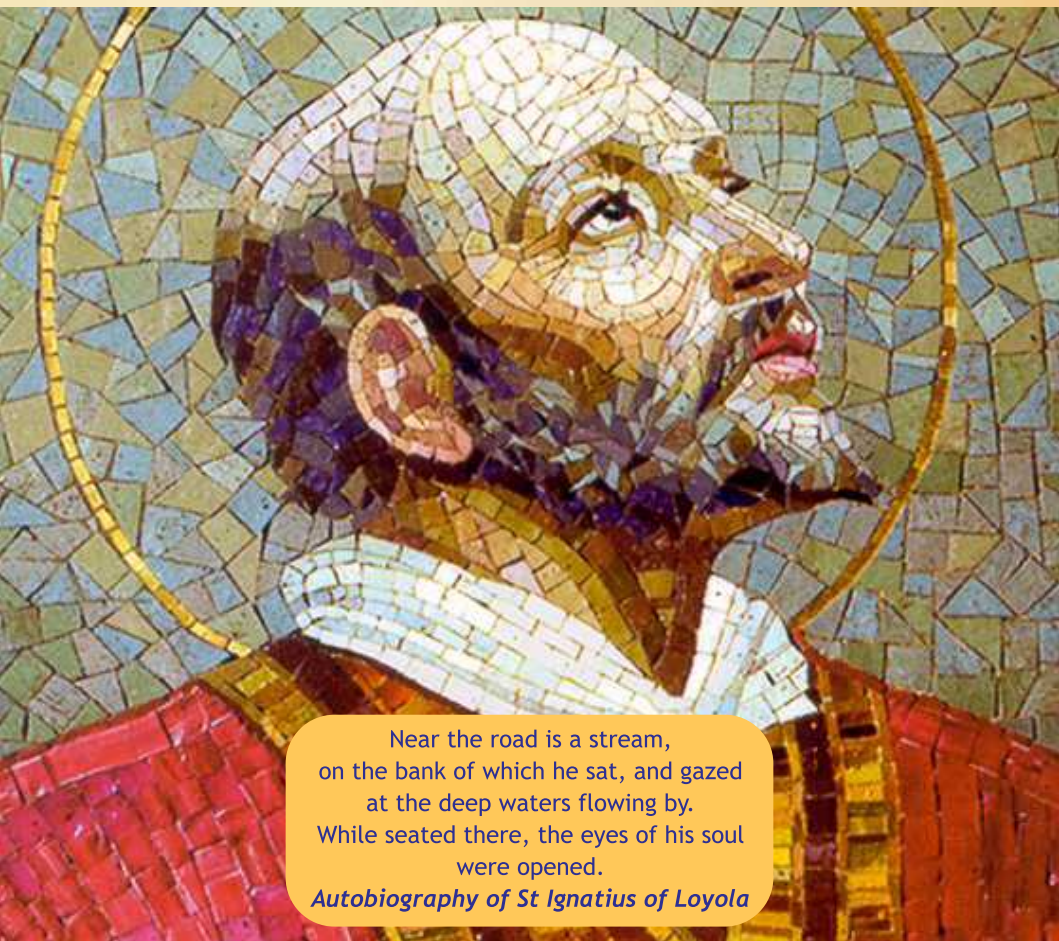




# PRERANA

IGNATIAN SPIRITUALITY CENTRE



Near the road is a stream,  
on the bank of which he sat, and gazed  
at the deep waters flowing by.  
While seated there, the eyes of his soul  
were opened.

*Autobiography of St Ignatius of Loyola*

## COURSES AT PRERANA

JUNE 2024 – MAY 2025



### MOUNT ST JOSEPH

SOS Post Bag 7645, Kalena Agrahara, Bannerghatta Road, Bengaluru 560 076

**Mob / WhatsApp: +91-9483022896 | Director: +91-7795180815**

**E-mail: [preranaisc@gmail.com](mailto:preranaisc@gmail.com) | Web: [www.preranaisc.org](http://www.preranaisc.org)**

*Log on to our website for online registration*

**06 June – 25 August 2024**

**THREE MONTHS COURSE IN PREPARATION FOR FINAL PROFESSION  
(With weekend integration and personal accompaniment)**

**Topics:** Consecrated Life, Psycho-Sexual and Psycho-Spiritual Integration, Growing in Intimacy with God through Prayer; Covenant Spirituality, Healing the Inner Child, Counselling and Spiritual direction, Discernment in Daily Life, Spirituality of Social Justice, Mission of the Religious, Critical & Creative use of Mass Media, Legal Knowledge and Life Skills. The course ends with an Inward Journey Retreat. During the course the group will have group processing and personal integration.

