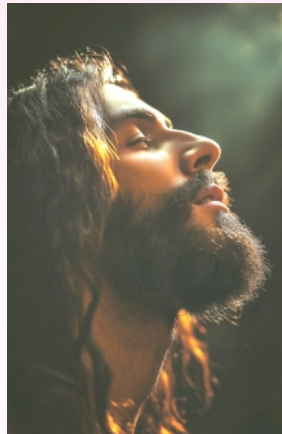




# ATMADARSHAN

Centre for  
Counselling & Spirituality



## Programme

January to December 2025

## 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)

**01. ATMADARSHAN EXPERIENCE**

**A HOLISTIC BODY/MIND/SPIRIT INTEGRATION PROGRAM**

**ATMADARSHAN TEAM**

**10 February, 06.00 pm – 07 June 2025, noon (FOUR MONTHS)**

**Registration/Course fee Rs. 16,000/-; Board & Lodge Rs. 69,000/-. Total Cost Rs. 85,000/-.**

The ATMADARSHAN EXPERIENCE is a spiritually enriching program designed to guide towards a profound encounter with oneself and God. This experience invites participants to embark on an inner journey of self-discovery, self-awareness, and deeper contemplation, fostering a renewed sense of purpose and connection with the Divine.

Rooted in the principles of holistic growth, the program recognizes the interconnectedness of mind, body, and spirit. It provides a sacred and reflective space where individuals can pause from the demands of daily ministry to explore the deeper dimensions of their inner lives. Through this process, participants are encouraged to discern their unique vocational call, rediscover their spiritual identity, and align their lives more closely with their core values and mission.

**02. GUIDELINES TO GROW IN PEACEFULNESS & PRAYERFULNESS (GUIDED MEDITATION)**

**Fr. Lawrence Eucharist, S.J.**

**11 February, 06.00 pm – 19 February 2025, noon**

**Registration/Course fee Rs. 2500/-; Board & Lodge Rs. 5000/-. Total Cost Rs. 7500/-.**

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.

**03. AMR (Awareness Meditative Relaxation)**

**Fr. Joy Pulikunnel, S.J.**

**20 February, 06.00 pm – 26 February, 2025 noon.**

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

AMR is a method of removing toxins from the body cells in the light of awareness. These toxins are created by the false self or the ego that keeps us in bondage. These negative feelings manifest themselves in negative sensations or stress in the body. As the stress from body is removed, the body responds with a relaxation response conducive to wellness in the body, heart, mind, and spirit.

**04. RETREAT: SURRENDERING ONESELF IN THE HANDS OF GOD**

**Fr. Felix Marshall, S.J.**

**21 February, 06.00 pm – 01 March, 2025 noon**

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

This retreat invites seekers to find meaning in one's vocation. The retreat points and the activities of the retreat intend to help the retreatants towards both the spiritual and emotional transformation by becoming aware of one's gifts and graces and offering back the same to the Lord with generosity. All the efforts during the retreat orient the retreatants to empty themselves from the inordinate attachment and to be possessed with only the love of God in their daily life.

**05. HEALING WOUNDED EMOTIONS**

**Fr. Alwyn Vaz, S.J.**

**27 February, 06.00 pm – 03 March, 2025 noon**

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

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.

**06. LONG RETREAT**

**Fr. Augustine Kisku, S.J.**

**01 March, 06.00 pm – 31<sup>st</sup> March, 2025 noon**

**Registration/Course fee Rs. 6,500/-; Board & Lodge Rs. 16,500/-. Total Cost Rs. 23,000/-.**

**07. INWARD JOURNEY TO WHOLENESS (For Silver Jubilarians)**

**Atmadarshan Team**

**03 March, 06.00 pm to 15 March, 2025, noon**

**Registration/Course fee Rs. 4000/-; Board & Lodge Rs. 7000/-. Total Cost Rs. 11,000/-.**

**08. DEPTH AWARENESS**

**Fr. Alwyn Vaz, S.J.**

**03 March, 06.00 pm – 07 March, 2025 noon**

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

Depth awareness refers to the ability to perceive, reflect on, and engage with the deeper dimensions of one's inner self, relationships, and spirituality. It involves being fully present to the realities of life, recognizing the interconnectedness of all things, and embracing a contemplative approach to everyday experiences. For a religious, depth awareness integrates the divine presence with daily living, fostering a deeper connection to God, oneself, and others.

