

DHYANAVANA

International Institute of Spirituality, Mysore



150

Birth Centenary of
St. Therese of Lisieux

VOLUME 27
2023-2024

Let us walk
the little way
AS BEACONS OF HOPE

Best Compliments from



St Joseph Church

Mira Road, Mumbai



DHYANAVANA

International Institute of Spirituality, Mysore

Affiliated to the Pontifical Institute of Spirituality 'Teresianum', Rome;
and St Philomena's College (Autonomous) Mysore



2023-24
VOLUME 27

Dhyanavana, R. S. Naidu Nagar, Mysore - 570 007, Karnataka State, India

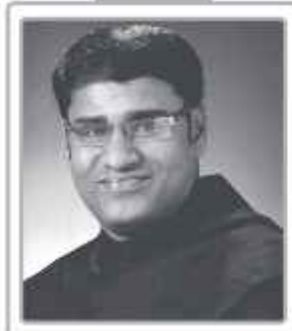
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From the Editor's Desk....!

Embracing the Journey at Dhyanaavana as Beacons of Hope



In a world that often feels fragmented and fast-paced, the importance of nurturing our spiritual well-being cannot be exaggerated. Here, within the quiet halls of Dhyanaavana, everyone is invited to pause, breathe, and delve deeply into the questions that stir within our souls.

At the heart of the center lies a commitment to inclusivity and openness. We recognize that the paths to spiritual enlightenment are as diverse as the individuals who tread them, and we honor each person's unique journey with reverence and respect. Whether you find solace in prayer, meditation, or simply quiet contemplation, you are welcome here.

The institution stands as a sanctuary amidst the chaotic currents of modern life—a place where seekers of all backgrounds can come to find solace, connection, and inner peace. Our center is more than just a physical space; it is a vibrant community of kindred spirits bound together by a shared sense of curiosity and exploration. Through workshops, seminars, courses, and communal gatherings, we come together to learn from one another, share our wisdom, and support one another along the winding road of self-discovery.

Are you seeking to embark on a journey of self-discovery and inner transformation? Look no further than Dhyanaavana, where we offer a diverse range of courses designed to nourish your mind, body, and spirit. The courses (Scriptures, Spirituality, Psychology, Leadership, Community Building, Prayer and Mysticism), help to dive deep into the ancient practice of meditation and learn techniques to quiet the mind, cultivate mindfulness, and tap into your inner peace. Whether you are a beginner or an experienced practitioner, our expert instructors will guide you on a journey of self-awareness and spiritual awakening.

This magazine provides a glimpse of the achievements, accomplishments, events, and initiatives of our vibrant community and shines a spotlight on the positive impact being made by individuals. In essence, our magazine is a reflection of the diverse interests, passions, and aspirations of every individual. The participants have provided insights, perspectives, and practical advice to enrich your mind, body, and soul. Dive into our pages and embark on a journey of discovery, growth, and transformation.

In today's fast-paced world, stress has become a pervasive presence in our lives. Our mindfulness courses offer practical tools and strategies to manage stress, cultivate resilience, and live with greater ease and joy. Learn how to be fully present in each moment and embrace life with a sense of calm and composure. Reconnect with your inner wisdom and return home feeling refreshed, relaxed, renewed, revitalized, and inspired.

At Dhyanaavana, we believe that the journey of personal growth is a lifelong adventure—an ever-unfolding exploration of the depths of the human spirit. Join us as we embark on this journey together and discover the infinite possibilities that lie within.

Fr Augustine Robert OCD
Program Coordinator

From the Director's Pen....!



"Religious Today – Beacons of Hope" was believed to be the apt theme for our Convocation this year as we are all preparing for the great Jubilee Year of Hope. The 2025 Jubilee Year, "Pilgrims of Hope," will begin in Advent 2024 and end in 2026, a Catholic event that occurs every 25 years. The theme for 2025 on Hope will indeed be a year of hope for a world suffering the impacts of war, the still on-going effects of COVID-19 pandemic, and a serious climate crisis.

