

PRAYER

PSYCHO-SPIRITUAL INNER HEALING

AGEING GRACEFULLY

COPING WITH STRESS & BURNOUT

MEDITATION

HANDLING OUR EMOTIONS

COUNSELLING

LEADERSHIP RETREAT

EMPOWERMENT RETREAT FOR WIDOWS

PREACHED RETREAT

LOOKING FOR AN ANSWER?



ATMA DARSHAN

Centre for Spirituality & Counselling

(By the Society of the Divine Word - SVD)

PROGRAMMES – 2025

Mahakali Caves Road, Andheri (East),
Mumbai 400 093, India.

☎ 9769694422

Website: www.atmadarshan-svd.org

01**Jan 12**

(For Laity, Priests & Religious)

MEDITATION FOR GOD EXPERIENCE & HEALING

This meditation workshop involves experiencing various meditation methods (e.g., the Bible, nature, the human body, creative visualisation, etc.)

02**Jan 15-26**

(For people of all Religions)

VIPASSANA

Vipassana is one of India's most ancient meditation techniques. It aims at the highest spiritual goals of liberation and enlightenment.

03**Feb 2**

(For people of all Religions)

AGEING GRACEFULLY

Ageing gracefully is a deliberate choice, that involves accepting the demanding changes of this stage. Do you look forward to being happy in your senior years?

04**Feb 16**

(For people of all Religions)

COPING WITH STRESS & BURNOUT

The seminar will help one to detect the causes and effects of stress and how to deal with it.

05**Mar 9**

(For Laity, Priests & Religious)

PSYCHO-SPIRITUAL INNER HEALING

We are wounded to various degrees. Some get healed, but those who are not, go about hurting themselves and others. This retreat will help the participants to heal their inner wounds.

06**Mar 23**

(For Laity, Priests & Religious)

NON-VIOLENT COMMUNICATION

This workshop will help handle conflicts in one's family, community, parish and workplace in an adult and constructive way.

07**Apr 06**

(For Laity, Priests & Religious)

HEALING OUR HURT MEMORIES & LOSSES

Facing our pain, and actively working towards healing is the only way to find our happiness and inner freedom.

08**Apr 07-13**

(For Priests & Religious)

PREACHED RETREAT**09****May 4 - 31**

(For Priests & Religious)

PERSONAL TRANSFORMATION & COMMITMENT

We embrace Religious/Priestly life to find our love and fulfilment in the person of Jesus, our community, and our mission. These good intentions however are often hindered by our shadows and blocks which we may be aware or unaware of.

This UNIQUE and RARE course will help the participants address the above realities through three modules:

Module 1: Psycho-Spiritual Awareness;

Module 2: Group Therapy;

Module 3: Directed Retreat.

10**June 2-8**

(For Priests, Religious & Laity)

INNER CHILD RETREAT

Based on the Biblical personalities, the retreat helps to discover one's inner child and develop an integrated personality.

11**June – Jan 2026**

(For people of all Religions)

ADVANCED COUNSELLING SKILLS

18 Saturdays, 9.30 am to 12.30 pm:
Classes begin on June 21.

12**June 22**

(For young adults & singles: 21 to 45 years)

WHAT??? Marriage; Priesthood; Religious?

A prayerful discernment to understand God's will and purpose for our lives. Our happiness and fulfilment in life will depend on this alignment.

13**July 6**

(For Laity, Priests & Religious)

MEDITATION FOR GOD EXPERIENCE & HEALING

(For details see # 1)

14**Aug 10**

(For People of all Religions)

HANDLING OUR EMOTIONS

This seminar cum workshop is intended to help the participants to handle their emotions for better personal well-being and interpersonal relationships.

15**Aug 10 -23**

(For Superiors, Formators & School Counsellors)

SKILLS IN COUNSELLING & SPIRITUAL DIRECTION

This training program attempts to build upon insights from both psychology and spirituality to understand the self and guide others.

16**Aug 17**

(For People of all Religions)

KNOW YOURSELF & LEARN TO LIVE IN FREEDOM

It's an effort to study ourselves and others better by knowing our temperaments. This will help us to understand and appreciate our differences which will facilitate our interpersonal relationships, family life and teamwork.

