

WELCOME TO ANUGRAHA

(Capuchin Institute of Counselling, Psychotherapy and Research)

Nochiodaipatti, Natham Road, Dindigul – 624 003, Tamil Nadu

Landline Phone: (0451) 25 50 100; Mobile: 94864 86899

Email: anugrahacentre@gmail.com

Website: www.anugraha.info

Greetings from Anugraha, the Capuchin Institute of Counselling, Psychotherapy! We are glad to inform you that you are chosen to attend the **Anugraha Programme**. You are most welcome. It will be a great pleasure to have you at our place for the same. Hope you will have a good time here.

The course starts at **9.00 am, on the Commencement Day**, and ends at **1.00 pm** (with Lunch) on the last day. You are most welcome to arrive here one day prior to the commencement. SMS us about the **date and time of your arrival**.

SMS model: YOUR NAME >space< Arrival DATE >space< Arrival TIME to our mobile 94864 86899

The course is residential. You are expected to attend the entire programme for the full duration of the course. Class notes and handouts will be given. You may kindly bring along with you writing materials, crayons sketch, colour pencils and note book or papers, torch light, towel, **medicines**, and the toilet articles. Sisters and women may bring a chudithar for **yoga sessions and therapies**.

Per Room = 2 persons Sharing, attached bathroom.

For any further information, please feel free to contact:

The Administrator, Anugraha, Nochi-odai-patti, Natham Road, Dindigul – 624 003, Tamil Nadu, India.

Landline Phone: **(0451) 25 50 100**, Mobile: **94864 86899**; Office hours: **9.30 am to 5 pm**

How to reach Anugraha:

Dindigul is well-connected by train- and bus-routes. Anugraha is located **10 km** from the Dindigul Bus Stand. (The Dindigul Railway Junction is 1 km from the Dindigul Bus Stand .) On arriving at the Dindigul Bus Stand, you may take any **bus** of No. 1 series (1A, 1B, 1C) and alight at **Nochiodaipatti Anugraha Stop (or Rice Mill Stop)**. As you get down, you will find the board “Anugraha” to the left. Take the metal road and walk along 150 meters; you are at the Anugraha Animation Centre (the big building after the St. Anthony’s Church). If you take an auto rickshaw from the bus stand or railway station, the charge will be around Rs. 200 to 250/-. The taxi fare will be around Rs. 300.

Note: If you come by auto rickshaw or taxi, please tell the driver: “Nochiodaipatti Anugraha Centre.”

Please book your return train ticket or bus ticket well in advance – because it’s very difficult to get return tickets at short notice.

Only for Counsellor Training Programme course

Note: For the 4 week Counselor Training Programme, Please pay a Non Refundable Registration fee Rs. 1000 in advance (Necessary) Total Fee 13000 + Regi . Fee 1000 = 14000

Wishing you all of God's richest blessings, now and always!!

THANKING YOU,

ADMINISTRATOR, ANUGRAHA

