

SUMEDHA
CENTRE



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Maria Goreti
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Philip Pinto
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Jaimasih Ekka
Administrator

2025
Faculty



For further information and application form, please contact:
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SUMEDHA CENTRE FOR PSYCHOSPIRITUAL WELLBEING



Jharmari, Punjab

(Near Ambala Cantt., Haryana)

2025 Programmes



Sumedha, is a centre for renewal of body, mind and spirit through insights and practices from psychology and spiritual traditions. It is located in a 16-Acre Plot in the serene countryside on the Don Bosco School Campus, Jharmari, Punjab, off NH 152 Ambala-Chandigarh Express Way, 12.8 KM from Ambala Cant. Railway Station and 40 km from Chandigarh airport.

In Sanskrit, Sumedha refers to a healthy brain that controls entire body-mind systems, as well as to rejuvenation of body and mind. In mythology, Sumedha is the leading horse that drives Surya's chariot and controls one's destiny.



2025 PROGRAMME

SUMEDHA SADHANA A Psychospiritual Wellbeing Journey



1) SS - 52: February 9 - May 03

2) SS - 53: May 11 - August 02

3) SS - 54: September 25 - December 17

Course Description: This is an inner journey in quest of greater healing and wellbeing. Participants begin from where they are, looking at what is happening on their psychospiritual journey. They then move on to explore the psychological dynamics that affect their wellbeing, get in touch with their emotional and spiritual blocks and brokenness and seek healing and transformation so that they can live and minister in more joyful, satisfying and fruitful ways.

Course Content: Holistic & Process Spiritualities; Religious & Community Life; Prayerfulness & Meditation; Personality & Healthy Emotional Life; Midlife Dynamics & the Spiritual Journey; Sexuality, Intimacy & Celibate Chastity; Persona, Shadow & the Unconscious; Enneagram & Spirituality; Emotional Hygiene; Trauma & Healing - are some of the major topics that will be explored. In group therapy participants have the opportunity to face their woundedness and brokenness, their unhelpful patterns of living and relating and move on to greater healing and wholeness. The programme concludes with a spiritual retreat.

Tools & Techniques: Insights from Christian faith and wisdom traditions, various psychological theories of development, as well as experiential tools and techniques from Bioenergetics, NLP, Intensive Journal, Expressive Arts, Multi -Media, Qigong, Breathwork, The Enneagram Prayer & Meditation practices, and Sacred Scripture are used to explore and enhance one's psychospiritual wellbeing.

Facilitators: Ajoy Fernandes PhD (*Personality & Spirituality*). Edison Fernandes PhD (*Therapy*). Joe Kokandathil PhD (*Emotional Hygiene*). Johny Dominic PhD (*Unconscious Dynamics & Spirituality, Therapy*). Jose Parakkad, PhD (*Therapy*). Jose Parappully PhD (*Spirituality, Midlife Dynamics, Pshychosexual Integration, Trauma & Healing, Therapy, Retreat*). Maria Goreti MA, BEd. (*Therapy, Emotional Development, Enneagram & Spirituality*). Philip Pinto MA, BEd (*Consecrated Life*). Thomas Kurianthanam MPH (*Breath, Spirit & Wellbeing*).

(Participant Age Limit: 32-62 years)