

HEART OF MATTER

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.

**Saturday, 19 August at 6.30 p.m.
at The Gallery @ InKo Centre**

The Heart of Matter – Happiness Conversations segment of the series, curated by AVIS Viswanathan and Vaani Anand, reminds people that Life is a limited period offer, a gift that we must not squander! The conversations aim by example, to inspire people to live fully, to let go and to discover that it is possible to be happy despite your circumstances.

Edition 7 of this series, features Justin Vijay Jesudas - a tetraplegic, who is an international swimming and rifle-shooting champion. Paralyzed neck below after a car accident in 2009, Justin mastered driving a customized car and has since driven for over 50,000 kilometres. He is now preparing to compete in swimming in the 2018 Asian Para Games and in the Tokyo Paralympics in 2020. And he is participating in rifle shooting at the national championships for people with disabilities.

Justin's is a story of discipline, perseverance and grit but also of nurturing the spirit of adventure and of learning to stay positive and happy, despite excruciating circumstances. AVIS Viswanathan and Vaani Anand, will be in conversation with Justin on Saturday, 19 August, 2017 at 6.30 p.m. at InKo Centre. As Justin shares his life story, he is sure to help us reflect on the opportunity we have to remain centred and be happy, despite our circumstances.



18, Adyar Club Gate Road, Chennai 600 028

* 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.

