Grihastha Institute of Family Management

A Social Enterprise of Medha Jananam Foundation

Family is the backbone of society.
Family is the soil in which children grow.

Our mission is to help families
become stronger, happier and successful,
through preparation, education and counseling.

www.grihastha.org

First of its kind

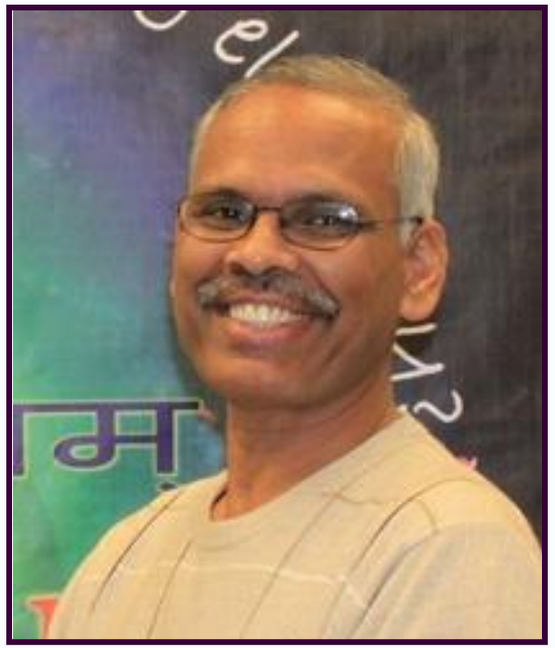
Grihastha Institute of Family Management, perhaps, is first of its kind in the world with exclusive and comprehensive focus on managing family life.

Family is the back bone of a society. The societies, in which the institution of family is strong, stay resilient and vibrant. The societies, in which the institution of family is weak, become susceptible to social strife and higher levels of depression among individuals.

Family is the shelter and the watch guard that sees new life fledgling. The first image of the world that is seen by every new born, as it opens its eyes into this world, is the image of family life. The discipline, the courage, the strength, the kindness and the love that a mother shows, while feeding a baby, contributes to the future character of a baby, more than anything else. The sense of responsibility, the sense of justice, the sense of values, etc. are cultivated, first in the family and then they flow into the society.

Family is the soil in which the next generation grows. Weak families produce weak minded and troubled personalities. Healthy, stable and stronger families produce healthy and strong personalities. The changing socio-economic conditions are playing havoc with the traditional support structures that used keep the families stronger and stable. We need new structures and new mechanisms to compensate for their loss.

Grihastha Institute of Family Management is formed to compensate for the loss of the old structures and to introduce innovative structures that are suitable for the conditions of modern age. The mission of the institute is to offer preparatory, educational and counseling services of various forms to help families become stronger, happier and successful and stable.



Founder

Grihastha institute of family management is founded by Sri Krishna Sharma. He comes from the Village of Kavur, near Kotappa Konda, in the Telugu speaking region on the east coast of southern India. He is living in USA since 1989.

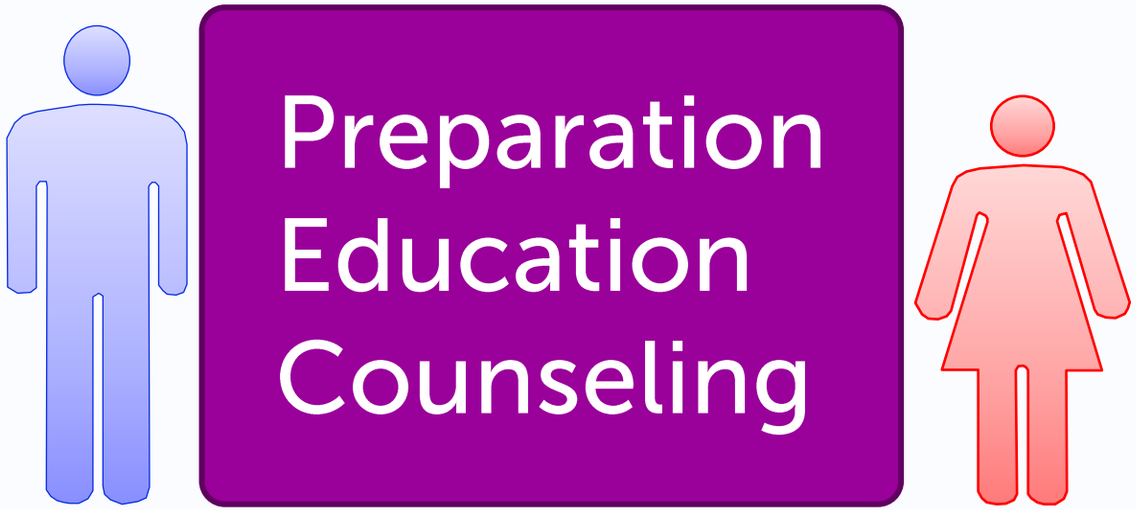
What uniquely qualifies him to start this institute is not his connections with international bodies or government institutions or corporate or academic or professional circles, but his connection to life, people, community, tradition, values and the many disciplines of humanities, sciences and spirituality that he avidly studies, and above all his vision of a stronger, happier and stable societies.

