

15TH SUMMER EVENT

7th May - 19th May 2012

Venue

Kirloskar Institute of Advanced Management Studies
Yantrapura, Harihara (Karnataka)

The Aastha Invitation

In the fast paced world today, that focuses mainly on the 'outer', we need to sometimes deliberate on the 'inner'.

Aastha Foundation invites you to take a pause and engage in a vibrant and refreshing learning space, with participants from diverse backgrounds. This learning experience would offer creative opportunities to add multiple perspectives, cathect to hidden potential and rekindle inner vibrancy.

Aastha foundation follows a unique learning methodology called 'process work' which is based on exploration of life spaces to understand behavioural and underlying identity patterns. The methodology challenges participants to ask difficult questions to oneself, face fears, explore newer paths and experiment with new action choices.

Aastha - The Institution

Aastha is a community of individuals whose mission is to:

- Foster wholesomeness and inner ecological wisdom in individuals, organizations and communities.
- Create spaces and processes for self-exploration, experiential learning, perspective building and development of facilitators, for the above.

Aastha Foundation is a not-for-profit Public Trust, established in 1995. Aastha's membership includes Trustees, Institutional Members and Professional Members; experts in the field of Management, Human Resources Development, Education and Applied Behavioural Science.



Aastha's Programmes

The Summer Event provides a unique community learning space which is intensive yet refreshing, for individuals interested in enhancing their understanding of human processes. This setting offers opportunities for learning about human processes in an enriching and meaningful way.

Great Discovery is ... not always of finding new worlds outside but seeing with new eyes.

A community of about 70 participants and a faculty team of over 15 members from all over the country come for this event. Together they create a safe space to explore, learn and discover new action choices. Participants would typically spend 2/3rds of a day in small groups and the rest of the time in large community/ informal sessions.

The Learning Processes are:

Experiential: Experiencing in the 'here and now'. Sharing experiences, reflections and reviews.

Holistic: Constant beckoning to see the whole picture for oneself, at work and familial systems.

Wholesome: Fostering the natural and fundamental need to be oneself by facilitating integration of thought, feeling and action.

Growth Oriented: Discovering new meanings and new action choices for personal effectiveness.

Stimulating: Concept building from the group's experiences as well as from shared perspectives on human processes.



Aastha's 15th Summer Event

The following are offered as fully residential programmes:

6 Day Programmes (May 7 - 12, 2012)

Discovering Potential in Role and Identity
(Age 25 years and above)

Growth and Creativity – The Youth Program
(Age 16 - 20 years)

Life-Skills and Learning Adventure
(Age 10 - 14 years)

12 Day Programmes (May 7 - 19, 2012)

Internship Programme in Developmental Strategies and Facilitation

Programme Details

PROGRAMME 1

Discovering Potential in Role and Identity

Perspective

We live in a world that is demanding and constantly changing. Such environments call for new and creative responses. To lead a fulfilling and not merely a successful life in such times, an individual needs to re-examine his/her inner self, roles, commitments, relationship with others and visioning processes. The focus of this program would be on understanding one's self and potential to find a better integration in work, family life and relationships.

Objective

- To understand the way one takes charge of one's growth and to own up the vision for self and organisation.
- To review work style and the nature of one's potential, relationships and identities.
- To explore new possibilities through new relatedness and expressions in the group, as well as through intensive interactions and concept sessions.

Programme Fees

Single Occupancy: ₹ 37,000/-

Double Occupancy: ₹ 32,000/-



PROGRAMME 2

Growth and Creativity – The Youth Program

Perspective

The environment of today's time offers many opportunities and inputs to the young adult to shape their opinions, values, and personalities. There are often quick demands to make a transition into adulthood without truly addressing many issues regarding relationships, meaningfulness and direction in life. Institutions available to the youth generally do not provide space for exploration, building perspectives and value based active choice making.

Objective

The programme would provide a setting which would help young adults:

- Articulate the aspirations and challenges at this stage in life.
- Search for directions that would integrate their potential, aspirations, and demands of adulthood.
- Build perspectives on relationships with peers, family, and systems of learning and work.

