

**Aastha** *Foundation for Human Learning and Growth*

Winter Programme – 28 November to 3 December 2017  
Venue: SLK Centre, KIAMS Campus, Tal Maval, Pune



*..... A Never-ending Journey of Discoveries*

## *The Aastha Invitation*

Aastha (Foundation for Human Learning and Growth) invites you to take a pause and look at yourself, paying attention to your inner world of thoughts, ideas, aspirations, hopes, fears and feelings. In our experience, the question, 'what do I really want from life', keeps coming back to us, no matter how much we try to ignore it. Many times, we see new possibilities when we look at life from new perspectives.

The Winter programme aims to create a vibrant learning space, in which participants

- engage with themselves at a deeper level
- connect with fellow participants who come from diverse backgrounds
- reflect on their life choices so far and learn to set their own directions

Aastha follows a unique tradition of behavioural science called Process Work, which is based on the exploration of our experiences and patterns of thoughts, feelings and actions. Such an exploration can help in discovering patterns of our behaviour and exploring new avenues of freedom of choice and actions to fulfil promises that we make to ourselves. In the words of Prof Pulin Garg ( 1927-2002 ), process is the ongoing recognition of the self as it unfolds in the journey of life. The responsibility of directing one's life rests with each one.

Aastha programmes create a non-judgmental and supporting environment in which participants feel encouraged to undertake such exploration. The programme is conducted in a mix of community sessions and small group sessions. There is an underlying design to the whole programme but the sessions do not follow a preset structure. Participants are free to work with what they consider relevant to them. Participation is entirely voluntary and facilitators help in exploration without being prescriptive.

## *Aastha – The Institution*

Aastha is a not-for-profit trust established in 1995. It is run entirely on voluntary work contributed by members.

Its mission is to create spaces for individuals from all stages of life and all collectives, to engage in search for wholeness in both their being and becoming through self-inquiry, recognition and redefinition.

Aastha's vision is to become a premier Process Work institution by remaining ever evolving and current.

for more information please visit our website: [www.aasthafoundation.com](http://www.aasthafoundation.com)



## *The Winter Programme*

This fully residential programme brings together participants and facilitators from different walks of life and different regions of the country.

Each day consists of 6 hours of work divided into 4 sessions of 90 minutes each. Sometimes there would be community sessions held late evening. The schedule is drawn in such a way that participants get ample time for own reflection and informal interactions. Pace is unhurried, but the pursuit is wholehearted.

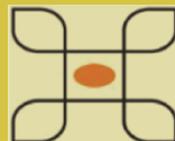
The learning methodology is experiential and not theoretical. It is holistic and life is seen as encompassing all experiences for the individual. Hence the programme is not overly focussed on any one aspect of life such as work.

## *Winter 2017*

We offer the following programmes in November - December 2017.

1. Enlivening Self
2. Exploring Relationships

- *Both programmes start on the morning of 28 November 2017 and end with lunch on 3 December 2017.*
- *Participants are expected to check into the venue on the evening of 27 November 2017.*
- *Programmes are fully residential.*
- *Accommodation is provided in the Executive Hostel of the SL Kirloskar Centre in shared and single AC rooms.*
- *Facilitators for the programmes would be drawn from the trustees, institutional and professional members of Aastha Foundation.*



## Programme Details

### 1. Enlivening Self

#### For whom

This programme is designed for working professionals, men and women who having achieved a certain degree of stability are not content remaining there. They are interested in continuing personal growth and development by looking at self and understanding its dynamics.

The programme can also open new vistas for those who are managing people processes in business, social and family-run enterprises.

#### Perspective

From family to work organisations, we play different roles, trying to fulfil requirements and expectations. These roles can create stress, which we learn to cope with. Yet the burdensome existence of constantly meeting external demands while struggling with personal needs, cannot vanish by adopting some stress management techniques. We need to discover new ways of mobilising the self such that there is the ease and flow with which life is to be lived and roles played.

Our inner world is replete with experiences and aspirations both of which are balanced on sensitivity to thoughts and feelings, memories and dreams. The programme invites you to explore this inner world so that you can make conscious choices about the important things in your life.

