

*The Guru Within* ®



NITYA  
GURUKULA

Holistic People Work Enterprise

# NG MANDALA

Let's Yield, Absorb, Redirect & Harmonise

January to December 2024 Newsletter



# NG Mandala

Yield, Absorb, Redirect & Harmonise



*Dear Nitya Gurukula Members,*

*Welcome to the fifth edition of our newsletter - "NG Mandala."*

*This edition covers Nitya Gurukula journey from January to December 2024.*

*We encountered various forces while preparing for our flagship event ITCC 2024.*

- Resources left due to life changing events*
- There were no benchmarks to follow and*
- We had to carve out a plan to offer TaiChi to different age groups, education and socio-economic levels.*

*And this 5th edition takes you through the happenings  
We invite you to stay connected online and offline*

*Warm Regards*



*Sashi Chandran*

*CEO*

# NG Mandala

## Yield, Absorb, Redirect & Harmonise



“NG Mandala” offers a glimpse of Nitya Gurukula, a People Work Enterprise dedicated to emotional well-being and the transformative power of Tai Chi. Our mission is to nurture personal growth, emotional balance, and physical wellness. Through this platform, we share stories of growth, insights and impactful initiatives. Let’s explore how Transactional Analysis (TA), Tai Chi, Counselling, and Training are shaping lives and creating meaningful connections within our community.

## NG’s Pioneering Event

International  
Tai Chi Conference

with Dr Paul Lam | Hosted by Nitya Gurukula

*“Tai Chi is not just about exercising it's about finding harmony in ourselves, in relationships & at work”*

Sept 19th - Sept 22nd

ITCC  
2024

TAI CHI - HEALTH  
Dr. Paul Lam

NITYA  
GURUKULA  
Holistic People Work Enterprise



## Event Highlights

### Tai Chi Meets Dance - A Fusion Workshop with Girl Up Fembots

In an exciting lead-up to the International Tai Chi Conference, a unique Tai Chi and dance fusion workshop was held at Bridgewoods Public School in collaboration with Girl Up Fembots. This session creatively blended the fluidity of Tai Chi with the energy of dance, emphasising the mind-body connection. It received an enthusiastic response, especially from younger audiences, demonstrating that Tai Chi can captivate and inspire when presented in an engaging way.



### Testimonials

*"The warm-up session was great! I entered feeling tired and nervous, but by the end, I felt refreshed. The trainer was kind, clear, and explained everything beautifully."*

**Anupama**

*"I felt calm and focused after the workshop. As a hip-hop dancer, the slow movements of Tai Chi really helped me find balance."*

**Vishwa Renganathan**

## International Tai Chi Conference (ITCC) 2024 – A Milestone Event

This year, the spotlight was on the International Tai Chi Conference - ITCC 2024—the first of its kind in India. Themed *“Wholeness and Wellness in Relationships,”* it demonstrated how Tai Chi fosters well-being and strengthens connections. Led by global Tai Chi leader Dr Paul Lam, the event brought together participants from various backgrounds, learning and wellness practices. It was a resounding success, thanks to months of preparation and the untiring efforts of our dedicated team, with guidance from Dr Lam, the Tai Chi for Health Institute Australia, and Master Trainers from Calcutta.



### Testimonials

*“The relationship between the mind and body was my key takeaway. Practicing Tai Chi helped me calm my mind and bring harmony to my life, making it easier to navigate challenges.”*

*“Humility, joy, and peace – those were my biggest experiences during the conference, and I will carry them with me.”*

*“Dr. Paul Lam's grace and the team's passion made this workshop stand out. I've attended many, but the attention to detail here was remarkable.”*

## **A Legacy Of Holistic Wellness: A Tribute to Dr Paul Lam**

Nitya Gurukula's Founder, Sashi Chandran, shared a heartfelt poem about the connections made during the event. Dr Lam remarked, *"Now whenever I think of India, I think of a poetic country,"* capturing the essence of the cultural and emotional bonds formed during the conference.

*You landed in India-*

*Yielded, Absorbed, Delivered & Harmonized*

*Leaving behind an emptiness- a loss*

*Because you flew in and out all too soon.*

*Along with a determination to nurture and grow*

*The Tai Chi seed- you so lovingly planted,*

*We will carry forward this precious legacy*

*Spreading Holistic Wellness.*

*You landed in India-*

*Your presence brightening up the landscape*

*With compassion, simplicity,*

*Connectivity, wisdom & more.*

*Individuals clamoured for more & more of you*

*Along with a determination to nurture and grow*

*As you tirelessly delivered more and*

*Some more, reaching out effortlessly for*

*Spreading Holistic Wellness.*

*You in India-*

*Nurtured the flame of Tai Chi in many a soul*

*Which clings to it with tenacity*

*Despite the odds, nurturing this precious gift of life.*

*The principles, the forms, the very essence*

*Is embedded in many of us, a fertile*

*Ground to root in and deliver*

*Holistic Wellness.*

***You in India-***

***Held neutral ground, blending cultures and  
Harmonizing yin & yang, unifying  
With Tai Chi, contradictions within & without.  
Inclusiveness with values, with principles  
Transcending borders, colours, status  
A mindful presence, absolute for  
Holistic Wellness.***

***You in India-***

***Embodying the very essence of life, fulfilling  
Our dream to dig deeper into Tai Chi  
Mastering its nuances for spreading it deep & wide  
Inspired and motivated in just 6 days  
We are readying to deliver  
This blessed art for  
Holistic Wellness.***

***You in India-***

***Have taught us more than Tai Chi, sharing  
Experience and expertise on how to teach Tai Chi,  
Ablly assisted by Master Trainers, you have groomed.  
Eking out the essence, simplifying to uplift  
You are our real guru  
Spreading light for  
Holistic Wellness.***

**-Sashi Chandran**



## Reflections from ITCC 2024: A Journey of Learning and Connection

Dr Paul Lam, reflecting on ITCC 2024, called it "a moving experience, full of culture, friendships, and thought-provoking learning." A standout moment was when Dr Lam and Sylvia Das taught 115 students sponsored by Peepal Prodigy School, the Tai Chi for Energy program. Their enthusiasm left a lasting impression, with Dr Lam noting, "Their enthusiasm gives me hope for the future."





