



# ATMADARSHAN

Centre for  
Counselling & Spirituality



**PROGRAMME**  
January to December 2022

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**ATMADARSHAN**

Digha Ashiana Road

Patna - 800 011, Bihar, India

Email : [darshanatma2021@gmail.com](mailto:darshanatma2021@gmail.com)

Website : [www.atmadarshanpatna.org](http://www.atmadarshanpatna.org)

### **1. JOURNEY TO WHOLENESS (Workshop/Retreat)**

Fr. Alwyn Vaz, SJ

18 January, 6.00 pm TO 2 February 2022, 12.00 noon  
Registration & Course fee Rs. 2500/-, Board & Lodge  
Rs. 7500/- ( Total Cost Rs. 10,000/-)

(Life is a journey and during this journey we experience moments of happiness and moments of brokenness. The goal of our life is to live as well integrated persons whereby we can appreciate and live our lives to the full. There are moments we find ourselves broken in body, emotions, feelings and relationships. The reflections here will help us to view and experience life as a journey from brokenness to wholeness.)

### **2. FINANCIAL MANAGEMENT AND LEGAL COMPLIANCES FOR CHARITABLE TRUST/SOCIETIES**

Fr. Alex G. SJ

3 February, 9.00 am TO – 7 February 2022, 4.00 pm  
Registration & Course fee: Rs. 3500/-, Board & Lodge  
Rs. 2500/-, Financial management book Rs. 700/-  
(Total Cost Rs. 6700/-)

(This program is advanced and is meant for those already functioning as Treasurers, Administrators and Superiors. The topics covered will be: Financial statement; Compliances like Income Tax, TDS, GST; Financial planning and Budget; Financial management; Changing Income Tax Laws and related legal matters; Formation and Statutory legal compliances; Legal matters related to employees, pay scale, PF, gratuity; Property matters)

### **3. ROLE OF LAITY IN THE CHURCH (only for laity)**

Fr. Augustine Kisku, SJ

10 February, 06.00 pm TO 13 February 2022, 01.00 pm  
Board & Lodge Rs. 300 per person

(The reflections here will help to dwell on the important role the laity have in the Church's mission to evangelize because they live their lives in the mission field. The laity have a role to play inside the Church but their primary role is to transform the world by being witnesses in the way they live their lives and explicitly share their faith with others. They are called to help the pastor to identify the pastoral needs of the parish.)

### **4. REFLECTION ON THE THREE RELIGIOUS VOWS – COMMITMENT TO MISSION**

Fr. Alwyn Vaz, SJ

9 February, 6.00 pm TO 13 February 2022, 5.00 pm.

Registration & Course fee Rs. 2000/-, Board & Lodge Rs. 2000/- (Total Cost Rs. 4000/-)

(A religious through the three vows of Poverty, Chastity and Obedience commits oneself fully and in a definitive way to God and to the ministry assigned to him/her. The sessions here will help to develop a setting for a prayerful and theological reflection on growth in living the vows as a commitment to mission.)

## **5. SERVANT LEADERSHIP – CALLED TO LOVE AND SERVE**

Fr. Alwyn Vaz, SJ

15 February, 6.00 pm TO 19 February 2022, 5.00 pm

Registration & Course fee Rs. 2000/-, Board & Lodge Rs. 2000/- (Total Cost Rs. 4000/-)

(The reflections here will be on the life of Jesus as the Servant Leader who taught and embodied leadership as service. It will further enhance us to develop our capacity to understand and apply God's servant-leadership principles in our daily works and responsibilities.)

## **6. IGNATIAN LEADERSHIP PROGRAM**

Fr. Joseph Sebastian SJ, Fr. Alwyn Vaz SJ, Mrs. Marie Dcruze, Sr. Asha Paul.

