First of its kind.

Our institute, perhaps, is
the first of its kind in the world
with exclusive focus on helping families
become happier, stronger and stable,
through a variety of programs:

Mini Sessions.
In-depth workshops.
Counseling services.
Research activities.
And more.

Singe or Married ?

It is never too early or too late to get a
comprehensive view of family life,
if you are entering into one or already in one.

You will love the kind of insights you get
from our mini sessions and in-depth workshops.

Trust that there is more to family life
than what you already know.
And we will prove that you are right.

We come to you.

Ours is a virtual and global institute.
We come wherever you are.
We try to make our services and workshops
available in as many places as possible.

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

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Grihastha Institute of Family Management

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



In-depth workshops

We should never think we know enough.
Life has many hidden treasures
and surprises in store.

They are just a few brain cells away.
You just have to connect them together.

Our in-depth workshops
stimulate your brain, ignite your intellect,
widen your heart, deepen your thinking
and connect those brain cells.

Free mini sessions

The mini sessions give you a taste of the many surprises that family life has in store for you.

The workshops will give you a tour of
of the open vistas and possibilities waiting for you.

Private mini sessions

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

Public mini sessions

We offer public intro sessions at various locations.
You can register for them on our web site.

Mini Session Series

(2 - 3 hours each)

1. Balancing family and work life
2. Balancing family and social work
3. Balancing family and spirituality
4. Seven areas of family management
5. Four layers of spousal relationship
6. The cycle of married life and all its phases

Family Foundation Workshop Series

(16 - 20 hours each)

1. Master key to reading people
2. Magic of interacting with the opposite sex
3. Marching from independence to inter-dependence

Seven Areas of Family Management Workshop Series

(8 - 16 hours each)

1. The journey of life, together with each other
2. Growth phases of children 0 - 5 - 10 - 15 - 20
3. Doubling your strength through in-laws
4. Filtering the social influences
5. Making most of the rituals for a happy family life
6. Finance, rhythm, cleanliness and nutrition
7. Balancing family, professional, social and spiritual goals

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

www.grihastha.org

Note: The offerings will be revised periodically. Please always check our website for the latest available offerings.