

UNITE
FOR
GOOD

Rotary
District 3141



LET'S
INSPIRE

June

AASHAYEIN

ROTARY CLUB OF MUMBAI SHER- E- PUNJAB

WEEKLY NEWSLETTER



VOLUME 51

3RD WEEK JUNE

ROTARY FELLOWSHIP MONTH

ROTARY REFLECTIONS:
VOICES OF THE WHEEL

Rotary

Club of Mumbai
Sher-e-Punjab



THE ROTARY
4-WAY
TEST



3 WILL IT BUILD
GOODWILL
AND BETTER
FRIENDSHIPS?

Goodwill is the seed
of lasting friendships
and strong communities

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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Truth: The Foundation of Service

Will It Build Goodwill and Better Friendships?

The third question of the Rotary Four-Way Test asks:
“Will it build GOODWILL and BETTER FRIENDSHIPS?”

To me, this question lies at the heart of Rotary. While our projects create impact in communities, they also create something equally valuable—relationships built on trust, respect, and a shared commitment to service.

Rotary brings together people from different professions, cultures, backgrounds, and generations. Through service, we learn to work together, appreciate different perspectives, and form friendships that often last a lifetime.

Goodwill is created in simple yet meaningful ways—a helping hand during a project, a word of encouragement, welcoming a new member, or working together toward a common goal. These moments may seem small, but they strengthen the bonds that connect us.

Think about a successful Rotary project. While the beneficiaries receive support, members also gain something special—the joy of teamwork, the satisfaction of serving together, and friendships that grow stronger with every initiative. Often, the memories we cherish most are not just of what we accomplished, but of the people with whom we accomplished it.

This principle reminds us that meaningful service should unite people, not divide them. Kindness, empathy, cooperation, and mutual respect are not merely ideals; they are powerful forces that help build stronger clubs, stronger communities, and a better world.

When our actions create goodwill and strengthen friendships, we are truly living the spirit of Rotary.



AASHAYEIN

3rd week June 2026

DISEASE PREVENTION AND TREATMENT

CANCER AWARENESS AND HEALTH SCREENING INITIATIVE

On 13th June 2026 RCMSEP organized a Mega Medical Camp at Marol Education Society in partnership with Dream Marol, Marol Education Society, Chingari Shakti Foundation, and CPAA, providing cancer screenings, blood tests, eye examinations, ENT check-ups, bone density assessments, and free medicines for anemic patients. The camp benefited the community through 144 blood tests and 131 cancer screenings (84 women and 47 men), and we extend our heartfelt gratitude to all our partners, especially Mr. Suresh Nair, Mr. Srinivas, and Mr. Ramesh of Dream Marol, for their invaluable support and dedication.



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LETS
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3rd week June 2026

ECONOMIC COMMUNITY SERVICE

SERVING WITH CARE: UMBRELLA DISTRIBUTION

On June 15th, 2026, RCMSEP held its first umbrella distribution drive at Silver Steel Products, Chakala. Sponsored by Rtn. Arun and Seema Bhoochers, 30 umbrellas were distributed at a total cost of ₹7,500. This effort provided much-needed monsoon protection to daily wage earners and the underprivileged. We thank the Bhoochers for their support.



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3rd week June 2026

DISEASE PREVENTION AND TREATMENT

SHARING LIFE THROUGH BLOOD DONATION

RCMSEP proudly participated in the Blood Donation Camp held at Andheri Railway Station on 15th June 2026, where 65 units of blood were collected through a joint initiative of several Rotary clubs, helping support blood banks, promote voluntary blood donation, and create awareness about this life-saving cause.

BLOOD DONATION CAMP

On 15th June.2026 From 9.30am To 5.30pm

At Andheri Railway Station

Lead Host Clubs

RCM NORTH END • RCM KHAR • RCM NORTH ISLAND • RCM NEO

Co-Hosted by

RCM Nova	RCB Mahakali Heights	RCM Bandra Kurla Complex	RCB Film City
RCM Versova	RCM Coastline	RCM Elegant	RCM West End
RC Bombay East	RCB Juhu Beach	RCM Juhu	RCM Elegant Plus
RCM Sher-E-Punjab	RCB Airport	RCM Royale	RCM Gen X

Francesco Arezzo
RI President

Camp Co-ordinators
Anupkumar Chandarana
RCM North End

Dr. Manish Motwani
District Governor



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LETS
INSPIRE



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3rd week June 2026

DISEASE PREVENTION AND TREATMENT

WORLD YOGA DAY – WELLNESS TOGETHER

RCMSEP celebrated World Yoga Day with an invigorating yoga session led by Ms. Nitya Saxena and her team of instructors. The fun-filled morning promoted fitness, wellness, and fellowship, inspiring participants to embrace a healthy lifestyle.



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3rd week June 2026

ECONOMIC COMMUNITY SERVICE

ROTARY SUPPORTING DIGITAL EDUCATION

On 18th June 2026, RCMSEP proudly supported the inauguration of the Digital Learning & Career Development Study Centre at Sharada High School, Sakinaka, an initiative promoting education and skill development. A proud highlight was the felicitation of Rtn. Arun Bhoocher, whose company, Silver Steel Products, generously manufactured and supplied the centre's furniture, making this transformative project possible.



