

17 – 22 March 2026 RENEWAL COURSE FOR LAY PEOPLE

Topics: Discovering one's identity as a Christian, A faith Journey through the past years, Discernment in daily life, Life-work balance, Coping with family issues, Stress management, Dealing with anger, grief and loss.

Contribution: Rs 5,000

07 – 17 April 2026

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, Collaboration at different levels with people of goodwill.

Contribution: Rs 10,000

21 April – 20 May 2026 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 eight-day Ignatian Retreat, Supervised Retreat Direction, Preparation and Presentation of Retreat themes.

Contribution: Rs 21,000

HOW TO REACH PRERANA

Prerana is at Mount St. Joseph Campus, Bannerghatta Road, in Kalena Agrahara, about 15 Km from Majestic Bus Stand/City Railway Station, and about one kilometer after Meenakshi Temple, on your right.

BUSES

1. From Majestic / City Railway Station: Platform 15; Bus No. 365 and all the buses going to Bannerghatta National Park or Gottigere halt at Kalena Agrahara. Take a ticket to Kalena Agrahara.
2. From Shanthi Nagar BMTC Bus Stand [those arriving by buses from Tamil Nadu]: Bus No. 365
3. From Brigade Road [near War Memorial]: Bus No. G4

4. From Kalasipalyam /City Market: Bus No. 366, 367, 370, 371, 372
5. From Shivajinagar [Platform 12]: Bus No. 368 [less frequent]
6. From Dairy Circle / Dharmaram: Bus No. 365, 366, 367, 368, 370, 371, 372, G4
7. From SMVT Bengaluru Railway Station, take a cab to Prerana or a bus to Majestic or Shivajinagar.

Alight: At Kalena Agrahara Bus Stop (after Loyola School Bus Stop), walk back for about three minutes, and you will notice the Mount St Joseph gate to the left.

TAXI AND AUTO-RICKSHAW

Ola / Uber / Namma Yatri / Rapido cabs and auto-rickshaw are available from any part of Bangalore city.

Pre-paid City Taxi: From railway station charges: Rs. 600/- Prepaid Auto-rickshaw: From Railway Station & Majestic: Rs. 400/-

Please Note

1. All courses begin at 6.30 pm on the day before 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 Alternatively, you can register by sending us an email.
2. Registration fee is Rupees 1,000 (non-refundable), payable in the name of "Director Prerana ISC" via Bank transfer.

Bank details

Name: Director Prerana ISC
Number: 0526053000001737
IFSC Code: SIBL0000526
South Indian Bank, Bannerghatta Branch
Bangalore- 560076



SCAN ME
FOR THE LOCATION



PRERANA

IGNATIAN SPIRITUALITY CENTRE



COURSES AT PRERANA

JUNE 2025 – MAY 2026

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

Web: www.preranaisc.org

Log on to our website for online registration

02 June – 12 August 2025

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 concludes with an Inward Journey retreat. During the course, the group will have group processing and personal integration.

(Details of weekly modules will be sent later through a separate Flyer)

Contribution: Rs 36,000

10 – 20 June 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, Collaboration at different levels with people of goodwill.

Contribution: Rs 10,000

08 – 09 July 2025: 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, and Educating for Social Responsibility, Transformational School Leader, Our Five Natural Learning Systems.

Contribution: Rs 2,000

11 – 13 July 2025

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 3,000

04- 08 September 2025

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, and Collaborating at different levels with people of goodwill.

Contribution: Rs 5,000

16 – 30 September 2025

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: a Journey through golden years, Ageing gracefully, a Journey of self-transformation ending with an eight-day retreat.

Contribution: Rs 13,500

03 – 31 October 2025

RENEWAL COURSE 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: Journey through Silver years, Spirituality – a faith journey, Mid-Life Transition, Discernment, Emotional wellbeing and Intensive Journal retreat.

Contribution: Rs 22,000

16 October – 15 December 2025

SABBATICAL PROGRAMME

(Participants – 45 years & above)

Topics: Inward Journey, Understanding Midlife Transition, Midlife Spirituality, Healthy transition from one apostolate to another, Healthy living and well-being, Aging gracefully and emotional well-being, Discernment, Integral Development, Psycho-spiritual Growth, Religious life and Priesthood, Christian Leadership, the course ends with an eight-day guided retreat.

Contribution: Rs 45,000

11 – 16 November 2025

RENEWAL COURSE FOR LAY PEOPLE

Topics: Discovering one's identity as a Christian, A faith Journey through the past years, Discernment in daily life, Life-work balance, Coping with family issues, Stress management, Dealing with anger, grief and loss.

Contribution: Rs 5,000

21 – 30 November 2025

RENEWAL COURSE FOR FORMATORS

Challenges and Opportunities for formation in the Digital Age and the era of Artificial Intelligence, Visualising new pedagogies for Religious formation, Vocation animation and discernment. Dealing with disappointment and criticism, Dealing with the questions of intimacy, loneliness, and celibacy, Dealing with anger, grief and self-esteem, Receiving and giving feedback, Coping with conflict situations and stress.

Contribution: Rs 9,000

03 January – 07 March 2026

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.

(Details of weekly modules will be sent later through a separate Flyer)

Contribution: Rs 32,500

12 – 22 January 2026

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: Rs10,000