

**UNITE
FOR
GOOD**

Rotary
District 3141



**LETS
INSPIRE**

AASHAYEIN

ROTARY CLUB OF MUMBAI SHER- E- PUNJAB

WEEKLY NEWSLETTER



Episode 6

VOLUME 41
3RD WEEK APRIL 2026
ENVIRONMENTAL MONTH

**ROTARY REFLECTIONS:
VOICES OF THE WHEEL**



THE PAUL HARRIS SERIES

When Rotary Crossed Borders

What began as a simple gathering in a small room in Chicago was no longer just a local idea. The spirit of friendship, fellowship, and service had started touching hearts far beyond the city. Paul Harris and his fellow members had unknowingly created something extraordinary—an idea that people everywhere could connect with. Soon, communities across different cities wanted to become a part of this growing movement.

By 1908, the second Rotary club was formed in San Francisco, marking the first step in Rotary's expansion. Soon after, clubs began emerging across the United States in cities like Oakland, Seattle, and New York City.

Each new club carried the same spirit: Friendship. Trust. Service above self.

The movement continued to grow rapidly. In 1910, Rotary officially became a national organization, bringing clubs together under one united banner. Then came a historic milestone—in 1912, Rotary crossed international borders with the formation of a club in Winnipeg. It was a defining moment.

Rotary was no longer just an American movement—it had become an international family. As the organization expanded across countries, cultures, and communities, its identity evolved into what the world proudly knows today as Rotary International.

Yet despite its incredible growth, the heart of Rotary never changed: bringing people together to create positive and lasting change.

From one room... to many cities... to the entire world...

The circle expanded, but the spirit of Rotary remained the same. 🌍🌟

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

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THE PAUL HARRIS SERIES
Episode 6

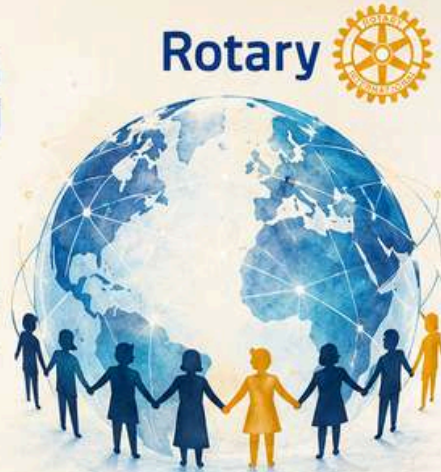
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EPISODE 6: SPREADING *the* CIRCLE WHEN ROTARY CROSSED BORDERS



Paul Harris and his fellow members had created something powerful—something people everywhere could relate to. And soon, others wanted to be a part of it.

What started in a small room in Chicago was no longer just a local idea. The spirit of friendship and service had begun to resonate far beyond the city.



THE CIRCLE KEEPS EXPANDING...

- 1908** The second Rotary club was established in **San Francisco**. It was the first sign that this idea was ready to travel.
- Soon after, more clubs began forming across the United States—in cities like **Oakland, Seattle, and New York**. Each new club carried the same essence: **Friendship, trust, and a shared commitment to service.**
- 1910** Rotary officially became a **national organization**, bringing together multiple clubs under one banner.
- 1912** Rotary crossed international borders with the formation of a club in **Winnipeg, Canada**. It was a defining moment.



Rotary was no longer just an American movement—it had become **international**.

With this expansion came a new identity, and the name evolved into what we proudly know today as **ROTARY INTERNATIONAL**.

Despite growing across different countries, cultures, and communities, the core idea remained unchanged—

bringing people together to create positive change.



“ FROM ONE ROOM...
TO MANY CITIES...
TO THE WORLD—
The circle had expanded, but the heart of Rotary stayed the same. ”

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3rd Week April 2026

DISEASE PREVENTION & TREATMENT.

DRUG ABUSE AWARENESS WORKSHOP FOR TEACHERS

RCMSEP conducted Project Chetna, a Drug Abuse Awareness Workshop for teachers at RC Maruti High School on April 17, equipping them with tools to identify and prevent substance abuse among students. Led by Rtn. Sunita S. with guidance from President Rtn. Minishaa I. Oberoi, the session by expert speakers highlighted causes, warning signs, and intervention strategies. The initiative empowered educators to play a stronger role in supporting and safeguarding young minds.



