Workshops Outline

Workshop 101:

Basics of Marriage

This workshop gives a systematic introduction to family life covering seven different areas of family management. It describes the dynamics of family life that unfolds over multiple decades. By giving you a comprehensive view of family life that is ahead of you, this workshop prepares you to deal with it better and enjoy it better. It introduces you to the four level (physical, psychological, social and spiritual) relationship that develops over time between wife and husband. It introduces you several invisible rules, expectations, challenges and opportunities in family life. It describes the various steps in transforming yourself from a single and independent individual into responsible, effective, loving, sharing and caring family person.

Workshop 102:

Multiple emotions under one roof

Family brings people to the closest possible proximity to each other physically and emotionally. If you know how to manage and work with diverse personalities, without ignoring and undermining their uniqueness and without giving up your own uniqueness, you will have a wonderful time sharing your physical and emotional space with them. Otherwise, you will find family life to be very challenging and stifling.

This workshop gives you the essential skills and tools to understand people with diverse personalities and work with them, help them, and support them. This workshop has been conducted several times in India and USA since 2009 and people of various ages found it useful in developing positive, effective and enjoyable relationships with their spouses, children, parents and in-laws. You will also benefit from it the same way.

Workshop 103:

The dance of genders

Romance is the spice of marriage. A key ingredient of good romance is the appreciation of the sensitivities and sensibilities of the other gender. This workshop opens you to the many sweet spots that lie at the intersection of these distinct and different sensitivities and sensibilities of the genders.

A strong relationship between wife and husband goes beyond romance. It is a multi-layered (physical, psychological, social and spiritual) relationship that develops over time, through the thick and thin of life. This workshop gives the insights you need to nurture it with care and enjoy its fruits throughout the life.

Please read the testimonials on our website from the people who have taken these workshops earlier.
You can contact them personally and get more information by sending an email to them from our website.

First of its kind

Our institute is, perhaps, the first of its kind in the world with focus entirely and exclusively on helping families become happier, stronger and stable.

Unhappy families

are on the rise in recent times.
The rise in the number of families that are failing in the first couple of years is alarming.

Do everything possible
to make sure yours is not one of them.

Prepare yourself well

to make your family one of the most ideal families !

Get a full 360 view of family life !
Learn about the rewards and challenges that are awaiting you !

Be prepared with the skills, tools, insights and tips to handle the challenges and to make the family life most enjoyable, fulfilling and problem-free experience for you and for everyone in your family !

Be equipped with good information

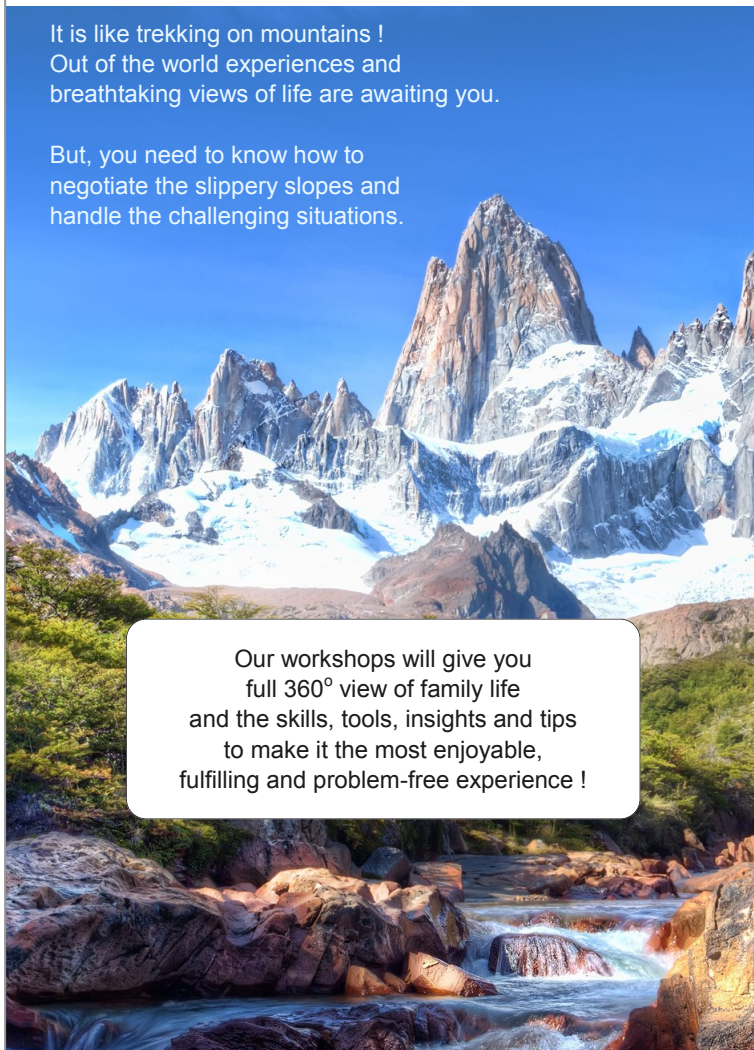
so that you can also help your friends and relatives with any problems in their family lives.