**Contribution: Rs 43,000**

**WEEKLY MODULES: FINAL PROFESSION [Open to All]**

**06 – 08 June: Orientation to Final Profession** – Prerana Team

**10 – 14 June: A New Way of Being Religious** – Fr Prashanth D'Souza SJ

**17 – 21 June: Psycho-Sexual Integration** – Fr William Sequeira SJ

**24 – 28 June: Psycho-Spiritual Integration** – Fr Joe Mathias SJ

**01 – 05 July: Covenant Spirituality** – Fr James Dabhi SJ

**08 – 12 July: Growing in Intimacy with God through Prayer** – Fr Ronald Pais SJ

**15 – 21 July: Healing the Inner Child** – Fr Wilson Sundar OFM Cap

**22 – 26 July: Discernment in Daily Life** – Fr Prashanth D'Souza SJ

**28 – 30 July: Counselling and Spiritual Direction** – Fr Joe Mathias SJ

**01 – 03 August: Spirituality of Social Justice** – Fr Cyprian Tellis SJ

**05 – 07 August: Mission of Jesus and Mission of the Religious** – Fr Frederick D'Silva SJ

**09 – 10 August: Legal Knowledge** – Fr Jerald D'Souza SJ

**12 – 17 August: Inward Journey Retreat** – Fr Arockiasamy SJ

**19 – 21 August: Life Skills** – Fr Brian Pereira SJ

**22 – 23 August: Critical & Creative use of Media** – Fr William Marcel Rodrigues SJ

**11 – 21 June 2024: RELIGIOUS LEADERSHIP – Superiors and Animators**

**Topics:** Discerning Leadership - Knowing Self: Self Awareness and Inner freedom, Vocation of a Leader, Challenges & Opportunities, Role & Characteristics of a Religious Leader, Discernment in personal and collective decision-making processes, Religious Governance: Building mission driven communities, Effective communication styles, Conflict and stress management, Our Way of Proceeding in community meetings and decision-making bodies, Planning a Roadmap for one's Leadership, Coping with stress and burn-out, Collaboration at different levels with People of Goodwill, Coping with Crisis.

**Contribution: Rs 9,000**

## 02 – 03 July 2024: Leadership for Teachers

Topics: New perspectives in Education, Aligning Neuro-Science with teaching-learning experiences, Using reflection as a qualitative tool for Personal/Professional growth, Strategies to promote Classroom Management, Educating for Social Responsibility, Transformational School Leader, Our five Natural Learning Systems.

Contribution: Rs2,500

## 05 – 07 July 2024: Leadership for School Principals

**Topics:** Context of School Principalship, Instructional Leadership, Staff Selection and Induction Programme. Transformational Leadership, Mentoring and Classroom Observation, Educating for Social Responsibility, Handling Crises Situation, Our Natural Learning Systems, Student Engagement, and Parent-Teacher Meeting.

Contribution: Rs 4,000

## 27 – 31 August 2024: Leadership for Major Superiors and Team

**Topics:** Discerning Leadership - Knowing Self: Self Awareness and Inner freedom, Vocation of a Leader, Challenges and Opportunities of a Provincial Team, Discernment in personal and collective decision-making processes, Religious Governance: Personnel planning, Building mission driven teams, Effective communication styles, Conflict and Stress Management, Conducting Province Assemblies, Chapters, Planning a Roadmap for starting a New Mission or Handing over Existing Works. Planning, execution and evaluation of various works in a province, Coping with stress and burn-out. Collaboration at different levels with People of Goodwill. Coping with Crisis.

Contribution: Rs 6,000

## 04 – 11 September: An eight-day Retreat for Major Superiors & Team

An inward journey of desiring God's will in the context of one's Congregation. Revisiting one's Charism and Mission in the light of the Gospel and Signs of the Times. Developing the Marga of Jesus based on Discernment for the Province in the light of one's roots and shoots – Charism and Signs of the Times.

Contribution: Rs 7,000

## 18 – 30 September: Renewal Course for Ruby & Golden Jubilarians

An occasion to revisit one's past, rejuvenate one's present and reorient one's future as a Religious by reflecting and assimilating these aspects of Religious Life: Journey through Ruby/Golden years, Ageing Gracefully, Journey of Self Transformation ending with an 8-day Retreat.

