



**ST. Philomena's College (Autonomous) Mysore**  
**UNIVERSITY OF MYSORE**

**PROGRAMME – MA in Holistic Spirituality**  
**REGULAR POST GRADUATION COURSE**  
At Dhyavana, Mysore

**Two-year four semesters Choice Based Credit System (CBCS) and Continuous Assessment Grading Pattern (CAGP) Under Post Graduate Programme under Autonomous Structure**

FROM THE ACADEMIC YEAR- 2017 Onwards

Structure of the course of M.A. in Holistic Spirituality:

**1. ELIGIBILITY:**

Bachelor's degree or its equivalent. Candidates who have passed BSW/ BA/ B.Sc/ B.Com / BBM/ LLB /BCA of the University of Mysore or any recognized University with not less than 45 %.

*Note: - In case of candidates who have taken more than three years to complete their Bachelors Degree, the percentage of mark is arrived as per the guidelines issued by University of Mysore from time to time.*

**2. DURATION OF THE PROGRAMME:**

The duration of Programme shall extend over 4 semesters (two academic years) of 20 weeks each including instructions and examinations.

**3. MAXIMUM PERIOD FOR COMPLETION OF THE PROGRAMME:**

The candidates shall complete the Programme within 4 years from the date of admission. The term completing the programmes means passing all the prescribed examinations of the programme to become eligible for the degree. No candidate shall be permitted to appear for the examinations after the prescribed period for completing the programme. Whenever a candidate opts for blank semesters/ dropped papers, he/she have to study the prevailing papers offered by the department when he /she continues his /her studies.

#### **4. REGULAR M.A. COURSE:**

M.A. in Holistic Spirituality is a Regular Post Graduation Course recognized by UGC (not correspondence course). Hence, the student will get a regular M.A. degree from the University of Mysore through St. Philomena's college.

#### **5. MEDIUM OF INSTRUCTION:**

The medium of instruction shall be English.

#### **6. HOURS OF INSTRUCTION:**

There will be Three weeks of intensive lectures(one week per subject) per semester on the two hard core papers and if needed one soft core paper; and notes and bibliography will be given on the same subjects. I means on each subject there will be 2 credits = 32 lectures. The rest of the credits will be used for tutorial and practical which a student could do from the place of his engagements.

Further, they can also write seminar paper on a subject which will be equal to 4 – 6 credits. If one opts for a dissertation paper it will be equal to around 10-12 credits.

The 1<sup>st</sup> semester lectures will be conducted during Deepavali or Dasara holidays and the 2<sup>nd</sup> semester lectures during Christmas holidays or January month. From next year the same lectures will be organized during summer holidays of April – May. These classes will be held at Dhyavanava, Mysore. The facilities of Lodge and Board will be provided to the students at Dhyavanava.

The 1<sup>st</sup> semester exams will be conducted at St. Philomena's College, Mysore, in early December and 2<sup>nd</sup> semester exams will be in April.

#### **7. MODE OF INSTRUCTION:**

Every paper offered will have three components with the teaching-learning process:

a). L= Lecture. b). T=Tutorial. c). P= Practical

L= Stands for lecture session.

T= stands for tutorial session consisting self study / participatory discussion / desk work /brief seminars or other novel methods of learning.

P= stands for practical session and it consists of field study / case studies / papers on "hands on experience" etc.

Every paper can have all the three components of L, T, P which means in 6 credits paper – 2 credits of lectures, 2 credits of T and 2 credits of P. one credit means around 16 lectures. Thus they can have 32 lectures on each subject and other 4 credits will be covered by T & P.

#### **8. DIFFERENT PAPERS OF STUDY ARE LABELED AND DEFINED AS FOLLOWS:**

##### **Hard Core Paper (HC):**

A paper which should compulsorily be studied by a candidate as a core requirement is termed as a **Hard Core Paper**.

### **Soft Core Paper (SC):**

If there is a choice or an option for the candidate to choose a paper from a pool of papers from the main discipline subject of study or from a sister/related discipline / subject which supports the main discipline/ subject is termed as a **Soft Core Paper**.

### **Elective Paper (EP):**

Generally a paper which can be chosen from a pool of papers and which may be very specific or specialized or advanced or supportive to the discipline / subject of study or which provides an extended scope or which enables an exposure to some other discipline / subject / domain or nurtures the candidate's proficiency / skill is called an Elective Paper. Elective papers may be offered by the main discipline / subject of study or by sister / related discipline / subject of study. *A Soft Core paper may also be considered as an elective.*

### **Open Elective (OE):**

An elective paper chosen generally from an unrelated discipline / subject, with an intention to seek exposure is called an **open elective**. **A core paper offered in a discipline / subject may be treated as an elective by other discipline / subject and vice versa.**

### **Project work / Dissertation work:**

It is a special paper involving application of knowledge in solving / analyzing / exploring a real life situation / difficult problem.

**Minor Project Work:** A project work up to 4 credits is called Minor Project work.

**Major Project Work:** A project work of 6 to 8 credits is called Major Project Work.

### **Dissertation Work:**

A project work can be of 10 – 12 credits. A Project /Dissertation work may be a hard core or a soft core as decided by the BOS concerned.

## **9. ASSESSMENT:**

3 types of evaluation

- a) C1 – 15 marks =assignment, seminar, class participation, class test etc. (During 1<sup>st</sup> half of semester)
- b) C2 = 15 marks = assignment, seminar, class participation, class test etc (During the 2<sup>nd</sup> half of semester)
- c) C3 = 70 marks = 40 marks for written paper of 2 hrs& 30 marks for viva voce.
- d) If dissertation is written the marks will be awarded both for written thesis & Defense.

## **10. ADMISSIONS BEGIN ON 1<sup>ST</sup> JULY 2017:**

Those who desire to enroll themselves for this course, kindly send the xerox or scanned copies of graduation marks cards and certificates by post or e-mail by June 15, 2017.

