members, partners, donors, and well-wishers.

This year, our theme is "Inspire," and I truly believe in inspiring ourselves and everyone we connect with to become even better versions of who they are. I love the inspiring words from our District Governor, Dr. Manish Motwani: "Eyes on goal, heart on fire. Let's rise, let's inspire." With this in mind, we will move forward not just as a club, but as a movement dedicated to betterment, love, service, and creating a positive impact on every life we touch.

To keep everyone connected and inspired, this year we've launched a weekly e-newsletter which is released every Sunday. It features Voices of the Wheel—a reflection from a member each week—followed by a recap of the week's projects and meetings, Flavours of Fellowship, Happy Wheel (our fun corner), Vaastu Corner, and Quote of the Week.

Now, we are excited to introduce our first monthly e-newsmagazine, offering a full synopsis of the month gone by. Special sections include Wisdom of the Wheel, Member Corner, Peep Through Guru's Window, Creative Corner: Rotary Family Showcase, and celebrations of birthdays and anniversaries from the month. We invite members to come forward with their articles for sharing in upcoming editions.

Friends, we have embarked on this journey together and I warmly invite you all to join me. Come forward to contribute your time, talent or treasure, share your ideas and help us make this year truly remarkable. Thank you for your trust—let's make this a fantastic year ahead!



LETS
INSPIRE



Rtn. Minishaa I Oberoi



Rtn. Jotinder Singh Ahluwalia



Rtn. Jasjit Bhatia

Aasha

The Editorial Board



Rtn. Seema Bhoocher



Rtn. Jasbeer Nagi



Rtn. Aarti Jadhav

UNITE FOR GOOD

Rotary District 3141

Rotary Club of Mumbai Sher-E-Punjab

LETS INSPIRE

AASHAYEIN

ROTARY CLUB OF MUMBAI SHER- E- PUNJAB

WEEKLY NEWSLETTER

VOLUME 1 1ST WEEK OF JULY

INTRODUCTION

Introducing **Aashayein** – A Beacon of Hope and Action Presented by the Rotary Club of Mumbai Sher-E-Punjab.

Dear Rotarians and Friends,

It brings us great joy to introduce **Aashayein**, our new weekly newsletter that captures the spirit of hope, service, and fellowship. As its name suggests, **Aashayein** (meaning "Hope") reflects the positive change we bring to our communities—through every initiative, every thoughtful gesture, and every shared dream.

What makes **Aashayein** special is that it will also lead into our monthly newsletter, **AASHA** offering a seamless transition from weekly updates to broader reflections at the end of each month. Each weekly edition will bring you:

- ★ A message from our President – sharing insights, aspirations, and gratitude
- 📖 A glimpse into our ongoing and completed community service projects
- 🍽️ A delightful Culinary Corner – where members share their favorite recipes, because food brings people together
- 🎵 The Happy Wheel – Fun Corner

Let **Aashayein** be your go-to source of inspiration, connection, and celebration of Rotary values. Let's continue making every week count—and every act of service shine.

In Rotary Service,
Team **Aashayein**
Rotary Club of Mumbai Sher-E-Punjab

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

Rotary Club of Mumbai Sher-E-Punjab

LETS INSPIRE

AASHAYEIN

ROTARY CLUB OF MUMBAI SHER- E- PUNJAB

WEEKLY NEWSLETTER

VOLUME 2 2ND WEEK OF JULY

BLESSINGS

AASHAYEIN
RCMSEP you rock!!
Born Incredible,
Teething with Vibrancy,
The inspired Infant,
is on the run with fun,
The Rotary Mission and the Vision is focused,
On making a difference,
to the local and the global,
A better world to live in,
for every being to breathe easy.
The Wheel, thus rolls on.
Beckoning more to jump in the band-wagon,
And enjoy the ride with a life-purpose,
Spreading the message of humanity,
Do good, be good.

Aashayein: the Fountain of Hope.
A Newsweekly, e- bulletin devised by our Inspired President Rtn Minishaa I Oberoi is a stepping stone to the higher pinnacles of success in a reach out and visibility program.
The creativity, talent, discipline and dedication towards this venture is highly appreciable and commendable. May God the Almighty bless the Inspired President and the RCMSEP team to achieve this milestone and take their Rotary club to higher success heights.

As the Vibrant year transcends to the inspired term with its legacy of relevant community service and humanitarian projects, the enthusiasm and teamwork of bonding club members makes RCMSEP, an outstanding club in our district 3141. RCMSEP foundation runs deep and Vision far reaching.

Congratulations and my hearty Best Wishes to President Minishaa and our RCMSEP team, for the launch of Aashayein. Stay Inspired.

Rtn. Jasjit Kaur Bhatia
Charter Past President
(Incredible 2023-24)
Rotary Club of Mumbai Sher E Punjab

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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Rotary District 3141

Rotary Club of Mumbai Sher-E-Punjab

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AASHAYEIN

ROTARY CLUB OF MUMBAI SHER- E- PUNJAB

WEEKLY NEWSLETTER

VOLUME 3 3RD WEEK OF JULY

ROTARY REFLECTIONS: VOICES OF THE WHEEL

Did I Find Rotary or Did Rotary Find Me?

Destiny is a curious thing—quiet yet powerful. Sometimes we chase dreams, sometimes something finds us when we're not even looking for me, that something was Rotary. I didn't plan to join. It wasn't a lifelong goal. It was more like a quiet nudge—an unexpected invitation that changed everything. What started as a casual step soon became a turning point.

Two years ago, I entered this world of service, not knowing what lay ahead. Today, I stand as President of the Rotary Club of Mumbai Sher-E-Punjab. And while the calendar says two years, my heart feels like I've belonged here forever. The rhythm of Rotary—the kindness, the connection—has become a part of who I am.

Rotary didn't just give me a platform to serve; it helped me discover myself. In every project, I've found strength. In every smile, I've felt purpose. And in every fellow Rotarian, I've found a family.

What I've experienced here is more than service—it's transformation. It's the kind of growth that happens not by standing still, but by moving forward with compassion, empathy, and vision.

The greatest joy? Making someone else smile. That unspoken gratitude is the truest reward—and the reason I keep going. So, did I find Rotary? Or did Rotary find me? Maybe it doesn't matter. Because through Rotary, I found something far more important—I found me.

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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Rotary District 3141

Rotary Club of Mumbai Sher-E-Punjab

LETS INSPIRE

AASHAYEIN

ROTARY CLUB OF MUMBAI SHER- E- PUNJAB

WEEKLY NEWSLETTER

VOLUME 4 4TH WEEK OF JULY

Rotary Reflections: Voices of the Wheel

I joined the Rotary Club of Mumbai Sher E Punjab in the vibrant Rotary year 2024-25, —just a year after the club's inception. As the club approaches its second anniversary in August 2025, it's heartening to see how swiftly we've evolved. We're no longer a new or "baby" club; we've grown in strength, in service, and in spirit.

