



NEWSLETTER

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December, 2022

Greetings from The Aura, 'Ayurveda is the knowledge of life and how to live life to its full potential'. Intrigued by the concept, we made a trip to K.S. Varier's Ashtanga Ayurvedics (P) Ltd.

Celebrating the 85 year old legacy at Ashtanga, the team led by the executive director Mr Sasi Varier, educated our members on the science of ayurveda. On a tour of the factory we discussed the logic behind the numerous ingredients that went into the making of the therapeutic Oils, Kashayams, and Gulikas. The aroma was inviting, the experience enriching.

The forest walk was thoroughly enjoyable with bunches of gooseberries all around. It was a special treat to us when we got the opportunity to plant more trees in the forest.

Adding significant value in the space of wellness through natural therapies, Ashtanga today can boast of a strong base in Clinical Ayurveda, spearheaded by the Fourth generation of the Founder. We wish the team the very best in their future endeavours.





Prelude

Event: Hidden Science in Art

Guest: Mrs. Archana Raghuram

Date: Friday, 2nd December, 2022

Time: 10.45am

Venue: Swarnam Hall, Hotel Ramyas.

Did you know that our ancient scholars developed a technique for encoding mathematics in poetry, or that the kolams we draw every day contain mathematical concepts like symmetry, fractals and infinity or why there is a Nataraja idol in CERN the largest particle physics lab in the world? Join us to find out more in yet another interesting event this December.

Our guest Archana Raghuram runs a YouTube channel called Temples Books and Science, where she shares her knowledge on the topics that are at the intersection of science and spirituality. She has worn many hats. Archana is a You Tuber, former CEO at United Way Chennai and former Senior Director at Cognizant. After 25 years in corporate world and several awards to her credit, Archana started her YouTube channel to share her knowledge on subjects she is passionate about.

Experience a sense of awe and excitement as the speaker unravels the hidden science in art.



HAPPY BIRTHDAY

Guest Speak

Although we knew many of your members, we had our doubts on how they will like our place and the various activities being done here. We got a lot of energy from the attentiveness they were showing. We felt very easy interacting with them. Sathi had nice things to say about the friendliness of the members. Girish was in full spirits with technical doubts coming his way. My workers were feeling elated because they did not even imagine you would all interact with them. They felt validated.

Over all I would like to thank the members of The Aura for being such good visitors, that we give you an open invitation to visit us again, even if you wish to come with families. Thank you very much.

- Mr Sasi Varier.

Birthdays in December

Shoshan Cheriyan	2
Lakshmi S	2
Shanu M Khanna	3
Ranu Palsani.R	10
Shalini B	10
Aarthy N	11
Champa Kalkura	15
Devi Annapoorani M	19
Bhargavi Satheesh	20
Kumudha Vinodkumar	22
Leena Ravindranath	31

From The Aura Committee

Mark your calendar,
The 3rd meeting of our wellness
series will be on
20th December, 2022
At 3pm on Zoom.

Down memory lane...



Event : Festivals – A Window to Life.

Speaker: Mrs Soumya Aravind Sitaraman
Author

Date: January 2019.

The Executive Committee

Mythily Ramanan	98430 54925
Rajalakshmi Rajesh	94431 65687
Rajeshwari Ramakrishnan	2415687
Subha Rengarajan	98424 08099
Vidhya Madhan	99444 52100
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