He is a Guru in plain clothes for those who know him personally, among whom are people from all walks of life such as Professionals, Professors, Businessman, Common men and Swamijis. But the best way to describe him is that he is an "**Idea Entrepreneur**", to use a term coined by John Butman, in his book 'Breaking out'.

From a quiet and well respected family man, software professional, friend, community leader and playwright, he transformed himself into an idea entrepreneur starting in his late forties, as more and more people convinced him of the necessity to transform his ideas into practical initiatives.

The core of his philosophy is simple. The chief resource required to solve the challenges faced by the humanity is the *potential* of the humanity itself. And the potential can be released by 'Igniting the Intellect'. The Sanskrit phrase 'Medha Jananam' beautifully captures that motto. He founded 'Medha Jananam Foundation' in 2009 to pursue that motto. Under the umbrella of Medha Jananam, he is working on several initiatives, each one of them aimed at addressing a specific challenge faced by the society.

Grihastha institute of family management is one such major initiative aimed at enhancing the ability of people in creating and enjoying a strong, happy and stable family environment.



‘Single’ to ‘Family Person’

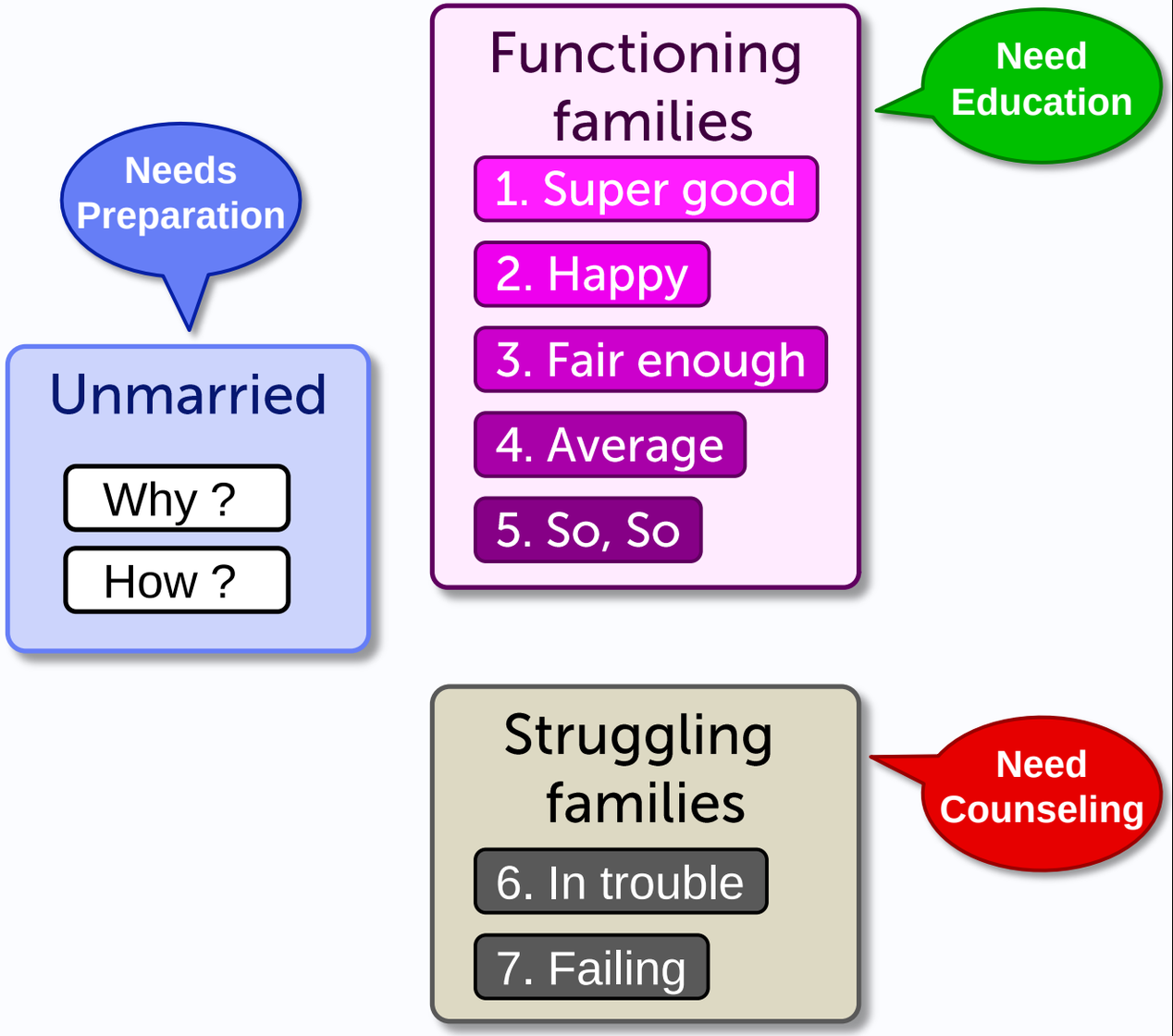
The journey from being a single and independent young person to becoming an inter-dependent , matured family person is neither smooth, nor easy, but rewarding every step of the way, if one knows how to navigate through it. It is no less exciting or rewarding than climbing mount Everest or treading into the high seas with a small personal yacht. Ancient Indian social thinkers called it *Samsaara Saagaram* or the rough sees of family life. But the thrill is right there. The reward is right there. If nothing, the family life keeps your brain sharp and emotions on the edge. And there lies the sweetness of the touch of life.

