

*The Guru Within* ®



NITYA  
GURUKULA

Holistic People Work Enterprise

# NG MANDALA

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

May to August 2023 Newsletter





# NG Mandala

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



Dear NG Members,

Welcome to the third 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 periphery 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 unravels 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**

*Devika Chand*

# NG Mandala Quadrimester Highlights



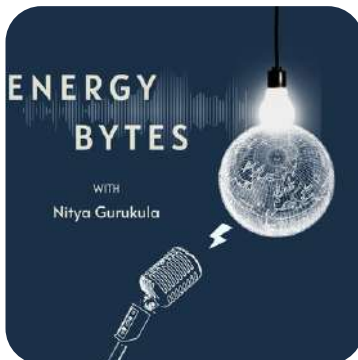
## NG @ Chennai

Nitya Gurukula is delighted to announce the inauguration of NG@Chennai, Tamil Nadu on the 21 June 2023.

NG@Chennai is a geographical expansion & a dimension to carry forward NG's vision & mission for people work.



## "Energy Bytes with Nitya Gurukula"

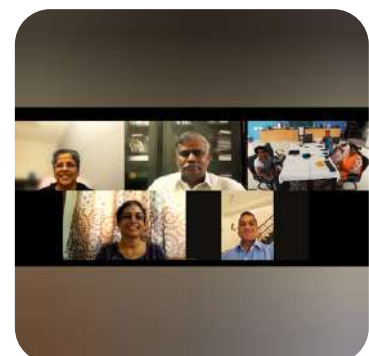


Podcast Season 1 "Decoding Self" was wrapped up this quarter. Invigorated with positive feedbacks, the new season is in the pipeline.

The podcast is designed to provoke stimulation for self-awareness & self-reflection. Join every fortnight with Ms. Sashi Chandran on Spotify.com.

## NG 22nd Board Meeting

NG's performance, strategies & expenses were presented & discussed in the 22nd Board Meeting held this August where trustees: Prof Dr. S. Karunanidhi, Dr. Marina Rajan, Mr. Ashwin Chandran & Ms. Sashi Chandran (CEO) accompanied by Ms. Sudha (COO) & the team NG participated.



## NG Counselling

In addition to holistic psychological counselling Nitya Gurukula is diving deep into Career counselling this quadrimester.

Nitya Gurukula - Life n Career Team - trained for 3 months with Mr. Nasser to assist clients in making informed decisions, setting achievable goals, and maximizing their potential holistically.



### Testimonials:

- “It was good and informative. I learned how did the personality get formed and where I need to give my attention further”.
- “I got an understanding of how my partner would be feeling and thus how to move forward and to reflect on my self. I'm feeling much better as I have got clarity”.
- “I got clarity about my career & I am so happy that I could share my intense feelings to the counsellors”.

## NG Supervision

Counselling supervision sessions for NG resources, trainees & external trainees for sustainable professional development and empowerment of the supervisee in service of the supervisee's client.

**Counselling Data**  
**May to August 2023**  
**Total: 671**



339

NG- Devi Durai

43

RR Hospital

15

DJ Academy

16

Women's Center by  
Motherhood

258

Prana Life Line

## NG Workshops

### NG - CCM



NG CCM (Coaching Counselling Mentoring) - a 4 Month - Online Certification Course - Affiliated to NSDCA commenced from 4th August. With comprehensive TA concepts, real time case studies, mock counselling, role play & supervision, the sessions unfold empirically to enhance sensitivity to Self - Other - Environment.

### Dheeksharambham 23

Orientation Program for the first year B.Tech. students - Amrita Vishwa Vidyapeetham in August. An experiential, activity based session inclusive of Self-care, Holistic Model, Psycho-Social boundaries, Tai Chi to aid & guide students holistically to begin their college life.

**Feedback:** A Very informative session, Different perspectives of people & interesting.



### NG Connect



Nitya Gurukula connects with people globally, to cater to participants' yearning to engage with NG on a regular basis. A recurring monthly workshop, NG Connect, a space to connect, share & explore was conceptualized & operationalized.



# NG-Training

## TA - 101

2 batches - 30 participants trained for TA 101 (With a Difference). An ITAA certified, a 14 hour introductory course on Transactional Analysis & Tai Chi for better understanding of self & others, improved communications, body language & problem solving strategies.



