

The Foundation for Human Learning and Growth - Aastha

presents

THE SUMMER EVENT 2025



1 week programmes 05 - 10 May

2 week programmes 05-17 May

Kirloskar Institute of Management
Pune



Aastha

Foundation for Human Learning and Growth

FHLG 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 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.

FHLG 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 true 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 behaviour as we walk with you through insightful explorations. The programme provides the much-needed pause to reset and re-calibrate for better alignment and better engagement in all your life spaces. An experienced group of facilitators anchor the programmes. They keep the focus on self-exploration and building new perspectives while working with what is emerging in the group.

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

- Individuals and entrepreneurs charting their own path
- Artists
- Primary anchors in education
- Outbound experts
- Senior leadership in the corporate sector

- Homemakers
- Coaches
- Healers
- Social Change Makers
- Youth & Children

About Process Work

The Foundation for Human Learning and Growth 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, colours 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

FHLG 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 Programmes and organises conferences, institution meets and chapter meets.

The facilitators and the role holders of the foundation volunteer their time for the programmes.

Visit our website:

www.aasthafoundation.com

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.

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.

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.

Summer Event 2025

Programme dates & timings:

Participants check in on Sunday, 4 May 2025 at 3:00 pm

Registration: 3:00 pm - 4:00 pm

Campus Walk: 4:30 pm

Opening session: 6:00 pm

One week programmes

5 May 2025 (09:30 am) – 10 May 2025 (01:00 pm)

Two week programmes

5 May 2025 (09:30 am) – 17 May 2025 (01:00 pm)

Please note that:

- All programmes are residential
- All sessions will be held in AC rooms with floor seating arrangement except outdoor sessions

“

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. ”

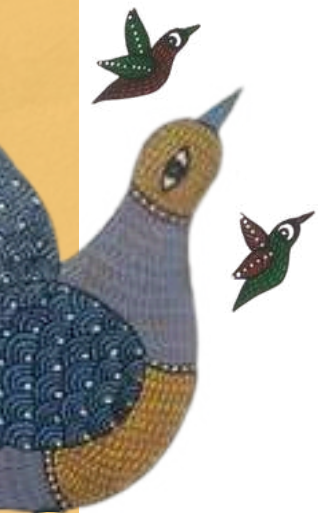


Neharika Vohra
Professor, IIM Ahmedabad



Summer Event 2025

Offerings





Awakening **The Hero Within**

(5-10 May)

Perspective

Individuals join organisations 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 personal and professional lives while keeping one's dreams alive.

Objectives

- Discover and understand patterns of behaviour.
- 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 energising oneself and others.

For whom

This programme is an invitation for

- Young adults who are interested in playing their roles consistently with conviction but face dilemmas in doing so.
- 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.

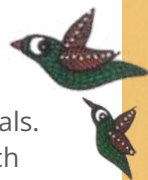
Programme Fee

AC Single accommodation- INR 60,000 | AC Double accommodation- INR 50,000 | Non AC accommodation- INR 40,000

Limited scholarships are available for individuals from the social sector and education institutions. To avail the offer, please contact the Programme Directorate.

Discovering Potential In Role & Identity

(5-10 May)



Perspective

Organisations offer opportunities for gain and growth to individuals. Over time, work can acquire centrality. Work-life balance is a much sought after phenomenon. Some basic questions about the meanings one has given to success and the choices one has made need to be looked at. There are new possibilities, with new perspectives.

Objectives

The programme aims to

- Revisit one's meanings of goals, aspirations and ambitions.
- Explore patterns of role taking and consequent engagement with systems.
- Identify individual processes of self-replenishment/self-renewal.
- Examine action choices of engaging with roles and organisations in a wholesome manner.

For Whom

This programme is recommended for individuals

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

Programme Fee

AC Single accommodation- INR 60,000 | AC Double accommodation- INR 50,000 | Non AC accommodation- INR 40,000

Limited scholarships are available for individuals from the social sector and education institutions. To avail the offer, please contact the Programme Directorate.

