

Adhyatma Vidya Peetham

Syllabus for the academic year 2024 – 2025

I. Biblical Courses: Formed by God's Word

1. Call Narratives and Discipleship in the Bible
2. Spiritual Insights from the Pentateuch
3. Spirituality of Psalms
4. Prophetic Spirituality
5. Spiritual Journey with the Synoptic Gospels (Matthew -Mark)
6. Spiritual Journey with Luke-Acts
7. Johannine Spirituality
8. Pauline Spirituality

II. Spirituality Courses: Pilgrims of Hope

9. Spirituality and Ethics
10. Teresian Spirituality
11. Walking with the Church: recent church document in the Year of Prayer
12. Patristic Models of Spiritual Life
13. Mary and Consecrated life

III. Psychological Courses: The Discerning Life

14. Inner Dynamics within the call
15. Theories and Techniques of Counselling
16. Soul Craft: Mastering Spiritual Life through NLP
17. Modern challenges in Religious life and woman empowerment

IV. Courses on Consecrated Life:

18. Models of Consecrated Life
19. History of Consecrated Life
20. Bio-Ethics
21. Canon Law and Consecrated Life
22. Moral values of Religious life
23. Year of Prayer and Consecrated Life
24. Media formation in enhancing Christian Ministry
25. Canon Law and Consecrated Life
26. Consecrated life in 3rd Millennium
27. Religious Community Life and Year of Prayer
28. Community Management
29. Virtues and vows
30. Music and Yoga
31. Spiritual Accompaniment to the final vows
32. Spiritual Leadership

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 15 hours of lectures and a final exam.