

**UNITE
FOR
GOOD**

Rotary
District 3141



**LET'S
INSPIRE**



AASHAYEIN



ROTARY CLUB OF MUMBAI SHER- E- PUNJAB

WEEKLY NEWSLETTER



Episode 6

**VOLUME 42
4TH WEEK APRIL 2026
ENVIRONMENTAL MONTH**

**ROTARY REFLECTIONS:
VOICES OF THE WHEEL**

THE PAUL HARRIS SERIES

When Service Became a Global Force



As Rotary spread across countries and continents, its purpose began to grow even deeper. It was no longer just about friendship or local service – it became a mission to create a more compassionate and peaceful world. Rotary believed that when people from different backgrounds, cultures, and professions come together, they do more than build projects – they build understanding. And understanding is the first step toward peace.

Across the globe, Rotary clubs began taking up meaningful causes in education, healthcare, sanitation, women empowerment, and community development. Every initiative, though local in action, carried a powerful global message: Service has the power to unite humanity. One of Rotary's defining strengths was its ability to promote international goodwill and cooperation. Through decades of service, Rotarians became ambassadors of peace, fostering dialogue, compassion, and unity across borders.

This vision continues today through initiatives like the Rotary Peace Fellowships, where leaders from around the world are trained to become catalysts for peace and conflict resolution. From small community projects to large-scale global initiatives, Rotary evolved into a movement that stands for hope, harmony, and humanity.

What began as a simple idea of friendship became a powerful global force – a force that connects hearts, bridges differences, and inspires change. Today, Rotary International stands tall as a symbol of Service Above Self, impacting millions of lives across the world.
From friendship... to service... to peace...

This is the legacy of Rotary. 🌍🌟
And the journey continues...

District Governor: Rtn. Manish Motwani
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ROTARY CLUB OF MUMBAI SHER- E- PUNJAB

EPISODE 6

A VISION FOR Peace

WHEN SERVICE BECAME
A GLOBAL FORCE



Rotary
PEOPLE OF ACTION



As Rotary spread across countries and continents, its purpose began to grow even deeper. It was no longer just about friendship or local service—it was about creating a **better, more peaceful world.**



Rotary believed that when people from different backgrounds, cultures, and professions come together, they don't just build projects—they build understanding. And understanding is the first step toward peace.



Rotary clubs across the world began taking up meaningful causes—education, health, sanitation, and community development. Each project, though local in action, carried a global message:

MAKING A DIFFERENCE IN
COMMUNITIES AROUND THE WORLD



EDUCATION



HEALTH



SANITATION



COMMUNITY
DEVELOPMENT



WOMEN
EMPOWERMENT



SERVICE
ABOVE
SELF



One of the most defining moments came when Rotary played a role in promoting international goodwill and cooperation. Over time, Rotarians contributed to discussions and efforts that encouraged peace and global understanding.



This vision continues to live on through initiatives like the Rotary Peace Fellowships, where leaders are trained to become catalysts for peace and conflict resolution across the world.



From small service projects to global initiatives, Rotary had transformed into a movement that stood for **hope, harmony, and humanity.**

