



# NEWSLETTER

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January, 2023

Greetings from The Aura,

We have heard numerous stories on the asuras and devas. You must have wondered if these are just figments of imagination or is there science behind it.

Our guest Archana Raghuram, known for her YouTube channel Temples Books and Science, made an impressive presentation on the 'Hidden Science in Art'. The speaker showed how the ancient scholars had a practice of encoding knowledge in every aspect of life.

We were intrigued by the concept of Gangadhara being the Orion constellation and mathematics in sanskrit verses.

Aura Aphrodite hosted the events of the day with thematic games for the Christmas and Margazhi month. If you wonder about the science behind festive celebrations, you just have to sift through the sands of time to find them.

In the 3<sup>rd</sup> session of our wellness series, we had with us Dr Madhu Thottapillil Orthopedic surgeon and sports medicine specialist from Chennai. He spoke about the multiple reasons why women are more likely to get osteoporosis than men. In the session 'Bone health for Women', he shared tips for combating bone loss. The interactive session had numerous takeaways and a very interesting question answer session. Good health isn't a gift, but an accomplishment and exercise is a celebration of what your body can do.





## Prelude

**Event: The Hidden Treasures of  
The Himalayas**

**Guests: Mrs. Vrinda Ramanan  
Mr. J. Ramanan  
(Mountaineers)**

**Date: Wednesday, 4<sup>th</sup> January 2023**

**Time: 10.45am**

**Venue: Utsav Hall,  
Courtyard by Marriott**

*Take me to the Himalayas, for the air is pure and free of greed... Take me to the Himalayas, for the first ray of light kisses the peak....*

The mighty Himalayas have undoubtedly inspired many. The splendour and magnanimity of these mountains are beyond words.. Our guests J Ramanan and Vrinda Ramanan share a passion for the mountains and have been trekking in the Himalayas for over four decades. Trained from the Nehru Institute of Mountaineering, Uttarkashi, they started The Science and Adventure Club in the city and have organized many treks since 1997.

Ramanan, a practicing architect, is deeply involved in photography. His photographs recreate the magic of the mountains. Vrinda is a well-known Bharatanatyam dancer and runs her own dance school, Bala Kala Vidhanam in Trichy. A talented writer, she creates magic through her words. Together they have authored many books on the Himalayas, temples of Srirangam and Tirumala Tirupati.

In the session "The hidden treasures of the Himalayas" the couple will transport you to the mountains, capturing the excitement of their numerous treks. The mountains are scenic beyond imagination. Together, let us welcome the new year with a virtual trip to the Himalayas.



# HAPPY BIRTHDAY

## Member Speak

Thank you for the thought provoking meeting. Really every time this kind of healthcare related meetings brings me back on track on healthcare.

- Lakshmi Priya

Thoroughly enjoyed the group activity. Team spirit behind it, kolam by the members displayed their artistic talent. MC by Vadivu was excellent. The intricate cosmic relationship with lord Shiva was deciphered in a very simple way by Archana Raghuram. The kolams and their significance, Maths and computer programming was an eye opener. Proud of our rich culture. The details of Rahu Kethu was very interesting. Great appreciation to The Aura for bringing such eminent speakers , we are proud auraites.

- Leena Ravindranath

## Birthdays in January

Praveena D	2
Smitha.A	6
Rathnamala Prem	11
Amutha.R	15
Deepa Mukundhan	26

## From The Aura Committee

The year 2023 brings us to **Courtyard by Marriott** for our monthly meetings.

The hotel stipulates **confirmation of attendance 48hrs prior** to the event.

Requesting all members to **please take RSVP very seriously** and plan accordingly.

## *Down memory lane...*



Event : Trek To Thalai Malai

Date: 5<sup>th</sup> January 2016.

### **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**

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