

**20<sup>th</sup>**  
**Summer Programme**

8 - 18 May 2017

Kirloskar Institute of Advanced Management Studies, Pune



***Aastha***

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



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*“There are only two mistakes one can make along the road to truth; not going all the way, and not starting.”*

*Buddha*

*“Happiness is when what you think, what you say, and what you do are in harmony.”*

*Mahatma Gandhi*

## Aastha Invitation

In today's fast-paced world, the focus almost always is on the 'outer' and how we 'should be'.

We extend an invitation to deliberate on the 'inner' and who 'I' really am.

### Aastha invites you to take a pause:

- *To engage with yourself in a journey of self-discovery.*
- *To get in touch with and rekindle inner potential.*
- *To experience a vibrant learning space.*
- *To connect with co-participants from diverse walks of life with varied experiences.*

Aastha follows a unique methodology called *Process Work*, which is based on 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 themselves, face one's fears and re-experience events. We offer an environment of active experimentation with new action choices and multiple possibilities.

There will be an experienced set of facilitators who will anchor the programmes and keep the focus on self-exploration, building new perspectives while working with what is emerging in the group.

## Aastha - The Institution

### OUR VISION IS -

- *Creating spaces for individuals from all stages of life, from any collective, in their search for wholesomeness, both in their Being and Becoming through continuous self-enquiry, Re-definition and Re-cognition.*
- *To be the premier institution in the field of process work by remaining ever evolving and current.*

*Aastha engages with human processes at the individual, organisational, group and community level.*

## Aastha's Programmes

Aastha's offerings include Summer Event, Winter Event, Meta Labs and Workshops.

These programmes provide an intense yet refreshing experience. The setting creates opportunities for enriching and meaningful learning about oneself and human processes.

The work groups offer a non-threatening space to share, explore, learn and embark upon a journey to discover new action choices. Participating members would typically spend each day engaging in small groups, community sessions and informal sessions.

A diverse community of participants and a faculty team from all over the country and abroad, come together for this event.

The Summer Programme provides a unique community learning space as a microcosm of the world that we live in.

## The Learning Processes are:

**Holistic:** Constant beckoning to see the whole picture for oneself in familial and work systems and not only 'your piece' of the puzzle.

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

**Wholesome:** Fostering the natural and fundamental need to be integral and aligned with one's self for well-being.

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

**Thought Provoking:** Building concepts from the group's experiences as well as from shared perspectives.

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

## Aastha's 20th Summer Event

The following programmes are being offered in May 2017

	Programmes	Age Group	Duration	Dates
1	Exploring Human Processes and Facilitation The Internship - Phase 1, 2 & 3	Adults	11 days	8th May (Mon) to 18th May (Thu)
2	Igniting Potential & Enlivening Self	Adults	5 days	8th May (Mon) to 12th May (Fri)
3	Exploring the Nature of Relationships	Adults		
4	Rising Stars	Young Adults		
5	Crossing Thresholds of Growth	16-19 years		
6	My World and My Adventures	10-15 years		

- All the programmes are residential
- All the sessions will be held in AC rooms.
- Check- in on 7th May, 2017 from 2:00 pm onwards
- Onsite registration on 7th May, 2017 from 7:00 pm to 8:00 pm
- All programmes begin on 8th May, 2017 at 9:00 am
- All five day programmes end on 12th May, 2017 at 1:00 pm
- The Internship ends on 18th May, 2017 at 1:00 pm

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

*William Shakespeare*

## Programme Details

### Exploring Human Processes and Facilitation - The Internship

#### This Programme is recommended for:

- *Those interested in personal growth and increasing awareness of the Self as a whole and the individual as a part of the system/society.*
- *Those interested in facilitating human processes and in developmental work for building organizational/institutional culture.*
- *Professionals in HR and Training functions, Leaders, Educators, Change Agents.*

#### Perspective

The Internship is an experiential programme designed to enable participants to create an ever widening understanding of the deeper processes of unfolding of the self and personal growth.

It helps in increasing awareness of thought and emotions in order to increase linkage with action.

It enables individuals to conceive and design interventions/programmes relevant to the needs of their client groups/work spaces.

The programme facilitates a deeper understanding of processes involved in designing learning systems and interventions that are need based and sensitive.

#### Objective

Engaging with human processes at the individual, group, organizational or community level requires much more than a theoretical understanding.

The internship programme is a journey of self-discovery with a quest to add new meanings and explore untapped potential through a discourse-free and non-prescriptive exploration of:

- *Experiences in life spaces and work spaces.*
- *Patterns of interpersonal relationships.*
- *World views carried from familial and cultural contacts.*
- *Individual perspectives and action choices in a development orientation.*
- *The nature of one's membership and its effects in various spaces encountered.*



## Alternship Duration and Structure

This programme is designed as an internship over a period of three Summer Events; each phase of 11 days consisting of intensive learning laboratories.

