

## **1. VIPASSANA MEDITATION**

**Jan 15 – 26 (For People of all Religions)**

(Starting: Jan 15, at 4.00 pm. Ending: Jan.26, at 8am)

Vipassana is one of India's most ancient meditation techniques. It aims at the highest spiritual goals of total liberation and full enlightenment. It is an art of living, which eliminates the three causes of all unhappiness: craving, aversion and ignorance.

*(Resource Team: Authorized Vipassana Team, Igatpur)*

*(Voluntary Donation)*

## **2. AGING GRACEFULLY**

**Jan 31 – Feb 2 (For People of all Religions)**

Aging is a process of nature and it is a matter of attitude towards life. However, aging positively or gracefully is a deliberate choice a man/woman makes, accepting the demanding changes of this stage of life and choosing to grow in wisdom, hope, faith and love. Do you look forward to be a graceful elder? If so, learn to grow old gracefully.

*(Registration Fee: Rs. 300/- Course Fee: Rs. 1,200/-)*

## **3. NON-VIOLENT COMMUNICATION (One day)**

**February 9 (9am-4pm) (For Laity, Priests & Religious)**

This seminar will help one to handle the conflicts in one's family, parish and work place in an adult and constructive way.

*(Course Fee: 300/-)*

## **4. STRESS AND BURNOUT IN MINISTRY (One day)**

**February 16 (9am-4pm) (For Priests & Religious)**

Stress and Burnout affect mostly those who are in helping ministry. The seminar will help one to detect the causes and effect of such syndromes and help handle them using psycho-spiritual means.

*(Course Fee: Rs. 300/-)*

## **5. PSYCHO-SPIRITUAL INNER HEALING**

**Feb 21 – 23 (For Laity, Priests & Religious)**

We are wounded to various degrees. Some of us are healed of our wounds, but those who are not, go about hurting themselves and others. This retreat is aimed at helping the participants to heal their inner wounds, thereby infusing greater inner freedom, peace and power.

*(Registration Fee: Rs. 300/- Course Fee: Rs. 1,200/-)*

## **6. LENTEN RECOLLECTION ON DISCIPLESHIP (One day)**

**March 8 (9am-4pm) (For Priests & Religious)**

*(Fee: Rs. 300/-)*

## **7. LENTEN BIBLICAL RECOLLECTION (One day)**

**March 15 (9am-4pm) (For Laity)**

*(Fee: Rs. 300/-)*

## **8. LENTEN JOURNEY WITH JESUS**

**Mar 20 – 22 (For Laity, Priests & Religious)**

*(Registration fee: Rs. 300/- Course fee: Rs.1, 200/-)*

## **9. HEALING ONE'S HURTS**

**Mar 27 – 29 (For Laity, Priests & Religious)**

In the course of our life's journey, we are hurt and wounded by people and circumstances. Some of us carry the hurts of our early childhood, which keep contaminating our present behavior. Healing the

wounded inner child is the only way to find our life's happiness and inner freedom. (*Registration Fee: Rs.300/- Course Fee: Rs.1, 200/-*)

## **10. AFFECTIVE MATURITY**

**Apr 14 – 19 (For young Religious & Seminarians)**

The church needs priests and religious who are mature & capable of cultivating authentic relationships with their fellow beings and the Divine. Affective maturity involves learning to handle one's emotions and sexuality for healthy living in religious communities. In this module, the participants will be given skills and strategies to deal with their emotions and sexuality.

(*Registration Fee: Rs.500/- Course Fee: Rs.2, 500/-*)

## **11. GUIDED RETREAT-1**

**Apr 21 - 28 (For Laity, Priests & Religious)**

Our perennial problem in life is how to intervene in our life processes and personality patterns so that we live a more meaningful and effective life. This individually guided retreat would offer participants an opportunity to search for new beginnings with the help of qualified and experienced retreat guides.

(*Registration Fee: Rs.500/- Course Fee: Rs.3, 500/-*)

## **12. WHOLEISTIC WELLBEING & INNER HEALING**

**(LEVEL 1 SEEKER)**

**May 1-2 (For People of all Religions)**

(*9:30am -5:30 pm*)

Holistic wellbeing is a two days power impact workshop for the much-needed fast paced lives that we lead, to bring in overall wellness, wellbeing and transformation through healing and heightened awareness.