Being part of this dynamic club has been a thoroughly enriching experience. The camaraderie among members is truly special. The projects we've undertaken—spanning diverse causes from child welfare, senior citizen care, support for the specially-abled and transgender communities, to empowering women, tribals, and even extending kindness to animals—have been deeply fulfilling. I've had the privilege to participate in many of these initiatives, each leaving a lasting impact not only on the community but on me personally.

This year, under the dynamic leadership of President Rtn. Minishaa Oberoi, the momentum continues. Even in this one month alone, we've launched meaningful, impactful projects that reaffirm our club's commitment to service above self.

The fellowships and gatherings have been more than just social events—they've been opportunities to forge friendships, grow personally, and build a strong support network. Today, I feel I'm not just a member of a Rotary club, but a part of a close-knit family.

I stand proud to be a Rotarian, committed to making a difference. While much has been done, there's still so much more to achieve. The journey continues—and yes, the show must go on.

Rtn. Deepak Wadhwa
Inspired Vice President

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

Rotary Club of Mumbai Sher-E-Punjab

LETS INSPIRE

AASHAYEIN

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

Member Spotlight



AARTI JADHAV

My Hobby: Baking and Gardening
Free time : Baking
Favourite.....
Actor: Hrithik Roshan
Book: Shiva Trilogy
Song: Mama Mia by Abba
Food: Dal Chawal
Destination: Maldives
Project : Smile Box Project for Dignity Foundation
I am: Intelligent, dedicated, focused
My Mantra: What you don't change you choose



MONICA MENON

My Hobby : Reading and Caring for Plants
Free time : Reading
Favourite
Actor : Shahrukh Khan
Book: Dopamine detox
Song: Vande Mataram
Food: Fish
Destination: Switzerland
Project : Education
I am : Passionate and Kind
My Mantra: A stitch in time saves nine



SWATI KHATRI

My Hobby : Reading
Free time : Reading & Watching Movies
Favourite
Fruit: Pineapple
Book: Books by Sidney Sheldon
Food: Meat
Destination: Mussoorie
Colour: Pink
Project : Annapurna
I am : Simple & Helpful
My Mantra: Sharing is Caring



SHANKAR PERIAGARAM

My Hobby : Music, Tennis
Free time : Watching OTT
Favourite
Actor : Gregory Peck
Book : Day of the Jackal
Song : Abhi na jao
Food: Roast Potato Dry Sabzi
Destination: Europe
Project : Medical Camps
I am : Interested in learning more
My Mantra: Gayatri Mantra



Rotary Rising Stars



Rtn. Ramanpreet Kaur



Rtn. Avneet Kaur



Rtn. BP Gupta



Rtn. Amita Kastiya



Rtn. Monica Menon



Rtn. Manoj Phene

Wheels of Wisdom

By Rtn. Jotinder Singh Ahluwalia



WANT TO BE THE BEST? PRACTICE THE FOUR-WAY TEST

Created in 1932 by Herbert Taylor to revive his failing company, the Four-Way Test emphasizes honesty, fairness, goodwill and mutual benefit. Rotary adopted it in 1943, and it has since become one of the world's most quoted ethical guides, translated into over 100 languages.

THE FOUR-WAY TEST: ASK YOURSELF IN ALL YOU THINK, SAY, OR DO

1. Is it the TRUTH?

Truth fosters trust, integrity, and leadership. In the Indian context, this echoes "Satyameva Jayate", inscribed on Indian currency and championed by Mahatma Gandhi as "Truth is God."

2. Is it FAIR to all concerned?

Fairness promotes respect and equality. Ask: Are you following rules, listening openly, avoiding blame, favoritism, or exploitation? In politics and business, fairness builds trust and long-term success. Evaluate fairness when choosing leaders or assessing companies.

3. Will it build GOODWILL and BETTER FRIENDSHIPS?

Kindness and collaboration create harmony. On a global scale, India's "Vishwa Mitra" diplomacy, led by PM Modi, has built global goodwill and respect.

4. Will it be BENEFICIAL to all concerned?

Think beyond personal gain—consider collective impact. Modern business excellence values stakeholder benefit over mere profit. "Sabka Saath, Sabka Vikas, Sabka Vishwas" embodies this principle.

The Four-Way Test is not just a checklist—it's a lifestyle. Practicing these four principles leads to ethical leadership, stronger relationships, and meaningful success. As Rotarians, it's our compass for both personal and professional growth.

INSTALLATION HIGHLIGHTS – 30th MAY 2025

INSPIRED PRESIDENT RTN. MINISHAA I OBEROI, ALONG WITH HER BOARD OF DIRECTORS, WAS FORMALLY INSTALLED BY DG DR. MANISH MOTWANI AT THE START OF A DYNAMIC ROTARY YEAR BRIMMING WITH IMPACTFUL PROJECTS AND MEANINGFUL FELLOWSHIP.



Eyes on goal, Heart on Fire, Let's Rise, Let's Inspire!

FIRST DAY OF ROTARY YEAR 2025-2026

BLESSINGS FOR THE INSPIRED ROTARY YEAR 25-26



JEEVANDHARA -BLOOD DONATION CAMP



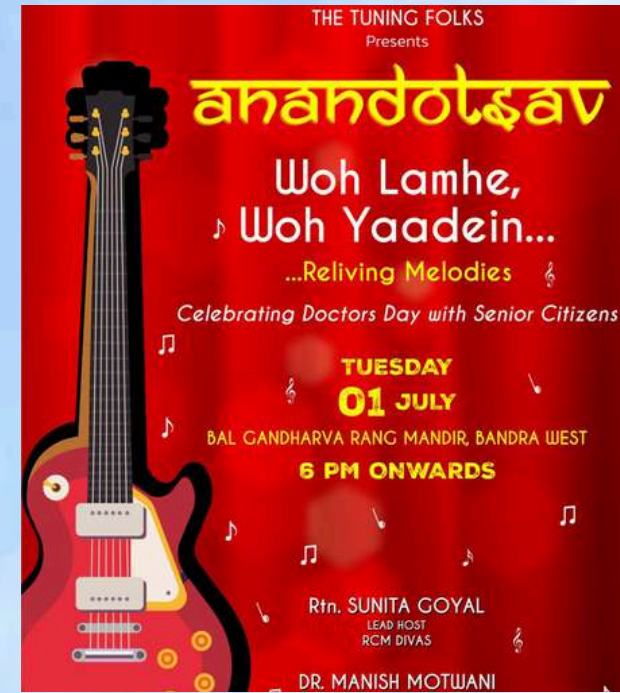
RAW (ROTARY ANIMAL WELFARE)

