

10 LOCAL SUPERIORS TRAINING PROGRAMME May 25 eve – 30 eve ₹ 4000/- Frs. Jose Thachil SJ & M.K. George SJ & Team Topics: Key roles of superiors, Maturity, Handling jealousy, fear, anger, criticism, Conflict Management, Financial Management, How to give feedback, Counselling, Spiritual Direction skills. Levels of animation, Practical tips for religious superiors.	16 SENSITIVITY AND RELATIONSHIP DEVELOPMENT SKILLS Aug 18 eve – 22 eve ₹ 3500/- Fr. Jose Thachil SJ This programme provides insights into the relationship dynamics that is at play in every Community/group/society and give practical tips to a more intensely connected and happy life.	20 INNER CHILD WORKSHOP Oct 28 morn – 31 eve ₹ 3000/- Fr. Joe Koottinall S.J Contact your inner child and set it free; learn to tap the energies locked up within you. Discover your the vulnerable child, the angry child, the nurturing parent and finally the Creative Spiritual Child.
11 FORMATORS GROWTH WORKSHOP (Once a month) (One time payment) June 2, July 7, Aug 4, Sept 1, Oct 6, Nov 3, Dec 1 ₹ 2500/- Frs. Kurien Kunnumpuram SJ, P.T Mathew SJ & Jose Thachil SJ This workshop will help formators and superiors to form and to relate with the formees more effectively.	17 PANCHENDRIYA DHYANAM Sept 1 eve – 8 eve ₹ 3500/- Fr. Rachans SJ This six day retreat focusing on our senses will enable to make an inward journey into our inner world through silence. Open to all irrespective of caste and creed.	21 PSYCHO-SPIRITUAL INTEGRATION & INNER HEALING RETREAT Dec 2 eve – 9 eve ₹ 3500/- Fr. Jose Thachil SJ This programme challenges the participants to face their past and their shadows and bring forthan integration leading to healing which is empowered with deep spiritual quest. Guided meditations, counselling, life-awareness drawings and personal group therapy will lead the participants to an integration of the whole self with a spiritual depth.
12 ACCOUNTING SKILLS July 7 – 11 (9 am to 5 pm) ₹ 4000/- Frs. Jose Thaiparambil SJ, Baby Mulloparambil SJ & Team of experts This will be of great help to all those who deal with accounts, with its update, input on GST and other latest legislations. (Useful for Treasurers/Superiors/Leaders of organizations etc.)	18 YOGA AND VEDANTA Oct 12 eve – 14 eve ₹ 3500/- Fr. Manesh SJ This is a basic course in YOGA and VEDANTA rooted in Biblical insights(Romans:12/2).Majority of us are in physical and mental pain, stress and suffering. Yoga helps us to relax, experience quietness, rejuvenate ourselves and to increase self esteem. The Vedanta sessions widen our awareness of our inner world by understanding our 'SELF' leading us to harmonious life. (Kindly bring suitable dress for yoga Asana Classes.)	22 BE A WINNER (WORKSHOP FOR STUDENTS) Dec 26 eve – 30 eve ₹ 4000/- Jesuits and team of expert This energy-enthusiasm-packed programme includes Eco Sensitivity, Art and Theatre Workshop, Leadership skills, Memory skills, Communication skills, Learning skills and Psychological assistance that lead to excellence. Learn playfully and become better human persons.
