



ATMADARSHAN

Centre for
Counselling & Spirituality



Programme

January to December 2024

ATMADARSHAN

Digha Ashiana Road
Patna - 800 011, Bihar, India
Email : darshanatma2021@gmail.com
Website : www.atmadarshanpatna.org

1. RETREAT (BETHANY SISTERS)

Fr. Raneesh Jose, S.J.

19 January – 26 January, 2024)

2. RETREAT

08 February, 06.00 pm – 15 February, 2024
noon

Registration/Course fee Rs. 2500/-,
Board/Lodge Rs. 4000/-, Total Cost Rs. 6500/-

3. EIGHT DAY RETREAT (Discover your gifts)

Fr. Jose Thayil, S.J.

19 February, 06.00 pm – 26 February, 2024
noon

Registration/ Course fee Rs. 2500/-,
Board/Lodge Rs. 4000/-. Total Cost Rs. 6500/-.

**4. JOURNEY INTO SELF-DISCOVERY
(EXPERIENCING WHOLENESS)**

Atmadarshan Team

16 February, 06.00 pm – 17 May, 2024 noon
(THREE MONTHS)

Registration/Course fee Rs. 15,000/-,
Board/Lodge Rs. 45,000/- (Total Cost Rs.
60,000/-).

This a three-month Diploma Certificate Course.

Self-discovery is the process of understanding my true self, my personality, my values, my needs and wants, my preferences, even my likes and dislikes. We might have naturally learned some of these things about ourselves over time. Yet, for a lot of people, we have a way of losing touch with our values and hiding our own motivations and preferences, even from ourselves. Going deeper into self-discovery can transform our life and energize us to be more reflective in all that we do, think, and say and thus be fruitful in our relationship and ministry as religious. It is one thing to know our personality type but true self-discovery starts when we evaluate our life and think about what's energizing and what is not. The modules here will help us to discover more about ourselves and thus help us to pose our authentic self in our ministerial work as well as in our relationship with others, in the community and outside. This course will end with a retreat.

5. PSYCHOTHERAPY

Fr. Vimal Kishore, S.J., Sr. Dr. Archana, UMI, Fr. Joseph Kunnumpuram, S.J.

18 February – 25 February, 2024

Psychotherapy is a process of bringing about awareness, healing, empowerment, and spiritual integration through awareness Meditative Relaxation (AMR). The module begins with healing of negative feelings like anxiety, fear, guilt, hurt, sadness, resentment, anger, disappointment, frustration and depression. Grieving the death of a dear one is an essential part of psychotherapy. Healing of negative feelings and grieving is followed by treatment of stress-related illnesses like chronic illnesses. The entire module is oriented toward empowerment and spiritual integration of the whole person. Psychotherapy ends with gift sharing.

6. COMMITMENT TO MISSION – CONSECRATED LIFE

Fr. Alwyn Vaz, S.J.

26 February, 06.00 pm – 02 March, 2024 noon.

**Registration/Course fee Rs. 2500/-,
Board/Lodge Rs. 2500/-. Total Cost Rs. 5000/-.**

A religious through the three vows of poverty, chastity, and obedience commits oneself fully and in a definite 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.

7. CONSTRUCTIVE WAYS TO BUILD SELF-ESTEEM

Fr. Alwyn Vaz, S.J.

05 March, 06.00 pm – 10 March, 2024 noon

**Registration/Course fee Rs. 2500/-,
Board/Lodge Rs. 3000/-. Total Cost Rs. 5500/-.**

Self-esteem is the opinion or understanding we have about ourselves 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 may be able to identify a few things that are affecting our opinion

of ourselves, 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.

8. ECO-SPIRITUALITY

Fr. Raneesh Jose, S.J.

12 March, 06.00 pm – 17 March, 2024 noon

**Registration/Course fee Rs. 2000/-,
Board/Lodge Rs. 3000/-. Total Cost Rs. 5000/-.**

The reflections here will be on the teachings of 'Laudato Si' and 'Laudate Deum'. The reflections will invite the participants to connect with the divine through a deep reverence for the environment, fostering a profound understanding of our role as stewards of the earth and the interconnectedness of all living beings.

9. HEALING THE EIGHT STAGES OF LIFE

Fr. Antony Mattapally, S.J.