21 February, 6.00 pm TO 25 February 2022, 5.00 pm

(For selected Jesuits and lay collaborators from Patna, Delhi and Kolkata Provinces)

## **7. LONG RETREAT**

Fr. Alwyn Vaz, SJ

01 March, 6.00 pm TO 31 March 2022, 1.00 pm

Registration & Course fee Rs. 5000/-, Board & Lodge Rs. 13,000 (Total Cost Rs. 18,000)

("Behold I stand at the door and knock" (Rev. 3:20). Each time we make a retreat Jesus is knocking at our door with greater opportunities. This retreat will help us to become more aware of our present relationship with God and lead us to move ahead to open our doors with greater generosity thus helping us to maintain a personal relationship/union with God)

## **8. FORMATORS PROGRAM**

Atmadarshan Team

28 February, 6.00 pm TO 01 May 2022, 4.00 pm

Registration & Course Fee Rs. 11,000, Board & Lodge Rs. 27,000 (Total Cost Rs. Rs. 38,000)

(This program is meant for those who intend to be engaged in the ministry of formation and for those formators who want to renew/update their skills for greater effectiveness in their ministry. Some of the

modules that will be covered are: Psycho-spiritual integration, journey into depth awareness, discernment of vocation and selection of candidates, spiritual direction skills, Practical counselling and helping skills, holistic self-awareness, pathway to interiority/inner freedom, Inter-religious sensitivity, Transformative Spirituality Retreat)

## **9. UNIVERSAL SPIRITUALITY RETREAT (For non-Christian Collaborators in our Institutions)**

Fr. Lawrence Eucharist, SJ

31 March, 6.00 pm TO 05 April 2022, 4.00 pm

(In all our ministries and institutions, we have non-Christian as our partners and collaborators who need to take time out to meet their inner selves so as to energize themselves and emerge as new persons to lead a happy, peaceful and hopeful life. This retreat will help our non-Christian collaborators to rediscover their inner resources and thus will empower them to be more fruitful in all their endeavors.)

## **10. HOLY WEEK RETREAT**

Fr. Alwyn D'souza, SJ

08 April, 6.00 pm TO 16 April 2022, 4.00 pm

Registration & Course fee Rs. 2000/-, Board & Lodge Rs. 4000/- (Total Cost Rs. 6000/-).

("If you want to be my disciple and follow me then take up your cross everyday and follow me" (Lk.9:23; Mt.16:24). There is no resurrection without the cross. The grace of the cross is very difficult for us to understand in our daily life. This retreat will help us to enter into the mystery of the cross and the meaning of the paschal mystery in the life of Jesus and in our own life thus helping us to embrace gracefully the crosses of our daily life.)

## **11. YOUTH ANIMATORS' LEADERSHIP PROGRAM**

Fr. Antony Prakash SJ, Fr. Gregory Gomes SJ, Fr. Oswald Saldanha SJ & Team

03 May, 6.00 pm TO 11 May 2022, 5.00 pm

(This eight-day program is for the selected youth of all our parishes wherein they will be helped to reflect on the various important concerns of the present day society and thus become animators/leaders wherein they can motivate others in their home town/villages and parishes to live a meaningful and successful life.)

## **12. TRANSFORMATIVE SPIRITUAL RETREAT**

Fr. Lawrence Eucharist, SJ

13 May, 6.00 pm TO 21 May 2022, 4.00 pm

Registration & Course fee Rs. 2000/-, Board & Lodge Rs. 4000/- (Total Cost Rs. 6000/-)

(True spirituality brings positive transformation in



individuals. By using the Buddhist Psycho-spiritual wisdom, participants will be helped to discover the core of his/her evil roots. Participants will then be helped to encounter and experience the ever-forgiving Lord Jesus which will help them to go through a process of purification and enlightenment.)

### **13. LIFE TRANSITION WORKSHOP**

**Fr. Joe Kootinal, SJ**

25 May, 6.00 pm TO 31 May 2022, 4.00 pm.

Registration & Course fee Rs. 2000/-, Board & Lodge Rs. 3000/- (Total Cost Rs. 5000/-)

(Life is full of wonderful learning opportunities and the more we can understand ourselves and our experiences, the more we can make sense of our painful experiences and strive to create more joyful experiences in our lives. By truly knowing ourselves, our emotional reactions, our strengths and limitations, our values, our style in relating to others will help us to reduce the fear and pain as we move through change and thus will be able to live our lives in a more honest and real way with our energy freed up to live in the present moment neither regretting the past nor fearing the future.)

