

Aastha

Foundation for Human Learning and Growth



Aastha Summer Event 2026

*A Journey of Self-reflection,
Self-Renewal & Personal Transformation*



PROGRAMS

Internship

Compact Labs

DATES

May 23-31, 2026

May 23-28, 2026

VENUE

KIM, Pune

FORMAT

Residential

ABOUT THE PROGRAM

The Aastha Invitation

Today's world is complex, full of challenges and opportunities, where change is a constant. We often struggle to feel fully alive or in charge of our lives despite our education, success and social connections.

The FHLG Aastha Summer Event offers a space that allows participants to **take a pause**, reflect, and embark on an inner journey to connect deeper with oneself.

Process Work is a holistic, experiential methodology designed to help individuals and groups gain an authentic understanding of their thoughts, emotions, patterns of behaviour and action choices. Its roots lie in the pioneering work of (late) Dr. Pulin K. Garg [IIM Ahmedabad] — centred on the belief that human beings are in a state of dynamic evolution, shaped by a constant dialogue between the self, their roles, and their context.

WHAT IS IN IT FOR YOU

- Inclusive, nurturing, confidential & non-judgmental space
- Addresses diverse individual aspirations
- Small group sizes (not > 10)
- Anchored by 2 experienced facilitators per group
- Opportunity to participate in large group sessions to integrate learning
- A vibrant community to share experiences with and learn from
- Meet co-travellers for life

*"Join us for this journey inwards
— Discovering depths, Integrating truths, Belonging together."*

7

PROGRAMS

3

PHASES

80+

HOURS LEARNING

30+

YEARS LEGACY

"

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



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WHAT PROCESS WORK OFFERS YOU

8 Transformative Outcomes

Process Work methodology deepens self-discovery, enabling authentic action choices for integration and wholeness across all dimensions of life.

01

Enhance Self-Awareness

Understand behavioural patterns, beliefs, and the emotive world. A deep understanding of oneself and an expression of one's being.

05

Renew Clarity and Agency

Actionable insights that guide personal and professional growth. The ability to make conscious, intentional choices in life, work and relationships.

02

Redefine, Renew & Recalibrate

A review of one's thoughts, feelings, aspirations, and the roles one plays in one's life systems.

06

Unlock Potential

Enhance creativity, resilience, and innovation. Freedom from limiting beliefs and habits, fostering adaptive thinking and action.

03

Examine Existential Questions

What makes my life the way it is? Who am I in the roles I play? Where do I wish to go from here?

07

Experience Expansiveness

A reaffirmation of self and belonging in the collective. A restoration of faith.

04

Develop Relatedness

A deeper, honest, and meaningful connection with others. A relatedness that is spontaneous and real.

08

Grow Personally & Professionally

Through new perspectives, new action choices and experimentation grounded in insights about the true self.

//

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
CFOO | Webstix



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PROGRAMS FOR ADULTS

Compact Self Discovery Labs

PROGRAM 1

IGNITE YOUR INNER SPARK

Specially designed for individuals who wish to live up to their full potential and navigate through life's various challenges. Growth requires reflection with courage of conviction to align personal values with professional goals. This program provides participants with an experiential space to **pause, recalibrate and move forward** with renewed awareness, confidence, and purpose.

Who Is It For?

Young professionals, entrepreneurs and emerging leaders seeking direction, meaningful contribution, and alignment.

Participants Will:

- Recognise and understand personal behavioural patterns
- Reconnect with their inner strength and deeper purpose
- Recalibrate their strengths and hone their skills
- Rediscover energising action choices for self-growth

PROGRAM 2

DISCOVERING POTENTIAL IN ROLE AND IDENTITY

In a world that celebrates success, individuals slowly lose touch with who they truly are. Relationships become transactional and people lose the joy of connecting. Participants examine assumptions they carry about themselves, roles, relationships and success — receiving new perspectives that open up possibilities for new action choices.

Who Is It For?

Individuals and professionals at turning points of their life or career, seeking greater clarity, integration, and impact.

