

Grihastha Institute of Family Management

A Social Enterprise of Medha Jananam Foundation

www.grihastha.org

Secrets of Happy Families

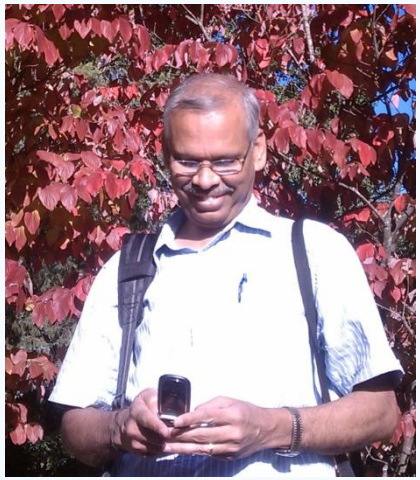
Krishna Sharma

August 17, 2013

For NSF @ Duke.

Krishna Sharma - krishna@grihastha.org

About Me



- Name: Krishna Sharma
- From: Village of Kavur, Guntur Dt. A.P. India.
- In USA since: 1989
- Profession: Software architect

About Me: The other side

- Social scientist by nature

  Interested in the study of all facets of humanity

  - Personal: Happiness and success
  - Familial: Love and Harmony
  - Organizational: Efficiencies and Ethics
  - Social: Diversity, Equality, Education, Environment, Sustainability
  - Spiritual: Meaning of life and universe

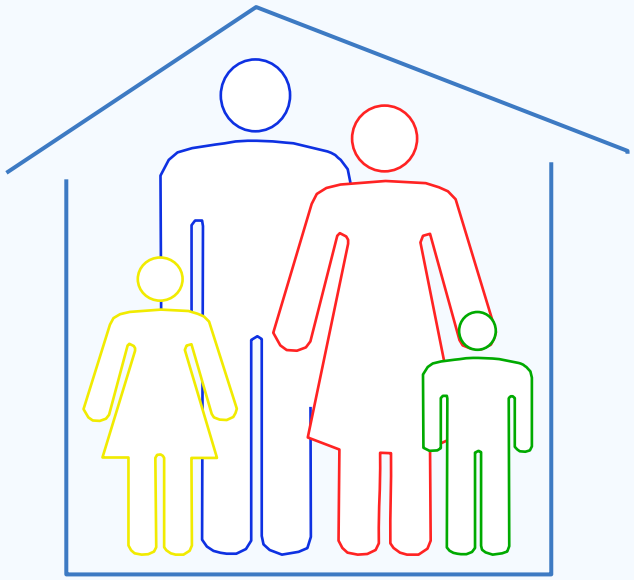
- Social entrepreneur by necessity

  Started: Medha Jananam Foundation, 2009

- Current
  - Foaum.org
  - ReadRamayana.org
    - PAMTREE
  - **Grihastha.org**
- Upcoming
  - SamskrutiSchools.org
  - Human4ce.org
  - HinduSpeakers.org
  - AuthenticImages.org

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About Grihastha



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 education, preparation and counseling.

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How is your family life ?

5. Super Good

4. Happy

3. Average

2. Not bad

1. So, so

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Guess Work

If you don't know your body type

Your health is a guess work

(Vaata, Pitta, Kapha)

If you don't know your mind type

Your personality is a guess work

Your spouse's personality is a guess work

Your children's personality is a guess work

(Green, Yellow, Red, Blue)

If you are not conversant with the nuances of 'Seven Areas of Family Life'

Your family life is a guess work

Too important to leave as guess work. Take control
before the bliss of marital and familial life slips through your fingers !
before your prime years and your opportunity to guide your children passes away !

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Education

- 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 ?

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Education

- 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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60 minutes

- 60 Hours in 60 minutes !

