

ABOUT THE JOURNEY

We live in a world that is fast, demanding and constantly changing. Expectations are high, relationships are complex, and meaningful conversations are becoming rare. Many of us carry stress, unspoken conflicts, doubts, or simply a quiet longing to understand ourselves better and feel more alive, connected and grounded.

ISABS Human Process Labs offer you something precious: time with yourself, in the company of others who are also exploring... gently, courageously, deeply.

This is not a lecture. Nor is it therapy. It is an experiential journey — of real conversations, deep reflection, shared learning, new possibilities.

Why Does It Matter Today?

Whether you are a leader, professional, student, entrepreneur, homemaker or a thoughtful human being — these Labs help you:

- ✦ Pause from the busyness of life
- ✦ Connect with your thoughts, emotions and patterns
- ✦ Reflect on how you impact others and how they impact you
- ✦ Build inner clarity, confidence and emotional strength
- ✦ Experience authentic connection and trust in a safe space



Contact Persons

Event Queries:

Dr. Rashmi Saxena ·
+91-9453830265 · rc.east@isabs.org

Event Queries:

Mr. Khirod M Pattnaik ·
+91 9437030601 · rc.east@isabs.org

Enrolment & Payment:

Mr. Rajkumar ·
+91 98990 28033 · admin@isabs.org



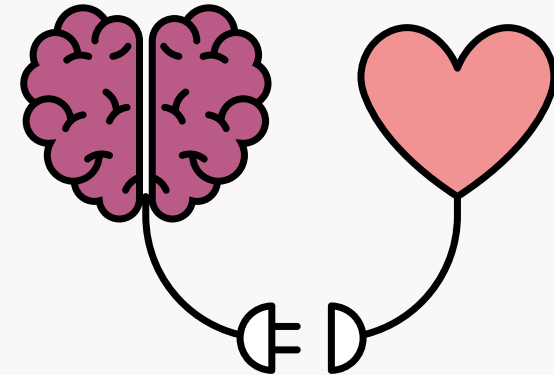
If there is a quiet voice inside you that is curious, longing, searching, or simply wanting to breathe more freely...

If you are ready to look within, connect deeply and grow gently...
We welcome you. Come.



PRESENTS

अनुभूति



A space to pause.
A space to breathe.
A space to grow.

 **August 16–21, 2026**

 **TPSIPRD, Raipur**

 **lms.isabs.org**



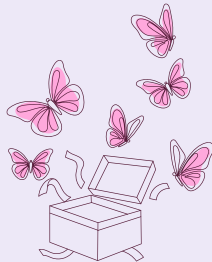
Is This Programme for Me?

Yes, if you:

- ✦ Are curious about yourself and your behaviour patterns
- ✦ Would like to understand relationships better
- ✦ Understand our impact on others and others impact on us
- ✦ Identify our patterns of behaviour
- ✦ Want to grow personally or professionally

What Will You Discover?

- ✦ Deeper self-awareness
- ✦ Emotional resilience
- ✦ Improved communication
- ✦ Courage to express oneself
- ✦ Meaningful relationships
- ✦ Clarity and confidence
- ✦ Empathy and sensitivity



"Participants often describe this as life-changing."



Who Attends?

- ✦ Corporate leaders & managers
- ✦ HR & L&D professionals
- ✦ Educators, counsellors & therapists
- ✦ Entrepreneurs
- ✦ Social sector & development professionals
- ✦ Students & young professionals
- ✦ Homemakers & all people committed to self-growth

METHODOLOGY AND ORGANIZATIONAL VALUE

T-Group / Human Process Lab

A T-group or Human Process Lab is typically a small group of 8 to 10 participants along with 2 experienced facilitators deeply committed to creating a safe and respectful learning space. They walk this journey with you — not as instructors, but as fellow human beings.

Our T-Group methodology helps participants pause, notice patterns, experiment with new ways of relating, and discover what truly supports meaningful connection, leadership and effectiveness.

In small, facilitated groups, participants experience "learning in the here and now" — gaining a deeper understanding of their emotions, behaviours, and impact on others. This builds personal clarity, emotional resilience, relational maturity, and healthier, more collaborative environments.

The learning happens through shared experience, reflection and dialogue.

ISABS is India's only organization offering formal accreditation in T-group facilitation, supported by professionally trained and highly experienced facilitators.



Post Lab Integration & Support

T-groups are deeply immersive. ISABS offers continued support to all participants post the event through post-event integration sessions, generally 30 to 45 days after the event closes.

Participation is voluntary and included in the programme fees. These sessions help you reflect, anchor insights and support your journey forward.

Support is also available to organizations who have nominated a group of people. Some sessions may be chargeable depending on scope of intervention.



WHY ORGANISATIONS SPONSOR THEIR PEOPLE?

Today's workplaces need more than technical skill — they need emotional maturity, resilience, trust, collaboration and the ability to navigate complexity.

