



Rotary club of Madras
Magnum



MAGNUM INK

July 2023-2024

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BIRTHDAY

EDITORIAL

At the heart of Rotary's success lies the unwavering dedication of its members.

Rotarians are everyday heroes, going above and beyond to effect meaningful change in their local and global communities. With their unwavering spirit and dedication to service, they exemplify the true essence of Rotary's motto:

"Service Above Self."

Join us as we embark on this journey of empowerment, compassion, and unity.

INK Editors



Twinkle Navlakha



Nishi Shah

INSTALLATION 2023-2024

9th July , Hotel Accord

Let's begin the new rotary year with a bang!

Installation was done so creatively by introducing all the new board members in advertisements. It was super fun to watch.

Our District Governor with other District officials were also present in the event. They were very happy to see our club's enthusiasm and the bond that we share with each other.

Mr. Vinod Sarawgi was the Chief guest at the event ! We welcome our new President Mr. Gaurav Bhatla and wish him a great year ahead!



BOARD MEMBERS 2023-2024

Board For Rotary Year 2023-2024	
President	Rtn. Gaurav Bhatla
Secretary	Rtn.Akshay Patwari
Club Trainer	Rtn. Shrenik Vaid
Imm Past President	Rtn. Dinesh Baid
President Elect	Rtn.Akshay Patwari
Treasurer	Rtn. Aashish Kukreja
Sergeant At Arms	Rtn.Bhavesch Shah
Director - Club Service	Rtn. Tapasaya Goenka
Director - Vocational Service	Rtn.Vishal Palsani
Director - Com. Service - Development	Rtn.Siddarth Bhaiya
Director - Com. Service - Health	Rtn.Srikanth Hariharan
Director - Youth Service	Rtn.Poonam Pal
Director - International Service	Rtn. Raveen Kothari
Chairman - The Rotary Foundation	Rtn Shubhi Jain
Chairman - Membership Development	Rtn.Siddarth Daga
Chairman - Public Image	Rtn.Gaurav Jain
Chairman - Fund Raiser	Rtn.Arnab Bajoria



Women empowerment

“

*I'm
Enough*

”

Theme of the year !!!

ENTREPRENEUR TAPASYA



I lost my marbles and found more marbles:)

From limited experience to unlimited opportunities I forayed into my business of marbles after a 5 year stint in hospitality with brands like Taj,IHG and leela hotels. Covid was a game changer for more than most people, likewise we made a shift from a B2B setup towards a B2C setup and this is where i was able to bring in a difference. My days are filled with extensive calling and travelling between our factory at tada and the gallery at ECR and in the midst of this juggling I manage to do my single mom duties.

I truly feel the quote “a journey of a thousand miles begins with a single step”.

CELEBRATION TIME !!!

Congratulations Magnumites! Magnum won 14 awards at the district awards held at Hotel Green Park across various avenues including Best President and Best Club-Gold category.

We look forward to achieving greater heights year on year.



KNOW ROTARY

COURTESY : SHRENIK VAID

ROTARY BASICS - PART 1

What's Rotary ?

- Rotary is a global network of more than 1.4 million people of action in over 46,000 clubs worldwide.
 - It aims to enhance communities and improve lives globally through various initiatives and projects.
 - Rotary consists of three parts: Clubs, Rotary International, and The Rotary Foundation.
 - Rotary and Rotaract clubs belong to the global association Rotary International (RI)
 - Rotary International supports its clubs worldwide by coordinating global programs and initiatives
 - The Rotary Foundation helps fund our humanitarian activities, from local service projects to global initiatives.

CLUBS

- Clubs are the essential component of Rotary's organizational structure, with more than 36,000 Rotary clubs and 10,000 Rotaract clubs in over 200 countries and geographical areas.
 - Rotaract clubs are similar to Rotary clubs but cater primarily to university students and young professionals.

MEMBERS

- Members of Rotary clubs, known as Rotarians, and members of Rotaract clubs, known as Rotaractors, total approximately 1.2 million and 200,000, respectively.
- Membership in Rotary provides the opportunity to make a positive impact in communities by utilizing expertise, skills, and talents alongside other professionals and community leaders.

DISTRICT

- Rotary clubs are grouped into districts, generally based on geographical locations.
- Districts are led by governors nominated for their leadership skills, Rotary experience, and dedication to service.
- District governors serve for one year, leading a team of assistant governors and district committees to support and strengthen clubs and carry out service projects.
- The Rotary Club of Madras Magnum is currently part of District 3232, with Rtn. Ravi Raman as the District Governor for Rotary Year 2023-2024.
- Rotary Years start on 1st July and end on 30th June.