DONATION OF FIRST 2 DOG SHELTERS ON 1ST JULY



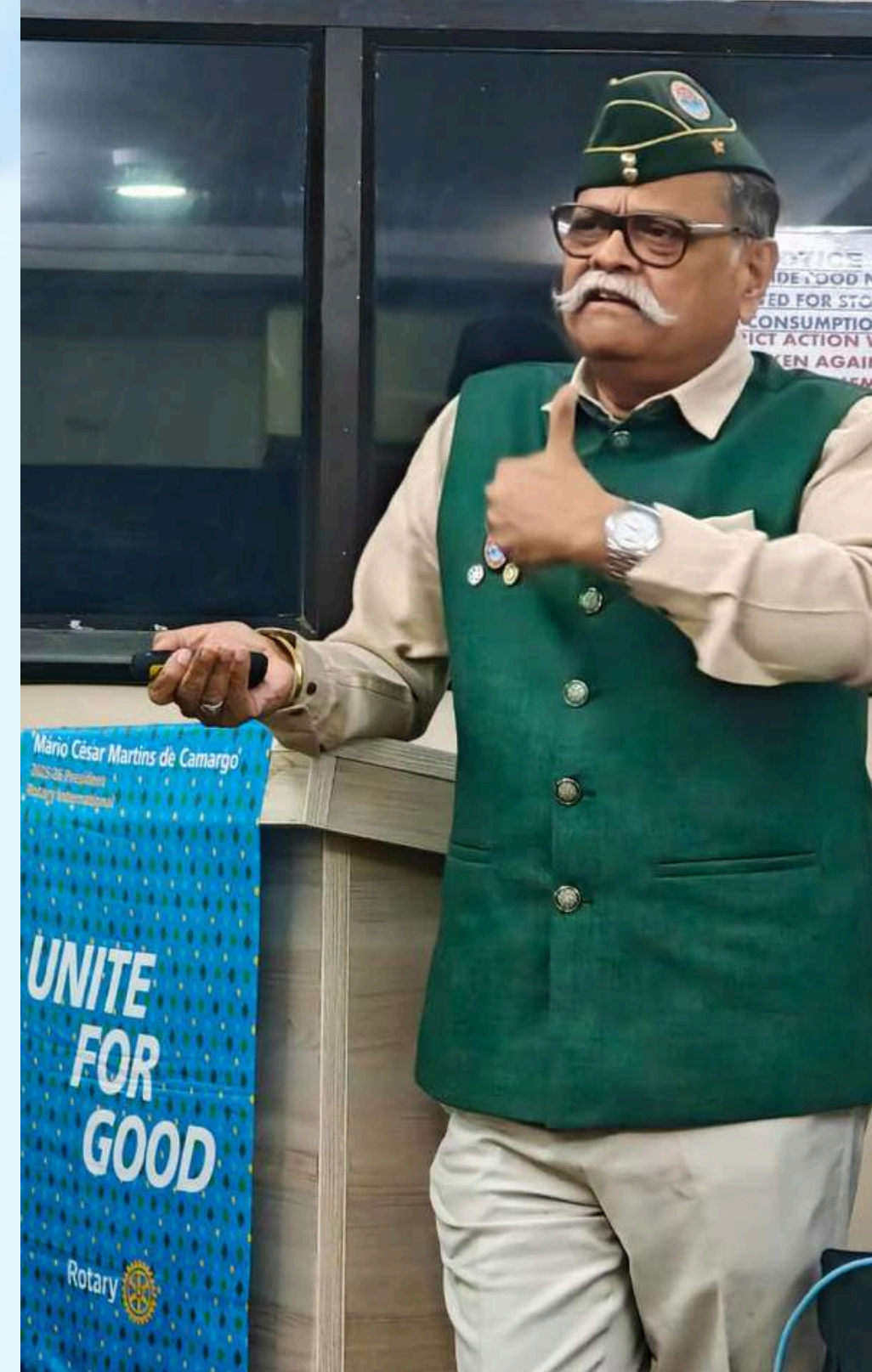
BAGHBAAN - ANANDOTSAV

A SOULFUL, MUSICAL EVENING FOR SENIOR CITIZENS
BY TUNING FOLKS, A GROUP OF DOCTOR-MUSICIANS



FIRST CLUB BOD, MEETING & ASSEMBLY

The event saw a warm and enthusiastic turnout with 27 members and 2 guests. AG Rtn. Mary Francis graced the occasion and the evening was highlighted by an impactful talk by Guest Speaker Brigadier Ajit Srivastav (Retd.), who shared compelling insights on the reality of Operation Vijay (Kargil War).



SMILE BOX: ANNAPURNA

6th July 2025

Venue: Food Bank Malad-East



Venue: Ichapurti Ganesh Mandir, Jogeshwari east

12th July 2025



DONATION TO GLOBAL RIGHTS FOUNDATION

190 litre Whirlpool Refrigerator, Curtains, Desk Benches, Chairs to Global Rights Foundation Trust, Ulhasnagar, an NGO shelter home which provides support to the Transgenders, HIV patients, families of sex-workers etc.



RAW (ROTARY ANIMAL WELFARE)

Donation Of 7 Dog Shelters done to Stray dog caretaker, Ms Varsha

ROTARY CLUB OF MUMBAI
SHER-E-PUNJAB

Initiates
distribution of dog shelters
under it's project

RAW-
(Rotary for Animal Welfare)

A heartfelt initiative to donate free
sheds for the voiceless.

Join us as we spread warmth, love,
and shelter

Distribution Date: 3rd July 2025
Venue :
to know more call Rtn. Minishaa
9322226475 Rtn. Arun



DISEASE PREVENTION AND TREATMENT

7th July 2025

Medical Support given to Pramila Chiman and Hafizullah Khan

Shri Ruliram Rajgarhia Lions Diagnostic Centre - Unit 2
Shop No 9, B Wing, Dhiraj Apts., Poddar Park, Malad (E), Mumbai 97
Phone : 8928541531, 9137356044
lionsclinic@yahoo.in

BILL CUM RECEIPT Bill Date : 27-06-2025 11:43:22

Patient Name : Mrs. PRAMILA P. CHIMAN	Age / Sex : 65 Y / Female
Lab/BILL No : 2506275333	Ref Dr. : - 0

Tests	Amount
MRI PULSE - SCREENING O WHOLE SPINE	1000
MRI PULSE - LS SPINE	3000
Discount Amount : 3000 Rs	Total Test Amount : 4000.00
	Total Amount : 4000 Rs
	Paid Amount : 0.00 Rs
	Balance Amount : 1000 Rs

For Shri Ruliram Rajgarhia Lions Diagnostic Centre - Unit 2
Billed By: Shradha

Authorised Signatory: ADMIN
Please collect Report within 7 days
Report collection time 6:00 PM to 7:00 PM
We are not responsible for the reports if not collected within 7 days.
No report without receipt.
There will be no refund after any payment.



