



The Aura

NEWSLETTER 130

June 2018

What went behind.....

Dr Bhanumathi popularly known as Paavai Bhanu led us back to our childhood days with a very interesting workshop on puppetry . The month of April saw us relive our summer holidays which were filled with art and craft activities. We were amused as we wondered how long it had been since we held a crayon and coloured pictures. Cutting out characters, colouring them bright and proudly holding up our puppets, we enjoyed every bit, like little kids in a summer camp!

The ladies were at their creative best as each group presented their puppet show with the characters created by them. Be it Old Mac Donald or messages on conservation, The Aura ladies stole the show!

What Lies Ahead.....

June 5th is celebrated as world Environment day all over the globe. Over the years, The Aura has organized talks on terrace gardening, composting, solid waste management etc. This year let's take a look on what we eat. . Visual media has changed the way we eat. Reaching out to tasty and convenient foods, we may be compromising on health.

Dr Sivaraman, Managing Director and Chief Siddha Physician from Chennai, believes that there is a strong worldwide trend towards alternative systems of medicine. Food acts as medicine to maintain, prevent and treat diseases. Let's keep aside our whatsapp gyan and meet the expert!

8th June, 2018

11.00 am

Hotel Sangam

Food As Medicine - Dr.G.Sivaraman

MD & Chief Siddha Physician

Arogya Healthcare, Chennai



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*Summer or winter, are gifts
from the universe that we
cannot refuse.*

*But we can choose what
we will contribute to life
when each arrives.*

Gary Zukav

Surprising but true,

murungakeerai

has more

Vitamin A than carrots.



JUNE

Mallika P	3 rd
Muthukala L	4 th
Archana Ganapathy	8 th
Aarathi K G	13 th
Sabari Suganya B	13 th
Jayashree N	15 th
Subha Rengarajan	17 th
Usha Gouthaman	18 th
Shilpa Choudhari	20 th
Pramila Ravichandran	25 th
Moulini Balaji	28 th



The Executive Committee

Mythily Ramanan - 98430 54925
Rajalakshmi Rajesh- 97910 13401
Rajeshwari Ramakrishnan- 2415687
Subha Rengarajan - 98424 08099
Vidhya Madhan- 99444 52100
Vrinda Ramanan- 94432 59747
Supported by-
Smitha Ananth

To Reach us ...

E Mail: admin@theaura.org

Website : www.theaura.org

www.facebook.com/TheAuraTrichy