Dhyanavana, International Institute of Spirituality is an established center known for quality education and for holistic formation of religious women. A great number of them have passed through the portals of this prestigious Institute and are, at present, engaged in various pastoral and missionary activities. The knowledge they have acquired here and the encounter of the divine in their personal lives have ignited in them a deep sense of their relevance in our present world.

As we complete another academic year at Dhyanavana, I am filled with gratitude for the privilege of serving as the Director of this esteemed Institution. Our journey, rooted in faith, knowledge and Gospel values, is going to be a testimony to the enduring commitment for our present society. Today, we are all reminded that we are not just mere educators but stewards of a holistic learning environment. Hence, our mission goes beyond imparting knowledge – it embraces the formation of compassionate, resilient individuals who are not only academically proficient but also well-grounded in the values of love, justice, peace and service.

Today, we find ourselves interwoven into the fabric of challenges, uncertainties, and rapid changes. It is during such times that the call to be beacons of hope becomes not just a responsibility but a sacred duty. Let us be the light that cuts through the darkness, the hope that rises above despair, and the inspiration that fuels positive change. In a world that often feels divided, let our unity and compassion be the bridge that connects hearts. In the face of adversity, let our resilience be a testament to the strength that lies within us. As beacons of hope, let us cultivate kindness, understanding, and empathy, gestures that have the power to create ripples of positivity, reaching the farthest corners of our society.

May Dhyanavana, Institute of Spirituality and Holistic Formation enable the participants to live a healthier and more sustainable life. I wish that all who walk through the portals of this Institute may experience and keep alive in them the sense and the taste of the Divine. May all that they have acquired in this institute enable them to be faithful to their calling and remain committed in their service of the Kingdom of God.

Dr Rathan Almeida OCD
Director



Archbishop Emeritus Bernard Moras
Apostolic Administrator
DIOCESE OF MYSORE

SANMAARGI
MYSORE DIOCESAN BISHOP'S HOUSE
#3845/M2, Nelson Mandela Road
Rajamaarga, Near Highway Circle
Bannimantap 'C' Layout
Mysuru 570 015, Karnataka

Ref. No. EB2/01/2024

MESSAGE

Date: 04-03-2024

Dear Fr Rathan N. Almeida

I am happy that at Dhyanavana International Institute of Spirituality, Mysore, will be holding 27th Convocation to award Diploma and Certificates to the students on 19th of March at 6.00 am. On this happy occasion I send my good wishes and congratulations to all the students who will be receiving their certificates.

You have chosen the theme for the Convocation **"RELIGIOUS TODAY, BEACONS OF HOPE"**. Holy Father Pope Francis in one of his talk with the major superiors in Rome said, "What would happen to the Church if the religious are not there". It shows the concern of the Holy Father and the importance of the religious services in the Church and society. The Church would lose a main fatherly and motherly touch without the religious.

I wish all the best to all the students and staff of the Dhyanavana International Institute of Spirituality, as you continue to train and impart religious formation and training.

Archbishop Emeritus Bernard Moras
Apostolic Administrator,
Diocese of Mysore



Message from Definitor General

Beacons of hope

Dear Fr. Rathan,

I am happy to write these few lines on the occasion of the publication of the annual magazine of Dhyanavana. As you are concluding one more academic year, I join you all – Staff and students – thanking the Lord for the showers of blessings he has graciously poured on this Institute. My congratulations to all the religious women who were participants in the programmes of this academic year and have been able to discern and decide to take a further step in their religious life as they are refuelled and are walking out of the portals of Dhyanavana to march into the world of today.

The consecrated men and women are the testimony that God is good and merciful. The world of today, more than ever, is in need of this testimony of the love and mercy of God. In bearing witness to God and his merciful love, the religious, through their proper charisms, instil hope in the humanity of ours marked by various reasons for anguish and fear and at times tempted to be discouraged. This hope is not a mere optimism. In fact, Pope Francis, makes a distinction between hope and optimism: 'Christian hope is no facile optimism, no placebo for the credulous: it is the certainty, rooted in love and faith, that God never abandons us and remains faithful to his promise: "Even though I walk through the darkest valley, I fear no evil, for you are with me"' (Psalm 23,4).