## **11. ENTRANCE EXAM WILL BE CONDUCTED WHEN THE STUDENTS COME FOR CLASSES IN OCTOBER TO DHYANAVANA.**

## **12. FEE STRUCTURE - REVISED AND FINAL:**

The Details about MA in Holistic Spirituality:

### **a). For Karnataka Students:**

1. Mysore University Registration fee : Rs. 3,000/-.
2. Exam Fee: Rs. 2,600/-.
3. St. Philomena's College fee: Rs. 1,000/-
4. College / Dhyanaavana tuition fee: Rs. 35,000/- (Classes, notes, Library facility)  
**Total: Rs. 41,600/-.**
5. Scholarship offered by Dhyanaavana - Rs. 15,000/-.
6. Balance amount to be paid by the student - **Rs. 26,600/-.**

### **b). For Students outside Karnataka state:**

1. Mysore University Registration fee : Rs. 3,000/-.
2. Exam Fee: Rs. 2,600/-.
3. St. Philomena's College fee: Rs. 1,000/-
4. College / Dhyanaavana tuition fee: Rs. 40,000/-.
5. Eligibility fee (Including Tibetans): Rs. 15,000/-.  
**Total: 61,600/-.**
7. Scholarship offered by Dhyanaavana - Rs. 20,000/-.
8. Balance amount to be paid by the student - **Rs. 41,600/-.**

### **c). Foreign Students:**

1. Mysore University Registration fee : Rs. 3,000/-.
2. Special fees to be paid to the University: Rs. 20,000/-
3. Exam Fee: Rs. 2,600/-.
4. St. Philomena's College fee: Rs. 1,000/-
5. College / Dhyanaavana tuition fee: Rs. 45,000/-.
6. Eligibility fee: Rs. 23,000/-.  
**Total: 94,600/-.**
9. Scholarship offered by Dhyanaavana - Rs. 25,000/-.
10. Balance amount to be paid by the student - **Rs. 69,600/-.**

## **13. SCHEME OF INSTRUCTION:**

A candidate has to earn a minimum of **76 credits**, for successful completion of a Master's Degree with a distribution of credits for different papers as given in the following table.

<b>Paper Type</b>	<b>Credits</b>
Hard Core	A minimum of 42, but not exceeding 52
Soft Core	A minimum of 16
Open Elective	A minimum of 08

A candidate can enroll for a maximum of 24 credits per semester.

Only such candidates who register for a minimum of 18 credits per semester and complete successfully 76credits in 4 successive semesters shall be considered for declaration of ranks, medals and are eligible to apply for student fellowship, scholarship, free ships and hostel facilities.

**Course Structure - MA - Holistic Spirituality  
(4 Semesters- Credit System)**

Sl. No	Code	Title of the Paper	TYPE	L:T:P	Credits	Total
<b>I Semester</b>						
1	16 MAHSAH01	Origin and Development of Spirituality	H C	3:3:0	6	22
2	16 MAHSAH02	Comprehensive Biblical Spirituality I (Old Testament Spirituality)	H C	3:3:0	6	
3	16 MAHSAH03	Theological Basis of Spiritual life	S C	3:3:0	6	
4						
<b>II Semester</b>						
5	16 MAHSBH04	Christian Spiritual Heritage	H C	3:3:0	6	20
6	16 MAHSBH05	Comparative Spirituality	H C	3:3:0	6	
7	16 MAHSBS06	Christianity and Inter – Religious Dialogue in India Minor Project	S C	3:3:0	4	
	16 MAHSBS07					
8		Human Resource Development and management	OE		4	
<b>III Semester</b>						
9	16MAHSCH 08	Theology and Spirituality of Consecrated People	H C	3:3:0	6	18
10	16 MAHSCH09	Formation to Integral Human Maturity	H C	3:3:0	6	
11	16 MAHSCS10	Schools of Spirituality	S C OE	3:3:0	6	
	16 MAHSCS11	World's Major Religion Spirituality		-	6	
<b>IV Semester</b>						
12	16 MAHSDH12	Comprehensive Biblical Spirituality II (New Testament Spirituality)	H C	3:3:0	6	18
13	16 MAHSDH13	New Trends in Spirituality	H C	3:3:0	6	
14	16 MAHSDS14	Spirituality of Well being of the Humanity Ethics and Spirituality Major Project	S C O E	3:3:0	6	
	16 MAHSDS15			-	6	

**HC-54, SC-16, OE-8**

# SYLLABUS

## MA IN HOLISTIC SPIRITUALITY - I SEMESTER

Title: Origin and Development of Spirituality

**Code:16MAHSAH01. Hard Core Paper Credits 3:3:0=6**

### UNIT- 1: Basic Concepts in Spirituality

- i. The definition of key terminologies in Spiritual Theology with their origin and derived meanings.
- ii. The development of Branch of Theology is discussed in relation with other branches of Theology. Special attention is paid to the study spirituality as a Science of the spirit and at the same time a effort is made to understand it from the phenomenological point of view.
- iii. Spirituality is distinguished from spiritualities and it is studies in relation to the different stages of human life.
- iv. An introduction given to different schools of spirituality, both from the Christian and non – Christian perspective.

**20 hrs**

### UNIT- 2: History of Spirituality (Ancient and Medieval)

- i. The first stage of the History of Christian Spirituality, starting from the Jewish origins and passing through the early forms of spirituality characterized in Martyrdom and in the concept of virginity.
- ii. The teaching of the Church fathers on early Christian Spirituality
- iii. Analyzing the Monastic Spirituality of the early centuries.
- iv. The Spirituality of the middle ages – moments and movements, of mystical and ascetical resurgences and downfall.

**30 hrs**

### UNIT-3: History of Spirituality (Modern)

- i. The different schools of spirituality such as Italian schools of Spirituality,
- ii. Spanish Schools of Spirituality
- iii. French Schools of Spirituality.
- iv. Other spiritual movements of this period like Marian Devotion and the Spirituality of the Reformation

**20 hrs**

### UNIT-4: History of Spirituality (Contemporary)

- i. New forms of prayer,
- ii. Methodical Mental Prayer,
- iii. The notion spiritual in relation to the cultural and religious plurality of contemporary society.
- iv. A survey of the spiritual writings of some of the influential writers and thinkers of the twentieth century.

**20 hrs**

### Bibliography:

1. Donald Cozzens, ed., *The Spirituality of the Diocesan Priest*, Collegeville: The Liturgical Press, 1997.
2. Kees Waailman, *Spirituality: Forms, Foundations, Methods*, Leuven-Paris- Dudley MA: Peeters, 2002.
3. J. Wolski Conn, *Spirituality and Personal Maturity*, New York: Paulist Press, 1989.
4. Louis Bouyer, *A History of Chirsitan Spirituality*, Vol. 1, London:Burns and Oates, 1968.
5. Pierre Pourrat, *Christian Spirituality Vol. 1*, Westminster: The Newman Press, 1953.