- Workshop 101: **Master key to reading people**
- Workshop 102: **Magic of interacting with the opposite sex**
- Workshop 103: **Marching from independence to inter-dependence**

- Each 20 hours (2.5 days)

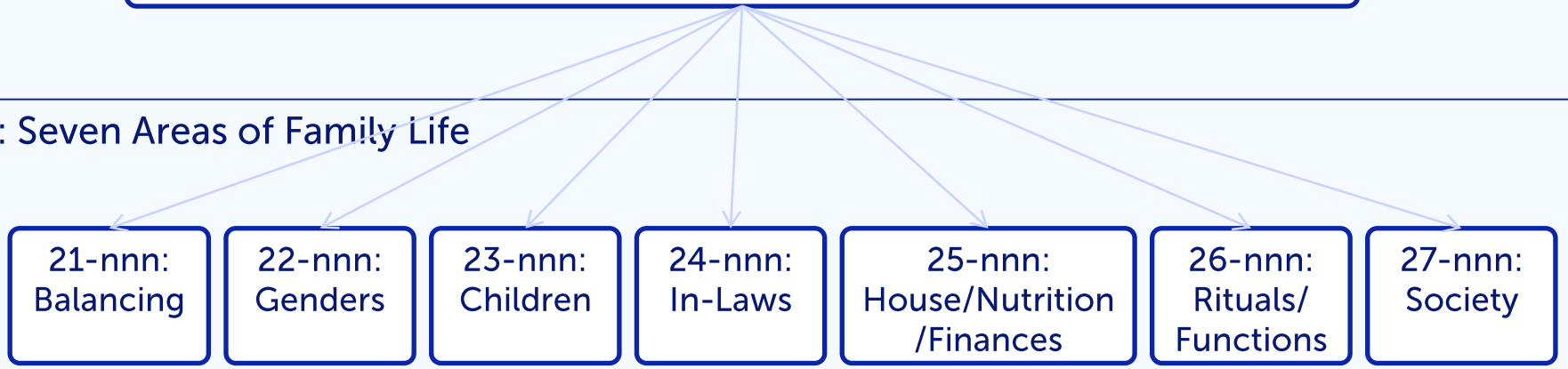
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Grihastha Curriculum Overview

Basics: Secrets of Happy Families



Core: Seven Areas of Family Life



Big picture: For counselors and Instructors



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Mind Type

Cynical
Profound
Explain
Deep
Study
Abstract
Poetry
Research
Insightful
Teach
Wisdom
Analyze
Universe
Expertise
Scientific
Concepts

Arrange
Money
Clean
Synthesis
Procure
Accumulate
Optimize
Solutions
Meditation
Resources
Product
Innovate
Asset
Invent
Bargain
Things

Responsibility
Decoration
Rituals
Schedule
Manage
Plan
Rules
Control
Delegate
Protect
Revenge
Security
Duty
Tasks
Justice
Lead
Politics
Safety
Power
Law
Protest
Extended Family

Poetry
Shopping
Sports
Friendship
Happiness
Dance
Love
Festivals
Skills
Complaining
Comfort
Simplicity
Care
Art
Home
Singing
Help
Serve

