

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



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

**17th Summer Event**

**May 2014**

**Venue: Kirloskar Institute of Advanced Management Studies  
Yantrapur, Harihar (Karnataka)**

## ***The Aastha Invitation***

In today's fast-paced world where the focus almost always is on the 'outer' and how we 'should' be, a strident call is made by the self to deliberate on the 'inner', and who 'I' really am.

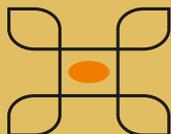
Aastha Foundation invites you to take a pause... re-engage with yourself in a refreshingly vibrant learning space with co-participants from diverse walks of life and with varied experiences. This learning experience is designed to offer creative opportunities to get in touch with one's unseen potential and oft-forgotten passion, and rekindle an inner vibrancy.

Aastha Foundation follows a unique methodology called 'process work' , which is based on an exploration of one's experiences and life spaces, to better understand behavioural and identity patterns. Process work beckons participating members to ask difficult questions of oneself, re-experience one's fears, and face them. We offer an environment of active experimentation with new action choices and possible ways ahead.

## ***Aastha - The Institution***

Aastha is a community of individuals whose mission is to

- Foster wholesomeness for individuals from all stages of life from any collective, both in their being and becoming
- Create spaces and processes for continuous self-enquiry, redefinition and recognition through self-exploration, experiential learning and perspective building



***Take the first step in faith. You don't have to see the whole staircase.  
Just take the first step.***

***- Martin Luther King Jr.***

## ***Aastha's Programmes***

The Summer Event provides a unique community learning space as a microcosm of the world that we live in. It provides an intense yet refreshing experience. The setting creates enriching and meaningful opportunities for learning more about oneself and human processes in all the spaces that we engage with.

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

A diverse community of participants and a faculty team from all over the country come together for this event. The work groups offer a non-threatening space to share, explore, learn and embark upon a journey to discover the potential for new action choices. Participating members would typically spend 6 hours each day in small groups, and the rest of the time in large community/ informal sessions.

### ***The Learning Processes are:***

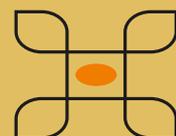
**Holistic:** Constant beckoning to see the whole picture for oneself in familial and work systems

**Experiential:** Sharing experiences and reflections and reviewing them in the present context

**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:** Building concepts from the group's experiences as well as from shared perspectives on human processes



***Our learning processes are holistic, experiential, wholesome, growth oriented and stimulating.***

## ***Aastha's 17th Summer Event***

The following programmes are being offered in May 2014:  
All the programmes are fully residential.

### **Internship Programme in Developmental Strategies and Facilitation - The Internship Programme**

12 Days – 05 May 2014 to 17 May 2014

### **Discovering Potential in Role and Identity**

6 days – 05 May 2014 to 10 May 2014

### **Creativity and Dilemmas of Growth – The Youth Programme**

(Age 16 years and above)

6 days – 05 May 2014 to 10 May 2014

### **My World and My Adventures – The Children's Programme**

(Age 10 years and above)

6 days – 05 May 2014 to 10 May 2014

- Registration and check-in for all programmes is on Sunday, 4th May, 2014 from 7:00 pm
- All six days programmes end on Saturday, 10th May, 2014 at 1:00 pm
- The Internship Programme ends on Saturday, 17th May, 2014 at 1:00 pm



*"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."*

*- A Participant*

## ***Programme Details:***

### ***Internship Programme in Developmental Strategies and Facilitation***

This programme is recommended for:

1. Those interested in facilitating human processes and in developmental work for building organisational culture
2. Professionals in HR function, Training and Education
3. Educators, Change Agents, Leaders

### **Perspective**

The Internship programme is an experiential programme designed to enable participants to

- Create an ever-widening understanding of the deeper processes of learning and growth in individuals and society at large
- Conceive and design interventions /programmes relevant to the needs of their client groups/ work spaces
- Create a deeper understanding of processes involved in designing learning systems and interventions that are need based and sensitive

Engaging with human processes at the community, organisational, group or individual level requires much more than a theoretical understanding. The Internship programme is a journey of self-discovery with a quest to add new meaning and explore untapped potential through a discourse-free and non-prescriptive exploration of:

- Individual perspectives and stances in development orientation
- Experiences in life spaces and work spaces
- Intrapersonal patterns in interpersonal relationships
- The nature of one's membership and its effects in various spaces encountered
- World views carried from familial and cultural contexts



***Engaging with human processes at the community, organisational, group or individual level.***

## ***Internship Duration and Structure***

This programme is designed as an internship over a period of three Summer Events: each phase of 12 days consisting of intensive learning laboratories.

