



Rotary club of  
Madras magnum

**MAGNUM INK**  
**FEBRUARY 2024**





# **TABLE OF CONTENT**

**3 FELLOWSHIP**

**4 INAUGURATION OF  
TOILET BLOCK**

**6 WOMEN ENTREPRENEUR**

**7 EXPERT TALK**

**9 BIRTHDAYS**

**11 WHAT'S NEW IN TOWN**



# FELLOWSHIP



It was an amazing valentine's fellowship at Lord of the drinks. Every lord was smartly dressed for their respective lady. The room was pack with full of enthusiasm and excitement as to what was planned special for the evening. Then came out the karaoke juke box out. Everyone sang their favourite songs. It was a very lively and interactive fellowship. Few members and Anns weren't allowing anyone else sing (names not disclosed on request) 😊. There was free flowing drinks starters followed by amazing dinner . The evening came to an end when the mic was snatched away from the bathroom singers

Courtesy:Nidhi Mehta



# INAUGURATION OF TOILET BLOCK



## **\*Celebrating a Milestone: Inauguration of Sanitation Facilities at Panchayat Union Primary Schools\***

On February 11, 2024, a momentous occasion marked the inauguration of essential facilities at two Panchayat Union Primary Schools in Kovilambakkam and Thoraipakkam. Thanks to the diligent efforts and generous contributions, Rotary Club of Madras Magnum (RCMM) proudly unveiled brand new toilets and handwash stations, enhancing the educational environment for 1,461 children.

Under the visionary leadership of Past President Rotarian Dinesh Baid and the dedicated smooth execution by Project Chairman Rotarian Siddharth Bhaiya and Rotarian Ketan Chordia, these projects, valued at Rs. 9.02 lakh and Rs. 9.27 lakh respectively, came to fruition. This significant initiative was made possible through the support of the Rotary EClub of Greater Sydney and marked the first projects executed as part of the inaugural Global Grant by Rotary Club of Madras Magnum.

At the Thoraipakkam site, Mr. Viren Nanavati, the main donor, inaugurated the facilities, expressing his satisfaction with the construction quality. His commitment to future collaborations was underscored by a generous donation of Rs. 9 lakh towards a transport ventilator for St. Isabel Hospital at Mylapore in the coming year.

In Kovilambakkam, the inauguration was graced by Past District Governor Rotarian Nandakumar. This initiative not only promises better sanitation but also signifies RCMM's dedication to environmental sustainability, as evidenced by the tree planting ceremony conducted at both sites.





The joyous atmosphere was palpable as children and teachers expressed their gratitude through dances and drills.

The event served as a testament to RCMM's unwavering commitment to improving educational facilities and impacting lives positively. With these projects, RCMM reaffirms its pledge to continue working tirelessly towards the betterment of education and community welfare.





# WOMEN ENTREPRENEUR



Shweta Bansal

A multitasker, a homemaker, chef, a successful entrepreneur married to Mohit Bansal and is a proud mom of 2 beautiful girls.

Started a Indian clothing business with mother in law, wholesale n retail immediately after wedding and keeping exhibitions In Chennai and Hyderabad. Evolved into export and manufacturing of garments with her husband and supplying to retailers all over India.

Started a retail store of garments and gift items n expanded her product range with travel jewelry, wedding hampers and packing.

Handled all departments from sales to accounting to purchase and HR management.

Also ventured into real estate investment with her husband specializing in warehouse development and construction in Tamilnadu. A director / partner in 5 succesful realestate development companies.





# EXPERT TALK



**DR DEEPIKA LUNAWAT**  
**DERMATOLOGIST**  
**MAHI CLINIC**

## Skincare 101

The largest organ of our body does need TLC( tender loving care). Every skin type is unique and it is essential to know one's skin type before starting off with any skin care routine. Instead of concealing skin problems with cosmetics, it's healthier to rejuvenate your skin from the inside.

Skin care regimes are far away from 'one size fits all approach'. Skin types are different, skin sensitivity is different, skin concerns vary.