- Revisit personal definitions of goals, ambition, and success
- Examine patterns of role-taking and engagement with systems
- Identify pathways for self-renewal and replenishment
- Discover more aligned and wholesome action choices

PROGRAM FEE

PROGRAM DATES

May 23 - 28, 2026

TOTAL DURATION

32 Hours, 5 Days

FORMAT

Residential

AC Single Accommodation

Fee

₹ 58,500

AC Double Accommodation

Fee

₹ 48,500

Non-AC Double Accommodation

Fee

₹ 38,500

AGES 10-21

Programs for Children & Youth

AGES 10-16

My World, My Adventure

Children today need safe spaces to be seen and heard, where they are encouraged to build real connections in a virtually-driven world. They need to learn life skills of collaboration and self-authority through experiential learning.

A collaborative community setting opens up rich opportunities for **meaningful learning and joyful self-discovery**.

Participants Will:

- Express feelings and thoughts in wholesome ways
- Strengthen confidence and take pride in their uniqueness
- Build deeper meaningful connections with peers and adults
- Practise responsibility through co-ownership of tasks

AGES 17-21

Crossing the Thresholds of Growth

Adolescence is a twilight zone of feeling both expansive and limited — shaped by new relationships, the desire to excel, and pressures to conform. There is often little time or space to pause and engage with the inner unrest that accompanies this growth.

This program offers a reflective and experiential setting to **explore dilemmas, discover meaning, and build conviction** to make thoughtful, self-aligned choices.

Participants Will:

- Articulate aspirations, challenges, and inner conflicts
- Explore directions integrating dreams and emerging responsibilities
- Build deeper perspectives on relationships with peers, family and systems
- Strengthen clarity, confidence, and conviction in decision-making

