



March 2006

Newsletter 5

Dear Friends,

Warm greetings from The Aura.

In the February meeting Mrs Sumathy Sundar through a multi media presentation expounded about the healing powers of sound and music and its role as a supportive medicine. With her melodious voice she created a sonic atmosphere and practically demonstrated how music permeates the cells of all living beings and dances with the mood , the mind and the soul. The music recital by the teenagers Shradha, Rema and Sanjnaa was well commended by the audience. The soundness of the grooming by their guru Mrs.Champa Kalkura could be apparently felt.

It is said man can live about forty days without food, about three days without water, about eight minutes without air, but only for a second without hope. If challenges are faced audaciously, stunning achievements could be achieved. What is needed is the will to make that challenge a reality. So this month **Mr.T.Sanyal**, a leading corporate HR professional and also the Chief Executive, Human Sigma Inc.,Chennai is going to conduct a workshop on **Challenging the future with confidence.**

Date : Friday, March 10 , 2006

Time : 11 A.M

Venue : Hotel Sangam, Trichy.

Last month it was gratifying to see the member's greenish response to our punctuality request. A few members who could not turn up on time had to go red without their acknowledgement gift. So it will be our pleasure to have everyone of you at the venue by 10:45 A.M to receive your gift. The programme shall contain self development games and work together events. So be there on time -let's get together, roll up our sleeves and move mountains and make the impossible feasible.

Thank You.

You cannot control what happens to you, but you can control your attitude towards what happens to you , and in that, you will be mastering change rather than allowing it to master you.