



# NEWSLETTER

212

September, 2025

Greetings from The Aura,

The "joy of creation by hand" is a theme that resonates with many artists and craftspeople. The Punch needle embroidery workshop at The Aura was a perfect blend of art, texture, and mindfulness, creating beauty and calm with every stitch.

Meghavi Sharma Founder of Studio Modah, a Punch Needle & Fiber Artist, introduced us to the craft with a needle work kit and clear instructions. She assured us that once we master the basics, we can have a go at creating our very own punch needle creations.

The textures, the slow meditative rhythm, the friendly atmosphere with more than 60 of us learning together, brought back the joy and deep satisfaction of creating something by hand. At the hands on workshop we rediscovered our creative self. We proudly carried home our first creation of a colourful floral patch.

Aura Athena gave a vibrant start to the meeting with fun filled games and activities. It was a chance to disconnect from daily life, explore our creative self and be connected to oneself and others.





## Prelude

Event: And She Said Yes!

Guest: Ms Mahitha Ravilla  
Actor, Storyteller  
Public Speaking Coach

Date: Tuesday 16<sup>th</sup> September, 2025

Time: 10.30am

Venue: Courtyard by Marriott, Trichy

In every tale in Indian mythology, lies a timeless wisdom embedded within our cultural heritage. These stories have the power to bring about change.

Mahitha Ravilla - actor, writer, Public Speaking Coach and storyteller, says she is obsessed with Indian mythology. She describes herself as a hunter gatherer of women's voices in Indian Purakathas.

As a little girl, Mahitha spent her summers listening to her grandmother tell stories. Today, she will tell those stories with a feminist twist, to anyone who will listen.

Mahitha followed the path where life led her. As an actor, she was part of several plays with The Madras Players and Crea Shakthi. As an Etiquette and public speaking coach, she has worked with some of the best Indian and International business houses. She finds her passion, purpose and profession in story telling.

Step into MahithaKatha Lokam - A Realm of Stories to Shape & Shift Perspectives.

Check out @mahithakathalokam on youtube.



# HAPPY BIRTHDAY

## Guest Speak

The Aura is such an inspiring group of women and so inspiring, it made me want to move to Trichy just to be a part of it.

I absolutely loved being part of it, thank you so much for having me.

- Ms Meghavi Sharma

## Birthdays in September

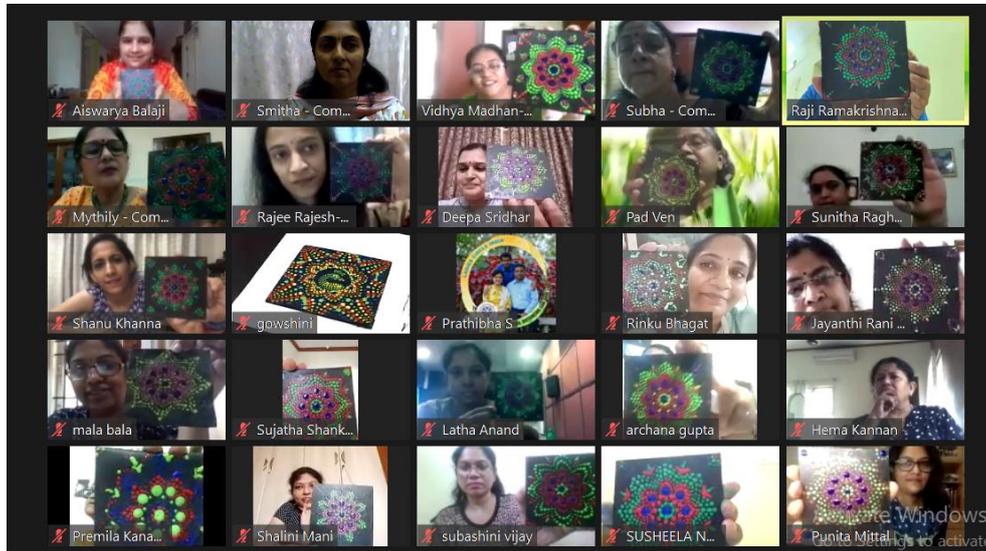
Vishnupriya Varun	3
Farzana	6
Alamelu.P	7
Preethy Aravamudan	7
Lakshmi Saravanan	11
Shanthi Sukumar	13
Suganya K.S	16
Sunitha Raghavan	18
Kantha Kishore	21
Supraja L	22
Uma Rajeswari S	23

## From The Aura Committee

We request our members to be on time for the meetings, to help us start and close as per schedule.

Monthly meetings will start by  
10.45 am.

**Down memory lane...**



Event: 'Online Dot Mandala Workshop' to beat the Covid blues.

Guest: Ms Aiswarya Balaji, Bengaluru

Date: December 2020

### The Executive Committee

Mythily Ramanan	98430 54925
Rajalakshmi Rajesh	94431 65687
Rajeshwari Ramakrishnan	9840131218
Smitha Ananth	94438 40990
Subha Rengarajan	98424 08099
Vidhya Madhan	99444 52100
Vrinda Ramanan	94432 59747

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