When we speak of hope, it is not a denial of sorrow and suffering; it is the celebration of the love of the risen Christ, who is always at our side, even when he seems far from us. To be true witnesses of such a hope, what counts most is the capacity to repeat the initial "yes" to the call of Jesus who continues to make himself heard, in an ever-new way, in every season of life.

Once again, my congratulations and prayerful wishes to the Director, staff and students who have worked together in this academic year through their study, prayer and community living, and are now ready to wake up the world by being true beacons of hope.

Dr Pius James D'Souza OCD
Definitor General
Casa Generalizia, Rome, Italy



DISCALCED CARMELITES KARNATAKA-GOA PROVINCE

2nd of February, 2024



Peace of Christ!

I am happy to learn that the 27th academic year is nearing its completion and Diplomas in Spirituality will be awarded to the participants on 19th of March, 2024.

Dhyanaavana is the first Institute of Spirituality in our Karnataka-Goa Province and hence occupies a special place in our hearts. It was a dream come true in 1995 when the edifice was blessed and inaugurated. Two years later the regular courses began and we have never looked back. Through the blessings of God, it has grown in leaps and bounds, creating a name and touching the lives of so many religious who have come here for spiritual refreshment and nourishment.

The running of a spirituality Institute is itself an exercise in spirituality. Over the years some of our most highly qualified friars have been organizing the programmes and imparting the understanding of spirituality to those who felt the need of knowing better, not only their own vocation but also that of others. Such knowledge would empower religious women to play their role more effectively in the building up of the local church through the building up of themselves and their congregations.

Hearty congratulations are due to you, Fr. Rathan Almeida, who is well-versed in contemporary currents of thought in theology and allied subjects. You have built up on the good work of your predecessors with the able support of Fr. Augustine Robert, the Dean, who is qualified in Biblical Theology and Fr. Dolphy D'Souza, the Bursar, who has vast experience in the mission of Tanzania.

The Karnataka-Goa Province is happy that you have a total of 77 participants this year, some of them, day-scholars; others, residents; some full-time; others, part-time. I congratulate them and wish them all the best as they step into their mission once again. May they be beacons of joy and peace in a broken world!

May the team of three and all the participants enjoy the protection of your patroness of St. Teresa Benedicta of the Cross (Edith Stein). She is a powerful model to contemporary society and especially to the genius of women. I am glad to inform you that the General Administration of our Order in Rome is working on the process of her being declared Doctor of the Church.

Yours in Christ,

Fr Silvestre D'Souza OCD
Provincial

COUNCILLOR IN-CHARGE OF SPIRITUALITY



As you embark on the 27th chapter of the spiritual odyssey at Dhyanaavana, I pause to reflect on the profound journey of growth, transformation, and enlightenment that has unfolded within these sacred walls. For nearly three decades, Dhyanaavana has been a beacon of spiritual enlightenment, guiding countless souls towards inner peace, holistic growth, and self-discovery.

At the heart of the Institute's ethos lays a deep commitment to fostering holistic growth - nurturing of body, mind, and spirit in harmony.

Through the comprehensive spirituality courses, the Institute offers seekers a transformative experience that transcends the mundane and delves into the realms of the soul. Guided by seasoned spiritual mentors and resource persons, participants are immersed in a rich tapestry of ancient wisdom, modern insights, and practical inputs designed to awaken their interiority and spirituality.

Beyond the classroom, Dhyanaavana serves as a sanctuary for seekers from all walks of life to come together in fellowship and communion. Through group retreats, workshops, and community events, they cultivate a supportive and nurturing environment where individuals can share their journey, find solace in shared experiences, and forge lifelong connections with kindred spirits.

As you celebrate twenty seven years of unwavering dedication to the path of spiritual growth, I extend my deepest gratitude to all who have walked with you on this life-changing journey. I offer my heartfelt appreciation to the staff and the students for their continued support, inspiration, and commitment.

