



Rotary club of
madras magnum

MAGNUM INK

DECEMBER 2023





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CHRISTMAS – ROOF TOP PARTY



Attending the Christmas-themed rooftop dinner event, hosted by Ami and Ansul Shah, Smriti and Siddharth Khicha was a delightful experience. The evening unfolded amidst a captivating setting, with the cityscape as a stunning backdrop.

The exquisite selection of vegetarian dishes showcased culinary creativity, offering a festive feast that surpassed expectations. From innovative vegetable mains to delightful desserts, every bite was a celebration of flavors. The festive ambiance, adorned with seasonal decorations, added to the joyous atmosphere. It was an enchanting evening, filled with fun games.

Courtesy: Ankit Navlakha





KNOW ROTARY

Frequently used Rotary Jargons

Active member

An active member is one who has been elected to membership under a business or professional classification and enjoys all the obligations, responsibilities, and privileges of membership as provided in the RI Constitution and Bylaws.

Areas of focus

The causes that Rotary focuses on include peace and conflict prevention/resolution, disease prevention and treatment, water and sanitation, maternal and child health, basic education and literacy, and economic and community development.

Council on Legislation (COL)

A meeting where representatives from Rotary's 530 or more districts vote on policy that affect clubs worldwide. It takes place every three years.

District conference

An annual celebration of district accomplishments and a meeting where district decisions are made. Open to all members in the district.

District governor (DG) - An officer of RI who works with a district team to run and lead the district, motivating and training clubs and connecting them with resources.

District Rotary Foundation committee chair (DRFC)

The chair of the committee that teaches clubs about the Foundation and inspires them to support its programs and activities.





WOMEN ENTREPRENEUR



Hello Rotarians

This is pooja tatia, a pure madras girl by heart who loves South India. Being in this city of culture and tradition, and has represented herself to her roots from dancing the Aman koil dance to kolaveri steps.. I've seen it all in these 40+ yrs...

I started my career as a fashion designer after marriage, which was a big leap from MBA to designing, from learning the course, as I had a true passion to wear and make clothes to running a studio for 18years + with a brand named - " Dot Studio".

My assets include a pret & customised wear studio with a team of 12 lovely talented people (from all journeys of life) .

Creating something every month as work is my passion and so is it for my Team too... I just love what I do!!!!

I have participated in 50+ events and pop ups in the city!

I also have a client base of close to 1500+ database.

To this another asset added was to start a pop-up event in the name of " Contempo" with my co founder Anita, something unique to serve to our fashion audience in chennai that we have done 4 pop ups in chennai!

Happy family woman with a caring husband Praveen tatia and son Adish who is the apple of our eye!

Living and balancing in a joint family and still working with my Passion strong is what we Women are made off.

Lastly , would like to say Self love and gratitude is my motto !

GOING ON STRONG AND WILL!!!!





EXPERT TALK



Beyond the Gym: Integrating Mobility, Strength, Flexibility, Cardio, and Functional Workouts into Your Daily Life

Imagine a life where you don't need to set aside specific hours of your day to go to the gym. A life where exercise seamlessly integrates into your daily routine, providing the same benefits as a traditional workout but without the time constraints or monotony. This is the idea behind integrating mobility, strength, flexibility, cardio, and functional workouts into your daily life. By incorporating these different types of workouts into your daily routine, you can improve your overall fitness, reduce the risk of injury, and enhance your quality of life.

So let's dive in and discover how you can make fitness a natural part of your everyday life.

As a dedicated fitness coach, my mission is to inspire and guide individuals on their journey to optimal health and well-being. With a passion for crafting personalized fitness plans, I strive to empower clients to achieve their fitness goals through a combination of effective workouts, nutrition guidance, and sustainable lifestyle changes.





Benefits of combining different types of workouts:

- 1. Improved overall performance:** Each type of workout has its own unique benefits, but when combined, they work synergistically to improve your overall performance. For example, strength training improves muscle power and endurance, which can enhance performance in cardio activities. Flexibility exercises improve joint mobility, allowing you to perform functional movements more efficiently. By combining different types of workouts, you can achieve a well-rounded fitness level that translates into improved performance in various physical activities.
- 2. Prevents workout burnout:** Doing the same type of workout day in and day out can lead to burnout and boredom. By integrating different types of exercises into your routine, you keep things interesting and challenging. This variety not only keeps you motivated but also helps prevent plateaus in your fitness progress, as different workouts target different muscle groups and energy systems.
- 3. Addresses different fitness goals:** Integrating mobility, strength, flexibility, cardio, and functional workouts allows you to address different fitness goals simultaneously. Whether you want to lose weight, build muscle, improve flexibility, or enhance athletic performance, combining different types of exercises ensures that you are working towards multiple goals at once.

Strategies for incorporating workouts into daily routine:

- 1. Make it a priority:** Just like any other important task in your life, you need to prioritize exercise.

Schedule specific time slots for workouts and make sure you stick to them. Treat them as non-negotiable appointments with yourself.





- 2. Break it up:** If finding a large chunk of time for exercise seems daunting, break it up into smaller manageable sessions throughout the day. For example, you can do mobility exercises in the morning, strength training during lunch break, and cardio in the evening. This way, you can fit in short workouts without disrupting your daily routine.
- 3. Incorporate exercise into daily activities:** Look for opportunities to be active throughout the day. Take the stairs instead of the elevator, walk or bike to work, do squats while brushing your teeth, or stretch during TV commercials. By finding ways to incorporate exercise into your daily activities, you can accumulate significant amounts of physical activity without even realizing it.
- 4. Find activities you enjoy:** Exercise doesn't have to be limited to traditional workouts. Find activities that you enjoy and that incorporate different types of exercises. For example, if you enjoy dancing, sign up for a dance class that combines cardio, flexibility, and functional movements. By choosing activities that you genuinely enjoy, you are more likely to stick with them in the long run.





BIRTHDAYS

**Jaya
Basant
1st Jan**

**Amith
Mehta
12 th Jan**

**Poonam
Mishra
13 th Jan**

**Nishi
Shah
17 th Jan**

**Mansa
Chordia
24 th Jan**

CELEBS BORN IN JANUARY





ANNETTES

**Nishtha
Kapur
2nd Jan**

**Maahi
Shah
31st Jan**





NEW IN TOWN

ASHVITA'S

SPIRITUAL AND VERNACULAR EXPRESSIONS FROM THE SOUTH:

A SURVEY EXHIBITION



EXHIBITION:

3 JAN 24 — 20 FEB 24
11:00 AM - 07:00 PM
AT ASHVITA'S,
CHENNAI

FEATURING:

- CALENDAR PRINTS
- ADVERTISEMENTS
- LITHOGRAPHS
- OFFSET PRINTS
- TANJORE PAINTINGS
- REVERSE CLASS PAINTINGS
- POP ART

**FREE
ENTRY**



**STYLE
BAZAAR**

Pongal Special Exhibition

6-7-8 JANUARY

HYATT REGENCY, ANNASALAI
CHENNAI

2/

Small circular icon with a person silhouette.

**TAMIL NADU
GLOBAL INVESTORS
MEET - 2024**
JANUARY 7th & 8th

Register Now!

**Leadership.
Sustainability.
Inclusivity.**

Small circular icon with a person silhouette.





Welcome *january*

May this month be full of joy,
success and prosperity!

