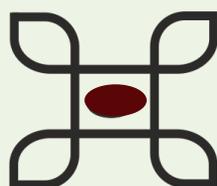
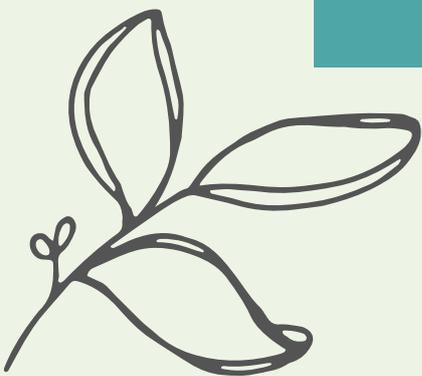




WINTER EVENT

December 4 to 9, 2022

KIAMS Campus, Pune



Aastha

Foundation for Human Learning and Growth

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 fulfill 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."

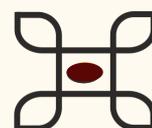
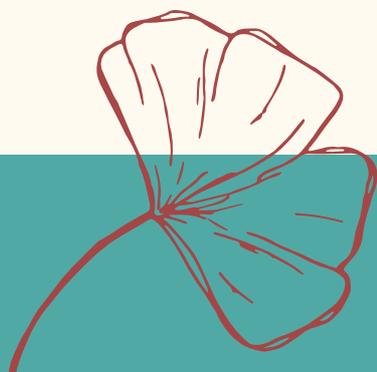
Aastha Programmes create a non-judgmental and supporting environment in which participants feel encouraged to undertake such exploration. The programme is conducted in a mix of community sessions and small group sessions. Participation is entirely voluntary and facilitators help in exploration without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

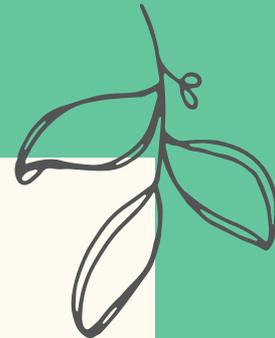
Aastha – The Institution

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 visit our website

www.aasthafoundation.com





The Winter Event – December 4-9, 2022

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

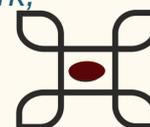
Each day consists of 6 hours of work divided into 4 sessions of 90 minutes each. Sometimes there would be additional community sessions held late evening. The schedule is drawn in such a way that participants get ample time for own reflection and informal interactions. Pace is unhurried, but the pursuit is wholehearted.

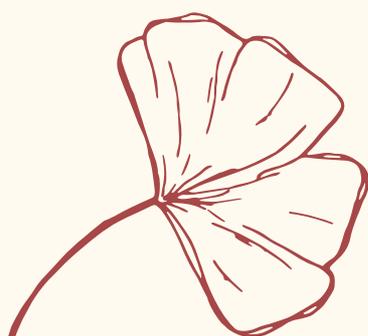
The learning methodology is experiential and not theoretical. It is holistic and life is seen as encompassing all experiences for the individual. Hence the programme is not overly focused on any one aspect of life such as work.

Note:

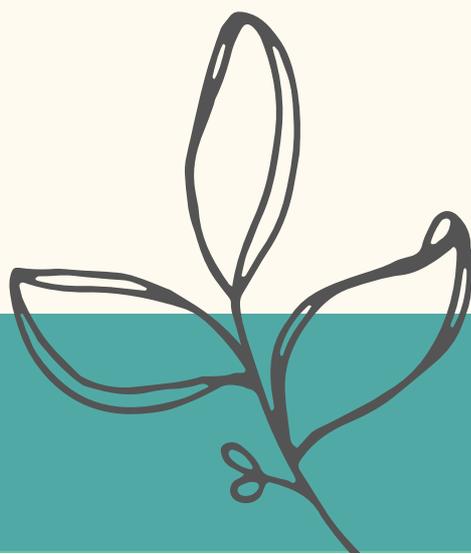
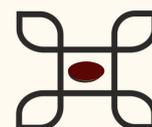
Aastha Foundation also offers a three phase Internship programme in Process Work. Attending this one week Programme in Winter will be considered equivalent to the Basic Module of Internship.

If any participant wishes to pursue an Internship in Process Work, they would be eligible to apply to Phase 2 of internship after completing the requisite reviews.

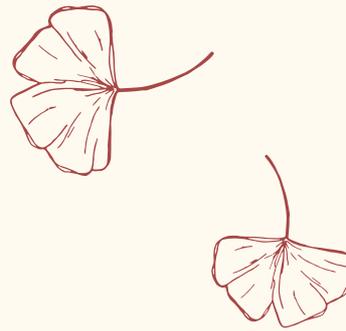




Programmes



Anchoring for Growth



Perspective

Young people enter new stages of life with a lot of energy, hope & excitement. Work & education give meaning, purpose & opportunities. This also many times throws up disappointments, disillusionment, fears, doubts & despair. The real test is how you retain your spirit & energy while adjusting to demands of your role & the system in the present context.

Objectives

The programme aims to:

- Explore expectations, success, disappointments & fulfillment.
- Revisit meanings of goals, aspirations & ambition.
- Examine action choices of engaging with roles in a wholesome manner.

