

**INSTITUTE OF SPIRITUALITY AND COUNSELLING**  
**(Vinayasadhana)**

Director: Dr. Mathew Anatharackal, CMI  
Associate Director: Dr. Mathew Maniampra, CMI

**Courses Offered by the Institute:**

1. MA in Formative Spirituality and Counselling
2. Diploma in Formative Spirituality and Counselling
3. PG Diploma in Spiritual Theology (DADE)
4. PG Diploma in Counselling Psychology (DADE)

The MA and Diploma programme are meant to prepare competent formators who can foster growth and wholeness in the adolescents and the youth entrusted to their care. The specific objectives of the courses are as follows:

- a) To enhance the would-be formators to impart religious and Christian leadership training at Diocesan, Congregational, and parish levels.
- b) To promote a balanced blending of culture and faith, spirituality and psychology and academic and practical aspects, enriching and equipping the future formators with the skills for more effective evangelization.
- c) To help them offer psycho-spiritual counselling to the individuals as well as groups at schools, colleges, hospitals, and other institutions.

**Requirements for Admission:**

**For the admission to the MA in Formative Spirituality and Counselling:**

- a) The applicant must be below 45 years of age. In certain cases, the age requirement may be relaxed at the discretion of the Director, after an aptitude test is successfully completed.
- b) A bachelor's degree (BA, BSc) from a recognized college or university or an equivalent degree.
- c) Adequate theological studies at any Catholic Theological Institute or University.
- d) An interview and exam if required.
- e) For admission to 2<sup>nd</sup> year MA a minimum high second class (55%) in the first year MA is required.

**For the admission to the Diploma programme:**

- a) The applicant must be below 45 years of age. In certain cases, the age requirement may be relaxed at the discretion of the Director, after an aptitude test is successfully completed.
- b) A higher secondary certificate with the minimum marks of 50% or any higher degree from a recognized school or college.
- c) An adequate theological study at any Catholic Theological Institute or University is highly appreciated.
- d) An interview and exam, if required.

**Procedures:**

The applicant must submit the following:

- a) A completed application form
- b) Official transcripts, certificates, and/or diplomas from all previously attended institutions, colleges and universities.
- c) A letter of recommendation from the applicant's major superior/local ordinary.
- d) Health certificate.
- e) For foreign students: passport number, time of expiry of visa, nature of visa, etc. Photocopies of important pages of passport.