

UNITE
FOR
GOOD

Rotary
District 3141



LETS
INSPIRE



AASHAYEIN

ROTARY CLUB OF MUMBAI SHER- E- PUNJAB

WEEKLY NEWSLETTER

VOLUME 43

1ST WEEK MAY

YOUTH SERVICE MONTH

**ROTARY REFLECTIONS:
VOICES OF THE WHEEL**



Episode 1

Rotary Youth Service Month Series



Youth – The Power to Transform Tomorrow

May is celebrated as Rotary Youth Service Month, recognising the energy, creativity, and leadership potential of young people. Rotary believes that youth are not just future leaders but active changemakers of today. Through Interact, Rotaract, RYLA, Youth Exchange Programs, and various service initiatives, Rotary encourages young minds to lead with confidence, compassion, and purpose.

Today's youth face many challenges, from academic pressure to uncertainty about the future, yet they continue to rise with determination and positivity. Rotary plays an important role in supporting them by providing opportunities for learning, leadership, and service.

A beautiful example is of a young Interactor who noticed that children in a nearby slum lacked access to storybooks. She collected books from her neighbourhood and started a small weekend reading corner for children. What began as a simple effort soon grew into a meaningful community activity supported by volunteers and parents.

Another inspiring story is of a shy college student who joined Rotaract to improve his communication skills. Through volunteering and participating in service projects, he gradually gained confidence and eventually started leading initiatives and motivating other students.

Rotary believes that every young person has the power to create positive change. Sometimes, all they need is encouragement, trust, and an opportunity to shine. By investing in youth today, Rotary is helping build a brighter, kinder, and more compassionate tomorrow.

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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1st week May 2026

BASIC EDUCATION & LITERACY

STATIONARY SUPPORT FOR LITTLE STARS HOME

On 20th April 2026, RCMSEP extended support to Little Stars Home Learning Centre in Delhi, a center serving around 150 children from underprivileged families, by donating ₹4,000 towards stationery supplies. After a request from Rtn Meghna, led by Rtn. Monica, and supported by Ms. Sunita Chapre and Ms. Sonali Sawant, this initiative ensured continuity in the children's education, truly reflecting the spirit of Rotary service.



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1st week May 2026

BASIC EDUCATION & LITERACY

SUPPORTING EDUCATION THROUGH INFRASTRUCTURE

On 22nd April 2026, RCMSEP donated 14 three-seater desks and benches to Gurunanak English High School to enhance classroom infrastructure and provide students with a more comfortable learning environment. Valued at ₹4,000 each, the desk benches reflect the club's continued commitment to supporting education and improving basic facilities for young learners.



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2nd week May 2026

ENVIRONMENT SUSTAINABILTY

CLOTHES, SHOES & STATIONERY DONATION INITIATIVE

On 22nd April RCMSEP through the Aahar Sadan Sanstha , donated a significant consignment of essential goods, including clothes, shoes, and stationery, to underserved villages where they are actively engaged. This large-scale contribution underscores the club's ongoing commitment to uplifting the communities they serve, ensuring that their regular support continues to make a meaningful impact.



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1st week May 2026

ENVIRONMENT ECONOMIC COMMUNITY SERVICE

CLOTHING THE COMMUNITY WITH COMPASSION

On 26th April 2026, RCMSEP, under the leadership of President Rtn. Minishaa Oberoi, organized a clothes distribution drive at the Gautam Nagar Anganwadi, providing approximately 1,000 clothing items and 100 school bags free of cost to around 125 beneficiaries, primarily women and children. The initiative promoted recycling and sustainability, while bringing immense joy to the community, with beneficiaries expressing heartfelt gratitude for the thoughtful support.



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1st week May 2026

DISEASE PREVENTION & TREATMENT ECONOMIC COMMUNITY SERVICE

EXTENDING COMFORT THROUGH SERVICE

On 27th April RCMSEP donated a refrigerator, 5 cushioned dining chairs, and a large bag of clothes to the Humsafar Trust, following a request received by Rtn.Minishaa Oberoi from their coordinator, Sumi, after the trust's previous refrigerator broke down. The project, efficiently led by Rotarian Simran J, ensured the trust could continue its vital work, offering timely support to those in need.



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1st week May 2026

BASIC EDUCATION & LITERACY

CREATING COMFORTABLE SPACE FOR TEACHERS

On 28th April, RCMSEP, in collaboration with the Chingari Shakti Foundation, launched a thoughtful initiative to improve the comfort and working environment of school teachers. At the request of primary principal Ms.Smita Bangera, the need to replace old plastic chairs in the staff room was identified, and in response, 10 new comfortable chairs were donated to ensure improved convenience and better seating for the teachers.



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1st week May 2026

ECONOMIC COMMUNITY SERVICE

FURNITURE DONATION FOR BETTER FUNCTIONALITY

On 28th April 2026, RCMSEP donated five pedestal drawers to the MBA Foundation, each valued at ₹5,075. These drawers were generously sponsored by Rtn. Seema and Rtn. Arun and were manufactured at their factory, reflecting their thoughtful support for this initiative. The contribution will help strengthen the foundation's infrastructure and enhance support for its beneficiaries.



