



NEWSLETTER

200

August, 2024

Greetings from The Aura, World health organisation defines wellness as a state of well-being in which an individual realises his or her own abilities that encompasses emotional aspects, psychological aspects and Life's philosophy as a whole." And that's what the Aura members, who had turned out in good numbers, discovered yesterday!

Conquering our innermost abilities and discovering our weaknesses have always been our challenges. HORN OK PLEASE was the topic and that was steered very beautifully by Mr. Sunil Vishnu, co-founder of Evam and Training Sideways, who kept the audience engaged throughout. His colleague Ms. Komal joined us on zoom and threw light on how to recognize symptoms and offer help in cases of mental disturbances and adversities. She also asserted that mental health is something to accept and take help from experts. Analysing the movie clips, projecting personal opinions, and offering alternatives was the highlight of the day.

The Aura members were quick to share common experiences and their rejoinders to questions were spontaneous and real. In all, a super Saturday spent with fun, learning and camaraderie!





Prelude

Event: Adventure to COCO LAGOON

Date: 8th august 2024

Time: departure at 6am

Venue: COCO LAGOON, POLLACHI

Picture this...

The glistening sun through the tall trees; inhaling the crisp clear air; the ambient sounds of chirping birds; the gentle lake rippling occasionally; walk or cycle across the nature trails... if this has not awakened your desire for adventure, then what would??

We are all set for an adventure to COCO LAGOON IN POLLACHI on AUGUST 8 & 9 to experience the joys of friendship between yourselves. We are thrilled at the overwhelming response to the trip and look forward to a refreshing time at the resort.

Let's pack our bags and our favourite snacks for the journey. Be ready to swim, cycle or ride the bullock cart at the resort. We have an evening full of fun and games planned for you.

Let's together build the bonds of friendship and carry back with us pleasant and unforgettable memories!!



HAPPY BIRTHDAY

Members Speak

I appreciate the initiative to address these significant yet often overlooked challenges that women go through, at any age. It's crucial to create a space where women can explore these topics without stigma. Approach to demystifying clinical terms was particularly valuable. It was completely subtle but effective.

I look forward to seeing more initiatives that continue to empower women in managing their mental well being effectively.

- Malar Vishvanathan

Birthdays in August

Tasneem	4
Bharathi bavaharan	6
Jayanthi Rani.E	13
Rohini Murarka	18
Dr. Sukanya Mukherjee	18
Sangeetha	19
Varsha Ashok Gandhi	23
Latha Anand	23
Vadivu Srinivasan	23

From The Aura Committee

The festival season is on it's way,
Load your purses, get your shopping
bags out and shop to your heart's
content at Aura Utsav
in September 2024!

Down memory lane...



Event: An overnight trip to Yercaud

Date: February 2017

The Executive Committee

Mythily Ramanan	98430 54925
Rajalakshmi Rajesh	94431 65687
Rajeshwari Ramakrishnan	2415687
Subha Rengarajan	98424 08099
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