



ISABS Spring Events

ISABS Eastern Region presents

BLHP and ALHP

Durg (Bhilai) 21st to 25th February 2023

Venue Address:

**"Indian Coffee House"
Opp. Durg Railway Junction
Durg, Chhattisgarh 491001, India
Phone: 0788 – 2212086**

Event Information

Labs being offered:

1. **Basic Lab on Human Processes (BLHP) in English:** This introductory lab is 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.
2. **Advance Lab on Human Processes (ALHP) in English:** This is the next level in the journey of enhancing self-awareness. This lab is open for individuals who have completed BLHP / ECHO I or its equivalent not more than two years ago.

The running of the labs is subject to sufficient nominations being received for each lab and language.

Venue: Indian Coffee House, opp. Durg Railway Junction, Chhattisgarh, India

Program Starts at 9.00 am on 21st February and ends at 3.30 pm on 25th February 2023

Lab fees:

Participation Fee for Category A (Applicable to Participants Sponsored by For-Profit organisations and owners of such organisations)

	Residents		Non Residents
	Single Occupancy	Twin sharing	
Participation Fee	31,000	29,000	22,000
Associate membership fee	250	250	250
GST @ 18%	5,625	5,265	4,005
Total Payable – INR	36,875	34,515	26,255

Participation Fee for Category B (Applicable to Participants Sponsored by Non-Profit organisations or Self, Full time Students under 30 years of age, and Full time Faculty members of Educational Institutions)

	Residents		Non Residents
	Single Occupancy	Twin sharing	
Participation Fee	27,000	25,000	18,000
Associate membership fee	250	250	250
GST @ 18%	4,905	4,545	3,285
Total Payable – INR	32,155	29,795	21,535

Participants also have the option of staying outside and registering for the event as non-resident participants. No refund in fees can be made for Resident participants switching hotels after checking in. Indicative Rates (with Breakfast and without taxes) and contact details for some hotels (within 5 minutes walking distance of the venue), are given below. These may be negotiated and paid for directly to the respective hotel by the participants.

	Name of hotel	Rooms	Single	Double	Contact number (s) / e mail id
1	Indian coffee house, opp. Durg railway station, 491001	Suite rooms	1900.00	2500.00	0788-2212086
		Deluxe a/c	1100.00	1500.00	
2	Hotel Sagar international, opp. Durg Railway station, 491001	Standard a/c room	1800.00	2300.00	9993599912 Hotelsagarinternationaldurg@gmail.com
		Deluxe a/c room	2100.00	2600.00	
		Family room – Sagar galaxy	2400.00	2900.00	
		Pent house	3500.00	4000.00	

3	Hotel Cambean, Kishor Plaza, Green Chowk, Durg, 491001	Executive	2500.00	2700.00	7880109200, 0788- 4052657, 7880104200
		Deluxe	3500.00	3700.00	
		Cambean suite	5000.00	5200.00	

***The Associate Membership Fee (AMF)** is an annual fee. It will enrol you as associate member for one year from 21st February 2023. If you have paid it any time on or after 21st February 2022, you may deduct Rs.295 from the total fee payable and mention details of the AMF paid in the nomination form.

Inclusions: Participation fee for all participants covers Mid-morning tea/coffee, Lunch, mid-afternoon tea/coffee on the programme days, programme material and participation in the laboratory. Additionally, resident participants shall be provided with Fixed Menu Breakfast, Dinner and AC single occupancy / twin sharing accommodation in Deluxe AC rooms at Indian Coffee House, Durg from 20th Feb 5 PM till 2.30 PM on 25th May. Any other services availed of by a participant from the Hotel will have to be settled in cash with the Hotel directly.

Discounts

Early Bird Discount

A discount of INR 1,000.00 on the Total Payable amount is available if payment reaches us by 25 January 2023.

Group Discount

A discount of INR 1,000.00 per participant on the Total Payable amount is available if an organisation sponsors 3 or more participants for the programme.

