

The Guru Within ®



NITYA
GURUKULA

Holistic People Work Enterprise

NG MANDALA

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

January to April 2023 Newsletter



NG Mandala

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



Dear NG Members,

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

Mandala (Circle in Sanskrit) is a geometric design symbolizing the Universe. It represents a dynamic journey from the outside to the inner core and vice-versa- *The Guru Within*, vision of NG, flows through these 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

Vinutha Karjogi

NG-CEO

Dr. Chand

NG Mandala Quadrimester Highlights



Energy Bytes with Nitya Gurukula podcast is designed to stimulate self-awareness & self-reflection.

Sashi Chandran uses the NG Holistic model to reflect on different dimensions of Self, moving on to relationships; combining neuroscience & case studies to bring an inner balance for transformation and evolution.

Four Episodes of Series 1 - "Decoding Self" have been aired this quadrimester.

We invite you to listen to Energy Bytes on Spotify & NG Website and send us your reflections.



Episode 1: Decoding Self - Beginning with our body.

Focuses on an objective view of self that helps understand ourselves better.

Episode 2: Decoding Self - Emotion.

Unfolds with emotional dimension and layer and explores ways to have a chilled-out self.

Episode 3: Decoding Self - Emotional intelligence & Emotional literacy.

Sheds light on emotional intelligence, emotional literacy, and a bit of neuroscience.

Episode 4: Decoding Self - Micro, Macro & Meta perspective.

Begins with a case study explaining micro, macro and meta perspective.

NG Sangam-2023

After a pandemic break, the 9th Sangam of Nitya Gurukula was held in January 2023 for 5 days for NG members to connect, share & dialogue for becoming alive & awake to make a difference with self, relationships and environment.



25 NG trainees participated in 2 days advanced TA training held in Devi Durai & 30 NG members participated in last 2 days of transformational workshops held in Coimbatore club.

NG Podcast & Newsletter launch and 3rd Anniversary celebration of ND Prana - Lifeline by NG Chandran charities were held on the third day of Sangam in Devi Durai. Dr. Noorul Amin Shahid (Consultant & Sports Physician) The Ultimate Rehab Clinic was the Chief Guest.



Testimonials

Thank you Sashi & the NG team for magical 5 days. It was amazing meeting up with many old friends & made many new friends for life.

-Girija

Thank you Sashi mam, NG resources and all the participants for making 2023 Sangam a memorable event for me.

-Pratheepa

All experiences and learnings still lingering in me. Great learning.. valuable people, wonderful 5 days. Thank you Sashi mam and NG Team!

-Narmadha

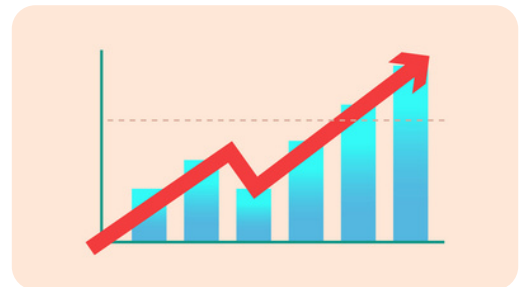
NG TA 101-WAD (With A Difference)



An Introduction to Transactional Analysis & TaiChi - 2 day impactful course on understanding the art and science of personality, to identify patterns of human behavior & to enrich communication for growth & change in self, was conducted for 30 psychology students in University of Madras (UNOM), Chennai in February 2023.

21st Board Meeting

In Nitya Gurukula's 21st Board meeting held on 22nd February, trustees: Ms. Marina Rajan, Mr. Ashwin Chandran & Ms. Sashi (CEO) along with Ms. Sudha (COO) & NG team reviewed last 6 months activities and planned for the coming year.



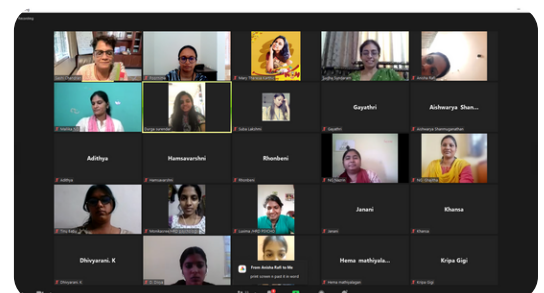
JOC (Job Oriented Course)



Nitya Gurukula offered 60 hours JOC training for 21 students of PSGR Krishnammal College for Women in March & April. This course bridges the gap between academics and industry by providing opportunities to explore and identify strengths, interests and pave the way for a bright career.

Advanced TATG 202

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



Women Empowerment Workshop



NG Holistic Model was introduced by NG Team to 60 women employees to balance personal and professional life at Larsen & Toubro -Defence, Coimbatore on women's day 8th March. "Topic: Innovation, Technology, and Empowerment for Demonstrating Gender Equality"

Pooja at DD

Annual pooja at Devi Durai was performed on 3rd of March for Purifying - Healing - Rejuvenating - Well being.



CCM Course



The final session of NSDCA affiliated online 3 month certification course NG CCM (Counselling, Coaching & Mentoring) to enhance personal & professional competencies for holistic development & growth was held in March. All the participants attended the session at NG to celebrate their learnings and new skills.

Testimonials

Thank you Sashi ma'am and team for giving such a wonderful opportunity to connect and learn. You all made the day beautiful and memorable.

- Vanitha

Thank you Sashi mam and NG Team for making us happy, energetic and positive.