### **14. IGNATIAN INSIGHTS – EIGHT DAY RETREAT**

**Fr. Joesph Vellaringatt, SJ**

02 June, 6.00 pm TO 10 June, 2022, 04.00 pm

Registration & Course fee Rs. 2000/-, Board & Lodge Rs. 4000/- (Total Cost Rs. 6000/-)

(Five hundred years ago, following the battle of Pamplona in Spain, St. Ignatius of Loyola underwent a conversion which ultimately led to the founding of the Society of Jesus in 1540. To commemorate the conversion of Ignatius, Fr. Arturo Sosa, the present Superior General of the Society of Jesus, has asked Jesuits all over the world to observe 2021 – 2022 as “Ignatian Year”. The theme of the Ignatian Year is to “to see all things new in Christ.” Ignatian spirituality is the heritage not only of Jesuits but of the entire Church. The purpose of the retreat is to take the retreatant on a pilgrimage in the footsteps of Ignatius who called himself a pilgrim. Imbibing the Ignatian spirit of whole hearted commitment to the service of Christ and our fellow human beings, the retreatant will experience new enthusiasm in the following of Christ in a more meaningful way.)

### **15. RELIGIOUS COMMUNITY LIFE**

**Fr. Alwyn Vaz, SJ**

06 June, 6.00 pm TO 11 June 2022, 4.00 pm

Registration & Course fee Rs. 2000/-, Board & Lodge

Rs. 2500/-, (Total Cost Rs. 4,500/-)

(We religious belong to a community and thus we have a responsibility towards ourselves and also a responsibility towards the well-being and growth of our community members. The bond of friendship and companionship we experience in communities will helps us to happily move out of ourselves and be committed to the ministry entrusted to us. Our communities are our support system. The reflections here will help us to understand the dynamics of our life together as religious in a community (living together as companions) and thus experience Communion in our communities.)

## **16. GUIDELINES TO GROW IN PEACEFULNESS/ PRAYERFULNESS (Those in Formation)**

Fr. Lawrence Eucharist, SJ

18 June, 6.00 pm TO 22 June 2022, 4.00 pm

Registration & Course fee Rs. 2000/-, Board & Lodge Rs. 2000/- (Total Cost Rs. 4000/-)

(In this workshop a brief analysis of a human person into body, mind and spirit will be dealt with. Further the core-evils that chain individuals down from growing into free, generous and humble servants of humanity will be explored. Thereafter the formees will be trained to purify, sanctify and divinize their inner selves so that they grow as humble and joyful servants of God and His people.)

## **17. COUNSELLING SKILLS AND SPIRITUAL DIRECTION**

Fr. Alwyn Vaz, SJ

20 June, 6.00 pm TO 25 June 2022, 4.00 pm

Registration & Course fee Rs. 2000/-, Board & Lodge Rs. 2500/- (Total cost Rs. 4500/-)

(The building of 'TRUST' is important in any relationship, all the more in the context of spiritual direction between the spiritual director and directee. The reflections here will help to develop skills needed for better spiritual accompaniment in order to discover the will of God through one's prayer and life experiences.)

## **18. A JOURNEY INTO DEPTH AWARENESS**

Fr. Vimal Kishore, SJ

27 June, 06.00 pm TO 05 July 2022, 4.00 pm

Registration & Course fee Rs. 2000/-, Board & Lodge Rs. 4000/- (Total cost Rs. 6000/-)

(Using the discoveries of Jung in depth psychology and its application to one's own personality type the retreat aims at depth knowledge of one's being, behavior and motivation, thus leading to inner

integration and wholeness of the person. The first part of the retreat will be a workshop on “Myers-Briggs’ Personality Inventory (MBTI). The second part will try to integrate the insights of this typology through guided imagery, prayer and meditation.)

