

Aastha

Foundation for Human Learning and Growth

WINTER EVENT

December 3 to 8, 2023

***ICRISAT Patancheru,
Hyderabad, Telangana 502324***



www.aasthafoundation.com

The Aastha Invitation

We constantly face change, chaos and pressure 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 existential answers... *'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.

A deep dive to discover who we truly are and a reorientation seems to be the need of the hour. Perhaps the only way to get there is to pay attention and review our inner world of experiences, meanings, thoughts, ideas, aspirations, hopes, fears and feelings. The answer most likely lies in exploring frameworks and assumptions while building alternate perspectives. Such explorations can open up new possibilities for engaging with life in a more wholesome manner.

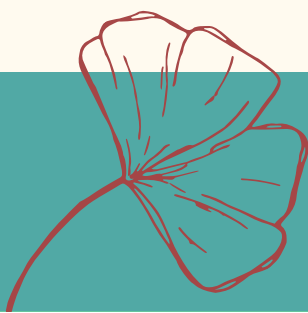
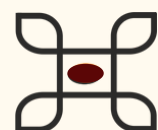
The Aastha Winter Programme is a space for such explorations. It aims to create a vibrant learning environment, that allows participants to engage with themselves and with fellow participants. The entire structure and ambience is designed for each participant to reflect and review their journey so-far and articulate newer possibilities, directions and action choices. The programme provides the much needed Pause to Reset and Recalibrate for better alignment and better engagement in all our living spaces.

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.

Visit our website:

www.aasthafoundation.com





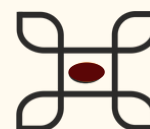
The Winter Event – December 3 - 8, 2023

This 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. There would be additional community sessions held later in the evening. The schedule is drawn in such a way that participants get reflection time and time for interactions. The pace is unhurried, but the pursuit is wholehearted. The learning methodology is experiential in a group setting.

This program is a gift that one can give oneself to take a pause, reflect, and re-engage with renewed energy. We offer a confidential, safe and non-judgemental space that facilitates exploration and learning.

Note:

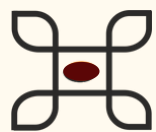
Aastha Foundation also offers a three phase Internship programme in Process Work for those who aspire to become process work facilitators.





Aastha Winter Event 2023

offerings



Discover the Hero Within



Perspective

Many of us join organizations or start new ventures with dreams in our eyes and have the strength and willingness to engage wholeheartedly. As we interact with people, systems and individuals we experience excitement as well as disappointments, clarity as well as disillusionment, exhilaration as well as doubts and despair. The real test is how does one retain one's spirit and energy while adjusting to demands of the role and the system in the present context.

Growth is an integral part of living, and it is often necessary to recalibrate the meanings and definitions of growth that seems to influence our lives. The pursuit for success and happiness is applicable both in work life and in personal life. Individuals seem to be preoccupied with balancing these two aspects of life. Yet many experience these as complex and depleting. Then what is the way forward?

Objectives

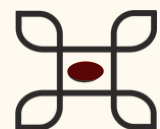
We invite you to take a pause, review and recalibrate so that you are able to:

- Discover and understand your patterns of behaviour
- Tune in with the real search of the Hero within
- Ignite inherent potential that lies in each of us
- Learn to engage with and influence people and systems
- Discover new action choices for energizing oneself and others

For Whom

The programme is intended 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
- Professionals who find themselves at crossroads and feel the need to recalibrate and find a newer purpose
- Individuals and professionals responsible for influencing and impacting large collectives



Revitalising Life Spaces



Perspective

As we move through the better part of work life having reached significant milestones and having achieved much of what we set out to, there is a sense of satisfaction. And yet one could experience some kind of restlessness, or feel a sense of having reached a plateau or may have several questions that seek answers. There could be feelings of stuckness or struggles with repetitive patterns of choices that one makes. Often people ask themselves – Am I finding it difficult to get out of my comfort zone? How am I impacting my life spaces, my important relationships?

The key to unlocking the reserves of energy may not be outside but may lie within us, in our deep - seated assumptions about self, people, the world as well as life processes. At this juncture, individuals may like to reinvest in themselves and discover newer sources for self-renewal. These are necessary to review action choices and find new meanings and actions for one's own wellbeing. This is possibly that threshold where one reviews one's own convictions, with an aim to make fresh beginnings, to relook at life and the world around.