A non-profit social enterprise initiative
of Medha Jananam Foundation.
Please visit our website for more details:
www.grihastha.org

www.grihastha.org

Grihastha Institute of Family Management

Welcome to married life.
A life of romance, children, experiences and fulfillment.



Three workshops

We offer three great workshops
"Basics of Marriage',
'Multiple emotions under one roof'
and 'The dance of genders'

that give you a comprehensive 360° view of family life
and deep insights and tips on
several aspects of family management.

Completing all the three workshops will qualify you for the
Family Management Level 1 Certification.

Workshop schedules

Each of three workshop is of 20 hours duration.
Number of seats in each workshop is limited to 25
to allow meaningful interactive discussions.

Workshops are offered twice every week.
You can choose from one of the following
two schedules as per your convenience:

Schedule 1:	Monday	5:30pm to 9:30pm
	Thursday	9:00am to 5:00pm
	Saturday	9:00am to 5:00pm
Schedule 2:	Tuesday	5:30pm to 9:30pm
	Friday	9:00am to 5:00pm
	Sunday	9:00am to 5:00pm

Free intro sessions

Private sessions

We offer private sessions to employees of companies and to members of private clubs, groups and community associations. Please contact us at introsessions@grihastha.org.

Public sessions

We offer public sessions that are open to everyone.
You can register for them on our web site.

For more details and to register
for a workshop or to an introductory session
please visit our website:

www.grihastha.org

Family management for everyone

For the unmarried, who are thinking about marriage:

Getting into marriage is exciting as well as complicated. It is a life time commitment. You need to give up your individuality and become a part of a new unit called family. Our workshops give you a full 360° view of life ahead and prepare you for it. You will learn about personality types and which type of personality will suit you the best, so that you can make a better choice in selecting your future life partner.

For the married, who are having a normal family life:

Our workshops will give you the 360° view of family life, so that you can understand multiple aspects and multiple issues of family life, that you might have not thought of. Our workshops bring your attention to the full spectrum of physical and emotional needs and attitudes of your family members, which you might not be aware. The workshops will help you foresee the challenges that might come up in the course of time. They will teach you the parameters that can be used to measure objectively how well your family is doing.

For the married, who are having issues in family life:

You are not alone. Things can go wrong for many reasons and they do. Our workshops will give you a broad 360° view of family life and a wide variety of issues that normally arise in the course of time. Our workshops will give you the skills and tools to objectively assess your own situation and arrive at a practical, logical and non-emotional solution, that is best for your situation.

We cover seven important aspects of family life

1. **Spouse**: Marriage brings a new person into close quarters of your life, not only physically but also emotionally. Sharing the emotional space is fun, but also challenging. There is so much a wife and husband can give each other in life, that many people are not even aware of. Our workshops give you a thorough understanding of the sensibilities and sensitivities of the opposite gender and brings your attention to the numerous pleasures inherently available in married life, that you can claim.

2. **In-law's**: Marriage not only brings one new person, but also many others into one's life - the family and friends of the spouse. If you are capable of integrating them into your life, it will be enriched. If not, you will spend many resentful years with the in-laws and friends of your beloved. Our training helps you understand and manage diverse personalities from both sides of the family. Your children draw emotional strength and richness from both sides of the family, which forms their lineage.

3. **Children**: You have the choice of exercising your freedom and utilizing your wisdom in choosing your spouse. But, when it comes to the children, you have no choice but to accept them as they are. There is no guarantee that their personality will be like yours. Yet, you have to manage them, guide them and support them. You should be able to understand the uniqueness of their personality to become an effective parent. Their formative years are completely in your hand. Their physical and emotional health depends, to a great degree, on how you raise them. If you are interested in their well being and prosperity, you should educate yourself about the many aspects of raising children. Our workshops will give you deep and broad understanding of the many aspects of raising children to become their best.

4. **Home Basics**: Family Management includes the management of the house, nutrition, finances, etc. Not everyone is good with everything, but everyone needs a basic understanding of these critical aspects, and the skill to share the responsibilities with other family members in a reasonable manner. Our training helps you with the basics in these specific areas, so that you can have a stable financial environment, healthy nutrition and enjoyable house environment.

5. **Social Backdrop**: Family operates against the backdrop of social environment and is subjected to its influences, both good and bad. Fads, enticements and peer pressure are real. Our training helps you with the skill to let the right influences come in and keep out the wrong influences from your family.

6. **Rituals, Functions and Festivals**: You can't think of family without rituals, functions and festivals. Though there is no inherent meaning in them, they play a vital role in bringing people together. Children always like rituals, functions and festivals. Adults vary in their opinions about them. Our training gives the tips and techniques to create a positive and fun atmosphere in every ritual, function and festival, so that it is enjoyed by every one and it brings all of them together.

7. **Balancing**: Family life is only one of the many aspects of life. All of us have other lives as well, such as professional life, social life and spiritual life. If not balanced well, the diverging responsibilities of each of these lives can overwhelm you and tear you apart. Our training helps you understand the all of these aspects, their relative importance and how to balance them all, so that you keep a pleasant disposition and have a stress free mind all the times, even under the most challenging situations.