18 March, 06.00 pm – 26 March, 2024 noon

**Registration/Course fee Rs. 2500/-,
Board/Lodge Rs. 4500/-. Total Cost Rs. 7000/-.**

During the eight stages of psycho-social development from infancy to adulthood, personality develops in predetermined order. During each stage, the [person experiences a psychosocial crisis which could have a positive or negative outcome for personality development. Successful completion of each stage results in a healthy personality and the acquisition of basic virtues. Failure to successfully complete a stage can result in a reduced ability to complete further stages and therefore, an unhealthier personality and a sense of self. Healing each stage helps subsequent stages of development and contribute to a stable foundation for core belief systems in relating to the self and the outer world.

10. HOLY WEEK

27 March – 31 March, 2024.

11. HEALING WOUNDED EMOTIONS

Fr. Alwyn Vaz, S.J.

01 April, 06.00 pm – 07, April, 2024 noon

**Registration/Course fee Rs. 2500/-,
Board/Lodge Rs. 3500/-. Total Cost Rs. 6000/-**

We humans, as we live our daily life are faced with situations where we feel hurt or hurt others because of various circumstances and many a times our life is narrowed down to such situations because we do not understand how to handle such situations. Sometimes negative emotions get so much deep rooted in us that it takes control of us and does not allow us to live freely and happily. The reflections here will help us to overcome wounded emotions and thus will go a long way to help us to be fully human and fully alive.

12. PSYCHO-SPIRITUAL INTEGRATION

Fr. Jose Thayil, S.J.

08 April, 06.00 pm – 14 April, 2024 noon

**Registration/Course fee Rs. 2500/-,
Board/Lodge Rs. 3500/-, Total Cost Rs. 6000/-.**

Many a times in our life we find ourselves psycho-spiritually stuck with issues and we find it difficult to come out of this web. The reflections here will help us to consciously own up our behavioral pattern and get ourselves unstuck. This transformed self will help us to find meaning to live with tolerable manageable anxieties.

13. SCRIPTURE FOR PRAYER & HEALING

Fr. Pius Thekemury, S.J.

15 April, 06.00 pm – 21 April, 2024 noon.

**Registration/Course fee Rs. 2500/-,
Board/lodge Rs. 3500/-, Total Cost Rs. 6000/-.**

Prayer is the opening of heaven within the human heart. Our hearts are restless until we find rest in God. Biblical prayer has many forms like meditation, imaginative contemplation, centering prayer, prayer of identification, prayer of gratitude.... Welcome to a journey into prayer and healing through the Word of God. are restless until we find rest in God.

14. JOURNEY INTO SELF-DISCOVERY

Fr. Antony Mattapally, S.J.

22 April, 06.00 pm – 30 April, 2024 noon

**Registration/Course fee Rs. 2500/-,
Board/Lodge Rs. 4000/-, Total Cost Rs. 6500/-.**

WHO AM I? WHO ARE YOU? Using the tools called Enneagram: going through the process one

discovers his/her personality type, becomes aware of his/her strengths and weaknesses leading to personal healing. This results in a new understanding of self and brings us to greater personal freedom. We gradually transform ourselves from who we are into who we can be – into fuller, more life affirming, and self-transcending personalities. Integration of different types of personalities facilitates to build up the group and community.

15. PERSONALITY DEVELOPMENT

Fr. Alwyn Vaz, S.J.

03 May, 06.00 pm – 08 May, 2024 noon

**Registration/Course fee Rs. 2500/-,
Board/Lodge Rs. 3000/-, Total Cost Rs. 5500/-**

The reflections here will help us to form correct attitudes to enable us to overcome the difficulties faced in our pursuit for happiness and success. It will help us to reflect on our present attitudes and thus form/experience positive attitudinal transformation.

16. RETREAT – CELEBRATE LIFE

Fr. Jose Thayil, S.J.

09 May, 06.00 – 17 May, 2024 noon

(ONLY for those in the three-month JOURNEY INTO SELF-DISCOVERY program).

17. EIGHT DAY RETREAT: GOING TO “THE OTHER SIDE.”

Fr. Raneesh Jose, S.J.

