



# PRERANA

## IGNATIAN SPIRITUALITY CENTRE



## COURSES AT PRERANA

### JUNE 2023 – MAY 2024



### MOUNT ST JOSEPH

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*Log on to our website for online registration*

# PREPARATION FOR FINAL PROFESSION

**June 04 – August 27, 2023**

## THREE MONTHS COURSE IN PREPARATION FOR FINAL PROFESSION

(With weekend integration and personal accompaniment)

**Topics:** Religious Life, Growing in Intimacy with God through Prayer, Covenant Spirituality, Psycho-Sexual & Psycho-Spiritual Integration, 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.

**Total fee (Stipend+ Board+ Lodging): 44,000**

(Arrival on June 03 by 5 pm; Departure on August 27 by 1 pm)

## FINAL PROFESSION COURSE OUTLINE

(Weekly Modules are open to all)

**June 04 – 05: ORIENTATION TO FINAL PROFESSION** – Prerana Team

**June 06 – 10: A NEW WAY OF BEING RELIGIOUS** - Fr Prashanth D'Souza SJ

Total fee (Stipend+ Board+ Lodging): Rs 4,000; (Arrival on June 05 by 5 pm; Departure on June 10 by 4 pm)

**June 12 – 16: GROWING IN INTIMACY WITH GOD THROUGH PRAYER** - Fr Ronald Pais SJ

Total fee (Stipend+ Board+ Lodging): Rs 4,000; (Arrival on June 11 by 5 pm; Departure on June 16 by 4 pm)

**June 19 – 23: PSYCHO-SPIRITUAL INTEGRATION** - Fr Joe Mathias SJ

Total fee (Stipend+ Board+ Lodging): Rs 4,000; (Arrival on June 18 by 5 pm; Departure on June 23 by 4 pm)

**June 26–30: PSYCHO-SEXUAL INTEGRATION** – Fr William Sequeira SJ

Total fee (Stipend+ Board+ Lodging): Rs 4,000; (Arrival on June 25 by 5 pm; Departure on June 30 by 4 pm)

**July 03 – 07: COVENANT SPIRITUALITY** – Fr James Dabhi SJ

Total fee (Stipend+ Board+ Lodging): Rs 4,000; (Arrival on July 02 by 5 pm; Departure on July 07 by 4 pm)

**July 10 – 16: HEALING THE INNER CHILD** - Fr Wilson OFM Cap

Total fee (Stipend+ Board+ Lodging): Rs 5,600; (Arrival on July 09 by 5 pm; Departure on July 16 by 1 pm)

**July 17 – 21: DISCERNMENT IN DAILY LIFE** – Fr Prashanth D'Souza SJ

Total fee (Stipend+ Board+ Lodging): Rs 4,000; (Arrival on July 16 by 5 pm; Departure on July 21 by 4 pm)

**July 24 – 28: COUNSELLING & SPIRITUAL DIRECTION** – Fr Joe Mathias SJ

Total fee (Stipend+ Board+ Lodging): Rs 4,000; (Arrival on July 23 by 5 pm; Departure on July 28 by 4 pm)

**August 01 – 05: SPIRITUALITY OF SOCIAL JUSTICE** - Fr Cyprian Tellis SJ

Total fee (Stipend+ Board+ Lodging): Rs 4,000; (Arrival on July 31 by 5 pm; Departure on August 05 by 4 pm)

**August 07 – 09: MISSION OF JESUS, MISSION OF THE RELIGIOUS** - Fr Jossie Lobo SJ

Total fee (Stipend+ Board+ Lodging): Rs 2,400; (Arrival on August 06 by 5 pm; Departure on August 09 by 4 pm)

**August 10 – 12: LIFE SKILLS** - Fr Brian Pereira SJ

Total fee (Stipend+ Board+ Lodging): Rs 2,400; (Arrival on August 09 by 5 pm; Departure on August 12 by 4 pm)

**August 14 – 19: INWARD JOURNEY RETREAT** – Fr Francis Menezes SJ

Total fee (Stipend+ Board+ Lodging): Rs 4,800; (Arrival on August 13 by 5 pm; Departure on August 19 by 1 pm)