“What began as a simple idea of friendship had now become a powerful force—

**A FORCE THAT CONNECTS HEARTS,
BRIDGES DIFFERENCES,
AND INSPIRES CHANGE.”**



Today, Rotary stands tall as a symbol of
Service Above Self,



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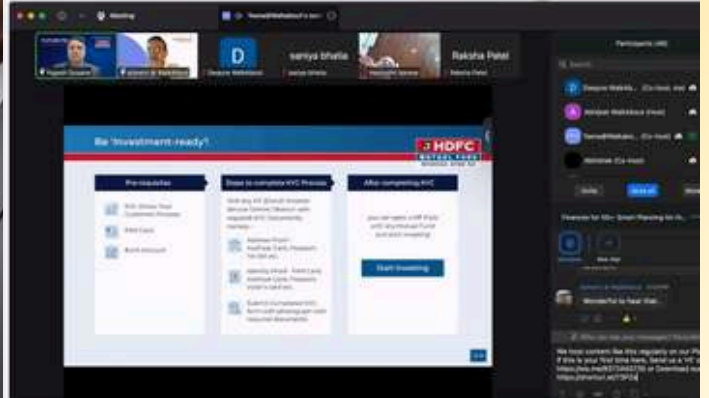
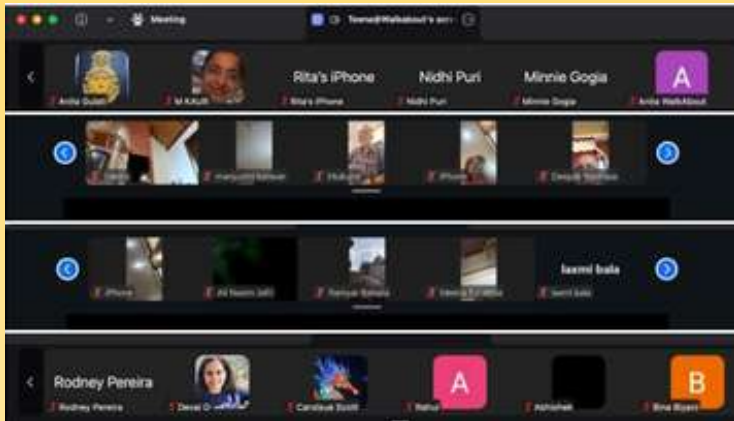
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4th Week April 2026

COMMUNITY ECONOMIC DEVELOPMENT.

FINANCIAL AWARENESS SESSION: MUTUAL FUNDS, INSURANCE & WEALTH PLANNING

RCMSEP, in association with WalkAbout, conducted an informative session titled “Finances for 55+: Smart Planning for the Years Ahead” by Mr. Yogesh Dusane on 17th April, attended by 86 participants. The session provided valuable insights on mutual funds, insurance, wealth planning, and identifying hidden financial risks, helping attendees make smarter financial decisions for the future.




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.

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4th Week April 2026

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



HANDS-ON HAIRSTYLING TRAINING FOR ASPIRING BEAUTICIANS

RCMSEP, in association with Sarva Seva Sangh, successfully conducted Day 3 of the Basic Beautician Course on 20th April 20, 2026, with the enthusiastic participation of 16 women. The session focused on various hairstyling techniques, including hair parting, buns, braiding styles, and the correct use of hairstyling tools. Participants received hands-on practical training under expert guidance, making the session highly interactive, informative, and engaging. The training was greatly appreciated by all attendees and further strengthened the initiative's objective of promoting skill development, self-confidence, and women's empowerment.



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4th Week April 2026

DISEASE PREVENTION AND TREATMENT.

BLOOD DONATION DRIVE – A LIFELINE FOR MANY

On 21st April 2026, RCMSEP supported a Blood Donation Camp co-hosted with 21 Rotary Clubs at Andheri Railway Station. The camp successfully collected 53 units of blood, highlighting the importance of blood donation in saving countless lives during medical emergencies, surgeries, accidents, and critical treatments. Such initiatives play a vital role in ensuring that hospitals and patients have timely access to safe blood when needed most, reflecting Rotary's commitment towards humanitarian service and community welfare.



**LET'S
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BLOOD DONATION CAMP

On 21st Apr. 2026 | From 9.30am To 5.30pm

At Andheri Railway Station

Lead Host Clubs

RCM WEST END • RCM ELEGANT PLUS • RCM GEN X • RCB JUHU

Co-Hosted by

RCM North End	RCB Mahakali Heights	RCM Bandra Kuria Complex	RCB Film City
RCM Khar	RCM Coastline	RCM Versova	RCM Versova
RCM North Island	RCB Juhu Beach	RCM Elegant	RCM Royale
RC Bombay East	RCB Airport	RCM Nova	RCM Sher-E-Punjab
		RCM Neo	

