Workshops Outline

Workshop 101:

Basics of Marriage

This workshop gives a systematic introduction to the 360° view of family life covering seven different areas of family management. It describes the dynamics of family life that unfolds over multiple decades. It introduces you to the four level (physical, psychological, social and spiritual) relationship that develops over time between wife and husband. It introduces you to the many invisible rules, expectations, challenges and opportunities that are part of family life. It describes the various steps and dynamics involved in transforming yourself from being a single and independent individual into a responsible, effective, loving, sharing and caring family person.

Workshop 102:

Multiple emotions under one roof

Family puts people in the closest possible physical and emotional proximity to each other, allowing them to develop strong bonds among themselves. But, it would also be challenging for people of different personalities to live congenially under one roof without getting into miscommunication, friction and even fights.

This workshop gives you the insights and tools you need to understand, appreciate and show your love and support to people of different temperaments and diverse personalities and create a congenial atmosphere in your family.

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 family members such as spouse, children, parents and in-laws.

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 up to the many sweet spots that are not apparent, but lie at the intersection of these distinct and different sensitivities and sensibilities.

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 that relationship with care. An elegant dance between the couple in performing simple day-to-day activities is the best backdrop for the children to grow emotionally healthy.

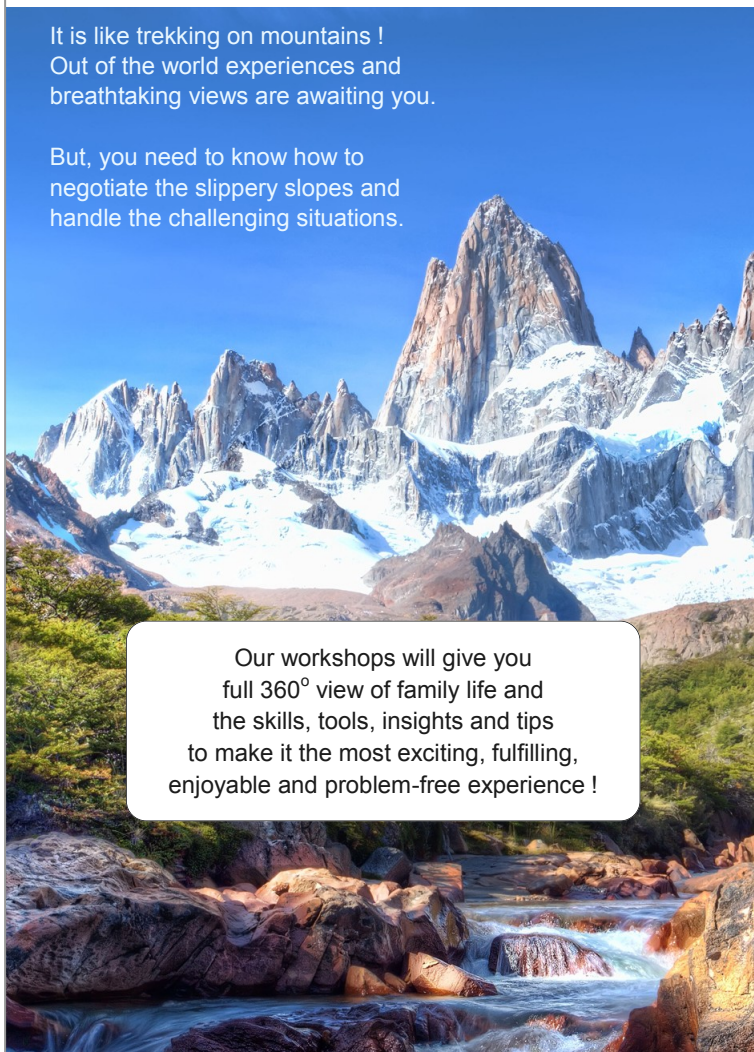
Please read the testimonials on our website from the people who have taken these workshops earlier.
You can contact them personally and get more information by sending an email to them from our website.