As we look forward, we appreciate your mission of spreading the light of spirituality far and wide, touching hearts, transforming lives, and ushering in a new experience of harmony and enlightenment. Together, let us continue to walk this sacred path with courage, compassion, and unwavering devotion, knowing that the journey towards self-discovery and spiritual fulfilment is infinite, eternal, and profoundly beautiful. May St. Edith Stein, the patroness of the Institute, intercede for you all!

Dr Alphonse Britto OCD
Councilor of Spirituality



Mysore Diocesan Educational Society (Regd.)
St. Philomena's College (Autonomous)
Affiliated College of the University of Mysore
Reaccredited by NAAC with B⁺⁺ in 3rd cycle

MESSAGE

Date: February 20, 2024

On the occasion of the 27th Convocation of Dhyanavana I congratulate the graduating candidates as well as the OCD fathers. You are indeed a beacon of hope for the world today when people are clamoring for power, wealth and technology, spirituality and humanity get relegated. In this context, the relevance of institutions like Dhyanavana and their programmes are significant. They play a vital role in the imparting qualitative knowledge on spirituality and sustain the sensibility and sensitivity of the society. The holistic formation exclusively for the religious and the formators are indeed a service to society which deserves our appreciation and support. The OCD fathers have an unparalleled legacy in deep rooted Carmelite spirituality. Imbued by the charism of St. Teresa of Avila, St John of the Cross and other Carmelite saints the OCD fathers inculcate human values.

May God bless all your endeavours my brothers and good wishes to all the graduates and the fathers in their mission.

Yours in Jesus Christ

Rev. Dr Bernard Prakash Barnis

Rector

Rector / Manager
St. Philomena's College (Autonomous)
Bannimantap
Mysore - 570 015