## MA IN HOLISTIC SPIRITUALITY - I SEMESTER

Title: Comprehensive Biblical Spirituality I  
(Old Testament Spirituality)

**Code: 16 MAHSAH02. Hard Core Paper Credits 3:3:0=6**

### UNIT-1: Pentateuch and Covenant Spirituality

- i. Etiology: Creation narratives, God's revelation Inspiration and canonicity
- ii. History of Salvation( Israel) and the Patriarchs
- iii. Structure and the theology of the five books
- iv. Israel a People of the Covenant and The Decalogue & Sinai Covenant

**20 hrs**

## UNIT-2: Prophetic Spirituality of Social Action

- i. Origin of prophesy in Israel in the context of the institution of monarchy
- ii. The division of prophetic books: older and latter
- iii. Major Prophets
- iv. Minor Prophets

30 hrs

## UNIT-3: Secular Spirituality of Wisdom Books of O.T.

- i. Background and Introduction to the OT wisdom literature
- ii. Wisdom Books of OT and the difference of perspective in Torah and Nebiim
- iii. The Book of Proverbs –and The book of Ben Sirach
- iv. The Book of Job –and the Book of Ecclesiastes (Koheleth) and The Wisdom of Solomon.

20 hrs

## UNIT-4: Spirituality in Psalms

- i. Title and etymology, classification
- ii. Psalms and Salvation History, and its nature
- iii. God in the Psalms, Sacramental Character and its theology.
- iv. Living the Psalms- Christological, anthropological and actual

20 hrs

### Bibliography:

1. Leupold H.C.L., *Exposition of Psalms*, Om Books, Secunderabad, 2003.
2. D'Souza James Pius, *From Lament to Praise*, Dhyanavana Publications, Bangalore, 2006.
3. *The Anchor Bible*, Doubleday, New York, 1968.
4. David Hubbard, *Mastering the Old Testament*, Word Publishing, Dallas-London-Melbourne, 1991.
5. Maniparampil Jose, *Synoptic Gospels*, Claretian Publications, Bangalore, 2004.
6. Chakkalakal Paul, *Discipleship, A Space for Women's Leadership*, Mumbai, Pauline Publications, 2004.
7. Ellis Peter F, *Seven Pauline Letters*, Collegeville, The Liturgical Press, 1984.
8. Kizhakkeyil Sebastian, Ed. *St. Paul, His Apostolate, Vision and Theology*, Ujjain, ISA Darshan Kendra, 2001.
9. Luke K., *The TPI Companion to the Bible Vol II*, Bangalore, Theological Publications in India 1994

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## MA IN HOLISTIC SPIRITUALITY - I SEMESTER

Title: Theological Basis of Spiritual Life

**Code: 16 MAHSAH03.**

**Hard Core Paper**

**Credits 3:3:0=6**

### UNIT-1: Spirituality, Faith Formation and Catechetics

- i. Sources of faith, Pre requisites of faith formation, and sharing of faith,
- ii. The word of God in faith formation, and its interpretation in praxis
- iii. Active participation in the Liturgy, sharing of testimony of faith and its impact
- iv. Spirituality and catechesis- Role play, Photo language, news paper articles case study, etc. and personal discerning experience

20 hrs

### UNIT-2: Christology

- i. The Man Jesus A Real Teacher And Master:
- ii. The Christ of Faith: The Old Testament foundation for New Testament Christology
- iii. Jesus Christ, the Saviour of the World: Redemptive Incarnation
- iv. The Cosmic Christ and Universality of the Christ event.

30 hrs

### UNIT-3: Baptism and Eucharist - Foundations of Consecrated Life and other sacraments

- i. The theology of the sacraments in general

- ii. The Baptism: new life in Christ, incorporation in the people of God
- iii. Eucharist: The memorial of the Paschal Mystery,
- iv. Religious consecration in relation to Baptism and the Eucharist

**20 hrs**

#### **UNIT-4: Theology of Consecrated Life**

- i. The consecrated life according to the Holy Scripture, Tradition of the Church its theology, History, Religious life and Christian life
- ii. The Consecrated life in the Structure of the Church; a) The Eremitic Life; b) Consecrated life. Religious called to be body of Christ
- iii. Religious life and its essence, the teaching of the second Vatican council, *Vita Consecrata* and The three evangelical counsels: poverty, chastity, and obedience and community life. Life style and the obligations of Religious. Its challenges
- iv. Secular institutes and new forms of consecrated life

**20 Hrs**

#### **Bibliography:**

- 1. Morissette Herve, *Youth Catechesis*, The Holy Cross Fathers, Bangalore, 1998.
- 2. Tilley W. Terrence, *Faith: What It Is and What It Is Not*, Theological Publications in India, Bangalore, 2011.
- 3. Sheen Fulton J., *Life of Christ*, St. Paul Publications, Bombay, 1958.
- 4. D'Lima Errol, Paul Thomas; *Sacraments in General*, Theological Publications in India, Bangalore, 2007.
- 5. Sheldrake Philip, *Spirituality and Theology*, Orbis Books, New York, 1998.

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## **M A IN HOLISTIC SPIRITUALITY - II SEMESTER**

Title: Christian Spiritual Heritage

**Code: 16MAHSBH04**

**Hard Core Paper**

**Credits 3:3:0=6**

### **Christian Spiritual Heritage**

#### **UNIT-1: Mysticism and Grades of Prayer**

- i. Etymology of mysticism, and its Character
- ii. Stages that lead you to mystical contemplation
- iii. Mystical phenomena, Visions, locutions, revelations, spiritual feelings, ecstasies, etc
- iv. Ways and means to arrive at acquired contemplative prayer

**25 hrs**

#### **UNIT-2: Spiritual Masters: Classical and Modern**

- i. Christian Spirituality and its values.
- ii. Patristic Spirituality, The Augustinian School, The Benedictine School, The Franciscan School: St. Francis of Assisi and others, The Dominican School: St. Thomas Aquinas,
- iii. The Carmelite School: St. Elias and the early hermits, the reformers: St. Teresa of Jesus and St. John of the Cross, St. Therese
- iv. The French School: St. Ignatius and the Spiritual exercises, St. Francis de Sales and the Salesians

**25 hrs**

#### **UNIT-3: Religious Life and Canon Law**

- i. Vat. II perspectives; Theological; Spiritual and Juridical nature of the Code
- ii. Religious life in the overall structure of the code. Canons on Consecrated life. Book II. Cc 573 – 746; Institutes of Consecrated life; Religious Institutes; Secular Institutes; Societies of Apostolic Life;
- iii. Basic principles of consecrated life; Theologico-spiritual life
- iv. Protecting the charism of each institute; Principle of each subsidiarity; Principle of co-responsibility; Equality of masculine and feminine institutes

**20 hrs**

#### **UNIT-4: Mary: Mother and Model of the Consecrated Souls**

- i. Mary in the Mystery of Christ and of the Church from the New Testament to Vatican II.