www.grihastha.org

A non-profit social enterprise
of Medha Jananam Foundation

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'

to give you a comprehensive 360° view of family life
and deep insights, tools, techniques 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 the 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	4 Hrs. 5:30pm - 9:30pm
	Thursday	8 Hrs. 9:00am - 5:00pm
	Saturday	8 Hrs. 9:00am - 5:00pm
Schedule 2:	Tuesday	4 Hrs. 5:30pm - 9:30pm
	Friday	8 Hrs. 9:00am - 5:00pm
	Sunday	8 Hrs. 9:00am - 5:00pm

Free intro sessions

Private sessions

We offer private intro sessions to employees of companies and to members of private clubs, groups and community associations.
Please write to us at introsessions@grihastha.org
if you like to arrange for a private session.

Public sessions

We offer public intro sessions, open to every one
every Wednesday 6:30pm - 8:00pm
You can register for them on our web site.

For more details and to register
for a workshop or for 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. Our training will help you with the steps and challenges involved in giving up part of your independence to become a part of a new unit called family. Our workshops give you a good understanding of the various stages of family life that lie ahead of you. You will learn about personality types and which type of personality would suit you the most, 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 broaden your perspective about marriage, by discussing multiple angles of family life that you might not have thought of. Our workshops bring your attention to the full spectrum of physical and emotional needs and attitudes of your family members that you may not be aware of. The workshops will help you foresee the challenges that might come up in the course of time. You will learn about the parameters that can be used to objectively measure the well being of your family from multiple perspectives.

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

You are not alone in experiencing issues in family life. Things can go wrong for many reasons and they often do. Our workshops give you a broad 360° view of family life and discuss a wide variety of issues in family life and give you the skills and tools required to objectively assess your own situation and arrive at a practical, logical and non-emotional course of action.

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. Even then, many a time, people are not ready, prepared and matured to share that space in a respectful, positive and enjoyable manner. Our workshops give you the essential concepts, steps and dynamics involved in developing a wonderful, romantic, enjoyable and fulfilling relationship with your spouse, in all its glory.

2. **In-law's**: Marriage brings not just one, but many new people into your life such as the family, the relatives and the friends of your spouse. If you can integrate them into your life in a positive manner, you will find your circles doubling instantaneously after marriage. If not, you would be set for many sour interactions for the rest of your life. Both sides of the family are important for your children because they form their lineage. Even minor friction between the two sides of the family leave bitter and pessimistic taste in them about human relationships. Our training gives you the skills and techniques to integrate diverse personalities from both sides of the family in a smooth and effective manner, which is essential for good family life.

3. **Children**: You may be able to exercise your freedom and utilize your wisdom in choosing your spouse, but you cannot do that in the case of your 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. Their formative years are completely in your hand. Our workshops will educate you about the many aspects of raising children, such as recognizing and supporting their unique personality and ensuring their physical and emotional growth through almost two decades of their formative years.

4. **Home Basics**: Family Management includes the management of the house, nutrition and finances. Not everyone may be good at everything, but everyone needs a basic understanding of these critical aspects of running a family. The skill to share the responsibilities in these areas with other family members in a reasonable manner is critical. Our training helps you with the basics in these specific areas, so that you can ensure that your family maintains a clean and orderly house environment, healthy and balanced nutritional habits, resilient and stable finances.

5. **Social Backdrop**: Family doesn't operate in vacuum. It is subject to the influences of social environment, both good and bad. Fads, enticements and peer pressure are real. Our training gives you the tips and insights in to letting the right influences in and keeping the wrong influences out. You will learn about maintaining the integrity and strength of the family against the changing and turbulent social environment.

6. **Rituals, Functions and Festivals**: Rituals, functions and festivals are integral part of life. Though there seems to be no inherent meaning in them, they play a vital role in bringing people together. Children always like rituals, functions and festivals, while adults vary in their opinions about them. Our training helps you understand the broad perspective of rituals, functions and festivals and gives you the insights, tips and techniques to make them enjoyable for everyone.

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 make life stressful. Our training gives you the insights, skills, techniques and tips to manage all of them in a balanced manner, so that you keep a pleasant disposition and stress free mind at all times.