



THE AURA

# NEWSLETTER 105

January 2016

## WHAT WENT BEHIND

The month of December began with the irreparable calamity caused by the catastrophic floods in Chennai and Cuddalore. Many crusaders came together to help and rehabilitate both physically and psychologically all those affected adversely in this tragedy. We had to postpone the meeting scheduled for the month of December to a later date, as the speaker could not reach Trichy, due to unavailability of transport.

## WHAT LIES AHEAD

January is the month when we choose to make resolutions that we hope to fervently stand by, feverishly review the past and positively plan for the future. To start the year on an adventurous note, we have arranged a trek to Thalai malai for the month of January 2016. This trek will definitely not be a very tough climb, but will not be an easy amble either. It will be a four hour interesting climb up through a forest and over a few boulders. You can get to see a 360 degrees view of the Cauvery and the Kolli Malai, hills, green fields and rivers from the top of the temple perched precariously on the rock.

Seize the day,  
Awaken your senses,  
Breathe in the fresh air,  
Melt in the magic of the woods,  
Nourish your soul with the chirping of the birds,  
Inhale the scent of the vibrant flowers and  
Experience the joy of walking among the bubbly butterflies.  
The risk, the energy, the discomfort, the effort- are worth it.  
For, each new vista creates exhilaration, understanding and wisdom.

Event Trek to Thalai Malai  
Date 5th Jan. 2016  
Start from Hotel Sangam at 5 am.  
Regn. Fee Rs. 300/-



# BIRTHDAYS

FOR THE MONTH OF  
JANUARY 2016

Be Happy All Life,  
Some Sun, Some rain,  
Consciously choose to be up-  
Happiness is not a goal,  
It's a way of travelling.

**HAPPY BIRTHDAY!**



Jan. 1st	V. Ranjani
Jan. 11th	Rathnamala Prem
Jan. 2nd	Praveena
Jan. 15th	Amutha R.
Jan. 6th	Smith Ananth
Jan. 25th	Mumtaz Hanif

## 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

## ANNOUNCEMENT

1. We will be starting on the 5th of Jan. 2016 at 5 am sharp from Hotel Sangam and return by 6 pm.
2. Breakfast and lunch will be provided.
3. Below is a list of essentials for this trek:
  - Cap
  - A good pair of trekking shoes
  - Wear track pants or salwars
  - Dark glasses
  - 2 litres water
  - A haversack/daypack to carry lunch, water and snacks.
  - Sun screen lotion
  - Bring eatables just enough for yourself, as only you will have to carry it all the way in your haversack.