**09. NEURO LINGUISTIC PROGRAMME (NLP)**

**Fr. Antony Mattapally, S.J.**

**07 March, 06.00 pm – 11 March, 2025, noon**

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

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 helps 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.

**10. PSYCHO-SPIRITUAL INTEGRATION**

**Fr. Jose Thayil, S.J.**

**11 March, 06.00 pm – 15 March 2025, noon**

**Registration/Course fee Rs. 2000/-; Board & Lodge Rs. 3000/-. 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.

#### **11. SCRIPTURE FOR PRAYER AND HEALING**

**Fr. Pius Thekemury, S.J.**

**16 March, 06.00 pm – 24 March, 2025 noon**

**Registration/Course fee Rs. 2500/-; Board & Lodge Rs. 5000/-; Total Cost Rs. 7500/-.**

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.

#### **12. SELF-AWARENESS AND TRANSFORMATION**

**Fr. Pius Thekemury, S.J.**

**25 March, 06.00 pm – 31 March, 2025 noon**

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

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.

#### **13. HEALING THE EIGHT STAGES OF LIFE**

**Fr. Antony Mattapally, S.J.**

**01 April, 06.00 pm – 08 April, 2025 noon**

**Registration/Course fee Rs. 2500/-; Board & Lodge Rs. 4500/-. Total Cost Rs. 7,000/-.**

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.

**14. RETREAT: “The Pilgrims of Hope.”**

**Fr. Raneesh Jose, S.J.**

**07 April, 06.00 pm – 15 April, 2025 noon**

**Registration/Course fee Rs. 2500/-; Board & Lodge Rs. 4500/-. Total Cost Rs. 7,000/-.**

This 8-day retreat centred on Pope Francis’ call to embrace the journey of hope as we prepare for the 2025 Jubilee Year, titled “Pilgrims of Hope.” This retreat will offer a profound opportunity to reflect on how we can embody Christ’s hope amidst the challenges and sufferings in today’s world. Through spiritual insights and personal reflection, we will explore how to become authentic bearers of hope, walking in faith and trust as pilgrims, spreading light in the midst of chaos. This retreat is a chance to deepen our understanding of the Jubilee’s message and our role as messengers of Christ’s transformative hope.

**15. PERSONALITY DEVELOPMENT**

**Fr. Alwyn Vaz, S.J.**

**11 April, 06.00 pm – 16 April, 2025 noon**

**Registration/Course fee Rs. 2500/-; Board & Lodge Rs. 4000/-. Total Cost Rs. 6,500/-.**

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.

**16. PROCESSING DREAMS FOR SPIRITUAL GROWTH**

**Fr. Antony Mattapally, S.J.**

**21 April, 06.00 pm – 27 April, 2025 noon**

**Registration/Course fee Rs. 2500/-; Board & Lodge Rs. 4000/-. Total Cost Rs. 6,500/-.**

“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.

**17. STEWARDS OF CREATION : A CALL TO PROTECT OUR COMMON HOME**

**Fr. Raneesh Jose, S.J.**

**28 April, 06.00 pm – 04 May, 2025 noon**

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

This workshop invites religious and spiritual leaders to reflect on their vital role in caring for our common home. Through the study of Laudato Si, Laudato Deum, and key biblical passages, participants will explore the pressing ecological and social challenges facing the world today. This workshop provides a space to deepen our understanding of the interconnectedness between faith and environmental responsibility and how religious communities can lead by example in responding to these global threats. Together, we will discern how to live out our call as stewards of creation in a way that reflects Christ's love and care for the world.