But, it would be awful, if you venture to climb mount Everest or get into rough seas, without adequate education, preparation and support. The support structures of the yore are quickly falling apart with the pressure of changing socio-economic conditions. Everyone has to have their own bagful of tricks, skills, confidence and trust in themselves and others , if they want to set themselves on the journey of becoming a family person.

In the absence of them, one may be thrown into any type of whirlwind or be dragged into deep waters and under currents. When things go wrong, it is not only the couple that suffers, but everyone around them, including and the helpless children, who, for no fault of theirs, would experience an inordinate share of emotional disturbances in their early lives.

Not every family or situation has to turn this bad. But it can be easily said that **90% of the family are hovering below the 50% mark of happiness** and satisfaction. Grihastha is founded with the strong belief that , with simple education and preparation, that proportion can be easily bumped up above the 50% mark. Grihastha is aiming at inches-high elevation over miles-wide landscape, that would dramatically change the lives of many families.

If good education is provided and solid preparation is given, the need for troubles and hence for counseling, should automatically go down. The objective of Grihastha is to provide education first and counseling later, if and only when needed.



Stepping up in family life

Unmarried needs preparation. 'Normal/Functioning' families need education. Struggling families need counseling. The mission of Grihastha Institute of Family Management is to meet all of these three needs.

A functioning 'normal' family, left to itself, either declines over time or stays where it is, but never gets better, unless one gets the right guidance and puts the required effort. Issues as well as pleasures of family life are many. In a normal family, issues easily become serious problems and pleasures easily slip through the fingers.

With little but the right guidance and effort a 'So, so' family can step up to be an 'Average' or 'Fair Enough' family or all the way to become a 'Super good' family. A family can be called a 'Super good' family, if the marital and familial bliss is experienced every day and every possible future issue is addressed before it arises. As any one can tell, 'Super good' families would be very rare. But every family should make an effort to move in that direction. If not, it will move in the opposite, downward direction.

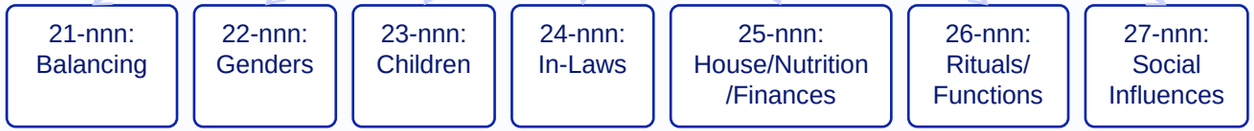
Unmarried people usually ponder and get stuck with two questions. Some think about "Why to get married?" and others think about "How to get married? How to pick the right partner? Etc.". Grihastha's vision is to address these questions in their entire depth and breadth, so that the unmarried can make an informed decision, rather than an impulsive decision.