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UPCOMING EVENTS

NOTEBOOK & STATIONERY DISTRIBUTION DRIVE
AT **PALGHAR**

DISTRIBUTION OF NEW NOTEBOOKS, STATIONERY & OTHER ACCESSORIES

VENUE: Z.P. SCHOOL, SARSHI
At. Sarshi, Post Talwada, Taluka Vikramgad, Dist. Palghar

DATE: TUESDAY 23rd JUNE 2026

TRAVEL: BY CAR

DEPARTURE: 7:00 AM SHARP

EXPECTED RETURN: 4:00 PM

Come, Join us.

PROJECT LEAD
Rtn. Kiran

ROTARY CLUB OF MUMBAI SHER-E-PUNJAB
— SERVICE ABOVE SELF —

23rd June

Rotary **UNITE FOR GOOD**

ROTARY CLUB OF MUMBAI SHER-E-PUNJAB
cordially invites you to the

Lap Table DISTRIBUTION CEREMONY

Join us as we distribute **60 Lap Tables** to students, helping create a comfortable and supportive learning environment.

DATE: Saturday, 27th June 2026

TIME: 2:00 PM

VENUE: Rishi Valmiki School, Goregaon

Your presence will encourage the students and make this initiative even more meaningful.
We look forward to welcoming you!

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

27th June

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

Fellowship Evening
Let's meet for an **Inspired Idli Dosa Pe Charcha!**

"घाघ हो या इडली-दोसा, साथ अपना ख़ास हो, महकिल वही रंग लाती है, जहाँ अपने का एहसास हो।"

Join us for an evening of fellowship, friendship, laughter and meaningful conversations.

TUESDAY, 30th JUNE 2026

TIME: 4:00 PM

VENUE: Tunga Vihar

Sergeant-at-Arms:
Rtn. Seema Bhosher

TOGETHER WE CONNECT, TOGETHER WE INSPIRE!

30th June

Rotary

ROTARY CLUB OF MUMBAI SHER-E-PUNJAB
President
Rtn. Minishaa I. Oberoi
cordially invites you to

THE SHUKRIYA NIGHT

An Evening of Gratitude, Celebration & Cherished Memories

Join us for a special evening dedicated to expressing heartfelt gratitude, sharing treasured memories, and celebrating the spirit of fellowship and service that binds our Rotary family together.

Friday, 26th June 2026

7:00 PM onwards

Hotel Suncity Residency
16th Road, Near Akvati Trade Centre, Shree Krishna Nagar, MIDC Marol, Andheri, Mumbai - 400093

Your presence will make this evening truly special.

With Gratitude,
Rtn. Minishaa I. Oberoi
President 2025-26
Rotary Club of Mumbai Sher-E-Punjab

26th June

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

invites you to join us for a

STATIONERY DISTRIBUTION & SMILE BOX PROJECT
at **GANESH NAGAR ANGANWADI**

DATE: Thursday, 25th June 2026

TIME: 10:30 AM

VENUE: Ganesh Nagar Anganwadi

CHILDREN WILL RECEIVE:

NOTEBOOKS, PENCIL BOXES, CRAYONS, TIFIN BOXES, MAJAZA, CREAM BISCUITS, & other stationery items

PROJECT LEADS
Rtn. Seema **Rtn. Swati**

Do join us!
Rtn. Minishaa I. Oberoi
President
Rotary Club of Mumbai Sher-E-Punjab

25th June



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The Happy Wheel - Fun Corner



DO YOU KNOW YOUR ROTARY ?

1. What is Rotary's official motto?
2. Who founded Rotary International?
3. In which city was Rotary founded?
4. In which year was Rotary International founded?
5. How many spokes are there on the Rotary wheel?
6. What is Rotary's highest individual honour?
7. Which month is celebrated as Rotary's Maternal and Child Health Month?
8. What is the name of Rotary's global campaign to end polio?
9. How many Areas of Focus does Rotary have?
10. What colour is the Rotary wheel?
11. Who was the first woman admitted to Rotary?
12. What is Rotary's official monthly giving programme called?

AASHAYEIN

Flavours of Fellowship

♥ CRISPY. SPICY. TANGY. PURE JOY! ♥

PANI PURI

• THE ULTIMATE STREET FOOD EXPERIENCE •

Crispy puris filled with spicy, tangy pani, flavorful fillings and a burst of happiness in every bite! ♥



MAKES
20-25
PANI PURIS



SPICY
TANGY
REFRESHING!

