



**Indian Society for Applied
Behavioural Science
(ISABS)**

Summer Event 2025

Special Theme Labs

Week 1 | 18th – 23rd May 2025

Week 2 | 25th – 30th May 2025

The Ferns Habitat, Goa

Theme Labs: Enriching Human Processes & Self-Discovery

Our theme labs represent a unique opportunity to deepen your journey of self-discovery through specialized lenses. While maintaining the powerful human process work that forms our foundation, these theme labs integrate specific approaches that expand our understanding of identity and self-development. These labs emerge from recognizing that self-exploration benefits from multiple entry points. The psychological journey can be enriched through diverse modalities like:



Varied Perspectives

Body movement, cinema and dreams offer symbolic languages that speak directly to our unconscious



Deeper Integration

Theme-focused work allows sustained exploration of specific aspects of the psyche



Specialized Expertise

Our facilitators bring decades of experience in their specialty areas



Complementary Approaches

Jungian psychology, archetypal patterns, and cinematic storytelling create powerful synergies with traditional human process work

Bridging Theory and Experience

Our theme labs bridge theoretical frameworks with lived experience. Whether exploring the alchemy of self through dream interpretation or understanding archetypes through cinema, participants engage both intellectually and emotionally. This integration creates transformative learning that transcends conventional workshops.

Creating Safe Containers for Exploration

Each theme lab provides a carefully designed container where participants can develop practical tools for ongoing self-reflection:

- Recognize unconscious influences on decision-making and relationships
- Explore multiple dimensions of identity (shadow, archetypes, persona, anima/animus)
- Examine conditioned patterns from family, society, and culture
- Connect personal experiences to universal human patterns
- Discover how our body stores emotions and memories, and how movement can reveal personal insights, release stress, and cultivate confidence
- Understand how psychological contracts reflect our informal beliefs, ambitions, obligations and expectations that people perceive

A Natural Evolution

These theme labs represent a natural evolution in our work with human processes. They honor the complexity of identity formation while providing structured pathways for exploring the rich landscape of the psyche. By offering these specialized approaches, we create new possibilities for insight, healing, and authentic living.

About ISABS

Indian Society for Applied Behavioural Science (ISABS) is a non profit voluntary society involved in development of persons, organisations, communities and society at large using applied behavioural science. For more information, please visit

www.isabs.org

Theme Lab 1: Gifts from the Shadow

Exploring Agency in Self and Systems

Duration: 5 days, May 18 - May 23, 2025

We live in a challenging world. A world characterized by volatility, uncertainty and anxiety...a world in which it seems impossible to rely on known and familiar ways which gave us fairly predictable results. At time it feels incomprehensible. The systems that we belong to - be it our family, groups, organizations, communities reflect this world. They can feel brittle, tangled and ambiguous. Our lives have become rapid and unpredictable. At the same time, we want to live in a way that is aligned to our purpose and express the gifts we have to give us meaning and enrich ourselves. We want to impact the systems we belong to.

In this workshop, we will work with questions like:

- How do I step into my power and discover my agency?
- What can I do to live a life of choice and freedom?
- How do I impact the systems that I belong to in a way which allows me and the system to thrive?

Goals of this workshop



**Understand
unconscious processes
that impact self and
systems**



**Experience inner
congruence within self
and with the systems
you belong**



**Discover your agency,
power and choices to
impact systems in a
positive way**

The overall framework of T-group and Appreciative Inquiry will allow us to explore self and systemic shadows in a safe manner. The format of the workshop includes group work and individual work with one-on-one coaching support from the faculty members. We will combine Indic and western approaches and draw from methods like somatic work, archetypes, yoga and the arts as required.

Facilitators: **R Sankarasubramanyan** (Sankar) and **Dr. Wasundhara Joshi** (Wasundhara) are professional members of Indian Society for Applied Behavioral Science (ISABS). Sankar brings in understanding of Jungian psychology, group and systems understanding and Advaita Vedanta philosophy. Wasundhara brings in her understanding and experience of using Indic psychology framework, Hatha yoga, somatic work, and coaching. Both of them have more than two decades of extensive experience and scholarship in the field of personal and organizational shadow work.