(*Resource person: RoshaniShenazz*)

(*Registration Fee: Rs. 500/- Course Fee: Rs. 3,000/-*)

## **12. PERSONAL TRANSFORMATION & COMMITMENT**

**May 13-25 (For Priests & Religious)**

We embrace Religious/Priestly life to find love and fulfillment in the person of Jesus; our community; and the mission of the Lord. However, our good intentions can be hindered by our shadows and blocks which we may be aware of or unaware. This psycho-spiritual course will help the participants to become aware, accept and handle such unredeemed realities within them. The 12 days course has three parts: Theoretical input, personal processing, prayer and meditation for awareness, healing and empowerment.

(*Registration Fee: Rs. 500/- Course Fees: Rs. 6,000/-*)

## **13. PARENTING SKILLS (One day)**

**June 28 (9.00am-4.00 pm) (For Laity)**

(*Course Fee: Rs.300/-*)

## **14. DIPLOMA IN BASIC COUNSELLING (one year)**

**July to March; 2 Saturdays a month, 9 – 1pm, (For People of all Religions)**

Whether at home or school, workplace or public place, we increasingly come across our fellow beings in need of a listening, understanding and guiding presence. This diploma course over a period of 9 months would help participants to learn the basics of counseling. Besides learning to help others in a professional manner, the course would also address personal growth issues.

(*Registration Fee: Rs. 500 /-; Course Fees: Rs. 6000 /-*)

## **15. PSYCHO-SPIRITUAL INNER HEALING**

**July 10 – 12 (For Laity, Priests & Religious)**

(For details, see no.5)

## **16. DEVELOPING SPIRITUAL & MATERIAL WEALTH (One day)**

**July 19 (9.00am-4.00 pm) (For Laity, Priests & Religious)**

Fr. Dr. Raja Ratna Reddy SVD (Ph.D. in Finance Management)

(*Course Fee: 300*)

## **17. BIBLICAL RETREAT**

**Aug 14-16 (For Laity, Priests & Religious)**

This weekend retreat is a unique experience of deepening the Jesus experience through the Word of God and applying it to one's life situation. The retreatants will be guided to dialogue with the text to discover the hidden message God has in store for them. The talks will be supplemented with inspiring Biblical audio-visuals.

*(Resource Persons: Fr. Dr. Valerian Fernandes SVD, Joe Prabhu SVD & team)*

*(Registration Fee: Rs.300/- Course Fee: Rs.1,200/-)*

## **18. MANAGING OUR EMOTIONS**

**Aug 21 – 23 (For People of all Religions)**

Modern research has shown that Emotional intelligence (EQ) is highly correlated with leadership, success and psychological well-being. Good news is that we can develop EQ and enhance our relationships and happiness. This seminar workshop is intended to help the participants to manage their emotions and develop interpersonal relationships.

*(Registration Fee: Rs.300/- Course Fee: Rs.1,200/-)*

## **19. HAPPINESS IN LIFE RETREAT**

**Sept 4 - 6 (For Laity, Priests & Religious)**

Happiness need not be about circumstances, physical health, financial success, or even the people in our life. Modern research and traditional wisdom indicate that happiness is not what happens to us; but it is about, who we are and how we define and identify ourselves. Happiness is a choice one makes. This retreat draws from Biblical teachings and psychological research and attempts to work out with the participants, a way towards authentic happiness.

*(Registration Fee: Rs.300/- Course Fee: Rs.1,200/-)*

## **20. FULLY HUMAN FULLY DIVINE RETREAT**

**Sept 14 – 22 (For Priests and Religious)**

Priests and Religious, through their ordination and consecration to Christ are called to share in the life of Christ, who alone has abundance of life. Through their ministry, they in turn become channels of God's abundant life to other people. Nevertheless, in the course of one's consecrated life, one could lose the fullness of life and become empty and void. This retreat will help the priests and the religious to become aware of the blocks and rekindle the spark of life in order to be effective in their ministry.

*(Registration Fee: Rs.500/- Course Fee: Rs.3500/-)*

## **21. COPING WITH STRESS**

**Sept 25 – 27 (For People of all Religions)**

Stress is a common problem that affects people in every walk of life at some point of their life. Knowing, when we are under stress, what is stressing us, and what strategies we use to deal with stress can help us to handle stress effectively and maintain our well-being in every circumstance. This weekend seminar teaches the participants to handle stress effectively.

*(Registration Fee: Rs. 300/- Course Fee:Rs. 1,200/-)*

## **22. WHOLEISTIC WELLBEING& INNER HEALING**

**(LEVEL 2 FOUNDATION)**

**Oct 2 – 4 (For People of all Religions)**

*(9:30am -5:30 pm)*

This is the next level after Seeker; for higher spiritual and earthly growth. Learn deeper tools and techniques of self-healing, manifestation, and enhancement of life in all areas.