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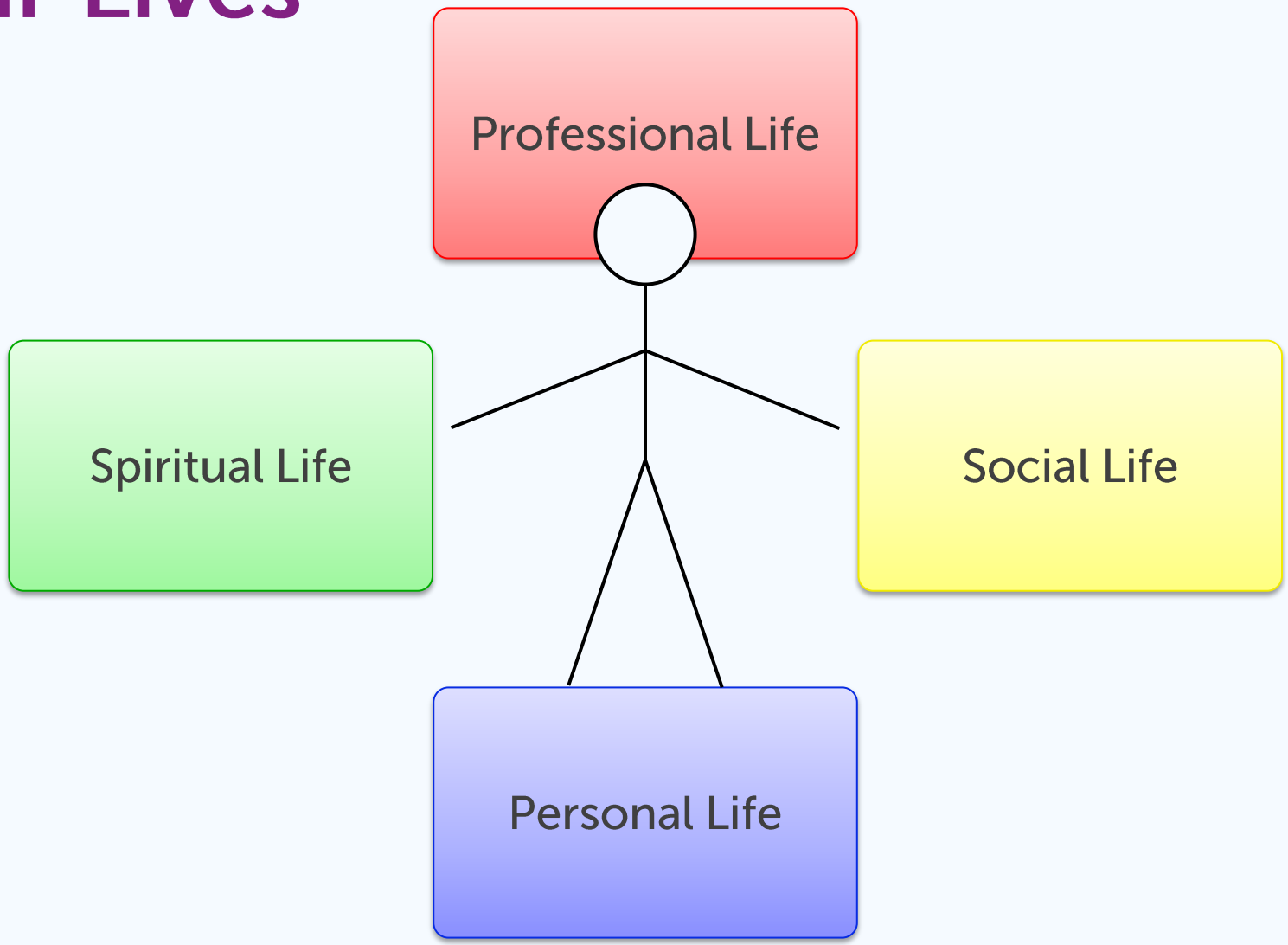
If you know the Mind Type

- Knowing mind type is
  - As easy and as difficult as figuring out the difference between a bowler and batsman

- If you know your child's mind type, you will know
  - How much disciplining is good for him / her?
  - What inputs he / she can absorb and what not ?
  - What extra-curricular activities will benefit him and how ?
  - What profession will he/she excel in future ?
  - What kind of emotional support does he or she need ?
  - Whether he / she approve your behavior ?
  - Etc.
- If you know your own mind type, you will know
  - …
  - …
- If you know your spouse's mind type, you will know
  - …
  - …

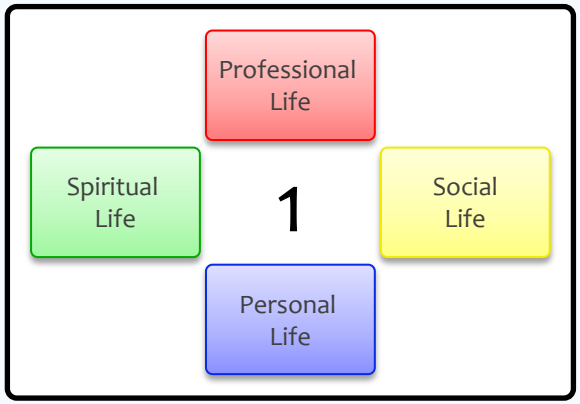
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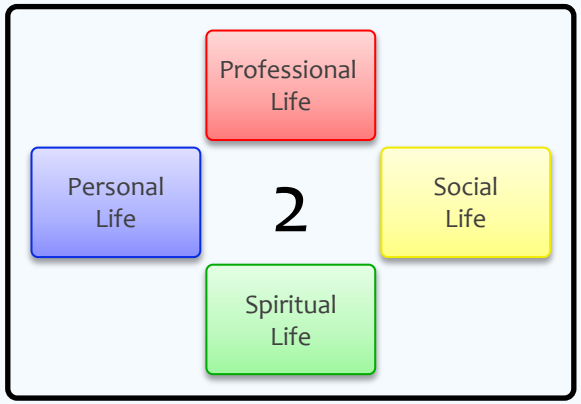
Four Lives