Reach out: rsankara@yahoo.com; wasundhara@gmail.com

Theme Lab 2: The Alchemy of Self: Exploring the Depths for Vibrant and Joyous future

Duration: 5 days, May 18 - May 23, 2025

An adventure to unlock the hidden treasures within, in this immersive Alchemical Laboratory. Learn the hidden parts of your psyche (conscious + unconscious) through dream interpretation, your unique archetypal horoscopes, psychological types, mythology, and your vibrant core. This transformative journey is curated to reignite passion, accelerate growth, and facilitate your purposive authentic living.

Unveil the Mystery of Your Dreams

Have you wondered what your dreams mean? Dreams are not just random images—they beckon powerful messages every night and regulate your mental health to prepare you for your waking lives. A golden opportunity to decode your dreams that shapes your conscious reality within and around. By differentiating yourself from parental, societal, cultural, and familial conditioning, you release previously blocked immense energy to open new gateway for personal growth.

Embark on a Journey of Self-Discovery

Rooted in the profound teachings of Jungian depth psychology, this transformative experience offers you the pathway to uncover your true personality to dive into the deeper world, where dreams, symbols, archetypes, and psychological patterns influence every aspect of your conscious life.

What You Will Learn

This semi structured laboratory opens a safe and supportive space for exploration and patterns of past-present and future.

Appreciate Individuation

Discover how the unconscious contents have shaped your life. Learn the process of integration to authenticity and wholeness.

Explore Your Archetypal Horoscope

Know the unique repeated archetypal patterns that you inherited, influencing your behaviour and your experiences.

Know Your Psychological Type

Your personality, preferences, and the dynamics of conscious compass that has shaped your attitude, actions and perceptions.

Decode Your Dreams

Learn to interpret the symbolic language of dreams to uncover insights into your health, opportunities, wasteful pursuits and life ahead.

Appreciate the Power of Your Multiple Personalities

Explore Persona, Shadow, Feminine, Masculine, and SELF interactions that impacts your life within and around.

Tap into Mythic Imagination

Explore the power of mythology and symbolism to deepen your understanding of yourself and the world you inhabit.

The Power of Dream Interpretation and the Unconscious

As Carl Jung said, dreams are the "messengers of the God," while Freud called them the "royal road to the unconscious." Through dream interpretation, you can uncover:

- Future opportunities, well-being, and health
- Warnings about potential dangers and unproductive paths
- Insights into critical life decisions and dilemmas
- A pathway to discovering your true self and joy
- Clarity in building self-reliance and life purpose

Added Benefits: Personal detailed report for: a. unique archetypal horoscope; b. psychological type

Who Should Attend?

- **Individuals:** Seeking self-reliance, clarity on life choices, joy, and life's purpose
- **Couples:** Seeking healthy relations, reignite intimacy, energy and joyous fulfilment
- **Entrepreneurs and professionals:** looking to sharpen intuition and decision-making
- **Leaders, Executive coaches:** Deeper insights for effective edge and accelerating client's growth and offering alternate choices
- **Students and individuals:** Search for direction, choices and personal empowerment

Pre-Lab Requirement: Participants are required to complete a pre-lab exercise (approx. 45 minutes) one week before the session

Facilitator: Ullhas Supatkar is a professional member of ISABS and NTL (USA) with over 30 years of experience in Jungian psychology, dreams, and mythology. An engineer, Ullhas combines his diverse background from Indian classical music, archetypal psychology and heart-centred Sufi practice over 39 years.

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Theme Lab 3: The Body Speaks! ~ Exploring Self Through Dance and Movement

Duration: 3 days, May 25 - 28, 2025



You will experience how movement can:

- Reveal personal insights that words often cannot express
- Release pent-up emotions and stress stored in the body
- Cultivate a sense of flow, spontaneity, and adaptability
- Strengthen the mind-body connection, leading to deeper self-awareness
- Foster emotional regulation, confidence, and authentic self-expression

What to Expect?

