



# NEWSLETTER

217

February, 2026

Greetings from The Aura,  
In the first meeting of the new year, we gathered to celebrate fresh beginnings and new possibilities. At The Aura, we strive to transform every gathering into interactive experiences that educate while they entertain.

Abhishek Bharathkumar, was full of wit, fun, and surprises. An experienced Quizmaster with more than 100 shows to his credit, kept us on our toes, encouraging us to engage, think and often, have fun in the process.

Quizzes have a unique charm, don't they? With each round testing the participants' knowledge, quick thinking, and teamwork, It was not just about winning, but sharing moments of surprise and delight as we learnt new facts together.

Aura Aphrodite gave an enjoyable start to the day with fun filled activities for the members. A refreshing morning, competitive yet entertaining.





## Prelude

Event: 'Midlife Wellness'  
– Thriving Through Change.

Guest: Dr S. Chitra  
Obstetrician and Gynaecologist

Date: Thursday, 5<sup>th</sup> February, 2026

Time: 10.45 am

Venue: Courtyard by Marriott, Trichy

In the hustle and bustle of our daily lives, it's easy to overlook the importance of our health. In 2026, let's embrace self-care and make choices that honour and empower our body, mind, and spirit.

Mark your calendar for an interactive session with Obstetrician and Gynaecologist, Dr.S.Chitra, Medical Director, Lalitha Nursing Home, Trichy. Midlife is a natural phase that every woman goes through, it is not just a physical change, it significantly affects emotional and mental well-being due to hormonal changes. Being well aware of the condition and managing the symptoms, helps women tackle it with ease.

Practicing for over 30 years, Dr Chitra is passionate about treating infertility and women's wellness, and has organized many public awareness camps in schools and colleges. she has been constantly updating herself and has been a regular speaker and Faculty in many conferences.

Join us for an engaging session, Let's live life to the fullest.



# HAPPY BIRTHDAY

## Member Speak

The quiz session was super duper fun, an active and enjoyable programme. Had a great time and felt inspired to explore more quiz stuff...

- Vaishnavi Devi

Today's programme was a class apart, full of attention, interaction and obviously fun overloaded!

- Meenakshi R

## Birthdays in February

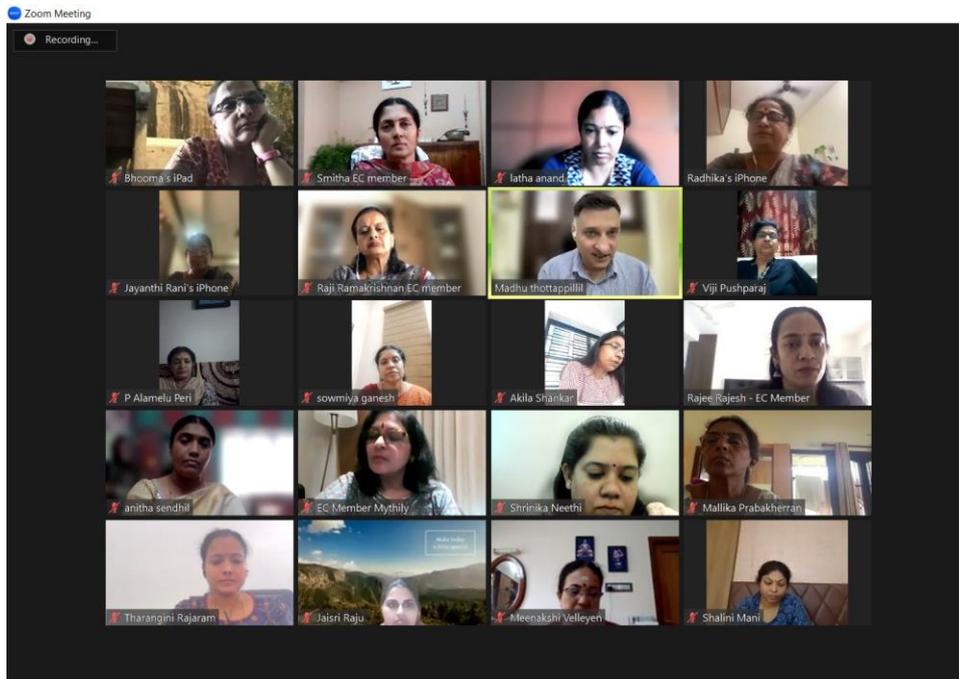
Lakshmi Priya M	1
Kaveri Annamalai	3
Tharangini.R.	4
Padma Venkatesan	5
Geetha Muthuselvam	8
Shanthi Senthil Kumar	11
Vandana Parekh	13
Dhanalakshmi Suresh	17
Premila Kanagasabai	21
Sowmia Lakshmi. A	22
Keerthana	22
Bhooma Venkatesan	23
Radha Vaidyanathan	24
Nirmala M	26

## From The Aura Committee

Aura Athena is looking forward to hosting the event.

Be there by 10.45am.

## Down memory lane...



Date: December 2022

Guest: Dr. Madhu Thottapillil,

Orthopaedic Surgeon and Sports Medicine Specialist

Event: Zoom meeting on 'Bone Health for Women'

### 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

### Reach us at

E mail : [admin@theaura.org](mailto:admin@theaura.org)  
[www.facebook.com/TheAuraTrichy](http://www.facebook.com/TheAuraTrichy)  
Instagram: theauratrichy  
Website : [www.theaura.org](http://www.theaura.org)