



ADHYATMA VIDYA PEETHAM (AVP)

INTERNATIONAL INSTITUTE OF SPIRITUALITY
AFFILIATED TO "TERESIANUM" ROME

Deepen Your Faith... Renew Your Spirit...

**50
YEARS**

*OF EXCELLENCE IN
RELIGIOUS & PRIESTLY FORMATION*

THE INTENSIVE DIPLOMA COURSE ON SPIRITUALITY 2026-2027

6 MONTHS COURSE

**FOR THE PREPARATION FOR PERPETUAL PROFESSION
& RENEWAL PROGRAM FOR PROFESSED SISTERS
COMMENCING : 1ST OCTOBER 2026**

**ADMISSION
OPENS...**

For more details contact:

📍 Director, A.V.P., Carmelaram, Bangalore 560 035, India

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OUR MISSION

"Formed by Carmel . Transformed in Prayer . Sent in Service."

Inspired by the spiritual legacy of St. Teresa of Avila, St. John of the Cross, and St. Therese of the Child Jesus, AVP seeks to lead people into a deeper encounter with God and empower them to become His presence in the world.

OUR MOTTO

"Taste and See that the Lord is good." - Psalm 34:8

OUR FACILITIES

- **Serene Setting:** Nestled in the peaceful Carmelaram Complex, Bangalore.
- **Spiritual Atmosphere:** An ideal space for prayer, reflection, and renewal.
- **Accommodation:** Well-furnished individual en-suite rooms for 70 participants.
- **Updated common facilities** for a comfortable and enriching stay.
- **Experienced Resource Team:** from diverse professional backgrounds.
- **Dedicated Residential Team** – Full-time staff committed to accompaniment.



WHY CHOOSE AVP? SPECIAL FEATURES

- **Contemplative Spiritual Formation.**
- **Personalized Accompaniment & Regular Spiritual direction.**
- **Rich Learning Resources & Specialized library.**
- **Lectures, seminars & workshops by experienced experts.**
- **Integrated & holistic Formation approach.**
- **Integrating Christian & Indian cultural heritage.**
- **A warm, Supportive, & Healthy Community environment.**
- **Hard and Soft Life-Skills Development.**
- **Systematic Training in English Proficiency and Phonetics.**
- **Opportunities for public speaking & presentation skills.**
- **Talent oriented formation & training.**
- **50 Years of accompaniment & formation since 1976.**
- **International Reach- 4,000 + Participants from India, Thailand, Spain, Korea, Australia & Sri Lanka.**



MULTIDIMENSIONAL PROGRAMMES AT AVP

Responding to the evolving needs of religious congregations and the convenience of participants, AVP offers a range of annual courses, training programmes, and hard - and softskill workshops. These programmes are designed to enhance professional competence, leadership, pastoral effectiveness, and personal development for meaningful service in the Church and society.

1. Nine-Month Intensive Programme in Christian Spirituality from 1 July to 31 March

This unique programme, conducted in English at the International Institute affiliated with the 'Teresianum,' Pontifical Institute of Spirituality, Rome, offers an integrated experience of prayer, academic study, and community living.

The programme provides comprehensive formation in Christian Spirituality, covering its major theological, biblical, and practical dimensions, together with opportunities for experiential learning in community life. Special sessions on religious life, discernment, and personal guidance are offered particularly to participants preparing for Final Profession.

Prospectus and application forms can be obtained from the office of the Institute. Academic demands from the senior participants may be considered favorably, if there is need for it.

Course Fee: Rs. 76,500

2. Six-Month Intensive Programme in Christian Spirituality from 1 October to 31 March 2026

This programme is specially designed for Junior Sisters preparing for Final Profession who require a shorter period of intensive spiritual and formative preparation. It is also ideal for all sisters who are unable to commit to a longer programme but wish to take time for spiritual renewal, personal enrichment, and refreshing their religious vocation.

Course Fee: Rs. 51,000

3. Residential & Online combined Formative Leadership Course from 1–21 November 2026

WHY THIS COURSE?

Recognizing the shortage of personnel and time constraints faced by Religious Institutes, AVP offers a practical training programme for formators in two-stages—online and residential—to equip formators with the essential knowledge, skills and tools for this vital ministry.

♦ ONLINE SESSIONS

Conduct before and/or after the residential programme, focusing on the latest Church guidelines on formation and contemporary approaches to accompaniment and discernment.

The sessions will be facilitated by the author of the book, 'The Gift of Consecrated Life.'

♦ TWO-WEEK RESIDENTIAL PRACTICAL SESSIONS

Focus on developing skills in integrated formation, spiritual direction, psychological assessment, personal accompaniment, prayer methods, formative planning, effective teaching, and human and emotional maturity.

