

# HEART of matter

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This is a series of reflective conversations that dwell on holistic living, wellness, history, philosophy, literature, art and culture. Presented by InKo Centre as quarterly editions, in association with partner organisations, these direct and inspirational conversations will focus on lived experience rather than theoretical abstractions.

We invite you to explore what lies at the heart of matter,  
what matters most and why.

Join AVIS and Vaani in a riveting conversation with Sunil Menon and Angel Glady on orientation, identity, perception, perspective, inclusion and happiness.

6.30 pm on Saturday, 12 March 2016, at InKo Centre.

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Everyone is working harder than ever before, earning a living and raising a family. Somewhere along the way, people are also fighting their own battles - health challenges, messy relationships, failing businesses, stagnating careers and dealing with the death of loved ones. Yet, in the midst of it all, people continue to search for meaning and happiness in Life.

*Happiness Conversations* is a quarterly event, with **Vaani & AVIS** in conversation with two special guests each quarter. Their guests are people who have faced Life's challenges squarely and have learnt to be happy despite their circumstances. The conversation will inspire people in the audience to let go and deal with their own life situations squarely.

## Special Guests for Edition Three

Fashion designer and founder of Sahodaran Sunil Menon and Theatre artist Angel Gladly are our Special Guests in Edition Three of Heart of Matter – *Happiness Conversations*.

How is identity collectively created, defined, reiterated and very often restrained by social, religious, historical, legal and political contexts? What happens to the individual within this collective definition and to the lives of those who defy the stereotype handed down from generation to generation? Imagine being trapped in a body all your life, when you actually feel different about who you are every single moment of every day. You cannot express yourself, even experience your sense of identity because social norms restrict, repress and refuse to reconcile and accept orientation different to the accepted mainstream binary of either male or female. Do we accept that there is indeed a 'third box' and that the ticking of that box is welcomed as a joyful assertion of free will?

Sunil and Angel share their life journeys and speak of the persecution and the perseverance; of the challenges faced and overcome, of the opportunities encountered and accepted and of the courage and the conviction which led them to be happy, positive and proactive citizens of the world. These life journeys that are both extraordinary and exemplary will invite us to reflect, review and re-orient our own world view and will lead to soul-searching questions of what it takes to be truly happy and to be unequivocally inclusive.

## About the Curators - Vaani Anand & AVIS Viswanathan

Vaani and AVIS are Life Coaches and Happiness Curators. AVIS has also written a Book, "*Fall Like A Rose Petal*", in which he shares the spiritual lessons of happiness and contentment that he and his family have learnt from living through a bankruptcy - braving fear and pennilessness. Vaani and AVIS will be in conversation with our Special Guests, while sharing their learnings from Life on happiness.

\* As we do not have parking facilities at our premises, we request all guests to disembark at the gate and call for their vehicles as required, after the programme. Thank you for your understanding.



18, Adyar Club Gate Road  
Chennai 600 028

InKo Centre is a registered, non-profit society, supported primarily by TVS Motor Company and Hyundai Motor India Limited; the Korean Association in Chennai and a host of Indian and Korean companies based in Chennai.

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