PROGRAM FEE

Children & Youth Programs

PROGRAM DATES

May 23 - 28, 2026

TOTAL DURATION

32 Hours, 5 Days

FORMAT

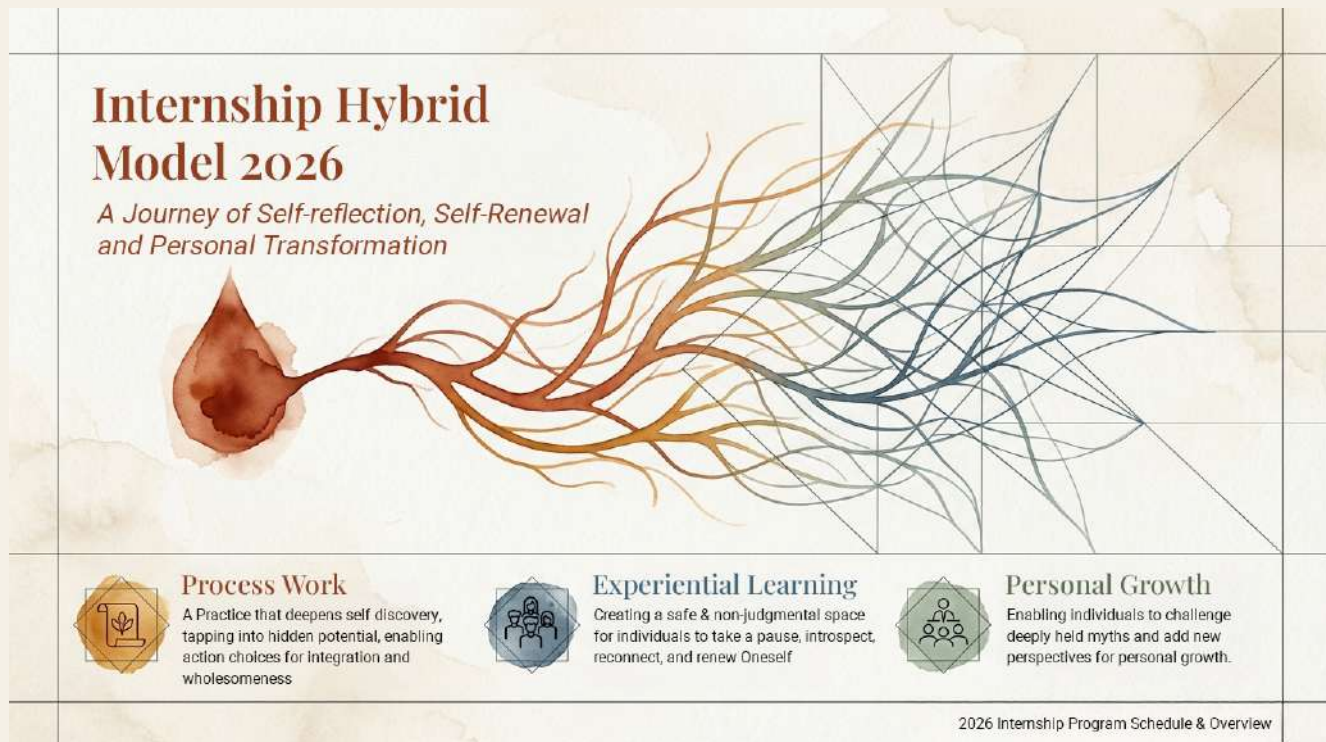
Residential

Non-AC Accommodation, Double Occupancy ₹ 20,000

INTERNSHIP PROGRAM

FHLG Aastha Internship Modules 2026

The FHLG Aastha Internship Program is a structured, milestone-based journey rooted in Process Work. The new hybrid model is the evolution of FHLG-Aastha's 30-year legacy — balancing the depth of physical labs with the flexibility of online modules. By integrating curated online modules, the program offers **80 hours of hybrid learning per Internship phase**.



The 3 physical internship modules offered in the Summer Event 2026:

Phase 1 — Module 1: Discovering Self | **Phase 2 — Module 4:** Systems Interface Lab |
Phase 3 — Module 7: Collectivity Lab

“ 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

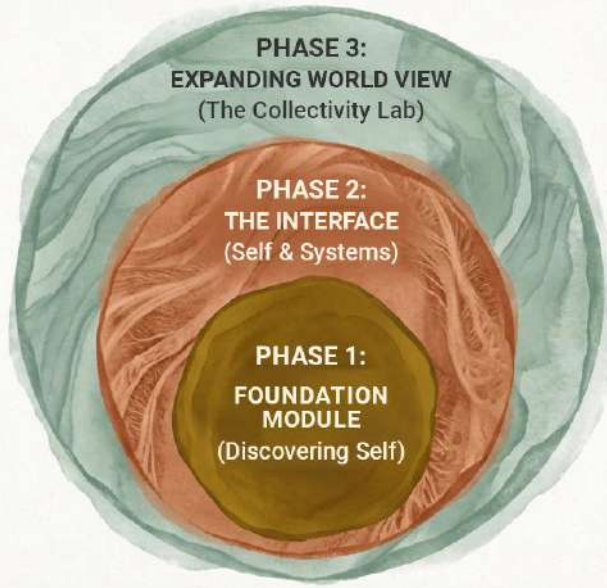
Expressive Arts Therapy Practitioner



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Three Phases of Progressive Learning



Physical Immersion:
Summer Event
(May 23-31)



Online Integration:
Weekend Intensives
(July & Oct)

The Internship In Process Work - Summer Event 2026

MAY 23rd- 31st, 2026 | THE PHYSICAL IMMERSION

MODULE 1 (Internship Phase 1)	MODULE 4 (Internship Phase 2)	MODULE 7 (Internship Phase 3)
<p>Discovering Self Entry Level</p> <p>Focus: Understanding Self, Behavioural Patterns, exploring identities and authentic connection with Self & Others</p>	<p>Systems Interface Lab Requires Modules 1 & 3</p> <p>Focus: Exploration in the 'here and now' of Self and Roles in Systems, and seeding action choices with intent & mindfulness. To work towards Personal, Professional & Leadership Development.</p>	<p>Collectivity Lab Requires Modules 1, 3, 4, & 5</p> <p>Focus: Deep dive into Membership in Collectives, working towards being a "Change Agent" in the systems and collectives that the individual is part of.</p>