17**Aug 26 -Sept 02**

(For Priests & Religious)

PREACHED RETREAT

18**Sept 21- Oct 05**

(For Priests & Religious, 25 years in Priestly/Religious Life)

RENEWAL PROGRAM FOR THE SILVER JUBILARIANS

This Seminar cum Retreat is aimed at energising the spirits of the Silver Jubilarians so that they can carry on their life and mission with renewed strength and enthusiasm.

19**Sept 28**

(For Laity, Priests & Religious)

HEALING OUR HURT MEMORIES & LOSSES

(For details see # 7)

20**Oct 10-12**

EMPOWERMENT RETREAT 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)

21**Oct 27 – Nov 02****(For Priests & Religious)**

LEADERSHIP RETREAT

Orienting our Leadership Mission after the model of Jesus the servant leader, who motivated his followers by capturing their hearts first and minds second.

22**Nov. 9****(For Laity, Priests & Religious)**

PSYCHO-SPIRITUAL INNER HEALING

(For details see # 5)

23**Dec. 26-Jan 01, 2026****(For Priests & Religious)**

PREACHED RETREAT

(For details see # 5)

GENERAL INFORMATION

- a) One day Programmes: 9.30 am to 5 pm
(Lunch and tea will be provided).
- b) Longer Programs: Arrival is on the evening of the first day. The program begins after supper (8.30 pm) and ends with lunch on the last day.
- c) Other details: All rooms are self-contained with two beds. We provide bed linen, mosquito nets and blankets.

ATMA DARSHAN COUNSELLING and SPIRITUALITY TEAM

Fr. Tony Menezes SVD (PhD Clinical Counselling) Director.

Fr. Gregory Pinto SVD (PhD Clinical Counselling) Programme Co-Ordinator.

Fr. Salvador Carvalho SVD, Administrator.

Fr. Jose Vazhail, SVD (Dip. Spirituality).

Fr. Jomon Thattamattathil SVD (Licentiate in Family & Marriage Counselling).

OTHER SERVICES OFFERED BY THE CENTRE

- Individual & family counselling
- Individual & group retreat direction
- Residential/non-residential facilities to hold workshops, seminars, and retreats
- A Community of lay mission partners, known as 'Disciples of the Divine Word' (DDW). Interested men & women are welcome to join
- A Project for 'Feeding the Hungry' in the city of Mumbai in collaboration with the Disciples of the Divine Word. Your prayers and financial support are welcome.
- You can send your Feed the Hungry donations to:

Bank : CSB Bank

A/C Name : Atma Darshan Trust

A/C Number : 0339-00461018-190001

Branch : Andheri East, Mumbai,
Maharashtra

IFSC Code : CSBK0000339

***Kindly contact/send us a WhatsApp message
once you donate: 97 6969 4422***

HOW TO REACH ATMA-DARSHAN

From Andheri Station (East), take bus #333 to the Sher-e-Punjab bus stop or an auto to Mahakali Caves Road. Atma Darshan is located on a small hillock behind McDonald's, on Mahakali Road. The entry is at Gyan Ashram Gate (100 metres after McDonald's while coming from Chakala and the Centre is right inside **Gyan Ashram Campus**. While looking for the place, please ask for **Gyan Ashram**. On Google Maps, put the location as **Atma Darshan Chapel**.

For Registration & Enquiry Contact:

The Programme- Coordinator,
ATMA DARSHAN,
Gyan Ashram Campus,
Mahakali Caves Road, Andheri (East),
Mumbai - 400 093. India.
Mobile: 97 6969 4422.
E-mail: atmasvd@gmail.com
Website: www.atmadarshan-svd.org

You may pay through Bank Transfer
& inform us:

Bank : The South Indian Bank Ltd.
A/C Name : Atma Darshan Trust
A/C Number : 0354 0530 0000 5451
Branch : Andheri East, Mumbai,
Maharashtra
IFSC Code : SIBL0000354