Inter phase work requires participating interns to write and send in periodic reviews, peruse recommended reading material, apply learning in work / life spaces and participate in centre / chapter meetings.

*Phase I is an independent entry module. Entry to Phase II & III is by invitation only. Our Education & Review Committee oversees the review process. Based on the review of the committee and participation of interns in Meta labs and Chapter meetings, invitations are made to Phase II and Phase III of the Internship Programme.*

### **Focus**

#### **Phase I**

- Exploration of Self and Roles in various spaces
- Discovery of patterns of engagement in relationships in work & life spaces
- Articulating & developing perspectives of human processes and personal growth
- Re-examination of long held beliefs in current life spaces

#### **Phase II**

- Review of application of learning from Phase I
- Exploration of role taking processes
- Influence of self on systems and systems on self
- Designing and creating learning environments

#### **Phase III**

- Exploratory space for designing appropriate interventions for Self/organisational and community objectives
- Institutional processes & Community building
- Exploring issues of membership in the interface of systems with large collectivities

## ***Programme Fees***

### **Double Occupancy: 50,000/- per phase**

*A limited number of scholarship is available for educators and self sponsored participants.*

*Those interested may contact the programme co-ordinators for details.*

*Single occupancy will be available on request and at an extra cost, subject to availability of rooms.*

***Aastha's interns are leaders and change agents in several organisations and institutions today.***

## ***Discovering Potential in Role and Identity***

This programme is recommended for:

- Entrepreneurs
- Professionals in HR function, Training and Education
- Professionals in the Social Sector
- Organisational personnel interested in better understanding people processes
- Teachers, parents, home makers and individuals interested in enhancing their understanding of the self for growth and development

### **Perspective**

Experiences in our daily lives - thoughts, actions, choices, interactions - sometimes make us wonder about ourselves and about others around us. Our inner landscape of feelings, motivations, and the dreams we cherish, sometimes lie unexplored and unexpressed. These questions about the inner and outer world can leave us feeling restless. The lab is a space to explore these landscapes. To engage, encounter, express, and discover the possibility of new meanings and action choices.

We are all part of multiple systems, be they work systems, organisations, family, or communities. All these systems, large or small, create roles with diverse pulls and pressures that place a high demand on the individual to cope and deliver on role expectations. This programme invites people to explore how they can embrace and integrate various roles with their identity and aspirations, and create alignment with various systems they are members of. These explorations during the lab help develop a sense of well-being, discover new possibilities of approaching roles and membership, and unlock new action potentials.

### **Objective**

- To understand the way one takes charge of one's growth, and to restate the vision for self and work systems
- To review work style and the nature of one's potential, relationships and identities
- To explore new possibilities through intensive interactions and concept sessions
- To explore dilemmas in work- life and self-role balance

### **Programme Fees**

**Double Occupancy: 39,000/-**

*Single occupancy will be available on request and at an extra cost, subject to availability of rooms.*

***Continuous effort - not strength or intelligence - is the key to unlocking one's potential.***

*- Winston Churchill*

## ***Creativity and Dilemmas in Growth - The Youth Programme (Age 16 years and above)***

### **Perspective**

The Universe of the youth is a significant threshold from childhood to adulthood with mixed flavours of challenges and excitements. On one hand there is a vast world waiting to be discovered with effort and inquiry, on the other, technology and consumerism make everything seem very easy and within reach.

There is a tremendous need to excel and succeed in a competitive world today and the need for connecting, relating, exploring and finding one's convictions and beliefs often become secondary. This is also the world of hopes and aspirations; of finding one's path and living out one's dreams. All this creates pulls and counter pulls. This programme is aimed at exploring the dilemmas that the youth face and discovering means to find the conviction to make meaningful choices.

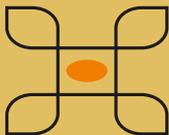
### **Objective**

The programme would provide a setting that would help youth:

- Articulate the aspirations and challenges at this stage in life
- Search for directions that would integrate their potential, aspirations, and demands of impending adulthood
- Build perspectives on relationships with peers, family, and the various systems that they are part of

### ***Programme Fees***

**Rs. 10,500/- (includes Travel cost by train, Bangalore City - Harihar - Bangalore City)**



***Only those who dare to fail greatly can ever achieve greatly.***

***- Robert F. Kennedy***

## ***My World and My Adventures - The Children's Programme (Age 10 years and above)***

### **Perspective**

The age group between pre-puberty and stepping into puberty brings with it a need to be a "grown-up", learn new skills, apply new ideas, express creatively, be valued and feel good about oneself, and yet, continue to be the 'little one'. However, the pressure of performance often pushes children towards retention of information and learnings restricted to textbooks, limited exposure to anything that is "non productive", and above all, to fall in line. This often leaves little room for a sense of wonder and spirit of enquiry.