PHYSICAL DATES
May 23-31, 2026

TOTAL DURATION
60 Hours · 8 Days

FORMAT
Residential

AC Single

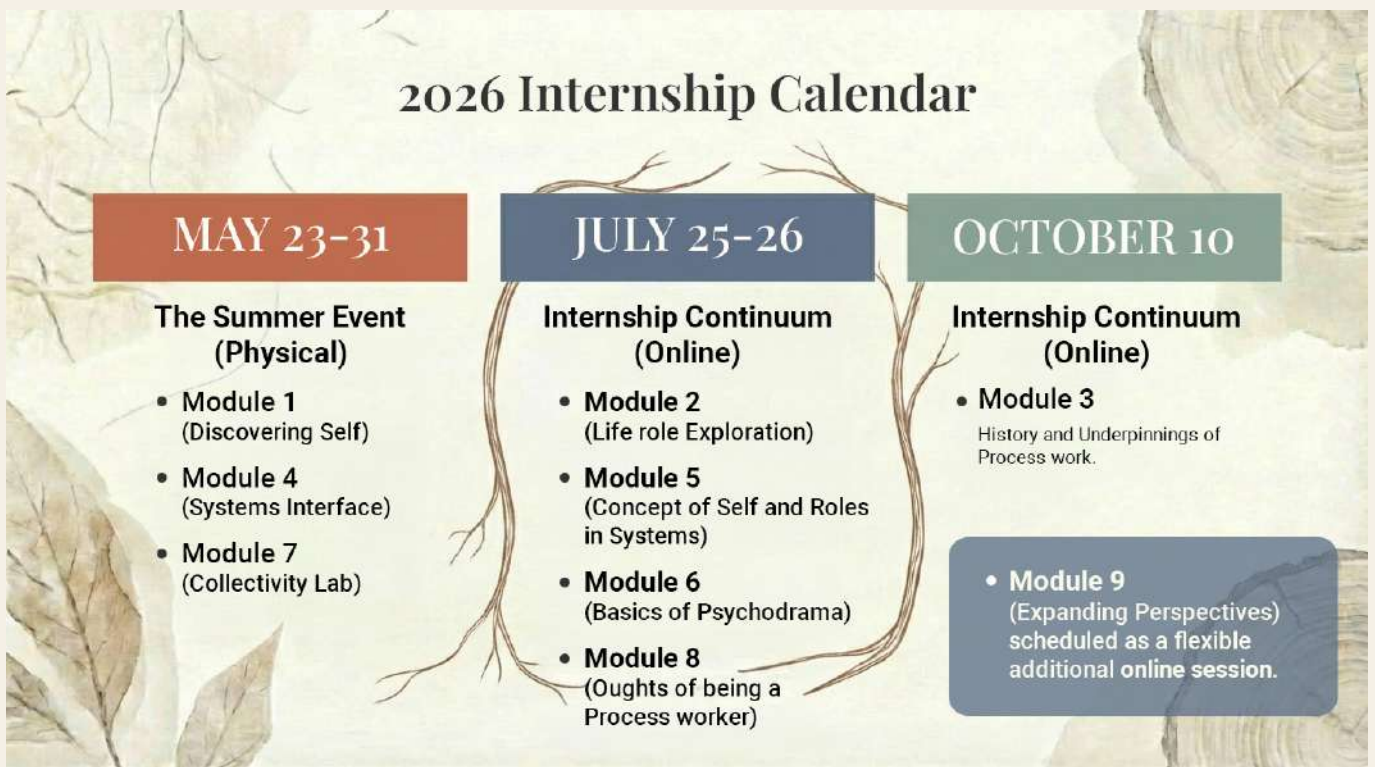
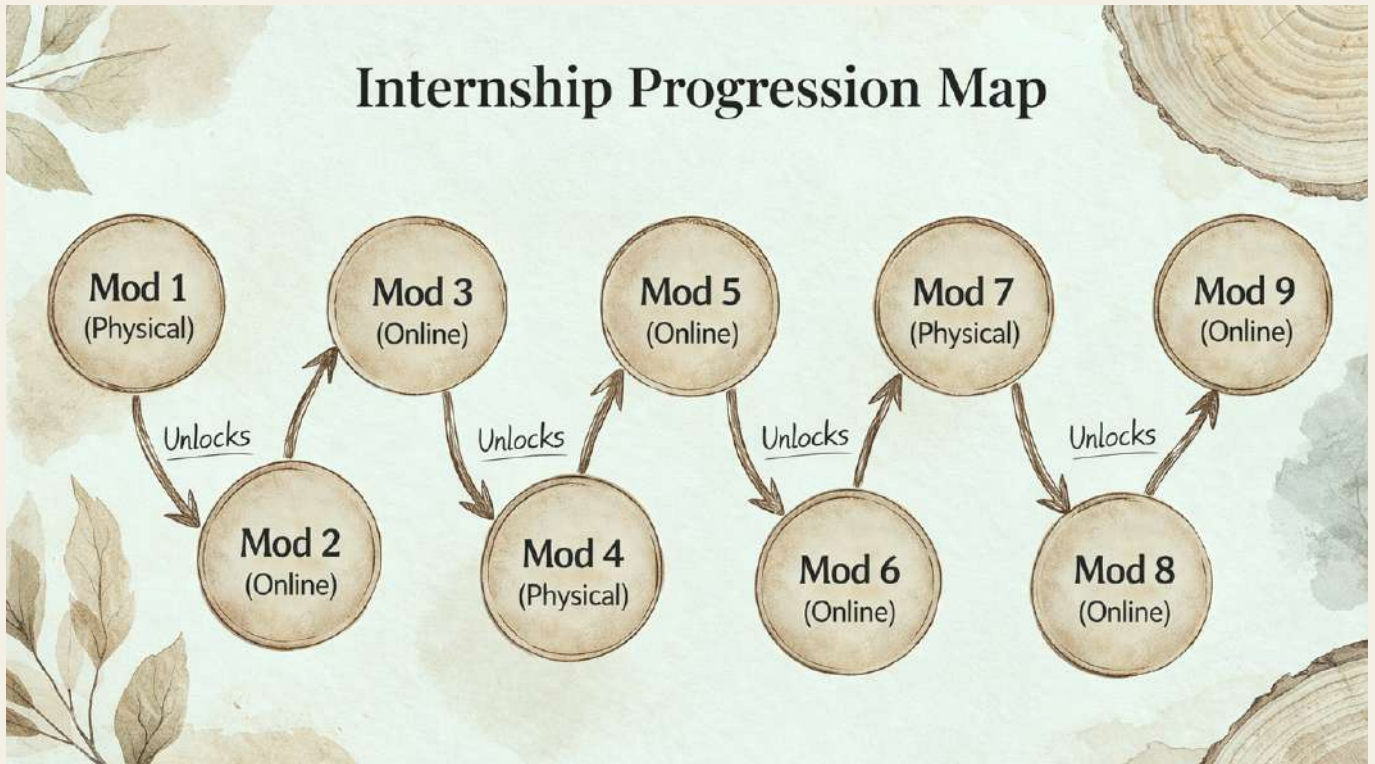
Fee **₹70,000**

