

GRIHASTHA
INSTITUTE OF FAMILY MANAGEMENT

WWW.GRIHASTHA.ORG

Workshops,
Certifications & Programs

NOTE:

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http://www.grihastha.org/docs/prospectus.pdf

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Programs and Certifications

For Individuals

The institute offers three levels of certifications, for the 'yet to be married' and 'recently married' individuals. Each certification is awarded after completion of certain workshops as outlined below:

Certification	Requirements
Family Management Level 1 Certification:	Must be of age 24 or above and must have completed the following three workshops, which give a total of 60 hours of education and training: 1. Workshop 101: Master key to reading people 2. Workshop 102: Magic of interacting with the opposite sex 3. Workshop 103: Marching from independence to inter-dependence
Family Management Level 2 Certification:	Must have obtained Family Management Level 1 Certification. Must complete a choice of in-depth workshops worth 40 hours in one or more of the seven areas of family management. The in-depth workshops will be offered starting 2014. Details will be published in due course.
Family Management Level 3 Certification:	Must have obtained Family Management Level 2 Certification. Must complete a choice of in-depth workshops worth 40 hours in one or more of the seven areas of family management. The in-depth workshops will be offered starting 2014. Details will be published in due course.

For Professionals

The institute offers two types of certifications, for professionals helping or working with families:

These certifications will be available in 2014. Details will be published in due course.

Certification	Requirements
Counselor Certification (for family counselors, social workers, family law practitioners)	The following requirements needs to be fulfilled: 1. Family Management Level 3 Certification 2. 80 hours of counselor specific education
Instructor Certification (for becoming licensed instructors of the Grihastha Institute of Family Management)	The following requirements needs to be fulfilled: 1. Family Management Level 3 Certification 2. 120 hours of instructor specific education

FOR STUDENTS

The institute offers three levels of certifications, for the 'yet to be married' and 'recently married' individuals. Each certification is awarded after completion of certain workshops as outlined below:

Programs	Description
Exchange Students program	• The institute offers exchange student programs of half-semester and full-semester duration for full times students of educational institutions in India and abroad, specializing in sociology, social work, family law and related subjects. • This program will be offered starting 2015. Details will be published in due course.
Doctoral and Post-doctoral research program	• The institute offers doctoral and post-doctoral research programs in many areas related to family management. • This program will be offered starting 2016. Details will be published in due course.

'Secrets of Happy Families' workshop series.

Three workshops

'Secrets of Happy Families' is a series of three workshops:

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

Participants and duration

- Following are the details of the workshops regarding participation, duration and certification.
- Workshops are designed for people of ages 25 and above, including the 'yet to marry' and 'recently married' people.
- Couples as well as individuals can attend.
- Workshops are designed to be highly interactive, and the maximum number of participants in each workshop is limited to 25.
- Workshops are of 20 hour duration, distributed over three days as follows:
- First day: 5:30pm to 9:30pm, second and third days: 9:00am to 5:00pm.
- Workshops are offered on weekends as well as weekdays and also on alternate days of the week in a variety of combinations. Check http://www.grihastha.org/?p=schedule for scheduled workshops.
- The workshops are structured such that they build on each other. Participants are required to start with Workshop 101.
- Day 1 of the workshop is only 4 hours and is conducted in the evening hours. Day 1 gives the opportunity for the participant, the instructor or the institute to assess the readiness and eligibility of the participant for the workshop. If any one of them determines, at their own discretion, that the participant is not ready and eligible, the participant cannot continue with the workshop.
- Participants who complete all the three workshops will be awarded Family Management Level 1 certification.

Premium Content

The workshops use premium content of our parent organization, Medha Jananam, which has been tried, tested and acclaimed since 2009, in India and USA.

Please see the testimonials by the participants of the previous workshops (conducted by our parent organization, Medha Jananam) at: www.grihastha.org/?p=testimonials.

WORKSHOP DETAILS

WORKSHOP 101: MASTER KEY TO READING PEOPLE

By the age of 20, most people start believing that they can 'read' people well. But in reality, it is only in late 30's and 40's that an average person develops average ability to 'read' people. But the problem is that people have to make the most important decisions of their lives, during this period between ages 20 and 40, with that limited understanding. These decisions include choosing a life partner, developing a relationship with wife or husband, raising children and such. Decisions made with that inadequate understanding are the primary reason for troubles and failures in many marriages. Children are major victims of a troubled or failed marriage, more than the couple themselves.

The objective of this workshop is to elevate your ability to 'read' people The enhanced ability to read people will help you in many ways, as outlined below. In this workshop you will learn a very unique and simple concept called 'Indic Colors' that demystifies people for you, more than you would have every expected.