This experiential workshop will guide participants through movement-based activities designed to:

- Explore personal movement patterns and their emotional significance
- Release stress and enhance body flexibility
- Develop social confidence, leadership, and team-building skills
- Recognize and shift unconscious behavioural patterns
- Cultivate creativity, spontaneity, and self-expression

Facilitators: **Anupama Sharma** and **Gauri Nigudkar** are Professional Members of ISABS and Certified Dance Movement Therapy Practitioners. They bring together their expertise in process work and Dance Movement therapy to co-create a transformation journey for the participants of their workshops using the three elements that are core to human-beings - body wisdom, cognition and emotion!

Reach out: anupamasharma21@gmail.com; gaurikn@gmail.com

Our bodies hold onto emotions, memories, and stress in ways we may not even realize. Have you ever noticed how tension builds in your shoulders during stressful situations? Or how happiness makes you feel light and expansive? These are signs of the deep connection between our body and mind.

Traditional methods of self-awareness and personal growth primarily engage the cognitive (thinking) and emotional (feeling) domains. However, transformation is complete only when the somatic (bodily) dimension is also included. Dance Movement Therapy (DMT) is based on the principle that there is a relationship between motion and emotion and movement reflects our inner world.

By exploring how we move, we uncover deep-seated patterns, emotional blockages, and unconscious narratives that shape our behaviour. DMT is not about learning dance; it's about discovering your unique movement language—a bridge between your body, emotions, and thoughts.

Who Should Attend?

Individuals engaged in personal growth, facilitators, professionals, and anyone curious about integrating movement into their self-awareness journey. No prior dance experience required!

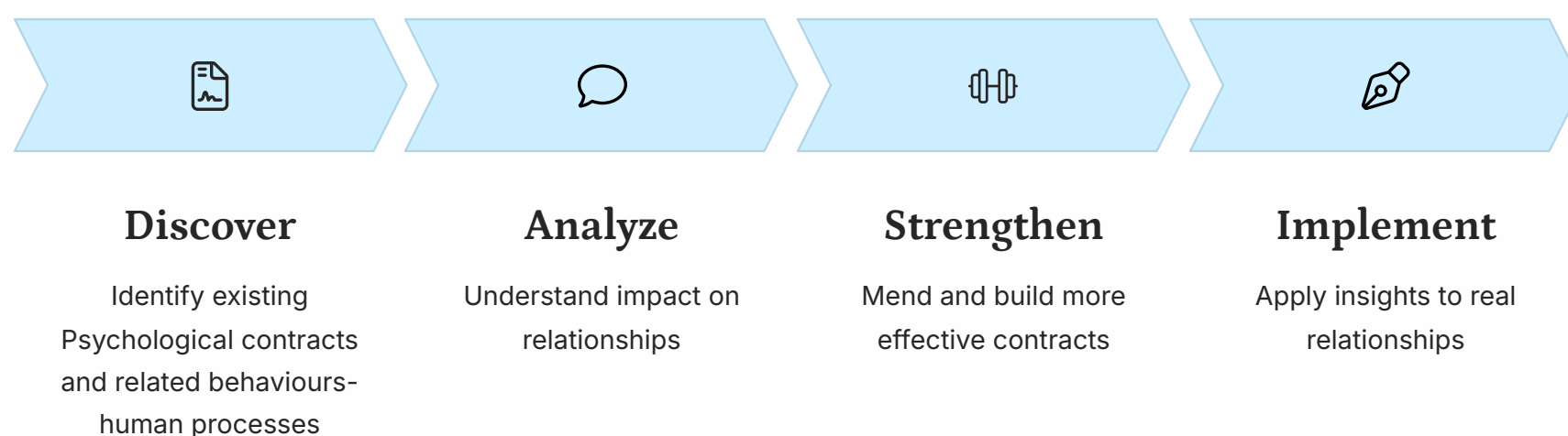
Theme Lab 4: Exploring and Strengthening Psychological Contracts in Human Interactions

Duration: 3 days, May 25 - 28, 2025



All human engagements and relationships are in a way contractual. While some may be seen having explicit official/legal contracts in place, all relationships have an underlying and default psychological contract that is operating all the time.