Interphase 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. The Education and 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.

Phase I	Phase II	Phase III
<b>Self and Roles in Various Spaces.</b> <ul style="list-style-type: none"><li>• <i>Discovery of patterns of engagement in relationships in work and life spaces.</i></li><li>• <i>Articulating and developing perspectives of human processes and personal growth.</i></li><li>• <i>Re-examination of long held beliefs in current life spaces. organizational and community objectives.</i></li></ul>	<b>Interface with Systems</b> <ul style="list-style-type: none"><li>• <i>Review of application of learning from Phase I.</i></li><li>• <i>Exploration of role taking processes.</i></li><li>• <i>Influence of self on systems and systems on self.</i></li><li>• <i>Designing and creating learning environments.</i></li></ul>	<b>Membership in Large Collectives.</b> <ul style="list-style-type: none"><li>• <i>Understanding institutional and community building processes.</i></li><li>• <i>Exploratory space for designing appropriate interventions for self, organizational and community objectives.</i></li></ul>

### Programme Fees

**Standard non AC, double occupancy – INR 30,000/-**

**Executive AC, double occupancy – INR 45,000/-**

**Executive AC, single occupancy – Limited availability.**

**Contact Programme Coordinators**

# Igniting Potential and Enlivening Self

## Rediscovery for Individuals

This programme is recommended for individuals:

- *Interested in enhancing their personal understanding of self for growth and development.*
- *Engaged in awareness of people processes, in an organisation, in the education or social sector or in running own business or family unit.*

### Perspective

Our inner landscape of feelings, aspirations, motivations and the dreams we cherish, often lie unexplored and unexpressed. These questions about our inner and outer worlds can leave us feeling restless. The lab is a space to explore these landscapes.

All systems create roles with diverse pulls and pressures that place a high demand on the individual to cope and deliver. This programme invites you to embrace and integrate your various existing roles.

### Objective

- *To understand the way you take charge of your growth, restate the vision for self and your life spaces.*
- *To explore dilemmas in work-life and self-role balance.*
- *To explore new possibilities through intense interactions and concept sessions.*

### Programme Fees

**Standard non AC, double occupancy – INR 18,000/-**

**Executive AC, double occupancy – INR 25,000/-**

**Executive AC, single occupancy – Limited availability.**

**Contact Programme Coordinators**





# Exploring the Nature of Relationships

## Re-energising Relationships

This programme is intended for all those who want to:

- *Engage with the challenges and joys of close relationships of intimacy*
- *Explore the quality of wholesomeness ushered in by love and intimacy*

### Perspective

“Without love, humankind would not survive even for a day”, said Erich Fromm, the eminent psychologist. Love is the foundation for forging personal and social relations, which lead to productivity and institution-alisation. Love can take different forms as life moves from one stage to another. Its power, mystery and beauty have challenged convention and customs over millennia and so also in our times. In dealing with issues concerning love and relationships, we need to call upon our reserves of sensitivity and authenticity such that we may be able to find wholesomeness in life and relationships.

### Objective

The programme aims to focus on

- *The meanings we have given to love and relationships through the journey of life.*
- *The patterns of holding masculinity and femininity in our life space.*
- *The impact our images of gender and sexuality have on the vital relationships in life.*

### Programme Fees

**Standard non AC, double occupancy – INR 18,000/-**

**Executive AC, double occupancy – INR 25,000/-**

**Executive AC, single occupancy – Limited availability.**

**Contact Programme Coordinators**

## Rising Star

### Anchoring Vision and Exploring Possibilities

This programme is recommended for individuals:

- *Who are working with integrating their convictions and their role expectations while engaging with the outside world.*
- *Trying to seek a balance between following their dream and the ideals they seem to hold.*

#### Perspective

Young people enter new stages of life with a lot of excitement and hope. Work and education give meaning, purpose and opportunities. This also throws up challenges. The real test is how you retain your spirit and passion while adjusting to demands of your role and the system.

#### Objective

- *Explore aspects of roles and relationships - expectations, fulfillment and disappointments.*
- *Review internal meanings and assumptions held.*
- *Examine action choices that integrate self, role and organisational needs.*

#### Programme Fees

**Standard non AC, double occupancy – INR 18,000/-**

**Executive AC, double occupancy – INR 25,000/-**

**Executive AC, single occupancy – Limited availability.**

**Contact Programme Coordinators**

# Crossing Thresholds of Growth - for Youth

Age 16-19 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 easy and within reach.