- ii. Mary, disciple of Jesus- from incarnation to Glorification, Marian devotion
- iii. Mary in Christianity and humanity: in ecumenism, in world religions, in feminist movement
- iv. Marian spirituality: Mary the model of consecrated life and the Mission.

**20 hrs**

**Bibliography:**

1. Vattakalam Joseph, *Mysticism in Tagore's Gitanjali*, Carmel International Publishing House, Kerala, 1999.
2. Smith Oswald J. Dr., *Prayer: Asking and Receiving*, Evangelical Literature Service, Madras, 1942.
3. Webber Timothy P., *The Treasury of Christian Spiritual Classics*, Thomas Nelson Publishers, U.S.A., 1994.
4. *The Code of Canon Law*, The Canon law Society of Great Britan and Ireland, Collins for Theological Publications in India, Bangalore, 1983.
5. Boss Jane Sarah, *Mary The Complete Resource*, Continuum, London, 2007.

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**M A IN HOLISTIC SPIRITUALITY - II SEMESTER**

Title: Comparative Spirituality

**Code: 16MASHBH05.**

**Hard Core Paper**

**Credits 3:3:0=6**

**Comparative Spirituality**

**UNIT-1: Spiritual Insights from Vedas, Upanishads, and Bagavad Gita**

**Hindu Spirituality based on shruti and smriti**

- i. *Hinduism in General; Introduction - Outlines and Characteristics of Hinduism*
- ii. Hindu Spirituality: Basic notions of Vedas, Upanishads, Ramayana, Mahabharata & Bagvad Gita
- iii. Reform movements in Hinduism: Advaita – Gnanamarga; Vishishtaadvaita – Bhaktimarga; Dvaita – Karma marga
- iv. Modern Spiritual Thinkers: Mahatma Gandhi; Ramakrishna Paramahamsa - Mystic; Vivekananda - Ramakrishna Mission

**30 hrs**

**UNIT-2: Hata Yoga and Pranayama**

- i. Main Features: Necessity of Yoga Spirituality: Anubhava – God-realization. Basics of Yoga – Background Concepts
- ii. Different kinds of Yoga; Raja Yoga (Astanga yoga); Karma yoga – Yoga of Disinterested Action;
- iii. Bhakti Yoga – yoga of Loving Devotion; Jnana yoga – Yoga of Knowledge;
- iv. Japa/ Mantra Yoga; Hatha Yoga (Asana/ Pranayamas); Kundalini Yoga; Nada Yoga; Sannyasa Yoga

**20 hrs**

**UNIT-3: Buddhist, Jaina and Sikh Spiritualities**

- i. Main Doctrines of Buddhism: Four Noble Truths (arya satya); Theories of Dependent Origination, Momentariness, non-soul; Concept of Nirvana
- ii. Astanga Marga - Noble Eightfold Path, Vipasana Meditation and Zen Meditation
- iii. Jainism and Relativity of knowledge (Syadvaa), Jaina Ethics and Religion;
- iv. Origin and salient doctrine of Sikhism

**20 hrs**

**UNIT-4: Spirituality of Islam**

- i. Term and Background of Islam; Prophet Muhammad. Belief in the one God (Tauhid);
- ii. Religious duties of a Muslim; Confession of faith (Shahadat); Prayer (Salat); Fasting in the month of Ramdan (Sawn); Alms-giving (Zakat); Pilgrimage to Mecca (Hajj)
- iii. Certain important aspects of Islam; Holy War (Djihad); The four foundations of Islam – *Quran, Hadith, Ijma, Qiyas*; Social Life and Customs of Indian Muslims

**20 Hrs**

**Bibliography:**

1. Sundararajan K.R., *Hindu Spirituality*, Cross Road, New York, 1997.
2. Griffiths Bede, *Yoga and the Jesus Prayer Tradition*, Asian Trading Corporation, Bangalore, 1992.
3. Bowker John, *Religions*, Cambridge University Press, Cambridge, U.K., 2002.
4. Ness Van H. Peter, *Spirituality and The Secular Quest*, The Crossroad Publishing Company, New York, 1996.
5. Nasr Hossein Seyyed, *Islamic Spirituality Manifestations*, Crossroad, New York, 1991.

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## M A IN HOLISTIC SPIRITUALITY - II SEMESTER

Title: Christianity and Inter – Religious Dialogue in India

Code: 16MAHSBS06.                      Soft Core Paper                      Credits 3:3:0=4

### Christianity and Inter – Religious Dialogue in India

#### UNIT-1: The Emerging Christian Theology of Inter – Religious dialogue

- i. Meaning aim and characteristics
- ii. Religion and peace building
- iii. Reflections on Current challenges and future prospects.
- iv. Perspectives from Sociology

30 Hrs

#### UNIT-2 Understanding the Dynamics of Religion

- i. Modeling Religious Pluralism from inward and outward.
- ii. A framework for the Aesthetics of Inter religious Engagement
- iii. Inter religious Ecological Ethics
- iv. Negotiating ideological obstacles to common ground

20 Hrs

#### UNIT-3: The Uniqueness and University of Jesus Christ in the Context of Inter Religious Dialogue

- i. Ecumenic Pluralism
- ii. Inter- religious dialogue
- iii. Universality of Christ
- iv. Four Principles of Inter – religious Dialogue

20 Hrs

#### UNIT 4 Universality of Salvation

- i. Confessional Universalism, Confessional Exclusivism, Supraconfessional Universalism, the question of Universal Salvation,
- ii. Salvation defined, The Universality of Christ's saving work
- iii. The Christian Understanding of other Religions, as a result of Dialogue and the Collective thinking of the Indian Church on the Issue of IRD.
- iv. The Post Conciliar Paraxis of Dialogue at Christian Ashrams and Inter Religious Centers.