The innate need at this age is to get in touch with the unique being that one is. This programme offers a space to foster the creative and expressive spirit and build value and pride in oneself. We also encourage participants to build perspectives on responsibility, relationships and awareness.

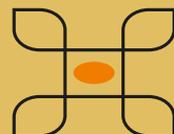
### **Objective**

The programme would provide a setting that 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***

**Rs. 10,500/- (includes Travel cost by train, Bangalore City - Harihar - Bangalore City)**



***A person is a person no matter how small.***

***- Dr. Seuss***

### **Aastha programmes help participants**

- To be more effective in relationships in their personal and professional life spaces
- To unlock their creative potential and become more effective leaders
- In being primary anchors in education and social change
- In institution building
- To experience synergy of thought, feeling and action
- In managing change

### **Participant Organisations**

#### **Organisations**

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

#### **Education and Social Sector**

Bhoomi Network  
Blue Mountain School  
Child Line India Foundation  
CRY  
Gurukul  
HMRI  
IMDR Pune  
IIM Ahmedabad  
KIAMS  
Panchatantra School  
Pearl Academy  
Prakriya Green Wisdom School  
Sishu Griha  
The School  
The Circle

*“The Programme 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.”*

*- A Participant*

## ***Programme Staff & Administration Information***

### **Programme Directors**

Ms Farah Khan

Mr Uday Mazgaonkar

### **Programme Co-ordination Committee**

Ms Anupama Thakkar

Mr Amar Pataskar

Ms Chitra Mansukhani

## ***Faculty***

The faculty for Aastha's programmes has been committed to working with individuals, institutions and organisations 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 Trustees, Institutional and Professional Members of Aastha Foundation.

## ***Administration Information***

***[Click here for Registration / Nomination Forms](#)***

**Payment of fees by cheque or demand draft favouring Aastha Foundation, Bangalore may be sent to:**

**Ms. Farah Khan**

**Aastha Foundation**

**C/O Prakriya Green Wisdom School**

**No. 70 Chikkanayakanahalli Road**

**Doddakanneli, Off Sarjapura Road**

**Bangalore 560 035**

**Cancellation:** In case of cancellation, fees will not be refunded, but will 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.

This programme is designed for development, **NOT THERAPY**. It is implicit that the participant is joining the programme voluntarily for **growth** and completely owns the responsibility for his/her own health.

The programme will be conducted with **floor seating arrangement**.

Persons with any history of mental stress, psychiatric treatment, psychotherapy are advised not to participate in these programmes.

***"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."***

***- A Participant***

## ***Trustees of the Aastha Foundation***

### **Ashutosh Bhupatkar**

*Management Academician and Writer, Pune*

### **Minaxi Mathur**

*Organisation Consultant, Mumbai*

*Chairperson, Executive Trustee, Aastha Foundation*

### **Mohan Raja**

*Director, Synapse India Management Consultants Pvt. Ltd, Bangalore.*

### **Narpathi Luthra**

*Vice President and Member, Governing Council, KIAMS*

### **Preethi Raja**

*Director, Synapse India Management Consultants Pvt. Ltd, Bangalore.*

*Director- Development & Review Committee, Aastha Foundation*

### **Seetha Ananthasivan**

*Trustee, K.N.A. Foundation for Education, Bangalore.*

*Director- Bhoomi Network and Bhoomi College*

## ***Local Contacts***

Anupama Thakkar (Bangalore)	98453 16851
Chitra Mansukhani (Bangalore)	98866 91602
Geeta Kumar (Delhi)	98101 11704
Mehroo Kotwal (Mumbai)	98338 90669
Bela Sood (Pune)	73870 95211
Vivek Parchure (Pune)	98500 86469
M S Sambamurthy (Chennai)	98410 70450

## ***Venue***

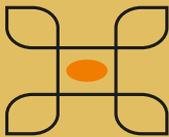
**Kirloskar Institute of Advanced Management Studies**

**Yantrapur, Harihar - 577 601**

**Karnataka**

## ***For further details contact programme co-ordinators:***

Anupama Thakkar	98453 16851
Chitra Mansukhani	98866 91602



***Email: [aasthasummerprogram@gmail.com](mailto:aasthasummerprogram@gmail.com)***

***Website: [www.aasthafoundation.com](http://www.aasthafoundation.com)***

***Aastha is an institution that is held in the minds of its members.***