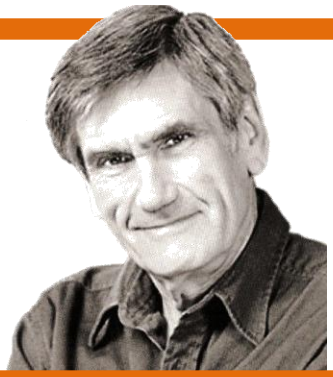
GOI
Giraffes Of India
"A community of
Nonviolent Communication (NVC) practitioners
Making Life Wonderful."
"Far away from the ideas of right-doing and wrong-doing, there is a field....i will meet you there." (Rumi)

Giraffes of India has evolved as an informal group of some Nonviolent Communication (NVC) practitioners who went through an intense training of NVC in Ruhpolding, Germany under the mentorship of **CNVC Certified Trainer Ms. Gitta Zimmermann.**

We deeply believe that NVC is a gift which fills our lives with compassion and we want to share this gift with as much people as possible, to make life more wonderful.

We offer basics of NVC for various groups through dynamic workshops filled with group activities, songs and games.

NVC can shift your paradigm and help you as a spiritual practice, parenting technique, counselling skill, mediation & conflict resolution strategy, relationship healer, community development tool, an agent of Social Change and as a worldview.



"All that has been integrated into Nonviolent Communication (NVC) has been known for centuries about consciousness, language, communication skills, and use of power that enable us to maintain a perspective of empathy for ourselves and others, even under trying conditions."
(Marshall Rosenberg, Founder - CNVC)

Nonviolent Communication (NVC) is an approach to nonviolent living developed by **Marshall Rosenberg** in the 1960s. It is based on the principles of nonviolence-- the natural state of compassion when no violence is present in the heart. NVC begins by assuming that we are all compassionate by nature and that violent strategies—whether verbal or physical—are learned behaviors taught and supported by the prevailing culture.
NVC also assumes that we all share the same, basic human needs, and that all actions are a strategy to meet one or more of these needs. People who practice NVC have found greater authenticity in their communication, increased understanding, deepening connection and conflict resolution. (Source: CNVC)

The NVC community is active in over 65 countries around the globe.

For more information about NVC, please visit **WWW.CNVC.ORG**

PATRICIA (Development Specialist at Nareshwadi Learning Centre & SAHAS)
GEORGE (Social Development Professional & Youth Animator, CtGA Coordinator at SMILE Foundation)
PARVEEN (Educationist, Principal at The Somaiya School)
ANAND (Performing Artist, Student at Contemporary School of Dance)
JAYRAM (Social Worker & Performing Artist, Founder of Shrusti Foundation)
VAN (Community Outreach Coordinator at Nareshwadi Learning Centre)
MANJU (Social Worker, Project Manager at Somaiya Action for HIV/AIDS Support - SAHAS)
SWATI ((Social Worker & Management professional)
GITTA (CNVC Certified Trainer, Founder of **Arche Noah** Stiftung)
BABA (Educator, Principal at Nareshwadi Learning Center)
NAINA (Counsellor and Child - Women Rights Activist)
SHRUTI (Social Worker & Performing Artist, Founder of Shrusti Foundation)
PRAKASH(Behaviour Change Communication Expert, Formerly with UNFAO, UNMAS & World Bank)
VIVEK (Social Worker & Youth Animator, MSSO at AIIMS Delhi)

WE OFFER WORKSHOPS FOR:

- Students, Teachers & Parents
- Street children & Youth workers
- Medical Professionals
- Policy makers & administrators
- Professional Social Workers
- Social Entrepreneurs
- Corporate Leaders

Organizations/Institutions reached out so far:

- Karl Kubel Institute of Development, Coimbatore
- Don Bosco Animation & Research Kendra, New Delhi
- Kutumb NGO, Varanasi, UP
- JDS Public School, Varanasi, UP
- SVSS, Renukoot, UP
- St. John's School, Varanasi, UP
- Skattle, Australia
- Scolless Salem, Germany
- K J Somaiya Medical College, Mumbai
- Nareshwadi Learning Center, Dahanu, Maharastra
- The Somaiya School, Mumbai
- Smile Foundation, New Delhi
- AIIMS, New Delhi
- SAHAS, Mumbai
- Students for Liberty, South Asia
- Shrusti Foundation, Bengaluru
- Kindernothilfe (KNH), Germany
- BMZ, Germany
- University of Pune (introduced NVC as a part of Certificate course in Counselling)

Bring Compassion closer to you,
call us for a workshop:

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