



# International Institute of Spirituality **Adhyatma Vidya Peetam** (AVP)

**"Reflecting on the Past, Embracing the Future: Celebrating 50 years of Spiritual Service to the Catholic Church".**

For five decades Adhyatma Vidya Peetham (AVP), has been a beacon of hope, guidance and Spiritual nourishment for countless people seeking a deeper connection with God.

Admission opens to the 50<sup>th</sup> Batch of Intensive diploma course in Christian Spirituality course for Religious Sisters 2025-2026.

Let's join with the Church in the celebration of the Jubilee year as "Pilgrims of Hope"



# Special features of

## AVP:

- ▶ Long years of experience as pioneer in the spiritual field. Established in 1976.
- ▶ More than 2700 participants so far
- ▶ Spiritual guidance by a full time committed residential Priests and staffs
- ▶ Individual guidance and regular spiritual direction as required. Special spiritual preparations for the Junior Sisters preparing for the Final profession.
- ▶ A vast specialized library and advanced computerized reference section.
- ▶ Support of a healthy community life with a homely atmosphere and an eco friendly ambience in the salubrious and cool environment of the Carmelaram Complex in the garden city of Bangalore.
- ▶ Well-furnished and modernized self-contained single rooms.



**Nine month Intensive Diploma Course on Spirituality (from 1<sup>st</sup> July 2025 to 31<sup>st</sup> March 2026) which will deepen your knowledge in Biblical Spirituality, Liturgical Spirituality, Formation and Psycho Sexual Integration and Spiritual Counselling.**

**Special renewal courses for all Religious Sisters for their silver and golden Jubilee of the Religious Profession.**

**Spiritual accompaniment and formative guidance for Junior Sisters for their final Profession.**



# AVP

## OFFERS:

Short term courses and Seminars for formators,  
Superiors and Spiritual Counsellors.

Directed and personal retreats and prayer services

Special English Language training programmes

Special cultural exposure programmes.



# Adhyatma Vidya Peetam

SYLLABUS FOR THE ACADEMIC YEAR 2025 – 2026

## 01 BIBLICAL COURSES: FORMED BY GOD'S WORD

Call Narratives and Discipleship in the Bible    Spiritual Insights from the Pentateuch

Spirituality of Psalms    Prophetic Spirituality

Spiritual Journey with the Synoptic Gospels (Matthew – Mark)

Spiritual Journey with Luke – Acts    Johannine Spirituality    Pauline Spirituality

## 02 SPIRITUALITY COURSES: PILGRIMS OF HOPE

Spirituality and Ethics    Teresian Spirituality

Walking with the Church: recent church documents in the Jubilee Year

Patristic Models of Spiritual Life    Mary and Consecrated life

## 03 PSYCHOLOGICAL COURSES: THE DISCERNING LIFE

Inner Dynamics within the call    Theories and Techniques of Counselling

Soul Craft: Mastering Spiritual Life through NLP

Modern challenges in Religious life and woman empowerment

## 04 COURSES ON CONSECRATED LIFE

Models of Consecrated Life    History of Consecrated Life

Canon Law and Consecrated Life    Moral values of Religious life

Bio-Ethics    Jubilee Year and Consecrated Life

Media formation in enhancing Christian Ministry    Canon Law and Consecrated Life

Consecrated life in 3rd Millennium    Religious Community Life and Year of Prayer

Community Management    Virtues and vows    Music and Yoga

Spiritual Leadership    Spiritual Accompaniment to the final vows

Two weeks Seminar on Formative Leadership: Crafting a Rule of life

Two weeks seminar: Liturgy and Spirituality

Two weeks Seminar: Art and Spirituality

Methodology and introduction to writing scientific reviews

NB: Each course comprises 20 hours of lectures and a final exam.

# AVP Offers:

- ▶ Nine months intensive diploma course for sisters on Christian Spirituality
- ▶ 6 months renewal course for Sisters Jubilee and Final profession
- ▶ 3 months special accompaniment to the sisters for the final profession
- ▶ 1 month courses on Bible and Spiritual Counselling
- ▶ 2 weeks seminars on formation, art, spirituality and liturgy
- ▶ 2 months Italian Language training program
- ▶ Special English Language assistance as required
- ▶ Vocal and instrumental liturgical music training sessions



This year AVP offers special Jubilee programs, Cultural exposure camps, Language training programs, Vocal and instrumental music training. In today's increasingly interconnected world, communicating effectively across cultures and languages is more important than ever. AVP offers special courses on Language and music which will improve our skills in a supportive and interactive environment, and will develop the musical abilities especially in the Liturgy.





**50 years at the service of the church.** This Jubilee year will feature, special seminars on different topics, workshop on the recent church documents, Ex alumni gathering, AVP professors gathering, providing opportunities for spiritual renewal, fellowship and reminiscence. **Together let us give thanks for the past, celebrate the present and look forward to the future with faith, hope and joy.**

## For details, please contact:

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