*(Resource person: RoshaniShenazz)*

*(Registration Fee: Rs. 500/- Course Fee: Rs. 4,000/-)*

## **23. EMPOWERMENT RETREAT FOR WIDOWS**

**Oct 16 – 18 (For Widows)**

This retreat aims to empower those women who have lost their spouses, to journey from helplessness to power, despair to hope, and loneliness to participation.

*(Resource Persons: Lorna D'Souza, Maryanne D'Mello, & Atma-Darshan Team)*

*(Registration Fee: Rs. 300/- Course Fee: Rs.1, 200/-)*

#### **24. LEAD LIKE JESUS RETREAT**

**Oct 22 - 29 (For superiors, Principals, Formators and Social workers)**

Leadership is an essential aspect of being a religious or a priest. Consecrated people are called to be animators of communities and institutions, after their model and leader Jesus Christ. Present day leadership is in crisis everywhere. It is challenging to be a leader in today's world. This retreat is aimed at empowering religious and priests to be effective leaders in their communities.

*(Registration Fee: Rs.500/- Course Fee: Rs.3500/-)*

#### **24. RENEWAL PROGRAM FOR SILVER JUBILARIANS**

**Nov 11 – 24 (For Priests & Religious, 25 years in Religious Life)**

Religious and priests are called to give themselves in love and service. However, as we go through our consecrated life, it is possible that some of us get stuck and others lose the original dynamism. The eleven-day renewal (Seminar and Retreat) course is aimed at energizing the spirits through psycho-spiritual modules, so that we can carry on our mission with renewed strength and enthusiasm.

*(Registration Fee: Rs.500/- Course Fee: Rs.6,500/-)*

#### **25. SEMINAR: NLP PRACTITIONER COURSE (Basic)**

**Nov 26 – Dec 4 (For People of all Religions)**

With NLP (Neuro Linguistic Programming) you can relieve phobias and traumas, resolve inner conflicts, change life-long habits, and unwanted feelings. Besides, you can create inner positive feelings, build new beliefs, and model your own excellence on others you admire. This eight-day certificate course is aimed at empowering the participants to claim their own healing and of others.

*(Resource Person: Prof. Clement D' Souza).*

*(Registration Fee:Rs. 500/- Course Fee:Rs. 9500/-)*

#### **26. COUPLES AND FAMILY THERAPY**

**Nov.27-Dec 1 (For People of all Religions)**

Family Therapy workshop aims at equipping the participants to be effective in helping people in intimate relationships. Participants will learn the theory, skills and techniques to recognize and build on peoples' strengths and relational resources. The method of training consists of lectures, case discussions, and role-plays. Apart from psychologists, the course is also beneficial for formators and those involved in pastoral ministry.

*(Resource Person: Fr. Dr. Jacob Mulavurikal, SVD)*

*(Registration Fee: Rs.500/- Course Fee: Rs.3, 500/-)*

#### **27. ADVENT RECOLLECTION (One day)**

**Dec.6 (9.00 am- 4.00 pm) (For Priests, Religious and Laity)**

*(Course Fee: 300/-)*

#### **28. HOLISTIC WELLNESS MEDITATIONS**

**Dec 11-13 (For People of all Religions)**

The participants will learn skills and techniques to shed the toxins from the mind and body to enable the smooth flow of energy through the meridian lines, to calm and relax the mind, to experience inner peace and harmony to meditatively move towards the realization of their spiritual self and experience the divine within. The participants will be helped to discover and experience various forms of meditative practices.

*(Resource Person: Fr. IttoopPanikulam, SVD).  
(Registration Fee: Rs.300/- Course Fee: 1,200/-)*

**29. GUIDED RETREAT-2**

*Dec 26 - Jan 01, 2021 (For Laity, Priests & Religious)*

See Course no 11 for details

*(Registration Fee: Rs.500/- Course Fee: 3,000/-)*

# **ATMA DARSHAN COUNSELLING**

**&**

## **SPIRITUALITY TEAM**

**Fr. Tony Menezes SVD**

(Ph.D Clinical Counselling) Director

**Fr. Gregory Pinto SVD**

(Ph. D Clinical Counselling) Programme Co- Ordinator

**Fr. Chacko Parekkatt SVD**

**Fr. Gregory Arockiam SVD**

**Fr. Aloysius D'Souza SVD**