

loss. The course is animated by a team of experienced Formators, Spiritual Directors and Counsellors.

Contribution: Rs 11,000

January 03– March 03, 2027 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 guided personal integration.

Contribution: Rs 34,000

March 09-24, 2027 RENEWAL COURSE FOR THE JUBILIARIANS

Topics: Discovering one's identity as a Christian, Purpose and meaning of life, A faith Journey through the past years, Discernment in Daily Life, Midlife transition. Course ends with an inward journey retreat.

Contribution: Rs 12,500

April 03-12, 2027 RELIGIOUS LEADERSHIP FOR 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 11,000



April 15- May 15, 2027 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.

Contribution: Rs 22,500



May 17-22, 2027

COURSE ON BASIC COUNSELLING MODULE 1 Contribution Rs. 6000

May 24-29, 2027

COURSE ON BASIC COUNSELLING MODULE 2 Contribution Rs. 6000

Please Note:

1. All the courses begin at 5.30 pm on the first day of the course. The participants are expected to arrive by 3.00 pm.
2. All the courses conclude by 2.00 pm on the last day, unless otherwise specified
3. The 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; preranaisc@gmail.com
2. Registration fee is Rupees 1000/- (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



PRERANA

IGNATIAN SPIRITUALITY CENTRE



COURSES AT PRERANA

JUNE 2026 – MAY 2027

MOUNT ST JOSEPH

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

Mob / WhatsApp: +91-9483022896

Director: +91-9448627209

E-mail: preranaisc@gmail.com

Web: www.preranaisc.org

Log on to our website for online registration

June 03 – August 12, 2026
COURSE IN PREPARATION FOR
FINAL PROFESSION

(With weekend integration and personal accompaniment)

Topics: Consecrated Life today, 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, Canonical Knowledge, and Life Skills. The course ends with an Inward Journey retreat. During the course the group will have group processing and guided personal integration.

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

Contribution: Rs 38,000

June 05-06, 2026
LEADERSHIP SKILLS 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: Rs 2,500

June 08– 10, 2026
LEADERSHIP FOR SCHOOL PRINCIPALS,
DIRECTORS, AND CORRESPONDENTS

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

Contribution: Rs 3,600

June 10 – 20, 2026
RELIGIOUS LEADERSHIP FOR 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 and coping with Crisis.

Contribution: Rs 11,000

August 23-29, 2026
LEADERSHIP FOR MAJOR SUPERIORS AND TEAMS

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 and coping with Crisis.

Contribution: Rs 7,000

September 01–17, 2026
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 Golden years, Ageing Gracefully, Journey of Self-Transformation, Ending with an 8-day Retreat.

Contribution: Rs 11,500

September 18- October 17, 2026
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, Ending with an 8day Inward Journey Retreat.

Contribution: Rs 23,500

October 18-30, 2026
RENEWAL COURSE FOR THE 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, and Self-Esteem, Spiritual direction and accompaniment. Developing spiritual, Emotional Intelligence. Dealing with the questions of intimacy, loneliness, celibacy, Dealing with anger, grief, and self-esteem, coping with conflict situation and stress.

Contribution: Rs 12,000

November 1-5, 2026
INWARD JOURNEY THROUGH INTENSIVE
JOURNALING

Inward Journey looks at life as a unifying process. Life has its own potential and richness; we often go through it without being aware of its connectedness. The inward journey helps one to see the inner process and its connectedness. We will be looking at its various components, and allowing it to evolve into something beautiful and meaningful. It gives a sense of wholeness to the individual and makes one aware of the richness of life for a happy and joyful living. It is highly beneficial for those who are working in formation and involved in guiding others.

Contribution: Rs 5000

November 15-22, 2026
INTER RELIGIOUS SEMINAR AND RETREAT

November 25 -December 03, -2026
AWARENESS RETREAT

Contribution: Rs.6000

December 5 – 16, 2026
COUNSELLING AND SPIRITUAL DIRECTION

Step by step process and skills in Counselling & Spiritual Direction, Frequent issues that occur in Counselling and Spiritual Direction, Spiritual direction in multi-cultural context. 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