



NEWSLETTER

198

June, 2024

Greetings from The Aura,
April is the time for new beginnings, the time to welcome new members into The Aura. We are delighted to see women from diverse cultures, educational and professional backgrounds joining us every year.

Our meeting in April was full of 'Fun and frolic'. It was an event to break the ice, network and an opportunity to interact with each other. There were introductions galore, quiz, games and group activities to make the newbies feel at home. The fun filled morning brought back childhood memories of our school days, of playing and fighting for that 'extra point'!

The hangover continues as we go through your precious feedback. For one, it was a real stress buster, the other said it was a laugh riot! The new members felt the warmth and camaraderie. Lots of fun, food and friends made our day. Happy holidays everyone, until we meet again!



Flashback





Prelude

Event: 'THIS BLOODY BUSINESS'

Guest: Dr. Pavithra Venkatagopalan PhD,
Director, Molecular Solutions

Date: Monday, 3rd June, 2024

Time: 10.30am

Venue: Nanjai Hall,
Courtyard by Marriott

What's in your blood?

Blood tests - what are they for? What do they mean? Health and wellness are essential components of a happy and fulfilling life.

To know more, Join us for an interactive session with Dr. Pavithra Venkatagopalan a microbiologist and corona virologist by training and Director at Molecular Solutions by profession. She has completed her PhD on Coronavirus studies from Arizona State University.

Dr Pavithra came out as an awareness warrior in informing people about the fine line between COVID-19 myth and fact. With the efforts of Covid warriors this health crisis could be curbed. She was awarded the Healthcare Hero award and the 'Only My Health' award for the Myth Buster category.

Wellness encompasses a healthy body, a sound mind, and a tranquil spirit. Enjoy the journey as you strive for wellness rather than treat diseases.



HAPPY BIRTHDAY

Members Speak

Yesterday was amazing and filled with loads of fun activities. Nostalgic memories of childhood flashed in while playing games

Happy memories created yesterday 🎉🎂🎁 Thank you so much for the wonderful and healthy gift 🎁

- Lakshmi S

What an amazing day it was. Had so much fun playing games, interacting with everyone and fighting like school kids for giving that extra point to the other teams and showing off our smiley badges to everyone. Thank you team Aura for meticulously planning and organising everything. Hats off to the committee members.

- Dharita Vora

Birthdays in May & June

Sapna Chajed	1
Pooja.H	6
Meenu Palsani	10
Sivasankari.S.	13
Punita Vivek Mittal	18
Jayashree Agarwal (Dr)	26

Mallika.P	3
Muthukala.L	4
Shalemabhanu k.F	5
Muthu Nagappan	11
Sabari Suganya.B	13
Kamakshi.S	14
Shobhna M Vora	14
Subha Rengarajan	17
Usha Gouthaman	18
Radhika Vijay	19
Shilpa Choudhari	20
Subathra Krishnan	22

From The Aura Committee

Aura Astraea is all set to host the event in June. Be there at 10.30am to enjoy the activities.

Down memory lane...



PRESENTS

THE HEALING TOUCH



MINKU BUTTAR
FOUNDER DIRECTOR: THE CIRCLE OF JOY

 **23RD SEP 2022**  **11:00AM**

Event: The Healing Touch

Guest : Mrs Minku Buttar, Founder of The Circle of Joy Retreats.

The Executive Committee

Mythily Ramanan	98430 54925
Rajalakshmi Rajesh	94431 65687
Rajeshwari Ramakrishnan	2415687
Subha Rengarajan	98424 08099
Vidhya Madhan	99444 52100
Vrinda Ramanan	94432 59747
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