1. The concept helps you understand your own core qualities, characteristics that would endure over your life time and differentiate them from the qualities and characteristics that come to you because of extraneous factors like environmental influences, age and others.
2. The concept helps you in choosing a life partner, if you are not yet married. It will enhance your skills of interpreting the signals from the other person more accurately, so that you can avoid getting into a relationship that is founded on vagueness and wishful thinking.
3. The concept helps you develop a deep, lasting and meaningful relationship with your spouse. From simple decisions like decorating house to purchasing furniture to arranging parties to choosing a spiritual path, people are bound to have differences. This concept removes the vagueness and uncertainty in understand the sensitivities of your spouse, so that you can have heart to heart conversations to express your affection and love to each other and to support each other.
4. This concept helps you understand the unique strengths of your children, so that you can support them and guide them in the right direction, giving them the right support. This skill to recognize the uniqueness of the children doesn't come very easily to everyone. Normally, a parent would try to mould a child in alignment with his or her own personality or a personality of a heroic or successful person. In stead, with this concept, you can become the parent that the child exactly needs, rather the child becoming who you exactly want him or her to be.
5. This concept help you in integrating the in-laws into your family, so that your children derive strength from those relationships. You, your spouse and your children make an atomic family. If you don't integrate this atomic family with the larger extended family, the children feel emotionally suffocated and will become materialistic. That leads to disillusionment and even depression in later part of their lives. In order to help them develop emotionally well, you have to integrate more people into their lives. In order to do that, you have to develop the smartness to work with the members of the extended family, regardless of their specific personality. This workshop gives you the smartness to manage relationships with people of all personality types.
6. This concept also helps to manage relationships, not only with family members and extended family members, but also with neighbors, maids and others, etc. with whom the family interacts. Every time you take help from others, you have to deal with their specific personality. If you know how to do that, you will have positive, successful and happy relationships with them.

The concept of 'Indic Colors' that is unique and original to the parent organization of Grihastha, the Medha Jananam Foundation. It is one of the foundational concepts of the Foaum (the Framework of Aum). You can find a paper on this subject at: www.foaum.org/docs/IndicColors,theGeneticCodeOfHumanEnterprise.pdf .

WORKSHOP 102: MAGIC OF INTERACTING WITH THE OPPOSITE SEX

Nature made the genders complementary. Each gender is endowed with certain characteristics that the other gender does not have. As a result the genders get attracted. The feel fascinated with each other. But at the same time, working with each other and interacting with each other can make them frustrated with each other, because of the differences.

Each one of us is endowed with certain capabilities to work with the other gender. Those capabilities can be honed, enriched, enhanced and can be made sophisticated and attractive with the help of a systematic approach. This workshop uses a concept called 'Polarities', to enhance your abilities to understand the differences between the genders.

1. Some people are idealistic and adapt 'equality' as the guiding principle in their marriage. This approach seems to be the right and noble approach, on the surface but it misses the most important aspect of genders in Nature's design: Genders are complementary and not equal. Traditionally in India, they are compared with betel leaf and betel nut, to indicate this complementary nature. The concept of Polarities, explains you the many different aspect of this complementary nature, which enhances your appreciation and respect for the other gender.
2. Some men and even women start with the notion that somehow men are superior to women. This is unfortunate. The concept of 'Polarities' helps people get over this misconception and understand the each gender brings unique strengths and qualities to the equation, and are important in creating a happy family atmosphere. With the help of this concept, people can overcome ego-clashes and other simple problems that can plague marriages and family life for years.
3. This concept of 'Polarities' not only helps you in avoiding issues, but also in taking positive and d proactive steps in supporting your spouse to make their life better for your spouse and there by make the family life and ultimately your life, much better.
4. This concept of 'Polarities' helps you in expressing your love better. It enhances the meaning and experience of romantic life for you.
5. The relationship between the sexes is complex. It has four layers: Physical, psychological, social and spiritual. Even animals experience these four relationships, though in a primitive way. As humans we experience these relationships for longer periods and in an intense manner. However, not everyone realizes the four layers, not everyone has the vocabulary and the suaveness of expression to groom all the four relationships and enjoy them. In this workshop, you will get a deeper picture of these relationships. You will instantaneously understand that there is more to marriage, to enjoy and to cherish.
6. If you are a man, the better understanding of the differences between genders, not only helps you enrich your relationship with your wife, but also other women in the family such as mother, sisters, daughters, sisters-in-law and mother-in-law.
7. If you are a woman, the better understanding of the differences between genders, not only helps you enrich your relationship with your husband, but also with other men in the family such as father, brothers, sons, brothers-in-law and father-in-law.

The concept of 'Polarities' is unique and original to the parent organization of Grihastha, the Medha Jananam Foundation. It is one of the foundational concepts of the Framework of Aum. It is derived from many ancient (like Prakriti and Purusha) and modern sources of psychology and is one of the most comprehensive concepts on the subject of genders.

WORKSHOP 103: MARCHING FROM INDEPENDENCE TO INTER-DEPENDENCE

Age 20 - 40 is a critical period in anybody's life. A person becomes a fully developed social being during this period. A person also becomes fully established family person during this period. There are many things that happen in one's life during this period. This workshop gives a perspective of those challenges, so that a person is better equipped to do the right things during this time period. It is critical for not only one's own happiness, but also for the happiness of all members of the family including children.

This workshops gives a overview of the march from independence to inter-dependence. It prepares you for transitioning from a single person to a family person.

1. A full life cycle view of family life, from wedding to raising children to getting the children married
2. The phases of the emotional journey from puberty to grand-parenthood.
3. The cycle of your growth - from dependence to independence to interdependence.
4. What changes and what stays the same after marriage.
5. Freedoms that should be given up before marriage and freedoms that should be retained after marriage.
6. Maintaining your independence after marriage while respecting the independence of others.
7. Avoiding simple / trivial issues in the wedding planning that can precipitate into serious altercations.
8. The skill 'to ask' is your best friend before marriage. The skill 'to tell (express)' is your best friend after marriage. Learn the critical aspects of 'asking' the right things before marriage and 'telling' the right things after marriage
9. Pros and cons of inter-caste, inter-subculture and inter-religious marriages.
10. Patterns and life cycle of 'temporary' relationships – attractions and pitfalls.
11. Resolving the conflicts between your opinion and your spouse's opinion and the opinion of the elders.
12. Ideal vs. practical aspects of marriage and family life.
13. 'Give' and 'take' aspects of the marital relationship.