There is a tremendous need to excel and succeed in a competitive world today. The need for connecting, relating, exploring and finding one's convictions and beliefs often becomes 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 convictions 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 a part of.*



## Programme Fees

Standard non AC, double occupancy – INR 15,000/-

# My World and My Adventures - for Children

Age 10-15 years

## 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 learning 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 of 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 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

**Standard non AC, double occupancy – INR 15,000/-**

## 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.*
  - *To experience synergy of thought, feeling and action.*
  - *To manage change.*
- 

## Participant Organisations/Institutions

### Organisations

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

### Education and Social Sector

Bhoomi Network, Bangalore  
Blue Mountain School, Ooty  
Childline India Foundation  
CRY  
Gurukul, Pune  
HMRI  
IMDR, Pune  
IIM, Ahmedabad  
KIAMS  
Panchatantra School, Delhi  
Prakriya Green Wisdom School, Bangalore  
Shishugriha School, Bangalore  
The School, Chennai  
The Circle, Delhi

## Post Programme Feedback from a few of our Participants

*"The programme was relevant and it touched and addressed me personally. I felt that the program was designed specifically for me."*

*Trainer Facilitator*

*"The programme created a magic for me in my life which I was missing. It made me realise that my life is beautiful."*

*Human Resource Professional*

*"I was able to understand my inner self...  
Definitely recommend this programme to persons looking to find out complete work life balance and peace in one's life"*

*Director, Family Owned Business*

*"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."*

*Professor, Premium Management Institute*

*"I got a chance to discover & meet 'myself' - I was caught up with the 'doing' only. Feels light - the heaviness seems to have faded away."*

*Manager Public Sector*

*"The faculty had deep knowledge & were humble. They made me discover myself with simplicity and grace"*

*Senior Manager, Petroleum Industry*

*"A fantastic experience of how a community can completely change one's cynical image of a self-centered world, wholly engrossed in a crazy rat race and restore faith in the innate goodness of mankind. The vision of the institution is admirable"*

*Manager, Private Sector*

*"A rich experience of rediscovering oneself...  
Energising, invigorating, intriguing and so real."*

*Manager Public Sector*

*"I felt like I am reborn"*

*Entrepreneur, IT Industry*

## Programme Directorate

### Programme Directors

*Farah Khan  
Reva Malik*

### Programme Co-ordinators

*Geeta Prabhu  
Varun Rupela*

### Faculty

The Faculty for Aastha's programmes have been committed to working with individuals, institutions and organisations in their search for meaningful living and action during the last three decades. The Summer Programme faculty would be drawn from the body of Trustees, Institutional and Professional Members of Aastha Foundation

### Local Contacts

*Delhi: Anju Khanna – +91 98111 14202  
Pune: Bela Sood – +91 73870 95211  
Mumbai: Mehroo Kotval – +91 98338 90669  
Bangalore: Geeta Prabhu – +91 98861 05813*

### 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*

*Narpati Luthra  
Vice President and member Governing Council KIAMS  
Chairperson & Executive Trustee, Aastha Foundation*

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

*“It is by going down into the abyss that we  
recover the treasures of life.  
Where you stumble, there lies your treasure.”  
Joseph Campbell*

## Administration Information

### Payment of Fees

*Fees can be paid -*

*a. through bank transfer (details given below):*

*Account Name: Aastha Foundation for Human Learning and Growth*

*Bank Name: Union Bank*

*Branch: Koramangla, Bangalore*

*Account Type: Savings*

*Account Number: 515402010010861*

*IFSC: UBIN0551546*

**OR**

*b. by cheque or demand draft favouring:*

*Aastha Foundation for Human Learning and Growth payable at Bangalore.*

*To be sent to:*

*Farah Khan*

*Prakriya Green Wisdom School*

*No 70, Chikkanayakana Halli, Off Doddakaneli Sarjapura Road, Bangalore – 560038.*

### Note

Please send us a scanned copy of the receipt of the payments made through NEFT, on [aasthasummerprogramme@gmail.com](mailto:aasthasummerprogramme@gmail.com). It will help us to keep track of your payments.

Programme fees do not include service tax, it will be charged additionally. **15% Service Tax is applicable on the fees mentioned in the Brochure.**

### 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 **4 weeks** before the start date of the programme.

50% of the fees will be refunded if the cancellation request comes in **2 weeks** before the start date of the programme.

No refund for requests within **1 week** 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.



## Venue Address and Map Link

*Kirloskar Institute of Advanced Management Studies (KIAMS)  
Near Tata Foundry, Village Dhamne, Pune – Maharashtra 410506  
Landmark: Somatne Phata (On Mumbai Pune Expressway).*

<https://goo.gl/maps/ZtdpuCo8vBw>

## Suggestions

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

Participants are advised to carry light, summer clothing, walking shoes and personal medication.

The programme will be conducted with arrangement for sitting on the floor with footwear placed out of the room.

## Disclaimer

*This programme is designed for development, not therapy. Persons with any history of mental stress, psychiatric treatment or psychotherapy are advised not to participate in these programmes. It is implicit that the participant is joining voluntarily for growth and completely owns the responsibility for his/her own health.*

### For further details contact:

**Geeta Prabhu +91 9886105813**

**Varun Rupela +91 9902299883**

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

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



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