**SHRI RULIRAM RAJGARHIA
LIONS DIAGNOSTIC CENTRE - UNIT-II**
(A PROJECT OF LIONS CLUB OF MALAD - BORIVLI)

Eye, Dental & Homoeopathic Clinic

Shop No. 9-B, Dhiraj CHS Ltd., Poddar Road, Malad (E)
Mumbai - 400 097 • Contact : 89285 41531, 91373 56
Email : lionsclinic@yahoo.in

SHRI RULIRAM RAJGARHIA
LIONS DIAGNOSTIC CENTRE - UNIT-II
(A PROJECT OF LIONS CLUB OF MALAD - BORIVLI)

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Mumbai - 400 097 • Contact : 89285 41531, 91373 56
Email : lionsclinic@yahoo.in

TAX INVOICE

ITEM NAME	QTY	UNIT PRICE	AMOUNT
1. MRI PULSE - SCREENING O WHOLE SPINE	1	1000.00	1000.00
2. MRI PULSE - LS SPINE	1	3000.00	3000.00
3. Discount Amount	1	-3000.00	-3000.00
Total			1000.00

DATE: 27/06/2025
TIME: 11:43:22
BILL NO: 43984

BASIC EDUCATION & LITERACY

RCMSEP donated long books, stationary and Frooti to 77 students of the evening batch.



DISEASE PREVENTION & TREATMENT

DISTRIBUTION OF FLOOR MATS FOR DISABLED



INAUGURATION BY DG RTN.MANISH MOTWANI

An initiative to provide shelter homes to stray animals. 50 shelter homes were donated and transported to Lonavala. The project was formally inaugurated by Inspired DG Rtn. Dr. Manish Motwani



SMILE BOX : ANNAPURNA

Dr. Samiksha celebrated her father's 66th birthday by sponsoring a wholesome meal for 70 senior citizens, at the Jogeshwari Day Care Centre of Dignity Foundation. under the Smile Box Annapoorna.



NEWSPAPER BAG MAKING WORKSHOP

A unique newspaper bag making workshop was conducted by specially-abled children from Jyotirmay Foundation for 150 students of class 5,6,7 and 8 to promote eco-friendly practices.

Rotary Club of Mumbai Sher-E-Punjab & Interact Club of Guru Nanak Bravehearts cordially invite you to attend and learn

Making Newspaper Bags
(Let's Save the environment)

A Training Program by Specially Abled Children from Jyotirmay (Centre for Skills Training, Therapy and Recreation for Adults with disabilities) for Students of Guru Nanak English High School, Andheri-East.

Date: Wednesday 16th July 2025
Time: 10 am – 11,30 am
Venue: Guru Nanak English High School, Andheri-East



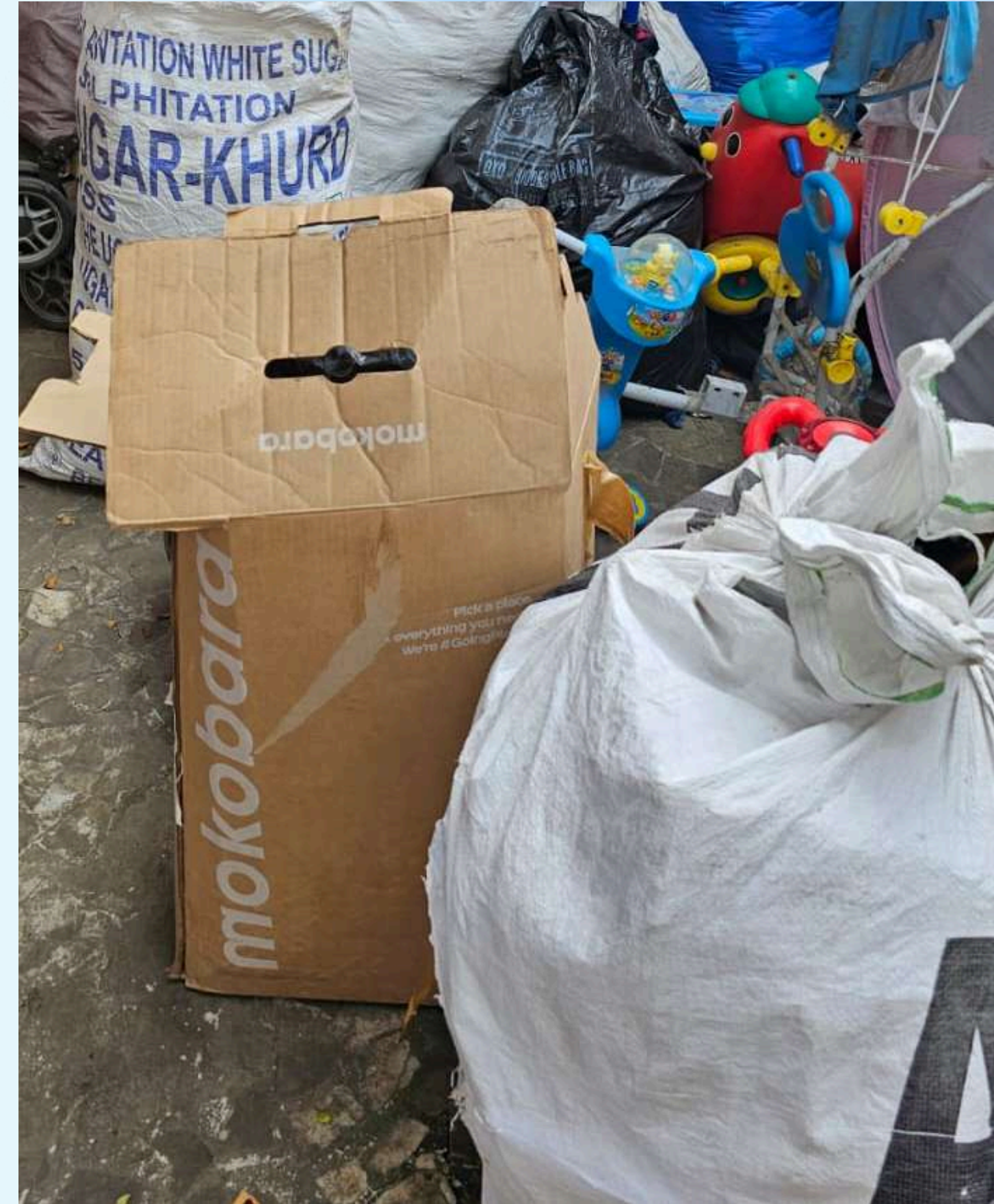

FIRST FIRESIDE MEET : CHAI PE CHARCHA

The club's 1st fireside meeting for the inspired year was warmly hosted by Rtn. Simi & Jotinder at their residence. The meeting marked a successful start to the year, an evening filled with discussions, projections, laughter, games, gifts and delicious food.