**18. LEADERSHIP FOR TRANSFORMATION**

**Fr. Jose Thayil. S.J.**

**05 May, 06.00 pm – 11 May, 2025 noon**

**Registration/Course fee Rs. 2500/-; Board & Lodge Rs. 4000/-. Total Cost Rs. 6,500/-.**

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.

#### **19. IGNATIAN LEADERSHIP**

**Fr. Alwyn Vaz, S.J.**

**12 May, 06.00 pm – 17 May, 2025, noon**

**Registration/Course fee Rs. 2500/-; Board & Lodge Rs. 3500/-. Total Cost Rs. 6,000/-.**

Ignatian Leadership is a leadership approach rooted in the spirituality and teachings of St. Ignatius of Loyola, the founder of the Society of Jesus (Jesuits). It integrates key principles of Ignatian spirituality with practical leadership skills to foster ethical, compassionate, and service-oriented leaders. The core principles of Ignatian Leadership are: Discernment, Cura Personalis (Care for the Whole Person), Magis (Striving for Excellence), Leadership as Service, Reflection and Action and Justice and the Common Good. Ignatian Leadership is a timeless and relevant framework that balances personal integrity, social responsibility, and organizational effectiveness. Its focus on discernment, service, and striving for the greater good equips leaders to address today's challenges with compassion and vision. This leadership style not only transforms individuals and organizations but also contributes meaningfully to a more just and humane world.

#### **20. DISCERNMENT – SEEKING GOD'S WILL.**

**Fr. Felix Marshall, S.J.**

**18 May, 06.00 pm – 24 May, 2025 noon**

**Registration/Course fee Rs. 2500/-; Board & Lodge Rs. 4000/-. Total Cost Rs. 6,500/-.**

In the light of Ignatian Spirituality, the course on Discernment aims at giving the participants clarity on

discerning one's daily activities both personal and community life by analyzing the various movements of the spirits. In a fast-moving world where importance is given to the instant results, this Discernment workshop aims at giving meaning to prayer, planning, silence, and desire to know God's desire. The rules for discernment, analyzing a few case studies, understanding the nuances of one's feelings and emotions during the prayer, personal and communal discernment in making choices are a few aspects that this course intends to offer.

## **21. INTERFAITH LEADERSHIP SKILLS**

**Fr. Thomas Chillikulam, S.J.**

**25 May, 06.00 pm – 30 May, 2025 noon**

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

In the multi-religious context of India, the leadership role of catholic educators and pastors goes beyond the confines of baptized Christian communities and includes people of diverse faith traditions. In recent times, priests and religious engaged in school, pastoral and other ministries are increasingly faced with complex situations of communal tensions and interfaith conflicts in their work place. Thus, skills in interfaith leadership is necessary to avoid situations of conflict and to find solutions to problems that occur. This programme aims to help educators and pastors to become effective and inspiring interfaith leaders. We begin with discussions on the narrative identity of the interfaith leader and proceed to discuss the theory and vision of interfaith leadership, the knowledge base of interfaith leadership and the skills and qualities of an interfaith leader. Methodologically, the programme will comprise inputs, discussions as well as group activities to develop interfaith leadership skills.

## **22. CONSECRATED LIFE – COMMITMENT TO MISSION (Retreat).**

**Fr. Alwyn Vaz, S.J.**

**31 May, 06.00 pm – 06 June, 2025 noon**

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

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.

**23. RETREAT: THE JOY OF LIVING RELIGIOUS LIFE**

**Fr. Felix Marshall, S.J.**

**08 June, 06.00 pm – 16 June, 2025 noon**

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

The core aim of the retreat is to help the retreatants to reorient their lives to become followers of Christ. Being rooted and deeply united in Christ, being grateful and contentment with one's life, trusting in God's plan and providence, being instruments of hope and joy to others, having a healthy attitude towards oneself and towards others, entering into the spiritual infancy, integrating the values of Christ, the need for fulfillment of one's goal are a few tools which are intended to focus upon in the retreat.