This psychological contract encompasses of informal beliefs, ambitions, obligations and expectations that people perceive. Our psychological contract and its state, (consciously or unconsciously) becomes our guiding principle for our behaviours, thereby leading to various dynamics and then making that relationship eventually functional or dysfunctional.



With Over Competitive spirit, Technology and Artificial Intelligence becoming so central in human lives today, our psychological contracts with the world around, appear to be loosening its grip and fading away, resulting in silos, isolations, quick moving on, separation, shady commitments, lack of accountability and responsibility and much more.

This semi-structured experiential human process lab would be a space, to discover together, what calls for our attention and what is the need of the hour. It will help us understand what leads to a disruption and what following choices can help strengthen "psychological contracts" in our relationship with another individual and our relationship with the groups we are a part of.

What to expect?

With Here and Now experience, Reflections and Dialogues:

- Exploring anchors of Psychological contract
- Exploring frozen toxicity
- Exploring disruption and breach
- Leader's approach and strategy
- Learning safe ways to express and negotiate

Who should attend?

- Corporate Manager/Leaders responsible for small/large teams
- Young students and/or Freshers in corporate space
- Voluntary role holders in Not-for-profit spaces
- Teachers and role holders in educational spaces
- Anyone looking for answer in making long term interpersonal relationships work

Facilitator: Nikita Yogi is an OD & DEI Practitioner and a Leadership Development Facilitator & Coach. Holds ICF PCC credentials since 2019. She is a Professional Member of Indian Society of Applied Behavioural Science (ISABS) and National Training Laboratories (NTL). She is a Certified MBTI Practitioner and a Certified Leadership Development Trainer (CCL-USA). Has more than two decades of experience working with, Corporates, SMEs, NGOs, Universities and Management Institutions, as a change agent.

Reach out: nikitayogi@cflinfo.com

Administrative Details

Mark your calendars for **Special Theme Labs** at **The Ferns Habitat, Candolim, Goa** for coming to invest and deep-dive into the world of personal and professional growth. One Fee unlocks: sessions, materials/ readings, meals throughout the day, your home away from home.

Programme Schedule

Special Theme Lab	No. of Days	Venue Check-in	Programme Commencement	Programme Closing
Gifts from the Shadow - Exploring Agency in Self and Systems	5 Days	May 18 12:00	May 18 15:00	May 23 12:30
The Alchemy of Self: Exploring the Depths for Vibrant and Joyous future	5 Days	May 18 12:00	May 18 15:00	May 23 12:30
The Body Speaks! ~ Exploring Self Through Dance and Movement	3 Days	May 25 12:00	May 25 15:00	May 28 13:30
Exploring and Strengthening Psychological Contracts in Human Interactions	3 Days	May 25 12:00	May 25 15:00	May 28 13:30

Programme Fee

5 day Special Theme Lab	Fee	AM Fee*	GST 18%	Total Fee
Single Occupancy	₹62,000	₹250	₹11,205	₹73,455
Double Occupancy	₹48,000	₹250	₹8,685	₹56,935
Non-Residential	₹21,000	₹250	₹3,825	₹25,075

3 day Special Theme Lab	Fee	AM Fee*	GST 18%	Total Fee
Single Occupancy	₹38,000	₹250	₹6,885	₹45,135
Double Occupancy	₹29,000	₹250	₹5,265	₹34,515
Non-Residential	₹15,000	₹250	₹2,745	₹17,995

Note: International participants desirous of attending this even, do write to us for more details regarding the fee applicable for your participation.

