



The Aura- Newsletter 64

November 2011



What went Behind...

The morning at Nanjai was bright and brilliant and the air was filled with the mood for fun and entertainment. The ladies were transported back to their college days when they danced and jived with such intensity, unmindful of the crowd around them. Every member lunged into the games with full breath and Deepak Dinakar, the anchor, was only amazed that 'a small town like Trichy had so many lively and talented people'.

Whether the game was for the brain or the brawn, for the individual or the group, the participants involved themselves with the fervour of a spirited youngster. Everyone present felt that there should be more such mornings devoted only to fun and fun alone!

"Life isn't a dress rehearsal. This is it. You can't go back and do it over again. When it's over, its gone - forever! So if you don't live fully now, when will you?" This message is for the fabulous freshers who were present- You gotta be juicy! Savour life, devour it, relish every minute and feast on every precious experience with gusto! This is possible only at the Aura.

Birthdays in December

Shoshan Cheriyan	02 nd	Bhargavi Satheesh	20 th
Shanu M Khanna	03 rd	Kumudha Vinodkumar	22 nd
Chandrakala Gidia	07 th	Sri Harne Ponram	29 th
Champa Kalkura	15 th	Leena Ravindranath	31 st

Mythily Ramanan
98430-54925

Rajalakshmi Rajesh
97910-13401

Rajeshwari Ramakrishnan
0431- 2415687

Savitri Saravanan
98946-06051

Subha Rengarajan
98424-08099

Vidhya Madhan
99444-52100

Vrinda Ramanan
94432-59747

Date : Friday, 2nd December 2011

Time : 10:45 AM

Venue: Nanjai Hall, Hotel Sangam

Topic : The Human Brain
-A User's Guide

Guest : Dr. Prithika Chari,
Neurologist, Chennai

What Lies Ahead



The brain is the most important part of our body and our ignorance of its capacity surpasses all the knowledge that we have of it.

This month we will be introducing you to moving minds, boosting brains, helping and healing the special seat of intellect. We will get a peek into the strength of the brain and the sub-conscious, the creative brain, the child's brain and the ageing brain.

How to efficiently use the potential of the brain, how to effectively improve your memory, how to cope with stress and fear and how to enhance one's social quotient and life balance through strategies like meditation will be the subjects for the day. The magnificent magic of the mind and the brain will be presented by a forceful resource person, a reputed neurologist, Dr. Prithika Chary.

Attention

- Please be at the venue at 10:45 AM so that we start as per schedule at 11.00 AM.
- Aura ID Card and Receipt for your subscription enclosed with the Newsletter.
- List of Privileges that can be availed as an Aura Member has been defined in the attached Privilege Notice.

“Personal development is your springboard to personal excellence. On-going, continuous, non-stop personal development literally assures you that there is no limit to what you can accomplish.”