Programme Fees

₹ 9,500/- (includes Travel cost return fare by train included from Bangalore City to Harihar)

PROGRAMME 3

Life-Skills and Learning Adventure

Perspective

Children today often experience excessive and joyless pressure for performance. They crave for spaces and opportunities for learning through new challenges and activities that bring out their hidden potential. They also need to build perspectives on responsibility, relationships and self awareness.

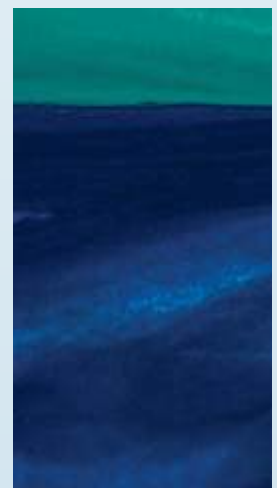
Objective

The programme would provide a setting which would help children :

- Articulate and learn to deal with their feelings and thoughts in a wholesome way.
- Learn to stretch self imposed limitations through experiential/adventure activities.
- Explore newer dimensions of relatedness with adults
- Learn responsibilities through co-ownership of tasks and activities.

Programme Fees

₹ 9,500/- (includes Travel cost return fare by train included from Bangalore City to Harihar)



PROGRAMME 4

Internship Programme in Developmental Strategies and Facilitation

This programme is meant for:

- a) Those interested in becoming Facilitators in human processes and in developmental work for building organizational culture
- b) Professionals in HR function, Training and Education

Perspective

Working with human processes at the individual, group or organizational level requires much more than theoretical understanding. The Internship programme offers a multifaceted and non prescriptive exploration of:

- individual perspectives in development orientation
- nature of membership required for influencing systems
- interpersonal relationships
- perspectives carried from one's familial and cultural context

The Internship programme is essentially an experiential programme which would enable participants to:

- (a) build understanding about deeper processes of learning and growth
- (b) design programmes / workshops relevant to needs of the client group

The Internship programme structure:

This is designed as an "internship" over a 3 year period which will include:

- 12 days of intensive learning laboratories each year for 3 years
- Inter-phase work (between programmes) where participants apply learnings to their lives/work, write periodic reviews, read relevant material and participate in centre meetings in places where Aastha Centres exist.
- Meta labs and co-training between phases.



Focus Areas in the 3 Phases of the Internship

While Phase 1 can be considered an independent module, entry into Phase 2 and Phase 3 is by invitation by the Internship Review Committee.

Phase 1:

- a. Exploration of self and roles
- b. Developing perspectives on personal growth & human processes

Phase 2:

- a. Exploration in role-taking processes, systems interface issues in being an anchor person / facilitator / leader
- b. Creating learning environments

Phase 3:

- a. Explorations in self, membership and institutional processes for community building
- b. Explorations in inner and outer ecology
- c. Designing appropriate interventions to foster communities

Programme Fees

Single Occupancy: ₹ 47,500/- per phase

Double Occupancy: ₹ 42,500/- per phase

Limited number of Scholarships are available for teachers and self-sponsored participants.

Those interested may contact the Programme co-ordinators for details.

Who benefits from the programmes offered by Aastha?

Based on our experience of 15 years, we believe that Aastha programmes help -

- Children and teenagers
- Trainers and facilitators
- In being effective in leadership roles
- In excelling in creative domain
- In being primary anchors in education and social change
- In institutional building
- In creative parenting
- In people management
- In managing change



Participant Organizations

Corporates

Astra Zeneca India Pvt. Limited
 Bharati Airtel Limited
 Bharat Petroleum Corporation Limited
 Dabur Pharma Limited
 Elements Learning Centre
 Hewlett Packard India Pvt. Limited
 Hindustan Lever Limited
 Idea Cellular Limited
 ITC Limited
 Kirloskar Pneumatic Co. Ltd.
 Kirloskar Oil Engines Limited
 Novell Inc.
 The Paper Products Ltd.
 Renaissance Strategic Consultants
 Reliance Industries Limited
 Samuday Psycon
 Treasure Trails

Education and Social Sector

Bhoomi Network
 Blue Mountain School
 Child Line India Foundation
 CRY
 Gurukul
 Panchatantra School
 Pearl Academy
 Prakriya Green Wisdom School
 Shishu Griha
 The School

