



Aastha

Foundation for Human Learning and Growth

*25th
Summer Event*

MAY 14 - 24, 2024

KIRLOSKAR INSTITUTE OF MANAGEMENT, PUNE.

www.aasthafoundation.com

Aastha's Beckoning

We constantly experience excitement, change or challenges and chaos in our professional and personal lives. Many of us are seeking clarity and questioning the way we have engaged with life so far. Some of us are grappling with the impact of information overload and transformative technology. The newer generation too seem to be pushing boundaries... some are disillusioned and restless. Many are seeking answers to existential questions - *What do I really want from life? What will give me meaning and a sense of well-being?* For many, these questions cannot be ignored and keep surfacing time and again.


Aastha beckons us to:

- ***Take a deep dive to discover who we truly are***
- ***Pay attention to our inner world of experiences.***
- ***Review thoughts, feelings, ideas and aspirations.***
- ***Rekindle inner potential and take agency for growth***

Foundation for Human Learning & Growth - Aastha (FHLG - Aastha) invites you to embark on a transformative journey focused on building self-awareness. A journey into the depths of individual behavior as we guide you through insightful explorations. The program provides the much needed Pause to Reset and Recalibrate for better alignment and better engagement in all your life spaces. An experienced group of facilitators anchor the programs. They keep the focus on self-exploration and building new perspectives while working with what is emerging in the group.

[Link to the Vision Statement of FHLG - Aastha](#)





The programs are designed for individuals from all walks of life -

- * Individuals and entrepreneurs charting their own path
- * Primary anchors in education
- * Senior leadership in the corporate sector
- * Coaches
- * Social Change Makers

- * Artists
- * Outbound experts
- * Homemakers
- * Healers
- * Youth & Children

What is Process Work?

Aastha follows a unique methodology called **Process Work**. At the foundation of this work is the belief that the experiences one has as human beings and the meanings one gives to them, colors the way one sees the world. This needs to be reviewed and reconfigured so that one remains current and more effective. Process work is based on an exploration of one's experiences and life spaces, and better understand one's behavioural and identity patterns. The group work beckons participants to ask difficult questions of themselves, relook at past experiences and face one's fears. We offer a space that is safe for experimenting with new action choices, which then opens up multiple possibilities. Process work is a body of knowledge that draws from Applied Behavioural Sciences, Psychology, Sociology, Anthropology and Mythology.

About FHLG - Aastha

Aastha is a community of individuals who believe in the transformative magic of process work and have come together for collaborative and wholesome learning experiences. FHLG - Aastha is a Public Charitable Trust set up in 1995. Among Aastha's offerings are two flagship events a year - a Summer Event and a Winter Event. In addition to these events the Foundation offers Advanced Programs and organizes Conferences, Institution Meets and Chapter Meets.

The facilitators and the Role Holders of the Foundation volunteer their time for the programs.



Offerings - 25th Summer Event

Program	Dates	Days	Age group
Discovering Potential in Role and Identity	May 14 - 18	5	For adults
Awakening the Hero Within	May 14 - 18	5	For adults
Crossing Thresholds of Growth	May 14 - 18	5	For youth aged 17 - 21 yrs
My World, My Adventure	May 14 - 18	5	For children aged 10 - 16 yrs
Professional Development Program in Human Processes and Facilitation (Internship Phase I, II & III)	May 14 - 24	11	For adults





25th Summer Event - Program dates and timings

5 day programs

13th May (06:00 pm) - 18th May (01:00 pm)

11 day programs

13th May (06:00 pm) - 24th May (01:00 pm)

13th May 2024 (for all programs)

- Check in: 02:00 pm**
- Registration: 05:00 pm**
- Opening session: 06:00 pm**

Please Note that:

- All programs are residential***
- All sessions will be held in AC rooms except outdoor sessions***



Holistic

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

Thought Provoking

Building concepts from the group's experiences as well as from shared perspectives.

Experiential

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

The Learning Processes are

Growth Oriented

Discovering new meanings and new action choices for personal effectiveness.