13 NLP (NEURO LINGUISTIC PROGRAMMING): BASIC July 12 morn – 15 eve, Nov 6 morn – 8 eve ₹ 4000/- Fr. Toby S.J, Atmamitra NLP is a powerful tool for work effectiveness and personal transformation. We will come to know the preferred system we are accustomed to and use them effectively to connect to people we are dealing with. The course will help you to reframe some of your beliefs and reveal and activate the resources in you that are not used now.	19 INTEGRATED TRAINING IN COUNSELLING & SCHOOLS OF PSYCHOLOGY (One Month Certificate Course) For formators, leaders, animators and counsellors Oct 25 eve – Nov 25eve ₹ 14500/- Frs. Ephrem Thomas SJ, M.K. George SJ, Jose Thachil SJ Wilson Mulackal SJ. This course aims at acquiring self awareness and skills in counselling, leadership and formation. The group therapy heals oneself. Course on Self Esteem, empowers one self and give confidence. REBT, TA, NLP, Maturity, Conflict Management, anger management, fear therapies, Self-esteem, Meditative therapies will be introduced. Theoretical inputs and Intense practical sessions and workshops on counselling skills makes you a confident counsellor.	എസ്.ആർ.സി ഉത്തമ സമീക്ഷ തിയോളജി ഡിപ്ലോമ സർട്ടിഫിക്കറ്റ് കോഴ്സ് from JNANADEEPA VIDYAPEETH (JDV) PUNE ഫെബ്രുവരി മുതൽ എല്ലാമാസത്തിലും 2 ശനിയാഴ്ചകളിൽ SAFE (SOCIAL ACTION FOR FAMILY EMPOWERMENT) കുടുംബ ശാക്തീകരണ സെമിനാറുകൾ ജനുവരി മുതൽ എല്ലാമാസത്തിലെയും 2-ാമത്തെ ഞായറാഴ്ചകളിൽ 10 am – 5 pm Initiatives of S.R.C: (1) SRC Counselling Centre (for individuals & families) (2) Jeevika – Migrant Outreach Services (3) Jnana Sameeksha Theology Centre (4) SAFE (5) Beach Bloom (6) Darsana Cultural Movement Fr. Jose Thachil, S.J., Director 09495325314 (tvjosesj@gmail.com / josethachil@hotmail.com) Most welcome for counselling or directed retreats contact the Office or Fr. Director
14 TRAINING PROGRAMME FOR SABS FORMATORS (GLOBAL) (Fully booked) July 20 eve – 29 eve Frs. M.K. George SJ, Kurien Kunnumpuram SJ & Jose Thachil SJ	Persons who are either actually engaged in or are destined for formation, like masters/mistresses of candidates/postulants/novices/juniors; spiritual directors/ directresses, pastors, superiors, teachers and social workers will find this course helpful.	
15 SOCIAL WORKERS TRAINING (In collaboration with JESA) Aug 7 eve – 12 eve ₹ 3500/- Frs. Benny Chiramel SJ, P.T. Mathew SJ & Team This aims at Capacity building and practical training for social workers, animators and leaders of every walk of life. This gives a depth analysis of the present politic-socio-cultural realities of India, helping them to be insightful, effective and aware leaders.	To register for this programme kindly ask for separate application form: see www.srckerala.com / contact office	