Both the above discounts can be availed by organisations sending in 3 or more nominations along with the applicable fees by 25 January 2023

Cancellation

Cancellations on or before 10 February 2023, would attract a 25% cancellation charge. Cancellations between 11 and 18 February 2023, would attract a 50% cancellation charge. No refunds would be made for cancellation made after that. However sponsoring organisations can substitute one nominated participant by another before 18 February 2023.

Scholarships

A few Scholarships are available to participants from the Non-Profit sector / Individuals / Academia. Please send requests by email to the Regional Coordinator (rc.east@isabs.org) latest by 15 January 2023 if you wish to apply for it. The decision of the Regional Coordinator will be final in the matter. Scholarships will be on the total fees and cannot be combined with the discounts given above.

ISABS T-Group labs offer an opportunity, to learn about human processes in a group setting. These are the basis of our actions and behaviours. Participants learn to unravel the mysteries of human behaviour, by observing self and others, thereby understanding various emotional, psychological and group dynamics, in a way that helps make conscious choices of who one wants to be! In our experience, attending these labs will help participants grow and live life more fully - both, personally and professionally.

Typically, in a Human Process Laboratory, a group of around 8-12 participants work together along with facilitator/s to learn about human processes, and in the process discover more about themselves, their strengths, their styles, their interpersonal and group interactions, how they perceive others, and are perceived by others. The group uses the 'here and now' experience to derive this learning, using each other as a resource. The facilitator/s help create a climate for such learning. With personal growth comes the ability to understand the group, and the organization. It helps in developing the ability to interact in a more authentic, open and spontaneous fashion, the ability to recognize one's feelings, accept the vulnerability of

sharing them and take the risk of becoming fully engaged with another person and/or a group of people.

ISABS programmes focus on building competency in personal effectiveness and making it available for organizational and societal growth and development. Participants in ISABS labs are likely to become more sensitive to their and others' feelings, needs and behaviours as well as understand their own and others' behaviour more clearly.

Learning Focus	Observed Individual Benefits	Observed 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 organisational tasks.
Leading Self	The individual develops the capacity to effectively manage her/his motives and regulate their behaviours.	The payoff for the organisation is an individual potentially with self-control, trustworthiness, conscientiousness, initiative, ability to adapt & 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
Inter-personal / Group process skills	This capacity enables the individual to get desired results from others and reach personal goals.	As a result, the individual is able to develop others, provide leadership, influence, communicate effectively, becomes a change agent, able to manage conflicts, build bonds, teamwork and collaboration.

About BLHP- Basic Lab on Human Process

This lab is the beginning of a journey that takes the participant deeper into his/her self-awareness. The Basic Lab is meant for any person interested in developing his/her personal and interpersonal competence and becoming more effective. This lab offers opportunities to enhance one's self-awareness in a deeper way.

The lab objectives are to support participants:

- Enhance one's effectiveness in interpersonal and group interactions and derive greater satisfaction from them
- Become aware of one's patterns of behaviour and its impact on others
- Recognize feelings and become more sensitive to one's own as well as others' needs
- Improve one's ability to deal with conflict functionally and
- Discover one's potential to live life meaningfully and effectively

For Whom: The BLHP is for Individuals who are interested in:

- Personal growth – recognizing and acknowledging one's feeling and thinking, experimenting with new behaviours and making sustainable shifts for greater personal effectiveness
- Discovering their potential for greater effectiveness in relationships.
- Taking the self through a journey of discovery.
- Understanding the dynamics of being & working in the groups.

About ALHP- Advanced Lab on Human Process

This lab is conceptualized to help further the journey of self-awareness that has begun with a BLHP. Those Individuals, who have participated in a Basic Lab on Human Processes / ECHO I or its equivalent (L-Group/Human Relations Programs in laboratory mode etc.) and have been cleared for attending an Advanced Lab, may participate in an ALHP. ALHP is a requirement for those expecting/desirous of pursuing the Professional Development Program (PDP) of ISABS.

