



## Indian Society for Applied Behavioural Sciences

Southern Region

### ***Announces***



*CHIGURU V*

**18<sup>th</sup> – 22<sup>nd</sup> August 2017**

**VENUE: SAIACS CEO Center**

363 Dodda Gubbi Cross Road,  
Hanumanthappa Layout, Kothanur,  
Bangalore

Phone: 080 23681727

#### **ABOUT ISABS**

Founded in 1972, Indian Society for Applied Behavioural Science (ISABS) is a national, voluntary society of behavioural scientists engaged in applying their knowledge and skill to the well being of persons, organisations, communities and the society at large. Its members work as independent consultants, trainers, counsellors, academicians, human resource managers, line managers, executives and community change agents. ISABS programmes focus on human processes and aim at helping people to understand themselves & others better and discover more creative and satisfying ways of relating and working.

ISABS utilises group and experience-based learning as its main training method. Experiencing, reflecting, hypothesizing, conceptualising and experimenting rather than lectures are the chief ingredients in this process of learning. ISABS also offers programmes to develop professionals capable of facilitating such experience-based learning in organizational and societal contexts. Apart from the Human Process Laboratories and Professional development programmes, ISABS also offers theme-based laboratories in other applied behavioural science areas in its Regional and National events in its Regional and National events. For more information, kindly visit: Website: [www.isabs.org](http://www.isabs.org)

#### **About Human Process Laboratories**

In a human process laboratory, a group of around 10-12 participants work together, along with a facilitator/s to learn about human processes and in the process discover more about themselves, their strengths, styles, interpersonal and group interactions, how they perceive and are perceived by others in the group. While this is the primary task, there is no pre-determined agenda and the group uses the 'here and now' experience to derive this learning by being a resource for each other. The facilitator/s helps to create a climate and hold boundaries for such learning.

## Basic Laboratory on Human Process (BLHP)

English/Kannada/Tamil\*  
(18<sup>th</sup>-22<sup>nd</sup> August 2017)

\*This event offers labs in vernacular provided a minimum of 7 nominations are received for the language.

### Objectives

#### To help:

- Become aware of their patterns of behaviour and its impact on others; Also know the impact of others' behaviour on them.
- Identify and work on issues critical to their own growth and effectiveness
- Improve their effectiveness in interpersonal interactions and derive greater satisfaction from them.
- Recognize feelings, diagnose needs and improve their ability to deal with conflict.
- Discover their potential to live life meaningfully and effectively.

### For Whom

The lab is meant for any individual who is interested in developing their personal and interpersonal competence. No prior experience is needed. Typically, people from fields of social work, HRD, training, management, rural development, education, health, students and home makers have attended this programme. Many organisations sponsor and continue to sponsor their employees to this programme, an indication of the benefits of the programme to the organisations also.

### Two Word Expression of Experience by Participants

"Awesome and amazing experience - Mohammed Hafeez"  
"Transformational & "Magical" - Narita Kumar"  
"Exhilarating and Liberating - Nivedita Saxena"  
"Self-exploratory - Shyam Vasudevan"  
"Carpe Diem and De ja vu. - Ruth Singhsit"  
"My Truth - Soni Uttam "  
"Excellent result for the individual as a self – Subramaniam"

## Advanced Lab on Human Process (ALHP)

English/Kannada  
(18<sup>th</sup> -22<sup>nd</sup> August 2017)

### Objectives

#### To help:

- Enhance learning and experimentation initiated by oneself in the Basic Lab and thereafter.
- Practice skills of better listening, being more authentic and empathetic
- Develop greater awareness of behavioural processes of individuals, as experienced in the here & now
- Become familiar with group dynamics and how these impact behaviour of individuals in groups

### For Whom

Individuals who have participated in a Basic Lab on Human Process and have been cleared for attending Advanced Lab. ALHP is particularly recommended for Executives, Administrators and Managers, Internal HRD facilitators and personnel engaged in change management, ISO Management Representatives and TQM Facilitators, NGO and Government staff in people-management roles, Trainers and Counselors who meet the requirements described above.