18 May, 06.00 pm – 26 May, 2024 noon

**Registration/Course fee Rs. 2500/-,
Board/Lodge Rs. 4500/-, Total Cost Rs. 7000/-.**

An Ignatian retreat designed to foster the discovery and appreciation of the inner riches within ourselves and others. This retreat is also aimed at guiding participants in acknowledging their vulnerabilities and grief while embarking on a journey of healing, self-discovery, and growth.

18. PERSONALITY DEVELOPMENT

Fr. Alwyn Vaz, S.J.

31 May, 06.00 pm – 06 June 2024, noon

**Registration/Course fee Rs. 2500/-,
Board/Lodge Rs. 3500/-, Total Cost Rs. 6000/-**

The reflections here will help the participants to form correct attitudes to enable them to overcome the difficulties faced in their pursuit for happiness and success. It will help them to reflect on their present attitudes and thus form/experience positive attitudinal transformation.

19. HERBAL MEDICINE/YOGA

Fr. Sevanand Mellookunnel, S.J.

08 June, 06.00 pm – 14 June, 2024 noon

Registration/Course fee Rs. 2500/-, Board & Lodge Rs. 3500/-, Total Cost Rs. 6000/-

Fr. Sevanand got interested in herbal medicine when he was working among the Adivasis of Bihar. The villagers and village physicians were his first gurus. Fr. Sevanand goes around collecting various plants and prepares medicines for various illnesses, famous among them is the Amritdhara oil useful for joint pain and it cures many other ailments. He goes around giving seminars on herbal medicine. The first part of this course is theory and during the second part of the course Fr. Sevanand will guide us in preparing some herbal medicine for daily use.

20. PROCESSING DREAMS FOR SPIRITUAL GROWTH

Fr. Antony Mattapally, S.J.

16 June, 06.00 pm – 21 June, 2024 noon

Registration/Course fee Rs. 2500/-, Board/Lodge Rs. 3000/-, Total Cost Rs. 5500/-

“Let your body interpret your Dreams.” Dreams are regarded as the forgotten language of God or a voice of God. God is present in depths of our being. Dreams represent doors to unconscious parts of the human psyche. The psyche refers to the entire personality which includes both conscious and unconscious elements. The unconscious is where God first touches us, and a careful listening to our dreams help us to make use of the hidden potentialities within us for an overall growth and integration. In the Bible both Old and New Testament we read God communicates to the chosen ones through dreams. Here is an opportunity to familiarize with the hidden power of our dreams to build up our conscious mind for further growth and awakening.

21. DISCERNMENT – SEEKING GOD’S WILL

Fr. Perianayagam, S.J.

23 June, 06.00 pm – 29 June, 2024 noon

**Registration/Course fee Rs. 2500/-,
Board/Lodge Rs. 3500/-, Total Cost Rs. 6000/-**

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 help us to make discernment as a way of living our everyday life.

22. JOURNEY TO WHOLENESS

Fr. Alwyn Vaz, S.J.

01 July, 06.00 pm – 06 July, 2024 noon

**Registration/Course fee Rs. 2500/-,
Board/Lodge Rs. 3000/-, Total Cost Rs. 5500/-**

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.

23. SELF-AWARENESS AND TRANSFORMATION

Fr. Pius Thekemury, S.J.

08 July, 06.00 pm – 13 July, 2024 noon

**Registration/Course fee Rs. 2500/-,
Board/Lodge Rs. 3000/-, Total Cost Rs. 5500/-**

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. LEADERSHIP FOR TRANSFORMATION – SKILLS FOR EFFECTIVE PASTORAL LEADERSHIP

Fr. Jose Thayil, S.J.

15 July, 06.00 pm – 20 July, 2024 noon

**Registration/Course fee Rs. 2500/-, Board &
Lodge Rs. 3000/-, Total Cost Rs. 5500/-**

Leadership is said to be the art of getting others to want to do something you are convinced of. It is the process of influencing people to accomplish the goals of the management. After all, the smooth functioning of any organization, small or large, whether public or private, civil or military, religious or political depends on its effectiveness and efficiency of its leadership. Leadership for Transformation makes a three-fold contribution to our understanding of leadership: it clarifies the nature of leadership in today's world, advocating a leadership that transforms the community or organization one leads; it spells out ways for growth in self-confidence, cultivating positive attitudes; and it dwells on essential skills for the management of conflict, time and, even failure. Analyzing the causes of conflict and offering concrete suggestions for dealing with the same, the course makes the exercise of leadership in any community or organization easy.

