



ahlaad - preparing you for life's realities

Essential Life Skills for Students

More than anything else, Men and Women seek Happiness - Aristotle

Dear Students,

Ahlaad is a Sanskrit word that means expressive, versatile and spontaneous – also idealistic, emotional and temperamental – all of this is possible only if you are happy and perhaps in the company of your loved ones or friends who truly appreciate your presence.

We created this very special program for young and energetic people like you to help you understand and unravel the challenges of life in your own unique way.

You might be wondering what 'Essential Life Skills' are about. In short Life Skills are those skills and competencies that help you be better prepared to handle yourself and support your family and friends in a meaningful way.

Read on to understand why Life Skills are essential for you today and in the future.....

Vidya Yedavalli and Ranga Iyengar

Program Designers / Facilitators

Scenario #1

As you read this, you might be preparing for your job interview or perhaps imagining yourself at your new workplace.

You may have many questions on your mind despite the fact that you have a professional degree....

- How can I stay inspired every day?
- Is my personality well adapted for today's world?
- Do I have the wisdom and confidence for the job?



How can we help you – Ahlaad, our contemporary program gives you a competitive edge in terms of your personality, expression, communication, thinking ability, conversation ability etc.

Scenario #2

You need to make several decisions about your life – you tried reaching out to your friends which was not very useful perhaps – parents perhaps do not completely understand your needs – what do you do?

You perhaps know what you want and have listed down some ideas and choices – what you still ponder about could be.....

- Do I have clarity and purpose for this task?
- Do I understand the risks, pros and cons?
- Do I have the wisdom and confidence to apply my knowledge in the right manner?



How we can help you – Ahlaad, our experiential life skills programs opens your mind to several interesting tools, methods, facets and scenarios and helps you be better prepared to deal with your life changing decisions.

Scenario #3

You are challenged every day by anyone around you – known people, strangers and also by fair weather friends as well – sometimes this can hurt you, impact your morale, make you angry as others envy your success or simply want to ridicule you.

You know what you want, yet you want external confirmation from others around you since you want to 'fit in' with your family, friends, elders, peers etc. As you step out into the world, you realize that.....

- May of your assumptions may be off the mark
- People do not react / respond the way you expected
- There is always someone perhaps a little better than you



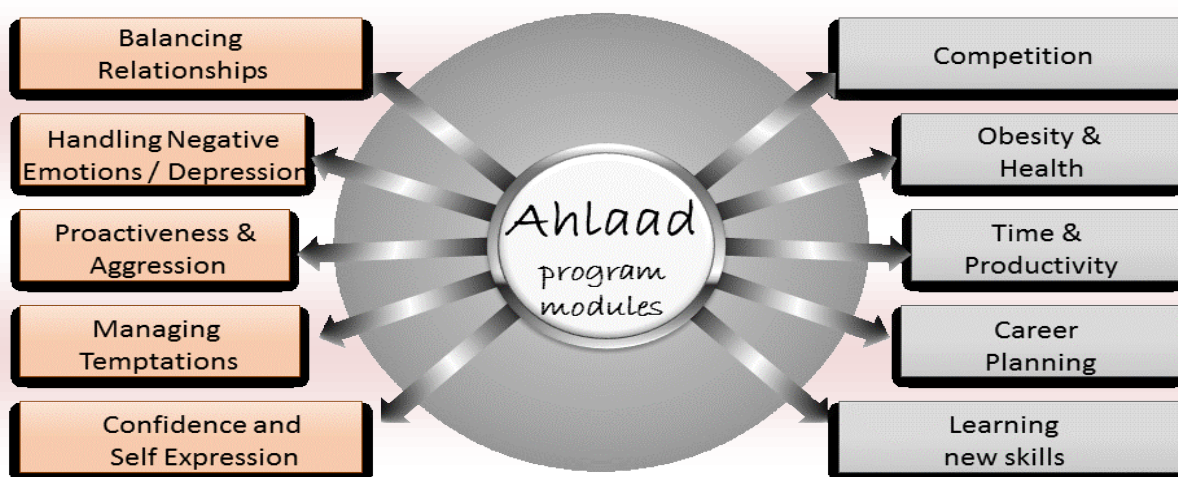
How we can help you – Ahlaad, is a space for experimenting with life situations in a safe learning environment with proper guidance – a luxury that you may not have when you are in the real world – so come learn how to use your natural talent, ability, skills and knowledge in the best possible manner that befits and benefits you.

Ahlaad – 12 programs. Many possibilities

This course is specially designed to match your needs, time schedules and learning preference.

- One personality assessment with useful insights on your personality type
- 8 interactive webinars of 2 hours each on various topics and
- 3 individual coaching sessions

Program modules



Course term – 3 months (2 modules per week x 12 weeks of 2 hours per module)

Course delivery – online through webinars, games, videos and self-learning material.

Fee: Rs. 3,000 per head + service tax

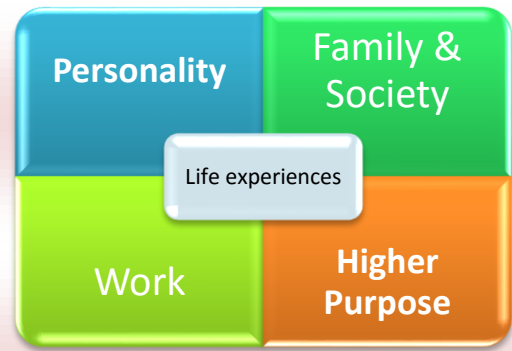
Our Program Delivery

Our programs can be designed for specific outcomes – students can register for our public program version where batches begin every month or a college can decide to go in for its own version provided they have batch sizes of 25 and above.

We also offer group coaching during the program on a fortnightly basis to support the students practice what they have learnt and give them real time feedback. Game simulations make the learning more lively and interesting for students. We also have a helpline for 1:1 support which is charged extra per set of 5-6 sessions to suit individual needs.

About us

Tattva-Q Life Labs is a new generation Human Development Company. We engage and facilitate the personal growth, development, success and happiness of people at their workspaces, in their lives and at institutions. We provide 3 Learning Spaces – within organizations, at our Center for Personal Excellence and through open enrolment / public programs.



How we make a difference

At Tattva-Q, several facets of our work bring together the difference that people experience during our programs – some of these are –

- **1:1 attention** – We keep group sizes small so that attention is given to everyone
- **Qualified & experienced facilitation** - Our facilitators have undergone extensive certifications and live experience
- **Respect individuality** - Providing spaces, channels and content for self-learning, experience and engagement that respect individuality, privacy and creativity
- **Affordable** – Our services are designed to provide true value for money
- **Experiential** – Our programs are activity based and involve learners to the fullest for a rich and live experience that respects the creative process
- **Focus** – Our focus is always on the insights and learning gained by each participants and not merely aimed at completing the program.

Founders & Team

Tattva-Q has been founded by Vidya Yedavalli and Ranga Iyengar who are motivational speakers and life coaches who have a rich and diverse background of more than 2 decades of experience each as corporate leaders, senior advisers, entrepreneurs and life coaches.

Team Tattva-Q has experienced coaches, trainers, facilitators and counsellors as part of its team. Tattva-Q today counts employees from over 40 organizations who have benefitted from its programs apart from its corporate clients.

Tattva-Q is incubated as a division under Strategic Interventions India P Ltd which is a 11 year old organization with more than 175 engagements and 125 clients to its credit across a variety of industrial domains. We also run a foundation called MSTQ Human Development Foundation for public programs and to support specific social causes.

Tattva-Q Life Labs

Your Life. Your Truth.

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