20 Hrs

#### Bibliography:

1. Accattoli, L. John Paul II, A Biography, Mumbai, St. Paul Publication, 2001
2. Akbar, M.J., The Shade of Swords, Jihad and the Conflict between Islam and Christianity, London 2002.
3. Amaladoss, M. Making Harmony, Living in a Pluralistic World, Chennai JDRC, 2003.
4. Ananda, A Hindu, Christian Dialogue, Indian Publication, 2005
5. Stanislaus, 1, Prophetic Dialogue, Pune, Ishvani Kendra 2003.

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## M A IN HOLISTIC SPIRITUALITY - II SEMESTER

Title: Minor Project

Code: 16MAHSBS07.                      Soft Core Paper                      Credits 3:3:0=4

#### Minor Project Evaluation

Right from the initial stage of defining the problem, the candidate has to submit the progress reports periodically and also present his / her progress in the form of seminars in addition to the regular discussion with the guide.

Components of evaluation are as follows:

Component – I(C<sub>1</sub>): Periodic Progress and Progress Reports ( 15)

Component – II (C<sub>2</sub>): Results of Work and Draft Report (15)  
Component – III(C<sub>3</sub>): Final Viva Voce and evaluation (70). The report evaluation is for 40 and the Viva –voce examination is for 30.

## **M A IN HOLISTIC SPIRITUALITY - II SEMESTER**

Title: Ethics and Spirituality

**Code: 16MAHSBS. Open Elective Paper Credits 3:3:0 =4**

### **UNIT-1 Ethics is a normative Science of Human Conduct**

- i. Definitions, Nature, Meaning, scope,
- ii. Ethics and Religion
- iii. Traditional Spirituality
- iv. Spiritualism, New Trends in spirituality today

**20 hrs**

### **Unit 2 Human Acts**

- i. Human acts as acts proceeding from man's deliberate freewill, Psychological basis of ethics
- ii. Moral order and moral values- Moral Positivism, Hedonism, Utilitarianism, Kantianism or other theories
- iii. Right Reason as norm for determining moral values
- iv. Conscience – formation, object motive and its types

**20 hrs**

### **UNIT 3 Social Ethics**

- i. Man as a social being, Rights, duties and virtues
- ii. Ethics and Human sexuality- Ethnological data and theories, Man – woman relationship, Homosexuality, Premarital sex, free sex and Prostitution
- iii. Ethics and Marriage: nature and purpose of marriage and family
- iv. Political Ethics- man and state, Labour and wages, Revolution and violence

**30 hrs**

### **Unit- 4 New morality in the new Millennium**

- i. New morality in the new Millennium
- ii. Source of morality, Prolife ethics
- iii. Different dimensions of contemporary spirituality
- iv. Mystical experience and ethical exigenc

**20 hrs**

## **M A IN HOLISTIC SPIRITUALITY - III SEMESTER**

Title: Theology and Spirituality of Consecrated People

**Code: 16MAHSCH08 Hard Core Paper Credits 3:3:0=6**

### **UNIT -1: Church: Body of Christ and Bride of the Holy Spirit**

- i. Pentecost by the out-pouring of the Holy Spirit.
- ii. "The Sacramental economy". This is the dispensation of the fruits of Christ's Paschal Mystery
- iii. Gifts and fruits of the Spirit
- iv. History of the Church and the origin of main Christian denominations. The ecumenical movement

**20Hrs**

### **UNIT-2: Liturgical Worship and Spirituality**

- i. The Nature of Liturgy and Spirituality and The Christocentric character of Liturgical Spirituality
- ii. The sanctification of human beings and the glorification of God signified in and through signs and symbols
- iii. The importance of Inculturation for meaningful Liturgy and Spirituality
- iv. Liturgy, Spirituality and Popular Devotions

**30Hrs**

### **UNIT-3: Church Documents and Teachings on Consecrated Life**

- i. Vita Consecrata: Orientation to Vowed Life Today
- ii. The consecrated life according to the Holy Scripture, Tradition of the Church

- iii. Magisterium of the Church and the Exhortations of Popes
  - iv. Religious Life: the general Sense, the specific Sense, the Biblical Foundation and Charismatic Character
- 20 Hrs**

#### **UNIT -4 Religious Life After Vatican II**

- i. The Consecrated life in the Structure of the Church; a) The Eremitic Life; b) Consecrated
- ii. Virgins; c) Religious Life; d) Secular Institutes e) Societies of Apostolic Life
- iii. The Fruit of the Consecrated Life: Service of Charity
- iv. Religious are called to be the Body of Christ and Religious charismas in Indian Church today

**20 Hrs**

#### **Bibliography:**

1. D'Lima Errol, Paul Thomas; *Sacraments in General*, Theological Publications in India, Bangalore, 2007.
2. Sheldrake Philip, *Spirituality and Theology*, Orbis Books, New York, 1998.

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### **M A IN HOLISTIC SPIRITUALITY - III SEMESTER**

Title: Formation to Integral Human Maturity

**Code:16MAHSCH09**

**Hard Core Paper**

**Credits 3:3:0=6**

#### **UNIT-1: Counseling Skills and Human Wholeness**

- i. Meaning and Process in counseling
- ii. Micro and Macro skills in Counseling
- iii. Various Approaches in Counseling
- iv. Exploring one's inner world of feelings, thinking, and actions.

**30 Hrs**

#### **UNIT-2: Emotional Healing and Community Building**

- i. Meaning of Emotions, types of emotions, emotional intelligence, Emotional intelligence (EQ) and emotional maturity
- ii. Self-esteem, defense mechanisms, games that we play.
- iii. Assertiveness and communication.
- iv. Healing of the inner child, handling fear, anger management.

