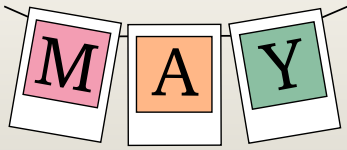


UNITE  
FOR  
GOOD

Rotary  
District 3141



LETS  
INSPIRE



# AASHAYEIN

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

**WEEKLY NEWSLETTER**

**VOLUME 46**

**4<sup>TH</sup> WEEK MAY**

**YOUTH SERVICE MONTH**

**ROTARY REFLECTIONS:  
VOICES OF THE WHEEL**

**Rotary**

Club of Mumbai  
Sher-e-Punjab



**Episode 4**

**Rotary Youth Service Month Series**

**Mental Health & Entrepreneurship:  
Empowering the Youth of Today**

Youth today face a rapidly changing world filled with opportunities, challenges, and increasing expectations. While academic success and career growth remain important, mental well-being and an entrepreneurial mindset are equally essential for building a successful and fulfilling future.

#### **Mental Health Matters**

Mental health is just as important as physical health. Young people often face stress related to studies, career choices, peer pressure, social media, and family expectations. Learning to manage emotions, seek support when needed, and maintain a healthy balance between work and personal life is crucial.

Simple practices such as regular exercise, pursuing hobbies, spending time with family and friends, and speaking openly about concerns can significantly improve mental well-being. A confident and emotionally healthy individual is better equipped to handle challenges and seize opportunities.

#### **Entrepreneurship: Turning Ideas into Action**

Entrepreneurship is not only about starting a business; it is about identifying opportunities, solving problems, and creating value. Young entrepreneurs are increasingly transforming innovative ideas into successful ventures while creating employment and contributing to society.

A notable example is Ritesh Agarwal, who started OYO Rooms at a young age and revolutionized the budget hospitality sector. Another inspiring example is Tilak Mehta, who launched a logistics company as a teenager after identifying a simple delivery challenge. Entrepreneurship teaches valuable life skills such as leadership, problem-solving, communication, creativity, resilience, and financial responsibility. Even small initiatives—such as organizing community projects, running online ventures, or creating innovative solutions to local problems—can nurture an entrepreneurial spirit.

#### **Building Future Leaders**

When mental well-being and entrepreneurship go hand in hand, young people develop the confidence to pursue their dreams while staying resilient during setbacks. Rotary's commitment to youth development encourages young minds to think creatively, lead responsibly, and contribute meaningfully to society. The leaders and innovators of tomorrow are among us today. By nurturing mental wellness and encouraging entrepreneurial thinking, we can empower youth to build brighter futures for themselves and their communities.

"A healthy mind creates bold ideas and bold ideas create a better world." ✨

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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# AASHAYEIN

ROTARY CLUB OF MUMBAI SHER- E- PUNJAB



Rotary Youth Service Month Series

Mental Health & Entrepreneurship:  
Empowering the Youth of Today

**Rotary**

## STRONG MIND. BOLD FUTURE.

Healthy Today. Entrepreneur Tomorrow.

**MENTAL HEALTH**

- Stay Calm  
Stay Positive
- Talk  
Seek Support
- Stay Active  
Stay Healthy
- Mindful  
Balanced  
Happy

**ENTREPRENEURSHIP  
FOR YOUTH**

- Find Ideas  
Solve Problems
- Plan  
Take Action
- Learn  
Adapt  
Grow
- Create Value  
Inspire Others

*A healthy mind builds a stronger you.*

*Bold ideas today, better world tomorrow.*

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**UNITE  
FOR  
GOOD**



**LETS  
INSPIRE**



# AASHAYEIN

4<sup>th</sup> week May 2026

## CLUB SERVICE

### CHARTING THE COURSE FOR A NEW ROTARY YEAR

On 21st May 2026 RCMSEP conducted its BOD and Club Meeting at Shere Punjab Gymkhana, where members were introduced to the incoming District and Regal Club Leaders and briefed on the vision for the upcoming Rotary year. The evening featured an engaging speaker session by Mr. Rahul Parihar of Healing Paws on animal welfare and pet care, followed by fellowship that strengthened the club's spirit of service and camaraderie.