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3rd Week April 2026

ECONOMIC COMMUNITY SERVICE

BUILDING FUTURES THROUGH VOCATIONAL EDUCATION

RCMSEP visited the Smart Academy at Tech Mahindra Foundation, Bandra West, on April 15, 2026, under the Urban Vocational Upliftment initiative. Impressed by the academy's impactful skill development programs, the club pledged ₹1,00,000 to support 10 students in a Nursing Care course. The visit reinforced the club's commitment to education, empowerment, and youth development.



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3rd Week April 2026

**WOMEN EMPOWERMENT
ECONOMIC COMMUNITY SERVICE
BASIC EDUCATION & LITERACY**



20-DAY BEAUTICIAN COURSE BEGINS SUCCESSFULLY

RCMSEP, in association with Sarva Seva Sangh, successfully launched Day 1 of the 20-day Basic Beautician Course for women on April 16, 2026. With 16 enthusiastic participants, the session covered theory basics and hands-on threading training, guided by expert trainer Shamim Damaskar. The initiative marked a promising start toward skill development and women's empowerment.



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3rd Week April 2026

**DISEASE PREVENTION AND TREATMENT
MATERNAL AND CHILD HEALTH
BASIC EDUCATION AND LITERACY**

PROJECT SPARSH: EDUCATING FOR HEALTH, HYGIENE & WELL-BEING

RCMSEP, in collaboration with Niramaya Health Foundation, conducted Day 1 of Project Sparsh on 16th April, at Little Flower School, benefiting 120 students. Separate interactive sessions for boys and girls addressed adolescence, hygiene, and emotional well-being in a safe and respectful environment. The initiative empowered students with awareness, confidence, and essential life knowledge.



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3rd Week April 2026

BASIC EDUCATION AND LITERACY YOUTH SERVICE



BACHPAN EXPRESS – WHERE LEARNING MEETS FUN

RCMSEP successfully inaugurated Day 1 of the Summer Camp “Bachpan Express” on April 19, 2026, with 25 children participating in a day full of fun, fitness, and learning. Day 1 featured an energizing yoga session conducted by Beepal Kaur. The children’s creative training program was led by Karruna Uppal, and the delicious snacks were generously sponsored by Dr. Sunita Sharma. The day was filled with joy and enrichment, promoting learning, creativity, and well-being. It set a vibrant and positive tone for the days ahead, reflecting the club’s spirit of service and dedication to children's growth.



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3rd Week April 2026

**BASIC EDUCATION AND LITERACY
MATERNAL AND CHILD HEALTH
BASIC EDUCATION & LITERACY**

PROJECT SPARSH DAY 2 – ENCOURAGING OPEN CONVERSATIONS

RCMSEP, in collaboration with Niramaya Health Foundation, successfully conducted Day 2 of Project Sparsh on April 17, continuing its awareness sessions focused on adolescence, hygiene, and emotional well-being. Separate interactive sessions for boys and girls created a safe and comfortable environment that encouraged open discussions, active participation, and meaningful learning. The initiative played an important role in helping students build confidence, develop awareness and gain essential knowledge for healthy physical and emotional growth.



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3rd Week April 2026

**WOMEN EMPOWERMENT
COMMUNITY ECONOMIC DEVELOPMENT
BASIC EDUCATION & LITERACY**



DAY 2 OF BASIC BEAUTICIAN COURSE: SELF-GROOMING & FACE BLEACHING SESSION

RCMSEP in association with Sarva Seva Sangh, successfully conducted Day 2 of the Basic Beautician Course on April 17, 2026, with 16 enthusiastic participants. The session focused on self-grooming techniques and face bleaching, combining both theoretical understanding and hands-on practical training under the guidance of expert trainers. The interactive and engaging session was well appreciated by all attendees and continued to support the initiative's objective of skill development, confidence building, and women's empowerment.



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UPCOMING EVENTS

You Are Invited!

BLOOD DONATION CAMP

GIVE BLOOD • GIVE HOPE • SAVE LIVES

Your one donation can help save precious lives. Let us come together and make a meaningful difference in our community.