**20 Hrs**

#### **UNIT-3: Psycho Spiritual Maturity and Psycho Feminism**

- i. Psycho Spiritual paradigm, Holistic Paradigm, Psycho spiritual identity and dimensions according to Fitchet's
- ii. Conflict and its resolution and Stress and well being, interpersonal behavior.
- iii. Stress management Techniques and wellbeing.
- iv. Feminine spirituality and spiritual quotient and Self in the context of the community

**20 Hrs**

#### **UNIT-4: Spiritual Integration and Personal Life Crisis**

- i. Meaning and Dynamics of Spiritual Direction
- ii. Assumptions and requirements in the ministry of spiritual Direction.
- iii. Meaning and need, presuppositions and rules for the discernment of the spirit.
- iv. Efficacy in one's life's relationships and apostolate, Decisions, desolations and consolations in spiritual life.

**20 Hrs**

#### **Bibliography:**

1. Antony, John. *Psychotherapies in Counselling including Theories of Personality*. Tamilnadu: Anugraha Publications, 2003.
2. Boyes, Carolyn. *NLP Neuro Linguistic Programming Secrets*. London: Harper Collins Publishers, 2010
3. Cencini A., *Psychology and Formation*, Pauline Publications, Bombay, 1992.
4. Cencini, A. and A. Manenti. *Psychology and Formation: Structures and Dynamics*. Mumbai: Pauline Publications, 1987.
5. Chandrashekar, C.R. *You too can learn the Art of Counselling*. Bangalore: Navakarnataka Publications Private Limited, 2014.
6. Covey Stephen R., *The 7 Habits of Highly Effective People*, Simon and Schuster, U.K. Ltd., London, 1992.
7. Germer Christopher K., *The Mindful Path to Self-Compassion*, Better Yourself Books, Mumbai, 2011.
8. Lobo Felix DSS, *A Discovery...*, Asian Trading Corporation, Bangalore, 2012.
9. Murphy, Joseph. *The Power of your Subconscious Mind*. New Delhi: A&A Publication, 2010.
10. Ryan, Thomas. *Four Steps to Spiritual Freedom*. Mumbai: St. Paul Press, 2010.
11. Sharma, S.P. *Success Through Positive Thinking*. Hyderabad: V&S Publishers, 2013.

12. Vanier Jean, *Community and Growth*, St. Paul Publications, Allahabad, 1980.

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## M A IN HOLISTIC SPIRITUALITY - III SEMESTER

Title: Schools of Spirituality

**Code:16 MAHSCS10      Soft Core Paper      Credits 3:3:0=6**

### UNIT- 1: Theology of Prayer Life

- i. Nature of prayer, Definition, significance and Prayer in the Salvation history
- ii. Pre requisites for the life of Prayer, prayer in the Bible and The Prayer of Jesus: Abba Father
- iii. Blocks for the growth in prayer, Methods of Prayer: Eastern and Western, The importance of prayer in Christian Life, Prayer and Religious Life
- iv. journey into the life of prayer , classical stages of prayer.

**20 Hrs**

### UNIT-2: Carmelite Spirituality

- i. The Teacher of Mysticism
- ii. From Ascent to Living Flame of Love: Active night of the Senses, The Active Night of the Spirit, Passive Night of the Senses, Passive Night of the Spirit, From Spiritual Betrothal to Marriage, Union and Transformation
- iii. St. Therese of Lisieux: The lessons of Love and Elizabeth of the Trinity: teaching and her spirituality
- iv. Edith Stein: teaching and her spirituality

**40 Hrs**

### UNIT- 3: Franciscan Spirituality and Ignatian Spirituality

- i. Christocentrism in Francis and in Franciscan Tradition
- ii. The Role of Charity and Poverty in Franciscan Spirituality
- iii. Life of Ignatias and his teachings on Spirituality
- iv. Spiritual Exercises

**15 Hrs**

### UNIT-4: Benedictine Spirituality and Salesian Spirituality

- i. Monastic Spirituality,
- ii. Lectio Divina,
- iii. Salesian Spirituality
- iv. St. Thomas Aquinas Spirituality

**15Hrs**

### Bibliography:

1. Perumalil, Thomas. *Perfection: A Salesian Perspective*. Bangalore: Indian Institute of Spirituality, 1998.
2. Sankarathil, John *Humility and Gentleness: Theological Investigations in the Writings of St. Francis de Sales*, Bangalore: Asian Trading Corporation, 2009.
3. Ness Van H. Peter, *Spirituality and The Secular Quest*, The Crossroad Publishing Company, New York, 1996.

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## M A IN HOLISTIC SPIRITUALITY - III SEMESTER

Title: Major Project

**Code: 16MAHSCS11      Soft Core Paper      Credits 3:3:0=6**

### Major Project

#### Major Project Evaluation

Right from the initial stage of defining the problem, the candidate has to submit the progress reports periodically and also present his / her progress in the form of seminars in addition to the regular discussion with the guide.

Components of evaluation are as follows:

Component – I(C<sub>1</sub>): Periodic Progress and Progress Reports ( 15)

Component – II (C<sub>2</sub>): Results of Work and Draft Report (15)

Component – III(C<sub>3</sub>): Final Viva Voce and evaluation (70). The report evaluation is for 40 and the Viva – voce examination is for 30.

**III SEMESTER - Title: World's Major Religions' Spirituality**

**Code: 16MAHSCS11 Open Elective Paper Credits 3:3:0=4**

**Unit 1 Introduction to Religion and Spirituality**

- i. Introduction to Religion and Spirituality, Salient features
- ii. Sociological, Cultural and Psychological aspects of Religion
- iii. Religious experiences
- iv. Religious Pluralism

20 hrs

**UNIT -2 Religions of Indian Origin Spirituality**

- i. Hinduism
- ii. Buddhism
- iii. Jainism
- iv. Sikhism

20 hrs

**Unit 3: Religions of Middle – East Origin Spirituality**

- i. Zoroastrianism
- ii. Judaism
- iii. Christianity
- iv. Islam

20 hrs

**UNIT-4 Other Religions Spirituality**

- i. Confucianism
- ii. Taoism
- iii. Shinotoism
- iv. Tribal Religions

20 hrs

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**M A IN HOLISTIC SPIRITUALITY - IV SEMESTER**

Title: Comprehensive Biblical Spirituality II  
(New Testament Spirituality)

**Code: 16MAHSDH12      Hard Core Paper      Credits 3:3:0=6**

**UNIT-1: Spirituality of Synoptic (Mathew, Mark & Luke) Gospels and Acts of the Apostles**

- i. The Synoptic Gospels: the structure and characteristics of each Gospels.
- ii. The major Theological themes
- iii. The nature of teachings of Jesus
- iv. Acts of the Apostles

30 Hrs

**UNIT- 2 Spirituality of Johannine Literature**

- i. The origin and acceptance of the Johannine books in the early church
- ii. The particular literary nuances
- iii. The Structure of the gospel
- iv. Spirituality of Johannine Literature in N. T.

