



NEWSLETTER

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August, 2022

Greetings from The Aura,

'Every honest emotion is a positive one', explained Aarti C Rajaratnam. As a psychologist, innovative educator and best selling author, Aarti has specialized in Clinical Psychology – Childhood and Adolescent Mental Health, from the University of Delhi.

The module 'Emotional Alchemy - The Gift of Emotions', was full of activities, member interaction and humour. Aarti spoke about the alchemy in every emotion. If fear can be transmuted into wisdom, joy brings growth, anger gives the strength to bring about change. Then what about 'envy'? It brings with it the gift of 'self-love' and motivates one to grow.

The July event was anchored by Aura Athena. The EQ test planned by the group gave a sense of what our emotional quotient can be. Average, high or low, as William Shakespeare said, "You are an alchemist; make gold of that."





Prelude

Event: 'Get High' – Lessons from high performance women leaders.

Guest: Ms Sangeeta Sumesh
Business and leadership coach

Date: Wednesday, 17th August 2022

Time: 10.45 am

Venue: Swarnam Hall, Hotel Ramyas.

All over the world, women have held high offices, including that of the President and Prime Minister. Not only have these women made an impact, their achievements have changed the course of history.

Sangeeta Sumesh is a CFO turned business and leadership coach. She brings along a rich corporate experience of 25 years with multinationals. Now, she is on a mission to enable, empower and elevate businesses and corporate leaders to shine and succeed.

As a high performance business coach, Sangeeta offers individual and group coaching programs to maximize individual and business potential. She is a best selling author, Independent director and professional speaker at many national and international events.

Our guest brings to The Aura, lessons from successful women leaders. Let us take the time to reflect and assess our own capabilities and learn what it takes to get there.

Coach yourself for high performance, there is no limit to what we can accomplish.

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Member Speak

The July program was an eye opener. Well-presented and above all, more interesting as it was put across humorously and got us all hooked. Very useful inputs and insightful, to deeply understand the various emotions we go through and improve our relationships and mental and physical well-being.

- Prathiba.Sreenivasan

Birthdays in August

Jayanthi Rani E	13
Rohini M	18
Subha Devi S	18
Varsha Ashok Gandhi	23
Latha Anand	23
Vadivu Srinivasan	23

From The Aura Committee

Members, be on time to enjoy the events of the day hosted by Aura Artemis.

Down memory lane...



January 2018

Entrepreneurial journey of
Ms Patricia Thomas Narayan,
Director, Sandeepha chain of hotels.

The Executive Committee

Mythily Ramanan	98430 54925
Rajalakshmi Rajesh	94431 65687
Rajeshwari Ramakrishnan	2415687
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