DONATION OF USED /UNUSED ITEMS

Donation of a truckload of bags containing recycled clothes, bedsheets, shoes and toys were sent to Aahar Sadan Sanstha for distribution to villages, supporting Reduce, Reuse, Recycle.



CYBER SECURITY AWARENESS SESSION

Speaker Sayan Basak, Co-Founder of Secure Bharat conducted an interesting Cyber Security Informative Session in association with Ekta Tripolis and Brahmakumaris to 150 residents.



DONATION OF NOTE BOOKS

A notebook donation of 2000 long books was done with the help of Lok Udaan, a local help group for 960 students of RC Maruti School (Hindi medium section)



INSTALLATION OF INTERACT CLUB OF GURUNANAK BRAVEHEARTS

Interactor Shruti Sharma & her BOD were formally pinned with a formal handover of the collar, gong & gavel & handover of Club Charter Certificate



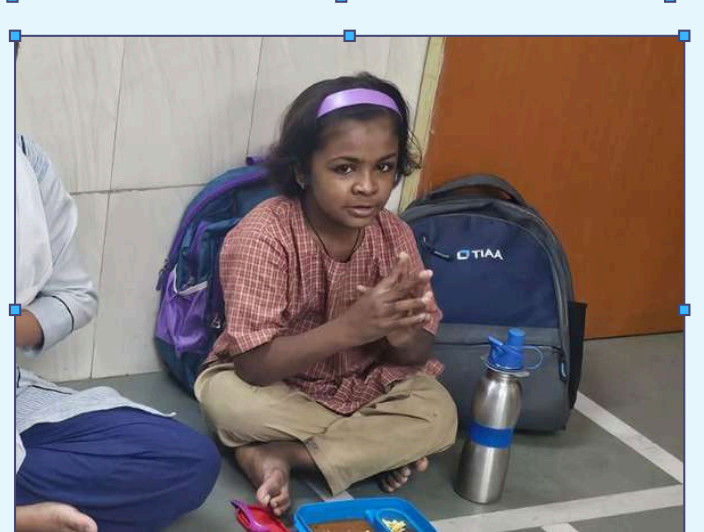
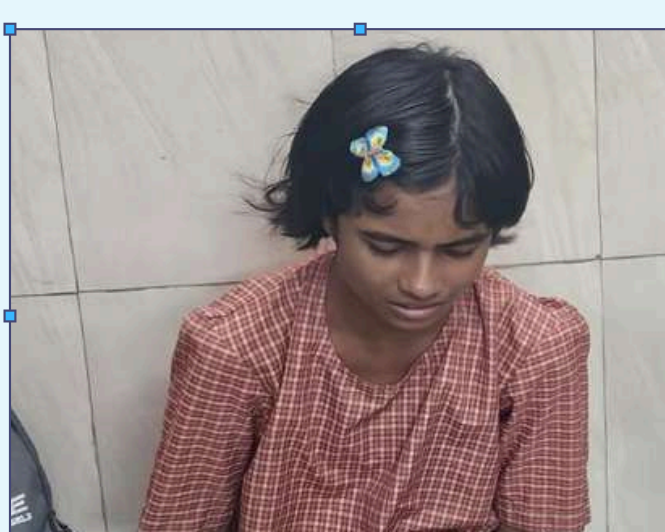
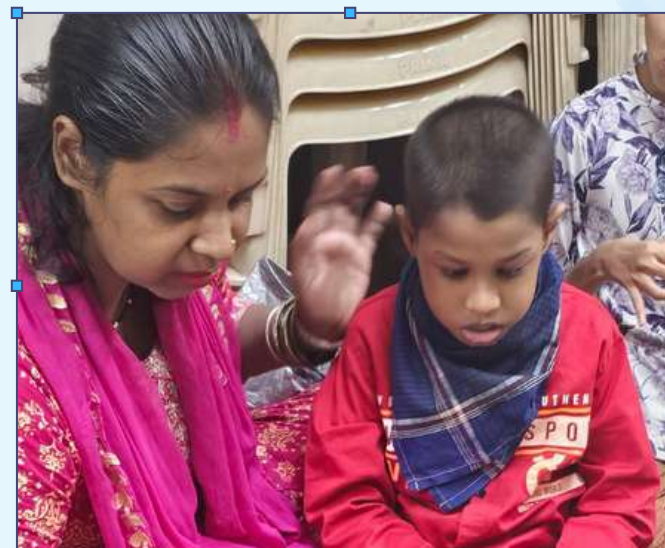
INSTALLATION OF ROTARACT CLUB OF JES COLLEGE PARIVARTAN

Rtr. Mansi Pawar & her BOD were formally pinned with a formal handover of the collar, gong & gavel & Club Charter Certificate



SMILE BOX : ANNAPURNA

Ms. Pushpanjali, a friend of the RCMSEP celebrated her birthday in a meaningful way by sponsoring a delicious meal for specially-abled children of MBA FOUNDATION, Chandivili.



GENERAL MEDICAL CAMP

ICGNB and RCMSEP, jointly organised a GENERAL HEALTH CHECKUP CAMP at Guru Nanak English High School, conducted by Dr. Samiksha Bipin Seth.



DIGITAL DENTAL CAMP

A Digital Dental Check-up was conducted by Dr. Vivek Khanna Camp at Guru Nanak English High School with advanced dental screening using digital tools, raising awareness about oral hygiene.



THE ROTARY CLUB OF MUMBAI SHER-E-PUNJAB & INTERACT CLUB OF GURU NANAK BRAVEHEARTS organize a

DIGITAL DENTAL CHECK-UP CAMP

under PROJECT RMR (ROTARY MEDICAL RELIEF) for the students of class 9 & 10 of Guru Nanak English High School

By: Dr Rajesh P Khanna
Dr Vivek Khanna

Date/Day: 24th & 25th July 2025
Time: 9:30 am to 12:30 pm
Venue: Guru Nanak English High School, Sher-e-Punjab society, Andheri East



CLUB SERVICE & FELLOWSHIP

An orientation conducted by club ALF, Rtn. Kiran Srivastava to aid members' understanding of Rotary's values, mission, global impact and to ignite the spirit of community leadership.



