



# NEWSLETTER

199

July, 2024

Greetings from The Aura,  
“My highest test grade I'll always be proud of is my blood test... A+.” said one.

“The blood test results said I have type A blood. But apparently it was a type O”, joked another.

The Aura meeting in June was no laughing matter. We met with Dr. Pavithra Venkatagopalan a microbiologist and Director at Molecular Solutions, Chennai. The session ‘THIS BLOODY BUSINESS’ dealt with what's in our blood, what are Blood tests for and what do they mean? In the interactive session Dr Pavithra briefed us on the various tests for women of different age groups. Regular health check ups after the age of 45 and a healthy lifestyle helps cure many diseases.

Aura Astraea gave a lively start to the day with the health quiz and fun filled activities. The birthday celebration was appreciated by all, bringing smiles to the members celebrating their birthdays in May and June. Take care ladies, until we meet again in July.





“All stress, anxiety, depression, is caused when we ignore who we are, and start living to please others.”

- Paulo Coelho

‘Horn Ok Please’ is a workshop brought to us by ‘evam’ (evam entertainment), an award winning performance arts entrepreneurship, that works across arts performance, management, education and arts based Behavioral Learning. With ‘happiness’ as its core offering, the medium being 'theatre', evam was founded in 2003 by two 26-year-old graduates from Mudra Institute of Communications, Ahmedabad (MICA) – Sunil Vishnu K. and Karthik Kumar.

Our guest Sunil Vishnu, Co founder at Training Sideways & Evam, is a Theatre Based Trainer, Motivational Speaker, Writer-Director. This ‘filmshop’ focuses on mental health first aid ( MHFA) as a theme. The session showcases short films and discusses with the participants themes like mental wellness, recognizing and responding to someone who is going through a wellness concern and tips to self care.

When people are informed, they have the opportunity to make better choices for themselves and others. Join us to know more and pass through the many life events and emotions with a sense of equilibrium.

**Event:** ‘Horn Ok Please’

A film-based workshop

**Guest:** Sunil Vishnu K

( Co founder at Training Sideways  
& Evam )

**Date:** Saturday, 13<sup>th</sup> July, 2024

**Time:** 11am

**Venue:** Nivandham Hall,  
Courtyard by Marriott





## Members Speak

The program was too good. Very useful and interactive. Thank you to team Aura.

- Sunitha Raghavan

## Birthdays in July

Rama.R	1
Bala Shalini Devi	1
Vijayarani P	15
Akila Shankar	21
Vidhya.M	27

## From The Aura Committee

Get set for an overnight trip to  
Coco Lagoon in Pollachi.

Date: 8<sup>th</sup> and 9<sup>th</sup> of August, 2024

## *Down memory lane...*



Event: Success in Special Education and Learning Disabilities.

Guest : Dr Vasudha Prakash, Social Entrepreneur and academician.

### **The Executive Committee**

Mythily Ramanan	98430 54925
Rajalakshmi Rajesh	94431 65687
Rajeshwari Ramakrishnan	2415687
Subha Rengarajan	98424 08099
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### **Reach us at**

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