

MEDHA JANANAM

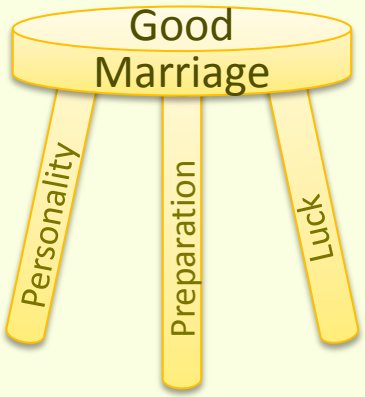
INSTITUTE OF FAMILY MANAGEMENT

WWW.GRIHASTHA.ORG

May your marriage last forever
with full of romance
and memorable experiences !

Family is the soil in which the next generation grows !

IFM prepares you for a good marriage



There are three ingredients to a good marriage.
Even if one of them is weak, marriage will be affected.

Personality

The more stable, stronger, kinder, Patient and positive you are, the better your marriage will be.

Good personality is necessary for marriage, but not sufficient. You need two more ingredients.

Luck

There are many things in life that are beyond your control.
A good marriage is a result of many things going right for you.

You cannot do anything about your luck, except to hope for it.

Preparation

The terrain of marriage is like the terrain of mountains – enticing, beautiful, enigmatic, rewarding, treacherous, challenging, and full of surprises.
The more you know about this terrain and the more you are prepared to negotiate it, the better your marriage will be.

You must take time to prepare yourself. Even luck favors the most prepared.

Institute of Family Management can help you with the preparation in seven different aspects, through multiple programs.

IFM prepares you in Seven Aspects of Family Management

1. Spouse

Spouse is a person that comes to the closest possible proximity in your life, both physically and emotionally.
IFM prepares you with a good understanding of what all it means.

2. In-laws

Your spouse will be happy and your marriage will be good, if you can embrace all his or her people into your life, along with him or her.
IFM prepares you with the knowledge of nurturing, maintaining and enjoying these relationships.

3. Children

You can choose your spouse, according to your criteria.
But you cannot choose your children. They come with their own personality and to fulfill their own destiny.
IFM prepares you with good understanding of a variety of factors in raising children.

4. Social backdrop

Peer pressure is real.
Enticements and distractions are real.
There are many social factors that influence you and your family members.
IFM prepares you with tips and techniques to let the right things in and keep the wrong things out.

5. Rituals and Functions

They are the spice of life.
But not everyone has same attitude towards rituals and functions.
Some like them and some do not.
IFM prepares you with the insights about these attitudes and the tips and techniques to manage with your family members with diverse attitudes.

6. Basics

Managing the finances, managing good nutrition, keeping the house clean, knowing the legal aspects of family relationships, and many other basics matter in the family life.
IFM prepares you with the essential understanding of all these basics.