**August 21 – 22: CRITICAL & CREATIVE USE OF MEDIA** – Fr Melwyn S Pinto SJ

Total fee (Stipend+ Board+ Lodging): Rs 1,600; (Arrival on August 20 by 5 pm; Departure on August 22 by 4 pm)

**August 23 – 24: LEGAL KNOWLEDGE** – Fr Jerald D'Souza SJ

Total fee (Stipend+ Board+ Lodging): Rs 1,600; (Arrival on August 22 by 5 pm; Departure on August 24 by 4 pm)

## January 04 – March 09, 2024

### 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.

**Total fee (Stipend+ Board+ Lodging):** Rs 34,000

(Arrival on January 03 by 5 pm; Departure on March 09 by 1 pm)

## FINAL PROFESSION COURSE OUTLINE

(Weekly Modules are open to all)

**January 04 – 06: ORIENTATION TO FINAL PROFESSION** - Prerana Team

**January 08 – 12: A NEW WAY OF BEING RELIGIOUS** - Fr Prashanth D'Souza SJ

Total fee (Stipend+ Board+ Lodging): Rs 4,000; (Arrival on January 07 by 5 pm; Departure on January 12 by 4 pm)

**January 15 – 19: COVENANT SPIRITUALITY** - Fr James Dabhi SJ

Total fee (Stipend+ Board+ Lodging): Rs 4,000; (Arrival on January 14 by 5 pm; Departure on January 19 by 4 pm)

**January 22 – 27: PSYCHO-SEXUAL & SPIRITUAL INTEGRATION** - Fr Joe Mathias SJ

Total fee (Stipend+ Board+ Lodging): Rs 4,800; (Arrival on January 21 by 5 pm; Departure on January 27 by 4 pm)

**January 29–February 02: DISCERNMENT IN DAILY LIFE** - Fr Prashanth D'Souza SJ

Total fee (Stipend+ Board+ Lodging): Rs 4,000; (Arrival on January 28 by 5 pm; Departure on February 02 by 4 pm)

**February 05 – 11: HEALING THE INNER CHILD** - Fr Wilson OFM Cap

Total fee (Stipend+ Board+ Lodging): Rs 5,600; (Arrival on February 04 by 5 pm; Departure on February 11 by 1 pm)

**February 12 – 14: COUNSELLING & SPIRITUAL DIRECTION** - Fr Joe Mathias SJ

Total fee (Stipend+ Board+ Lodging): Rs 2,400; (Arrival on February 11 by 5 pm; Departure on February 14 by 4 pm)

**February 15 – 17: SPIRITUALITY OF SOCIAL JUSTICE** - Fr Cyprian Tellis SJ

Total fee (Stipend+ Board+ Lodging): Rs 2,400; (Arrival on February 14 by 5 pm; Departure on February 17 by 4 pm)

**February 19 – 21: MISSION OF JESUS, MISSION OF THE RELIGIOUS** - Fr Joseph Lobo SJ

Total fee (Stipend+ Board+ Lodging): Rs 2,400; (Arrival on February 18 by 5 pm; Departure on February 21 by 4 pm)

**February 22 – 24: LIFE SKILLS** - Fr Brian Pereira SJ

Total fee (Stipend+ Board+ Lodging): Rs 2,400; (Arrival on February 21 by 5 pm; Departure on February 24 by 4 pm)

**February 26 – March 02: INWARD JOURNEY RETREAT** - Fr Francis Menezes SJ

Total fee (Stipend+ Board+ Lodging): Rs 4,800; (Arrival on February 25 by 5 pm; Departure on March 02 by 1 pm)

**March 04 - 05: CRITICAL & CREATIVE USE OF MASS MEDIA** - Fr Melwyn S Pinto SJ

Total fee (Stipend+ Board+ Lodging): Rs 1,600; (Arrival on March 03 by 5 pm; Departure on March 05 by 4 pm)

**March 06 - 07: LEGAL KNOWLEDGE – Fr Jerald D'Souza SJ**

Total fee (Stipend + Board + Lodging): Rs 1,600; (Arrival on March 05 by 5 pm; Departure on March 07 by 4 pm)



