Workshops Outline

Workshop 101:

Basics of Marriage

This workshops 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 is taught several times since 2009 to various young and old people in India and USA and they found it extremely 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 workshops 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 a social enterprise initiative
started by Medha Jananam Foundation.
It 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 raise.

Do everything possible
to make sure yours will not be one of them
and is actually better than an average family!

The number of unhappy families are on the raise in the recent times. The number of marriages that are failing in the first couple of years is on the raise. Marriages, in which everything seems to be going normal, are suddenly finding themselves in trouble, as simple problems are ballooning into bigger ones even before they are noticed. When children are involved, the consequences are even worse. Our institute is dedicated to providing training and education to prevent problems from arising in the first place.

Even in families, where everything seems to be going well, there may be issues underneath the surface, that are not apparent. Taking the wife or husband or children for granted or ignoring their needs, for example, is a hidden problem in many families. The results show up slowly and it may be too late to solve them.

The unfortunate fact is that most people ignore the needs of other family members, not because they want to, but because they don't have a good picture of what they the needs are. A husband may be thinking he is giving 'everything' the wife needs. But the wife's may be feeling that she is not getting even half of what she needs. And those needs may be physical or emotional. And could actually be very simple to satisfy. But, unless the husband is aware, the husband cannot address them. Our workshops give the tools to understand what everyone in your family needs, based on their personality type, based on their age and gender, which they may not be ale to express by themselves.

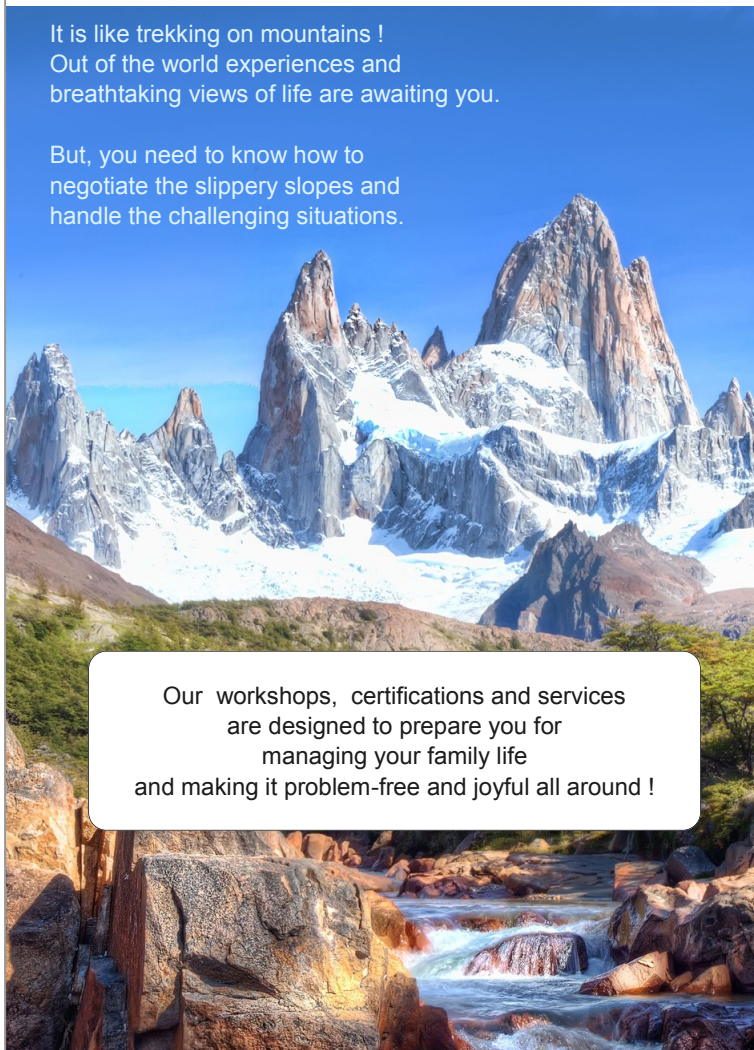
Our training and workshops give a comprehensive 360° view of the family life and a detailed description of various aspects of family life. When you have a prior and comprehensive knowledge of what is going to come, you are better prepared to deal with it and make sure it turns out better and sweeter.

Plus, when you are equipped with good information, you may be able to help your friends and relatives with any problems they are facing in their family lives.

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
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.

Please visit our website for a
full list of workshops and certifications.

Workshop schedules

Each of three workshop is of 20 hours duration.
Maximum attendees in each workshop: 25.

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

We offer 1 1/2 hour free introductory sessions periodically.

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.

We also 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 off life ahead of you and prepare you for it. You will be introduced to various personality types, how to detect them and which type of personality will suit your personality 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 training will bring your attention to the 360° view of family life, so that you can make your family life even better in every aspect that you might have not thought of and be ready to solve issues before they arise. For example, you may be giving everything you *can think of* to your children, but you may not know everything *they need*. Our workshops bring your attention to the full set of their physical and emotional needs, so that you do not miss on any of them.

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

You are not alone. Things can go wrong for many reasons and they do. We will give you a broad, 360° view of marriage and family life and a wide variety problems that normally arise and how to solve them. Our workshops will give you the skills and tools for you to objectively assess your own situation and come to a practical and logical solution to your issues, without getting into emotions.

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.