### **19. DE-ADDICTION TRAINING PROGRAM (Teachers – Schools & Colleges)**

Fr. Gregory Gomes, SJ

07 July, 6.00 TO 10 July 2022, 5.00 pm

Registration & Course fee Rs. 2000/-, Board & Lodge Rs. 1500/- (Total Cost Rs. 3500/-)

(This training is designed for teachers (schools and colleges) to equip them to deal and heal addicted students. The training will deal specifically with understanding addiction and methods of counselling the addicted students and healing them of the bad effects of addiction.)

### **20. DISCERNMENT OF VOCATIONS – For Vocation Promoters & Formators**

Fr. Antony Prakash SJ, Fr. Alwyn Vaz, SJ

12 July, 6.00 pm TO 17 July 2022, 4.00 pm

Registration & Course fee Rs. 2000/-, Board & Lodge Rs. 2500/- (Total cost Rs. 4500/-)

(“You did not choose me, no, I chose you”(Jn. 15:16). Vocation to religious life is God’s initiative and so a divine call cannot be determined by human sciences. The human sciences concern only the natural dispositions and socio-cultural influences that determine or condition the aptitude of a person for a determined state of life. The reflections here will help us to dwell on some specific criteria that must be met while promoting an individual to be admitted into training for religious life.)

### **21. DISCERNMENT – SEEKING GOD’S WILL**

Fr. Perianayagam, SJ

20 July, 6.00 pm TO 26 July 2022, 4.00 pm

Registration & Course fee Rs. 2000/-, Board & Lodge Rs. 3000/- (Total Cost Rs. 5000/-)

(As followers of Jesus, we are called to live our lives as Jesus lived. Discernment is a process by which we learn how to remain in Christ, allowing Him to inspire and direct our everyday choices. The reflections here will help us to make discernment as a way of living our everyday life.)

### **22. JESUS THE HEALER - Three-day retreat for the laity**

Fr. Pradeep Kumar, SJ

28 July, 6.00 pm TO 30 July

### **23. SELF-AWARENESS AND TRANSFORMATION THROUGH ENNEAGRAM WORKSHOP**

Fr. Pius Thekemury, SJ

02 August, 6.00 pm TO 12 August 2022, 4.00 pm

Registration & Course fee Rs. 2000/-, Board & Lodge Rs. 5000/- (Total Cost Rs. 7000/-)

(The Enneagram describes nine personality types, none better or worse than another, yet recognizably and radically different in their way of responding to the world. Our personality type is recognizable, but our personality – the experiences, memories, dreams and aspirations, and what we do with them – is our own. The reflections here will foster a deeper insight into who we are, our potential and how to attain it; deeper empathy, compassion and more creative relationships and the realization that we do not need to conquer our personality, but befriend it, understand it and use it to help our growth.)

### **24. LIVING TOGETHER LOVING TOGETHER (Senior Couples)**

Fr. Oswald Saldahna, SJ

12 August 06.00 pm TO 14 August 2022, 4.00 pm

### **25. STRESS MANAGEMENT**

Atmadarshan Team

15 August, 6.00 pm TO 20 August 2022, 4.00 pm

Registration & Course fee Rs. 2000/-, Board & Lodge Rs. 2500/- (Total Cost Rs. 4500/-)

(Stress itself isn't a problem. It is the quantity and quality of your stress and how you manage it that matters. We very well know that stress exacerbates illness and disease. The reflections here will help us to understand that stress pushes us to the extreme – the point where stress begins to damage us physically, mentally and emotionally and so the need for 'Stress Breaks'.)

### **26. BASIC RELATIONSHIP SKILLS**

Fr. Alwyn Vaz, SJ

21 August, 6.00 pm TO 26 August 2022, 4.00 pm

Registration & Course fee Rs. 2000/-, Board & Lodge Rs. 2500/- (Total Cost Rs. 4500/-)

(Everyone of us feel that we need to be listened to and thereby the need to be understood. The reflections here will help us to develop skills to be more understanding, connected and helpful towards those in distress and thus build relationships based on trust and hope. We all need to assist ourselves and others to understand, overcome or deal with external and internal problems.)