#### Note:

For ALHP Applicants only

- Ensure that a gap of 6 months from the date of BLHP has been observed before attending this advanced course).
- Attach your BLHP Feedback form from facilitators and ensure it is filled with the following particulars for ALHP participants:
  - Year of attending BLHP or the qualifying
  - Date and venue of the respective ISABS/equivalent event
  - Names of facilitators and Whether cleared for attending ALHP

## SPECIAL THEME LABS

### The Fourth Dimension: Explore your parenting DNA

(18<sup>th</sup> -20<sup>th</sup> August 2017)

*"There really are places in the heart you don't even know exist until you love a child."* - Anne Lamott

#### About Exploration:

In a world where "...children grow out of childhood, but parents never grow out of parenthood..."<sup>1</sup>, this exploration is built on the idea that every one of us as parents can creatively address the parenting dilemmas. Helping us to feel more at peace with the most important role we play, enabling us with the means to relate better, and to be in flow with our child(ren).

#### Objectives:

Designed to enhance the most precious relationship in your life, this workshop will transcend the known dimensions of parental Care, Control, and Development. By enhancing the emotional quotient of parents, this will equip participants to become the catalysts of their child's growth along crucial dimensions of fulfilment such as Self-confidence, Self-Reliance, Adaptability and Optimism. Deepened empathy and impulse-control would be some other payoffs for the participants.

#### Methodology:

The facilitation of this emotionally integrated exploration amongst parent peers will leverage inter-disciplinary knowledge from diverse fields such as education, positive psychology and neuroscience. The collective journey during the lab, built on the real-time experience of individual participants who work as resources for one another will enhance awareness of their parenting style and help them widen their repertoire of parenting skills.

#### For Whom:

This opportunity is for parents who wish to age slower or perhaps grow younger, have keenness to help their child(ren) and wish to have them flourish, unlock potential and enhance joy quotient.

Option of Non- Residential Participation is available for this lab.

#### Facilitator: Harish Raichandani



An OD Consultant, Executive Coach and Appreciative Inquiry evangelist -- Harish brings an interesting combination of people and practicality. His entrepreneurial perspective of the 'Capability Building' profession is built on an unshakeable belief in people and their innate ability to unlock the potential. Intermingling of his work, hobbies and passion led him to professional memberships of ISABS, NTL Institute of Applied Behavioural Sciences and accreditation as Professional Certified Coach with ICF. Teaching, his other hobby brings him close to students, as a visiting faculty at some of the sought after graduate schools of India for teaching regular & executive MBA students. A certified practitioner of Appreciative Inquiry and master coach for Emotional intelligence, he brings a healthy mix of structured interventions and unstructured experiences. An amateur parent and student of life, he enjoys experiencing life afresh, often learning through the eyes of his grown up children.

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<sup>1</sup> Evan Star - the Comic Encyclopedia

## **Befriending the Unconscious through Dreams**

### **A Workshop for self-development**

**(20<sup>th</sup> -22<sup>nd</sup> August 2017)**

Carl G. Jung has given the world a wonderful body of knowledge with which to understand the human psyche. Among his many concepts, his work on dreams and symbols to explore one's unconscious is easy for the layperson to understand. While his other work need in-depth studies of analytical psychology to understand, one can learn through simple methods, to befriend one's unconscious as expressed through dreams. All that one needs do is set aside their critical, rational mind, and enter the wonderful world of symbols, images and dreams. Working with one's unconscious is also soul work which we yearn for as it draws us deep in to ourselves. Dreams are a pathway to connect and align with our inner selves.

The Jungian model of understanding self- with the many layers of the unconscious- both personal and collective, offers different concepts for understanding the unconscious in self. Most important of them being the Shadow, the Ego, the Anima (feminine in man) and Animus (masculine in the woman). One's dreams throw up messages from the unconscious through symbols and images which if understood can help in integrating different dimensions of our selves.

#### **Methodology**

This experiential workshop will involve conceptual inputs, learning a method to understand dream language and sharing and working on one's

dreams. Members who sign in will be expected to bring a journal of their dreams in order to share and explore their meanings.

