



## Welcome from the ASAG 2024 Leadership Board

The APIPD Staff Affinity Group (ASAG) has served the APIDA community on campus since 2018 and always aims to:

- build a sense of community and belonging among APIDA staff
- support institutional racial and social justice initiatives by ensuring APIDA perspectives are presented
- provide personal and professional development opportunities for APIDA staff

### **Board Member Spotlight**

**Ravi Grover**--Communications Co-Chair

"I have been with ASAG for two years, helping out with coordinating events. I would like to help connect more people within the Chicago campus. Northwestern's APIDA staff members are currently dispersed across various departments and campuses, sometimes leading to a sense of isolation. ASAG plays a role in fostering connections and facilitating meaningful interactions among us in a safe and inclusive environment. It not only brings us together but also enables us to address pertinent topics such as career development, diversity, equity, and inclusion, promoting a more collaborative and supportive community."

Meet the board members here:

[2023-2024 ASAG Leadership Board](#)

## Upcoming Events Spotlight

### **Well-being meditation**

Title: Yoga Nidra

Details: Take a mental break from your busy workday and join Northwestern ASAG for a rejuvenating Yoga Nidra session. Yoga Nidra, also known as yogic sleep, is a guided meditation practice that induces the brain into deep relaxation and provides restorative benefits. Forty-five minutes of Yoga Nidra is equal to three hours of sleep. Please feel free to bring a yoga mat if you like as we'll be lying on the floor for this session. Refreshments will be served afterward.

### **ASAG Windows and Mirrors Activity**

Title: Windows and Mirrors

Details: Affinity groups ASAG (APIDA Staff Affinity Group) and UNIDOS (Latinx Coalition) invite you to a captivating series of Windows and Mirrors events. These events feature an interactive fishbowl activity developed to foster a deeper understanding of identity and belonging in the workplace. Look for the email invitation to the first event: May 8th at 1:00-2:00 pm, Evanston campus, Louis Room in Norris.

### **Quarterly Cousins**

Title: ASAG's Quarterly Cousins!

Details: Times have been rough on mental health and building relationships, and we want to help! Quarterly Cousins will match you with another member of ASAG. We encourage you to go on a virtual or in person date to get to know each other; express your anxieties, joys, and frustrations; and just have fun!

If you have any questions, please reach out to [asag@northwestern.edu](mailto:asag@northwestern.edu).

[April 2024](#)

### **Upcoming Events:**

**Yoga Nidra** Wednesday,  
May 1, 11:30 am - 1:00 pm  
CST @ Norris Center  
2-264 Arch Room. This is  
a free event.

**Windows and Mirrors**  
Wednesday, May 8, 1:00 pm  
- 2:00 pm CST @ Norris  
Center Louis Room

**TA/ASAG Professional  
Development on Resumes**  
Tuesday, May 14, 12:00pm  
- 2:00pm  
(more details upcoming)

**ASAG Quarterly Cousins**  
Fill out the survey for your  
interest by Friday, April 21.  
[Survey Here](#)

### **Recommendation**

- [The Best Cookbooks of 2023](#)

- [One Book One Northwestern](#)

### **Article**

- [Why Multilingualism is a 'Superpower'](#)

[Any Feedback?](#)

Remember to join our [teams channel](#) and [listserv](#) if you have not yet and please forward to any staff, all are welcome!