

*The Guru Within* ®



NITYA  
GURUKULA

Holistic People Work Enterprise

# NG MANDALA

**‘Let's be Alive, Awake, Alert & Make a Difference’**

**September to December 2023 Newsletter**



# NG Mandala

‘Let's be Alive, Awake, Alert & Make a Difference’



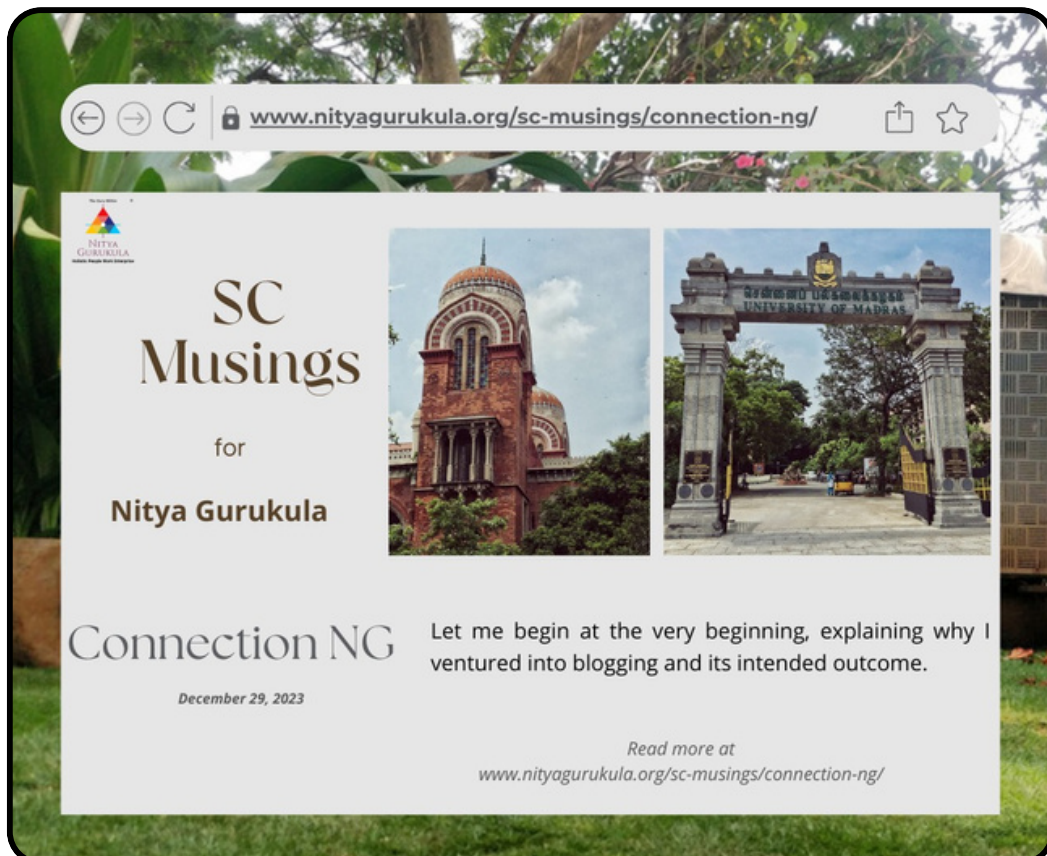
**Dear NG Members,**

Welcome to the fourth edition of Nitya Gurukula newsletter.

“NG Mandala” is a quadrimester blog and newsletter that delves into the universe of Nitya Gurukula, unveiling transformational experiences and initiatives undertaken by the NG team.

## NG Initiative of this Quadrimester

**SC Musings : A fortnightly blog for a deeper NG Connection.**



# NG Mandala Quadrimester Highlights



## NG Counselling



### Case Study

Sara visited Nitya Gurukula feeling depressed and anxious. Struggling with concentration and sleep issues due to her father's alcoholism and her sibling's aggression, Sara's mother, overwhelmed with family imbalance, had been excessively accommodating. Uncertain about her future, Sara lost confidence and contemplated quitting her studies, yearning for love and affection, feeling like she had lost her childhood.

During counselling sessions, Sara found a psychological space to share her grief and painful experiences without fear of judgment. With her counsellor's support, she gained insights into her internal tensions and behavioral patterns, leading to positive changes in her body language. Gradually, she started interacting comfortably with her family and encouraged them to set a family goal, bringing settlement and hope into her life.

**Note:** Clients' names changed to protect their identities.

## NG Supervision

NG provides counselling supervision sessions to enhance capabilities in providing effective client support, fostering both supervisee growth & client well-being through collaborative and supportive approaches.

### Testimonials

“Supervision gives deeper insights about values, belief, biases, & personal triggers that influence the counselling process. It helps in setting the client - counsellor contract & gives a clarity for dealing with ethical dilemmas.”

- Keerthana (NG Resource)

Counselling Data  
Sept - Dec 2023  
Total: 561



369

NG- Devi Durai

39

DJAME

30

DJ Academy

34

Women's Center by  
Motherhood

89

Prana Life Line

# NG-Workshops

## NG Connect

Nitya Gurukula reaches out to a global audience, addressing participants' desire for regular engagement with NG. This initiative serves as a space where individuals can come together to connect with the NG community and delve into meaningful discussions.



## Testimonials

“CONNECT IS THE SPECIAL FEEL IN NG... I always wait for the session for the aura & comfort that NG gives.”

- Dr. Radhika

“Thank you, Sashi Ma’am, for the wonderful soul touching session. And you, the whole NG team for making these sessions possible.”

- Jalaja

## NG CCM



Our 4-month online Certified Coaching, Counselling, and Mentoring (CCM) program is thoughtfully designed by integrating Transactional Analysis tools, value-based services, and a holistic approach. This ensures that graduates not only experience lasting personal and professional transformations but also develop enhanced sensitivity to self, others, and the environment.

