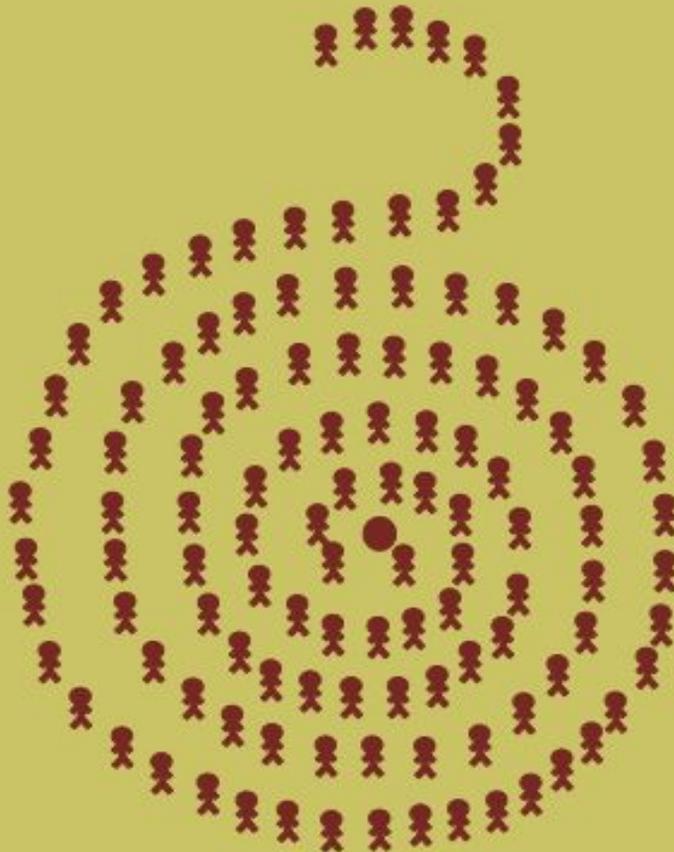


Aastha *Foundation for Human Learning and Growth*

Winter Programme

3 - 8 December, 2018

SAIACS CEO Centre Bengaluru



..... A Never-ending Journey of Discoveries

The Aastha Invitation

In our experience, the question, **‘What do I really want from life?’**, keeps coming back to us, no matter how much we try to ignore it. Aastha Foundation for Human Learning and Growth invites you to take a pause, paying attention to your inner world of thoughts, ideas, aspirations, hopes, fears and feelings. Many times, we see new possibilities when we look at life from new perspectives.

The Winter Programme aims to create a vibrant learning space, in which participants

- Engage with themselves at a deeper level
- Connect with fellow participants who come from diverse backgrounds
- Reflect on their life choices so far and learn to set their own directions

Aastha follows a unique methodology of exploration in understanding Human Behaviour called Process Work. This involves exploration of our Life & Experiences, residues, and our thoughts, feelings and actions. Such an exploration helps in discovering patterns in our behaviour that may actually be limiting our growth.

This Programme helps explore new avenues of Action choices that can possibly fulfil promises that we have made to ourselves. In the words of Late. Prof Pulin Garg (1927-2002), Process is the ongoing recognition of the Self as it unfolds in the journey of life. The responsibility of directing one’s life rests with each one of us.

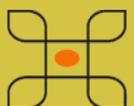
Aastha Programmes create a non-judgmental and supporting environment in which participants feel encouraged to undertake such exploration. The programme is conducted in a mix of community sessions and small group sessions. Participation is entirely voluntary and facilitators help in exploration without being prescriptive and offering perspectives for further discoveries and integration.

Aastha – The Institution

Aastha is a not-for-profit trust established in 1995.
It is run entirely on voluntary work contributed by members.

Its mission is to create spaces for individuals from all stages of life and from all collectives, to engage in the Search for Wholesomeness in both their Being and Becoming through *Self-Enquiry, Re-Cognition and Re-Definition*.

For more information please visit our website: www.aasthafoundation.com



The Winter Programme – December 3 – 8, 2018

This fully residential programme brings together participants and facilitators from different walks of life and different regions of the country.

Each day consists of 6 hours of work divided into 4 sessions of 90 minutes each with few community sessions held late evening. The schedule is drawn in such a way that participants get ample time for self reflection and informal interactions. The pace is unhurried, but the pursuit is wholehearted.

The learning methodology is Experiential and Participatory. It is holistic and life is seen as encompassing all experiences for the individual. Hence the programme is not overly focussed on any one aspect of life alone and encompasses both personal & professional arenas.

We are offering the following Programmes this Winter:

1. Rising Stars

2. Igniting Potential & Enlivening Self

3. Role & Identity in Organizations

Note: *For individuals who wish to further pursue Internship in Process Work; these one week programmes would be considered as completion of the basic module (Week 1)*

- *All programmes start on the morning of 3 December 2018 and end with lunch on 8 December 2018.*
- *Participants are expected to check into the venue on the evening of **December 2, 2018***
- *Programmes are fully residential.*
- *Accommodation is provided in AC single & double rooms of CEO Center, Bengaluru.*
- *Facilitators for the programmes would be drawn from the trustees, institutional and professional members of Aastha Foundation.*



Programme Details

Rising Stars

For Whom

This programme is intended for those young adults who wish to engage in the various roles with consistency & conviction and who often face stress/ dilemmas in balancing multiple demands. Their aspirations are based on their dreams and they have to navigate through the challenges of the practical world.