Francesco Arezzo
RI President

Camp Co-ordinators
Anoopkumar Chandarana
RCM North End

Sahil Bhavsra
RCB Mahakali Heights

Dr. Manish Motwani
District Governor

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4th Week April 2026

**SUPPORTING EDUCATION.
ECONOMIC COMMUNITY SERVICE**



ORIGAMI, YOGA & ENDLESS SMILES

On 20th April 2026, RCMSEP conducted Day 2 of Summer Camp “Bachpan Express” for the children of RCC Jeevdani Sevaks, Subhash Nagar, featuring a refreshing yoga session by Ms. Beerpal Kaur and a creative origami workshop by Rtn. Simi Ahluwalia. The children enthusiastically participated in the activities and enjoyed delicious snacks sponsored by Rtn. Amita Kastiya, making the day fun-filled, interactive, and memorable.



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4th Week April 2026

**SUPPORTING EDUCATION
ECONOMIC COMMUNITY SERVICE**



BACHPAN EXPRESS – DAY 3 HIGHLIGHTS

On 21st April 2026, RCMSEP conducted Day 3 of the Summer Camp “Bachpan Express” for the RCC children of Subhash Nagar, featuring a rejuvenating yoga session by Ms. Beerpal Kaur and an engaging sketching workshop by Rtn. Jotinder S. Ahluwalia. The children enthusiastically participated in all the activities and enjoyed delicious snacks sponsored by Rtn. Sunita Bedi, making the day joyful, creative, and memorable.



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4th Week April 2026

**SUPPORTING EDUCATION.
ECONOMIC COMMUNITY SERVICE**



TEACHING VALUES THROUGH FUN ACTIVITIES

On 22nd April 2026, RCMSEP successfully conducted Day 4 of Summer Camp “Bachpan Express” for the children of RCC Jeev Daani Basti, featuring an energizing yoga session by Ms. Beerpal Kaur and an engaging Gita Explorers session by Rtn. Simran J that taught meaningful life values through stories and interaction. The day concluded with delicious snacks arranged by President Rtn. Minishaa I. Oberoi, bringing smiles and joy to all the children.



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4th Week April 2026

**ENVIRONMENT
ECONOMIC COMMUNITY SERVICE**



YOGA, PUPPETS & HAPPY MEMORIES

On 23rd April 2026, RCMSEP conducted Day 5 of Summer Camp “Bachpan Express” for the RCC children of Subhash Nagar, featuring a fun yoga session by Ms. Beerpal Kaur and an engaging stick puppet-making activity by Rtn. Monica Menon, where children creatively performed their own puppet shows. The day was made special with delicious snacks sponsored by Ms. Nisha Sharma and the dedicated support of volunteers Sunita Sharma, Kiran, Sunita Gandhi, and Rotaractor Sanskar, creating a joyful and memorable experience for all.



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4th Week April 2026

**SUPPORTING EDUCATION
ECONOMIC COMMUNITY SERVICE**



YOGA, ART & CELEBRATION WITH CHILDREN

RCMSEP successfully conducted Day 6 of the “Bachpan Express” Summer Camp for the RCC children of Subhash Nagar on 24th April 2026. The children enthusiastically participated in a refreshing yoga session conducted by Ms. Beerpal Kaur, while fun art, games, and celebration activities were led by Rtn. Jasbir Nagi, followed by yummy snacks served by Rtn. Jasbir Nagi and Rtn. Seema Bhoocher, making the day joyful and memorable for all.



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4th Week April 2026

**SUPPORTING EDUCATION
ECONOMIC COMMUNITY SERVICE**



BACHPAN EXPRESS – A MEMORABLE FINALE

On 25th April 2026, RCMSEP successfully concluded Day 7, the finale of Summer Camp “Bachpan Express” for the RCC children of Subhash Nagar with a refreshing yoga session by Ms. Beerpal Kaur, creative bookmark-making by Rtn. Ritu, and an energetic Dance Dhamaka by Rtn. Harveen Chondok. The children enthusiastically participated in all the activities and enjoyed delicious snacks sponsored by Rtn. Aarti Jadhav, making the final day joyful, vibrant, and memorable for everyone.