2018 SRC

A Jesuit Centre for Healing, Personal Growth Training & Social Intervention
 Open to people of all faiths



- PERSONAL GROWTH WORKSHOP (GROUP THERAPY)
- വ്യക്തിത്വ വികസന ശില്പശാല (ഗ്രൂപ്പ് തെറാപ്പി)
- SELF ESTEEM ▶ സാമീചാനം ▶ INNER CHILD WORKSHOP
- TRAINING IN COUNSELLING (1 MONTH CERTIFICATE COURSE)
- PSYCHO-SPIRITUAL INTEGRATION & HEALING
- NLP ▶ REBT ▶ SPOKEN ENGLISH
- RETREAT ▶ YOGA & VEDANTA ▶ PANCHENDRIYA DHYANAM
- SUPERIORS & FORMATORS TRAINING
- SENSITIVITY & RELATIONSHIP SKILLS ▶ STAY CALM IN THE STORM
- SOCIAL WORKERS/ANIMATORS TRAINING
- LIFE SKILLS TRAINING ▶ BE A WINNER

SOCIO-RELIGIOUS CENTRE (SRC)
 CHRIST HALL, MALAPARAMBA, KOZHIKODE - 673 009, KERALA

Ph : (0495)2371 826 / 8606182588

www.srckerala.com
 srkdir@gmail.com / srcinitiatives@gmail.com

S R C PROGRAMMES - 2018

January	11 - 13	TRAINING FOR FAITH BASED SOCIAL INTERVENTION (fully booked by SCN Sisters)
February	16 - 18 18 - 25	സ്വാഭാവികവും പരസ്പര ബന്ധങ്ങളും വ്യക്തിത്വ വികസന ശില്പശാല (ഗ്രൂപ്പ് തെറാപ്പി)
March	23 - 28	IGNATIUS SEMI-DIRECTED RETREAT
April	8 - 14 18 - 19	വ്യക്തിത്വ വികസന ശില്പശാല REBT: RATIONAL-EMOTIVE BEHAVIOUR THERAPY
	23 - 25 April 25 - May 5	സ്വാഭാവികവും പരസ്പര ബന്ധങ്ങളും SPOKEN ENGLISH (INTENSIVE PRACTICAL TRAINING)
May	5 - 13 10 - 12 10 - 13 25 - 30	PASTORAL TRAINING FOR SEMINARIANS & SISTERS TRAINING FOR FORMATION OF ADOLESCENTS HOW TO STAY CALM IN THE STORM (LIFE SKILLS TRAINING) LOCAL SUPERIORS TRAINING PROGRAMME
June 2, July 7, Aug 4 Sept 1, Oct 6, Nov 3, Dec 1		FORMATORS GROWTH WORKSHOP (Once a month)
June	8 - 16 22 - 30	PERSONAL GROWTH WORKSHOP (GROUP THERAPY) IGNATIUS SEMI-DIRECTED RETREAT
July	7 - 11 12 - 15 20 - 29	ACCOUNTING SKILLS N L P : basic TRAINING PROGRAMME FOR FORMATORS (Fully booked)
August	7 - 12 10 - 12 18 - 22 23 - 28	SOCIAL WORKERS TRAINING സ്വാഭാവികവും പരസ്പര ബന്ധങ്ങളും SENSITIVITY & RELATIONSHIP DEVELOPMENT SKILLS IGNATIUS DIRECTED RETREAT
September	1 - 8 14 - 22	PANCHENDRIYA DHYANAM വ്യക്തിത്വ വികസന ശില്പശാല (ഗ്രൂപ്പ് തെറാപ്പി)
October	12 - 14 22 - 26 Oct 25 - Nov 25 28 - 31	YOGA & VEDANTA PERSONAL GROWTH WORKSHOP (GROUP THERAPY) INTEGRATED TRAINING IN COUNSELLING & SCHOOLS OF PSYCHOLOGY INNER CHILD WORKSHOP
November	2 - 4 6 - 8	SELF ESTEEM & INTERPERSONAL RELATIONSHIPS N L P: BASIC
December	2 - 9 16 - 23 26 - 30	PSYCHO-SPIRITUAL INTEGRATION & INNER HEALING RETREAT IGNATIUS DIRECTED RETREAT BE A WINNER (WORKSHOP FOR STUDENTS)

PROGRAMME BOOKING

- To book any programme at SRC:** Since we have only limited seats please book your seat only by sending registration fee of ₹500/- or full amount (this amount is refundable, if you do not attend minus ₹200/-). If cancelling let us know at the earliest.
- The Fee include course fee; food; accommodation; and course materials (if any)
- Kindly send the Fee as Bank Transfer / MO / DD in favour of Director, **SRC, Malaparamba, Kozhikode, (Kerala Gramin Bank, Malaparamba) Account No: 40257100102863; IFS CODE: KLG0040257**
- If you are doing a bank transfer please send us an SMS/letter/Email stating name of the Bank, date of the transfer and the name of the programme with its date.
- If sending DD, Cheque or M.O. please write the name and date of the programme on it.
- Please bring your toilet articles, bathing towels, pen, and a notebook (and Bible for Religious programmes).
- Our facility can be used by other organisations/ groups for conducting programmes. Kindly contact the office.