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1st week May 2026

DISEASE PREVENTION & TREATMENT ECONOMIC COMMUNITY SERVICE

MATTRESSES DONATED FOR ELDERLY CARE

On 3rd May 2026, RCMSEP supported Latashri Ashram by donating 12 mattresses received from Sri Guru Nanak Darbar. Coordinated by Rtn. Jotinder, the initiative helped provide added comfort and care to the senior citizens at the ashram, who expressed heartfelt gratitude for the support.



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The Happy Wheel - Fun Corner



EXPLORE THE WORLD !!!

1. Which country has no trees?
2. Which country has no states?
3. Which country has no river?
4. Which country has no night?
5. Which country has no mosquitoes?
6. Which country has no army?
7. Which country has the most islands in the world?
8. Which country is known as the Land of the Rising Sun?
9. Which country is famous for pyramids?
10. Which country has the largest desert in the world?
11. Which country gifted the Statue of Liberty to the USA?
12. Which country is known for tulips and windmills?
13. Which country has the most volcanoes?
14. Which country is known as the Land of Thunder Dragon?
15. Which country is famous for chocolates and watches?
16. Which country is home to the Amazon Rainforest?

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UPCOMING EVENTS

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

DATE: 7th May 2026 Thursday
TIME: 6:00 PM onwards
VENUE: Sher-e-Punjab Gymkhana, Poolside

SPEAKER SESSION: 7:30 PM onwards
Cybercrime & Cybersecurity
by Rajendra Tawate

Join us for an engaging and meaningful evening of fellowship, discussions, and planning as we come together to strengthen our club and its vision.
We look forward to your gracious presence.

Rtn. Minishaa I. Oberoi
President

7th May

BLOOD DONATION CAMP
On 7th May, 2026 From 9.30am To 6.30pm
At Andheri Railway Station

Lead Host Clubs
RCM Nova • RCM Versova • RCM Royale • RCM Sher-E-Punjab

Co-Hosted by
RCM North End, RCM Khair, RCM North Island, RC Bombay East, RCB Mahakali Heights, RCM Coastline, RCB Juhu Beach, RCB Airport, RCM Bandra Kuria Complex, RCM Elegant, RCM Juhu, RCM Neo, RCB Film City, RCM WEST END, RCM ELEGANT PLUS, RCM GEN X

Francesco Arezzo RI President
Camp Co-ordinators: Anupama Deshpande, Ashi Deshpande, RCM South East, RCB Mahakali Heights
Dr. Manish Motwani District Governor

7th May

Mother's Day Out Celebration
Movie Day Out

Join us for a special afternoon dedicated to all the wonderful mothers!

Daadi ki Shaadi

DATE: Sunday, 10th May
TIME: Afternoon (exact timings to follow)
MOVIE: DADI KI SHAAADI

Because every mom deserves to feel special.

Do join us
Rtn. Minishaa i oberoi

10th May

You are cordially invited to the
INAUGURATION OF COMPUTER CENTRE AT GURUKUL
Empowering Minds, Building Futures

DATE: TUESDAY, 5th MAY 2026
TIME: 7:00 PM ONWARDS

Join us as we take a meaningful step towards education, knowledge, and a brighter future for young minds.

CHIEF GUESTS:
Shri. Murji Patel (Kaka) Member, Legislative Assembly, Maharashtra
Rtn. Dr. Manish Motwani District Governor, Rotary District 3141

We look forward to your gracious presence on this special occasion.

SUPPORTING PARTNERS:
NAYEE UMANG CHARITABLE TRUST, Rotary Club of Mumbai Sher-E-Punjab (Rtn. Minishaa I. Oberoi), Lok Udaan, Life of Gratitude

ADDRESS: Gurukul Computer Centre, Opp. Mangala Hospital, Marol Military Road, Andheri East, Mumbai - 400059

5th May

Rotary District 3141
ROTARY CLUB OF MUMBAI SHER-E-PUNJAB
SARVA SEVA SANGH

cordially invite you to the
CERTIFICATE DISTRIBUTION Ceremony
for the
SKILL DEVELOPMENT PROGRAM in BEAUTY THERAPY

PROGRAM TRAINER:
Renowned Celebrity Hair & Makeup Artist
Ms. Shamim Dhamasker

Join us as we celebrate the successful completion of the course by our talented participants and encourage them on their journey ahead.

DATE: 13th MAY 2026
VENUE: GYAN ASHRAM ANDHERI (EAST), MUMBAI
TIME: 5:00 PM

Rtn. Minishaa I. Oberoi
PRESIDENT
ROTARY CLUB OF MUMBAI SHER-E-PUNJAB

13th May

Rotary UNITE FOR GOOD

DIRECTOR'S ORIENTATION PROGRAM (DOP)
— REGAL YEAR 2026-27 —

Rotary Club of Mumbai Sher-E-Punjab In collaboration with Rotary North Island

Join us for a joint training session for Directors and Members as we gear up for the upcoming Regal Year.