## **27. WORKSHOP ON HERBAL MEDICINE**

Fr. Sevanand Meloolunnel, SJ

23 August, 6.00 pm To 26 August 2022, 4.00 pm

Registration & Course fee Rs. 1500/-, Board & Lodge  
Rs. 1500/- (Total Cost Rs. 3000/-)

## **28. WORKSHOP ON LEADERSHIP**

Fr. Mathew Chemplany, SJ

29 August, 6.00 pm TO 03 September 2022, 4.00 pm

Registration & Course fee Rs. 2000/-, Board & Lodge  
Rs. 2500/- (Total Cost Rs. 4500/-)

(Here the reflection will help us understand the foundational nature of value-based leadership. Leadership is not a skill that can be learnt. Leadership is a lifestyle and needs to be grown. It is created by living with the disciple and challenging him with your lifestyle. Here we will reflect on the traits that need to be cultivated in the person being developed as a leader.)

## **29. SPIRITUALITY OF THE CROSS IN LIFE AND MINISTRY**

Fr. Alwyn Vaz, SJ

05 September, 6.00 pm TO 10 September 2022, 4.00 pm

Registration & Course fee Rs. 2000/-, board & Lodge  
Rs. 2500/- (Total Cost Rs. 4500/-)

(The mystery of the cross can be understood in the light of God's love working out my/our salvation. The reflections here will help us understand the relatedness between spirituality and the meaning of the cross and a whole-hearted response to Jesus involves the Cross. All genuine spirituality flows from the spirit of the Cross: the self-emptying in love of the crucified Christ – to give and not to count the cost.)

## **30. WORKSHOP ON IGNATIAN SPIRITUALITY – THE SPIRITUAL EXERCISES.**

Atmadarshan Team

13 September, 6.00 pm TO 19 September 2022, 4.00 pm

Registration & Course fee Rs. 2000/-, Board & Lodge  
Rs. 3000/- (Total Cost Rs. 5000/-)

(This workshop is for all religious who are in the helping ministry and those who are interested in directing retreats. The topics that will be covered here are: Introductory Observations (Annotations), The Strategy of the Spiritual exercises, Principle and Foundation, the four weeks of the Exercises, Contemplation to obtain love and Rules for the discernment of Spirits).

### **31. DEADDICTION TRAINING PROGRAM – Animators in Social Work**

Fr. Gregory Gomes & Team

22 September, 6.00 pm TO 25 September 2022, 4.00 pm

(This training is designed for persons involved in Social Work to equip them to deal and heal addicted persons. The training will deal specifically with understanding addiction and methods of counselling the addicted persons and healing the of the bad effects of addiction.)

### **32. CONSTRUCTIVE WAYS TO BUILD SELF-ESTEEM**

Fr. Alwyn Vaz, SJ

27 September, 6.00 pm TO 01 October 2022, 4.00 pm  
Registration & Course fee Rs. 2000/-, Board & Lodge Rs. 2000/- (Total Cost Rs. 4000/-)

(Self-esteem is the opinion or understanding we have about ourself and our abilities. It can be high, low or somewhere in-between. While everyone occasionally has doubts about themselves, low self-esteem can leave us feeling insecure and unmotivated. We might be able to identify a few things that are affecting our opinion of ourself, or it could be a mystery. The reflections here will help us find our real selves beyond the symptoms of our powerlessness. It will help us to find God in ourselves and to discover the power of prayer and the power of love.)

### **33. EIGHT DAY RETREAT (Puja Holidays)**

Fr. Perianayagam, SJ

03 October, 6.00 pm TO 11 October 2022, 4.00 pm  
Registration & Course fee Rs. 2000/-, Board & Lodge Rs. 4000/- (Total Cost Rs. 6000/-)

### **34. ENLIGHTENED COMMUNITY LEADERSHIP**

Atmadarshan Team

13 October, 6.00 pm TO 19 October 2022, 4.00 pm  
Registration & Course fee Rs. 2000/-, Board & Lodge Rs. 3000/- (Total Cost Rs. 5000/-)

(Here we will reflect on the teachings of the Church on leadership, the different leadership styles and attitudes, delegation and how to handle conflict situations. The workshop will emphasize on how a community leader facilitates the personal development of all the members of the community.)