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**UNITE  
FOR  
GOOD**

**Rotary**  
District 3141

Rotary Club of Mumbai  
**जीवन आशा**

**LETS  
INSPIRE**



# AASHAYEIN

4<sup>th</sup> week May 2026

## CLUB SERVICE

### RCMSEP COOKS UP SUCCESS AT ROTARY SUPERCHEF

On May 24th, 2026, RCMSEP proudly participated in the Rotary SuperChef event hosted by RC Sion at Ramanath Payyade College of Hospitality Management Studies, Kurla, where two teams from our club showcased remarkable passion, creativity, and teamwork. Competing among 12 groups, both Team A and Team B achieved the proud distinction of securing the second runner-up position, making the evening truly memorable and filled with gratitude towards the organizers, judges, and all participating members for their outstanding support and effort



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# AASHAYEIN

## UPCOMING EVENTS

Rotary District 3141  
RCCM

Congratulations.  
Your Business is Now  
**ROTARY VERIFIED**

You have been selected to be honoured at the  
**Awards Gala Night**

DG Dr Manish Motwani, First Lady Dr Mahesh Motwani  
and the RVB team invites you to

A curated gathering of Rotary Verified Businesses  
Hosted by Rotary Club of Chandivali Mumbai

Chief Guest  
PDG Satish Madhavan - Rotary District 3191

Sunday, 31 May 2026, 6:30 pm onwards  
Hotel Ginger, Near Domestic Airport

Kindly confirm your presence  
Avenue Team - Rotary Verified Business

Rtn Dr Nilam Gada  
Avenue Chairman

Rtn Anish Soneja  
Group Avenue Head

31<sup>st</sup> May

**COMPUTER CLASSES**  
AT  
**DREAM MAROL GURUKUL**  
CENTER OF LEARNING FOR THE UNDERPRIVILEGED

Unlock Your  
Digital Potential:  
The Computer Class  
Begins!

REGISTRATION & ORIENTATION  
SUNDAY, 7<sup>TH</sup> JUNE 2026  
11:00 AM  
DREAM MAROL GURUKUL

STUDENTS ARE REQUESTED  
TO COME WITH THEIR PARENT.

DIGITAL SKILLS  
BETTER EDUCATION  
BRIGHTER FUTURE  
STRONGER COMMUNITY

AN INITIATION BY:  
NAYEE UMANG  
CHARITABLE TRUST

Rotary Club of Mumbai  
SHER E PUNJAB

Lok Udaan

7<sup>th</sup> June

Rotary Club of Mumbai  
Sher-E-Punjab

PROJECT MUMBAI.org  
People. Purpose. Positive Change.  
Mission of United Nations, SDG Literacy, Global Goals, 2030

WORLD ENVIRONMENT DAY INITIATIVE

Rotary Club of Mumbai Sher-E-Punjab  
in association with  
Project Mumbai  
Present

**JALLOSH**  
— CLEAN COASTS DRIVE —

Saturday, 6<sup>th</sup> June | 7:30 AM - 9:30 AM

CLEANUP LOCATION:  
**JUHU BEACH**

Page: Showroom Lane,  
Ad: Rotary Club,  
30 A/2 H. M. House,  
Juhu Tara Rd,  
Mumbai, Maharashtra 400049

Location Map:  
<https://maps.app.goo.gl/kJUL7jEcejsdqy16>

Join hundreds of volunteers for our flagship coastal clean-up drive across the Mumbai Metropolitan Region.

Two hours. One mission.  
Cleaner coasts. Stronger communities.

Rtn. Minishaa I. Oberoi  
President

6<sup>th</sup> June

World Environment Day

हरित पथ  
Let's make a Greener  
Cleaner Thakur Village

**पृथ्वी माता  
संरक्षण एवं पर्यावरण अभियान**

आइए, पृथ्वी की माता मानकर पर्यावरण संरक्षण हेतु  
जीवन शैली में बदलाव लाएं!