**24. ANGER MANAGEMENT**

**Fr. Raj Kumar, S.J.**

**17 June, 06.00 pm – 23 June, 2025 noon**

**Registration/Course fee Rs. 2500/-; Board & Lodge Rs. 4000/-. Total Cost Rs. 6,500/-.**

Anger Management Therapy is a strategy to help individuals to become aware of the triggers of anger and take the necessary step towards a more assertive behaviour. The main objective of Anger Management Therapy is to help minimize stressful or anger-evoking situations and thereby to help express the same emotion in a healthy manner.

**25. EMPOWERING MINORITY EDUCATIONAL INSTITUTIONS :**

**(A Comprehensive Workshop on Minority Rights.)**

**(Administrative Law and Tax Compliance.)**

**Fr. Cebin Mathew, S.J.**

**24 June, 06.00 pm – 27 June, 2025 noon**

**Registration/Course fee Rs. 2000/-; Board & Lodge Rs. 2500/-. Total Cost Rs. 4,500/-.**

This Workshop aims to provide insights into minority Rights enshrined in the Constitution of India elucidated by various landmark Supreme Court Judgments. This workshop also aims to strengthen Institutional Governance by inputs on latest Administrative, legal and financial compliance.



## **26. COUNSELLING SKILLS & SPIRITUAL DIRECTION**

**Fr. Alwyn Vaz, S.J.**

**01 July, 06.00 pm – 08 July, 2025 noon**

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

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 to discover the will of God through one's prayer and life experiences.

## **27. JOURNEY INTO SELF-DISCOVERY**

**Fr. Antony Mattapally, S.J.**

**10 July, 06.00 pm – 18 July, 2025 noon**

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

## **28. EIGHT DAY RETREAT**

**Fr. Rajesh Jacob, S.J.**

**19 July, 06.00 pm – 27 July, 2025 noon**

**Registration/Course fee Rs. 2500/-; Board & Lodge Rs. 4500/-. Total Cost Rs. 7,000/-.**

## **29. PSYCHO-SPIRITUAL INTEGRATION**

**Fr. Jose Thayil, S.J.**

**21 July, 06.00 pm – 26 July, 2025 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.

**30. BASIC COUNSELLING SKILLS (FOR TEACHERS)**

**Fr. Victor Osta, S.J.**

**28 July – 02 August (08.30 am to 04.30 pm)**

**Residential - Registration/Course fee/Board & Lodge Rs. 6500/-**

**Non-residential – Registration/Course fee Rs. 4500/-.**

Teachers are not only educators but also key figures in the emotional development of students. Counselling skills are increasingly essential for school teachers as they play a pivotal role in the holistic development of students. This workshop, “**Basic Counselling Skills for School Teachers,**” is designed to empower educators with the fundamental tools and techniques needed to offer emotional support, foster positive mental health, and create a nurturing learning environment. By gaining a foundational understanding of counselling techniques, teachers can identify, respond to, and guide students through various issues, such as stress, anxiety, peer conflicts, and other personal difficulties.

**31. SCRIPTURE FOR PRAYER & HEALING**

**Fr. Pius Thekemury, S.J.**

**04 August, 06.00 pm – 10 August, 2025 noon**

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

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.

**32. RETREAT: Re-discovering God in my life**

**Fr. Felix Marshall, S.J.**

**11 August, 06.00 pm – 19 August, 2025 noon**

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

In the light of reflecting the face of Christ today, the retreatants are invited to contemplate over one's call

and commitment. By identifying one's life with the life of Christ, the retreatants are inspired to journey with the Lord in their joys and sorrows, in the moments of happiness and sadness, in the moments of communion and brokenness. The intention of the retreat is ultimately leading the retreatants to be free from attachment and to be filled with love through experiencing God's saving hand.

