



The Aura- Newsletter 68

March 2012



What went Behind...

The simple and practical ideas that Prakash Iyer shared with us encouraged us to introduce a new dimension to our everyday, otherwise mundane routine. He dealt with the subject of winning and being a winner all our lives with straightforward and uncomplicated examples and anecdotes, in a very effortless manner. He emphasized that a goal or good purpose in life will be our lifetime motivation for every single detail of our daily life. Coupled with faith in our own selves, armed with sincere effort and sustained perseverance and entertaining only positive thoughts, no one can fail. Win some, lose some. To get something in life we have to give up something. And again, always work as if you have only six months to live.

So Auraites, I am sure, all of you have started going after the white rabbit, because there are only two keys to success- getting started and working all the way to the finish line.

Go on, strive to achieve something bigger than yourself.

Birthdays in April & May

Niresh Kumari.J	April 1	Thameem Nisha.S.	April 27
Shobha N Makhija	April 5	Chitra Valentina Thiruvadan	May 1
Jenie Edmund	April 7	Meena Ravindran	May 7
Anitha . S	April 7	Fathima Bathool Maluk	May 10
Shanthi Sivakumar	April 10	Sathyabama.A	May 15
Uma Devanathan	April 11	Punita Vivek Mittal	May 18
Mala Balasubramanian	April 12	Sowdhamini Raghavan	May 19
Sunitha Girish	April 17	Mangai Sivakumar	May 20
Subhashini.M	April 21	Srividhya Srinivasan	May 29
Anita.G	April 25	Ramyas.S	May 30

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 : Monday, 2nd April 2012

Time : 11:00 AM

Venue : Nivandam Hall, Hotel Sangam

*Topic: 'Martial Arts and Combating
Techniques- Its usefulness in everyday life'*

Speaker: Ajith Sigamani

*Designation: 'Combat kinetics'-Urban
Self Defense Specialist, Chennai*

What Lies Ahead

Of course, genes do matter a lot, if you want to live endlessly with good health. But, besides your genes, diet and clean habits and exercise also play an important role. There are ever so many Gyms that have sprung up in our little city and every morning all meetings, work and personal schedules have to be planned according to our Gym timings.

For those of you who feel ostracized from this world of mechanical contraptions that work on all the love handles, we have arranged a session on fitness that will help you achieve the same results by using your own body weight. The subject of martial arts and its evolution, universal rules of combat and self defense and urban survival techniques will all be included in this two hour session. Our experience, supports research that regular exercise contributes to our physical, mental and emotional well-being. You are in the process of change. You might as well become what you want. So attend and experience for yourself how self defense techniques can build our self-esteem and pump us with good health and energy, besides tinkering our physique.

Attention

- Please be at the Venue at 10:45 AM so that we shall start at 11:00 AM
- Please come in comfortable outfits to stretch and exercise. Preferably Salwar Kameez or pants

"Whatever you can do, or dream you can, begin it. Boldness has genius, power and magic in it.

BEGIN IT NOW!