

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

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



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 consciouslyA 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.





Stress Management Workshop

Two workshops on stress management offered by NG-CC for PSG Polytechnic College students in October & November 2022.



ICTA Conference



Ms. Sashi Chandran honored for excellence as an Educator, Counsellor & Coach at ICTA Conference held at Trivandrum in December 2022.

Keynote address on "Autonomy-An Open

Door to Spirituality" delivered by Ms. Sashi Chandran at the conference.

NG TA 101-WAD (With A Difference)

A 2-day internationally certified experiential training program which integrates Basic TA concepts, Case Studies & TaiChi to balance Self, Other & Environment conducted online in December 2022.





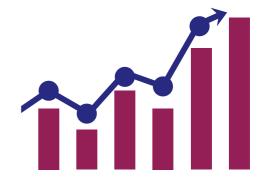
Organizational Development Webinar



NG webinar on "Fields of TA & Organizational Development" with Mr. Thorsten Geck, TSTA (Organization) in December 2022 for NG Advanced TA Trainees to deepen their understanding about the fields of TA.

Sustainable NG 2022

NG Focus group meets monthly to evaluate, explore and design NG's development and further add value to its services.



Internship Program



Six students interned with NG for one-month.

Sri Energy Life Coaching

Online life coaching trial run for Sri Energy manufacturing company in November & December 2022.



Industrial Visit

Students from Sri Krishna College visited DD to observe and learn about NG services in November 2022.



Advanced TATG 202



Transactional Analysis Advanced training sessions for 3 groups & CTA exam preparation sessions for 2 groups held monthly. Supervisions for internal & external CTA & PTSTA trainees offered by Ms. Sashi Chandran, TSTA.

Mental Health & Wellness Workshop

Workshop on mental health & wellness for 200 students of RVS College was held in October 2022.





Transformational Workshop

A transformational workshop on personal & professional development for clients in October with a follow-up session in November 2022.

Professional Development for NG Team

• Communication Skills Workshop

NG is conducting a professional development program for its resources and staff to enhance communication skills.

TaiChi

TaiChi is practiced every day by NG Team. New resources & clients are trained by the Certified NG Resources.



• Prana Guide Training & Supervision

Training & Supervision for new resources and volunteers on attending Prana calls, with guidelines, concepts offered by senior NG Counsellors.

Counselling Data Sep to Dec 2022 Total: 608



295

NG- Devi Durai

56

RR Hospital

113

DJ Academy

39

Women's Center by Motherhood

93

Prana Life Line

12

Sri Energy

NG Mandala - Blog

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Teacher

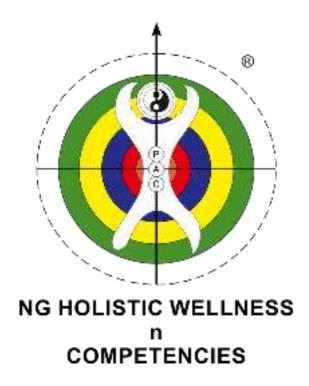
A teacher exists for and because of the learner
Who draws out the excellence in the teacher,
With trust, curiosity, hope, courage and urge to grow..
Teaching learning is thus a cycle
Of giving and taking to give back again
And so the spiral continues
Endlessly to eternity..

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

Sashi Chandran





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