Office time: 9.00 a.m to 5.00 p.m

How to reach SRC ? : SRC (in Christ Hall campus), is on Kozhikode Wayanad Road at Malaparamba Bye pass Junction (5 Kms). Buses available from the Railway, KSRTC & Mananchira Bus Stations. Get down at IQRAA HOSPITAL Stop and walk towards Malaparamba Junction and on your left is SRC (Christ Hall) gate.

01 TRAINING FOR FAITH BASED SOCIAL INTERVENTION (Fully booked by SCN Sisters)

Jan 11 eve – 13 eve

Fr. Jose Thachil S.J

New Evangelization in the present day reality according to Pope-Francis: A Spiritual Integration Approach.

02 സ്വാഭാവികവും പരസ്പര ബന്ധങ്ങളും SELF ESTEEM & INTERPERSONAL RELATIONSHIPS

- February 16 – 18 (9 am – 5 pm) -- മലയാളം
- April 23 – 25 (" ") -- " "
- August 10 – 12 (" ") -- " "
- November 2 - 4 (9 am - 5 pm) -- ENGLISH

₹ 2000/-

Fr. Ephrem Thomas SJ

നാം നമ്മെത്തന്നെ കാണുന്നതെങ്ങനെ? സ്വാഭാവികവും പരസ്പരബന്ധം എന്നുതന്നെയോ? സ്വാഭാവികവും പരസ്പരബന്ധം വളർത്താനുള്ള വഴികളെന്തെ? വർദ്ധിച്ച സ്വാഭാവികത്തിലൂടെ മെച്ചപ്പെട്ട വ്യക്തി - കുടുംബ - സാമൂഹ്യ ബന്ധങ്ങൾക്കും കാര്യക്ഷമതയ്ക്കും വഴിയൊരുക്കുക.

We are born as princes or princesses but our upbringing turns us into frogs. How do we re-image our ugly self-image? This workshop for increased personal effectiveness enables you to revise your self-image and raise your self-esteem; it enables you to function more effectively on personal, social and workplace relationships. An ideal programme for those who want to succeed in life.

03 വ്യക്തിത്വ വികസന ശില്പശാല (ഗ്രൂപ്പ് തെറാപ്പി) PERSONAL GROWTH WORKSHOP & GROUP THERAPY

- Feb 18 eve – 25 (4 pm) -- മലയാളം
- April 8 – 14 (9 am – 4 pm) -- " "
- June 8 eve – 16 (4 pm) -- ENGLISH
- Sept 14 eve – 22 (4 pm) -- മലയാളം
- Oct 22 eve – 26 (4 pm) -- ENGLISH

₹ 4500/-

Fr. Jose Thachil SJ

സ്വന്തം വിചാര-വികാര-പെരുമാറ്റങ്ങളെ തിരിച്ചറിഞ്ഞ് സമഗ്രമായ വളർച്ചയിലേക്കും സൗഖ്യത്തിലേക്കും നയിക്കുന്നു. ജീവിത ശൈലിയിലും മനോഭാവത്തിലും കാത്തുനിൽക്കുന്ന മാറ്റം സാധ്യമാക്കുന്ന ഗ്രൂപ്പ് തെറാപ്പിയും മറ്റ് ആത്മവിശകലന-നൈപുണ്യവുമായ പ്രക്രിയകളും ഇതിന്റെ പ്രത്യേകതയാണ്.

The goal of this course is the integral growth and inner healing of the person. Mature people are willing to look into their thoughts, feelings and behaviours critically; challenge themselves and change. Sharing, analysis and therapy will be done in the group.