BATCH 2023-2024

9 MONTHS DIPLOMA COURSE



Sr. Angel Jasmine
Mary, SHM



Sr. Anisha
Ghale, SJC



Sr. Anu Anet
Lepcha, IBVM



Sr. Jeesa
Grace, CMC



Sr. Jenisha
Lazar, OSs



Sr. Jesika
Lepcha, SJC



Sr. Jessy
Rai, SJC



Sr. Jisha
Komban, JMJ



Sr. Josephine
Lepcha, SJC



Sr. Lily Grace
Soreng, IBVM



Sr. Manjula
Lakra, CSJ



Sr. Maria
Basumatry, SJC



Sr. Nirmala
Soreng, CSJ



Sr. Patricia
Dias, SHM



Sr. Prava
Sarkee, SJC



Sr. Raumita
Tete, SJS



Sr. Rekha
Dama, MSI



Sr. Sarita
Saras, SJS



Sr. Shobitha
Bavighar, OSs



Sr. Suseela
Badugu, HFB



Sr. Sushila
Tirkey, SJS



Sr. Vijaya
Rani, JMJ



Sr. Vimala
Rani, IBVM

6 MONTHS COURSE



Sr. Jyothi, MSI



Sr. Maria Leonilla, AC



Sr. Premilata
Minj, MSJ



Sr. Sangeeta
Mantena, MSI



Sr. Sirisha, MSI



Sr. Teena
Marina Cutinha, MSI



Sr. Pratima
Hemrom, FC

4 MONTHS COURSE



Sr. Joppy Kanjirathumkunnel, MSJ

BATCH 2023-2024

3 MONTHS COURSE



Sr. Mariapushpam,
FIHM



Sr. Celestina, MPF



Sr. Deva Priya, MPF



Sr. Ezhil Arasi, CIC



Sr. Sudha Rani, MPF



Sr. Swarupa, MPF



Sr. Elizabeth, NSA



Sr. Lilly Mulakkel, OSF



Sr. Mary Teresa, CSAC

2 MONTHS COURSE



Sr. Bertha, SCS



Sr. Margaret Selvi Stutch, BS



Fr. Cruzberto Da Silva, SFX

1 MONTH COURSE

3 WEEKS COURSE



Sr. Irudaya, FSC



Sr. Roseline, SCC



Sr. Shimtilin, FSC



Sr. Mary Kulandai, SCB

2 WEEKS COURSE



Sr. Sherin, CMC



Sr. Josna, CMC

BATCH 2023-2024

1 WEEK COURSE



Sr. Dennisal, FMM



Sr. Imma
Jincy Antony, SVC



Sr. Rose Deleema
Thomas, SVC



Sr. Daisy
Mangalakarasi, SCC



Sr. Aerolina, HFN



Sr. Antonette
Coutinho, BS



Sr. Crina, HFN



Sr. Dayana
Rose, UFS



Sr. Fatima
Cardozo, HFN



Sr. Loretta, HFN



Sr. Maria de
Fatima, HFN



Sr. Namrita
Puthanangady, BS



Sr. Vallankani, HFN



Sr. Valentina, HFN



Fr. Anthony
Britto, SFX

DAY-SCHOLARS 2023-2024



Sr. Bindu, CSA



Sr. Josephine, CSA



Sr. Lavina Egalapati, AHF



Sr. Manasa, CSA



Sr. Pauline, CSA



Sr. Roja Rani, CSA



Sr. Sunaphula Lakra, SSS



Sr. Swapna, CSA



Sr. Thanusha, CSA



Sr. Vijaya Rani, CSA

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Program Coordinator



Fr Dolphy Santhosh D'Souza OCD
Procurator



Miss Lynn Fleury - Office Secretary



Mrs. Maryamma
Horticulturist



Mrs Fathima, Miss Selvi and Mr David



Editorial Team



THE FAMILY TREE OF DHYANAVANA



EVENTS / ACTIVITIES

Assorted Tasks



Gardening



Vegetables Cutting



Vegetables Cutting



Vegetables Cutting

Charism Presentation



Choir Practice



Comprehensive Exams



Conferral of Academic Honors - Short Courses



Sr. Irudaya, FSC



Sr. Shimilini, FSC



Sr. Maria Pustpan, FPM



Sr. Leonilla, AC



Sr. Leonilla, AC



Sr. Jyothi, MSI



Sr. Joppy, MSJ



Sr. Estel Arani, CIC



Sr. Deva Priya, MPF



Sr. Celestina, MPF



Sr. Teena, MSI



Sr. Swarna, MPF



Sr. Sudha Rani, MPF



Sr. Sirisha, MSI



Sr. Mary Kulanidal, DCB



Sr. Premilata, MSJ



Sr. Teena, MSI

Contests and Skills



Selfie Competition



Fancy Dress - Winners



Table Competition



Role-play



Quiz



Quiz



Fancy Dress - Judges



Drawing Competition



Drawing Competition



Drama



Dance Competition



Dance Competition - Judges



Best out of Waste



Best out of Waste - Items displayed



Throwball match



Speech Competition



Speech Competition - Judges



Skill



NEW APPOINTMENT

Rev. Dr. Rathan Nicholas Almeida, OCD, our Director has been appointed by the Karnataka Region Catholic Bishops' Council (KRCBC) as the Secretary of the Desk for 'Theology and Doctrine' with effect from 1st November 2023. The job of the "Desk of Doctrine and Faith Matter" is to clarify and give position of the

Church on certain matters referred to it, keeping in mind the teachings of the Holy Mother Church. The Chairman of the Desk for Theology and Doctrine is Most Rev. Peter Paul Saldanha, the Bishop of the Diocese of Mangalore. We wish our dear Fr. Rathan all the very best in this new assignment and pray God's wisdom and blessings.