Struggling families need a trustworthy and professional resource to bring the marriage and family life to its logical conclusion, keeping in consideration, the myriad issues that are part of the equation. Grihastha's effort is to create a top class considerate, personable and knowledgeable professionals that can become that trustworthy resource.

Tier 1: Secrets of Happy Families



Tier 2: Seven Areas of Family Life



Tier 3: For Counselors and Instructors



Curriculum

Grihastha Institute of Family Management provides education and preparation in the form of workshops. The workshops are divided into three tiers.

Tier 1 is a series of three workshops titled 'Secrets of Happy Families'. The first one is the secret of interacting and appreciating people (spouse, children and all others) that are different from oneself. The second one is the secret of understanding the complementary nature of the two genders for enriching the interactions and hence the conjugal bliss. The third one is the secret of transforming from an independent individual to inter-dependant family person.

Tier 2 is a series of multitudes of workshops that address seven areas of family life. The first one is about 'balancing family life' with other lives. The second one is about getting deeper into details of the complementary nature of genders. The third is about raising children, fourth is about integrating in-laws, fifth is about managing the family basics like nutrition, finances and rhythm of house. The sixth one is about the value of rituals and functions in bringing people together, and the seventh is about managing the influences of society on the family.

Tier 3 is a number of workshops aimed at training counselors and instructors, in the larger picture of understanding family as a social institution, far beyond the concerns of a single family or a single individual. These workshops explain the differences in the perception of the institution of family in different sub-cultures, differences in the support structures existing, fading and emerging in sub-cultures, etc. The workshops in this tier also explore into various other aspects related to family life such as the legal framework for family in a given society, the esoteric frameworks like astrology and numerology, and every other subject that has ever come up into vogue that touches family life one way or the other, etc.

Preparation
Education
Counseling
Research
Exchange

Larger vision

The vision of Grihastha Institute of Family Management is to grow it into a world class institute of the size and scale of IIMs and Cal-techs of the world. Our vision is to provide a comprehensive platform where all concerns related to family life are researched, discussed and solutions are promoted for the welfare of everyone.

We envision conducting research programs to gain a deep perspective of the meaning of marriage, family, its role and place in the society on one hand and in the lives of children on the other hand, the right and appropriate legal regulations for a conducive family life, the meaning of family in various cultures, societies and religions and so on, with the sole aim of making the family life happier, stronger and successful.

Towards this end, we like to launch world class inter-disciplinary research programs, connecting psychology, sociology, ethics, environment, law, public policy, educational methods and everything that touches family life one way or the other. We envision conducting research programs at graduate and post graduate level and publish professional journals in the area of family management.

We also envision working with other institutions, such as social studies, social programs, policy research institutes, legal bodies by providing opportunities for exchange scholars and joint programs.

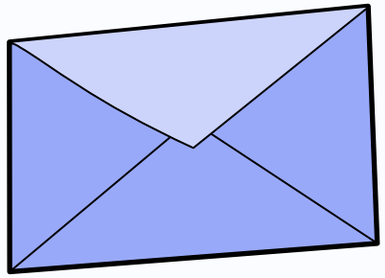
We envision providing Education, Preparation and Counseling services related to family life throughout the world, with appropriate customizations to our extensive 3 tier curriculum.

How to .. ?

Answers to key questions

The vision and scope of our Institute is broad, deep and huge. But our purpose is clear. All our programs and curriculum are aimed at answering the following few key questions, that everyone can easily relate to:

- How to ask the right and relevant questions before choosing a life partner ?
- How to assess the compatibility of future life partner, before making that big commitment ?
- How to make the loving relationship between you and your better half stronger and deeper?
- How to infuse life, love and care into every interaction among your family members ?
- How to recognize the unique personalities and needs of your children ?
- How to guide and support the children according to their unique personalities ?
- How to integrate in-laws into the family ?
- What is the role and relevance of rituals and functions in building a close-knit family ?
- How to balance nutrition for the health of all family members ?
- How to maintain the rhythm, routine, upkeep and cleanliness of the house ?
- How to manage family expenses and finances for a steady and stable family ?
- How to manage social pressures, distractions and enticements ?
- How to address and prevent issues from becoming serious problems ?
- How to capture the marital and familial bliss that is slipping through your fingers every day ?
- How to balance family life along with professional, social and spiritual lives ?



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www.grihastha.org

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