## RELIGIOUS LEADERSHIP

*Leadership is not a position or a title; It is action and example (Cory Booker). Great Leaders lead by charisma and not by power, by influence and not by control, by empowering a team toward a vision and mission with passion. Courses on Religious Leadership are designed for leaders in various positions. We focus on process-oriented learning to empower and enable you with Leadership of Self & Others, Leadership from within and in Action by connecting to your own experience of Leadership in the light of the Gospel values.*

**June 11 – 20, 2023: RELIGIOUS LEADERSHIP – Superiors and Animators (Batch 1)**

**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.

**Prerana Team**

Total fee (Stipend + Board + Lodging): Rs 8,000; (Arrival on June 10 by 5 pm; Departure on June 20 by 1pm)

**July 07 – 12, 2023: RELIGIOUS LEADERSHIP – Teachers and Educators (Batch 1)**

**Topics:** Education mission in India – Critical Issues: NEP, Digitalized culture, changing family values. Moving from administration to animation. Discerning Leadership: Elements to enhance Discerning Leadership – Self-awareness and interior freedom, understanding Leadership styles, anger, conflict and stress management, Building personal and profession transparency and credibility, Exercising Discerning Leadership – Staff recruitment and induction, Staff updating – Strategies and plans, mentoring and accompanying staff and students. Collaboration, networking and advocacy. Multiple intelligence – relevance and strategies. Planning, execution and evaluation. Financial management and documentation. Minority rights & SC Judgments.

**Prerana Team**

Total fee (Stipend + Board + Lodging): Rs 7,500; (Arrival on July 06 by 5 pm; Departure on July 12 by 4 pm)

**August 3 - 8, 2023: RELIGIOUS LEADERSHIP – Teachers and Educators (Batch 2)**

**For Course Content: Refer July 07 - 12, 2023: Religious Leadership Course**

Total fee (Stipend + Board + Lodging): Rs 7,500; (Arrival on August 02 by 5 pm; Departure on August 08 by 4 pm)

**September 04 – 09, 2023**

## **RELIGIOUS LEADERSHIP – Major Superiors, Provincial and General Councillors**

**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.

**Prerana Team**

Total fee (Stipend+ Board+ Lodging): Rs 7,500; (Arrival on September 03 by 5 pm; Departure on September 09 by 4 pm)

## **May 09 – 18, 2024: RELIGIOUS LEADERSHIP – Superiors and Animators (Batch 2)**

**For Course Content: Refer June 11 – 20, 2023 Religious Leadership Course**

Total fee (Stipend+ Board+ Lodging): Rs 8,000; (Arrival on May 08 by 5 pm; Departure on May 18 by 1 pm)



## **JUBILARIANS AND SABBATICAL PROGRAMME**

### **September 16 – 30, 2023: RENEWAL PROGRAMME FOR 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 Golden years, Ageing Gracefully, Journey of Self Transformation ending with an 8-days Retreat.

**Prerana Team**

Total fee (Stipend+ Board+ Lodging): Rs 11,000; (Arrival on September 15 by 5 pm; Departure on September 30 by 1pm)

### **October 03 – 30, 2023: RENEWAL PROGRAMME FOR SILVER 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, Journey through Silver years, Spirituality – A faith journey, Discernment in Daily Life, Psycho-Sexual & Spiritual Integration, Intensive Journal ending with an 8-days Retreat.

**Prerana Team**

Total fee (Stipend+ Board+ Lodging): Rs 20,000; (Arrival on October 02 by 5 pm; Departure on October 30 by 1pm)

## November 03–December 17, 2023: MINI-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 days guided retreat.

**Prerana Team**

Total fee (Stipend+ Board+ Lodging): Rs 40,000

(Arrival on November 02 by 5 pm; Departure on December 17 by 1pm)



## FORMATION, COUNSELLING, SPIRITUAL DIRECTION & RETREAT DIRECTION

### January 11 – 20, 2024: 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.

**Prerana Team**

Total fee (Stipend+ Board+ Lodging): Rs 8,000; (Arrival on January 10 by 5pm; Departure on January 20 by 1pm)