#### Objectives

The programme aims at

- a. exploring work-life and self-role dilemmas
- b. examining mainsprings and meanings of growth
- c. experimenting with new possibilities and initiatives

#### Fees per participant

₹ 25000/- for AC twin shared occupancy

₹ 35000/- for AC single occupancy



## Programme Details

### 2. Exploring Relationships

#### For whom

This programme is meant for all those who

- a. Wish to engage with the challenges and prospects of close personal relationships and
- b. Explore the quality of wholesomeness in interdependencies of living

#### Perspective

We are born into a world of personal relationships which give us sustenance and affection. As we grow into adulthood, we deal with tensions of balancing individuality and relatedness. We develop images of self and the others without conscious effort. These are both enabling and limiting as we go on in the journey of life. The psychological needs of support and love are not always met in the adult world. Closeness fades into distancing and mutual acceptance of one time becomes a distant memory. The dynamics of personal relationships is central to human existence. Thus there is always a need for review, reassessment and redefining in the world of personal relationships.

#### Objectives

The programme aims to enable participants to

- a. Explore meanings they have given to personal relationships of different kinds
- b. Examine images of gender and sexuality that have been cultivated
- c. Redefine the patterns of relationships toward living in wholesome ways

#### Fees per participant

₹ 25000/- for AC twin shared occupancy

₹ 35000/- for AC single occupancy



## *Programme Administration*

### **Programme Directorate**

*Bela Sood - Programme Director*

*Ashutosh Bhupatkar- Member*

*Jagdish Purandare- Member*

### **Important Information**

#### **Venue:**

SLK Centre, Kirloskar Campus (KIAMS), Village Dhamane, Somatane phaata, Off Old Mumbai Pune Road, Near Tata Foundry, Tal Maval, Dist Pune, 410506

Link to Google Map: <https://goo.gl/maps/DyyPnxZnyut>

The venue is reached by road from Pune and from Mumbai. It takes approx 1 hr 30 mins from Pune Airport and 3 hrs from Mumbai Airport.

To and fro travel arrangements are best done in advance.

#### **Seating:**

Programmes are conducted with floor seating in Indian style. Footwear is placed outside work rooms.

#### **Clothing:**

Please carry winter clothing and walking shoes, besides adequate supply of personal medication.

#### **Disclaimer:**

The programmes are focussed on growth and development, not on providing solutions to problems or treatment of disorders. It is assumed that participants can and will take responsibility of their physical and mental well-being.

Those having a history of or undergoing ***psychiatric treatment*** are advised not to participate in Aastha programmes, as these are not designed to serve their purpose.



## *Payment of Programme Fees*

Payment can be made by cheques or through netbanking. Cheques can be deposited directly in Aastha account in any branch of Union Bank of India or mailed to Aastha Foundation. Relevant details are given below.

### **Bank Details:**

Name: Aastha Foundation for Human Learning and Growth

Account Number: 515402010010861

Account Type: Savings

Bank Name: Union Bank

Branch: Koramangla, Bangalore

IFSC: UBIN0551546

### **Address for mailing cheque:**

Farah Khan. Prakriya Green Wisdom School No 70, Chikkanayakana Halli, Off Doddakaneli, Sarjapura Road, Bangalore – 560038.

### **Please note**

After depositing cheque/draft in the branch of Union Bank of India or making online transfer, an intimation must be sent by email, giving details of payment such as cheque/transaction no and date to -

Bela Sood, email id: [bela.sood81@gmail.com](mailto:bela.sood81@gmail.com) or Jagdish Purandre, email id: [jagdishpurandare@gmail.com](mailto:jagdishpurandare@gmail.com)

In the absence of such an intimation, it will not be possible to issue receipt for fees.

### **Cancellation Policy**

A full refund of fees after deducting INR 1000/- (for administrative expenses) will be paid if the cancellation request comes in at least 2 weeks before the start date of the programme. 50% of the fees will be refunded if the cancellation request comes in within 2 weeks before the start date of the programme. No refund for requests within 48 hours of the start date of the programme. Fees paid can be carried forward to the next year if the individual wishes to attend the programme



## *Board of Trustees, Aastha Foundation for Human Learning and Growth*

Narpati Luthra Chair and Executive Trustee Vice President, Governing Council, KIAMS  
Minaxi Mathur Member and former Chair Organisation Consultant  
Mohan Raja Director, Synapse India M Consultants P Ltd  
Preethi Raja Director, Synapse India M Consultants P Ltd  
Ashutosh Bhupatkar Management Academician and writer

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*Mumbai*

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Uday Mazgaonkar  
*Pune*

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*Pune*

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For further details and enquiry about the programme please:

visit the website: [www.aasthafoundation.com](http://www.aasthafoundation.com) or

write to us at: [aasthawinter@gmail.com](mailto:aasthawinter@gmail.com) or

call: Bela Sood +91 7387095211, Jagdish Purandare +91 9822091880