Homiletics



Inauguration of the Course - July 3, 2023



Institution Day



Intensive Course Sessions



Prayer and Adoration



Recreation Time



Relic of Saint Pope John Paul II - at Pushpashrama



Renewal of Vows



Seminars



Shared Discussions



Thesis Defense



Unveiling Insights through Study Tours



Visits



Visit to Chelwadi Carmel



Visit to Chelwadi Carmel



Visit to Bhayasa Sathana



Visit to Bhayasa Sathana



Visit to Bhayasa Sathana



Visit to Pashupatram



Visit to Pashupatram



Visit to Bhayasa Sathana Community



Visit by Fr. Shewari D'Souza SCS, Provincial



Visit by Fr. Shewari D'Souza SCS, Provincial



Visit by Fr. Shewari D'Souza SCS, Provincial



Visit by Rev. Fr. General at Boudhanagar

Festivities



Administrator's birthday



Dean's birthday



Director's birthday



Christmas



Christmas



Christmas



Diwali



Diwali



Fest of Mount Carmel



Independence day



Independence day



Independence day



Fest of Nativity



Onam



Onam



Pongal



Pongal



Teacher's Day



Teacher's Day



Teacher's Day

Blessing and First Holy Mass Celebrated in the Newly Redesigned Main Chapel of Dhyanavana



Mission Experience at Padukote, Mysore





The scope and relevance of religious life today. Securing a beacon of hope. This is a widely debated and discussed subject with multiple narratives. My perspective is the result of observation and reflection.

GOD, the Father created a marvelous universe, equipped with everything to make our planet a home for all life forms. Homo sapiens have the privilege of using and sharing. It is this planet GOD chose to incarnate, giving us an impetus to sustain it.

Today harmonious coexistence is a mirage, world around us is in chaos and confusion. Environmental degradation is threatening the very existence of life. It is indeed depressing and even suffocating. The voice of sensible humans as well as the World Bodies like United Nations are waning, steadily.

In this context, it is significant to analyze the soft power of Christianity, the Catholic Church and the religious, in particular the women religious and their role in society..

Is your presence tangible as a sign of hope? A challenging responsibility indeed.

History reveals that, it was a tough task for the prophets, even for Jesus Christ to accomplish the mission in a hostile society. Now it is your turn. Do you have clarity on your role to be a sign of hope, a light in the darkness? Are you competent enough?

The hope, the very word itself is inspiring and motivating, and light is always reassuring during the journey in the darkness. For instance, the glimpse of a lighthouse ignites hope for a sailor in a troubled sea. Meeting, a person who instills confidence, when, in doubt, someone who listens, and empathizes, make you a priority is always a blessing. Someone who intervenes effectively in life situation is a ray of hope. Yes, a woman with faith, in Jesus' power, a woman with the vision for the people, for the Church, a woman of determination, passion and aptitude to serve, a woman with a strong mindset, a woman who is morally upright and spiritually strong, a woman who is grateful for what she is and what she has is indeed a beacon of hope.

To recall some of the blessings which are at your disposal.

- At the outset, you are an invited person, invited by Lord Jesus Himself to share His mission.
- A woman is born equipped with certain unique and powerful attributes of a mother; tough yet compassionate, resilient, forgiving, authentic, sacrificing and sensitive yet assertive.

- Your commitment and religious vows no doubt form a shield against challenges which may arise during life and mission.
- The religious community which ensures the vital aspects of emotional, psychological and material support.
- The time tested wisdom of the elders even their mistakes is indeed a treasure trove for inspiration and information. Applying this wisdom with the present reality and context creates a relevant criterion.
- The spiritual exercises, the meditation, which is the time spent exclusively in solitude, in the presence of God, gives clarity on oneself and the mission.
- The daily participation in the Holy Eucharist nourishes the spirituality and energizes the day.
- The Holy Scripture, Lord Jesus' teaching especially the reference to nature, 'the lilies of the valley,' 'the birds in the air,' and 'the Sermon on the Mount' are inspiring at all situations.
- The life of Mother Mary and the Saints, the innumerable writings and books are all there to guide, yet we are all ordinary humans with all our vulnerabilities. Hence, conscious and sustained efforts are required to create a mindset. Observe more than just see, listen, actively not just hear. A positive vibe need to be generated. Write down the thoughts and reason out, be part of everything that is happening around by intervening effectively.

In short, an empowered woman can be a blessing for others, a sign of hope. Hence, empowering emotionally, psychologically, spiritually and academically is important.

