

SUMEDHA
CENTRE



Ajoy Fernandes
PhD.



Edison Fernandes
PhD.



Joe Kokandathil
PhD.



Johny Dominic
PhD.



Jose Parappully
PhD.
Director



Jose Parakkad
PhD.



Maria Goreti
MA, BEd.



Philip Pinto
MA, BEd.



Thomas
Kurianthanam
MPh.



George Malayil
Administrator

2026
Faculty



For further information and application form, please contact:
Sumedha Centre. Don Bosco School Campus. Off 152 Ambala-Chandigarh Express Way
Jharmari, Teh. Derabassi, Mohali Dist. Punjab-140501
Ph.: 0 171 2972438, Mob. +91-9410941799 (Director). +91- 85279 24413 (Administrator).
email: sumedhacentre@gmail.com, website: <https://sumedhacentre.org>



SUMEDHA CENTRE FOR PSYCHOLOGICAL & SPIRITUAL WELLBEING



Jharmari, Punjab

(Near Ambala Cantt., Haryana)

2026 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.



2026 PROGRAMME

SUMEDHA SADHANA

A Psychological and Spiritual Wellbeing Journey

SS-55: February 07- May 01; SS-56: June 13- September 04;

SS-57 September 24- December 16



Programme 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 well-being, 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. and integrate the psychological dynamics that affect their spirituality.

Programme Content: Holistic, Process Spiritualities; Consecrated Life; Prayer & Meditation; Personality and Healthy Emotional Life; Unconscious Dynamics, Unconscious Dynamics and the Spiritual Journey; Psychospiritual Dynamics at Midlife and Beyond; Sexuality, Celibacy & Intimacy; Enneagram and Spirituality; Emotional Hygiene; Trauma, Healing & Reconciliation; Breath, Spirit & Wellbeing -- are some of the major topics explored. In group therapy participants have the opportunity to face their woundedness and brokenness; their fears and anxieties, their unhelpful patterns of living and relating and move on to greater healing and wellbeing. The programme concludes with a spiritual retreat focused on the Word of God.

Tools and Techniques: Insights from faith and wisdom traditions, various psychological theories of development, as well as experiential tools and techniques from Bioenergetics, Intensive Journal, Expressive Arts, Breathwork, Yoga, Qigong, Multi-media, Prayer & Meditation practices, and Sacred Scripture are used to explore and enhance one's psychospiritual journey. (Age limit: 32-65 years)

Programme Facilitators: Ajoy Fernandes PhD; Edison Fernandes PhD; Joe Kokandathil PhD; Johny Dominic Padinjar PhD; Jose Parakkad PhD, Jose Parappully, PhD; Maria Goretti MA, BEd; Philip Pinto MA, BEd, Thomas Kurianthanam, MPh.

HEALTH AND HAPPINESS IN THE POST-MIDLIFE YEARS – AGING GRACEFULLY (May 09-June 05).

The dynamics of midlife and the post midlife years have a profound impact on the contours of our spiritual journey. This workshop explores these dynamics and their impact, and is based on the recently published book by the Director of Sumedha Centre- *Psychospiritual Dynamics at Midlife and Beyond*, a complimentary copy of which will be provided to each participant.

Programme Content: Awakening to midlife; psychological dynamics and transformational processes at midlife; sexuality, celibacy, intimacy and friendship; integration of the shadow, the animus and the anima, and specific approaches and tools to enhance health and happiness. A particular focus of the workshop are the kinds of spiritualities relevant to the post-midlife years. The workshop process will be interactive with opportunities for participants to introspect and share together their experiences and their reactions and responses to the information and insights provided through the exploration of the book content and their lived experiences around these. The process will be enhanced through experiential and somatic exercises, prayer and meditation practices, and media presentations.

Criteria for participation: Age between 45-75 years. Good enough health for easy movement and physical exercise.

Programme Facilitator: Jose Parappully