Contribution: Rs 10,000

## 03 – 31 October 2024: RENEWAL PROGRAMME FOR SILVER JUBILARIANS (Open for Persons seeking Personal Renewal)

An occasion to revisit one's past, rejuvenate one's present and reorient one's future as a Religious by reflecting and assimilating these aspects of Religious Life: Mid-Life Transition, Journey through Silver years, Spirituality – A faith journey, Discernment in Daily Life, Psycho-Sexual & Spiritual Integration, and Inward Journey Retreat.

Contribution: Rs 22,000



**Retreat Direction: April-May 2023**



**Leadership for Superiors: April 2023**



**Retreat for Jesuits: May 2023**



**Final Profession: June-Aug 2023**



**Leadership for Superiors: June 2023**



**Leadership for Teachers: July 2023**



**Leadership for Teachers: August 2023**



**Leadership for Major Superiors & Team: Sept 2023**



**Golden Jubilarians: Sept 2023**



**Silver Jubilarians: Oct 2023**



**Mini-Sabbatical Programme: Nov-Dec 2023**



**Final Profession: Jan-March 2024**



**Monthi-Fest: 8 Sept 2023**



**Graduation Day: 7 March 2024**



**Silver Jubilee Celebrations**



**Major Superiors & Team: Sharing**

## 15 October – 15 December 2024: TWO MONTHS SABBATICAL PROGRAMME (Participants – 45 years & above)

A *Kairos* time to revisit one's past with gratitude, rejuvenate one's present with various insights from Spirituality, Psychology and Human Resources so as to reorient one's future with hope. There will be time for pilgrimage, cultural tour, in-depth sharing, personal accompaniment and integration process. The schedule will be so arranged that the participants will have plenty of leisure time to rest, relax, refresh themselves, read, reflect, recreate and relate to others in the group.

**Topics:** Understanding Midlife Transition, Midlife Spirituality, Healthy transition from one Apostolate to another, Healthy Living and Wellbeing, Aging and Emotional Health, Discernment, Integral Development, Psycho-Spiritual Growth, Religious Life and Priesthood, Christian Leadership, The Programme ends with an eight-day guided retreat.

Contribution: Rs 45,000

## 25 November – 10 December: Renewal Course for Formators

Challenges and Opportunities for formation in Digital Age and the era of Artificial Intelligence. Visualizing new Pedagogies for Religious Formation. Vocation Animation, Process of Religious Formation and Discernment. Competency Mapping, Confidence and Self-Esteem, Dealing with Disappointment and Criticism. Developing Spiritual, Emotional, and Physical Intelligence. Dealing with the questions of Intimacy, Loneliness, Celibacy. Dealing with anger, grief, and self-esteem. Receiving and giving feedback, Coping with conflict situation and stress.

Contribution: Rs 10,500

## 02 January – 07 March 2025

### TWO MONTHS COURSE IN PREPARATION FOR FINAL PROFESSION (With weekend integration and personal accompaniment)

Topics: Religious Life, Covenant Spirituality, Psycho-Sexual & Spiritual Integration, Healing the Inner Child, Discernment in Daily Life, Basic skills of Counselling & Spiritual Direction, Spirituality of Social Justice, Creative & Critical use of Mass Media, Legal Knowledge and Life Skills. The course ends with an Inward Journey retreat. During the course the group will have group processing and personal integration.

Contribution: Rs 35,000

## WEEKLY MODULES: FINAL PROFESSION (Open to All)

03 – 04 January: **Orientation to Final Profession** – Prerana Team

06 – 08 January: **Psycho-Sexual Integration** – Fr William Sequeira SJ

09 – 11 January: **Psycho-Spiritual Integration** – Fr Joe Mathias SJ

13 – 17 January: **A New Way of Being Religious** – Fr Prashanth D'Souza SJ

20 – 24 January: **Discernment in Daily Life** – Fr Prashanth D'Souza SJ

27 – 29 January: **Counselling & Spiritual Direction** – Fr Joe Mathias SJ

30 – 31 January: **Critical & Creative use of Digital Media** – Fr William Marcel Rodrigues SJ

03 – 07 February: **Covenant Spirituality** – Fr James Dabhi SJ

**10 – 16 February: Healing the Inner Child** – Fr Wilson Sundar OFM Cap

**17 – 19 February: Spirituality of Social Justice** – Fr Cyprian Tellis SJ

**20 – 22 February: Life Skills** – Fr Brian Pereira SJ

**24 February – 01 March: Inward Journey Retreat** – Fr Arockiasamy SJ

**03 – 04 March: Legal Knowledge** – Fr Jerald D'Souza SJ

## 16 – 25 January 2025: COUNSELLING AND SPIRITUAL DIRECTION

Step by step process and skills in Counselling & Spiritual Direction, Frequent issues that occur in Counselling and spiritual direction, Similarities and differences between Counselling and Spiritual direction, Transference and Counter transference, Resistance, Vocation animation and Discernment, Growth in Prayer, Basic techniques and therapies to deal with self-esteem, anger, fear, guilt, grief and loss.