25. NEURO LINGUISTIC PROGRAMME (NLP)

Fr. Antony Mattapally, S.J.

22 July, 06.00 pm – 30 July, 2024 noon

**Registration/Course fee Rs. 2500/-, Board &
Lodge Rs. 4500/- (Total Cost Rs. 7000/-**

NLP is about how the brain works, how people think, feel, learn, motivate themselves, interact with others, make choices, and achieve realistic goals. NLP'S objective is to increase the behavioural choices. It teaches you how to change your experience when you are not pleased with it, and to further enhance your enjoyment when your life is going well. One is facilitated to enter one's core state, a state of maximum well-being, the in-dwelling presence of God within.

26. FINANCIAL MANAGEMENT AND LEGAL COMPLIANCES FOR CHARITABLE TRUST/ SOCIETIES

Fr. Alex G., S.J.

01 August, 09.00 am – 05 August, 2024 noon

Registration & Course fee: Rs. 3500/-, Board & Lodge Rs. 3000/-, Financial Management book Rs. 700/- (Total Cost Rs. 7200/-)

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.

27. COUNSELING SKILLS AND SPIRITUAL DIRECTION

Fr. Alwyn Vaz, S.J.

07 August, 06.00 – 13 August, 2024 noon

Registration/Course fee Rs. 2500/-, Board & Lodge Rs. 3500/- (Total Cost Rs. 6000/-)

The building of 'TRUST' is important in any relationship, even more in the context of counseling and spiritual direction between the counselor/spiritual director and the counselee/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.

28. FROM FEAR TO INNER FREEDOM – RETREAT

Fr. Jose Thayil, S.J.

15 August, 06.00 pm – 22 August, 2024 noon

Registration/Course fee Rs. 2500/-, Board/Lodge Rs. 4000/-, Total cost Rs. 6500/-

29. EFFECTIVE LEADERSHIP

Fr. Alwyn Vaz, S.J.

23 August, 06.00 pm – 29 August, 2024 noon

Registration/Course fee Rs. 2500/-, Board/Lodge Rs. 3500/-, Total Cost Rs. 6000/-

Who is an effective leader – one who leads with vision and strategy and one who helps others towards self-empowerment. The reflections here will help the participants to go deeper into the various forms of leadership and thus lead by example by having a vision, strategy and ultimate goals to be achieved.

30. WORKSHOP TO BUILD A HEALTHY TIME-LINE (Holistic Healing)

Fr. Antony Mattapally, S.J.

01 September, 06.00 pm TO 09 September, 2024 noon

**Registration/Course fee Rs. 2500/-,
Board/Lodge Rs. 4500/-, Total Cost Rs. 7000/-**

How to integrate the past, present, and future timeline to get the best outcome in our daily life? A). Coding the time line in the right place of your brain. B). Find out which one is dominantly operating in your life: past, present, or future? C). Reorient the time line to get the best out of it. D). To vitalize the present, cleanse the entire past time line. E). Cleanse the parental time line to make the entire past fully resourceful. F). Let the present time line be empowered & integrated with the past. G) Furthermore, spread out the empowered present to future timeline too healthy with all the resources needed to get the best out of your life in its fullness. H). Finally, introduce the “best medicine” – “live in the present moment.”

31. LONG RETREAT (30 DAY RETREAT)

Fr. Rajesh Jacob, S.J.

01 September, 06.00 pm – 30 September 2024, noon

**Registration/Course Fee Rs. 6000/-,
Board/Lodge Rs. 16,000/-, Total Cost Rs. 22,000/-.**

32. GUIDELINES TO GROW IN PEACEFULNESS/PRAYERFULNESS

Fr. Lawrence Eucharist, S.J.

11 September, 06.00 pm – 15 September, 2024 noon

**Registration/Course fee Rs. 2000/-,
Board/Lodge Rs. 2500/-, Total Cost Rs. 4500/-**

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 participants 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.

33. PSYCHO-SEXUAL INTEGRATION

Fr. Alwyn Vaz, S.J.