04 RETREAT (Both English & Malayalam)

You are most welcome at any time individually or as a group to make your retreat

- March 23 eve – 28 eve -- Ignatian Semi-Directed Retreat

Fr. M.J. Thomas SJ

₹ 3500/-

- June 22 eve – 30 eve Ignatian Directed Retreat

Fr. E.J. Thomas SJ

₹ 4000/-

- Aug 23 eve – 28 eve Ignatian Directed Retreat

Fr. Jose Thachil SJ

₹ 3500/-

- Dec. 16 eve – 23 eve Ignatian Directed Retreat

Fr. Varghese Anikuzhy SJ

₹ 3500/-

ദൈവികതയിൽ നിമഗ്നനായി ജീവിക്കാൻ നിറവു നൽകാൻ സഹായം നൽകി സജീവമായി ജീവിക്കാൻ അനേകരെ തുണച്ച ആദ്ധ്യാത്മിക സാധനമാണ് വി. ഇഗ്നേഷ്യസ് ലൊയോളയുടെ പരിപൂർണ്ണ നിശ്ചിതതയിൽ യേശുവിനെ അടുത്തറിഞ്ഞ് തുച്ഛ സ്മരണകൾ എന്നായിത്തീർന്ന് അവിടുത്തെ ദൈവരാജ്യമുഖ്യങ്ങളിൽ വളരാനും സഹായിക്കാനുമുള്ള ഈ അദ്ധ്യയനങ്ങളിലേക്ക് സ്വന്തം കഴിവുറ്റ ആദ്ധ്യാത്മിക നിയന്താവിന്റെ സഹായത്തോടെ ജീവിക്കാൻ ക്രമപ്പെടുത്താൻ ഇത് സഹായിക്കുന്നു.

05 REBT: RATIONAL-EMOTIVE BEHAVIOUR THERAPY

April 18 – 19 (9 am – 5 pm)

₹ 800/-

Fr. Jose Thachil SJ

It is a method of psycho-therapy, of challenging the irrational thoughts producing the negative disturbing feelings and the consequent unhealthy behaviours. Replacing these thoughts with rational ones results in changed feelings and consequently in changed behaviours.

06 SPOKEN ENGLISH (INTENSIVE PRACTICAL TRAINING) [Certificate Course] - Eligibility: Minimum +2

April 25 eve - May 5 eve

₹ 6000/-

Dr. (Fr) Benny SJ & Team

This fully residential programme mainly aims at making the participants speak English correctly, both phonetically and grammatically. Those who have to teach English/teach in English/work as executives go abroad, will find this course extremely useful and timely. Once the course begins, the participants will have to speak English and only English. All must bring a copy of OXFORD ADVANCED LEARNER'S DICTIONARY and a notebook.

07 PASTORAL TRAINING FOR SEMINARIANS & SISTERS

May 5 eve – 13 eve

₹ 5000/-

Frs. Babu Paul SJ, Jose Thachil SJ, Reji Kunnatheth SJ

The family Today : The Youth Reality of Today (Youth and Media/Friendship/Social commitment and the role of youth) Counselling Skills, Listening Skills, Personality Development, Leadership and Motivation skills, Problem Analysis methods, Giving Feedback, Conflict Management, Maturity, Time Management, Anger Management, Developmental Psychology (Spirituality of the Pastors)

08 TRAINING FOR FORMATION OF ADOLESCENTS (For Parents , Teachers & Counsellors)

May 10 eve – 12 eve

₹ 1500/-

Fr. Saji Kandassamkunnel SJ

This course is designed mainly for counselors, teachers and parents. It helps them to identify common bio-psycho-social problems such as learning disabilities, behavior, personality, anxiety, addictions and phobias in children.

09 HOW TO STAY CALM IN THE STORM (LIFE SKILLS TRAINING)

May 10 eve – 13 eve

₹ 3000/-

Fr. Jose Thachil SJ

This programme includes Stress Management, Conflict Management, Time Management Emotional maturity. Managing fear and anxiety, Decision making skills, and Communication skills. This is an ideal programme to help the Religious and professionals, parents, teachers and all who are in leadership positions to live their life more effectively and happily.