दिनांक  
5<sup>th</sup> June 2026  
Friday

समय  
8.00 Am

विश्व पर्यावरण दिवस

हमारा संकल्प

- अधिक से अधिक वृक्षारोपण करें
- प्लास्टिक का उपयोग कम करें
- जल, वायु और भूमि को स्वच्छ रखें
- हरित एवं स्वच्छ पर्यावरण का निर्माण करें

Supported by  
Rotary Club of Mumbai Sher E Punjab

Rotary

Vasant Utsav, Kelpipada Basti

7<sup>th</sup> June

# AASHAYEIN

## The Happy Wheel - Fun Corner

IDENTIFY THE COUNTRY!



1



2



3



4



5



6



# AASHAYEIN

*Flavours of Fellowship*

## MANGO TIRAMISU

### No-Bake

# Mango TIRAMISU

CREAMY. FRUITY. IRRESISTIBLE.

A tropical twist on the classic dessert you love.  
Light, luscious & simply unforgettable!

#### INGREDIENTS

-  1 cup mango purée
-  200 g mascarpone cheese
-  ½ cup whipped cream
-  2 tbsp condensed milk
-  10–12 ladyfinger biscuits
-  ½ cup mango juice
-  Fresh mango cubes for topping



Made for  
mango  
lovers!

Chill.  
Slice.  
Savor.

#### HOW TO MAKE

- 1**  Mix mascarpone, whipped cream, and condensed milk until smooth.
- 2**  Quickly dip ladyfingers in mango juice.
- 3**  Arrange a layer of biscuits in a serving dish.
- 4**  Spread a layer of mascarpone mixture.
- 5**  Add a layer of mango purée.
- 6**  Repeat the layers and finish with cream.
- 7**  Chill for 4–6 hours (best overnight).
- 8**  Top with fresh mango cubes before serving.

#### SERVING TIP

For an extra luxurious touch, garnish with white chocolate shavings and a dusting of freeze-dried mango powder.



Every bite  
is pure  
summer!

# AASHAYEIN

*Flavours of Fellowship*

## MANGO TIRAMISU



*Recipe by :*  
*Rtn. Sunita Bedi*

### *No-Bake Mango Tiramisu i*

*No-Bake Mango Tiramisu is a refreshing fusion dessert that combines the creamy goodness of tiramisu with the sweet flavor of mangoes. Easy to prepare and requiring no oven, it is the perfect summer treat that brings together the best of Italian and tropical flavors in every bite.*

Get your recipe featured in next Aashyein Weekly Magazine!

**Contact Rtn. Seema Bhoocher**

# AASHAYEIN

## The Happy Wheel - Fun Corner

**ANSWERS:  
IDENTIFY THE COUNTRY!**



**Kiran Srivastava  
Deepak Wadhwa**

1



**Argentina**

2



**Bangladesh**

3



**Chile**

4



**Ecuador**

5



**Greenland**

6



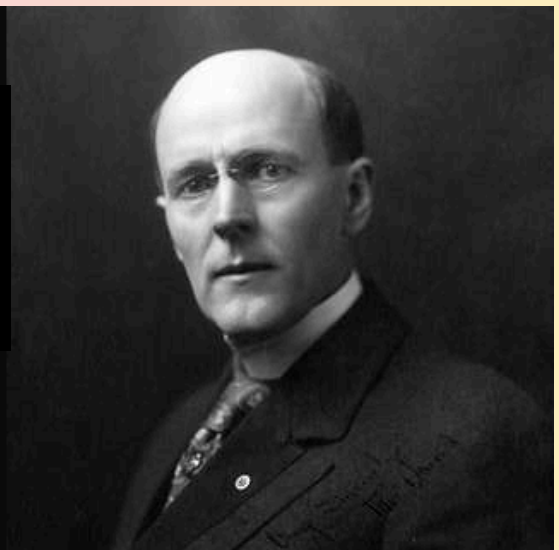
**Israel**

# AASHAYEIN

## Quote of the Week

*The advancement of international understanding, goodwill and peace through a world fellowship of business and professional persons united in the ideal of service.*

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**