



Newsletter 23

November 2007

Are you the life and soul of a party? Do you enjoy Western? Are you a well-behaved person? Are you a Sanguine, Choleric, Melancholic or a Phlegmatic?

The Psychometric Analysis conducted by Mr. And Mrs. Shivkumar, Director, Trichy Plus, was a sensitive subject presented in a light vein which helped us in assessing our behavioral traits. The hall was filled with laughter and excitement as the members discovered their own strong and weak points through this interactive, well structured exercise. It helped us to evaluate our emotional levels, intelligence, career orientation and leadership qualities.

All the participants agreed with Mr. Shivkumar that it is imperative that a society should nurture a combination of these four personality traits. Undoubtedly, a thorough understanding of these qualities will help build a strong family and consequently a healthy society with a successful and happy populace.



The body is a mould prepared by the mind to carry out the activities of the mind.
The food that we eat, to build both the body and the mind, should therefore be
Pure, Wholesome, and Nutritious.

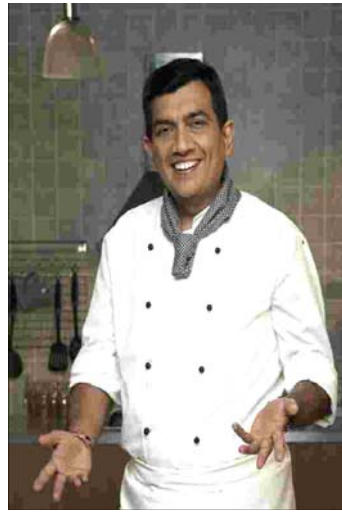
A Live Cookery Show to
Tickle your palate

By,

The Gourmet King

Sanjeev Kapoor

The most celebrated Chef
of Indian cuisine



This Nala of India, who is recognized for his celebrated International and Indian Recipes is going to enchant us with a demonstration of delightful dishes. Ladies prepare yourselves to confront him with your culinary doubts that have been plaguing your mind every time you open a cookery book. It is not everyday that you will get an opportunity to interact with such a scrumptious and delicious celebrity

Date
Tuesday, 4th Dec, 2007

Time
10:30 A.M.

Venue
Vasantham Hall, Hotel Sangam

The body is a vehicle for the soul and therefore has to be treated with utmost respect and care. Every effort has been made to understand the underlying principles that permeate all life, the essential unity of the diverse forms in the world. What do we need from food? Food serves two very important purposes- a fuel for energy and as raw material to repair itself. Cookery is a special art that makes these two functions not as prosaic as it sounds.

Birthdays in December

S.Vandana	2 nd	Champa Kalkura	15 th
Shanu M Khanna	3 rd	M.Devi Annapoorani	19 th
Chandrakala Gidia	7 th	Devahi Senthil Kumar	22 nd
Jayachitra Sachin	8 th	Kumudha VinodKumar	22 nd

Attention

- Guests(Ladies Only) are invited for this special meet the registration fee being Rs 300 per head.Please contact the committee for further details.
- Having a celebrity, we intend to benefit to the maximum. So we shall start a little early. Please be at the venue by 10:15 AM so that you do not miss out on anything
- A booklet containing the recipes of the dishes demonstrated will be distributed after the show. So just relax and enjoy the show interacting with the Chef.
- The main Sponsor of the event Mehta Jewellery,Chennai is conducting a 3 Day exhibition of its exclusive Diamond Jewellery on 3rd,4th and 5th of December at 122 Hall,Hotel Sangam from 10:00 AM to 8:00 PM. Please visit to benefit.
- Those interested in obtaining the materials relating to the Psychometric tools handled by Mr.Shivkumar, please mail your request to The Aura.

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