



NG MANDALA

Let's Be Alive, Be Awake & Deliver to Make A Difference

September to December 2022 Newsletter



NG Mandala

Let's Be Alive, Be Awake & Deliver to Make A Difference



Dear NG Members,

Welcome to the maiden edition of Nitya Gurukula newsletter “NG Mandala.”

Mandala (Circle in Sanskrit) is a geometric design that symbolizes the Universe. It represents a journey, starting from outside to the inner core - *The Guru Within*, through the layers.

“NG Mandala” is a quadrimester blog & newsletter which unwraps the universe of Nitya Gurukula by sharing the transformational experiences & initiatives taken by the NG team. This newsletter is a step intended to connect with our associates, trustees & well-wishers.

Your feedback & suggestions are most welcome.

Let's Be Alive, Be Awake & Deliver to Make A Difference

NG Team.

NG Mandala - Blog

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New Year in The Skies

With unknown entities- floating loftily in the skies
Surreal and yet very real dawned 2023...
Uncertainty and inaction often wear down
But, tied to a seat, racing in time and space
There was very little doing – only being
Aerially suspended, surrounded by darkness.

Yet, warmth and camaraderie permeated
With the airline staff reaching out
To create a festive ambience
Even to those numb to festivities...
A special something came alive while
Aerially suspended, surrounded by darkness

Anonymity and aloneness awaken the senses
Acutely, quieten the mind with newness
Soothe emotions- letting go happens
Not intently- not consciously-
A no man's land where nothing matters
Aerially suspended, surrounded by darkness

Sashi Chandran

NG Mandala Quadrimester Highlights



Decoding Podcast

Nitya Gurukula is launching its new venture “Energy Bytes” a podcast for sharing experiences on “Self, Other, Environment” by Ms. Sashi Chandran. Framework for the podcast decoded by the NG Team.



Career Empowerment Workshop



Career Empowerment Workshop offered by NG-CC for prenatal ladies in Primary Health Center, Thudiyalur in September 2022.

CCM Course

Commenced NSDCA affiliated online 3 month certification course NG CCM(Counselling, Coaching & Mentoring) to enhance personal & professional competencies for holistic development & growth.



NG Mandala - Blog

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Teacher

A teacher exists for and because of the learner
Who draws out the excellence in the teacher,
With trust, curiosity, hope, courage and urge to grow..
Teaching learning is thus a cycle
Of giving and taking to give back again
And so the spiral continues
Endlessly to eternity..

A teacher exists as a container of knowledge
And wisdom handed down generations,
Refining and indigenizing to continue
The cycle of teaching and learning-
Of giving and taking to give back again
And so the spiral continues
Endlessly to eternity..

Hierarchy and power imbalance in teaching & learning
Are thus mediated and synthesized to form a
Bond of transformative experiences, of nurturing
The cycle of teaching and learning-
Of giving and taking to give back again
And so the spiral continues
Endlessly to eternity..

Sashi Chandran



**NG HOLISTIC WELLNESS
n
COMPETENCIES**

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