



NEWSLETTER

181

November, 2022

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 17th 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 celebrity Gautam Vasudev Menon. In conversation with Rajee Rajesh, the well-known director, producer, screen writer and actor was at ease 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.





Prelude

**Event: Glimpse of Ayurveda –
Principles of Traditional medicine**

**Guest: Mr.Sasi Varier
MD, Ashtanga Ayurvedics.**

Date: Wednesday, 9th 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 sub-continent. 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.



HAPPY BIRTHDAY

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

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

Reach us at

www.facebook.com/TheAuraTrichy

E mail: admin@theaura.org

Website: www.theaura.org