INGREDIENTS - PANI

- 1 cup fresh coriander leaves
- ½ cup mint leaves
- 2 green chilies
- 1 inch ginger
- 1 tbsp lemon juice
- 1 tsp roasted cumin powder
- 1 tsp black salt
- ½ tsp regular salt (or to taste)
- 4 cups cold water
- Ice cubes (optional)
- Boondi / puffed pani puri pearls (optional)



INGREDIENTS - FILLING

- 2 medium potatoes (boiled & mashed)
- 1 cup boiled chickpeas / kala chana
- 1 small onion (finely chopped)
- 2 tbsp coriander leaves (chopped)
- 1 green chili (finely chopped)
- ½ tsp roasted cumin powder
- ½ tsp chaat masala
- Black salt to taste
- Salt to taste



YOU WILL ALSO NEED

- Pani Puri (Gol Gappa) Puris
- Sweet Tamarind Chutney (optional)



QUICK TIP

Thanda pani is the secret to ultimate taste!

LET'S MAKE IT!

1 MAKE THE PANI



Blend coriander, mint, green chili, ginger, lemon juice, black salt, roasted cumin, and salt with 1 cup water. Strain and mix with remaining cold water. Add ice cubes.

2 PREPARE THE FILLING



In a bowl, mix mashed potatoes, chickpeas, onion, green chili, coriander, cumin powder, chaat masala, black salt and regular salt. Mix well.

3 GET SET



Keep puris, filling, pani, boondi and tamarind chutney ready on the table. Fun is about to begin! ♥

4 FILL THE PURI



Gently make a small hole in the puri. Add a spoonful of the filling inside.

5 ADD PANI & ENJOY!



Pour the chilled pani into the puri. Add boondi and a drop of tamarind chutney if you like. Pop it in your mouth and enjoy the burst!

HOW TO EAT?

- ✓ One puri.
- ✓ One bite.
- ✓ Close your eyes.
- ✓ Enjoy the explosion of flavors!



☆ PRO TIPS ☆

- Use very cold water.
- Adjust spice & tang to your taste.
- Make pani ahead and chill for best flavor.
- Puris should be crisp and filled just before eating.

GOOD FOOD GOOD MOOD!

PANI PURI

NOT JUST A SNACK, IT'S AN EMOTION! ♥



♥ GATHER. LAUGH. EAT. REPEAT. ♥

♥ #PaniPuriLove ♥

AASHAYEIN

Flavours of Fellowship

PANI PURI



*Recipe by :
Rtn. Naresh Khatri*

🌶️ Fun Fact:

Pani Puri is one of the few foods that's meant to be eaten in a single bite—otherwise, the magic spills out!

🥗 Did You Know?

Pani Puri is known by over 20 different names across India, including Golgappa, Puchka, Gupchup, and Pakodi.

Get your recipe featured in next Aashyein Weekly Magazine!

Contact Rtn. Seema Bhoocher

AASHAYEIN



The Happy Wheel - Fun Corner



ANSWERS MUMBAI MERI JAAN

*Deepak Wadhwa
Kiran Srivasatava*

1. Mumbai was originally formed by the joining of how many islands?

Answer: Seven islands

2. Which Portuguese princess' marriage to an English king led to Bombay being transferred to the British Crown in 1661?

Answer: Catherine of Braganza

3. What was the annual rent paid by the British East India Company to lease Bombay from the British Crown in 1668?

Answer: £10 per year

4. Which Mumbai structure was the first railway terminus in India when the country's first passenger train ran in 1853?

Answer: Bori Bunder (later CSMT)

5. Which island in Mumbai Harbour is home to the UNESCO-listed rock-cut caves dedicated primarily to Lord Shiva?

Answer: Elephanta Island

6. What is the highest natural point within Mumbai city limits?

Answer: Gilbert Hill is a famous elevated landmark, but the highest point is in the Sanjay Gandhi National Park region near Yeoor Hills.

7. Which fort built by the British gave Fort Area in South Mumbai its name?

Answer: Bombay Castle

8. What is the name of the creek that separates Mumbai from Navi Mumbai?

Answer: Thane Creek

9. In which year was Bombay officially renamed Mumbai?

Answer: 1995

10. Which Mumbai market is one of Asia's largest wholesale flower markets?

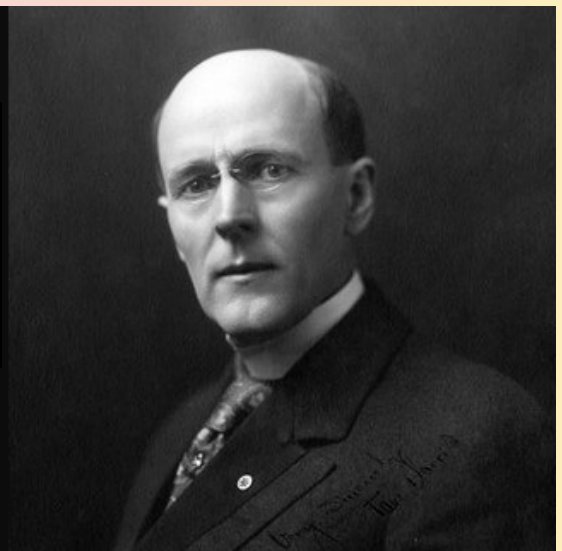
Answer: Dadar Flower Market

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Quote of the Week

*This is a changing world; we must
be prepared to change with it.*

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

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