

The Guru Within

®



NITYA
GURUKULA

Holistic People Work Enterprise

NG MANDALA

**Regulating & Refining – Internal & External
Connections for Balance & Harmony**

January to June 2025 Newsletter



NG Mandala

Regulating & Refining – Internal & External Connections for
Balance & Harmony



Dear Nitya Gurukula Members,

Welcome to Our World

Every six months, NG Mandala opens a window into the evolving journey of Nitya Gurukula - where learning meets healing, and inner work meets community action.

This edition reflects our continued focus on refinement and regulation - both within ourselves and in the way we engage with the world.

From counselling spaces to college campuses, from Tai Chi sessions to leadership development, the past six months have been filled with moments of clarity, connection, and quiet transformation.

Let us take you through our shared path.

This edition covers Nitya Gurukula's journey from January to June 2025.

Warm Regards

Sashi Chandran
CEO

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Counselling at NG: A Space for Inner Transformation

At Nitya Gurukula, healing begins with listening. Our counselling services provide a confidential, non-judgmental, and nurturing space where individuals can explore life's challenges and their own inner landscapes. Whether someone is navigating anxiety, grief, identity concerns, or interpersonal difficulties, our team of trained counsellors walk beside them with empathy and care.



What makes our approach unique is the integration of diverse bio-psycho-social-spiritual frameworks with deep cultural sensitivity. Counselling here is not about 'fixing'; it's about discovering strength, clarity, and reconnection with the self.

Counselling Data

Jan - Jun 2025

Total: 858



560

NG- Devi Durai

48

DJAD

72

**Jansons School of
Business**

25

**Jansons Institute of
Technology**

64

**Women's Center by
Motherhood**

134

**Prana Life
Line**

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Training at NG: Skills Which Support Inner Strength

Our training programs sit at the intersection of mental well-being and practical skill-building. They are designed to support not only professional development but also emotional intelligence, resilience, and self-awareness. Whether it's through short-format modules or structured certificate programs, our trainings continue to nurture a new generation of emotionally literate, reflective professionals.



Transactional Analysis (TA) in Tamil – A Groundbreaking Step

Date: Ongoing | Participants: 6

This term saw the launch of the first-ever globally, a TA Advanced Training program in Tamil. A deeply meaningful step, this initiative made the complex language of TA accessible and resonant for Tamil-speaking learners.

“When we learn in the language of our heart, understanding goes deeper and change feels closer.” - Participant

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Workshops: From Insight to Action

Job-Oriented Course (JOC) – Krishnammal College

Date: 25 Feb 2025 | 47 Participants

This program blends Transactional Analysis and Tai Chi to help psychology students build career-ready, people-focused competencies. It's an innovative step toward bridging theory and real-world application in counselling and education.



NG Sangam – Our Flagship Transformational Workshop

Date: 8–9 Feb 2025 | 24 Participants

Held annually, NG Sangam is a space for deep self-reflection, movement, and connection. Over two days, participants engage in structured inner work that leads to emotional clarity and behavioural shifts. This year's theme - Regulating & Refining - was explored through meditation, dialogue, art, and silence.



"Sangam gave me tools to re-centre and re-imagine my relationships-with myself and others." – Participant

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NG Connect: Me & My Behaviour

Date: 22 Mar & 3 May 2025 | 7 & 6 Participants

A short-format 4-hour experience that helps individuals pause, reflect, and reconnect with self, others and the environment. NG Connect is designed for those associated with NG - clients, collaborators, and well-wishers to come together in an atmosphere of curiosity and respect.

"It's not just a workshop - it's a mindful gathering to explore what it means to be human." - Participant



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NG Retreat: Our Collective Pause in Hybrid mode

**Date: 23–24 May 2025 | 20 Participants including 3 Online participants
[Chennai - 2 & Melbourne, Australia - 1]**

The annual NG Retreat is a space of stillness, shared reflection, and quiet alignment. Held in a tranquil, natural setting, this overnight retreat offered the NG team a chance to step back from the everyday and look at the bigger picture - with one another.

Activities included:

- Reflecting on the past year's journey-personally and collectively
- Visioning for the next six months
- Meaningful group dialogues and shared silence
- Tai Chi under the open sky, connecting us deeply to the elements

"This retreat reminded us that flow, like healing, emerges in stillness." - Participant



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New Chapters at the Women's Centre Hospital

Counselling - Now Available 6 Days a Week

Recognising the growing demand for accessible mental health support, NG counsellors are now available at the Women's Centre six days a week. This extended presence enables more women to receive consistent, compassionate care in a familiar environment.