DATE: 21st April 2026

VENUE: Andheri Railway Station

Be a Hero DONATE BLOOD
Every Drop Counts

★ LEAD HOST CLUBS	CO-HOST CLUB
<ul style="list-style-type: none"> RCM Elegant Plus RCM Gen X RCM Juhu RCM West End 	<ul style="list-style-type: none"> Rotary Club of Mumbai Sher-E-Punjab

TOGETHER, WE CAN SAVE LIVES!

WE LOOK FORWARD TO YOUR SUPPORT AND PARTICIPATION.

Thank You!

DONATE BLOOD SAVE LIVES

21st April

Rotary District 3141

a New Dawn in Rotary

नवोदय

एक नई सोच, एक नई दिशा.....

1st Meet of Presidents 2027-2028

Sunday April 26, 2026, 945am
Synergy Banquet Hall, GINGER Airport

Brought to you by: **TEAM 2728**

Powered by Rotary Clubs Of

Mumbai Pioneers Mumbai Sher e Punjab

Registration : INR 2700 Single INR 5400 Couple
<https://ftcash.com/rdep2425> OR GPay : 9699735822

Rajendra Datye Governor's Chief Aide
Sandip Kedia Lieutenant Governor
Deepak Jiandani District Governor Nominee

Rajith Menon District General Secretary
Dr Arun Garg Chief Coordinator Events

Dress Code : Smart Casuals

26th April

Rotary Club of Mumbai Sher-E-Punjab invites you to

Fireside Night

- Games Lounge Night !

★ Saturday, 25th April 2026 ★

Time: 7:00 p.m. onwards

Venue: HillCrest Party Lounge, JVLR, Jogeshwari East

Hosted by
Simran & Rocky J,
Avneet, Sujay, Ruchika,
Deepak & Jassi

RETRO NIGHT!

Dress Code: Funky Retro Style!
Bold Colors, Vintage Vibes & Groovy Flair!

★ Games ★ Dinner ★ Retro Fun!

Don't Miss the Fun!
See You There!

PRESIDENT: RTN. MINISHAA | OBERO

25th April

WalkAbout x Rotary Club of Mumbai Sher-E-Punjab

Finances for 55+: Smart Planning for the Years Ahead

Friday, 17th April, 5 PM

Yogesh Dusane (22+ years at HDFC AMC) shares how to identify hidden financial risks and make smarter decisions around mutual funds, insurance, and wealth planning.



17th April

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The Happy Wheel - Fun Corner

WHAT WOULD YOU CALL THEM !

- *Someone who loves staying alone _____*
- *Someone who loves being around people _____*
- *Someone who loves a perfect balance of alone time and social time _____*
- *Someone who loves being entirely alone one day and wildly social the next day _____*
- *Someone who loves being social only with the specific people they choose _____*
- *Someone who is very talkative and funny in chat messages but very quiet and shy in real life _____*

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Flavours of Fellowship Summer Chia Seeds Pudding



LIGHT, HEALTHY & DELICIOUS ♡

Summer CHIA Pudding

COOL. NUTRITIOUS. SATISFYING.

A perfect make-ahead
summer treat! ♡

Fuel your
summer with
goodness! ♡

INGREDIENTS

-  ¼ cup chia seeds
-  1 cup milk (dairy or plant-based)
-  2-3 tsp honey or maple syrup (adjust to taste)
-  ½ tsp vanilla extract
-  1 cup diced mango
-  ½ cup kiwi (diced)
-  2 tbsp pomegranate seeds
-  Nuts & seeds for topping (almonds, pistachios, pumpkin seeds)
-  Fresh mint leaves (optional)



TIP: Prepare at night and refrigerate for a perfect chilled breakfast or dessert! ♡

METHOD

-  1 In a bowl or jar, mix chia seeds, milk, honey (or maple syrup) and vanilla extract.
-  2 Whisk well to avoid lumps. Cover and refrigerate for at least 3-4 hours or overnight.
-  3 Once the chia pudding is thick and creamy, give it a good stir.
-  4 In serving glasses or bowls, layer the chia pudding with diced mango and kiwi.
-  5 Top with pomegranate seeds and your choice of nuts and seeds.
-  6 Garnish with fresh mint leaves and serve chilled.

