



Barkha 2026 ~ An ISABS Event

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

Dates: Sept 28th to Oct 3rd, 2026

Venue: Dr. Modi's Resort Karjat

Offerings:

Basic Lab on Human Processes (The starting point of your journey)

Advanced Lab on Human Process (Takes your journey deeper)

Registration Link: <https://lms.isabs.org/>

Curious to know more? – Continue to Read for details 😊 Or connect with

Contact Persons: Gauri Nigudkar - Call: +91-9987026080 Email – rc.west@isabs.org

Sanjyot Pethe – Call: +91-9819963083

ISABS Human Process Labs ~ A space to pause. A space to reflect. A Space to Grow

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 that you attend this program?

Whether you are a leader, professional, student, entrepreneur, homemaker or simply a thoughtful human being — your life is shaped every day by how you understand yourself and how you relate to others. 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 learning space

Is this program for me? – Yes, this programme is for you if you:

- are curious about yourself and your behavior patterns
- want clarity, confidence and inner strength to navigate the world out there
- feel stretched or emotionally drained
- wish to improve relationships
- want to grow personally or professionally

Who all attend this program: You will meet people from diverse walks of life:

Corporate leaders and managers, HR & L&D professionals, educators, counsellors & therapists, entrepreneurs, social sector & development professionals, students and young professionals, homemakers and all people committed to self-growth

Why do Organizations sponsor their people and what do the organizations gain?

Today's workplaces need more than technical skill — they need emotional maturity, resilience, trust, collaboration and the ability to navigate complexity. Organizations that invest in Human Process Labs see meaningful shifts in people, teams and culture.

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/aggression
- **Greater accountability & initiative** — people take ownership
- **Healthier relationships** — trust, psychological safety, reduced friction
- **Resilience under pressure** — ability to handle stress and ambiguity
- **Positive culture shift** — emotionally intelligent, people-centered ecosystems

Is there a Strategic Value in making this investment? – 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

What does a participant gain from taking this journey?

Participants often describe this as life-changing. They may discover:

- deeper self-awareness
- emotional resilience
- improved communication
- courage to express oneself
- meaningful relationships
- clarity and confidence
- empathy and sensitivity

So far, So Good! Let's talk about the methodology:

A T-group or a Human Process Lab is typically a small group of 8 to 10 participants along with 2 facilitators who are experienced in T-group facilitation as well as 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 (Human Process Lab) methodology helps participants pause, notice patterns, experiment with new ways of relating, and discover what truly supports meaningful connection, leadership and effectiveness at work and in life. 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 experience builds personal clarity, emotional resilience, relational maturity, and the ability to create 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.

Basic Lab on Human Processes (BLHP)

The BLHP is the starting point of your journey with ISABS. It 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.

Learning Objectives - <https://www.isabs.org/t-group.html>

Advanced Lab on Human Processes (ALHP)

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.

Learning Objectives - <https://www.isabs.org/t-group.html>

While sending nominations for ALHP, share the following information:

- 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.

Your investment – into Yourself and/or Your People (Organizations sponsored)

Sr.	Occupancy type	Basic Fee	Associate membership fee*	GST @18%	Total Payable per participant
1	Single Occupancy Basis	₹ 54,835	₹ 250	₹ 9,915	₹ 65,000
2	Twin Sharing Basis	₹ 39,581	₹ 250	₹ 7,169	₹ 47,000
3	Triple Sharing Basis	₹ 35,343	₹ 250	₹ 6,407	₹ 42,000
4	Non-Residential	₹ 29,411	₹ 250	₹ 5,339	₹ 35,000

*Associate Membership Fee: This fee is mandatory. This will enroll the participant for a period of one year from the time the event starts. If you have paid the fee within a year before the event dates, please contact our accounts team for clarifications on the fee to be paid.

- Your investment covers – accommodation, all meals, program fee, reading material and post lab integration session as well as support.
- Travel to and from the Venue, personal expenses such as laundry, additional food, room service orders etc. is NOT covered in the fee above.
- We have limited seats available in each category and they will be blocked on first come first serve basis as per availability.

Register for the Event – <https://lms.isabs.org/> Email a copy of the registration form to us on rc.west@isabs.org and admin@isabs.org

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 his/her/their own health and emotional wellbeing

Payment details – You can pay directly into our bank account as per details below;

- Account Name: Indian Society for Applied Behavioural Science
- Account No: 10512228498 and IFS Code: SBIN0004114
- Bank and Branch: State Bank of India, Hindu Colony, Dadar (E), Mumbai, Mumbai 400014

Contact persons for Enrollment and Payment related support and/or queries –

- Mr. Rajkumar, Mob: +91 98990 28033; e-mail: admin@isabs.org
- Ms. Gauri Nigudkar, Mob: +91 9987026080; e-mail: rc.west@isabs.org

Other Administrative Details:

Contact persons for Event related support and/or queries

- Ms. Gauri Nigudkar, Mob - +91-9987026080, E-mail – rc.west@isabs.org
- Ms. Sanjyot Pethe, Mob - +91 9819963083, E-mail – rc.west@isabs.org

Program timings: Opening session – 29th Sept 2026 at 8.30 am, Program finishes at 4.30pm on Oct 3rd 2026.