For Whom

The programme is intended for people who are confident of their ability to play different roles but face the dilemma of balancing what they truly want and what the world keeps demanding. They tend to accept compromises by sacrificing their dreams for the sake of worldly success but are unhappy about it.



Dynamics of Vitalising Life Spaces



Perspective

As we move through the better part of work life, meanings and patterns of our choices get stabilized. However if they get frozen, we may begin to experience stagnation, that soon spreads to all our life spaces, including family. The key to unlocking the reserves of energy may not be outside but lies inside us, in our deep-seated assumptions about self, people and the world. There are movements, changes and shifts happening in and around us and it is necessary to look at these afresh, if we are to anchor in our convictions.

Objectives

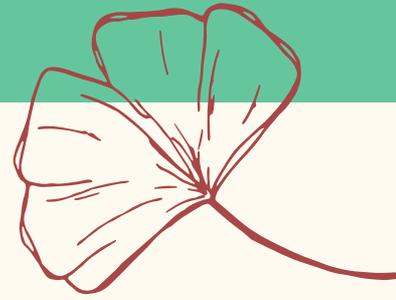
The programme aims to:

- Explore the inner world of beliefs & assumptions about self, the world, work, success & happiness.
- Gain awareness of how one holds perspectives about change and continuity in life and in one's environment.
- Explore new ways of engaging with one's hopes, fears & aspirations.

For Whom

The programme is intended for individuals who have spent a decade and more of work life in any organization & have been holding responsibility for a group either at work or home or both. They stand to gain by discovering new directions of growth.





Roles, Identities and Relationships

Perspective

The pursuit for success & happiness encompasses many an arena of life, including work and personal spheres. Looking into work-life balance may provide some assistance, but the true desire is perhaps for a wholesome way of living. This calls for asking basic questions about the meanings one has given to growth & what really matters in life. The answers may lie in observing one's own identity, looking into one's roles and discovering their connection to one's organizations & relationships.

Objectives

The programme aims at:

- Discovering the forces underlying one's own journey of life.
- Exploring how identities influence roles and role taking.
- Developing an experiential understanding of the dynamics of relationships with space for the self, the other and both.

For Whom

The programme is meant for individuals and professionals who are willing to examine their lives and explore its emerging meaning & purpose. These individuals wish to look into the nature of their membership in organizations and the essence of their relationships (personal & professional). They find sources for self-renewal and make action choices towards wellbeing.





Programme Details & Fees

- The programme starts on the morning of December 4, 2022 and ends with lunch on December 9, 2022.
- Participants are expected to check into the venue by 3pm on December 3, 2022.
- Programmes are fully residential.
- Accommodation is provided in AC single & AC / Non AC double rooms of SLK Centre, KIAMS.
- Facilitators for the programmes would be drawn from the trustees, institutional & professional members of Aastha Foundation.

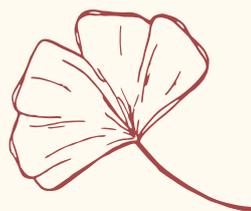
Note: *Considering the number of nominations & demographics of the participants, Aastha Foundation may split participants into two groups for the Programme.*

Fee Per Participant :

INR 40,000 for AC Single Occupancy

INR 35,000 for AC Double Occupancy

INR 25,000 for Non AC Double Occupancy



Programme Administration

Programme Directorate

Programme Director: *Bela Sood*

Programme Coordinator: *Varun Rupela*



Communications Team

Ishita Bose, Kirti Kaul, Vasundhara Wadiyar

Important Information:

Venue:

***S.L Kirloskar Centre for Executive Education,
Kirloskar Campus (KIAMS), Village Dhamane,
Somatane phaata, Off Old Mumbai Pune Road,
Near Tata Foundry, Tal Maval, Dist
Pune, 410 506, Maharashtra, India.***

Link to Google Map: <https://goo.gl/maps/dZ62SZGKRiYTwry56>

Seating:

Programmes are conducted with floor seating in Indian style.

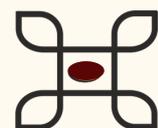
Clothing:

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

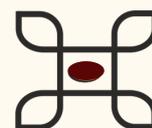
Cancellation before 14 days of start date of the Programme:

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.



Board of Trustees

Aastha Foundation for Human Learning and Growth

Chairperson and Executive Trustee

Preethi Raja

CEO- Synapse India Management Consultants Pvt Limited. Bengaluru

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Minaxi Mathur

Organisation Consultant, Mumbai

Mohan Raja

People Strategy Advisor & Executive Coach, Bengaluru

Ashutosh Bhupatkar

Management Academician and Writer, Pune

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Padmavati Rao, Bengaluru

Varun Rupela, Bengaluru

Chapter Coordinators:

Bengaluru: **Geeta Prabhu** +91 98861 05813

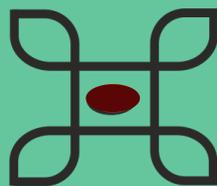
Pune: **Bela Sood** +91 73870 95211

Mumbai: **Mehroo Kotval** +91 98338 90669

Delhi **Anju Khanna** +91 98111 14202



***For further details and enquiry about the programme:
visit the website: www.aasthafoundation.com or
write to us at: aasthawinter@gmail.com or call:
Varun Rupela +91 99022 99883
Bela Sood +91 73870 95211***



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Foundation for Human Learning and Growth