CLUB & VOCATIONAL SERVICE

Picnic to Bamboo eco-tourism, Vikramgad- Palghar, a centre for Warli art painting and Bamboo craftsmen. An educative fun filled tour for all the members. Also, our clubs 1st Picnic for the year.



SMART GIRL WORKSHOP @ RC MARUTI SCHOOL

SMART GIRL WORKSHOP for girl students of Std 7th, 8th & 9th by expert faculty Mr. Ratnakar Mahajan from Bharatiya Jain Sanghatana was conducted to discuss 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.



SMART GIRL WORKSHOP @ GURU NANAK ENGLISH HIGH SCHOOL

A 2-day SMART GIRL WORKSHOP was conducted for girl students of Std 7th, 8th & 9th by expert faculty Mr. Ratnakar Mahajan from Bharatiya Jain Sanghatana. Topics like Self-awareness, Communication, Relationships, Self-esteem, Choices and decisions were discussed.


ROTARY CLUB OF MUMBAI SHER-E-PUNJAB
 &
INTERACT CLUB OF MARUTI VEERS
 CONDUCTS
A WORKSHOP FOR ADOLESCENT GIRLS
 (SMART GIRL WORKSHOP)
 BY RATNAKAR MAHAJAN
 Seven Life Changing Sessions
 1. Self awareness
 2. Communication & Relationships
 3. Self Esteem & Self Defense
 4. Choices & Decisions
 5. Celebrating Women's Health
 6. Friendship & Temptations
 7. Dialogue with Parents
 WORKSHOP DETAILS:
 Date: 29th & 30th July 2025
 Time: 2 pm to 5 pm
 Venue: RC MARUTI SCHOOL



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.



UNITE
FOR
GOOD

Rotary
District 3141



LET'S
INSPIRE



Meet our District (3141) Leaders

District Governor : Rtn. Dr. Manish Motwani



Dr. Manish R. Motwani is the Founder and Chief Bariatric Surgeon at Aastha Bariatrics, a Centre of Excellence in Metabolic and Bariatric Surgery – one of only two in Mumbai and ten in India with this recognition. Over two decades, he has performed thousands of surgeries, making his centre the highest-volume bariatric facility in Mumbai and placing him among the top five bariatric surgeons in India.

He is also Senior Bariatric Surgeon at Breach Candy Hospital and Director of Aastha Health Care, a 50-bedded speciality laparoscopic hospital.

His advanced training includes:

- Diploma in Bariatric Surgery – Lyon, France
- Fellowships in Bariatric & Revisional Bariatric Surgery – Brugge, Brussels
- FALS (Fellowship in Advanced Laparoscopic Surgery) Bariatrics – India

Dr. Motwani has trained at leading global centres, serves as Key Opinion Leader for Ethicon, Medtronic, and Lotus India, and has been faculty at national and international forums. He is an Executive Council Member of the Obesity Surgery Society of India and on the National Advisory Council for its annual conference. He has authored numerous scientific papers and has appeared on national news channels nearly 100 times.

Rotary Journey

A charter member of the Rotary Club of Mulund Hill View since 2001 and Club President in 2007–08, Dr. Motwani has held leadership roles across all avenues of service and multiple administrative posts, including AG, DS, and Chief Coordinator. He will serve as District Governor for Rotary District 3141 in 2025–26.

His Rotary contributions include introducing E-learning and E-administration (2014–15), publishing three Rotary books (Brush Up Your Rotary Knowledge, 2022–23), founding three new clubs, sponsoring over 45 members, and producing district talk shows (VizBiz Talks, AlphaBytes).

He has convened major district events and received the Five Avenues of Service Citation and Club Builder Award.

Personal Life

His wife, Dr. Mahek Motwani, is an Aesthetic Gynecologist and Cosmetologist, leading The Pinnk Door – Centre for Cosmetology. A Past President of their Rotary club, she shares his commitment to service. Their daughter, Tanya, is pursuing medical studies. Together, Dr. Manish and Dr. Mahek are proud Major Donors to Rotary.