Wholesome

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



Discovering Potential in Role and Identity

Perspective

The inner landscape of feelings, aspirations, motivations and the dreams one cherishes often remain unexpressed and unexplored. In the world outside, which includes work and family systems, an individual experiences pulls and pressures as a result of diverse expectations. Every single role demands a lot from the individual.

This program is an invitation to explore the alignment/dissonance in the inner and outer worlds and integrate the multiple roles that one plays. The program offers a unique opportunity for a realistic review of one's engagement frameworks and image of one's own capabilities.

For Whom

This program is recommended for individuals:

- Who need to enhance their understanding of themselves as well as others for more effective collaboration and taking on higher responsibilities.
- Who feel that they are at the crossroads and would like to discover newer action choices for themselves.
- From education, social or commercial sector who want to make a difference.
- Individuals and professionals responsible for influencing and impacting large collectives.

Objective

- For improving their personal effectiveness.
- To understand one's own behavioural patterns and its impact on self and others.
- To explore patterns of role taking and consequent engagement with systems.
- To identify individual processes of self-replenishment/self-renewal.



Awakening the Hero Within

Perspective

Individuals join organizations or start new ventures with treasured dreams and willingness to engage wholeheartedly. As one interacts with people and systems there are experiences of excitement as well as disappointments; clarity as well as confusions, exhilaration as well as doubts and despair.

Growth is an integral part of living, and it is often necessary to recalibrate the meanings and definitions of growth. The challenge is to balance the personal and professional lives while keeping one's dreams alive.

For whom


This program is an invitation for:

- Individuals and professionals committed to contributing and making a difference to themselves and within the systems that they are a part of.
- Entrepreneurs who wish to envision a better future.
- Leaders facing the dilemma of holding professional roles and fostering personal vision.

Objectives

- Discover and understand patterns of behavior.
- Ignite inherent potential and tune in with the real search of the hero within.
- Learn to engage with and influence people and systems.
- Discover new action choices for energizing oneself and others.





Crossing Thresholds of Growth (17 - 21 years)

Perspective

The universe of the youth is a significant threshold from childhood to adulthood with mixed flavours of challenges and excitements. On the 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 and the need for connecting, relating, exploring and in 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 program is aimed at exploring the dilemmas that the youth face and discover meanings to find the conviction to make meaningful choices.

Objective

The program would provide a setting that would help youth:

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

Program Fees:

Standard non-AC, double occupancy – INR 16,000/-



My World, My Adventure **(10 - 16 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 or no 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 program offers a space to foster the creative and expressive spirit and build value and pride in oneself. The participants are also encouraged to build perspectives on responsibility, relationships and awareness.

Objective

The program 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 boundaries through experiential activities.
- Explore newer dimensions of relatedness with adults.
- Learn to take up responsibilities through co-ownership of tasks and activities.

Program Fees:

Standard non-AC, double occupancy – INR 16,000/-



Professional Development Program in Human Processes and Facilitation (Internship Phase I, II & III)

Perspective

The internship design enables participants to immerse and feel into processes of unfolding of the self. It encourages a deeper examination of beliefs and assumptions leading to making more aligned action choices. It fosters a spectator unto oneself, to constantly review one's patterns and the sources of the same.

Individuals who want to be proficient in process work need to understand and experience deeper processes of unfolding of the self. They need to discover their own meaning making processes, review some of the choices they have made and own some of the actions initiated by them. This leads to a basic understanding of the human processes.

This program is an invitation to those who would like to facilitate spaces to engage with the self and collectives to nurture well-being and wholesomeness.

Professional Development Program is anchored by the Education & Research wing of FHLG - Aastha and is spread over Phase I, Phase II and Phase III offered in Summer Event every year.

For Whom

This program is recommended for individuals:

- Who are driven by an inner quest for meaning.
- Who are committed to taking this journey long term.
- L& D and HR professionals anchoring change initiatives.
- Individuals from social and development sector who want to make a difference.



Professional Development Program in Human Processes and Facilitation

Objective

Phase I – Exploring Inner Frameworks - Self and Roles

Embark on a journey of self-discovery to explore untapped potential.

- Re-examining experiences in life and work spaces.
- Exploring self-identities.
- Re-looking at patterns of interpersonal relationships.
- Looking at world views carried from familial and cultural contexts.