17 September, 06.00 pm – 22 September, 2024 noon

**Registration/Course fee Rs. 2500/-,
Board/Lodge Rs. 3000/-, Total Cost Rs. 5500/-**

The reflections here will help the participants to continue to offer a joyful and mature witness to a life of celibacy as free and generous self-gift to God and the people called to serve. The participants will identify the skills needed for cultivating healthy vowed celibacy.

34. RETREAT WITH POPE FRANCIS

Fr. Joseph Vellaringatt, S.J.

23 September, 06.00 pm – 01 October, 2024 noon

**Registration/Course fee Rs. 2500/-,
Board/Lodge Rs. 4500/-, Total Cost Rs. 7000/-**

Pope Francis is one of the most charismatic and prophetic figures of our times. Through the shining example of his simple, unassuming life and his inspiring words, echoing those of Jesus himself, Pope Francis is engaged in the renewal of the Church. He wants the Church to be a poor Church and a Church for the poor. Joy of the Gospel, consecrated life and the vows, poverty and injustice, tenderness, mercy, and service are some of the recurring themes in his speeches and writings. The retreat aims to help the participants to familiarize themselves with these themes and assimilate them so that their own lives will bear witness to these values.

35. EIGHT DAY RETREAT

Fr. M. J. Thomas, S.J.

04 October, 06.00 pm – 12 October, 2024 noon

**Registration/Course fee Rs. 2500/-,
Board/Lodge Rs. 4500/-, Total Cost Rs. 7000/-**

Fr. M. J. Thomas is a Jesuit priest belonging to Kerala Province. For years he has been directing retreats and accompanying religious in their spiritual journey. As part of the retreat, he will share some good methods of prayer that will help the retreatants to pray effectively.

36. PERSONALITY DEVELOPMENT

Fr. Alwyn Vaz, S.J.

14 October, 06.00 pm – 20 October, 2024 noon

**Registration/Course fee Rs. 2500/-,
Board/lodge Rs. 3500/-, Total cost Rs. 6000/-**

The reflections here will help the participants to form correct attitudes to enable them to overcome the difficulties faced in their pursuit for happiness and success. It will help them to reflect on their present attitudes and thus form/experience positive attitudinal transformation.

37. EIGHT DAY RETREAT

Fr. Augustine Kisku, S.J.

22 October, 06.00 pm – 29 October, 2024 noon

**Registration/Course fee Rs, 2500/-,
Board/Lodge Rs. 4500/-, Total Cost Rs. 7000/-**

38. JOY IN JESUS – RETREAT

Fr. Jose Thayil, S.J.

30 October, 06.00 pm – 07 November, 2024 noon

**Registration/Course fee Rs. 2500/-,
Board/Lodge Rs. 4500/-, Total Cost Rs. 7000/-**

39. FORMATOR'S PROGRAM (36 Days)

Atmadarshan Team

09 November, 06.00 pm – 15 December, 2024 noon

**Registration/Course fee Rs. 8000/-,
Board/Lodge Rs. 20000/-, Total Cost Rs. 28,000/-**

This program is meant for those who intend to be engaged in the ministry of formation, for those already in formation, for Superiors/Directors who would like to renew and update their skills for greater effectiveness in their ministry. Some of the modules that will be covered are: Psycho-spiritual integration, Scripture for Prayer & Healing, Discernment – seeking God's will, Journey into

self-discovery, Consecrated Life, Practical counseling and helping skills, discernment of vocation and selection of candidates.

40. JESUIT COUNSELOR & PSYCHOLOGIST FORUM

Fr. Konrad Noronha, S.J.

13 November – 16 November, 2024

41. JOURNEY INTO SELF-DISCOVERY

Fr. Antony Mattapally, S.J.

11 November, 06.00 pm – 18 November, 2024 noon

Registration/Course fee Rs. 2500/-, Board/Lodge Rs. 4000/-, Total Cost Rs. 6500/-

WHO AM I? WHO ARE YOU? Using the tools called Enneagram: going through the process one discovers his/her personality type, becomes aware of his/her strengths and weaknesses leading to personal healing. This results in a new understanding of self and brings us to greater personal freedom. We gradually transform ourselves from who we are into who we can be - into fuller, more life affirming, and self – transcending personalities. Integration of different types of personalities facilitates to build up the group and community.