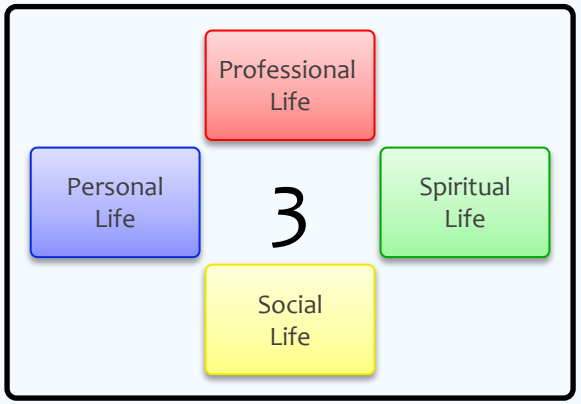


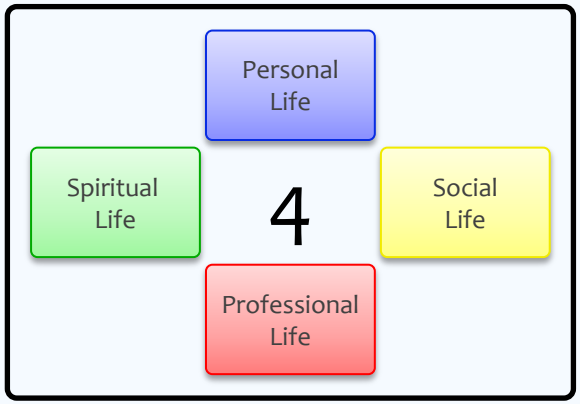
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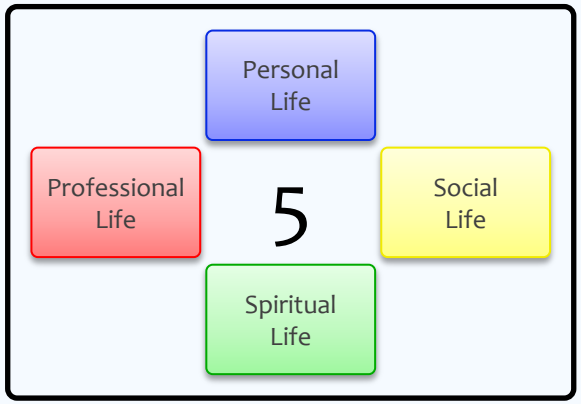
What is your configuration ?