Objectives

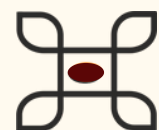
The programme aims to:

- Review one's own journey of life
- Explore how one's own identity has influenced one's engagement with the world outside
- Develop an experiential understanding of the dynamics of relationship for self and others
- Review dreams and aspirations and make realistic assessment
- Visualize a new roadmap for oneself

For Whom

The programme is for individuals

- Who have spent a few years working with people in organizations / family systems and feel the need for a reset
- Who have been holding responsibility for groups and may now want to be able to make different action choices for energizing themselves and the groups
- Who feel that they want to change their path to engage with work & life differently
- Who wish to recalibrate for their second innings meaningfully



Programme Details & Fees

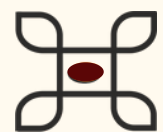
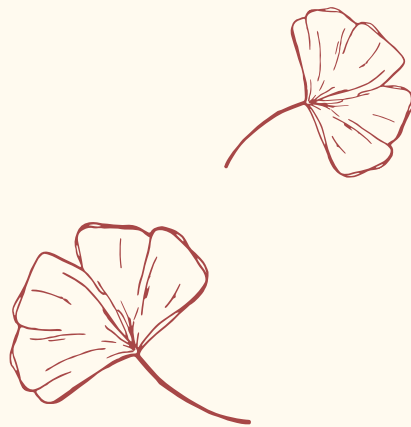
- Date: Sunday, 3 December, 2023 to Friday, 8 December 2023.
- Venue: ICRISAT Patancheru, Hyderabad, Telangana 502324
- Participant Check In:
Participants are expected to check into the venue by 3pm on December 2, 2023
- Nature of Program : These Programmes are fully residential
- Programme Facilitators: Facilitators for the programmes are drawn from amongst the professional members of Aastha Foundation.

Fees Per Participant:

A/c Rooms

- *Single occupancy: INR 60000/-*
- *Double occupancy: INR 49500/-*

Note: *Considering the number of nominations & demographics of the participants, Aastha Foundation may split participants into two groups for the Programme.*



Programme Administration

Programme Directorate

Programme Directors: *Mohan Raja & Rema Kumar*

Programme Coordinator: *Geeta Kumar & Sachin Naidu*

Programme Outreach Anchor: *Krishna Rao*

Important Information:

Venue:

***International Crops Research Institute for the Semi-Arid Tropics
(ICRISAT)***

Patancheru, Hyderabad, Telangana 502324

Google Maps Location:

<https://rb.gy/ququh>

Seating:

Programmes are conducted with floor seating arrangement.

Clothing:

Please carry comfortable loose clothing that allows you to sit on floor mattresses and comfortable footwear.

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 through online transfer using Internet banking.

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 the bank-notification of the completed bank transfer made through NEFT on - aasthawinter@gmail.com. It will help us keep track of your payments. In the absence of such intimation, it will not be possible to issue receipt for the fees.

Cancellation & Refund of Fees Policy

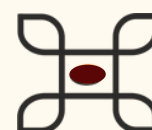
Cancellation before 14 days of start date of the Programme:

Full refund of fees paid after deducting INR 1000/- (for admin 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.



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Aastha Foundation for Human Learning and Growth

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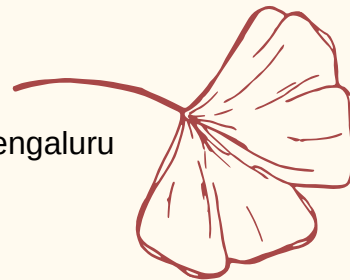
Bengaluru: **Preethi Raja** +91 98451 89392

Pune: **Bela Sood** +91 73870 95211

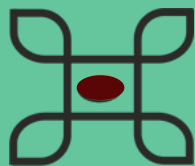
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Hyderabad: **Varun Rupela** +91 99022 99883



***For further details and enquiry about the programme:
visit the website: www.aasthafoundation.com or
write to us at: aasthawinter@gmail.com or call:
Geeta Kumar +91 98101 11704
Sachin Naidu +91 99224 29917***



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