

## PLEASE NOTE

- Retreats and counselling sessions are made available at a concessional rate of Rs. 300/- per person per day for room, Rs. 200/- per person per day for meals and Rs. 200/- per person per day for registration and course fee.
- Retreats/Programs start at 6.00 pm on the first day and end at noon on the last day.
- All the rooms at Atmadarshan are single rooms, well equipped with solar water and attached bathroom.
- Bedsheets, mosquito net, towel, Soap and blanket are provided in each room. You are requested to carry your own toilet articles, notebook, Bible, Pen, etc.
- When rooms are available individuals/groups are welcome to have days of recollection, renewal, retreats or seminars with your own choice of Directors.
- Individual/group counselling is made available at request.
- Payment can be made either through cash, online bank transfer or through cheques.

The Bank details are as follows :

Bank Name : South Indian Bank, Boring Road, Patna

Account Name : M/S ATMADARSHAN

Account No. : 0308053000000215

IFSC Code : SIBL0000308

- If you are travelling by flight or by train to Patliputra station, then take a hired auto to Digha-Ashiana Road. Once you reach 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 University Patna.

## Contact Us

- 9822119006 : Fr. Jose Thayil, SJ, Director  
9430032436, Fr. Marshal Felix, SJ, Administrator
- adarshansj@gmail.com
- [www.atmadarshanpatna.org](http://www.atmadarshanpatna.org)
- Atmadarshan,  
Digha Ashiana Road, Digha Ghat, P.O.  
Patna-800 011, Bihar, India

## ATMADARSHAN PROGRAMME (JANUARY - JUNE 2026)

- Jan 03 - 11 : Eight days retreat (B/L Rs. 4,000/-, Registration and course fee Rs. 1,600/- Total Rs.5,600/-)
- Jan 18 - 24 : Six days retreat (B/L Rs. 3,000/-, Registration and course fee Rs. 1,200/- Total Rs. 4,200/-)
- Feb 07 - 15 : Eight days retreat
- Feb 22 - 28 : Six days retreat
- Mar 07 - 15 : Eight days retreat
- Mar 15 - 20 : Basic Counselling Skills for Teachers (Fr. Victor Osta, SJ). Residential : Rs. 6500/- Non-residential : Rs. 4500/-
- Mar 22 - 28 : Six days retreat
- Apr 04 - 12 : Eight days retreat
- Apr 19 - 25 : Six days retreat
- May 02 - 10 : Eight days retreat
- May 17 - 23 : Six days retreat
- May 17 - 23 : Neuro Linguistic Programming (Fr. Tony Mattapallil, SJ), Registration and course fee Rs. 1,200/- Total Rs. 4,200/-)

Hearty Welcome

to

## ATMADARSHAN



## ATMADARSHAN PROGRAMME (JANUARY - JUNE 2026)

- May 24-30 : Leadership for transformation (Fr. Jose Thayil, SJ), Registration and course fee Rs. 1,200/- Total Rs. 4,200/-
- June 02-08 : Scripture for Prayer and Healing (Fr. Pius Thekemury, SJ), Registration and course fee Rs. 1,200/- Total Rs. 4,200/-
- June 02 - 10 : Eight days retreat
- June 02-10 : Journey into Self-Discovery (Fr. Tony Mattapallil, SJ), (B/L Rs. 4,000/-, Registration and course fee Rs. 1,600/- Total Rs. 5,600/-)
- June 14 - 19 : Basic Counselling Skills for Teachers (Fr. Victor Osta, SJ), Residential : Rs. 6500/- Non-residential : Rs. 4500/-
- June 20 - 30 : 10 Day Workshop Retreat : Prayer - Discernment - Decision Making (Fr. Donald Miranda, SJ & Fr. Marshal Felix, SJ) B/L Rs. 5000/-, Registration & Course Fee Rs. 2000/- Total Rs. 7000/-
- June 21 - 27 : Six days retreat

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**Mar 15 - 20**

**Basic Counselling Skills for Teachers**  
**(Fr. Victor Osta, SJ)**

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 the students. This workshop, "Basic Counselling Skills for 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.

**May 17 - 23**

**Neuro Linguistic Programming**  
**(Fr. Tony Mattapallil, SJ)**

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.

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**May 24 - 30**

**Leadership for Transformation**  
**(Fr. Jose Thayil, SJ)**

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 exercises of leadership in any community or organization easy.

**June 02 - 08**

**Scripture for Prayer and Healing**  
**(Fr. Pius Thekemury, SJ)**

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.

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**June 02 - 10**

**Journey into Self Discovery**  
**(Fr. Tony Mattapallil, SJ)**

Using the tools so called Enneagram: going through the process one discovers his/her personality type, becomes aware of his/her strength 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.

**June 20 - 30**

**Prayer, Discernment and Decision-Making**  
**(Fr. Donald J. Miranda, SJ & Fr. Marshal Felix, SJ)**

In the Ignatian Way of Proceeding, the first triptych of Prayer, Discernment and Decision-Making go together. There is no Ignatian decision-making without discernment. There is no discernment without prayer. And, there is no prayer without loving union with the Divine. This five-day workshop module of the experiential exploration of Prayer, Discernment and Decision-Making triptych through guided meditations, contextual discernment processes, and practical approaches to decision-making, is a prelude to the 5-day retreat that follows based on the concrete personal experiences of the workshop.