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District 3141



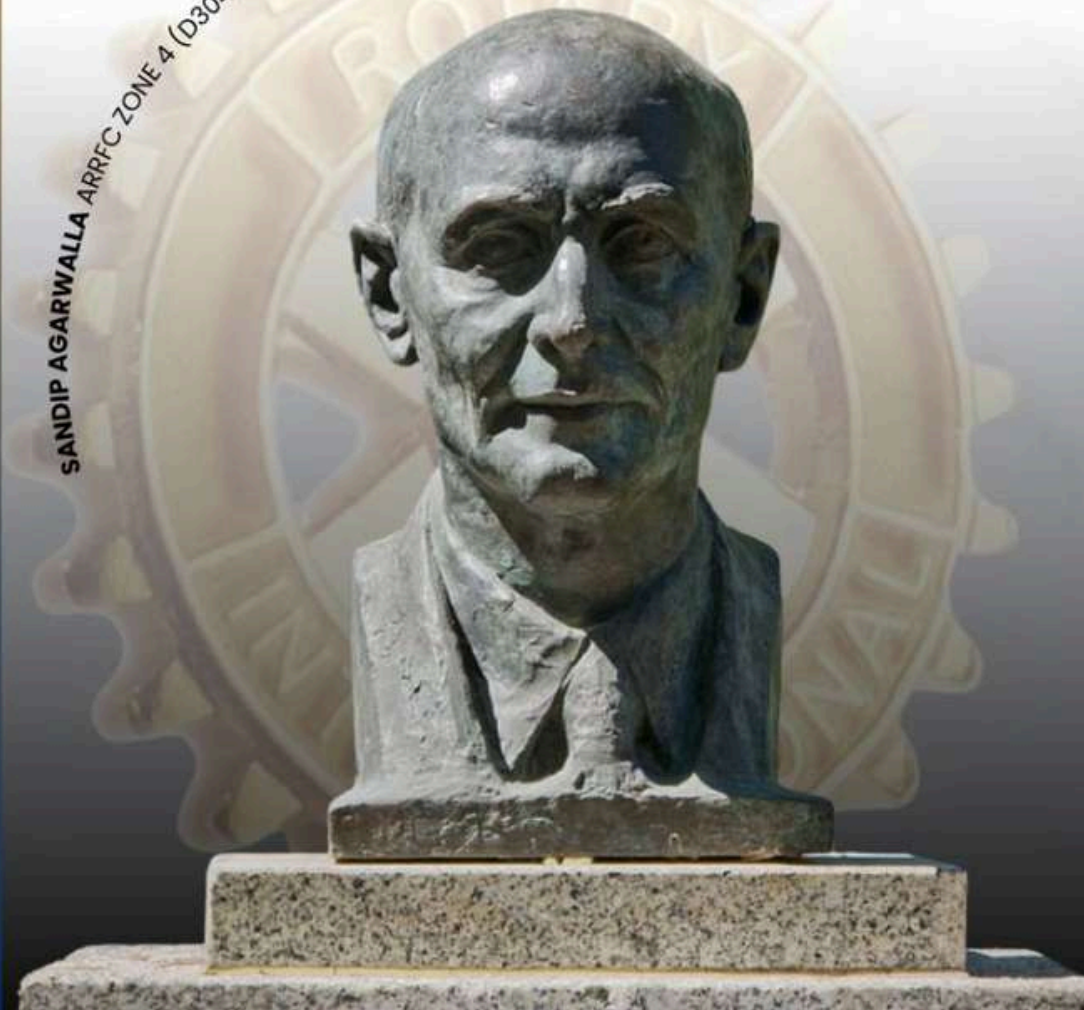
**LET'S
INSPIRE**



**SERVICE ABOVE SELF IS THE
KEY TO A FULFILLING LIFE.**

- PAUL HARRIS
(FOUNDER OF ROTARY)

SANDIP AGARWALLA ARFC ZONE 4 (D3040 AND D3055) DISTRICT GOVERNOR D3141 (2022-23)





KNOW CUPCAKES & MORE

Hi, I'm Harsheen, founder of Cupcakes & More, a 21-year-old self-taught baker who turned a lockdown hobby into a full-blown passion project. I started baking when I was 17, just for fun, with no idea it would grow into something this special. It all began with a few cakes for friends, and thanks to their constant love (and pushes to start selling), my little kitchen experiments turned into a business.

Today, I create everything from customized cakes, brownies, cupcakes, cheesecakes, dry cakes to bulk corporate orders, each made with the same love and excitement I felt when I baked my first batch. What started as "just an interest" is now something people celebrate with, and that's the most fulfilling feeling ever. From messy beginnings to sweet milestones, this journey has been all heart. And it's just the beginning. 🧡



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Know our Collaborators



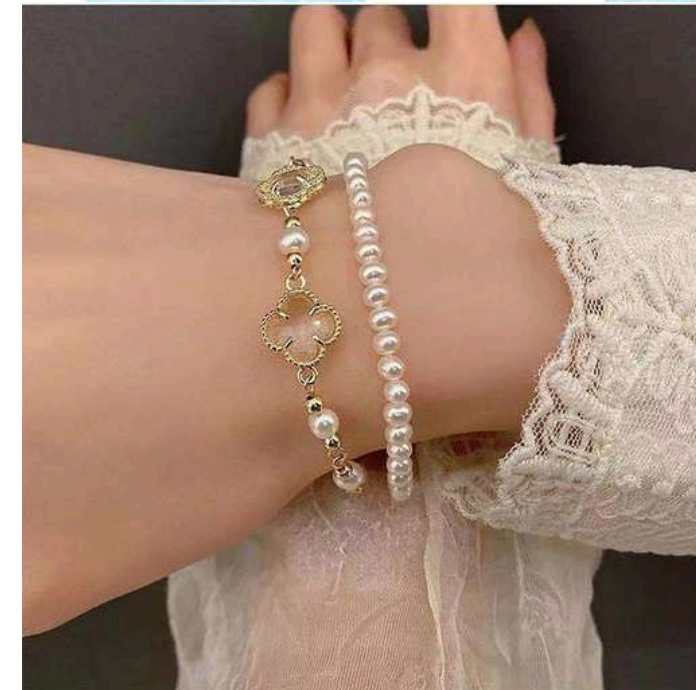
Cupcakes & More



Calico Knots



She Nailed It



Sassy Trinket



Green Mumbles

Silent gifts that grow

A peep through Guru's Window...

Rtn. Gurpreet Singh Uppal

(Founder – 7 Parallels Techno-Consultants Pvt. Ltd.)



Your Roof Can Print Money!

Why Every Mumbaikar Should Look at Rooftop Solar Today!

Imagine if your electricity bill dropped to zero or even better – if your roof earned you money every month! Sounds like a dream? Welcome to the world of Rooftop Solar Plants.

Why It Makes Sense in Mumbai

We live in one of the sunniest cities in India. Even during monsoons, Mumbai gets enough daylight to keep solar panels active. With electricity rates crossing ₹10/unit, it's time to turn to the biggest power source we've always had – the Sun!

Think of your rooftop as a gold mine that's just waiting to be tapped.

What Is a Rooftop Solar Plant?

It's a setup where solar panels are installed on your building's terrace, and the electricity generated is used directly in your home or society. The extra electricity goes back to the grid (yes, MSEB or Adani pays you for it!), reducing your bill through something called Net Metering.

Real-Life Examples

- Kalpataru Estate, Green Fields in Andheri East: Many housing societies in the vicinity offset a significant chunk of their electricity bill by going solar – saving lakhs per year!
- Small clinics and shops in Borivali and Thane have started using rooftop solar to keep ACs and fridges running without fear of high bills.

Is My Building Suitable?

- ✓ Do you have an open rooftop with 500+ sq. ft.?
- ✓ Is your society or building's managing committee open to innovation?
- ✓ Are you tired of rising electricity costs?

If you answered yes, it's time to act.

What About Costs?

- Zero Investment Option: Many companies now offer solar on lease – you pay nothing upfront and share the savings!
- Subsidy Available: The Government of India gives a 30–40% subsidy for residential rooftop solar.
- Payback Period: 3–4 years (and then free electricity for 20+ years!)

More Than Money – It's the Right Thing to Do

Every rooftop solar setup reduces 2–3 tonnes of CO₂ per year. That's like planting 100 trees annually without lifting a shovel!

As Rotarians, we believe in Service Above Self – a principle that encompasses service to both society and the environment.

But I Don't Know Where to Start!

That's okay – most don't. Reach out to experts or form a Rotary Solar Cell in your club. You can even start with your own house and inspire others.

