



# NEWSLETTER

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July, 2022

Greetings from The Aura,

To enter a theatre for a performance is to be inducted into a magical space, to be ushered into the sacred arena of imagination. The Aura met in June to share stories through drama and theatre under the guidance of Actor Hans Kaushik.

With a passion for acting and teaching, Hans Kaushik teaches drama to as many people who will spend a few minutes listening to him. The session was packed with activities and not one wanted to be a passive viewer, when one can be, an active participant, under the watchful eye of the experienced actor.

The workshop was an enriching experience, where we played with gestures, penned scripts of memories etched in our mind and tried our hand at acting. The activities helped us to step into other people's shoes, to see life from their point of view.

Earlier, the game of Dumb Charades by Aura Astraea set the ball rolling for the theatre workshop. It was fun and laughter all the way!





## Prelude

**Event: Emotional Alchemy  
- The Gift of Emotions**

**Guest: Ms Aarti C Rajaratnam**  
(Psychologist/Author)

**Date: Thursday, 21<sup>st</sup> July 2022**

**Time: 10.45 am**

**Venue: Swarnam Hall, Hotel Ramyas.**

There is magic, but you have to be the magician and make it happen. Mental conflict and emotional states around an issue, tie up all our energy. The ultimate alchemy is releasing those prickly emotions, to connect to our true self. Together, let us explore, how the mind can heal the heart.

Aarti C Rajaratnam is a psychologist, innovative educator and a best selling author with a masters in Applied Psychology. She has a deeply enriching career spanning over 2 decades, nurturing learning and excellence in innumerable children, parents and educators across the globe.

An inspiring speaker and best selling author, Aarti has written several books and columns, in regular newspapers and magazines. Her TV shows are extremely popular and spreads awareness on positive mental health and parenting.

Meet the lady with a mission, who is set to redefine education systems across the globe, irrespective of boundaries and limiting mindsets.

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# HAPPY BIRTHDAY

## Guest Speak

Dear Aura,

A fantastic time with a hugely enthusiastic bunch doing theatre basics. what fun an empty space is! Thanks for all the fun today.

- Hans Kaushik

## Birthdays in July

Rama R	1 <sup>st</sup>
Bala Shalini Dhevi	1 <sup>st</sup>
Vijayarani P	15 <sup>th</sup>
Akila Shankar	21 <sup>st</sup>
Bhargavi Raja	26 <sup>th</sup>
Vidhya M	27 <sup>th</sup>

## From The Aura Committee

We are excited at the response for the outdoor trip in September! More details will be shared when we meet in July.

## *Down memory lane...*



6<sup>th</sup> March 2018

Topic: Creative Movement Therapy

Guest: Ms Tripura Kashyap

Director, Creative Movement Therapy Association of India.

### **The Executive Committee**

Mythily Ramanan	98430 54925
Rajalakshmi Rajesh	94431 65687
Rajeshwari Ramakrishnan	2415687
Subha Rengarajan	98424 08099
Vidhya Madhan	99444 52100
Vrinda Ramanan	94432 59747
Smitha Ananth	94438 40990

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