**33. PSYCHO-SEXUAL INTEGRATION (Novices & Juniors)**

**Fr. Alwyn Vaz, S.J.**

**20 August, 06.00 pm – 25 August, 2025 noon**

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

The reflections here will help the participants 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.**

**26 August, 06.00 pm – 03 September, 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. LONG RETREAT**

**Fr. Rajesh Jacob, S.J.**

**01 September – 30 September, 2025**

**Registration/Course Fee Rs. 6500/-, Board/Lodge Rs. 16,500/-, Total Cost Rs. 23,000/-.**

**36. EFFECTIVE LEADERSHIP**

**Fr. Alwyn Vaz, S.J.**

**05 September, 06.00 pm – 11 September, 2025 noon**

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

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.

**37. EMOTIONAL MATURITY**

**Fr. Augustine Kisku, S.J. & Fr. Alwyn Vaz, S.J.**

**13 September, 06.00 pm – 19 September, noon 2025**

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

Emotional maturity is the ability to understand, manage, and express our emotions in a way that fosters personal growth, meaningful relationships, and a peaceful coexistence with others. It reflects a deep awareness of one's emotions and those of others, coupled with the capacity to respond thoughtfully rather than react impulsively. For priests and religious sisters, emotional maturity is foundational to living a life of service, fostering healthy community living, and effectively ministering to the emotional and spiritual needs of others.

**38. RETREAT: JOY IN JESUS**

**Fr. Jose Thayil, S.J.**

**16 September, 06.00 pm – 24 September, 2025 noon**

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

**39. RETREAT : Balancing ideal self in real life.**

**Fr. Felix Marshall, S.J.**

**24 September, 06.00 pm – 02 October 2025 noon**

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

The purpose of this retreat is to bring harmony in the life of retreatants by balancing between the values that are contradictory. Through imitating the values of Christ, the retreatants are inspired to journey towards the path of indifference upon which they become

aware of the prejudices, folly wisdom, and giving prominence to areas that are not so important for a follower of Christ. Moreover, this retreat highlights the need why the retreatants are needed to be born again.

**40. RETREAT: Finding God in all things.**

**Fr. Alwyn Vaz, S.J.**

**04 October, 06.00 pm – 12 October, 2025 noon**

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

**41. EIGHT DAY RETREAT**

**Fr. Joseph Vellaringatt, S.J.**

**13 October, 06.00 pm – 21 October, 2025 noon**

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

**42. EIGHT DAY RETREAT**

**Fr. Augustine Kisku, S.J.**

**20 October, 06.00 pm – 28 October, 2025 noon**

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

**43. FORMATOR'S PROGRAM (36 Days)**

**Atmadarshan Team**

**31 October, 06.00 pm – 05 December, 2025 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.

**44. RETREAT : Finding God in Imperfections**

**Fr. Felix Marshall, S.J.**

**06 December, 06.00 pm – 14 December, 2025 noon**

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

In the light of discovering one's wounded self, this retreat invites the retreatants to be men and women of

acceptance, healing and integration. Having filled with the love of Christ, the retreatants are helped to journey towards the wholeness and to create a new and a positive perspective in their lives. Forgiving the unforgiven areas with the grace of God, accepting one's wounded self and living a meaningful life are a few aspects that are focused in detail.

#### **45. SCHOOL ADMINISTRATION & LEADERSHIP WORKSHOP**

**Fr. Nibert Menezes, S.J. & Fr. George Nedumattam, S.J.**

**27 December, 08.00 am – 30 December 2025, 04.30 pm.**

#### **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 :**

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<b>FR. FELIX MARSHALL, S.J.</b> <b>ADMINISTRATOR</b>   Mob.: 8081082215	<b>FR. AUGUSTINE KISKU, S.J.</b> Mob.: 9771704485 / 9472475355

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