#### **Facilitator: Anuragha Prasad**



Anuradha was introduced to Jung towards the late 1980s. A casual lecture session led to a long-standing love of Jungian psychology, especially of his work on dreams. She has, since then, worked on her own dreams with the aid of two Jungians: one, a Jungian analyst, and the other, a psychotherapist. She has studied at The Jung Centre, India, completing a two-year programme on the fundamentals of Jungian Psychology, with a focus on dream analysis. She uses the Jungian approach to work with symbols, images and metaphors in her work as a facilitator of human processes and as a Coach. Anuradha is a Professional Member of Indian Society for Applied Behavioural Science and a member of Jung Center India.

#### **Note**

Group will be limited to 8 participants (preferably a combination of women and men)

**Please note: This workshop is meant for understanding self and personal growth and not meant as therapy. Some prior exposure to human process exploration is a must for applying for this workshop.**

**ISABS PMs who want to participate in either of the theme labs may kindly contact RC for details.**

Human Process Labs (English, Kannada, Tami & Telugu) (18 <sup>th</sup> -22 <sup>nd</sup> August, 2017)							Special Theme Labs (English)**	
FEES	Basic Lab in Human Processes (BLHP)		Advanced Lab in Human Processes (ALHP)		Vernacular (Kannada, Tamil, Telugu)		THEME LABS	
	Occupancy		Occupancy		Occupancy		Occupancy	
	Double	Triple	Double	Triple	Double	Triple	Double	Triple
Boarding, lodging, Training materials	27365	24604	23499	21127	19795	14907	19795	14907
Annual Membership Fee	250	250	250	250	250	250	-	-
GST 18%	4971	4474	4275	3848	3608	2728	3563	2684
<b>TOTAL</b>	<b>32586</b>	<b>29328</b>	<b>28024</b>	<b>25225</b>	<b>23653</b>	<b>17885</b>	<b>23358</b>	<b>17591</b>
The Fourth Dimension: 18 <sup>th</sup> – 20 <sup>th</sup> August 2017 Befriending the unconscious through dreams: 20 <sup>th</sup> -22 <sup>nd</sup> August 2017								

**Kindly Note:**

- i. Early bird discount i.e. before 15<sup>th</sup> July is 5%
- ii. Avail 5% discount for 2 or more people from the same organisation
- iii. *Substantial scholarship is available for individuals, home makers, self-employed, students, grass root NGO workers, etc. For details, contact the Regional Coordinator*

### Administrative Information

#### Check –in & check –out timings are mentioned below

Dates	Check-in		Check-out	
17-22 <sup>nd</sup> Aug'17	Between 630pm -1030pm on 17 <sup>th</sup> Aug'17; and by 700am on 18 <sup>th</sup> Aug'17 (for BLHP, ALHP, and Fourth Dimension)	Between 630pm -1030pm on 19 <sup>th</sup> Aug'17; and by 700am on 20 <sup>th</sup> Aug'17 (for Befriending the unconscious participants)	By 1030 am on 20 <sup>th</sup> Aug'17 for Fourth Dimension participants	By 1030 am on 22 <sup>nd</sup> Aug'17 for other participants

**The program will start at 9.00 am sharp on 18<sup>th</sup> August 2018 and ends by 3.30 pm on 20<sup>th</sup> August for Four Dimension Participants and 22nd August 2017 for other participants. (kindly make your travel plans accordingly – chance is almost nil to leave the venue before the end of the programme)**

**Important:** A person who has experienced continuous mental stress or has been under psychiatric treatment or has a history of mental disorders, or has heart attacks, must not be nominated. ISABS will not be responsible for any of such problems' developed during or after participation in any ISABS lab. It is implicit that each participant joins the lab with informed voluntary consent and owns responsibility for his or her own health.

## Registration Process

Please send us a copy of the Nomination form duly signed by the participant with all details filled in, along with the payment of DD/cheque before the **10<sup>th</sup> August 2017**. In case of online payment, do email us the transaction details. Till all the above is received the registration will not be considered as confirmed. Nominations will be accepted on a first-cum-first served basis and will be confirmed by the Event Coordinator.

