

Report from Mutual Education Learning Lab, India 2025

“Reimagining Education”

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This report is to describe how the values and purpose of the Mutual Education Learning Lab were lived by the participants, trainers and organizers that co-created a community living and learning together for 6 days in Panchgani, India - November 24-29 2025.

From conference/training to laboratory - Seeds of mutual education

A laboratory is a space of courage, of the unexpected, of being present to what is happening in the here and now and discovering new possibilities. The idea of presence with the flow of life and continuous dialogue so that each opportunity for real relevant learning is seized characterized the 6 days of learning experiences.

Getting together from different cultures, backgrounds, experiences and expertise, revealed the huge opportunities for learning from and with each other. And the laboratory structure **was the framework** that enabled the community to live and thrive in learning.

The intention of the laboratory was then transposed in actions as trainers offered the framework.



Co-create a rich learning experience

An open space for requests and offerings - is how the learning opportunities were organized. The team invited participants to take ownership of their journey by requesting to the community what they would like to learn and to contribute with their own offers to any subject.

Creativity and actions started to flow from the first day of the Lab in Panchgani.

Time for choice

Choice was an important element of the learning process in the Lab. Choice between workshops and different topics to attend to. Being able to choose empowered participants to think of their own needs and learning styles, make decisions about what suits them best and thereby accept ownership of the outcomes.

Participants voices about co-creation

- *I think the whole programme was an exercise in Co creation, so skillfully done... Each person was involved in bringing richness to the programme.*
- *The invitation to the whole group to offer sessions during the "main" session timings, the invitation for sharing projects and activities!*
- *Every practice session felt co creation*
- *Everything! All the sessions, the agreements of the space, how space was held etc. For me, this MELL was a practice of how a world with NVC could look and feel.*

Manifest a quality of shared power

Exchange

Sharing about NVC-related projects in education was a core activity, and more than 12 projects were presented during our Lab. Valuable examples about how mutual education finds roots in different classrooms, schools and parts of the world.

Time for cooperation - Participants were encouraged to come up with initiatives and solutions to challenges in the fine-tuning of the programme. Solutions were quickly found for example to the challenge of how to include everybody's needs and requests in terms of photo and video taking and sharing. The intelligence of

the group had space to shine and show again and again how one mind (that of the expert) can never be as effective in finding solutions as the intelligence of a group guided towards the same purpose. And there were many instances where we could observe and be amazed by the effectiveness of truly thinking together.

Participants voices about shared power:

- *I enjoyed the clarity and the simplicity of the design. Every morning the theme of the day was shared and the progression from the individual work to the interpersonal and collective was smooth and this brought so much depth. I have learned so much....such a refreshing new way of sharing nvc... Easy and natural*
- *There is no compulsion to do anything, this freedom I have experienced for the first time when I have attended a workshop. We had the freedom to share or not share, everyone's agreement was taken into consideration when any decision was made. So I felt I was empowered and there was no hierarchy.*
- *Starting from day 1 with the agreements moving to all session plans and through the authenticity and vulnerability displayed by the trainers .*
- *Shared Projects- Stories of other people gave me the feeling of Shared Power.*
- *1.My belief in shared power is strengthened as I witnessed the modelling from trainer's team 2.It strengthened the muscle of inviting more participation from community*
- *I am thankful to the trainers for bringing in the energy of NVC. It is the first time in my life where I see a group of people coming together and sharing their experiences and others are listening to them, reflecting and people are accepted as they are. This wouldn't have been possible, if you hadn't provided us this space. Thank you!*



Ongoing experiences and learnings

Participants voices:

- *Every moment of my day can be an NVC workshop - NVC consciousness; go where the energy is - share NVC where there is interest. ; it's not about the jargon - where do you feel it in your body.*
- *NVC is consciousness.*
- *Being present and openness to receive.*
- *I am hugely touched and inspired by the immense care, authenticity and transparency shown by the trainer team in holding the group. I am also inspired by how all the processes were rooted in being present and staying connected. The trainer team modeled how living from an NVC consciousness looks like in their interactions with the group and at an individual level. I take back many memories of this with me, and every time I feel that I am in doubt or disheartened in my practice, I will lean into these memories to find my faith and keep on practicing, practicing and practicing.*

Build skills to influence education together

Time for sustainability The laboratory ended with sharing a concrete step (action point) by each participant. The encouragement of the community was really powerful, enticing the enthusiasm for change starting with small steps and then reaching out to structural change.

- *I found the MELL experience to be unique in its approach and found lots of space for everyone to express themselves. The trainers were very inspirational and could support all that they spoke about with life experiences and personal strength.*
- *I loved your energy, your presence and your consideration of all perspectives. I really enjoyed the passion you have for this work and I leave so inspired and energised to do more with schools and children so I am very grateful to you and for this opportunity. Most of all, I loved your laughter, humour, vulnerability, care and curiosity.*
- *Yes! A deepening of my desire to take NVC to the powers that be, so children are accepted as a human being with power and not as needing to be herded.*
- *I loved how you worked with us. I loved even more how you folks worked in your trainer's team - with each other. I saw the love and support flowing without missing focus on the Task.*

- *Yes. It has given me hope and new enthusiasm to see how I can share NVC in education as I had come in having lost a bit of hope with the education system. It also showed me ways in which NVC can be accessible and available to everyone, especially children.*
- *The lab helped me to develop confidence that yes, I can do...and the power.*



Mutual Education Learning Laboratory
23 to 29 November, 2025 at Asia Plateau, Panchgani.



Time for gratitude

NVC Trust who offered impeccable organization and welcomed all of us with warmth and big care.

Father Chris Rajendram, the initiator of this event, who invited us to meet with one of the very active NVC communities where he has built awareness about NVC for decades.

The whole group of participants who from a place of awareness and readiness were open to explore the co-creation. We found ourselves in a field of warmth, curiosity, creativity and play - a mutual sharing that gave us unforgettable memories of Life.

All the sponsors who supported this event and contributed to sustainability of the quality of our work and made it accessible for more people.

The venue and “Initiatives for Change”, that was an inspiration and congruency of attitude and goals. Many details in their routines and ways to do things brought us to the awareness and wisdom of Mahatma Gandhi. This was highlighted in a dinner with Rajmohan Gandhi and Usha Gandhi.



"With Rajmohan (Mahatma Gandhi's grandson) and his wife, Usha."

The whole event - the warm welcome and huge hospitality from all the organizers and the NVC community. We were held in a heartfelt care, letting us experience your hospitality, your homes, your culture, your food, your NVC community and visits to significant and interesting places.



Gathering with the practice group in New Delhi

From idea to manifesting this unique Lab

This was the first Lab in Asia. The NVC in Education team has since 2010 offered Labs around Europe. Labs are organized from local initiatives, and this time with NVC Trust.

To learn from each other what could be our focus and goals for this particular Lab, our team of five trainers from NVC in Education group, started to meet regularly with the team from the organization Nonviolent Communication Trust in India. We shared information and dreams. Our meetings were connective, productive and fun! We ended up being a group of 45 people.

Our Labs come to be from local initiatives and we cooperate with local organizers. Every Lab can therefore have its own theme, length, number of participants etc. What all Labs have in common are the intentions - to **Co-create** a rich learning experience, **Manifest** a quality of cooperation and mutuality, **Harvest** ongoing experiences and learnings, **Build** skills to influence education together.



THANK YOU ALL FOR A MEMORABLE EXPERIENCE!



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