***A.M. Fee:** The Associate Membership Fee (AM Fee) is an annual fee. It will enrol you as Associate Member of ISABS for one year from May 18 2025. *If you have paid it any time on or after May 17 2024, till date of registration and payment, you may deduct/remove the due amount (₹250) from the total fee payable, mention date and details of the AMF paid in the nomination form.*

Exclusions: Airport to Hotel Transfers, Personal expenses such as laundry, in-room dining, extra food and beverage orders.

Cancellation Policy

- Any cancellation after the confirmation of nominations will entail a deduction of 50% of the Programme fee towards administrative costs incurred by us
- Corporates sending more than 3 participants in an event, in case of cancellations, they may request for a credit note which could be used towards another ISABS event within a year
- Cancellations on or after 8th May 2025, will NOT be entitled to any refund. However, a request to transfer the registration to another participant in the SAME lab may be considered subject to written request being sent to us for the said transfer/ swap

Programme Venue

The Fern Habitat, Main Market, Near Lawande Super market,

New Araddy Waddo, Bardez, Candolim, Goa 403515

Website: <https://www.fernhotels.com/beaches-backwaters/the-fern-habitat-candolim-goa>

For Non-Residential participants, websites of some nearby hotels to plan your stay:

- <https://www.gingerhotels.com/ginger-go-a-candolim>
- <https://www.godwinhotels.in/goa/>
- <https://www.thehosteller.com/hostels/the-hosteller-go-a-candolim/>

Travel Instructions

- Travel is to be arranged by participants themselves
- The Ferns Habitat is about 29.8 kms from MOPA International Airport and about 39.7kms from Dabolim Airport, Goa
- Distance from Railway station to The Fern Habitat is about 21 kms from Thivim Railway Station
- Please book Flight/ Train accordingly AFTER the Closing time of the Event, as per Programme Schedule
- Participants leaving before the closure of the lab/event will be deemed to have NOT completed the course. Therefore, they shall not be issued certificate of participation and may not be eligible for further journey, without completing the said lab

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, must not be nominated to ISABS labs. ISABS will not be responsible for any of such problems developed during or after participation in any lab. It is implicit that each participant joins the lab with informed voluntary consent and owns responsibility for his/her/their own health.

Registration

Nominations will be accepted on a first-come first-served basis and would be considered as confirmed only after full payment of fees. Please register yourself and/or ask nominees from your organization to register using the appropriate link by accessing our LMS portal <https://lms.isabs.org>

Alternately, you can download the nomination form from Events page on www.isabs.org. For more details do write to us at admin@isabs.org.

Payment Details

Bank Transfer: The Programme Fee, as per the above Table, can be wire transferred through internet

- Account Holder Name: Indian Society for Applied Behavioural Science
- Bank Name: Canara Bank, Branch: Green Park Extension, New Delhi
- Account Number: 90482010014884, Account Type: Savings
- MICR Number: 110015011, IFSC Code (RTGS/NEFT) - CNRB0000350
- SWIFT Number: CNRBINBBDGP

Cheque / Demand Draft (DD): A DD may be 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 Mr. Shubhojeet Pal, Manager-Finance, ISABS, B-1/33A, Mezzanine Floor, Hauz Khas, New Delhi - 110 016, India.

For Confirmation of Payment and Nomination status, please contact ISABS Office:

- Mr. Shubhojeet Pal, Mob: +91 88026 57508; e-mail: accounts@isabs.org
- Mr. Rajkumar, Mob: +91 98990 28033; e-mail: admin@isabs.org

For Programme related queries, please contact:

- **Dean Programmes:** Rahul Thapar, Mob: +91 99099 42787 and Krushna Sawant, Mob: +91 99201 40651, e-mail: dean.programmes@isabs.org
- **Manager Admin:** Mr. Rajkumar, Mob: +91 98990 28033, e-mail: admin@isabs.org

More Offerings and Services of ISABS

ISABS is a non profit voluntary society involved in development of persons, organisations, communities and society at large using applied behavioural science. ISABS offers numerous programmes and services in the arena of human development, process-work, group dynamics and organisational growth. Please visit our website to get to know more about the depth, wide range and richness of ISABS' work: www.isabs.org