



ISABS

**Indian Society for
Applied Behavioural Science**

SANGAMA **2026**

AUGUST 25 - 30, 2026
BENGALURU

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 language used in the lab will be mainly English. For many, expressing in their own language allows for a more authentic experience of the lab, so participants are encouraged to express freely and to engage deeply. *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. 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.

Advanced Lab on Human Processes (ALHP)

This Laboratory is the next level of deeper exploration and experimentation. You become aware of one's identity at a deeper level and get in touch with one's potentials by working on personal biases and internal dilemmas. You get to explore and experiment with options to work on intrapersonal, interpersonal differences and group conflicts. You can experience the stages of group development and understand group dynamics, also develop the sensitivity needed to build interdependence and collaboration in groups. You will practice sensitivity to diversity in a group and in society (for example – gender, education, social identity, class, caste, etc).

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:

Occupancy Type	Basic Fee	AMF ^{\$}	GST 18%	Total Payable Fee
Single Occupancy	33,000	250	5,985	39,235
Double Occupancy	30,000	250	5,445	35,695
Non-Resident*	15,000	250	2,745	17,995

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:

- All fees mentioned in the above table are in INR. Nomination / participation will be considered as accepted only if fees are paid in full as per accepted terms.
- **Early bird discount available for the first 10 nominations, please reach out to Ms. Hema or Dr. Anuradha before July 31, 2026. This is only applicable for residential enrollments.**
- Associate Membership Fee (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, and reading material for residential
 - Lunch and 2 teas, program fee, and reading material for non-resident*
- All rooms are Non-AC, and your space will be reserved on a first come first serve basis.
- Travel to and from the Venue and any additional personal expenses are NOT covered in the fee above.

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:

[Registration Link](#)

Venue:

Montfort Spirituality Center, 184, Old Madras Rd, Binnamangala, Binna Mangala, Indiranagar, Bengaluru, Karnataka 560075
<https://share.google/8hw2RZ24HxAHKwp7N>

Travel:

Self-arranged with buffer time recommended. Distance from Swami Vivekananda (SV) Road Metro Station Purple line: 200 meters. Distance from Airport: 38 - 40 Kms. Distance from KSR Bengaluru City Railway Station (Majestic): 9 - 10 kms

Program timings:

Opening session is on **August 25, 2026 | 12:00 hrs** and
Closing session is on **August 30, 2026 | 13:30 hrs**

Certificate of Participation:

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

Contact:

For general event related queries:

Bala Karuppiah | **+91 89687 02434**

Rachana Jain | **+91 99168 20849**

For programme and payment related queries:

Dr. Anuradha Prasad | Regional Coordinator - South

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