



INDIAN SOCIETY FOR
APPLIED BEHAVIOURAL SCIENCE

SOUTHERN REGION
announces

Anubhav 2026

Experience T-Group/Basic Lab in your regional language

ಅನುಭವ | ಅನುಪವಮ್ | ಅನುಭವಂ | ಅನುಭವ್

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.

June 28th - July 2nd 2026

A 5-day residential programme at

Whitefield, BENGALURU

For any queries, please contact:

Hema Sekhar : +91 96864 54232

Bala Karupiah : +91 89687 02434

Anuradha Prasad : +91 98452 36741

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 today?

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

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

ISABS Human Process Labs

A space to pause. A space to reflect. A Space to Grow.

Who is this for:

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

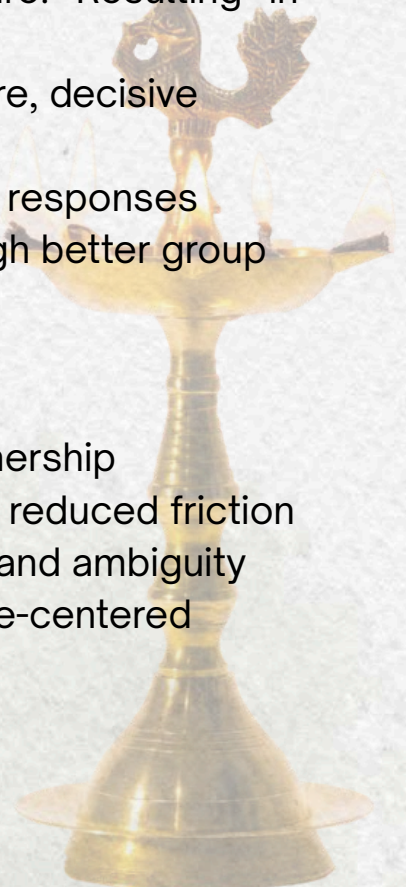
Languages:

The Labs are being offered in the South Indian Languages - **Kannada, Malayalam, Telugu and Tamil**. The regional language offering makes it more accessible and comfortable to engage deeply. For many, expressing in their own language allows for a more authentic experience of the lab. *This lab is just the space.*

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. Resulting in tangible 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



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. 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>

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

Ready to Enroll? Here are the fee details:

Total Investment: 35,695 INR

[Register Here](#)

This includes Program Fee (15,000), Venue Fee (15,000), Annual Membership Fee (AMF) (250), GST (5,445)

You can transfer the payment online to our bank account:

Account Name: Indian Society for Applied Behavioural Science

Account No: **90482010083153** | IFSC (RTGS/NEFT): **CNRB0000350**

Bank and Branch: Canara Bank, Green Park Extension

Notes:

- Nomination / Participation will be considered as accepted only if full fees is paid as per accepted terms.
- AMF is mandatory. This will enroll the participant for a period of one year from the time the event starts.
- Your investment covers – accommodation, all meals, program fee, reading material
- 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 8-10 spaces available for each language lab. Your space will be reserved on a first come first serve basis. All rooms will be on Double Occupancy sharing basis.**

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

Other details:

Venue:

Ecumenical Christian Centre, ECC Rd, Nallurhalli, Whitefield,
Bengaluru, Karnataka 560066
<https://share.google/8hw2RZ24HxAHKwp7N>

Travel:

Self-arranged with buffer time recommended. Distance from Kadugodi Tree Park Metro Station Purple line: 1.5 kms. Distance from Airport: 38 Kms. Distance from KR Puram Rly station: 9.4 kms

Program timings:

Opening session is on **June 28, 2026 | 11:30 hrs** and
Closing session is on **July 2, 2026 | 15:30 hrs**

Certificate of Participation:

Full participation required for the entire duration to get a completion certificate.

Contact:

For general queries:

Bala Karupiah | **+91 89687 02434**

For payment related queries:

Mrs. Anuradha Prasad | **+91 98452 36741** | rc.south@isabs.org

Mrs. Hema Sekhar | **+91 96864 54232**