### March 14 – 23, 2024: BASIC COURSE FOR FORMATORS

The context and challenges of our formation today in a digital Culture. Visualizing new pedagogies for Religious Formation. Vocation animation and Discernment, Growth in prayer, stages, methods, blocks. Formation by building upon the formees' strengths, by encouragement, Formation to affective maturity, to grow in Self-esteem, self-respect and self-confidence. Dealing with inferiority complex, fear, anger, anxiety, worry, grief, guilt, scruples, self-esteem, motivation. Process of Religious Formation and discernment

**Prerana Team**

Total fee (Stipend+ Board+ Lodging): Rs 8,000; (Arrival on March 13 by 5 pm; Departure on March 23 by 1pm)

## April 04 – May 05, 2024: 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, 8 – day Ignatian Retreat, Supervised Retreat Direction, Preparation and Presentation of Retreat themes.

**Prerana Team**

Total fee (Stipend+ Board+ Lodging): Rs 22,500  
(Arrival on April 03 by 5 pm; Departure on May 05 by 1pm)

## April 11 – 20, 2024: ADVANCED COURSE FOR FORMATORS

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. Helping formees to achieve emotional balance. Receiving and giving feedback, coping with conflict situation and stress. NLP approach to building self-concept - based on Steve Andrea' self-concept model. NLP for PTSD/trauma.

**Prerana Team**

Total fee (Stipend+ Board+ Lodging): Rs 8,000  
(Arrival on April 10 by 5 pm; Departure on April 20 by 1pm)



## YOUTH AND COUPLES

### RETREAT FOR COUPLES: WEEKEND ENCOUNTER

**Kannada: Second Saturday & Sunday of odd months**

**English: Fourth Saturday & Sunday of even months**

How about journeying from a good to great couple? Weekend Encounter is a Retreat for couples to rekindle the spark that was there as one began one's marriage journey. Any married couple who desires a richer, fuller life together can opt for this perfect weekend.

A series of presentations are given by experienced couples and priests. Each presentation allows you and your spouse a rare opportunity to look at yourselves as individuals, then to look at your marriage and your relationship to one another, and finally to look at your relationship to God, the Church and the world. We honor your experience by providing space to share in the larger group.

The weekend starts at 8:00 am on Saturday and runs until about 4:30 pm on Sunday. No one is ever refused the opportunity for lack of funds.

Total fee (Stipend + Board + Lodging): Rs 2,000 (per couple); Starting from June 2023

## May 21 – 26: TRAINING THE YOUTH ANIMATORS

This course is designed to help the youth animators, spiritual-pastoral caregivers, and campus ministers to learn the stages of youth development, understand the worldview of today's youth which is predominantly influenced by digital culture and equip themselves with the required skills to accompany the youth in organized and unorganized sectors. The participants of this course will be introduced to various youth animation and counselling skills to cater to the holistic wellness of the youth and build sustainable youth ministry teams.

**Prerana Team**

Total fee (Stipend+ Board+ Lodging): Rs 5,000; (Arrival on May 20 by 5 pm; Departure on May 26 by 1pm)

## PRERANA TEAM

### Resident Staff:

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

### Visiting Staff:

Fr Brian Pereira SJ – Master's in Pastoral Counselling  
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 Joseph D'Mello SJ – Doctorate in Ignatian Spirituality  
Fr Joseph Lobo SJ – Doctorate in Systematic Theology  
Fr Melwyn S. Pinto SJ – Doctorate in Journalism & Mass Communication  
Fr M. C. Abraham CSC – Doctorate in Counselling Psychology  
Fr Ronald Pais SJ – Master's in Counselling Psychology  
Fr Sundar Wilson OFM Cap – Doctorate in Counselling Psychology  
Sr Bernardine Multuveetil RNDM – Master's in Counselling & Spiritual Direction



## PRERANA IGNATIAN SPIRITUALITY CENTRE

SOS Post Bag 7645, Kalena Agrahara,  
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SCAN ME  
FOR THE LOCATION