20 Hrs

**Unit -3: Pauline Theology and Spirituality**

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- i. St. Paul: Early Church Leader and Missionary
- ii. Paul of Tarsus – the man, the life, conversion and mission
- iii. Letters in captivity and early Christianity
- iv. Formation of Pauline Corpus and Theology and Spirituality

**20 Hrs**

**UNIT – 4 Non Pauline letters and Book of Revelation**

- i. Non Pauline Letters and its Literary Nuances
- ii. Theology of letter to the Hebrews
- iii. Theology and significance of book of Revelation
- iv. Book of Revelation and second coming of Jesus

**20 Hrs**

**Bibliography:**

1. Leupold H.C.L., *Exposition of Psalms*, Om Books, Secunderabad, 2003.
2. D'Souza James Pius, *From Lament to Praise*, Dhyanavana Publications, Bangalore, 2006.
3. *The Anchor Bible*, Doubleday, New York, 1968.
4. David Hubbard, *Mastering the Old Testament*, Word Publishing, Dallas-London-Melbourne, 1991.
5. Maniparampil Jose, *Synoptic Gospels*, Claretian Publications, Bangalore, 2004.
6. Chakkalakal Paul, *Discipleship, A Space for Women's Leadership*, Mumbai, Pauline Publications, 2004.
7. Ellis Peter F, *Seven Pauline Letters*, Collegeville, The Liturgical Press, 1984.
8. Kizhakkeyil Sebastian, Ed. *St. Paul, His Apostolate, Vision and Theology*, Ujjain, ISA Darshan Kendra, 2001.
9. Luke K., *The TPI Companion to the Bible Vol II*, Bangalore, Theological Publications in India 1994

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**M A IN HOLISTIC SPIRITUALITY - IV SEMESTER**

Title: New Trends in Spirituality

**Code: 16MAHSDH13      Hard Core Paper      Credits 3:3:0=6**

**UNIT-1: Understanding Christian Spirituality**

- i. Introduction, and Meaning of Spirituality, Spirituality of groups and varying spiritual traditions.
- ii. The Early Church, The Age of Persecutions and The Patristic Period: Monasticism and Mysticism, Decline and reform.
- iii. Spirituality of the Reformation *Introduction Martin Luther*, Spirituality of John Calvin, Ulrich Zwingli (1484-1531), Spirituality, The Anglican Church Spirituality (Book- The book of common prayer)
- iv. Spirituality of the Counter Reformation: Council of Trent – Spirituality, Ignatius Loyola- Ignatian Spirituality, The Spirituality of Teresa of Avila- Reform- spirituality, John of the Cross – spirituality- mysticism and political and cultural scenario, French Revolution, Therese of Lisieux, Elizabeth of the Trinity.

**30 hrs**

**UNIT -2 Spirituality of the twentieth Century**

- i. Twentieth-century background: a few highlights, International Developments -Cultural Developments from Victorianism to Postmodernism, The Existential Philosophy- The Basic Ideas
- ii. The Second Ecumenical Council
- iii. Christian Globalization, Colonization, Ecumenical Spirituality, Taisze, Mother Teresa of Calcutta
- iv. Liberation Theology- Bishop Oscar Romero, Encounter with other religions, Spirituality and psychology, Feminist Spirituality, Gay/Lesbian Spirituality, Lay Spirituality- HOW can the charisms of the Church empower lay people for mission?

**20 Hrs**

**UNIT -3 New Religious movements in the Church**

- i. Ecclesial movements and new communities- The Community of Sant'Egidio,
- ii. The Catholic Community - Spirituality and Apostolate, Communion and Liberation- Charism, Methods, and Spirituality, L'Arche Community- Spirituality, Neocatechumenate way- Nature and mission
- iii. Sodalitium Christianae Vitae and Christian Life movement, Focolare Movement- Salient Features of Spirituality, Aims of the movement, Ashram Life

- iv. **Spirituality for a New Millennium;** Introduction Understanding of concept of evangelization Evangelizing rooted in mystery, centered on Christ, led by the Holy Spirit, an inclusive concept, involves all Christians, promotion of human freedom, Evangelization and inculturation, Evangelization ushers in Social Transformation, Evangelization and interreligious dialogue, Evangelization and Ecumenism
- 20 hrs**

**UNIT-4: Eco Spirituality and Globalization**

- i. Meaning, need of Ecology, eco system and its components, biodiversity
- ii. Garbage and Ecological crisis
- iii. Building awareness to promote Ecology, conservation of water
- iv. The application of technology and Laudato si-

**20 hrs**

**Bibliography:**

1. Peruma Joseph CMF, *The Motherly Earth*, Claretian Publications, Malleswaram, Bangalore, 2002.
2. O'Toole Michael, *Christian Ashram Communities in India*, Ishvani Kendra, Pune, 1983.
3. Amalorananda Swami, *Atma Purna Anubhava*, Anjali Ashram, Mysore, 2000.
4. Arvind Sharma, *Women in World Religions*, Sri Satguru Publications, Delhi, 1987.
5. Hoffman Dominic DP, Cole Basil OP; *Consecrated Life Contribution of Vatican II*, St. Paul Publications, Bombay, 2006.

