



# Aastha

Foundation for Human Learning and Growth

Presents the Conference

## Pravaah

A journey towards expansiveness

16th and 17th November 2019

SAIACS CEO CENTRE,  
Bengaluru

This conference is dedicated to Dr. Pulin K Garg to honour the pioneering work he has done in the area of Process Work and the number of lives he has touched

### Dr. Pulin K Garg

Pulin was a visionary & adventurer, who travelled the globe and donned many hats in his life. He worked in USA for a while at Berkeley and later moved to India to join the hallowed portals of IIM Ahmedabad as a professor in Behavioural Sciences & Organisation Development. He has authored many books.

Pulin was one of the key pioneers of Process Work in India who believed that human possibilities are infinite. Steeped in folklore, mythology and local rituals he integrated these into his work. He regarded them as living traditions of wisdom.

He founded the Indian Society for Individual and Social Development (ISISD) that was instrumental in creating a dedicated band of process professionals over the last quarter of the 20th century. ISISD is the parent Institution of Aastha Foundation.

## Aastha

Aastha is a two decade old institution and is one among premier 'Process Work' institutions in India . Founded by Seetha Ananthasivan, Aastha has its membership spread across the globe.

- We offer Personal Growth Programmes using "Process Work", which is a body of knowledge, philosophy and praxis that is used to foster well being of individuals and their collectives simultaneously.
- Process work practised by Aastha Foundation integrates Western behavioural theories/concepts with Eastern philosophy of self enquiry, self discovery and reflection leading to new action choices for the individual.
- Individuals & Organisations in the corporate, social & educational sectors, have benefitted from our programmes and have continued to engage with us over the last two decades.
- We are a "Not for Profit" Trust Foundation & we offer programmes for individuals, of all ages and from any stage of life during our summer & winter programmes.

For more details please visit our website: [www.aasthafoundation.com](http://www.aasthafoundation.com)

## Pravaah

Pravaah will attempt to cover, a wide spectrum of the scope of Process Work. The conference intends to co-create spaces for sharing ideas, perspectives and relevance of work done by many in this field. As a part of Aastha's belief in being connected to our core and ever evolving, the conference helps us rearticulate and explore various realms of human phenomena. It also enables us to be in touch with the intellectual rigour that this work entails.

The conference will have paper presentations based on application and research of 'Process Work experience'. The presenters are members of institutions offering Process Work programmes in India.

## Themes of the Conference

The conference will weave together paper presentations based on the following themes –

### 1. My Tryst with Process Work

Research Work/Application of Process work in working with Individual Self.

**Papers include -**

- Phenomenology, Existentialism and Process Work
- Shifting Learner Mindset
- Process Work and Self Enquiry

### 2. Me and My World

Process Work learning in interpersonal spaces, on dynamics of living/working with others or in engaging with Systems.

**Papers include -**

- Existential Ambivalence and Identity Formation
- Leadership Holding and Consciousness
- The Self in a Group Work Setting

### 3. Responding to the Changing Times

New directions in Process Work, experiments in integrating Process Work with other disciplines triggered by the changing context.

**Papers include -**

- Eco-centric Process Work
- Some Distinctive Features of Gargian Tradition- New Perspectives and Future Directions
- Inner Work through Yoga

## Conference Schedule

### Day 1 - 16th November 2019

09:00 AM to 10:00 AM - Inauguration  
 10:00 AM to 01:00 PM - Sessions 1 & 2  
 01:00 PM to 02:00 PM - Lunch  
 02:00 PM to 06:00 PM - Sessions 3 & 4  
 04:00 PM to 04:30 PM - Tea Break  
 06:00 PM to 07:00 PM - Reminiscences - Remembering Pulin  
 07:30 PM - Dinner

### Day 2 - 17th November 2019

09:00 AM to 01:00 PM - Sessions 5 & 6  
 01:00 PM to 02:00 PM - Lunch  
 02:00 PM to 06:00 PM - Sessions 7 & 8  
 04:00 PM to 04:30 PM - Tea Break  
 06:00 PM to 06:30 PM - Closure

To register, please contact:

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Website: [www.aasthafoundation.com](http://www.aasthafoundation.com)



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