



# NEWSLETTER

189

August, 2023

Greetings from The Aura,

Carry a story around in your mind so you can dwell on it in leisure moments. That will give it a chance to work on your subconscious and reveal its hidden meaning. In exposing yourself to these stories, you were auditing a Course in Enlightenment for which no guru is needed other than yourself!

"Mindfulness in Storytelling", was a thought provoking session by Geetanjali Kaul, a well-known story and mindfulness coach from Mumbai. An outstanding storyteller, she had her audience rapt for hours as she led us on a journey of rediscovering self and stories. We saw how a story can be re-written to change lives. Remember, destiny unfolds itself with the choices that you make. May the journey begin to rediscover your chosen path.

The activities by Aura Artemis were thoroughly enjoyable, spinning tales and weaving hilarious tales. From this day, Let's live the story we want to tell.



## Flashback





## Prelude

**Event: A Day Trip to Milky Mist Food  
Pvt Ltd.**

**Date: Monday, 14<sup>th</sup> August, 2023**

**Departure from  
Courtyard By Marriott  
At 6am**

“Twenty years from now you will be more disappointed by the things that you didn’t do than by the ones you did do. So sail away from the safe harbour. Catch the trade winds in your sails. Explore. Dream. Discover.” said Mark Twain.

At The Aura life has been a journey of learning, fun and friendship. This August, we take a trip to Milky Mist Dairy Food Private Limited, a name we often hear in the Southern states of India. Based at Chittode near Erode, Tamil Nadu, their products have set a benchmark in the dairy industry, making it a leading brand in India. The company has developed a state-of-the-art dairy plant where 150+ SKUs of ‘Milky Mist’ quality dairy products are processed across 20 categories.

It will be a 2 hour visit at the dairy. Let us explore the various processes involved and the story of how milky mist emerged as a forerunner in the value-added dairy products market.

Follow a formal dress code and bring your shopping bags along, let’s get going!





# HAPPY BIRTHDAY

## Guest Speak

My journey with "The Aura" has been incredibly fulfilling. From the moment Rajeshwari reached out to me with their first call to the exceptional write-up on the event, "Mindfulness in Storytelling," which garnered attention through their newsletter and social media platforms.

The committee members of The Aura cultivated an environment of inclusivity, where everyone felt involved and participated with remarkable enthusiasm. The gathering itself was soulful and meaningful, laying the groundwork for further growth and development. The group exhibited a genuine willingness to learn new skills and remained open-minded throughout. I will always cherish this opportunity and remain deeply appreciative for it.

- Geetanjali Kaul

## Birthdays in August

Tasneem	4
Jayanthi Rani.E	13
Rohini Murarka	18
Varsha Ashok Gandhi	23
Latha Anand	23
Vadivu Srinivasan	23

## From The Aura Committee

- Milky Mist diary has requested all visitors to follow a formal dress code
- Breakfast will be provided on the day of the trip.

## *Down memory lane...*



Event : A Day Trip to Chettinad

Date: 9<sup>th</sup> July 2015

### **The Executive Committee**

Mythily Ramanan	98430 54925
Rajalakshmi Rajesh	94431 65687
Rajeshwari Ramakrishnan	2415687
Subha Rengarajan	98424 08099
Vidhya Madhan	99444 52100
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