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**M A IN HOLISTIC SPIRITUALITY - IV SEMESTER**

Title: Spirituality of well being of the Humanity

**Code: 16MAHSDS14      Soft Core Paper      Credits 3:3:0=6**

**UNIT-1: Social Dimension in the Old Testament and New Testament**

- i. Meaning of social and spiritual well being of Human person
- ii. Origin of social teaching in the scripture- Old Testament
- iii. Social justice according to Prophets
- iv. Social teaching in the New Testament

**20 Hrs**

**UNIT-2: Social Teachings before II Vatican Council**

- i. The Ancient Church in the Discipleship of Jesus: The People from the peoples, The Religion of healing, Christian Fraternity.
- ii. Social documents before the II Vatican Council
- iii. Teaching of St. Thomas Aquinas and other fathers of the Church
- iv. Rerum Novarum – of New Things (1891) Pope Leo XIII

**20 Hrs**

**UNIT-3: Social Teachings after the II Vatican Council Part- 1**

- i. Modern Social teaching- charity, Empowerment, Advocacy, Justice
- ii. Evangelii Gaudium- The Joy of the Gospel(2013) Pope Francis and Caritas in veritate- Chraity in Truth (2009) Pope Benedict XVI
- iii. Evangelium Vitae- The Gospel of Life (1995); Centestimus Annus- The one hundredth year (1991) and Sollicitudo Rei Socialis- The Social Concern of the Church (1987) Pope John Paul II
- iv. Laborem Exercens- Through work (1981) Pope John Paul II

**25 Hrs**

**Unit -4 Social Teachings after the II Vatican Council Part 2**

- i. Populorum Progressio – The Progress of Peoples (1967) Pope Paul VI
- ii. Gaudium et Spes – The Joys and Hopes (1965) II Vatican Document, promulgated by Pope Paul VI
- iii. Dignitatis Humanae- Human Dignity (1965) II Vatican Document
- iv. Application in the Indian Context: Respect the Human Person, Promote the Family, Protect the Property Rights, Work for the common good, Observe the principle of Subsidiarity, Respect for the Worker, Pursue Peace and care for the Poor.

**25 Hrs**

**Bibliography:**



1. Barclay William, The Gospels and Acts, SCM Press, 1976
2. Derosche, The Social Teachings of the Church, NBCLC, Bangalore, 1986
3. Marshall Howard, The Gospel of Luke, The Paternoster Press, 1978
4. Taylor Michael, ASCompanion to John, Alba House, New York 1977.
5. Wijngaards J.N.M. Background to the Gospel, TPI, Bangalore 1981.

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### **M A IN HOLISTIC SPIRITUALITY - IV SEMESTER**

Title: Major Project

**Code: 16MAHSDFSD15      Hard Core Paper      Credits 3:3:0=6**

#### **Major Project Evaluation**

Right from the initial stage of defining the problem, the candidate has to submit the progress reports periodically and also present his / her progress in the form of seminars in addition to the regular discussion with the guide.

Components of evaluation are as follows:

Component – I (C<sub>1</sub>): Periodic Progress and Progress Reports (15)

Component – II (C<sub>2</sub>): Results of Work and Draft Report (15)

Component – III (C<sub>3</sub>): Final Viva Voce and evaluation (70). The report evaluation is for 40 and the Viva –voce examination is for 30.

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### **M A IN HOLISTIC SPIRITUALITY - IV SEMESTER**

Title: Human Resource Development and Management

**Code: 16MAHSDFSD      Open Elective Paper      Credits 3:3:0=6**

#### **Unit – 1 Human Resource Management and Development**

- i. Nature and Scope of Human Resource Management
- ii. Strategic Human Resource Management
- iii. Human resources Planning, and Total Quality Management
- iv. Human Resource Development

#### **Unit- 2 Organizational Behavior**

- i. Conceptual Framework for Organizational Behavior
- ii. Individual Dimensions of Organizational Behavior
- iii. Group Dimensions of Organizational Behavior
- iv. Structural and Cultural Dimensions of Organizational Behavior and its effectiveness and change

#### **UNIT-3 Team Processes**

- i. Foundations of team dynamics, developing high performance teams
- ii. Decision making and creativity
- iii. Power and influence in the work place, Conflict and negotiation in the work place
- iv. Leadership in organizational settings

#### **UNIT- 4 Human Relations**

- i. Group Dynamics
- ii. Human Relations, Human Needs
- iii. Motivation, Motivation Theories and Models, Employee Morale, and Communication
- iv. Management of Grievances, and Management of Grievances

#### **Bibliography**

1. Cummings, Thomas G. and Christopher G. Worley. *Theory of Organization Development and Change*. New Delhi: Cengage Learning India Private Limited, 2011.
2. Hersey, Paul. *Management of Organizational Behavior: Leading Human Resources*. New Delhi: PHI Learning Private Limited, 2011

3. Mamoria, C. B. and S.V. Gankar. *Personnel Management*, Bangalore: Himalaya Publishing House, 2010.
4. Mc Grath E.H. *Basic Managerial Skills for all*. New Delhi: Prentice – Hall of India Private Limited.
5. Mc Shane Steven and Mary Ann Von Glinow. *Organizational Behavior*. New Delhi: Tata McGraw Hill Education Private Limited.
6. Prasad L.M. *Organizational Behavior*. New Delhi: Sulthan Chand and Sons Educational Publications,2008
7. Robbins Stephen P. And Judge Timothy A. *Organizational Behavior*. Chennai: Pearson Prentice Hall, 2009.

# DHYANAVANA

## APPLICATION FORM

Name in full (Capital letters).....

Surname / Family Name.....

Place and Date of Birth.....

The course: **M.A. IN HOLISTIC SPIRITUALIY**

Congregation / Diocese.....

If Priest, Date of Ordination:.....

If Religious, Date of First Profession:.....

Theological Studies Done, if any:.....

Secular Degree:.....

Present Responsibility:.....

Full postal Address for further contact:

.....

.....

Tel:.....Fax:.....

Mobile No.....E-mail ID.....

Address of Major Superior or Local Ordinary:

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**Enclosures for M.A. in Holistic Spirituality:**

1. Recommendation letter from Major Superior /Local Ordinary.
2. Photocopy or Scanned Copy of the degree marks cards of all the years. (Original will be required later).
3. Three passport-size photographs.
4. For students from abroad: Passport Number, Photocopy of important pages of passport. Duration & type of visa etc. If required, Provisional Admission Certificate will be issued.

**Application:** Kindly submit your application between July 1-15 by e-mail or post.

**Address: F r . D o m i n i c V a s O C D**  
**Director, DHYANAVANA**

**R.S. Naidu Nagar, Mysore – 570 007, Karnataka State, India;**  
**Tel: 0821 - 2498 798 / 2492 623 / 2496 339; Mobile: (0)90086 03388**  
**E-mail: [dhyonavana@gmail.com](mailto:dhyonavana@gmail.com) / [dhyonavana@yahoo.co.in](mailto:dhyonavana@yahoo.co.in) / [dhyonavana@rediffmail.com](mailto:dhyonavana@rediffmail.com)**  
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