

Aastha *Foundation for Human Learning and Growth*



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

18th Summer Event

May 2015

**Venue: Kirloskar Institute of Advanced Management Studies
Taluka Mawal, Pune (Maharashtra)**

The Aastha Invitation

In today's fast-paced world where the focus almost always is on the 'outer' and how we 'should' be, an invitation is sought to deliberate on the 'inner', and who 'I' really am.

Aastha Foundation invites you to take a pause :

- To engage with yourself
- To experience a vibrant learning space
- To connect with co-participants from diverse walks of life with varied experience
- To get in touch with your potential and re-kindle 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 vision is -

"Creating spaces for individuals from all stages of life, from any collective, in their search for wholeness, both in their being and becoming through continuous self-enquiry, redefinition and recognition, to be the premier institution in the field of process work by remaining ever evolving and current".



***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 18th Summer Event

The following programmes are being offered in May 2015;
All the programmes are fully residential.

Internship Programme in Human Processes and Facilitation

9.5 Days - 11 May 2015 to 20 May 2015

Igniting Potential & Enlivening Self

5 days - 11 May 2015 to 15 May 2015

Rising Star (Age 22-29 years)

5 days - 11 May 2015 to 15 May 2015

Crossing thresholds of Growth – *The Youth Programme* (Age 16 -19 years)

5 days - 11 May 2015 to 15 May 2015

My World and My Adventures – *The Children's Programme* (Age 10 -15 years)

5 days - 11 May 2015 to 15 May 2015

- Registration and check-in for all programmes is on Sunday, 10th May, 2015 from 7:00 pm
- All five days programmes end on Friday, 15th May, 2015 at 1:00 pm
- The Internship Programme ends on Wednesday, 20th May, 2015 at 1:00 pm

All programmes will be held in AC rooms



"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 Human Processes 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

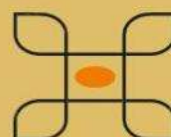
Perspective

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



Internship Duration and Structure

This programme is designed as an internship over a period of three Summer Events; each phase of 9.5 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

Standard non AC, double occupancy - Rs. 25,000/-

Executive AC, double occupancy - Rs. 45,000/-

Executive AC, single occupancy - Available at an additional cost, subject to availability of rooms

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

Igniting Potential & Enlivening Self

This programme is recommended for:

Individuals interested in enhancing their understanding of self for growth and development.

It is also recommended for individuals engaged in professions which require better understanding of people processes. (HR professionals, Educators and people working in the social sectors.)

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, 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

Standard non AC, double occupancy - Rs. 15,000/-

Executive AC, double occupancy - Rs. 30,000/-

Executive AC, single occupancy - Available at an additional cost, subject to availability of rooms

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

- Winston Churchill

Rising Star - The Young Adult Programme (Age 22 -29 years)

Perspective

Young people enter professional pursuits with a lot of excitement and hope. Work / Education, at this stage gives meaning and purpose to them as individuals. While work provides opportunities for fulfilment of aspirations and dreams, it may also throw up many challenges. The real test is how one retains the spirit and passion while adjusting to the demands of the role, authority and the system.

The challenge maybe to realign expectations of self with demands of the system. The question is how does the individual carve a niche for himself/herself while collaborating with others.

Objective

- Explore diverse aspects of roles and relationships – expectations, fulfilment and disappointments
- Review internal meanings and assumptions held for the self, others and work system
- Appraise role taking processes and inherent conflicts
- Examine action choices that integrate role, self and organizational needs

Programme Fees

Standard non AC, double occupancy - Rs. 15,000/-

Executive AC, double occupancy - Rs. 30,000/-

Executive AC, single occupancy - Available at an additional cost, subject to availability of rooms



We know what we are but know not what we maybe.

- William Shakespeare

Crossing Thresholds of Growth - The Youth Programme (Age 16 - 20 years)

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.

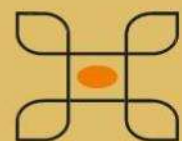
Objective

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. 7,500/-



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. 7,500/-



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 Director

Mr Uday Mazgaonkar

Programme Co-ordination Committee

Mr Amar Pataskar

Ms Kirti Kaul

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

Programme fee is not inclusive of Service Tax. It will be charged additionally.

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 Aastha Foundation

Ashutosh Bhupatkar

Management Academician and Writer, Pune

Minaxi Mathur

Organisation Consultant, Mumbai

Mohan Raja

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

Narpathi Luthra

*Vice President and Member, Governing Council, KIAMS
Chairperson, Executive Trustee, Aastha Foundation*

Preethi Raja

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

Local Contacts

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| Mehroo Kotwal (Mumbai) | 98338 90669 |
| Bela Sood (Pune) | 73870 95211 |
| M S Sambamurthy (Chennai) | 98410 70450 |

Venue

**Kirloskar Institute of Advanced Management Studies
Near Tata Foundry, Village Dhamane Landmark: Somatane Phata
(On Mumbai - Pune Express Highway)
Pune - Maharashtra 410506**

For further details contact programme co-ordinators:

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Website: www.aasthafoundation.com

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