### Participants Feedback:

- “Very interesting and (the workshop) helped me do a lot of self-reflection”.
- “The session was well organized and made easy to understand with a lot of case studies. Loved Sashi's passion for this work which struck a chord within me”.
- “Inquisitive, Informative & Insightful”.

## TA - 202



Ongoing ITAA Certified Advanced Transactional Analysis training sessions for 3 groups & CTA exam preparation sessions for 3 groups continue as scheduled.

## Tai Chi : Training

Nitya Gurukula is offering certified training programs in Tai Chi. Participants interested to become Certified Instructors are invited to take up this module.



# NG-Internship

## Holistic Internship:

20 students from PSG College (B.Sc.); Avinashilingam College (M.Sc. & B.Sc.); Rathinam College (B.Sc.) - Duration: 1 Month (110 hours)

**Exploring Psychology:** Holistic Model, TA 101, Tai Chi, history taking of the Client, mock sessions, case studies, prana call observation & supervision.

**Career Guidance:** Interview preparation & resume writing, report /journal writing, body language, mentoring session, debates, presentations & field visits.

**Certificates Offered:** NG Internship & TA 101.



## Testimonials:

**“A home far from home.**

The best place to evaluate, educate and reflect your inner self and use that knowledge to make this world a better place for everyone around you. Everyday has been a great learning, and each session has been a key takeaway. Grateful for all the lessons and empowerment. Cannot think of a better start”.

- Karolin George

“It was a hands-on experience thanks to the people and the training program they set up. I felt the team was willing to really hear what I had to say, and my opinion was not discounted in any way because of my trainee status. I gained tremendous insight about counselling and myself”.

- Vishal



## Professional Development

NG organizes & provides professional development programs for its resources and staff to empower & enhance their personal & professional skills.

- NG communication workshop & voice modulation session for NG staffs & resources
- Supervision & Training on Supervision session by Dr. Marina Rajan.
- Triple I Conference by IASP - International Association for Suicide Prevention.
- HR Audit session by N.K.Sundaram.
- Tai Chi is practiced every day by NG Team and at Race Course twice a month.



## Upcoming Events

- **NG Connect** : 3 hours of interactive, hybrid & recurring workshops for holistic wellness.
- New hybrid batch of ITAA certified Advanced Training in **Transactional Analysis (TA 202)** - begins September 2023.
- NG announces **“Tai Chi Conference 2024”** with Dr. Paul Lam.  
Goal: Evolving a Tai Chi for Health Community in India.  
Date: 19 - 22 September 2024.  
Venue: The Coimbatore Club, Coimbatore .

# NG Mandala - Blog

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## பரிபூரண பெண்

அன்னையாய் , மனைவியாய் , தோழியாய் ,  
 காதலியாய் ,சகோதிரியாய் , மகளாய் .....  
 எத்தனை எத்தனை அழகு உனக்கு.....  
 எத்தனை எத்தனை பரிமாணம் உனக்கு.....  
 உன்னை மேலும் மெறுகேற்றவா?....  
 உடலினை உறுதி செய்து ....உன் உடலினை  
 ஒப்புக்கொண்டு....  
 உணர்வினை நிலைப்படுத்தி..... உன் உணர்ச்சியை  
 வெளிப்படுத்தி...  
 எண்ணங்களை சீர்படுத்தி..... உன் அறிவினை  
 மேம்படுத்தி....  
 செய்கையை பதப்படுத்தி.... உன் பழக்கத்தை  
 முறைப்படுத்தி....  
 சுற்றத்தை சீராக்கி..... உன் சூழலை அரவணைத்து.....  
 சக்தியுடன்..... உயிர் சக்தியுடன் .....  
 எல்லா நிலையிலும் சமன்படுத்தி  
 உயர்ந்து வா.....  
 பெண்ணே !.....என் பரிபூரண பெண்ணே!.....  
 மகளிர் தின வாழ்த்துக்கள்

- சாஜிதா





# NG HOLISTIC WELLNESS n COMPETENCIES



[www.nityagurukula.org](http://www.nityagurukula.org)



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