

Adhyathma Vidhyapeeth (AVP)

Carmelaram PO, Bangalore - 35

Courses offered during the academic year 2026–2027

BIBLICAL COURSES

No.	Courses / Programmes	Resource Person
1	Call Narratives	Fr. Augustine Punnolil OCD
2	A Journey into the Hearts of the Mass	Fr. Mathew Choorapanthyil OCD
3	Christo-Centric Reading of the Old Testament	Fr. Thomas Palapppuram OCD
4	Be Like Me – Discipleship in Matthew & Mark	Fr. Augustine Punnolil OCD
5	Abide in Me – Discipleship in St. John	Fr. George Vettikuzhyi OCD
6	Follow Me – Discipleship in Luke & Acts	Fr. Thomas Kuzhiyalil OCD
7	Spirituality of the Psalms	Fr. Thomas Palapppuram OCD
8	Pauline Spirituality	Fr. Thomas Palapppuram OCD
9	Prophetic Spirituality	Fr. George Kutty OCD

SPIRITUALITY COURSES ON CONSECRATED LIFE

No.	Courses / Programmes	Resource Person
1	History of Consecrated Life	Fr. Thomas Maniakunnel OCD
2	Spirituality of Reconciliation	Fr. Francis Chittuparambil OCD
3	Schools of Spirituality	Fr. Varghese Chittuparambil OCD
4	Mary, the Model of Consecrated Life par Excellence	Fr. Mathew Kulathinal OCD
5	Guided by the Holy Spirit	Fr. Emmanuel Kaniyamparambil OCD
6	The Missionary Heart of Religious Life	Fr. Sebastian Nellankuzhy OCD

7	Canonical Nature of Consecrated Life	Fr. Peter Kothampananiyil OCD
8	Canon Law and Consecrated Life	Fr. Mathew Vadekkedam OCD
9	Vows as Evangelical Counsels	Fr. Sebastian Nellankuzhiyil OCD
10	Little Way Spirituality of St. Therese	Fr. Varghese Chittuparambil OCD
11	Spiritual Direction and Community Life	Fr. Thomas Edappulavan
12	Religious Leadership	Fr. Mathew Azhakath
13	Indian Spirituality	Fr. James Niravath
14	Mysticism and St. John of the Cross	Fr. Cyril OCD
15	Aging Gracefully	Teena Antony

FORMATION AND SPIRITUAL COUNSELLING COURSES

No.	Courses / Programmes	Resource Person
1	Liturgy and Prayer	Fr. Thomas Pulickal OCD
2	Handling Emotions	Fr. Martin Kurisinkal OCD
3	Mental Health and Self-Care	Fr. Mathew Kuzhiyalil OCD
4	Media in Ministry	Fr. James Alakuzhy
5	NLP	Fr. Mathew Vengaloor OCD
6	Inner Child Healing / Psycho-Sexual Integration	Sr. Jasmine
7	Bioethics	Fr. Francis Chittuparambil OCD

SEMINARS, SPECIAL PROGRAMMES AND EVENTS

No.	Courses / Programmes	Resource Person
1	Seminar – Methodology	Fr. Varghese Chittuparambil OCD
2	English Phonetics	Fr. Thomas Palappurath OCD
3	French Language	Fr. Thomas Palappurath OCD
4	Basic Biblical Greek	Fr. Thomas Palappurath OCD
5	Italian	Fr.Cyril Puthiaparambil OCD
5	English Grammar and Spoken English	Fr. Cyril Puthiaparambil OCD
6	Social Commitments of Religious life	Fr. Abraham Eranattu OCD
7	AVP Day – Preparations & Celebration	October 15-17
8	X-Mas Holidays	December 21-january 2
9	Computer And Typing Skills	Fr.George Athickal OCD
10	Copying skills	Fr.George Athickal OCD
11	Theatrical presentation of religious life today	Fr. Mathew Choorapanthyil OCD
12	Training in Liturgical and instrumental music.	Provided throughout the nine-month course
13	Introduction to hard skills-electrical, cooking, farming	
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