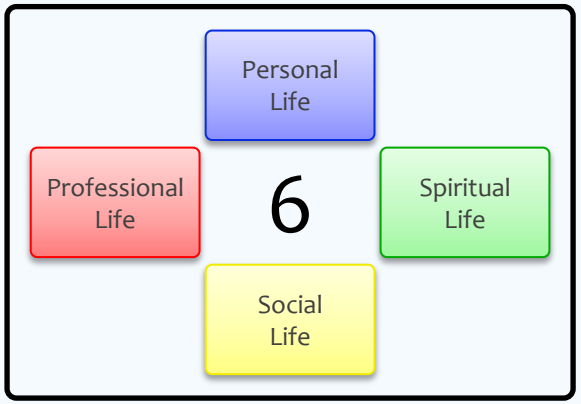






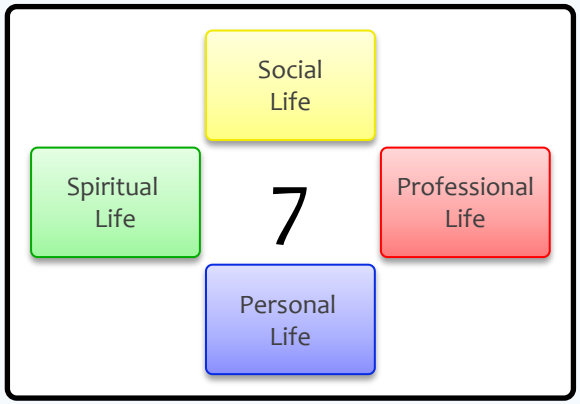


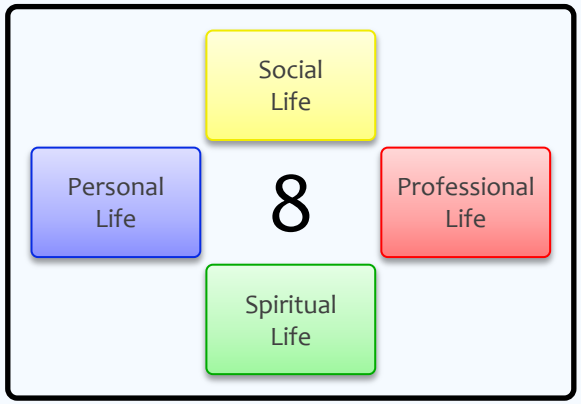


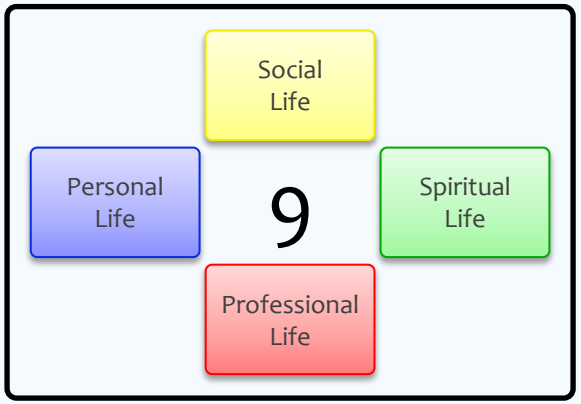


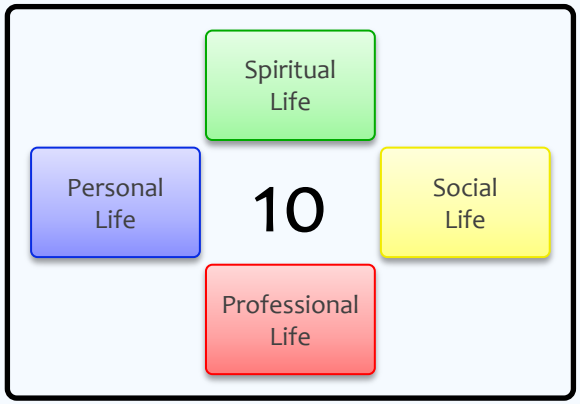
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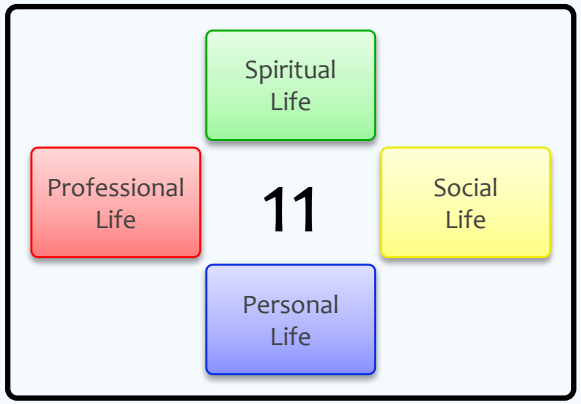
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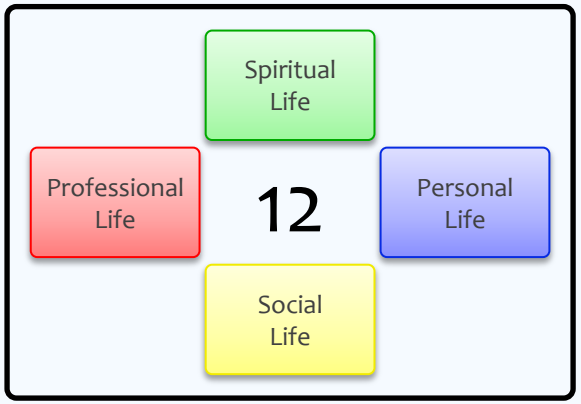












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If you know the configuration

- You will stop the wishful thinking
- You will stop the guess work
- You will learn to live to your core
- You will learn to accept the people as they are

- Frustration turns into fascination
- ...

Tamsoma Jyotirgamaya !

- Stop guess work !
- Start learning !

- Plan on attending the workshops !
- Spread the information around !

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Thank You!



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