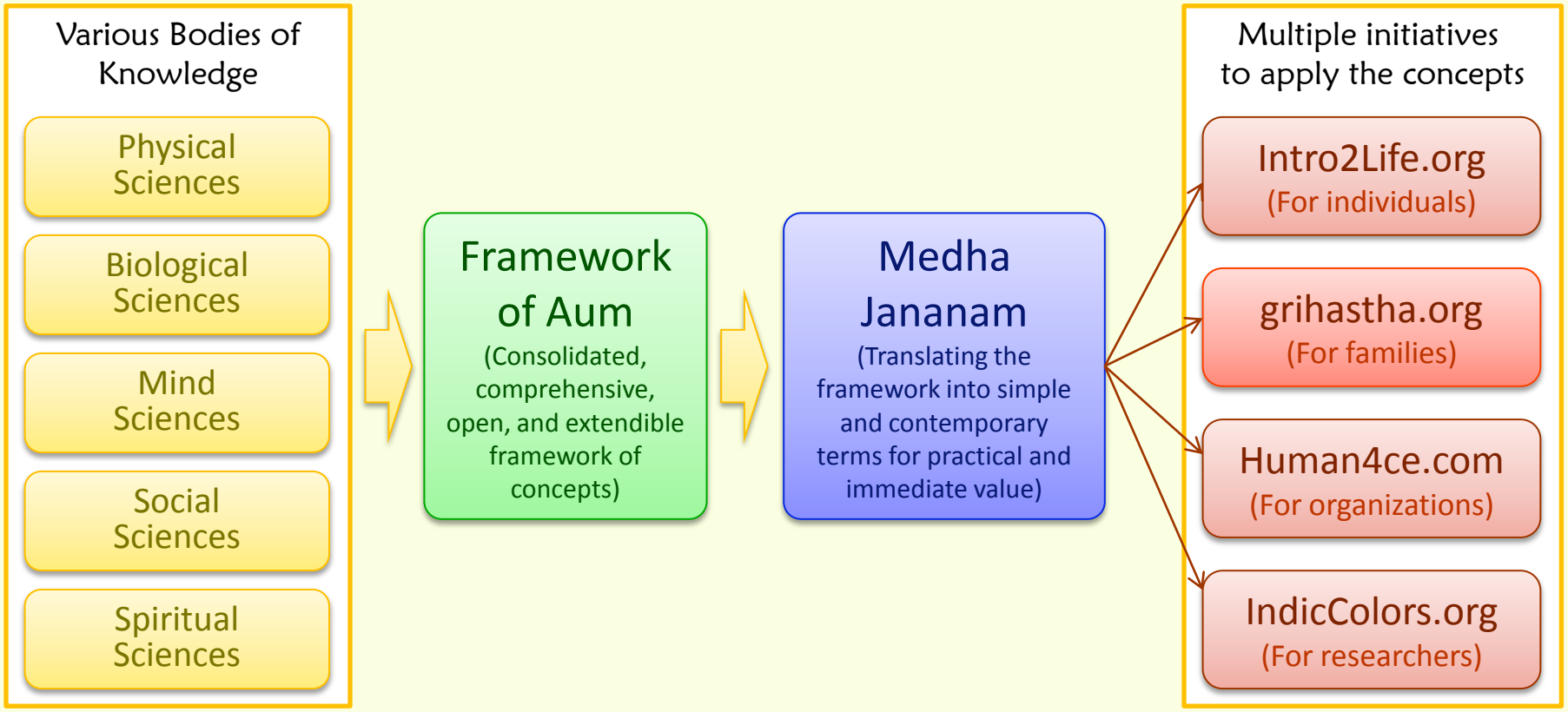
7. Balance

You will have other lives, besides family life, such as a social life, professional life and spiritual life.
IFM prepares you with the insights and techniques needed to balance all of them together.

Programs offered by the Institute

	Program	Duration	Audience
1	Family Management Certification	Core Level: 60 hours. Extended Level: 120 hours. Advanced Level: 300 hours.	**Primary** People who are about to get married or recently married. **Secondary** Any one interested in learning about family management.
2	Exchange Student Program	Half Semester Full Semester	For students of national and international institutions specializing in the areas of social work, social studies, family law and the like.
3	Counselor Certification	Full Semester	Social workers Family counselors
4	Instructor Certification	One year	Anyone interested in becoming a licensed instructor of Family Management
5	Research Program	Doctoral and post doctoral	See Prospectus for details.

Background


Various Bodies of Knowledge
Physical Sciences
Biological Sciences
Mind Sciences
Social Sciences
Spiritual Sciences
Framework of Aum
(Consolidated, comprehensive, open, and extendible framework of concepts)
Medha Jananam
(Translating the framework into simple and contemporary terms for practical and immediate value)
Multiple initiatives to apply the concepts
Intro2Life.org
(For individuals)
grihastha.org
(For families)
Human4ce.com
(For organizations)
IndicColors.org
(For researchers)