Tangible Organizational Benefits

- ✦ **Stronger leadership presence** — Grounded, self-aware, decisive leaders
- ✦ **Higher emotional intelligence** — Empathy, thoughtful responses
- ✦ **Enhanced collaboration** — Healthier teamwork through better group awareness
- ✦ **Constructive conflict handling** — Conversations over avoidance or aggression
- ✦ **Greater accountability & initiative** — People take ownership
- ✦ **Healthier relationships** — Trust, psychological safety, reduced friction
- ✦ **Resilience under pressure** — Handles stress and ambiguity with ease
- ✦ **Positive culture shift** — Emotionally intelligent, people-centred ecosystems



Strategic Value

When individuals transform, organizations transform:

- ✦ Builds future-ready leaders
- ✦ Improves engagement & retention
- ✦ Strengthens HR, L&D and leadership pipelines
- ✦ Supports wellbeing and people culture
- ✦ Creates ripple effects — participants influence teams and systems

THE LAB OFFERINGS

Basic Lab on Human Processes (BLHP)

The Starting Point of Your Journey

The BLHP creates a safe, experiential space to understand how you relate to yourself and others. You get to notice how your behaviour impacts people, how others experience you, and what supports healthier and more effective ways of connecting, communicating and collaborating.

BLHP is for anyone curious about personal growth, emotional well-being, leadership, and relationships.



Event Details

Dates: August 16–21, 2026

Opening: 17th August 2026 at 8:30 am

Programme ends: 21st August 2026 at 4:30 pm

Venue: Thakur Pyarelal State Institute of Panchayat & Rural Development (TPSIPRD), Raipur

Check-in: 16th August 2026 any time after 2 pm

Check-out: 21st August 2026 at 8:00 am (before lab starts)

Travel: Self-arranged with buffer time recommended

Certificate: Full participation required for the entire duration to receive a completion certificate

Advanced Lab on Human Processes (ALHP)

Take Your Journey Deeper

The ALHP takes your journey deeper. It invites you to explore identity, inner conflicts, patterns, and the way you navigate differences, power, vulnerability and collaboration.

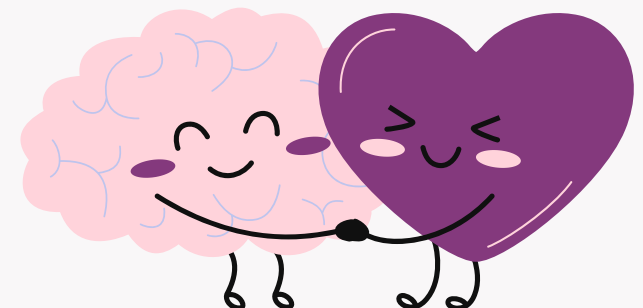
This Lab strengthens your capacity to hold complexity, work with diversity, and create emotionally safe yet courageous spaces in groups and organisations.

ALHP is open to those who have completed BLHP and want to deepen their learning and impact.

While sending nominations for ALHP, please share:

- ✦ Year of completion of BLHP, date and venue of event
- ✦ Name of Facilitator(s)

Note: ALHP is essential for those who intend to enter the ISABS Professional Development Programme.



INVESTMENT, REGISTRATION & CONTACT

Your Investment:
Into Yourself and/or Your People

Category / Occupancy	Basic Fee	Assoc. Mbr. *	GST @18%	Total Payable
FOR PROFIT CATEGORY				
Single Occupancy	₹43,000	₹250	₹7,785	₹51,035
Twin Sharing	₹33,000	₹250	₹5,985	₹39,235
NOT FOR PROFIT CATEGORY				
Single Occupancy	₹28,000	₹250	₹5,085	₹33,335
Twin Sharing	₹20,510	₹250	₹3,737	₹24,497

* Associate Membership Fee (mandatory): Enrols participant for one year from event start. If paid within a year before the event, contact accounts team for clarification.

- ◆ Your investment covers: accommodation, all meals, programme fee, reading material, post-lab integration session and support.
- ◆ NOT covered: Travel to/from venue, personal expenses (laundry, room service, additional food, etc.).
- ◆ Limited seats available in each category — blocked on first-come, first-served basis.

Special Offers & Cancellation Policy

Early Bird Discount: 10% off Basic Fee for fully paid registrations on or before 25th July 2026

Group Discount: 10% off Basic Fee for groups of 3 or more — fully paid on or before 30th July 2026

Cancellation Policy:

- 20% deduction: cancellations from 15th July 2026 up to 29th July 2026
- 50% deduction: cancellations from 30th July 2026 up to 9th August 2026
- 100% deduction: cancellations from 10th August 2026 onwards

Registration & Payment

Register online: lms.isabs.org

Also email a copy of the registration form to: rc.east@isabs.org and admin@isabs.org

Bank Transfer Details:

Account Name: Indian Society for Applied Behavioural Science

Account No: 10512228498

IFSC Code: SBIN0004114

Bank & Branch: State Bank of India, Hindu Colony, Dadar (E), Mumbai 400014

Financial Support

ISABS is committed to making learning accessible for all. Apply for financial support latest by 15th July 2026. Write to rc.east@isabs.org stating your reasons. We shall make efforts to support you to the best of our ability.

INFORMED CONSENT

A person who has experienced continuous mental stress or been under psychiatric treatment recently or has a history of mental disorders or has had a coronary/heart attack is advised not to nominate/be nominated at this point in time. It is implicit that each participant joins the lab with informed voluntary consent and takes responsibility for their own health and emotional wellbeing.