The lab objectives are to help participants;

- Enhance learning and experimentation initiated by oneself in the Basic Lab and thereafter
- Practice skills of better listening, being more authentic and empathetic
- Develop greater awareness of behavioural processes of individuals, as experienced in the here & now
- Become familiar with group dynamics and how these impact behaviour of individuals

ALHP is particularly recommended for

- Internal OD agents and leaders engaged in change management
- NGO and Government staff in people-management roles
- Leaders, Administrators and Managers, Trainers and Counselors, Coaches

Note:

While sending nominations for ALHP, kindly ensure that the following particulars are made available:

- Year of attending BLHP and Name of facilitators
- Date and venue of the ISABS event attended for BLHP
- The feedback form of the last BLHP stating that you have been cleared for attending an ALHP

For more details on BLHPs and ALHPs, please visit <https://isabs.org/t-group.html>

ADMINISTRATIVE DETAILS:

Important note to participants:

- Human Process Labs bring with them a certain depth and churning. They can be a thrilling as well as demanding learning journey, which continues beyond the labs. It is important that you seek support, if needed, once the lab closes for the day/ after the close of the event.
- In sending us your nomination, you are confirming to ISABS that you have read and understood the details and that you agree to take responsibility for the unique outcomes of the program, when you nominate yourself for the lab.

Participant Travel Information: Travel is to be arranged by participants themselves. Please plan your travel keeping in mind the start and end time of the event. 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 to further their ISABS journey, without completing the said lab.

Getting to Durg

- Nearest airport – Raipur, 1.5 hour drive up to Indian Coffee House
- Train station – Durg Junction. 5 minutes' walk to Indian Coffee House

Dress Code:

Comfortable smart casuals that support sitting on mattresses placed on the floor, where most of the work will be done. Chairs will be provided for those needing them.

Registration:

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

Alternately, you can download the nomination form from <https://isabs.org/event-calender.html> and send to rc.east@isabs.org with payment information and all other information filled.

Payment Details:

- Before you make the payment, kindly ascertain the exact amount that you need to pay with our accounts team: accounts@isabs.org
- Bank Transfer:
 - Account Holder: **Indian Society for Applied Behavioural Science**
 - Bank: **Canara Bank, Jagamara Branch, Bhubaneswar 751030**
 - AC no.: **90482010078724 - Savings A/C**
 - IFS code – **CNRB0017280**

For confirmation of payment and nomination status please contact Mr. Shubhojeet Pal +91-8802657508 or Mr. Mohan Singh +91 - 9953568953 E-mail id: admin@isabs.org

Cancellation Policy:

Cancellations on or before 10 February 2023, would attract a 25% cancellation charge. Cancellations between 11 and 18 February 2023, would attract a 50% cancellation charge. No refunds would be made for cancellation made after that. However sponsoring organisations can substitute one nominated participant by another before 18 February 2023. Partial cancellation by organisations may lead to non-entitlement of group discount.

CAUTIONARY NOTICE: A person who has experienced continuous mental stress or has been under psychiatric treatment 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 own health

We are continuing to go through the Covid pandemic even now. It is important that you understand the implications of being in a large group setting for long periods of time and take all due care as a participant of this event. You shall be participating with complete knowledge of risks involved on personal authority.

For queries:

Write to us on rc.east@isabs.org OR admin@isabs.org

Call us on: +91- 9437030601 Khirod Pattnaik, event coordinator or + 91 – 9937085601

Snigdha Pattnaik, Regional Coordinator – East

ISABS Office: Ms. Veenna Karda +91 – 8800605358 or Mr. Shubhojeet Pal +91-8802657508 or Mr. Mohan Singh +91 - 9953568953 E-mail id: admin@isabs.org

For details of other ISABS offerings please visit us on:

- <https://www.isabs.org/services.html>
- Professional Development Program - <https://www.isabs.org/professional-development-program.html>
- Organization Development Certificate Program - <https://www.isabsodcp.com/>
- Community Process Facilitation Program - <https://www.isabs.org/certificate-program.html>