



April 2006

Newsletter 6

Hello Friends,

The month of March always keeps us on our toes. While the children sweat it out for the examinations and the men go berserk with their financial year end pressures, it's the women who have to indirectly bear the brunt of their stress. The Aura meet prepared us to face these challenges. Mr.T.Sanyal presented a simple and understandable road map for each of us to use as we deal with our own individual circumstances. His suggestions to behave like a childlike adult and to approach problems objectively from the outside, were well received by the audience. The enthusiastic participation of all the members in the group activity was heartening and the presentation by all the groups gave a truly valuable insight into the various problems faced by women. It was a fitting finale when all the members gallantly walked on broken glass.

April, the month that begins with the All Fools' Day, is celebrated as the National Humor Month in the USA. The April Aura meet would be a celebration of humor too. Humor can make the wonderful moments of life truly glorious and it can make tragic moments bearable. The quickest, most effective way to beat stress is literally to laugh it off. Keep laughing always and your face value will reach new peaks. So this month we will have two speakers who will keep us in splits with their humorous anecdotes and narration. **Prof.G.Balakrishnan**, Former Vice Principal, St Joseph's College ,Trichy, shall first address us in English on the topic 'Stationary Jogging'. This will be followed by a speech in Tamil by **Kalaimamani Dr.K.Gnanasamadhan**, **President, Madurai Humor Club**.

Date : Saturday, April 8 , 2006

Time : 11 A.M

Venue : Hotel Sangam, Trichy.

As announced earlier, members are allowed to bring in guests. But kindly register your guests by paying a fees of Rs 300 on or before April 5 th. Also bear in mind your promptness is being tracked. So kindly be at the venue at 10:45 A.M.

Come! Let's laugh away the blues 'n have a fun filled morning.

**We don't stop laughing because we grow old
But , We grow old because we stop laughing.**

The Aura....

Tests Your Funny Bone

Do You have a Humor Deficiency Syndrome?

Millions of people suffer from HDS. Take this test to find out if you're one of them.

This quiz will help you assess the health of your funny bone. Simply answer TRUE or FALSE to each question.

		True	False
1	You wake up each morning complaining — too little sleep, too many aches and pains, another crummy day.		
2	Everybody on the road is a lousy driver except for you		
3	Everyone ahead of you in the express line at the supermarket is conspiring to slow up your progress.		
4	Your favorite topics of dinner conversation are your backache, food allergies and cholesterol readings.		
5	Anybody who does not share your political or religious beliefs is an uninformed, wrong-headed ignoramus		
6	You feel overworked, underpaid and under-appreciated		
7	Daily chores — washing, laundry, shopping, etc. — are an endless source of complaint.		
8	You find that talk radio and TV news are spiritually uplifting.		
9	It is your duty to criticize friends, co-workers and family members for their own good.		
10	Cheerful people are annoying and you suspect they're faking it — nobody is that happy.		
	Total		

RATE YOURSELF:

0-2 TRUE — You do not have a Humor Deficiency Syndrome. In fact, your sense of humor is your greatest asset.

3-5 TRUE — You are showing the first signs of Humor Deficiency Syndrome. Make sure to get at least 15 good laughs a day.

6-10 TRUE — An advanced case of HDS. A funny bone transplant is your only hope. On the bright side, you will never die laughing.

**HDS?---Laughter is the best medicine-
The heartier the better- can be taken anytime
-no side effects- even an overdose does not harm
So laugh as much as you want.....**