- Jothi Lakshmi

Thank you NG team for the most wonderful day. Absolutely grateful to Sashi ma'am for the tips and insights which is going to help me a long way. Got more clarity than I've had in a few years. Looking forward to many more workshops. Thankyou.

-Jalaja

Holistic Wellness Workshop



85 students participated in a guest lecture by Sashi Chandran on Women's Day at Sankara Polytechnic College; the theme Holistic Wellness was an exploration of NG's Holistic Model & Taichi.

Internship

Two students attended internship program offered by NG in March where training consisted of NG's Holistic Model, TaiChi, TA concepts, history taking sessions, mock counselling & mentoring sessions.



Workshop: Abundance Living



Keynote Speech on "Abundance living" by Sashi Chandran, CEO Nitya Gurukula at Amrita Vishwa Vidyapeetham on 13th April where - 150 students participated to explore and experience self, environment & abundance using Holistic Model & case studies.

NG Retreat - 2023

Nitya Gurukula organized "NG Retreat-2023" at Darza resort in March. It was a space for the NG Team for rejuvenating, planning & brainstorming for the upcoming year.



Social-Work Day @ Nehru College



A guest lecture was delivered on World Social Work Day (21st March) at Nehru Arts and Science College, School of Liberal Arts, Dept of Social Work on the "Theme: Life n Living- Every Life Matters"; 150 students attended with the special children of Kaumaram Prashanthi Academy to learn the difference made by the social workers in today's world.

Making a Difference Workshop

NG conducted a workshop on "How do I make a difference as a counsellor?" on 14th of March in Krishna Arts & Science College (Dept of Social Work) where 93 - 1st & 2nd year students participated & reported learning the holistic approach, a counsellor's mindset and making a difference as a people worker.



TaiChi Sessions



"Tai Chi for Health & Wellness" a training at Nitya Gurukula commenced from March for the duration - 15 Hours; 11 participants, men & women from different age groups and professions actively participated to explore & experience the Internal Art.

Testimonials

Stepping out of my usual routine. Movements are flexible, enjoyable & comfortable with the team & environment. Really enjoyed the sessions.

Sensing flexibility in the body & mind. Knee pain has reduced. Feeling happy & energetic & learned to smile. Thankyou.

Webinar

Two consecutive Online sessions for Sri Energy were conducted on 30th March for 30 women & 30 men on "Mental Health & wellness" where NG's Holistic Model & TaiChi was introduced.

Professional Development for NG Team

- **TaiChi**

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



- **Supervision for resources**

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

- **Professional Appraisal**

Self appraisal, peer & management appraisal biannually for NG Team ensures quality services along with continuous evolution of self personally and professionally.

**Counselling Data
Jan to April 2023
Total: 474**



153

NG- Devi Durai

11

RR Hospital

73

DJ Academy

31

Women's Center by
Motherhood

206

Prana Life Line

NG Mandala

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Note from Operations

A work ethic providing time, space & energy

Landing in Coimbatore after Taichi training with Dr. Lam and his team in Wollongong, Australia, I hardly had time to settle, with Sangam 23 looming large. TA training at NG and workshops at the Coimbatore Club during Sangam were spectacular- the learning, the ambience, the food and camaraderie were plentiful and soulful. Immersed in trainings- TA, Counselling-Coaching-Mentoring, Taichi and Exam Preparations, the moments, hours, and days move faster. A different work ethic is gradually emerging, giving me time, space and energy to complete my Ph.D. thesis.

Sashi Chandran .CEO-NG



A Busy Quarter

This quarter was busy with the continuous training and workshops. All our team members started to facilitate the programs which definitely is a growth for NG. ND Prana Lifeline calls have increased and newly recruited resources who were trained by senior counsellors are attending to them successfully. Having NG Sangam after 3 years of pandemic break was a spectacular moment as we got an opportunity to meet trainees from all over the globe in person.

Sudha Sundaram . COO-NG



Change is Constant

Change is the only constant in the world and NG is constantly adhering to it. With a vibrant start with Sangam 2023 where there was a huge confluence of thoughts and ideas, a few new projects have been initiated. The NG retreat in March'23 was instrumental in bringing out the core purpose-connectivity and focus to the front and the team is invigorated. The Outreach team is exuberant with the regular NG Podcast uploads and Social Media responses/feedbacks and looking forward to expanding in that horizon. At Operations, we are busy planning the upcoming projects that include the opening of NG @ Chennai, Dr. Lam for Tai Chi in India in '24 and SC Retreat for NG.

Miles to go...

Let us Be Alive, Be Awake and Make a Difference.

Shipra Shukla. Executive – Outreach-NG



NG Mandala - Blog

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



நம்பிக்கை விதையிலே!!!

எது வாழ்க்கை?..., எது நான்?....

எனக்குள்ளே எட்டிப்பார்த்தேன்....

நான்கு ஜன்னலின் வழியே....

சில விண்மீன்கள்.... சில விழுதுகள்...

சில மட்கும் குப்பையாய்..., பல மக்கா குப்பையாய்....

மட்கும் குப்பையை உரமாய் போட்டேன், நான் மரமாக...

மக்கா குப்பையை தூக்கி போட்டேன், அந்த ஜன்னலின் வழியே...

பலவும் வாழ்வில்,

கடந்து.... கரைந்து.... மறந்து.... மறைந்து போகும்

ஆனால் இன்று

என்னுள் விழுந்த வெளிச்ச கீற்று ,

சொல்லும்

"இதுவும் கடந்து போகும்"

நம்பிக்கை விதையிலே!!!

- சாஜிதா



**NG HOLISTIC WELLNESS
n
COMPETENCIES**

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