## Testimonials

“Thank you one & all. That was a beautiful closure but a new beginning to many such life learnings .”

- Suja

“Thank you, Sashi Ma’am & team. It’s a wonderful opportunity to look and enhance ourself using different perspectives in TA with case studies. Many takeaways to implement. Looking forward for future programs.”

- Priya

“The sessions were interesting & the concepts got clearer through breakout room activity. It is always great connecting & sharing! Thank you.”

- Deeva

## NG-Workshops

### Mental Health Awareness - Nachammal School

"At our recent 'Mental Health Awareness' workshop, the atmosphere was inspiring, set by a warm welcome. The students actively engaged, posing thought-provoking questions that which added depth to our discussions.

#### Participant Feedback:

- "Interesting"
- "Learned the importance of mental health"
- "Positive vibes"
- "Motivating session"
- "Effective tools for regulating emotions"
- "Refreshing and unique"
- "A lifeline to conquer exam fear"



### NG Life & Career Workshop at Chandra Matriculation school

Nitya Gurukula's Life & Career Workshop empowered Grade 10 students by providing valuable insights into holistic career decision-making. The sessions guided students in identifying their strengths, aligning personal passions with parental expectations, and developing effective strategies for shaping their future.

Incorporating Tai Chi breathing for stress reduction and enhanced concentration.

#### Participant Feedback:

- "Positive"
- "Informative"
- "Engaging"



## NG-Training

### TA - 202 (Advanced)

Exciting updates from our ongoing ITAA Certified Advanced Transactional Analysis training sessions! While other groups are progressing through various levels of training, the spotlight is on the full steam ahead CTA exam preparation sessions. The dedication and progress across all groups bring us closer to achieving our collective goal of CTA certification.

## NG-TaiChi

### Tai Chi : Training

Discover the art and benefits of Tai Chi with Nitya Gurukula's certified training programs! Excitingly, over the last four months, we've successfully trained 10 Tai Chi enthusiasts, adding to the growing community of Tai Chi practitioners. Join us on this journey of wellness and mastery!

#### Testimonials

“Feeling relaxed, learnt self awareness.”

- J. Peter Arokiam

“I feel very refreshed after each class. When I’m doing Tai Chi, my mind is completely blank and it is not thinking about random stuff and that makes me feel so good. I would love to continue learning the Tai Chi way of life and help promote a healthier lifestyle both mentally and physically.”

- Vigneshwar Kamaraj



## NG-Internship

### Holistic Internship:

Let’s embark on a fascinating psychological journey with 35 enthusiastic students from Hindustan College, Rajaratnam College (M.Sc. & B.Sc.), and Government Arts & Science College!

Our exploration covers NG holistic model, TA 101, the art of Tai Chi, client history-taking, engaging mock sessions, intriguing case studies, prana call observations, and enriching supervision. But that's not all – dive into career guidance with sessions on interview preparation, dynamic resume writing, report and journal crafting, mastering body language, mentoring experiences, lively debates, captivating presentations, and exciting field visits.

#### Testimonials

“I had a wonderful time visiting and learning various aspects of psychology from the amazing team of Nitya Gurukula”

- Sruthi R

“Great experience as an intern , Counsellors are very interactive and hold students in positive regard enabling good learning experience. Tai Chi is a practical way of learning ways to regulate attention and is useful in daily lives.”

- Amitrasudan.H



# Professional Development

At Nitya Gurukula, our focus is on continuous growth! In our recent Learning Network, we dived into HR and HR Audit, embraced constructive feedback through self, peer, and group appraisals, and explored self-discovery in a mini developmental workshop using the NG Holistic Model. Our CEO, Sashi Chandran shared valuable insights from her thesis submission journey. At Nitya Gurukula, our team consistently seizes opportunities for learning and growth, embodying a culture of continuous improvement.

# Upcoming Events

## International Tai Chi for Health Conference 2024 with Dr. Paul Lam

**Tai Chi for All: Balance & Wellbeing**  
Hosted by Nitya Gurukula



**TAI CHI**  
A slow & gentle exercise for a healthy body & mind

**Experience Tai Chi's Transformative Power**

- ✓ Learn from global Tai Chi leader Dr. Paul Lam & Master Trainers from India - Kartikey Shukla & Sylvia Das & other Tai Chi trainers.
- ✓ Experience Tai Chi for health & well-being.
- ✓ Experience the harmony of mind, body & spirit



**Save the Dates**

19

to

22

SEPTEMBER

2024

**Where?**



**The Coimbatore Club**  
Tamil Nadu, India

**Don't miss this chance to unlock wellness & embrace harmony**

REGISTER NOW

☎ +91-9944912307 | +91-7845851205

✉ info@nityagurukula.org



**NITYA GURUKULA**  
Holistic People Work Enterprise

Kalyani Srinivasan  
**Conference Coordinator**

Sudha Sundaram  
**Conference Convener**

Sashi Chandran  
**NG CEO**



# NG HOLISTIC WELLNESS n COMPETENCIES



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



## Nitya Gurukula

Devi Durai', 53, 54, Sri Lakshmi Nagar,  
Sowri Palayam, Coimbatore-641028,  
Tamil Nadu, India.

☎ +91 7845851205

✉ [info@nityagurukula.org](mailto:info@nityagurukula.org)

## NG@Chennai

Ground floor, No-2, Sree Ganesh, 6th street,  
K.V.Colony, Off. Arya Gowda road, West  
Mambalam, Chennai - 600033, TN, India.

☎ +91 9944912307

✉ [info@nityagurukula.org](mailto:info@nityagurukula.org)