AC Double

Fee **₹60,000**

Non-AC Double

Fee **₹48,000**



Note: Internship program fees includes the physical lab and the online Internship continuum modules for 2026 calendar year



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PAYMENT DETAILS

Account Name	Aastha Foundation for Human Learning and Growth
Account No.	515402010010861
Account Type	Savings
Bank	Union Bank of India
Branch	Koramangala, Bangalore
IFSC Code	UBIN0551546

After transfer, please send a screenshot or confirmation to aasthasummerprogramme@gmail.com to receive your payment receipt.

CANCELLATION & REFUND POLICY

Cancellation By	Refund
On or before 20th April 2026	Full refund (less ₹1,000 admin fee)
On or before 8th May 2026	50% of fees paid
After 18th May 2026	No refund
Personal emergency (last minute)	Fees adjusted to future program

Fee Summary (All Programs)

Self Discovery Labs: ₹38,500 – ₹58,500

Children & Youth: ₹20,000

Internship Program: ₹48,000 – ₹70,000

Note: Fees include Program costs, accommodation and all meals

★ **Early Bird: Save ₹5,000**
Register on or before 20th April 2026

Limited number of scholarships are available for deserving Internship applicants. Contact for details.



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EVENT DATES

May 23-31, 2026

VENUE

Kirloskar Institute of Management, Pune

CHECK-IN

3:00 PM, May 23 - 31

PROGRAM DIRECTORATE

Program Directors

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Disclaimer: Our programs 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.



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