## Counselling and Wellness Initiatives

### Counselling Services Expanding Reach

Our counselling services are expanding! In addition to DJAD, we now offer counselling at Jansons School of Business and Jansons Institute of Technology. This growth reflects our ongoing commitment to students well-being and mental health, helping us reach more individuals with our holistic approach.

### Workshops That Inspire Growth

We've conducted transformative workshops that empower participants with tools for personal and emotional growth. From managing stress at PSG Polytechnic to hosting NG Sangam, each event has fostered self-awareness, resilience, and a sense of purpose, promoting holistic well-being.



**Counselling Data**  
Jan - Dec 2024  
**Total: 1759**



979

NG- Devi Durai

122

DJAD

74

Jansons School of  
Business

31

Jansons Institute of  
Technology

131

Women's Center by  
Motherhood

422

Prana Life Line

## Training Programs: Pathways to Growth

### *Empowering Individuals through Learning & Self - Discovery*

Our training programs emphasise both personal and professional development. Participants in our TA 101 courses learn essential communication skills, while a special Enneagram workshop led by Dr Marina Rajan offered profound insights into personality dynamics. These sessions help foster personal growth and deeper interpersonal understanding.



## Internship Program: A Platform for Young Leaders

### *Building Skills, Building Leaders*

Our internship program welcomed 39 dynamic students from leading institutions. These interns contributed to key projects, including promoting ITCC 2024 and leading outreach initiatives. This experience allowed them to gain valuable skills while helping NG reach new heights in community engagement.



## Outreach Initiatives: Spreading Wellness and Awareness

### *Connecting Communities Through Holistic Health Initiatives*

Our outreach efforts continue to raise awareness about mental health and wellness. A notable moment was Sashi Chandran's appearance on All India Radio's FM 103 in March, where she shared insights on mental health. These efforts also played a crucial role in the success of ITCC 2024, bringing wellness to a broader audience.



## NG Tai Chi for Wellness

### *Tai Chi: A Path to Wellness for All*

Tai Chi remains central to our wellness programs. This year, we introduced a special program - Tai Chi for Menopause, a practice which helps alleviate symptoms like hot flashes and fatigue, providing balance and relief to women during this transitional stage. Post ITCC 2024, as a part of NG initiative - NG Wellness Group is practicing Tai Chi regularly.

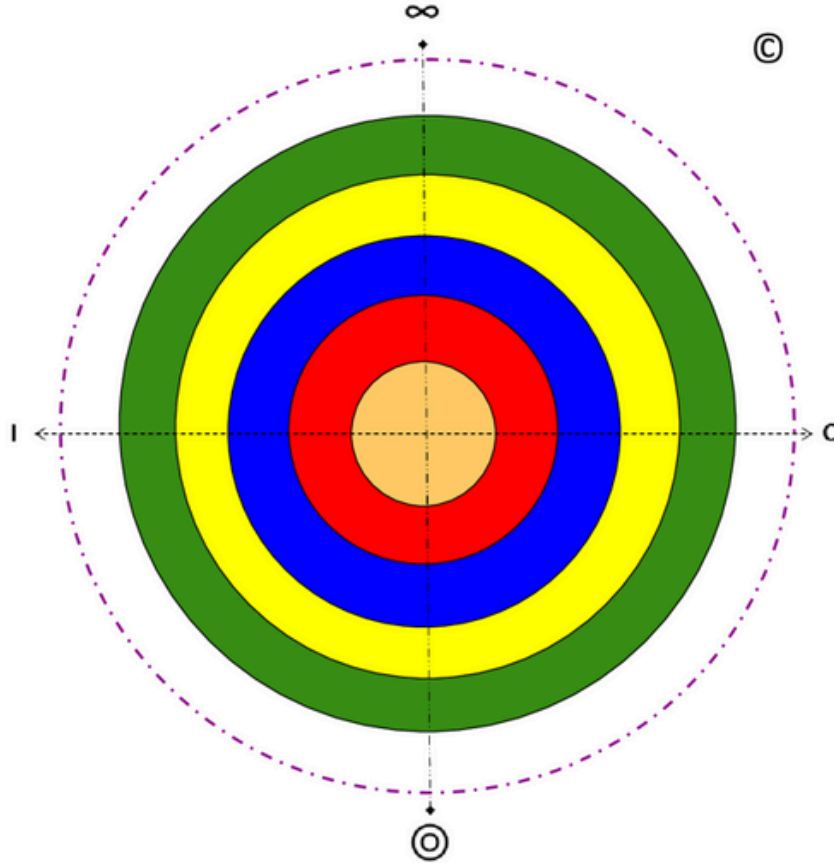


## Professional Development at NG

### *Strengthening Our Team*

At NG, continuous professional development is ongoing. Our recent Resource appraisal and board meetings have laid the foundation for the coming year, ensuring that we continue to serve our community effectively and grow as an organization.

## NG Holistic Model of a Human Being



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



### Nitya Gurukula

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

☎ +91 7845851205

✉ 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

