



**SUMEDHAS**  
ACADEMY FOR HUMAN CONTEXT

## **Summer Program 2024**

**22<sup>nd</sup> to 27<sup>th</sup> JULY, 2024**

**Silver Oak Resort,  
Doddaballapur Road, Bengaluru.**

**26<sup>th</sup> Session**



# SUMEDHAS ACADEMY

## & IT'S OBJECTIVES

Sumedhas Academy for Human Context is an institution dedicated to the fostering of human processes. It is a 25-year-old research and educational body (a not-for-profit organization under Section 8 of the Companies Act) founded by behavioral scientists from diverse backgrounds.

Sumedhas aims to promote learning from experience. It strives to spread the idea of 'learning from living' to individuals and groups, regardless of gender, caste, age, calling or colour. Our credo - 'authentic human encounter' - is the basis of creativity in life and in work. This method has helped generate conviction in people and helped them evolve new responses to life's circumstances.

Over the last 25 years, Sumedhas has been hosting thematic labs designed and anchored by experienced facilitators. In these labs, participants who come with their unique life journeys and myriad experiences learn about themselves by discovering their distinctiveness - and sameness - with each other. The lab experience allows them to learn how to enhance insightfulness and integrity and value what is enduring and human.

The seeds of the discoveries that we make about ourselves get planted in our 'inner ground'. Our understanding and acceptance of ourselves leads to enhanced role effectiveness in life and work.

Over the years, these labs have helped participants discover new choices for action, stemming from new insights based on their experiences. In the past, participants have been able to reshape their lives in their families, organisations and other spaces around them.

Medha, in Sanskrit means to "make sacred". Medha is also that part of the psyche that holds insights and values.

## ENCOUNTERING THE SELF - A FOUNDATION LAB (ESFL)

### *For Whom:*

**People above 24 years of age from all walks of life, specifically those who are attending an experiential lab for the first time.**

In our everyday lives, we encounter many experiences. Our thoughts and choice of actions and interactions make us ponder about ourselves and people around us. Our underlying feelings, motivations and dreams often lie unexplored and thus unexpressed.

The questions that we ask ourselves about self and others can leave us restless. ESFL is a space that explores those questions and helps to encounter the 'self' - that entity within each one of us, which shapes the way we view ourselves and experience the world. It leads us to explore, engage and discover new meanings and action choices and express the same.





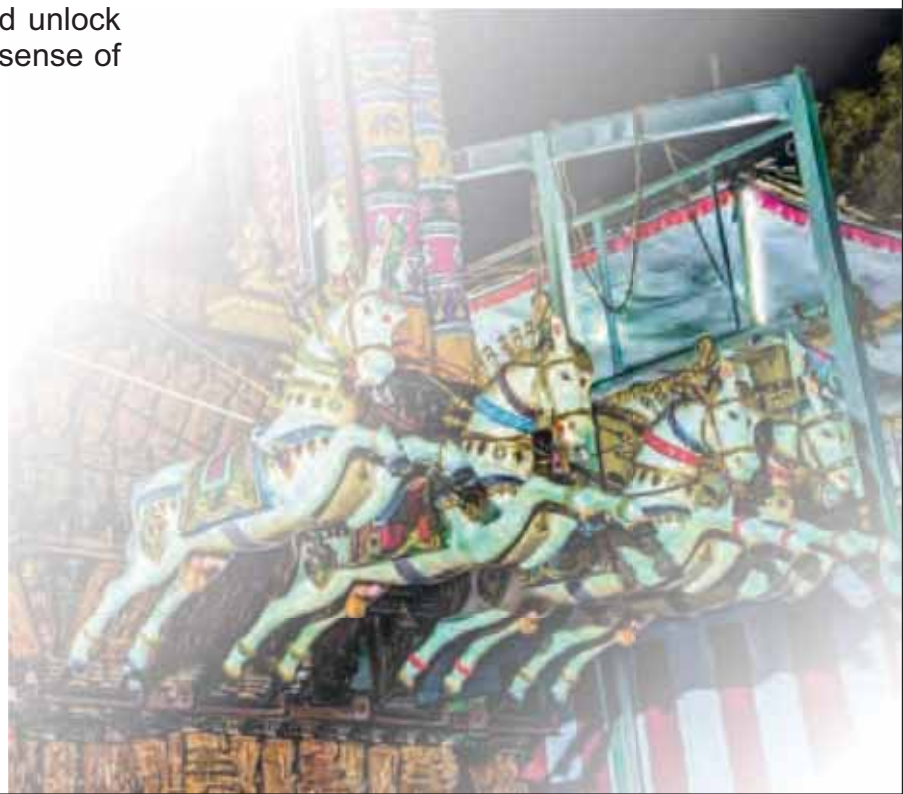
### ROLES, MEMBERSHIP AND SELF IN ORGANISATIONS (RMS)

#### For Whom:

**Senior, mid-level executives and managers in corporate, government and social organisations, entrepreneurs and self-employed professionals.**

We all play multiple roles in our lives, straddling family, work place and communities. Each of these roles has different demands and they pull us in different directions. It places a lot of pressure on an individual to adjust and live up to the expectations of each of those roles.