42. SCRIPTURE FOR PRAYER & HEALING

Fr. Pius Thekemury, S.J.

19 November, 06.00 pm – 25 November, 2024 noon

Registration/Course fee Rs. 2500/-, Board/Lodge Rs. 3500/-, Total Cost Rs. 6000/-

Prayer is the opening of heaven within the human heart. Our hearts are restless until we find rest in God. Biblical prayer has many forms like meditation, imaginative contemplation, centering prayer, prayer of identification, prayer of gratitude.... Welcome to a journey into prayer and healing through the Word of God.

43. COUNSELING SKILLS AND SPIRITUAL DIRECTION

Fr. Alwyn Vaz, S.J.

**26 November, 06.00 pm – 30 November, 2024
noon**

**Registration/Course fee Rs. 2500/-,
Board/Lodge Rs. 2500/-, Total Cost Rs. 5000/-**

The building of 'TRUST' is important in any relationship, even more in the context of counseling and spiritual direction between the counselor/spiritual director and the counselee/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.

44. PSYCHO-SPIRITUAL INTEGRATION

Fr. Jose Thayil, S.J.

**01 December, 06.00 pm – 05 December, 2024,
noon**

**Registration/Course fee Rs. 2500/-,
Board/Lodge Rs. 2500/-, Total Cost Rs. 5000/-**

Many a times in our life we find ourselves psycho-spiritually stuck with issues and we find it difficult to come out of this web. The reflections here will help us to consciously own up our behavioral pattern and get ourselves unstuck. This transformed self will help us to find meaning to live with tolerable manageable anxieties.

45. DISCERNMENT – SEEKING GOD'S WILL

Fr. Perianayagam, S.j.

06 December, 06.00 – 10 December, 2024 noon

**Registration/Course fee Rs. 2500/-,
Board/Lodge Rs. 2500/-, 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 help us to make discernment as a way of living our everyday life.

46. COMMITMENT TO MISSION – CONSECRATED LIFE

Fr. Alwyn Vaz, S.J.

**11 December, 06.00 pm – 15 December, 2024,
noon**

**Registration/Course fee Rs. 2000/-,
Board/Lodge Rs. 2500/-, Total Cost Rs. 4500/-**

A religious through the three vows of poverty, chastity, and obedience commits oneself fully and in a definite 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.

47. EIGHT DAY RETREAT

Fr. Johnson Kelakath, S.J.

**27 December, 06.00 pm – 04 January, 2024
noon**

**Registration/Course fee Rs. 2500/-, Board/
Lodge Rs. 4500/-, Total Cost Rs. 7000/-**

PLEASE NOTE:

- All programs will start at 06.00 pm on the date specified and end either at 04.00 pm or noon on the last day.
- All the rooms at Atmadarshan are single rooms, recently renovated - washroom attached.
- Bedsheets, mosquito net, towel, blankets are provided in each room. You need to carry your own toilet articles, note-books, Bible, pen, etc.
- When rooms are available individuals/groups are welcomed to have days of recollection, renewal, retreats and seminars with your own choice of Directors.
- Individual/group counseling is made available at request.
- 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 : ATMADARSHAN
ACCOUNT NO : 0308053000000215
IFSC CODE : SIBL0000308

DIRECTION:

- If you are travelling by flight or by train to Patliputra station then take a hired auto to Digha-Ashiana Road. Once you take the Digha-Ashiana Road, come to Rajiv Nagar Police Chowk. Atmadarshan is nearly one kilometer from Rajiv Nagar Police Chowk just after Don Bosco School.
- If you are travelling by train to Patna Junction or Rajendra Nagar Junction then take a hired auto and come to Digha Market. From Digha Market take the Digha-Ashiana Road. Cross the petrol pump. Atmadarshan gate is just after St. Xavier's College of Management and Technology.

CORRESPONDENCE :

FR. ALWYN VAZ, S.J.

DIRECTOR

ATMADARSHAN

DIGHA-ASHIANA ROAD

PATNA – 800011

9471859933, 9430032436, 7292984198

FR. AUGUSTINE KISKU, S.J.

ADMINISTRATOR

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9771704485, 9472475355

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