

BIBLICAL LEADERSHIP IMAGE: For Better Service in the Church

WEEKEND PROGRAM

Medium: Malayalam
For Nuns, Lay Leaders from Parishes

RETREAT FOR NUNS: Directed Retreat

Retreat in Malayalam and English
on Request

NOVICES – ASPIRANTS' COURSE

Certificate Course in English
2 Years - Non-Residential –
On all Thursdays (August – March)
Open to all Novices and Aspirants

CARMELITE SPIRITUALITY COURSE FOR OCDS

For Lay Carmelites (in Malayalam)
On First Thursdays from
July-March; 10.00am to 12.00 Noon
On Carmelite Heritage, Carmelite Saints

Courses under Carmelite Study Centre for Asia (CSCA)

1. 6 Month Residential course on Christian Prayer and Initiation into mental prayer, 2024
2. Workshop, Seminar, Retreat and Short residential courses on St. Therese of Lisieux.
3. International Spirituality congress on Trends and Relevance of Spirituality Today, November 2024.
4. National Spirituality Week on Christian Spirituality, December 2024

Mysticism & Mindfulness

Thursday Evening to Sunday evening
(3 days)
Deepening of spiritual life through prayer
and meditation

Spiritual Counsellor's Training Program

For Laity and sisters engaged in spiritual
counselling.
Covers Biblical, Theological, Ecclesiastical,
Canonical and Psychological dimensions of
spiritual counselling.
Will be awarded participatory certificates.

Learning German Language

A, A1, B1, B2 Modules under LOS ANDES
Academy

FINAL PROFESSION AND JUBILEE PREPARATION PROGRAM



DISCALCED CARMELITES FATHERS (OCD) MANJUMEL PROVINCE, INDIA

CONTACT US

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JYOTIR BHAVAN

Institute of Theology and Spirituality

(Affiliated to the Pontifical Faculty of TERESIANUM, ROME)

N. Kalamassery- 683104, Kerala

Jyotir Bhavan has pioneered in Initiatives for
the Spiritual Renewal of Religious Nuns in India
through conducting the Residential
Courses since four decades



Come Apart and Rest a while Refresh and Renew
yourself in Friendship with God in Prayer Develop your
Contemplative Thread Giving Radical Expression to
Fraternal Life Getting Prepared for a Chosen Ministry

COURSES OFFERED IN JYOTIR BHAVAN 2024-2025

BACHELOR IN THEOLOGY (B.Th)

Open to Seminarians, Nuns, Lay Men & Women

Duration : 3 Years (June-March)

Medium : English

Accommodation available for nuns

PASTORAL COURSE : (Intensive Pastoral Theological Training Course)

Open to Seminarians, Nuns, Lay Men & Women

Medium : English

Duration : June-October

DIPLOMA COURSE: (Biblico-Psycho-Spiritual Formative Program, Religious Formative Spirituality)

A Residential Course for Nuns only

Duration : 9 Months (July-March)

Medium : English; Self-contained
Single Rooms

Our Focus : Formation

Renewal

Contemplation

Community Building

CERTIFICATE PROGRAMS ON FORMATIVE SPIRITUALITY

1. Biblical Formative Spirituality (July-September)
2. Psycho-Spiritual Formative Program (October-December)
3. Holistic-Formative-Spiritual Program (January- March)

Residential Program for Nuns only

Medium: English

May chose any/all three Programs; Self-contained single Rooms

DISTANT EDUCATION PROGRAM: Diploma In Christian Spirituality

2-Year Program in English

June- March (2024-2026)

Contact Classes four times a year

Open to all

CORRESPONDENCE COURSE: Diploma in Carmelite Spirituality

One-year Diploma Program in English

Scheduled online Classes for Carmelite Friars, OCD Nuns, OCDS, any priest/nun sharing the Carmelite Charism

SUMMER COURSE

One Month Spiritual Renewal

Program for Nuns: 01 April - 01 May

Focus on those preparing for Final Vows & Jubilee

Course concluded with five-day Retreat

Medium: Malayalam

MINDFUL RELIGIOUS LIVING

Based on Oxford Mindfulness Centre

MBCT Program

3-day Program (Friday Evening to Sunday Evening)

For Nuns and Priests

Medium: Malayalam

Our Focus:Self-awareness

Cultivating happiness

Living in the present

Managing stress

TEACHERS TRAINING WORKSHOP

One-day Program

Strength-focussed Schooling

New Challenges for Post-covid Schooling

Facilitating Self-Regulation -
Self-Motivation in Students

INTENSIVE COURSE FOR SUPERIORS & ANIMATORS (Psycho-Spiritual)

Religious Nuns only

Residential: self-contained rooms

Our Focus:Awareness of Psychological Issues

Cultivating Mindfulness

Spiritual Direction

Spiritual Animation & Community
building

MINDFULNESS BASED STRESS REDUCTION (MBSR) FOR TEACHERS

Two-day Program

Happy Teachers - Happy Students

Transforming Personal Stress and
Work Stress with an effective Skills
Training

PSYCHO-SPIRITUAL INTENSIVE FORMATION PROGRAM

For Priests and Nuns engaged in Formation,
Vocation Promotion, Youth Ministry
Medium: English

Challenges of Formation; Emotional
Health in Formation

Mindfulness based Formation;
Adolescent Personality

Sexual Integration; Guidance,
Spiritual Direction & Counseling

Niramanas: Mindfulness For Wellbeing

- » For anyone above 18 years of age
- » Cultivating happiness
- » Stress reduction
- » Healthy living