RMS helps people to explore how they can embrace and integrate all those roles while enriching their own identity and aspirations, thereby creating an alignment with the various systems in which they play a role. These explorations help people discover new approaches to these roles and unlock new action potential , leading to a sense of well-being.



## THE RENEWAL PROGRAMME (TRP)

### *For Whom:*

**Women and men  
above 35 years  
of age in all walks  
and callings.**

The NEED: Alongside the successes and speedbreaks in the life journey, the heart increasingly seeks meaningfulness and a sense of purpose.

THE HOW: Our practise shows that it becomes possible to expand the zone of meaningfulness by mobilising the deeper layers of our consciousness and activating our "sankalpa shakti".

Four processes will be used to facilitate this: a) parting with old dreams that have proven non functional and access the new ones. b) activating the "witness" within that can see ourselves, c) accepting and utilising the wisdom within, and d) stimulating and strengthening the 'focus' within to go for the inner store of goodwill (for self and others).

This lab, facilitated by two Fellows of the Academy will use structured group and individual activities followed by four 90 minute monthly utilisation sessions online.



| Programme  | Single Room | Twin Room |
|--|-------------|-----------|
| <b>Encountering the Self - a Foundation Lab (ESFL)</b>   | Rs.75000    | Rs.50000  |
| <b>Roles, Membership and Self in Organisations (RMS)</b> | Rs.75000    | Rs.50000  |
| <b>The Renewal Program (TRP)</b>                         | Rs.75000    | Rs.50000  |

Please note, GST of 18% is applicable over the fees mentioned above.

| Key dates                      | Date                       | Remarks   |
|--------------------------------|----------------------------|---|
| Last date for early bird offer | 31 <sup>st</sup> May 2024  | 10% off on the rates  |
| Last date for Nominations      | 16 <sup>th</sup> July 2024 |   |
| Last date for Withdrawal       | 16 <sup>th</sup> July 2024 | If a participant cancels past this date, 25% of the programme fee will be deducted as cancellation charges. |

**Other key details:**

- The rates applicable for all the 3 programmes are the same. The rates vary only based on the type of accommodation chosen by the participant.
- Programme fee covers stay, food and programme participation.
- Completion of registration will initiate the invoicing and payment process. Registration is complete only when the payments are made.
- If, due to unavoidable circumstances, the programme is cancelled, the fees will be refunded.

**Click here to register:** <https://forms.gle/ybPZMJewqMfs2TE97>.

# SUMMER PROGRAMME: PRACTICAL DETAILS

## ADDITIONAL INFORMATION

Participants will be required to sit on the floor during the programme. Please wear comfortable clothing that allows this. If you have any dietary or special requirements, please mention this while registering online

### *Programme Director*

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### *Payment and Online Registration*

**S. Mahalakshmi**      [accounts@sumedhas.org](mailto:accounts@sumedhas.org)

Visit our website:  
<https://sumedhas.org/>

### Program Venue

## Silver Oak Resort

23rd Km, Bengaluru - Doddaballapur Road,  
Rajankunte, Bengaluru, Karnataka - 560 064. Mobile : **+919845719816**

Location | <http://silveroakindia.in/contact.html>

## IMPORTANT INFORMATION ABOUT PARTICIPATION

There may be some emotional stress involved in a Sumedhas programme. Participants are advised to assume responsibility for self-screening if stressful situations become a concern.

Sumedhas programmes are not a substitute for therapy or psychiatric treatment. If you are currently in therapy or under psychiatric treatment, you are required to obtain a clearance from your therapist / psychiatrist before attending the programme. Please also consult your physician, in case you have a current condition of heart ailment or any other chronic illness.

Should you wish to explore the nature of the programme further you are invited to get in touch with any member of the Programme Secretariat.

### **PARTICIPANT DECLARATION:**

“I have read the programme brochure and have made a considered choice to attend. I understand that my participation in this Sumedhas programme may involve stress.

I have made an informed decision that my participation is appropriate for me at this time.

In signing this registration form, I state that my participation is voluntary and I take full responsibility for my decision to attend.”

Note: The information and declaration above will be visible while you are registering online. Please ensure that you have taken the necessary steps if you meet any of the above criteria and only then accept the online declaration.