SPEAKER MEET



Our first speaker meet was on 21 st July in Hotel Accord with Mrs. Padma Anilkumar who heads an institution called Sitara which focuses on counselling of children of all ages .

Shrenik , karishma and few other members had an interesting conversation with the speaker. It was a very useful discussion. It might have helped many parents to cope up with their children.

Key points :

1. Be friendly with ur kids
2. Talk and discuss things with them
3. Keep a check on their body language
4. Mental and emotional health
5. Try to understand their views

EXPERT TALK

Healthy younger looking skin.

A healthy diet with a balance of nutrient-rich foods such as fruits, vegetables, whole grains, and lean proteins can provide essential vitamins and minerals for healthy skin.

Sun Protection: Protecting your skin from the sun's harmful rays is crucial for preventing skin damage, premature aging, and skin cancer. Always wear sunscreen with a minimum SPF of 30 when exposed to the sun.

Exercise: Regular physical activity can improve circulation, which in turn can improve skin health by providing vital nutrients and oxygen to your skin.

Sleep: Getting enough sleep is essential for skin health. Lack of sleep can cause dark circles, puffiness, and dull skin.

Stress Management: Stress can cause skin problems such as acne, wrinkles, and dullness. Practicing stress management techniques like meditation, yoga, or deep breathing can help improve skin health.

Skincare Routine: A good skincare routine that includes cleansing, exfoliating, moisturizing, and using quality products can help keep skin healthy and moist.

Nutritionist / Dietician
Ankita Bisani



A purple stage with a spotlight shining down from above, creating a bright circular area on the stage floor. In the center of the stage is a low, circular, light-colored platform. The background is a solid purple color.

COMING SOON

**5 TH
MOVIE NIGHT**

**8 TH
BOARD MEET/ PROJECT MEET**

**15 TH
MAGNUM CARNIVAL**

**27TH
FELLOWSHIP**

Stay Tuned

WHAT'S NEW IN TOWN !!!



VIMONISHA
DESIGNER EXHIBITION
The Festive Edit

PRET | BRIDAL | DESIGNER WEAR | FASHION
LIFESTYLE | HOME | BEAUTY | JEWELRY | FOOD

5TH AUGUST
11 AM TO 8 PM

THE HYATT REGENCY
365, Anna Salai, Teynampet, Chennai

Contact : 98200 43549
ENTRY FREE!

ISHRAN

HOUSE OF ARMUSE

SHOP 40 PLUS BRANDS FROM ACROSS INDIA



Create & Express
Together at

**GROUP ART
THERAPY**

5th August - Burgerman, Egmore
10 am - 12 pm | 3 pm - 5 pm

6th August - Taaze Cafe, Alwarpet
10 am - 12 pm | 3 pm - 5 pm

Rs. 999 per head

DM to register or call +91 9025382849



Eko-lyfe
A ZERO WASTE CAFE & STORE

TEXTURE ART
Workshop

06 AUG 4PM - 6PM

Fee: Rs. 1600 (incl. Art supplies,
Welcome drink & Nibbles)

Venue: Eko-Lyfe Cafe, 3, Ananda
Road, Alwarpet Chennai-18

Register Now: 99402-21224

PIC•COLLAGE

OUR CELEBS BIRTHDAYS

**1 ST AUGUST
RAVEEN
KOTHARI**

**2 ND AUGUST
NITESH
MISHRA**

**4 TH AUGUST
SIDDHARTH
BHAIYA**

**6 TH AUGUST
GAURAV JAIN**

**23 RD AUGUST
SHUBHI JAIN**

**27 TH AUGUST
HETAL SANGOI**

**29 TH AUGUST
BHAVESH SHAH**

SOME MORE CELEBS BORN IN AUGUST , BUT NOT IN ROTARY



ANNETTES



**5 TH AUGUST
ANANYA
KAMDAR**

**10 TH AUGUST
DAIVIK DOSHI**

**7 TH AUGUST
KASHVI JAIN**

**13 TH AUGUST
ATHARVA GUPTA**

**9TH AUGUST
KRISHA
SANGOI**

**29 TH AUGUST
HIMAIRA
RATHOD**





POSITIVE
MIND



POSITIVE
VIBES



POSITIVE
LIFE