Tai Chi Sessions Every Week

In partnership with the Women's Centre Hospital, we launched weekly Tai Chi sessions tailored for women - especially beneficial for those in midlife, postnatal recovery, or caregiving roles. These gentle yet powerful sessions enhance flexibility, balance, and emotional awareness and literacy.



Tai Chi Pilot Participation: 5 women

"We're witnessing a beautiful blend of physical, emotional, and creative wellbeing unfold here." - Participant

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Tai Chi @ NG: Cultivating Presence Through Movement

Tai Chi for Seniors - Nana Nani Community

Date: 25 Jan 2025 | 94 Participants

A joyful introduction to Tai Chi for the vibrant seniors at Nana Nani Phase 4. The response was overwhelmingly positive, and some have now joined regular sessions!

"It's never too late to feel balanced, energetic, and at home in your body." - Participant



Saturday Sessions at Nitya Gurukula (NG)

Sessions at 7:30 AM & 11:00 AM | 20 regulars
Hybrid model (in-person & online)

Every Saturday, our regular Tai Chi sessions-now held twice a day - continue to draw a dedicated and growing group of participants.

These sessions provide a grounding rhythm for many - a space to be, release, restore, and realign.

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A Tai Chi Milestone - Master Trainer Certification | Participants Certified: 9

We're proud to announce that our CEO, Sashi Chandran, was certified as a Master Trainer in Tai Chi in January 2025.

Her debut as trainer took shape through the first successful certification session on 7th and 14th Feb, alongside Rani Hughes.

A powerful new step in spreading Tai Chi to wider communities-with the same grace, rigour, and heart that defines all our offerings.



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Leadership Development: Simyog Workshop Series

Date: 5 April 2025 (1st of 3 sessions)

An exclusive workshop designed for top executives of Simyog Management, focused on enhancing personal mastery, strategic alignment, and relational leadership. Each session is crafted for depth, interactivity, and relevance - blending systemic thinking with practical leadership tools.

"Leadership begins with knowing yourself. Only then can you align others toward shared growth."

**TaiChi @ Cubbon park with Ms. Precilla,
Mr. & Mrs. Venkataraman**

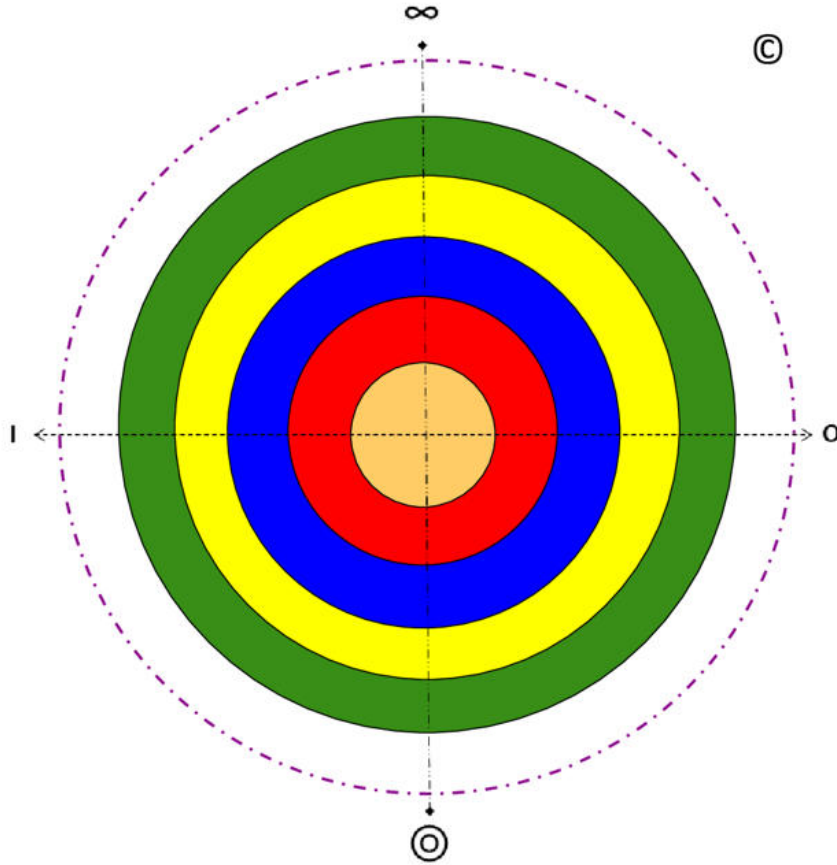


Looking Ahead: Emergent NG

As we move toward the second half of 2025, our vision remains rooted in emergence - an NG that continues to evolve through each of us. The past six months have reminded us that true refinement isn't just structural - it's holistic and soulful. And regulation doesn't mean restraint - it means rhythm.

"Here's to balance, and the beauty of becoming."

NG Holistic Model of a Human Being



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