**Teens :** Since hormones are changing at this stage , it's important to invest in some basic products like a good cleanser, moisturiser, sunscreen. Washing your face 2-3 times a day with clean hands is mandatory. Sunscreen is something you cannot do without. If you start getting blackheads, whiteheads - they are the starting point of acne so get medical help. Do not squeeze or prick them because that will lead to scarring & marks. Dandruff can affect your scalp , face, shoulders, back & chest so get that sorted as well. The importance of well balanced diet and exercise cannot be undermined.

## Skin care in your 20s-

The mantra you need to follow is cleansing, moisturising, using a sunscreen. Never sleep with your makeup on. Stop smoking, eat healthy, get your beauty sleep, be physically active. Apart from that, this is the right time to add some antioxidant based serum like vitamin c into your regime. If your skin is oily , a AHA/ BHA based serum can be included.





### Skincare in your 30s-

Start your antiageing regime now! Apart from all of the above, add retinol , hyaluronic acid , oral collagen to your kitty. Apart from the above , procedures like Pigmentation lasers, chemical peels, Vampire facial, skin boosters add value to your skin.

### Skincare in the 40s and thereafter

It will include all of the above but collagen in our skin starts depleting faster and signs of skin ageing become visible - fine lines, wrinkles, sagging of skin, pigmentation. At this point, it may be a good idea to continue antioxidants, retinol, oral collagen but it may not suffice. If the signs of ageing are bothering you, there are procedures like botulinum toxin, fillers, lasers and energy based devices which definitely help.

In this era of social media, it's important that we keep in mind-

There is no quick fix to getting a healthy skin- it requires eating a well balanced diet, exercise, good sleep, stress management, using the right products, consuming the right supplements if needed and procedures.

There is no single product which can give you a magical difference.

Do not use too many actives in the skin at the same time. Social media is abuzz with niacinamide, vitamin c, salicylic acid, glycolic acid, retinol but that does not mean you need to use all.

Give products time to work - do not expect results in a week or two.

Last but not the least, aim for a healthy skin and not fair skin. Your complexion can be enhanced but not altered. Dr Murad has rightly said” Healthy skin is a reflection of overall wellness.”





# BIRTHDAYS





# ANNETTES

**DHRUV  
MEHTA  
7 TH  
MARCH**

**NANAK  
MISHRA  
8 TH  
MARCH**

**DIVITH  
KUKREJA  
10 TH  
MARCH**

**INAYA  
BAJORIA  
12 TH  
MARCH**

**KAVYA  
JAIN  
18TH  
MARCH**

**PRANAV  
BAID  
19TH  
MARCH**

**ARNAV  
SHAH  
25 TH  
MARCH**

**ARNAV  
SHAH  
25 TH  
MARCH**



# NEW IN TOWN

Embark on a transformative journey of self-discovery 3/10  
Sangeeta Krisna, an intuitive emotional wellness counselor.  
Unleash your true potential. Gain personal growth.

## Spark

**Saturday, 2nd March 2024**  
**RAINTREE HOTEL**  
St Marys Rd, Chennai.  
**Rs 1,000/-**

**INTRIGUE & INSIGHT Workshop**

- Identifying your strengths and weaknesses
- Clarifying your values and beliefs
- Uncovering your passions and interests
- Discovering your purpose in life
- Enhancing your self-awareness and mindfulness
- Cultivating a non-judgmental attitude towards yourself

**TALKWISE**  
Sangeeta Krisna  
Intuitive Emotional  
Wellness Counselor

Mail [tt@talkwise.in](mailto:tt@talkwise.in) or whatsapp 72004 28108 to sign up. Limited seats.

Break Free & Be Confident!

## OUR GUEST



**Ms. Natasha Goenka**  
Image Makeover Specialist

## WHEN

**02.03.2024 - SATURDAY**  
**5.00 PM ONWARDS**

## WHERE

**BLACK ORCHID**  
**CHENNAI**

8/10

youneek  
Events

**DARSHAN**  
**RAVAL**  
*Live in Chennai*

**SUNDAY 3RD MARCH | 6 PM ONWARDS | YMCA ROYAPETTAH**

TICKETS AVAILABLE ON  
**ClubInn** **PAATH INSIDER**

CONTACT: +91 82486 53217 | +91 98848 34127 | +91 63744 48399



8 March

HAPPY  
*Women's Day*



*Celebrate  
Women Power*