Phase II – Dynamics of Interface with Systems

Explore interactions of self with the systems that we are a part of.

- Building upon the foundational learnings from Phase I.
- Exploration of processes of assuming various roles within systems.
- Examining influence of self on systems and vice versa.
- Empowering participants to take proactive agency in their roles.

Phase III - Membership in Large Collectives

Explore and navigate through the layers of membership within large collectives.

- Connecting with nuances of institutional processes.
- Understanding the dynamics of community building processes.
- Understanding the oughts of being a process facilitator.
- Understanding and designing appropriate interventions for Self/organisation and community objectives.



Program Fees

Discovering Potential in Role and Identity Awakening the Hero Within

Corporate

AC Single	AC Double
60,000/-	52,500/-

Individual, NGOs and Educational Institutions

AC Single	AC Double	non - AC
45,000/-	38,000/-	30,000/-

Professional Development Program in Human Processes and Facilitation (Phase I, II & III)

Corporate

AC Single	AC Double
80,000/-	65,000/-

Individual, NGOs and Educational Institutions

AC Single	AC Double	non - AC
58,000/-	47,000/-	37,500/-

Program Fee is inclusive of accommodation and food



Testimonials

Aastha Foundation gave me a safe space to review my beliefs, worldview and interpersonal interactions. Found the facilitators suave, gentle and sharp simultaneously... Truly appreciate the experience.

Asma Lata, VP- People and Transformation, India

I experienced myself and my world in new light. The process was unique and seemed tailor-made for each one. In a non-judgemental space each of us (facilitators included) shared experiences and worked with them. Since the program I see changes (for the better) in my personal and work life. All in all a great event.

Joe Madhan Gunasekar, VP- Webstix

I had always wanted to develop my emotional intelligence. The multifaceted, mature facilitation of Summer Program helped in that. Would encourage those who are on the path of self-development to check it out.

Kalpornia Pandian, HR Manager, NaRDil

Aastha Summer Program was a transformative experience for me. I went into it not knowing what to expect. The work there left me with a sense of clarity of my values, beliefs & perspectives. I found power in sharing my emotions and vulnerability...my reflective ability got sharpened. To anyone seeking growth, self-discovery in a supportive community, I would say Aastha Foundation's programs and work is a great place to start.

Shruti, Student, St.Xavier's College, Mumbai



Program Directorate

Program Directors

Mohan Raja

Farah Khan

Rema Kumar

Program Outreach Anchor

Krishna Rao

Faculty

The faculty for the Summer Event is drawn from the body of Trustees, Governing Council, Institutional & Professional Members and Resource People of the Foundation. The members of Aastha Foundation are committed to working with individuals, institutions and organisations in their search for meaningful living and action.

Regional Contacts

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[Link to Board of Trustees and Governing Council](#)



Administrative Information

Payment of Fees via Bank transfer

Account Name: Aastha Foundation for Human Learning and Growth
Bank Name: Union Bank of India Branch: Koramangala, Bangalore
Account Type: Savings
Account Number: 515402010010861
IFSC: UBIN0551546

Note:

Please send us a copy of the screenshot or the bank- notification of the completed bank transfer made through NEFT on aasthasummerprogramme@gmail.com. It will help us keep track of your payments. Limited number of scholarships are available. Please write to us if you wish to apply for the same.

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 program. 50% of the fees will be refunded if the cancellation request comes in 2 weeks before the start date of the program. No refund for requests within 1 week of the start date of the program. Fees paid can be carried forward to the next year if the individual wishes to attend the program the following year.





Venue:

Kirloskar Institute of Management

Near Tata Foundry, Village Dhamne,
Pune – Maharashtra 410 506

Landmark: Somatne Phata (On Mumbai Pune Expressway)

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

Note:

Participants are advised to make arrangements to and from the venue in advance and carry light, summer clothing, walking shoes and personal medication. The program will be conducted with floor seating arrangement.

Disclaimer:

Our programs are personal growth focused. ***And are not meant for individuals undergoing psychiatric treatment.*** It is implicit that the participant is joining voluntarily and owns responsibility for his or her own psychological health. The decision of the program directorate will be final in this regard.



To know more about the programs, contact

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