Programme Feedback

“ A journey everyone must make sometime. It is a beautiful community of people who are all on a journey to discover themselves, each at a different stage in his/her quest. ”
(Professional-Corporate)

“ The Program at Aastha has changed my perspective. The guidance in the labs, the facilitators and the night sessions are memories of how beautifully Aastha interspersed the soul searching seriousness with laughter and gaiety. ”
(Professional-social sector)

“ A fantastic experience of how a community can completely change one's cynical image of a self-centred world, wholly engrossed in a crazy rat race and restore faith in the innate goodness of mankind. The vision of the Institution is admirable. ”
(Educationist)

“ A week in a lifetime is too short a time as such. But what if this seemingly insignificant span makes you question the very fundamental beliefs around which one has built & led his life? What if these difficult questions bring out paradoxically simple answers? What if new questions emerge & what if you don't find immediate answers (given that we live in the era of 4G; everything is expected to be downloaded in a jiffy)? What if one finds ways of finding answers instead of the readymade answers themselves? A journey for the rest of the life starts. And the starting point is Aastha. ”
(Professional-Corporate)



Programme Staff & Administration Information

Programme Director

Ms. Rema Kumar

Programme Co-ordination Committee

Ms. Anupa Sreedhar

Mr. Jagdish Purandare

Ms. Reva Malik

Mr. Vivek Parchure

Faculty

The faculty for Aastha's programmes has been committed to working with individuals, institutions and organizations in their search for a meaningful living and action during the last 3 decades. The Summer Event faculty would be drawn from the body of Professional Members of Aastha Foundation.

Administration Information

Registration/ Nomination forms for the Programmes to be sent to:

Ms. Preethi Raja

Synapse India Management Consultants Private Limited

No. 299, Ground Floor, Amar Jyothi Layout, Domlur,

Bengaluru 560 071.

Please note:

Payment of fees by Demand Draft favouring Aastha Foundation, Bengaluru.

Cancellation: In case of cancellation, fees will not be refunded, but may be carried forward for future programmes.

Travel: Participants are advised to make arrangements to and from the venue in advance.

Participants are advised to bring summer clothes, walking shoes and personal medication, if any.

The Programme will be conducted with floor seating arrangement. Persons with any history of mental stress, psychiatric treatment, psychotherapy, coronary attacks should not be nominated to any Aastha Programme. It is implicit that the participant is joining the programme voluntarily for growth (not therapy) and completely owns the responsibility for his/her own health.



Trustees of the Aastha Foundation

Ashutosh Bhupatkar

Management Academician and Writer, Pune

Farah Khan

CIE Centre Head, Prakriya Green Wisdom School, Bengaluru

Minaxi Mathur

Organisation Consultant, Mumbai

Chairperson, Executive Trustee, Aastha Foundation

Mohan Raja

Director, Synapse India Management Consultants Pvt. Ltd, Bengaluru.

Narpathi Luthra

Corporate VP, HR Kirloskar Group, Pune

Preethi Raja

Director, Synapse India Management Consultants Pvt. Ltd, Bengaluru.

Director- Development & Review Committee, Aastha Foundation

Rema Kumar

Director, Prakriya Green Wisdom School, Bengaluru.

Director-Administration, Aastha Foundation

Reva Malik

Coordinator- Primary, Prakriya Green Wisdom School, Bengaluru

Seetha Ananthasivan

Trustee, K.N.A. Foundation for Education, Bengaluru.

Director- Projects, Aastha Foundation

Local Contacts

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Vivek Parchure (Pune)	9850086469
M S Sambamurthy (Chennai)	9841070450



Foundation for Human Learning and Growth

Venue

Kirloskar Institute of Advanced Management Studies
Yantrapura, Harihar (Karnataka)

KIAMS is located on the banks of the river Tungabhadra at Harihar 270 kms from Bengaluru on NH4. The centre is equipped with conveniences to meet multi-organisational needs and has facilities for games and recreation. It is a picturesque combination of scenic beauty and aesthetically pleasing structures which provide a setting conducive to creative thinking and learning.

For Further details contact:

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