Ideal for Major Superiors • Formation Directors • Formators • Superiors of Formation Houses.

Detailed information about the programme will be shared with Major Superiors soon.

Course Fee: Rs. 5000

4. One-Month Jubilee Preparation Programme

A month of gratitude, renewal and joyful remembrance!

AVP offers a one-month Jubilee Preparation Programme for sisters celebrating significant milestones of religious profession, featuring spiritual reflection, sharing of wisdom and experience, meaningful liturgical celebrations, a Jubilee Retreat, community fellowship, and a joyful Jubilee outing to the enchanting Brindavan Gardens of Mysuru.

The duration and time of the programme are organized in consultation with the Major Superiors.

Course Fee: Rs. 8000

5. Workshop on English Phonetics

From 7–11 September 2026

Speak Clearly • Confidently • Naturally

What You will Gain

- ◆ Understand English sounds & IPA symbols
- ◆ Improve pronunciation, stress, rhythm & intonation
- ❑ Speak clearly, confidently and naturally
- ❑ Learn practical techniques for everyday communication
- ❑ Receive personal guidance and plenty of practice

Resource Person: Fr. Rijoice Joseph
English Phonetics (IPA) Trainer &
Language Educator- English • French • Greek

Course Fee: Rs. 6,000

(This course is free for the participants of 9 and 6 months spirituality course)



COURSES OFFERED DURING THE ACADEMIC YEAR 2026–2027
Envisioning an Integrated Formation of Religious.
(1 July 2026 March 2027)

BIBLICAL COURSES

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| 1 Introduction to the Scriptures | 7 Spirituality of the Psalms |
| 2 Christo - Centric Reading Of OT | 8 Spirituality of Revelation |
| 3 Be Like Me-Discipleship-Matthew & Mark | 9 Call Narratives |
| 4 Abide in Me -Discipleship in St John. | 10 Job and the Mystery of Suffering |
| 5 Follow Me -Discipleship in Luke & Acts | 11 Prophetic Spirituality |
| 6 Pauline Spirituality | 12 A Journey into the Heart of the Mass |

SPIRITUALITY COURSES

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| 1 History of Consecrated Life | 2 Vows and Evangelical Counsels |
| 3 Schools of Spirituality and St Teresa. | 4 Spirituality of Reconciliation |
| 5 Mariology | 6 Guided by The Holy Spirit |
| 7 Mysticism and St John of the Cross | 8 Schools of Spirituality and St Teresa. |
| 9 Spiritual Direction and Community Life | 10 Canon Law and Consecrated Life |
| 11 Liturgy and Prayer | 12 Little way spirituality of St Thérèse |
| 13 Evangelization and Mission | |

ON PSYCHO-SEXUAL INTEGRATION IN RELIGIOUS LIFE

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|-----------------------|-------------------------------|
| 1 Handling Emotions | 4 Bioethics |
| 2 Aging Gracefully | 5 NLP |
| 3 Inner Child Healing | 6 Mental Health & Self - Care |

SEMINARS AND WORKSHOPS ON HARD AND SOFT SKILLS

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| 1 English Phonetics and Grammar | 9 Computer & Typing Skills |
| 2 Media in Ministry | 10 Life copying skills |
| 3 Bookkeeping and the Basics of Accounting | 11 Document / Book Reviews |
| 4 Leadership in religious life | 12 Individual Dissertation writing |
| 5 Social commitments of religious life | 13 Methodology |
| 6 Training in Liturgical & instrumental music. | 14 Teaching methods |
| 7 Theatrical presentation of religious life today | |
| 8 Introduction to Hard Skills-Drawing & Coloring, Electrical, Cooking, Farming etc | |



ADHYATMA VIDYA PEETHAM [AVP]

INTERNATIONAL INSTITUTE OF SPIRITUALITY

Affiliated to 'Teresianum', Pontifical Institute of Spirituality, Rome
CARMELARAM, BANGALORE.

AVP offers directed, personal, and community retreats and seminars on various topics for Religious Sisters and Priests.

ACADEMIC PROGRAM

9 MONTHS

Intensive diploma course
for sisters on Christian
spirituality

6 MONTHS

Renewal course for sisters for
final profession and Jubilee

3 MONTHS

Special accompaniment
to the sisters for the final
profession

2 WEEKS

Both Online and Residential
Course on formation for
formators and superiors.

1 WEEK

Workshop on English Phonetics and Proficiency
Resource Person: Fr. Rijoice Joseph OCD,
English Phonetics (IPA) Trainer &
Language Educator -English • French • Greek.

For Details, Please Contact:

Fr Director

Contact Address

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