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.

Objectives

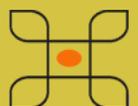
The programme aims to:

- Explore expectations, fulfillments and disappointments
- Revisit meanings of goals, aspirations and ambitions
- Examine action choices of engaging with roles and organizations

Fee per participant:

INR 27000/- for AC twin shared occupancy

INR 35000/- for single occupancy



Programme Details

Igniting Potential and Enlivening Self

For whom

This programme is recommended for those individuals, who having achieved a measure of success; are now confronted with the challenge of continuing personal growth. It is also meant for those professionals in social sector, education and family business, who have the responsibility of fostering growth and development within their units.

Perspective

All systems create roles with diverse pulls and pressures that place a high demand on the individual to conform, cope and deliver. The rewards that come with performance can reinforce the dependency on the system. It is at this juncture that there is a need to mobilize the self in new ways. This calls for revisiting deep rooted beliefs and assumptions.

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.

This programme invites you to explore ways of mobilizing the self and engaging with roles in different ways.

Objectives

The programme aims at:

- Revisiting notions of growth and vision of a good life that have been operative so far
- Exploring the boundaries of roles and systems
- Exploring new possibilities to engage with people, roles and organizations

Fee per participant:

INR 27000/- for AC twin shared occupancy

INR 35000/- for single occupancy



Programme Details

Role and Identity in Organizations

For Whom

This programme is meant for those individuals and professionals who find themselves so deeply caught in pursuing their career that it has become an all consuming drive, putting other aspects of life out of focus. These are individuals who wish to relook at their lives to find different sources for *Self-Renewal & Well-Being*.

Perspective

Organizations offer opportunities for gain and growth to individuals, who deploy their energy and talent in pursuit of success and happiness. Over time, work can acquire such an importance, where it becomes difficult to think of life outside work. People look for solutions in work-life balance, which provide temporary relief, while the need is for a wholesome way of living. It calls for asking some basic questions about the meaning one has given to success and happiness and the way choices get shaped under varied influences.

These ultimately bring one to face the reality of who we are and how we built up images of ourselves. There are always possibilities of finding freedom for ourselves.

Objectives

The programme aims at:

- Discovering the forces underlying one's own journey of life
- Exploring how identities free or freeze role taking
- Discovering and experimenting with possibilities of freedom in playing roles in a wholesome way

Fee per participant:

INR 27000/- for AC twin shared occupancy

INR 35000/- for single occupancy



Programme Administration

Programme Directorate

Bela Sood - Programme Director

Vivek Parchure- Programme Director

Geeta Prabhu- Member

Ashutosh Bhupatkar- Member

Important Information

Venue: SAIACS CEO Centre, Bangalore

Doddagubbi Main Road, Hanumanthappa Layout

Kyalasanahalli, Bengaluru, Karnataka 560077, India

Centre for Educational Opportunities (CEO) center is a hotel & business center which is an oft used venue for conducting Training and Development Programmes

Link to Google Map <https://goo.gl/maps/SQUkM2v5tkF2>

The venue can be reached by road via NH7 within an hour from the Airport or Railway Station depending on Traffic.

From Airport : 28.2 kilometers.

From Majestic Railway Station : 21 kilometers.

From Yeshwantpur Railway Station : 19 kilometers.

Seating:

Programmes are conducted with floor seating in Indian style.

Clothing:

Comfortable loose clothing that allows you to sit on floor mattresses.

Please carry light winter clothing as temperatures could range from 16 – 26 Degree Centigrade. Do carry walking shoes, adequate supply of personal medication etc.

Disclaimer:

This Programme focuses on Personal Growth and is not to be confused with treating any psychological disorders. Participants would be responsible for their physical and mental well-being.

This Programme is not recommended for individuals having a history of ***psychiatric treatment.***



Payment of Programme Fees

Payment can be made by cheque or through online transfer using Internet banking. Cheques can be deposited directly in Aastha account in any branch of Union Bank of India or mailed to Aastha Foundation. For online transfers, kindly quote the transaction number date, Bank details & Amount transferred. Aastha Bank Account details are given below.

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

Address for mailing cheque:

Farah Khan
Prakriya Green Wisdom School
No 70, Chikkanayakana Halli, Off Doddakaneli, Sarjapura Road,
Bangalore – 560 035.

Please note

After depositing cheque/draft in the branch of Union Bank of India or making online transfer, an intimation must be sent by email, giving details of payment such as cheque/transaction no and date to – Geeta Prabhu, email id: geetaprabhu@hotmail.com and aasthawinter@gmail.com . In the absence of such an intimation, it will not be possible to issue receipt for fees.

Cancellation & Refund of Fees Policy

Cancellation Before 14 days of start date of the Programme:
Full Refund of fees paid after deducting INR 1000/- (for administrative expenses).
Cancellation within 14 – 5 days: 50% of the fees paid will be refunded.
Cancellation within 5 – 2 Days: 25% of the Fees paid will be refunded

Note: We regret that there will be no refund for requests within 48 hours of the start date of the programme. However for all cancellations before 48 hours of the programme, the Fees paid can be carried forward to the next Programme.



Board of Trustees, Aastha Foundation for Human Learning and Growth

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Preethi Raja. CEO- Synapse India Management Consultants Pvt Limited. Bengaluru

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