Contribution: Rs 8,000

## 11 – 30 March 2025: PERSONAL GROWTH & RENEWAL (Open to Silver/Ruby Jubilarians)

An occasion to revisit one's past, rejuvenate one's present and reorient one's future as a Religious by reflecting and assimilating these aspects of Religious Life: Mid-Life Transition, Healthy Living and Emotional Wellbeing, Spirituality – A faith journey, Discernment in Daily Life, Psycho-Sexual & Spiritual Integration, and an 8-day Retreat.

Contribution: Rs 15,000

## 01 – 11 April 2025: RELIGIOUS LEADERSHIP – Superiors and Animators

**Topics:** Discerning Leadership - Knowing Self: Self Awareness and Inner freedom, Vocation of a Leader, Challenges & opportunities, Role & Characteristics of a Religious Leader, Discernment in personal and collective decision-making processes, Religious Governance: Building mission driven communities, Effective communication styles, Conflict and stress management, Our Way of Proceeding in community meetings and decision-making bodies, Planning a Roadmap for one's Leadership, Coping with stress and burn-out, Collaboration at different levels with people of goodwill, Coping with crisis.

Contribution: Rs 9,000

## 24 April – 23 May 2025: COURSE ON RETREAT DIRECTION (For those who are in or will go into retreat ministry)

This course facilitates the growth in the art of Retreat Direction. It will elaborately deal with Faith Journey, Spirituality, Introduction to and Dynamics of the Spiritual Exercises, Discernment of Spirits, Counselling, Spiritual Direction, Skills Training, an 8-day Ignatian Retreat, Supervised Retreat Direction, Preparation and Presentation of Retreat themes.

Contribution: Rs 22,000

### Please Note:

1. All courses begin at 6.30 pm on the day prior to the course's start date. Participants are expected to arrive by 5.00 pm
2. All courses conclude by 4.00 pm on the last day, unless otherwise specified
3. Applications are accepted on a first-come, first-served basis.

## Registration:

1. You can register online by visiting our website [www.preranaisc.org](http://www.preranaisc.org) Alternatively, you can register by sending us an email.
2. Registration fee is Rupees 300/- (non-refundable), payable in the name of "Director" via Money Order (MO) or Demand Draft (DD)

## Bank details

Name: Director (A/c: 1737)  
Number: 0526053000001737  
IFSC Code: SIBL0000526  
South Indian Bank, Bannerghatta Branch

## FACULTY

### Resident Staff:

Fr Prashanth D'Souza SJ, (Director) – Master's in Counselling & Psychotherapy  
Fr Joseph D'Mello SJ – Doctorate in Ignatian Spirituality  
Fr Joseph Mathias SJ – Master's in Pastoral Psychology  
Fr John Pradeep SJ – Master's in Ignatian Spirituality  
Fr William Sequeira SJ – Master's in Counselling Psychology

### Visiting Staff:

Fr Brian Pereira SJ – Master's in Pastoral Counseling  
Fr Cyprian Tellis SJ – Doctorate in Moral Theology  
Fr Dionysius Vaz SJ – Master's in Pastoral Counselling  
Fr Francis Menezes SJ – Master's in Spirituality & Spiritual Direction  
Fr Frederick D'Silva SJ – Master's in Spirituality  
Fr James Dabhi SJ – Doctorate in Scripture  
Fr Jerald D'Souza SJ – BA LLB  
Fr Joe Mannath SDB – Doctorate in Psychology & Spirituality  
Fr Norbert Menezes SJ – Master's in School Leadership & Administration  
Fr William M Rodrigues SJ – Master's in Journalism & Mass Communication  
Fr Ronald Pais SJ – Master's in Counselling Psychology  
Fr Sundar Wilson OFM Cap – Doctorate in Pastoral Counselling & Psychology



# PRERANA

## IGNATIAN SPIRITUALITY CENTRE

SOS Post Bag 7645, Kalena Agrahara,  
Bannerghatta Road, Bengaluru 560 076



SCAN ME  
FOR THE LOCATION