

Nutrition and lifestyle

It was a lively morning at The Aura, the topic - 'Nutrition and Lifestyle- a habit based approach' and the speaker Srividya Gowri- a National level power lifter and Nutrition and Habit Transformation Coach.

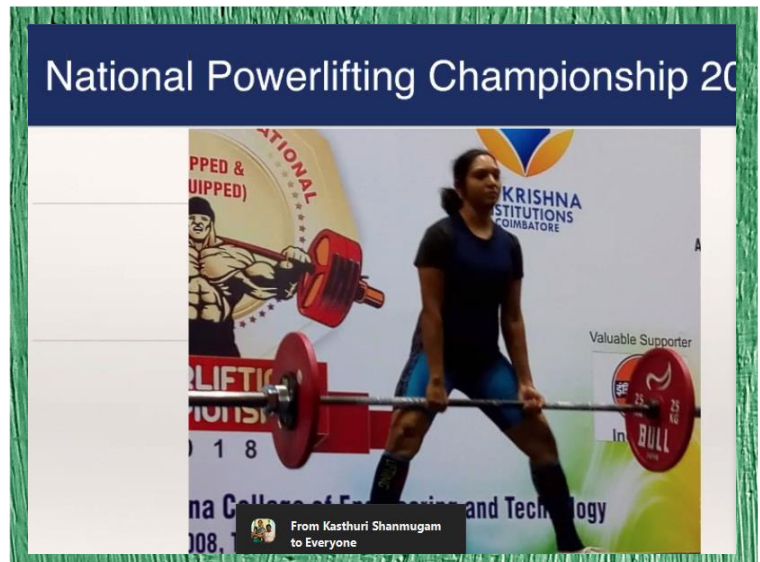
An experienced professional with over 15 years of experience in client services, Srividya shared her story of transformation with the audience. The secret of success is to 'Fall in love with the process' her simple but practical suggestions was enough motivation for all of us. The message was clear, Fitness is not a destination, but a way of life!

Aura Athena, added more colour to the day with an amazing variety of programs. The effort and enthusiasm was evident all through. The Kalyana samayal sadham by Sunitha Raghavan, videos by members, beauty and nutrition tips, Zumba on chair with Shanu and Kavitha and many more contributions from all members were a delight to watch. Three cheers Aura Athena!

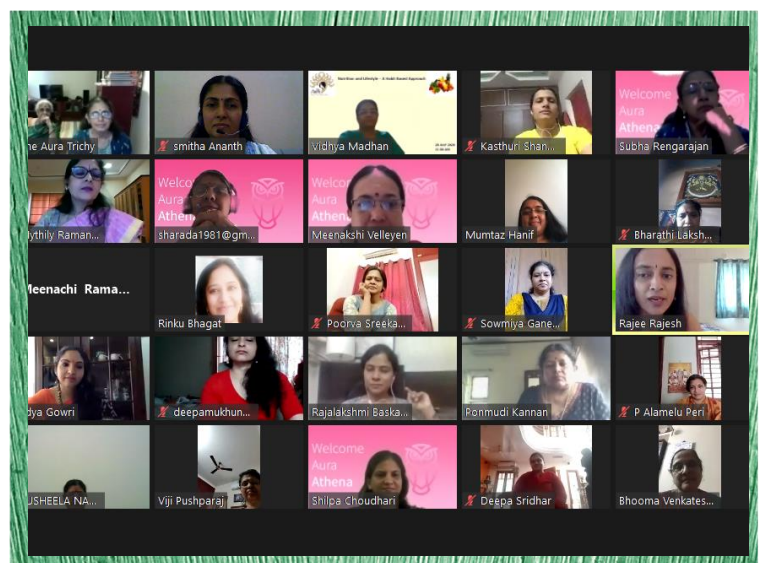
A message from Srividhya Gowri -

"The show by the Athenians preceding my presentation was very well organized and it was awe inspiring to see the talent and creativity of the women of Aura.it was a brilliant experience for me to interact with everyone. Thanks for the fun element in the end with rapid fire round and making me sing after so many years.

Thank you everyone!"



Flashback





Prelude

On this Independence Day, join with family for a conversation on

**‘Virtues of Life
From Indian Cinema’**

With, Mr P. C. Balasubramanian

Entrepreneur, Author & Speaker

Date : 15th August, 2020

Time : 5pm-7pm

Venue : Zoom

Virtues of life from Indian cinema

India has one of the oldest and largest film industries in the world.. Over the years, Indian cinema contributed to cultural awakening and critiqued the conventions of society. The 1970’s saw a different tide, the one of commercial cinema.

At The Aura, P. C. Bala, as he is popularly known, will present and discuss some of the important virtues of life, directly or subtly brought out by the directors, and enacted very well by the actors and supported beautifully by the editors, music directors and other technicians.

A qualified Chartered Accountant, P.C.Bala is an entrepreneur, Author, Speaker, an avid cricket lover and movie buff. The deep admiration and respect for the phenomenon called ‘Rajinikanth’ brought out the writer in him. His first book ‘Rajini’s Punchtantra’ became a national best seller.

An author of 5 books, P.C. Bala has recently launched his latest book **‘JUJUBE- The Journey To Joyful Living’**. The book advocates 30 simple ways to enrich your life. He believes, happiness is there in simple things waiting to be enjoyed.

Do you still feel there is some secret in life to discover and live happily? Then this one is for you, book your copy now!



Happy Independence Day!

Mujhe states ke naam na sunai
dethe hai, na dikhai dethe hai. Sirf ek
mulk ka naam sunai detha hai
'INDIA'.

Movie- Chakde India

Jai Hind!



HAPPY
BIRTHDAY

Birthdays in August

Latha Gopal	2 nd
Jayanthi Rani E	13 th
Safiya Bari	18 th
Rohini Murarka	18 th
Varsha Ashok Gandhi	23 rd
Latha Anand	23 rd
Vadivu Srinivasan	23 rd

Announcement from the Aura

The time has come to renew our
commitment towards this wonderful
organization, it's subscription time at
The Aura

Please pay your subscription amount of
Rs5000/- as early as possible to enable
smooth transition of your membership to
the next year.

Down memory lane



The Road Less Travelled

August 2019

A panel discussion with 5 eminent personalities,
with Idlipreneur R U Srinivas as moderator.

Interesting anecdotes from their delightful journeys kept the audience entertained

The Executive Committee

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