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4th Week April 2026

WOMEN EMPOWERMENT ECONOMIC COMMUNITY SERVICE

BUILDING CONFIDENCE THROUGH VOCATIONAL TRAINING

On Day 5 of the Basic Beautician Course, RCMSEP in association with Sarva Seva Sangh conducted practical manicure training session for women, focusing on nail care, hygiene, and professional techniques. The participants enthusiastically engaged in the hands-on learning experience, gaining confidence and valuable skills that can support future livelihood opportunities and self-reliance.



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4th Week April 2026

FIRESIDE CLUB SERVICE



GAMES LOUNGE NITE @ THE CASINO



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4th Week April 2026

LEADERSHIP & COMMUNITY CLUB SERVICE

NAVODAYA -1ST MEET OF PRESIDENTS 2027-2028

On 26th April 2026, RCMSEP co-hosted “Navodaya” – 1st Meet of Presidents for 2027-2028 at Ginger Hotel Airport, where President Nominee Rtn. Monica Menon proudly represented the club. The event was a grand success, strengthening Rotary fellowship, leadership, and the spirit of Service Above Self through meaningful collaboration among future club leaders.



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Club President: Rtn. Minishaa I Oberoi
Club Secretary: Rtn. Jotinder S Ahluwalia

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UPCOMING EVENTS

Rotary District 3141 **LET'S INSPIRE!** **UNITE FOR GOOD**

BLOOD DONATION CAMP

On 7th May, 2026 | From 9.30am To 5.30pm

At Andheri Railway Station

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

Co-Hosted by

RCM North End RCM Khar RCM North Island RC Bombay East	RCB Mahakali Heights RCM Coastline RCB Juhu Beach RCB Airport	RCM Bandra Kurla Complex RCM Elegant RCM Juhu RCM Neo	RCB Film City RCM WEST END RCM ELEGANT PLUS RCM GEN X
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Francisco Arezzo
RI President

Camp Co-ordinators:
Anupkumar Chandarana
RCM North End

Sahil Shetty
RCB Mahakali Heights

Dr. Manish Motwani
District Governor

7th May

Rotary District 3141 **UNITE FOR GOOD**

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

Rotary District 3141 **UNITE FOR GOOD**

ROTARY CLUB OF MUMBAI SHER-E-PUNJAB

SERVICE ABOVE SELF

Sharing Today, Building a Better Tomorrow

26th April 2026 | Gautam Nagar Aanganwadi

A TRUCKLOAD OF CLOTHES & SCHOOL BAGS

SENT TO THE BASTI AT GAUTAM NAGAR AANGANWADI

- FREE OF COST to Women & Children
- PROMOTING Recycling & Sustainability
- CLOTHES IN VERY GOOD CONDITION
- SCHOOL BAGS for a Brighter Future
- PEOPLE VERY HAPPY & GRATEFUL

Together, we are creating a kinder, cleaner & stronger community.

Thank You!

Led by President
Rtn. Minishaa I. Oberoi

SERVICE ABOVE SELF

26th April

Rotary District 3141 **UNITE FOR GOOD**

ROTARY CLUB OF MUMBAI SHER-E-PUNJAB

Spreading Smiles Through Service

We are proud to announce the donation of

14 THREE-SEATER DESK-BENCHES

to **GURU NANAK HIGH SCHOOL, KHAR**

Enhancing learning spaces for young minds

Each desk-bench valued at **₹4,000**

Together, we build a better future through education.

Service Above Self

Rtn. Minishaa I. Oberoi
President

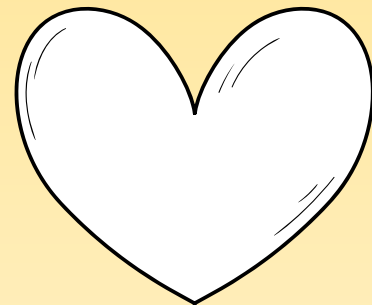
WE CARE | WE SERVE | WE CHANGE LIVES

17th April

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 The Happy Wheel - Fun Corner

WHAT DO THESE HEARTS MEAN ?



