

Greetings from The Aura,

It is said that, we must celebrate milestones as we prepare for the road ahead. It was yet another feather in our cap with the 17<sup>th</sup> anniversary celebrations at The Aura. With friends and families coming together, it was such a joyous atmosphere.

The guest was none other than the multi-faceted celebritv Gautam Vasudev Menon. In conversation with the well-known Rajee Rajesh, director, producer, screen writer and ease actor was at sharing his experiences in the film world. He breezed through the rapid fire round entertaining the audience with his wit and humour. Such a creative genius, so amicable and down to earth. A truly memorable occasion.

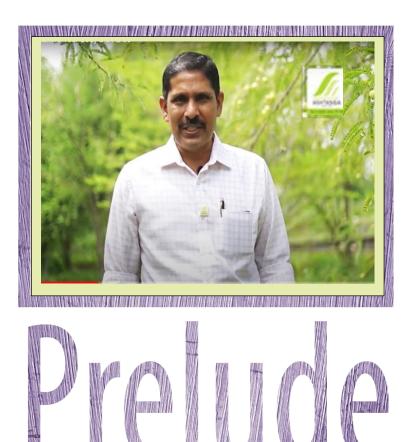
The evening opened with the annual presentation, followed by fun and games. Thank you members for your wonderful feedback on the events . Refreshed and energized, we look forward to hosting many more memorable events in the coming months.











Event: Glimpse of Ayurveda – Principles of Traditional medicine

Guest: Mr.Sasi Varier MD, Ashtanga Ayurvedics.

Date: Wednesday, 9<sup>th</sup> November, 2022

Time: 10.45am

Venue: K.S.Varier's Ashtanga Ayurvedics, 2/564, Trichy-Thogamalai road, Thayanur, Trichy. Our health and wellness are the most important things in our life. But do we give it as much attention as we should?

Meet Mr.Sasi Varier, Executive Director of K.S.Varier's Ashtanga Ayurvedics Pvt Ltd. A biochemist, trained in antibiotics, anti-allergens and nutrition, he has introduced many new products in the market. A distinguished Toastmaster, he is a sought after speaker on health, management and ayurveda.

Ayurveda, an alternative medicine has its roots in the Indian subcontinent. It is believed to be transmitted from the gods to the sages and then to human physicians. A vast majority of the medicines are plant based.

Find out more about this 5000 year old tradition by joining with us for a day trip to Ashtanga Ayurvedics. Learn about the making of the various products, take a walk into the natural forest that houses these invaluable herbs, join us for a sumptuous lunch. Let us live in sync with nature.







# Member Speak

The event was awesome and GVM was so grounded, so natural. Rajee's interview was so casual and exotic. It brought out all his thoughts and experiences. Such a creative genius, so modest, so amicable, and very professional. He put up with our excitement so patiently.... has definitely increased my respect for him. Felt really good and warm meeting a celebrity like him... changed my perspective. Thank you Aura for the recognition given to us and the useful gift. Food was superb. Kudos to the Aura committee.

Jayashree Agarwal

## **Birthdays in November**

Rajeshwari.R	6
Poorvadevi.S	13
Meenachi R	15
Bharathi Lakshmi.V	18
Rajalakshmi Rajesh	26

## From The Aura Committee

Members, please get together, form car pools and be at the venue by 10.45am.

The location has been shared in your WhatsApp groups.



#### Down memory lane...



Event : To Inspire ,Explore & Conserve

Speaker: Mr Alexander Amirtham, Exe Director, A.M.Greens Biodiversity Sanctuary, Trichy.

Date: December 2018.

### The Executive Committee

#### Reach us at

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