Light on your tummy,
great for your health! ♡



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FLAVOURS OF FELLOWSHIP

SUMMER CHIA SEEDS PUDDING



Recipe by :
Rtn. Naresh Khatri

- *Summer Chia Seeds Pudding may look tiny and cute, but these little chia seeds are true superstars! Once soaked, they magically puff up and absorb up to 10 times their weight in liquid, turning into a creamy, delicious pudding without even switching on the stove. Packed with fiber, protein, omega-3, and antioxidants, this summer treat keeps you cool, energized, and full for hours.*
- *The best part? You can dress it up with juicy mangoes, berries, kiwi, nuts, or chocolate and make it look like a fancy café dessert right at home. Healthy, colorful, refreshing, and fun – chia pudding is basically summer in a bowl!*

Get your recipe featured in next Aashyein Weekly Magazine!

Contact Rtn. Seema Bhoocher

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The Happy Wheel - Fun Corner

ANSWERS:
DECIPHER THE WORD / PHRASE !



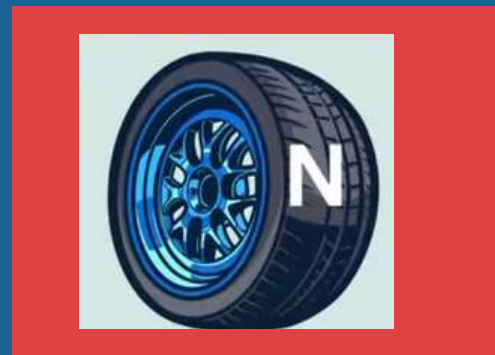
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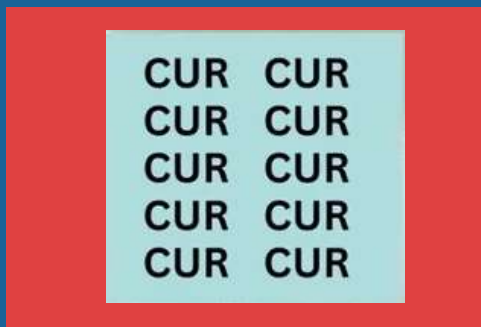
FOOT NOTE

2



ENTIRE

3



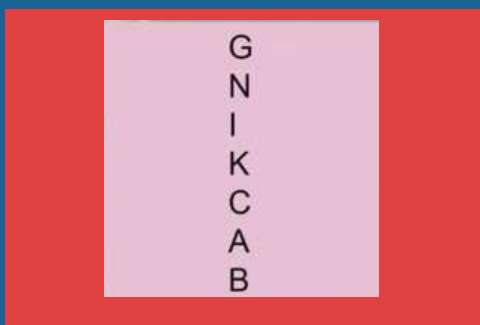
CURTAIN

4



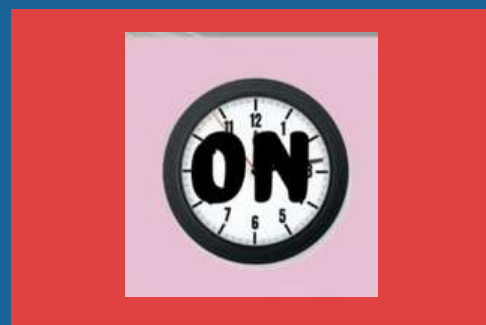
SMALL TALK

5



BACKING UP

6



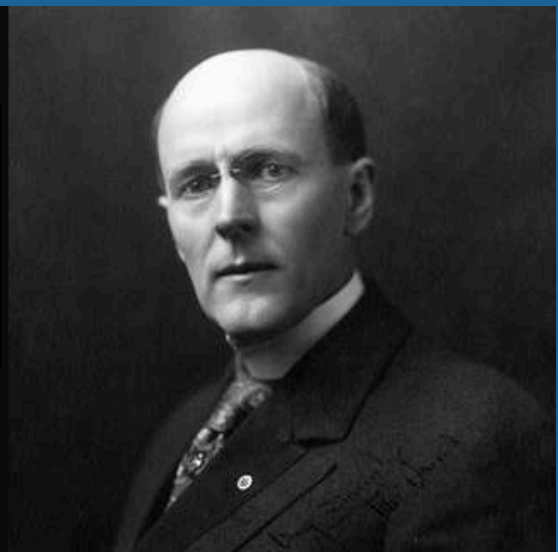
IN TIME

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Quote of the Week

“Service, when given with sincerity, becomes the truest form of leadership.”

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