



THE AURA

NEWSLETTER 97

March 2015

WHAT WENT BEHIND

The Bangalore based band 'Agam' presented Carnatic Progressive rock, a genre of music very new to Trichyites. As the name 'Agam' implies, the members of the group put their 'heart, soul and inner soul' into their music and carried the audience to cloud nine.

Along with the musicians, the gathering closed their eyes in prayer when Lord Vinayaka was invoked, travelled joyously rowing their boats on the backwaters of Kerala, enjoyed the contemporary twist to Thiaga Brahma's popular kirthanai, swayed silently to the soul stirring Ghazal and sat excitedly at the edge of their seats, encouraging and applauding the 'Thani' of the drums and the ethnic percussions.

When Agam left they carried our souls along with them.

“Music is the greatest unifier. An incredible force! Something, that people who differ on everything and anything else can have in common.”

WHAT LIES AHEAD

Place your hand on your chest and you can feel your heart thudding away....lub-dub...lub-dub...lub-dub.... A healthy heart, no bigger than your fist, beats 100,000 times, sending 2000 gallons of blood surging through your body; does the mighty job of keeping your blood flowing through 60,000miles of blood vessels that feed your organs and tissues. Any damage to the heart or its valves can reduce that pumping power, forcing the heart to work harder just to keep up with the body's demand for blood.

Do you have any idea of what's really going on in there? What keeps your heart ticking as it should? So, how do you make sure your heart is in tip-top shape!

Facts about this indispensable organ - some amazing and some little-known, will be explained by an expert cardiologist at our next rendezvous.

Date March 10th, Tuesday, 10:45 am

Venue Hotel Sangam, Trichy

Topic Healthy Heart and a Happy you!

Speaker Dr. N. Senthilkumar Nallusamy,
MD, DNB (Med), DNB (Cardio), FACC (USA),
Chief Consultant Cardiologist,
Apollo Hospital, Trichy



BIRTHDAYS IN MARCH 2015

Happiness is not a goal, it's a way of travelling. Every morning wake up and say, "It's a new Day. I can't tell what will happen tomorrow and I don't worry about what happened yesterday." Flush out the negative thoughts and substitute constructive ones. Consciously choose to be up.

Have a great day on your

Birthday!



Sorry! We missed out . . .
Latha Rajaraman (Feb. 20th)

Vrinda Ramanan	March 3rd
Meenakshi Velleyen	March 5th
Krishna Kumari	March 11th
Savithri Sivakumar	March 14th
Sowmiya Ganesh	March 17th
Akila Srivatsan	March 17th
Allirani B.	March 19th
Savithri Saravanan	March 19th
Hema Kannan	March 24th
Rinku Bhagat	March 25th
S. Gayathri	March 27th

COMMITTEE

MEMBERS

Mythily Ramanan	98430 54925
Rajalakshmi Rajesh	97910 13401
Rajeshwari Ramakrishnan	2415687
Savitri Saravanan	98946 06051
Subha Rengarajan	98424 08099
Vidhya Madhan	99444 52100
Vrinda Ramanan	94432 59747

“ Perfect health, pure and invincible, is a state we have lost. Regain it, and we regain a world. . .

The healing mechanism inside us perfectly matches the one outside. The human body does not look like the green meadow, but its breezes, its laughing water, sunlight and earth were merely transformed into us, not forgotten.

- Deepak Chopra