## For online Bank Transfer:

**“Indian Society for Applied Behavioural Science,  
Bangalore”**

ICICI BANK LTD, Malleswaram Branch

**A/c # 007801025287**

IFSC CODE: ICIC0000078

## Cancellation Policy

Cancellation Policy:	
Period (Last date for Nomination is 10 <sup>th</sup> August 2017)	Refund Amount
After confirmation	50%
After 10 <sup>th</sup> August 2017	No Refund
Replacement of nominee or keeping fee for next programme and willing to pay or receive any difference in programme fee	Acceptable in writing

## Cheque/Demand Draft:

Payment to be made in full by demand draft or crossed cheque in favour of **“Indian Society for Applied Behavioural Science, Bangalore”** along with nomination form. Please note that cash

payment will not be accepted. Kindly fill in the Nomination Form in and send the hard copy along with cheque or DD before **10<sup>th</sup> August 2017**

**Payment Address:** Please mail your nomination form & payment to:

**Zeb O. Waturuocha**

Regional Coordinator

#591/A, 1<sup>st</sup> Floor, North East of N. R. Mohalla Mysore – 570 007

M: 9886001658

**Email: [isabschiguru2015@gmail.com](mailto:isabschiguru2015@gmail.com)**

## Facilitators:

The facilitators will be drawn from the list of Professional Members of ISABS from all over India and abroad. The PMs of Bangalore Region are

Ameet Matoo	Paul Siromoni
Anuradha Prasad	Rajeshwari Laxman
Arathi Mohanram	Rosemary Vishwanath
Chitra Puranik	Ruchi Tiwari
Eswar Prasad	Rupert Rosario
G. Rajana	Shyleshwari Rao
G. Vishwanath	Sridha Venugopal
Ganesh Anantharaman	TT Srinath
Halasyam Sundaram	Ullhas Supatkar
Harish Raichandani	Vandana Jha
Joy Srinivasan	Varalakshmi Rajah
Kishore Gandhi	V.M. Ramalingam
Lalita Iyer	VLK Sharma
Laxmi Raman	Veda Srinivasan
Neela Kishore	Zeb Waturuocha





## Indian Society for Applied Behavioural Sciences

CHIGURU V – 18<sup>th</sup> – 22 August 2017

### Nomination Form

Name \_\_\_\_\_

Lab Title: \_\_\_\_\_ (BLHP/ALHP/THEME LAB) \* Theme lab, kindly indicate the title

**For Basic Lab on Human Process (please tick your preference of language)**

English       Kannada       Tamil       Telugu

Gender \_\_\_\_\_ Date of Birth \_\_\_\_\_

Qualification \_\_\_\_\_ Work Experience (Years) \_\_\_\_\_

**Organisation & Residential Address (Indicate preferred mailing address-please tick)**

Off. \_\_\_\_\_

Telephone \_\_\_\_\_ Email \_\_\_\_\_

Res. \_\_\_\_\_

Telephone \_\_\_\_\_ Email \_\_\_\_\_

Sponsored by: \_\_\_\_\_

Organisation \_\_\_\_\_ Self: \_\_\_\_\_

**Emergency Contact:**

Name, address & phone/mobile number of a person to be notified in case of emergency:

\_\_\_\_\_  
\_\_\_\_\_

**Details of Payment**

DD/Cheque No. \_\_\_\_\_ Dated \_\_\_\_\_ Bank \_\_\_\_\_

Amount Rs. \_\_\_\_\_

(DD/Cheque to be drawn in favour of "INDIAN SOCIETY FOR APPLIED BEHAVIOURAL SCIENCE" Payable at "Bangalore")

**Mail along with this form to**

**Zeb O. Waturuocha**  
Regional Coordinator  
ISABS - Southern Region  
#591/A, 1<sup>st</sup> Floor, North East of N. R. Mohalla, Mysore – 570 007  
M: 9886001658, Email: [isabschiguru2015@gmail.com](mailto:isabschiguru2015@gmail.com)