Certificate of Participation: Full participation required for the entire duration to get a completion certificate.

Venue: Modi's Resort - <https://www.drmodisresort.com/>

Check-in on 28th September 2026 any time after 2 pm; check-out on 3rd October 2026 at 8 am before the lab starts.

Travel: Self-arranged with buffer time recommended. The venue is 2.5 hrs from Mumbai and Pune Airport, 1.5 hrs from Navi Mumbai Airport

Special offers, Cancellations & Financial Support:

- **Early Bird Discount** – 10% off on Basic fee for fully paid-up registrations on or before Aug 15th 2026
- **Group Discount** – 10% off on Basic fee for fully paid-up group registrations on or before Aug 25th. Group = 3 or more people
- **Bumper Bonanza** – 15% off on Basic fee for fully paid-up individual or group registrations on or before July 31st 2026. Group = 3 or more people

Cancellations:

- 50% deduction for all cancellations on or after Aug 28th 2026 up to Sept 15th 2026
- 100% deduction for all cancellations on or after Sept 16th Feb 2026
- You may however nominate a replacement in writing completing the due registration process.

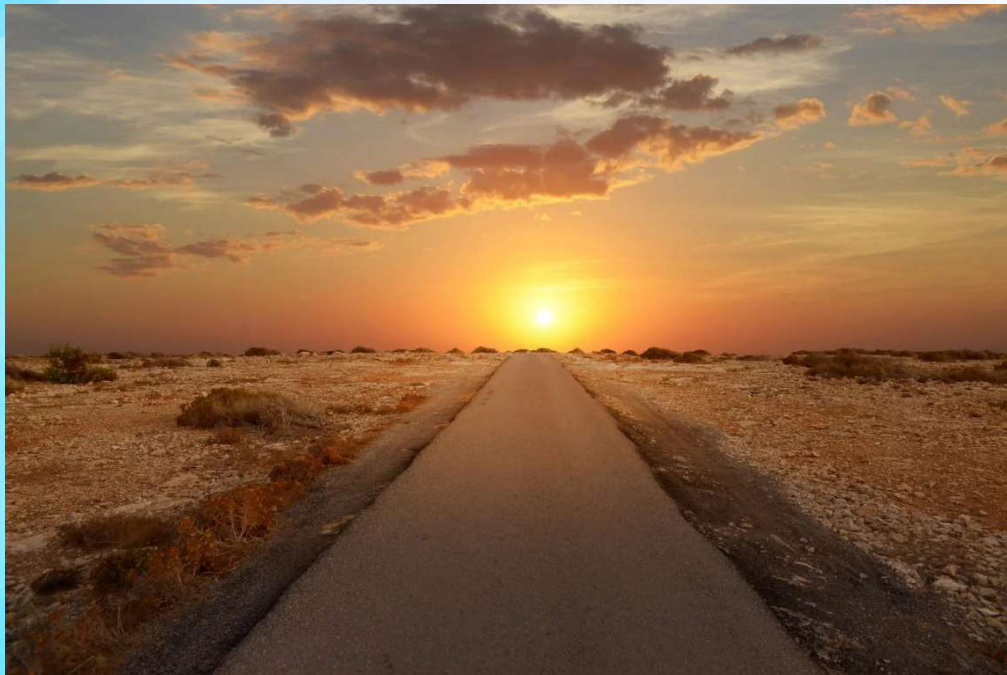
Financial Support:

ISABS is committed to co-creating learning spaces for all those who wish to learn, but might be feeling resources-challenged. You may apply for financial support latest by Aug 15th 2026. Please write to us on rc.west@isabs.org stating your reasons for the request. We shall consider all applications and make efforts to support you to the best of our ability.

Post Lab Integration Session and Other Support:

T-groups are deeply immersive and bring with it a certain depth and churning. ISABS offers continued support to all participants who go through a Human process lab post the event. We conduct post-event integration sessions, generally between 30 to 45 days after the event closes. Participation in these sessions is voluntary and included in the program fees. These sessions help you reflect, anchor your insights and support your journey forward.

We also offer support to organizations who have nominated a group of people to help the participants align their learnings in their role in order to improve their own effectiveness within the organizational context. Some of these sessions may be chargeable depending on the scope of intervention post lab.



*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.

*Be part of a journey that has touched thousands of lives
— and may beautifully change yours too.*