DATE: 15th May
VENUE: Ginger Hotel, Western Express Highway, Mumbai
BREAKFAST: 8:30 AM
TRAINING SESSION: 9:00 AM - 11:30 AM
CONTRIBUTION: Approx. ₹850 per head

We look forward to maximum participation!

Topics and speaker details will follow soon.
We look forward to your presence!

Warm regards,
Rtn. Minishaa I. Oberoi
President

15th May

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Flavours of Fellowship

AVOCADO SOURDOUGH TOAST

SIMPLE. FRESH. DELICIOUS.

AVOCADO Sourdough TOAST

Fresh
Easy
Nourishing
♡

↪ Crispy bread.
↪ Creamy avo.
↪ Good vibes.

SUMMER ON A SLICE ♡

INGREDIENTS

- 1 slice sourdough bread
- 1/2 ripe avocado
- 1 tbsp olive oil
- Sea salt & black pepper
- Cherry tomatoes, halved
- Radishes, thinly sliced
- Lemon juice
- Microgreens
- Feta or goat cheese (optional)
- Chili flakes (optional)

HOW TO MAKE IT

- TOAST**
Toast your sourdough until golden and crisp.
- MASH**
Mash avocado with olive oil, lemon juice, salt and pepper.
- TOP**
Spread the avocado mixture on toast and top with tomatoes, radishes, microgreens, and cheese.
- FINISH**
Add chili flakes, a drizzle of olive oil and enjoy!



Good Food
Sunny Mood ♡

Make it yours!
Add an egg,
smoked salmon
or your favorite
seasonal toppings. ♡

PLANT-BASED FRIENDLY | 10 MINUTES | MADE WITH LOVE

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AVOCADO SOURDOUGH TOAST



*Recipe by :
Rtn. Baljeet Kaur*

🥑🍞 Avocado sourdough toast is the ultimate crunchy-meets-creamy combo! Fun fact: avocados are actually berries, and sourdough bread has been around for over 5,000 years. Healthy, tasty, and Instagram-famous – no wonder this toast is a global brunch favorite!

Get your recipe featured in next Aashyein Weekly Magazine!

Contact Rtn. Seema Bhoocher

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The Happy Wheel - Fun Corner



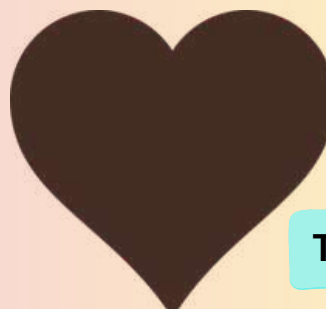
DEEPAK WADHWA
KIRAN SRIVASTAVA
GURPREET UPPAL

ANSWERS :

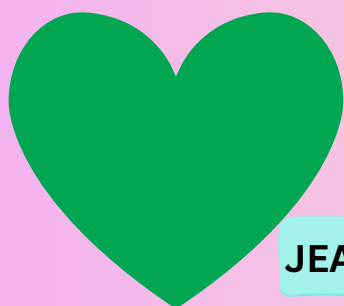
WHAT DO THESE HEARTS MEAN ?



I LOVE YOU



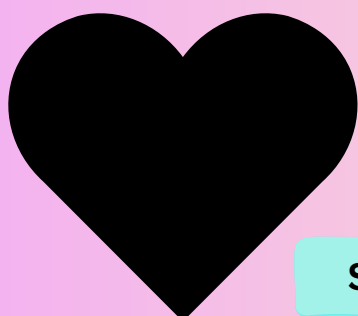
TRUST



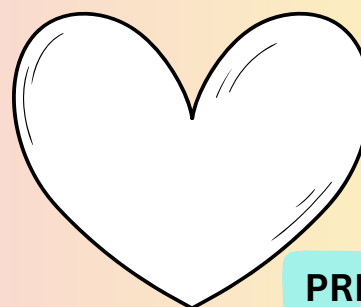
JEALOUS



BEASTIE



SAD



PRETTY



FRIEND



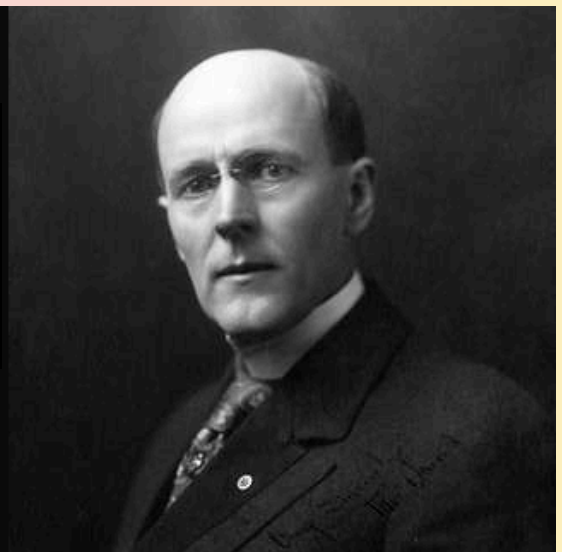
CRUSH

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Quote of the Week

*Rotary is a microcosm of a world
at peace.*

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