### **35. EIGHT DAY RETREAT (Diwali Holidays).**

21 October, 6.00 pm TO 29 October 2022, 4.00 pm  
Registration & Course fee Rs. 2000/-, Board & Lodge Rs. 4000/- (Total Cost Rs. 6000/-)

### **36. RENEWAL PROGRAM FOR SISTERS (Finally Professed Sisters)**

Atmadarshan Team

31 October, 6.00 pm TO 10 December 2022, 4.00 pm  
Registration & Course fee Rs. 8000/-, Board & Lodge Rs. 18,000/- (Total Cost Rs. 26,000/-)

(This program is meant for finally professed sisters. Participants will be guided through themes in Awareness, Prayer, Meditation, Holistic Self-awareness, Psycho-spiritual integration, Eco-spirituality, human relatedness, leadership skills, Journey to wholeness, discernment of spirits. The program will end with a retreat)

### **37. HAPPINESS IN MARRIED LIFE (Newly married couples)**

Fr. Rajesh Jacob, SJ

04 November, 6.00 pm TO 06 November 2022, 4.00 pm

### **38. FINANCIAL MANAGEMENT AND LEGAL COMPLIANCES FOR CHARITABLE TRUST/SOCIETIES**

Fr. Alex G.

24 November, 09.00 am TO 28 November 2022, 4.00 pm

Registration & Course fee Rs. 3500/-, Board & Lodge Rs. 2500/-, Finance management Book Rs. 700/- (Total cost Rs. 6700/-)

(This program is advanced and is meant for those already functioning as Treasurers, Administrators and Superiors. The topics covered will be: Financial statement; Compliances like Income Tax, TDS, GST; Financial planning and Budget; Financial management; Changing Income Tax Laws and related legal matters; Formation and Statutory legal compliances; Legal matters related to employees, pay scale, PF, gratuity; Property matters)

### **39. THREE DAY ADVENT RETREAT (LAITY)**

Fr. Oswald Saldahna, SJ

01 December, 6.00 pm TO 4 December noon, 2022.

### **40. NINE PORTRAITS OF JESUS – (Discovering Jesus through the Enneagram)**

Fr. Alwyn Vaz, SJ

12 December, 6.00 pm TO 21 December 2022, 4.00 pm

Registration & Course fee Rs. 2000/-, Board & Lodge Rs. 4500/- (Total Cost Rs. 6500/-)

Here we will meditate on the personality of Jesus

based on the Enneagram system of personality types. The Enneagram system demonstrates that there are nine ways of expressing what it is to be human. And since Jesus came to save all of us by becoming as we are, each of us must be able to discover in Him our own way of being human and then acquire an insight into how I can be His disciple).

#### **41. EIGHT DAY RETREAT**

Fr. Johnson Kelakath, SJ

27 December, 6.00 pm TO 04 January 2023, 4.00 pm

Registration & Course fee Rs. 2000/-, Board & Lodge Rs. 4000/- (Total cost Rs. 6000/-)

#### **Please Note:**

1. All programs will start at 06.00 pm on the date specified and end at 04.00 pm on the last day.
2. Rooms are provided with bed linen, mosquito net, towel, blankets. You are requested to carry your own toilet articles, note-books, Bible and pen.
3. When rooms are available individuals/groups are welcomed to have days of recollection, renewal, retreats and seminars with your own choice of directors.
4. Individual/group counselling is made available at request.
5. Payment can be made either through cash, online bank transfer or through cheque. The bank details are as follows:

BANK NAME	:	SOUTH INDIAN BANK, BORING ROAD, PATNA.
ACCOUNT NAME	:	M/S ATMADARSHAN
ACCOUNT NO	:	0308053000000215
IFSC CODE	:	SIBL000038

#### **CORRESPONDENCE:**

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