



The Aura- Newsletter 69

April 2012



What went Behind...



It was a morning dedicated to good health through exercise and our resource persons Ajith and Cary, two enthusiastic youngsters took us through various work out sessions that were designed to stretch, increase flexibility at the joints and burn off excess calories. Definitely we did not slim down in that one session, but it did open our eyes to the important role that disciplined workouts played towards building a slimmer and better proportioned figure as well as towards cardio-vascular fitness. But, remember, sometimes hours of sweating out at the Gym or contorting your body in various poses through yoga will not yield the desired results if we are not cool and calm. A healthy mind will generate a healthy body. So, friends, ease the pressures of everyday living by talking your worries out with a trusted level-headed person, lose yourself for a while in a book, film or a game or just take a trip off from town, work off your anger, do something special for others, take one thing at a time, go easy with criticism and finally get a good night's rest at least for 8 hours. The morning was a toast to feeling good and living longer and healthier lives.

Birthdays in June

| | | | |
|-----------------------|------|------------------|------|
| P.Mallika | 3rd | S.Geetha | 16th |
| L.Muthukala | 4th | Subha Rengarajan | 17th |
| Najmunnisa Nazimuddin | 10th | Usha Gouthaman | 18th |
| Sameeena Banu.S | 10th | Ejula Mathew | 19th |
| Sabari Suganya | 13th | Shilpa Choudhari | 20th |
| Padma Ramakrishnan | 15th | Vijayalakshmi.N | 25th |

Mythily Ramanan
98430-54925

Rajalakshmi Rajesh
94431-65687

Rajeshwari Ramakrishnan
0431- 2415687

Savitri Saravanan
98946-06051

Subha Rengarajan
98424-08099

Vidhya Madhan
99444-52100

Vrinda Ramanan
94432-59747

Date : Friday, 15th June 2012

Topic: Through the Looking Glass

Time : 10:45 AM to 4:00 PM

Venue : Nivandam Hall, Hotel Sangam

**Speaker: Archana Dange,
Helen O Grady Drama Academy.**

What Lies Ahead



Every time we are engrossed in a movie, in a TV serial or at a play, how many of us wish that we were one of the actors! Aura is now giving you an opportunity to attend the whole day workshop in the month of June to learn the nuances of acting. It will be a creative process that, we believe, will introduce you to the talents lying hidden inside of you, waiting to be discovered. Experience a little storytelling, a little poetry, prose and a little drama. It will be a memorable day when you will be just yourselves, rewind back to your childhood days and rediscover the forgotten fun that life offers, with no judgements.

Attention

- Please be at the Venue before 10:45 AM so that we can start on time. Kindly note that it will be a whole day programme that shall close by 4.00 PM
- In July we have planned an outdoor trip to Pondy on 13th and 14th of July. The cost shall be Rs 4000. Only 35 registrations on first come first serve basis. Interested members are requested to pay Rs.4000/- before June 15th.
- Fastrak'12-our TSD Rally is on August 5th. Please start forming teams. Exciting gifts for first 30 registrations.

"As with the splitting of the atom, the opening of the self gives us access to hidden power. Authenticity is a sensitizing and blessed power. It comes with feeling at home with oneself and therefore at home in the universe. It is the greatest power in the world- the power to be ourselves." - Ardis Whitman