



NEWSLETTER

152

July, 2020

Choosing Joy

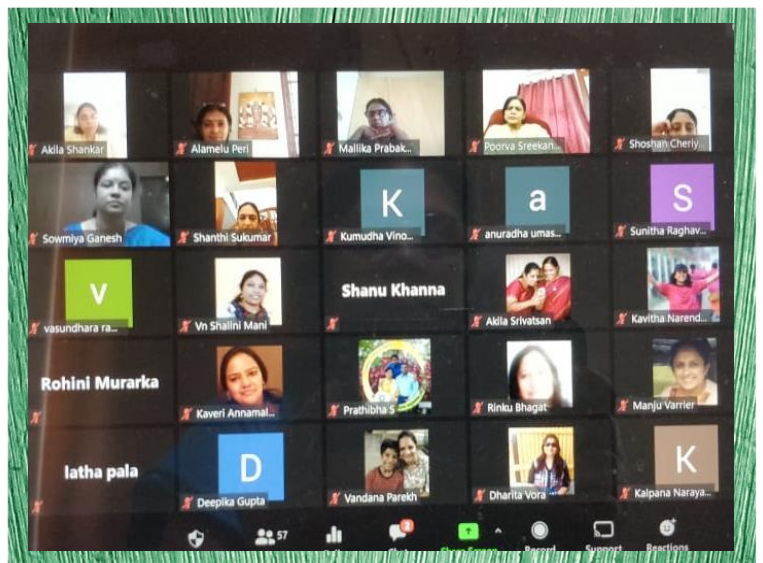
I am joy, and I won't give it up,
Not for anything in the world.....

The words of a poet, a dreamer, an academic, Dr Ramya Ranganathan. Her various academic explorations on human behaviour helped her summarize herself as "I am joy".

On a busy summer afternoon, Ramya took time to address The Aura for a full 90 minutes. Her enthusiasm and energy were infectious as the interactive session saw active participation by the members. "How do we be happy always?" asked one, "how do we prevent bad memories from coming back?" asked another. Be stubborn, keep negativity at bay.

Ramya explained in simple words, the working of the brain, the mirror neurons, and how simple acts of kindness, a daily journal of positive experiences... go a long way in choosing joy.

To quote the words of the speaker,
Without my Joy,
I am of little use
To myself or to those I love
Without my Joy, I become a pain
To beings on earth and those above.





Prelude

**Topic : Nutrition and Lifestyle
- A habit based approach**

Guest : Mrs Srividya Gowri

CEO & Founder of The 8th Element.

Date : Tuesday, 28th July, 2020

Time : 11am-1pm

Venue: Zoom

Nutrition and lifestyle

Healthy is an outfit that looks different on everybody. A healthy lifestyle not only changes your body, it changes your mind, your attitude and your mood.

Meet Mrs Srividya Gowri an experienced professional, who is on a mission to create positive difference in the lives of women. Equipped with a strong fundamental background of Nutrition and Dietetics studies and advanced training in Precision training program from Canada, Srividya founded 'The 8th Element' which is designed to bring forth her knowledge and experience to help her clients achieve their health and fitness goals.

A half marathoner and national level power lifter, Srividya has won several medals over the last 2 years. Her achievements are a result of embracing several key attributes and habits that make up the overall fibre of an individual.

Take charge of your life, to be in the best mental and physical shape regardless of age. Let's focus on ourselves and indulge in a little self-care.

www.the8thelement.in



HAPPY BIRTHDAY

Members Speak

A thought provoking and motivational session to beat our daily blues, from a wonderful and joyful person full of positivity and radiating good energy. Thank you all for this need of the hour program.
- Athena

Very useful and informative session especially for current times. It was all the more interesting as it was made interactive. There were some really good inputs.
- Astraea

Nice one, good title in this extremely difficult times. Her zeal is contagious... now, I am charged...my aura will carry it.
- Aphrodite

Ramya made the session lively. She said, 'take control of our mind strongly and not think of bad things that happened in the past'. To fill our mind with positive thoughts and not leave place for negativity.
- Artemis

Birthdays in July

Rama R	1 st
Bala Shalini Devi	1 st
Devi R	11 th
Vijayarani P	15 th
Akhila Shankar	21 st
Vidhya M	27 th
Yasodha K	28 th

From The Aura Committee

Join in @ 10.45am
Aura Athena is all set
to host the events of the day.

Down memory lane



Fastrak '16

The Aura in association with Madras Motor Sports Club Chennai, conducted the car rally in July 2016. The event saw 65 registrations.
Raja Krishnamurthy our chief guest at the flag off.

The Executive Committee

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