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Flavours of Fellowship

Mango Salad

SUMMER Mango Salad

FRESH, FRUITY & FULL OF COLOUR

Light, vibrant and
perfect for sunny days! 🌿

INGREDIENTS 🌿

For the salad

- 1 ripe mango, peeled and diced
- 1 red capsicum, thinly sliced
- 1 cucumber, diced
- 1/2 red onion, thinly sliced
- 2 cups mixed salad leaves
- 1/4 cup fresh coriander leaves
- 1/4 cup roasted peanuts, chopped
- 1 tbsp black sesame seeds (optional)
- Lime wedges, to serve

For the dressing

- 2 tbsp lime juice
- 1 tbsp olive oil
- 1 tsp honey or maple syrup
- 1 tsp soy sauce (or tamari)
- 1/2 garlic clove, minced
- Salt and pepper, to taste



Ready in
15 minutes! ❤️

METHOD 🌿

- 1 MAKE THE DRESSING**
 In a small bowl or jar, whisk together lime juice, olive oil, honey, soy sauce, garlic, salt and pepper.
- 2 PREPARE THE SALAD**
 In a large bowl, combine mango, capsicum, cucumber, red onion, mixed leaves and coriander.
- 3 ADD THE FINISHING TOUCHES**
 Sprinkle over chopped peanuts and black sesame seeds.
- 4 DRESS & TOSS**
 Drizzle the dressing over the salad and toss gently to combine.
- 5 SERVE & ENJOY**
 Serve immediately with extra lime wedges on the side. Enjoy!



❤️ TIP: Add grilled chicken, prawns or tofu for a more filling meal! 🌿

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FLAVOURS OF FELLOWSHIP

MANGO SALAD



Recipe by :
Rtn. Sunita Sharma

- *Mango Salad is summer in a bowl! 🌈🌟 Sweet, juicy mangoes mixed with crunchy veggies and tangy flavors make it super refreshing and fun to eat. Packed with vitamins and freshness, this colorful salad is healthy, tasty, and perfect for beating the summer heat!*

Get your recipe featured in next Aashyein Weekly Magazine!

Contact Rtn. Seema Bhoocher

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The Happy Wheel - Fun Corner

ANSWERS
WHAT WOULD YOU CALL THEM !



DEEPAK WADHWA

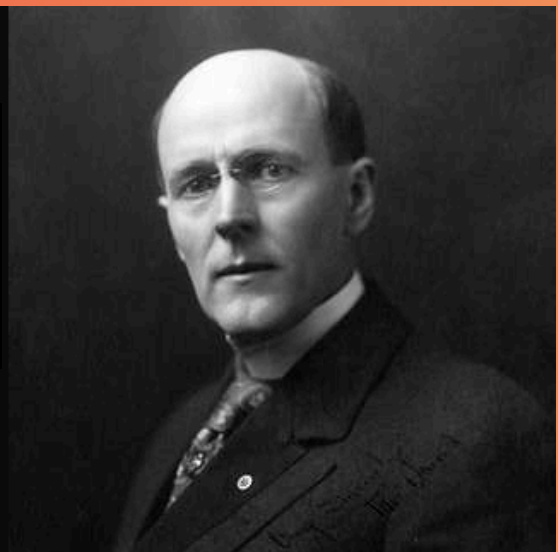
- *Someone who loves staying alone* **INTROVERT**
- *Someone who loves being around people*
EXTROVERT
- *Someone who loves a perfect balance of alone time and social time* **AMBIVERT**
- *Someone who loves being entirely alone one day and wildly social the next day* **OMNIVERT**
- *Someone who loves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

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Quote of the Week

Rotary opens opportunities not only to serve, but to understand humanity better.

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