



NEWSLETTER

218

March, 2026

Greetings from The Aura,
Our monthly meeting in February, saw a packed hall of more than 70 women marking their attendance on time. The topic – ‘Midlife Wellness-Thriving through change’ was to draw focus on self-care and women’s wellness.

In an interactive session, Obstetrician and Gynaecologist, Dr.S.Chitra, said Midlife is a time to follow our passion and get back to shape. She encouraged us to maintain a healthy diet, stay active, stay connected and sleep well. She voiced concern on how many of us overlook the healthy foods our bodies need to fuel our days. The doctor signed off with a piece of advice - Prevention is better than cure, hence regular check ups and screening after 40 are a must.

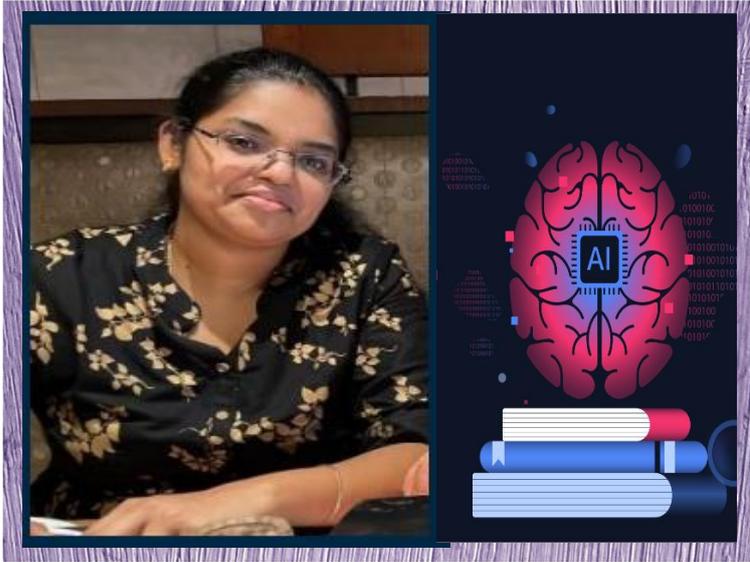
Aura Athena brought out the child in us with lively games to start the day.

Rx

Prioritize yourself.

The result will be happier mothers, wives, employees, and people.





Prelude

Event: AI & Chill

Guest: Ms Kokila T
Ed-Tech Consultant

Date: Tuesday, 10th March, 2026

Time: 10.45 am

Venue: Nanjai Hall,
Courtyard by Marriott, Trichy

As algorithms and machine learning become ever more present, Artificial intelligence (AI) is set to transform many aspects of our day-to-day life. Let's meet up at The Aura, with AI and Chill.

In an attempt to make artificial intelligence more accessible, transparent, and understandable to everyone, we bring to you Ms Kokila, an Ed-Tech Consultant at Super AI Polaris, who focuses on developing intelligent solutions to strengthen the educational ecosystem.

Having moved to the temple city of Trichy from the Silicon Valley of India, she is passionate about integrating technology with creativity. Her goal is to empower young learners and educators to feel confident and innovative in the fields of computing and robotics.

AI has enormous potential to do good in various sectors, it is not just Siri or Alexa or ChatGPT, the list is endless. When women understand AI, they don't just keep up with the future, they help shape it!



HAPPY BIRTHDAY

Member Speak

The meeting was really good, and the Dr. Chitra spoke very well. She mentioned that prevention is better than cure, and she talked about the latest equipment available in the medical field and how we can incorporate it into our lifestyle. She also explained well what precautions to take and what kind of lifestyle changes are important in middle age. It was very useful. Thank you so much.

- Premila Kanagasabai

Birthdays in March

Vrinda Ramanan	3
Mahita	4
Meenakshi Velleyan	5
Harshaa kamlesh	5
Poonkuzhali	7
Niharika Bohra	9
Sushila Johar	11
U Janani	16
Akila Srivathsan	17
Vaidegi Jagaraj	17
Aishvarya	20
Hema Kannan	24
Kanaka Asai	24
Rinku Bhagat	25
S. Thasnim Begam	25
Vaishnavi Devi	26

From The Aura Committee

1. You will need your Laptop or Smart phone and Power Banks fully charged.
2. Those who are yet to renew can bring in your subscription amount of Rs10000/-

Down memory lane...



Event: 'MSOffice At Home' -A Hands On Experience
Date: January, 2007
Guest: Mr. K.Srinivasan, Promoter Director, Solutions RT India private Limited, Chennai.
Venue: Indira Gandhi College, Trichy

The Executive Committee

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