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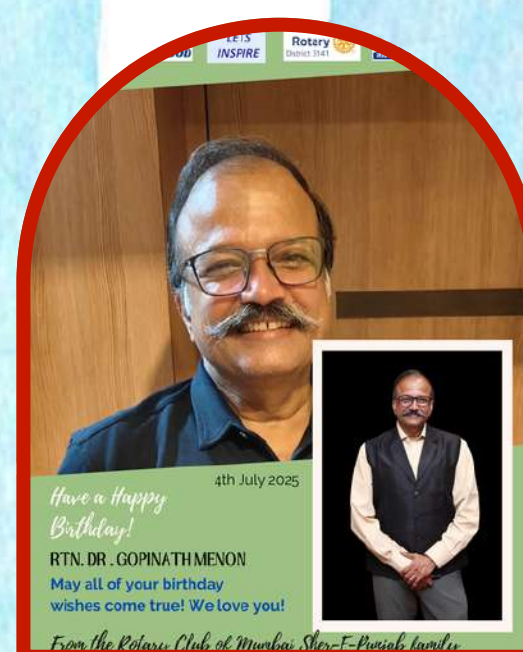


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July Birthdays Celebrated



Balvinder Singh
2nd July



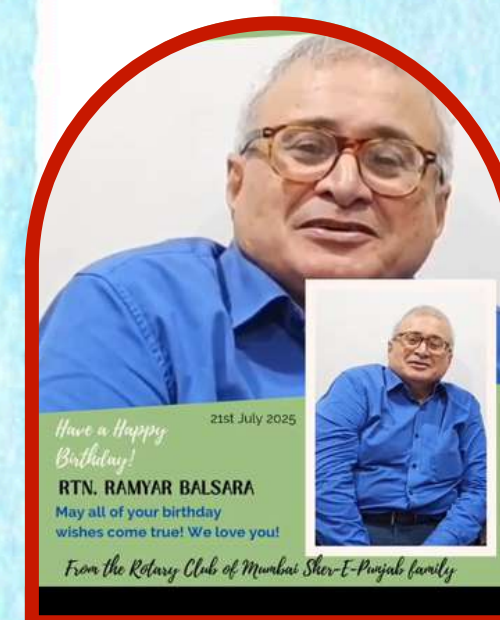
Dr, Gopinath Menon
4th July



Karruna Uppal
14th July



Simi Ahluwalia
17th July



Ramyar Balsara
21st July



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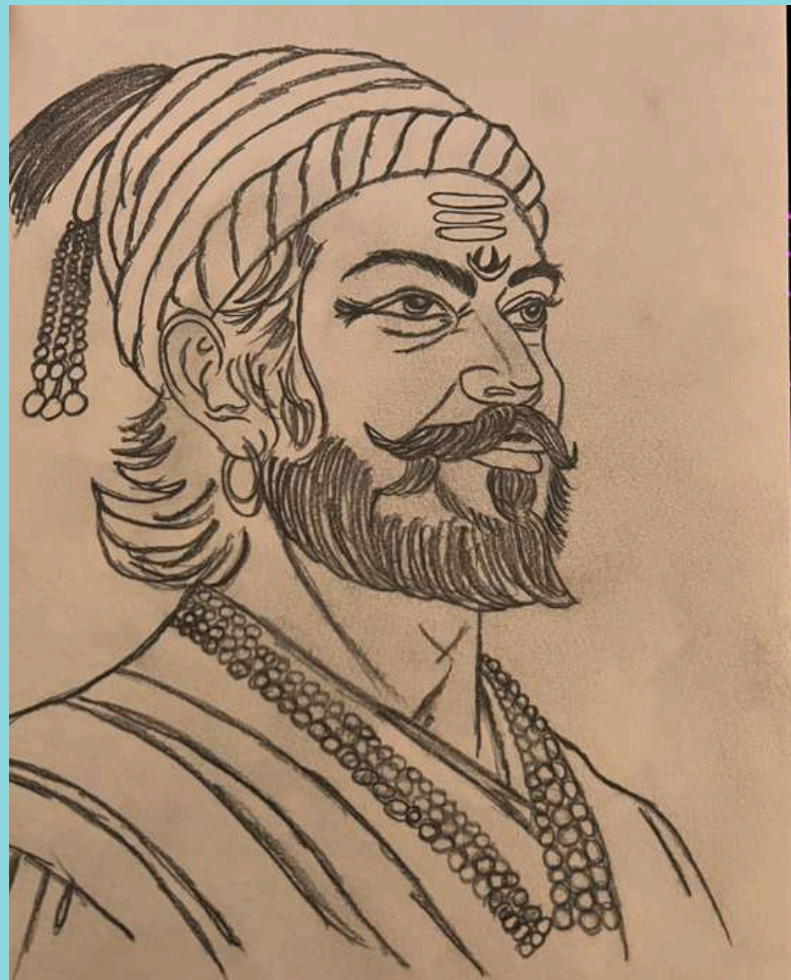


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Creative Corners: Rotary Family Showcase

*Pencil Art By Ms. Shruti Bhoocher
(daughter of Rtn. Arun & Rtn. Seema Bhoocher)*

*Canvas Painting by Adaa Khanna..
Rtn Pradeep and Rtn Sukarma Khanna's granddaughter*



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VISIBILITY OF CLUB PROJECTS GML INSPIRE (JULY ISSUE)



ROTARY CLUB OF MUMBAI SHER-E-PUNJAB PARTNERS WITH GETSETUP

Empowering Active Agers Through Service and Community

We are excited to announce a collaboration between GetSetUp, a premium community platform for active 55+ adults, and Rotary Sher-E-Punjab, a lead Rotary Partner. This partnership will unite our shared commitment to service, community building, and lifelong learning.

Together, we aim to create opportunities for adults 55 and older to learn, grow, connect, and contribute meaningfully to their communities. We will leverage the collective strength of Rotary's extensive network and GetSetUp's innovative platform to reach and empower thousands of active agers.

A Shared Mission: Opportunity at Every Age

GetSetUp is a premium community for active agers aged 55+, which offers expert-led live, interactive sessions, in-person community events, and interest-based groups, including everything from fitness and tech tutorials to creative arts and finance, by older adults for older adults. It fosters vibrant community interactions, helping people learn new skills, connect with others, and discover new life experiences. GetSetUp was founded by Deval Delivala. "We're unique because we've created an experience built on community. Our platform is designed so that community members feel comfortable asking questions and sharing their thoughts with each other." GetSetUp is reimagining what it means to age in today's fast-changing world.

What GetSetUp Offers

- Live Interactive Classes: Expert-led peer-to-peer sessions, covering everything from tech skills and finance to fitness and mental wellness.**
- In-Person Community Events: Regular meetups in Mumbai, including coffee circles, cultural outings, and interactive workshops.**
- Curated Travel Experiences: Trips that blend discovery, companionship, and cultural learning.**
- Special Interest Groups: From singing to photography and financial planning, GetSetUp enables members to connect over shared passions.**
- Collaborative Programming: Trusted by leading banks, wellness brands, and NGOs, GetSetUp brings curated, high-impact content and programs to its growing network.**

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Aasha

Monthly Newsletter of Rotary Club Of Mumbai Sher-E-Punjab

31st July 2025

Thank You