“

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



Joe Madhan Gunasekar
Vice President, People/Process/Systems,
Webstix

“

This experience has deepened my connection with myself, fostering immense self awareness and introspection. I wholeheartedly recommend the Aastha Foundation programme to anyone seeking profound personal growth and meaningful self-discovery.”



M. Pinto
Expressive Arts Therapy Practitioner

Crossing Thresholds of Growth

(17-21 years) (5-10 May)



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 programme is aimed at exploring the dilemmas that the youth face and discover meanings to find the conviction to make meaningful choices.

Objectives

The programme 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.

Programme Fee

Standard Non AC, Double Occupancy - INR 16,000

“Did not expect this impact... Got values & knowledge. Everyone was down to earth, and they had respect for every person irrespective of age, which was special. I would definitely want to do this programme again”



Niranjana Varma

My World, My Adventure

(10-16 years) (5-10 May)



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 programme 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.

Objectives

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

Programme Fee

Standard Non AC, Double Occupancy - INR 16,000

“Very fun programme, would recommend it. Facilitators treated us as equals. My realization is that I am only human”



Anay Desai

Professional Development Programme in Human Processes and Facilitation

(Internship Phases I, II & III)

(May 5-17)

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 human processes.

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

Professional Development Programme 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 programme 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 Programme 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-examine experiences in life and work spaces.
- Explore self-identities.
- Re-look at patterns of interpersonal relationships.
- Look 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.
- Build upon the foundational learnings from Phase I.
- Explore processes of assuming various roles within systems.
- Examine influence of self on systems and vice versa.
- Empower 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.
- Connect with nuances of institutional processes.
- Understand the dynamics of community building processes.
- Understand the oughts of being a process facilitator.
- Understand and design appropriate interventions for self/organisation and community objectives.

Programme Fee

AC Single accommodation- INR 80,000 | AC Double accommodation- INR 65,000 | Non AC accommodation- INR 50,000

Limited scholarships are available for individuals from the social sector and education institutions. To avail the offer, please contact the Programme Directorate.



“The Aastha Phase-1 Internship Programme gave me a space to understand and be understood and helped me to relook at my choices and patterns—personal and professional. I think it is a space for everyone who approaches it with trust and integrity. It has been life-changing and I would definitely recommend it.”



Kabeer Mathur
Partner, Corporate Law,
Trilegal



Programme Details

Dates: Monday, 5 May - 17 May, 2025.

Venue: Kirloskar Institute of Management, Pune
Gut No. 356 and 357, Near Tata Factory
Village- Dhamane, Taluka-Maval
Pune- 410 506, Maharashtra, India

Participant Check In: Sunday, 4 May 2025. Participants are expected to check into the venue by 3pm.

Nature of Programme: All programmes are entirely residential.

Facilitators: Facilitators for the programmes are drawn from amongst the professional members of Aastha Foundation.

Payment of Programme Fees

Payment can be made through online bank transfer.

Bank Details:

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

Note: Please send us a copy of the screenshot or confirmation of bank transfer on aasthasummerprogramme@gmail.com. It will help us keep track of your payments and issue you a receipt.

'I Would Like to Know More' Form - [Click Here](#)

Programme Administration

Programme Directorate

Programme Directors

Bela Sood

Farah Khan

Programme Coordinators

Sachin Naidu

Ritu Bagla



Outreach Coordinator

Krishna Rao

Brochure Design

Priyanka Raja

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 programme will be conducted with floor seating arrangement.

Disclaimer

Our programmes are focused on personal growth and are not to be regarded as therapy. These are not meant for individuals undergoing psychiatric treatment. It is implicit that the participant is joining voluntarily and takes responsibility for his or her own psychological health. The decision of the Program Directorate will be final in this regard.

Cancellation & Refund 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 the following year.

Regional Contacts

Delhi: Geeta Kumar +91 98101 11704 | Kirti Kaul +91 98113 06905

Mumbai: Mehroo Kotval +91 98338 90669

Bangalore: Padmavati Rao +91 98456 32749

Pune: Bela Sood +91 73870 95211

Hyderabad: Varun Rupela +91 99022 99883

Connect with us



Facebook



Instagram



Linkedin



Website