



Indian Society for Applied Behavioural Science

Northern Region
announces

परिवर्तन 2026

PARIVARTAN 2026

Feb 10th - 15th, 2026

Venue :

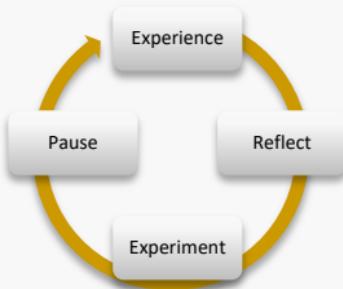
Bloom Boutique

B1/B Block, Near Signature Towers
South City - 1
Gurugram - 122001

Human Process Laboratory (Lab)

"Life isn't (just) about finding yourself. It's about creating yourself."

— Adapted from George Bernard Shaw



In a fast-moving, performance-driven world, we rarely pause to notice how we think, feel, and relate. Yet lasting growth, personal or professional, comes from awareness, not acceleration.

An ISABS Human Process Lab provides a reflective space to explore one's inner world and patterns of relating as they emerge in real-time interactions with others. Rooted in applied behavioural science, the lab employs T-groups and experiential learning, where insight emerges through experience, reflection, and experimentation, rather than lectures or prescriptions.

As part of ISABS's main training methodology, experiencing and reflecting on one's habitual behaviors, and further experimenting with new behaviour and conceptualizing are the primary steps in this process of learning. T-group programs (BLHP & ALHP) focus on building competency in personal effectiveness and making it available for organizational and societal development. Typically, a group of around 10-12 participants work together along with facilitator/s to learn about human processes. This helps participants in having deeper self-awareness, discovery of their strengths and styles, the effectiveness of their interpersonal and group interactions, and how they perceive others and are perceived by others. **ISABS is the only organisation in India which offers accreditation in T-group facilitation.**

Benefits:

The benefits of this program have been felt by organisations in terms of leadership, collaborative relationships at work and a more productive workforce. Individually, people who have experienced the Human Process Lab have felt more grounded, emotionally aware and better equipped to navigate life and relationships.

Learning Focus	Likely Individual Benefits	Likely Organizational Benefits
Self-Awareness	The individual becomes aware of her/his emotions, strengths and weaknesses.	S/he accurately assesses herself/himself and develops self-confidence to perform organizational tasks.
Leading Self	The individual develops the capacity to effectively manage her/his motives and regulate their behaviours.	The payoff for the organisation is enhanced individual potential with self-control, trustworthiness, conscientiousness, initiative, ability to adapt and effectively influence others.
Group Process and/or Social Awareness	The individual develops the capacity to understand what others say and feel and why they feel and act as they do.	This results in improved empathy, organisational awareness and service orientation.
Interpersonal and Group Effectiveness	This capacity enables the individual to offer and receive feedback and get desired results from others and reach personal goals.	As a result, the individual is able to develop others, provide leadership, influence, communicate effectively, become a change agent, manage conflicts, build teams and collaborate.

Labs offered:

Basic Lab on Human Processes (BLHP)

This is an entry level lab meant for those who are interested in enhancing sensitivity to self and others, interpersonal effectiveness and exploring one's potential. Individuals from diverse background are welcome to participate.

The BLHP labs are offered in English Language. If there is demand and an essential quorum of nominated members for the language of the lab to be Hindi, the same could be arranged in addition to the English Language based Labs. Please indicate your specific preference for Hindi Language Lab while responding.

Advanced Lab on Human Processes (ALHP)

This lab will be anchored more on "Self in group" and create conditions to deepen the journey of self exploration that started in BLHP. The lab will explore the dimensions of interpersonal and group dynamics along with personal awareness. Those individuals who have participated in Basic Lab on Human Processes (BLHP) and have been cleared for attending an Advanced Lab, can participate in ALHP[1].

To know more about ISABS and our offerings, BLHP/ ALHP objectives and who BLHP/ALHP is for, please visit <https://www.isabs.org/t-group.html>

To start your ISABS's journey, please register yourself at our learning management system following <https://lms.isabs.org/>

[1] One can do ALHP after 6 months of BLHP and before 2 years after the last BLHP. Those participants who have been specifically recommended to do an ALHP as a part of their learning journey with ISABS by Dean(s) PDP or mentor in discussion with Dean(s) PDP can also participate in ALHP.

Event Information

Date	Check-in/ Check-out	Event Time
10 th Feb 2026	Check-in at 12:00 P.M.	Starts at 2:00 P.M.
15 th Feb 2026	Check-out at 11:00 A.M.	Ends at 1:00 P.M.

Who can benefit:

Professionals, freelancers, members of organizations whether For Profit or Not for Profit, home makers, students, and anyone else interested in personal growth and development through higher self-awareness is welcome to participate.

We strive to have a diverse community of learners in our events with attractive fees and availability of scholarship/financial support to those in need of the same. In respect of participants who are Non-Corporate sponsored/reimbursed, the fees will be based on the type of accommodation and other relevant details. Please call / message.

Rachna Sharma at +91 9833553775 / Email rc.north@isabs.org

Sanjiv Sharma at +91 9930266009 / Email sanjiv8159@gmail.com

Important Note:

In sending us your nomination, you are confirming to ISABS that you have read and understood the details of the event as well as the consent form and that you agree to take responsibility for the unique outcomes of the program, when you nominate yourself for the lab.

INFORMED CONSENT:

At times, the Human Process Lab may be emotionally intense. A person who has experienced continuous mental stress or has been under psychiatric treatment or with existing heart conditions, should not be nominated. ISABS will not be responsible for any of such problems developed during or after participation in any ISABS lab.

It is implicit that each participant who applies/is nominated is joining the Event with informed voluntary consent and owns responsibility for his/her own health.

Fee Details:

Occupancy	Fees	Associate Member Fees	GST @18%	Total Fees Payable
Single	52,000	250	9360	61,610
Double	42,000	250	7,560	49,810
Triple	32,000	250	5,760	38,010
Non-Residential	22,000	250	3,960	26,210

Payment Information:

Online Bank Transfer:

Account Details for IMPS or NEFT

Account Name: "Indian Society for Applied Behavioural Science"

Account type and number:

Savings A/c no. 236601000001628

Bank name and address:

Indian Overseas Bank,

Yusuf Sarai Branch (1070)

48, Yusuf Sarai, Green Park, New Delhi 110016

IFSC code: IOBA0001070

Demand Draft (DD):

A DD drawn in favour of "Indian Society for Applied Behavioural Science" payable at New Delhi. The DD may be sent, along with duly filled Nomination Form to the following address specifically marked on the envelope :

Fee for Parivartan 2026 and addressed to -

Rajkumar, ISABS OFFICE,

B-1/33A, Mezzanine Floor, Hauz Khas,

New Delhi 110016

"The curious paradox is that when I accept myself just as I am, then I can change."
- Carl Rogers

Come & Grow with ISABS