Right now, you are renewed with positive energy, more knowledge and information. You had an exclusive spiritual journey guided by the team of OCD fathers, who are imbibed with their deep rooted, spiritual experiences. You are a woman with a lighted lamp. To keep the flame glowing, while you are out in the field, requires the oil and sheltering from the breeze. So devise your own strategies to stay relevant.

Never miss reading and use of technology to update. Be honest with yourself to ensure that your personal aspirations are in tune with your vision for the church. Once you are empowered with a conditioned mindset, you are a light in the darkness and a sign of hope. So move out with determination and confidence: for **'God assures a safe landing if not a calm passage.'**

God bless each one of you

Prof. Mary P Kurien
Department of Life Skills
St. Philomena's College (Autonomous)
Mysore

A BIRD'S EYE VIEW OF DHYANAVANA

Dhyanaavana which in Sanskrit means a '*meditation-garden*' or better '*the context of God experience*', is an International Institute of Spirituality, esthetically and artistically designed to offer a healthy atmosphere and conducive facilities for the spiritual formation and renewal programmes, imparting spiritual understanding and information on a variety of topics pertaining to Christian culture.

Since 1997, this institute has been conducting the long-term diploma course of nine-months and other short-term courses throughout the year, attended so far by over 6,500 religious men and women from India and abroad.

The thrust of this institute is twofold:

1. A lived-in-experience of God through prayer, meditation, liturgical celebration and community living.
2. An academic program of high intellectual standards and pedagogical methods such as lectures, workshops, and group dynamics.

An overview of the Campus:

Dhyanaavana Institute is spread over a land of three acres and promotes an eco-friendly atmosphere along the whole campus. The whole set up consists of three main blocks, namely, the administrative block, chapel at the centre, and finally the compact residential block for the participants of the course.

- **The Administrative Block:** At the entrance of the campus exists the Administrative Block. This consists of the official cum residence of the Administrative Staff comprising of the Director, Dean of Studies and Procurator.
- **The Main Chapel:** In the heart of the campus is a beautiful and artistically designed octagonal chapel where regular Holy Mass is celebrated, retreat talks are preached, prayers services, personal prayer, mediation as well as choir practice, and other spiritual activities take place. The chapel is available to the participants for their spiritual usage.

- **The Residential Block:** In the residential block there are 36 well-furnished self-contained double rooms, 6 single rooms spread out on the ground, first and second floors, a dining hall and kitchen is on the ground floor, the lecture hall where all the academic sessions take place is situated on the first floor, the library cum computer lab which is meant for research work is on the second floor. The highlight of this block is the newly constructed **Adoration Chapel**, built mainly for the inmates of the course, providing serenity and silence available round the clock for one to be in total personal divine communion with the Lord. Beyond the residential block is a playground where various games and sports activities are conducted for the inmates. There are besides, separate quarters for the auxiliary staff.

The whole campus is eco-friendly, luxuriant with garden greenery with many birds nesting, a few domestic animals sheltered, and select trees of fruits and flowers intended to create an ecological atmosphere and have direct nature experience.

CITY OF MYSURU:

The city of Mysuru where Dhyanavana is situated has many special attractions. It is fast emerging as one of the best tourist attractions in India. It is an ancient royal city with artistic palaces, rich museums, a bird-sanctuary, an internationally acclaimed zoo, beautiful gardens (most famous being 'Brindavan') and entertainment parks. It is also an academic center with two universities, namely, The Karnataka Open University, and the University of Mysore, which is one of the most ancient and one of the best-valued Universities in India. Besides, Mysuru has a number of Colleges, Seminaries and other educational institutions of higher learning and culture. It is the cultural hub of Karnataka. It is also a religious center with a number of temples, churches (in particular the neo-gothic, St. Philomena's Cathedral) and ancient monuments (specially the Maharaja's palace). Its climate is generally pleasant refreshing and salubrious throughout the year.

ACCESS TO DHYANAVANA:

Dhyanavana is right within the city of Mysuru. It is situated in R.S. Naidu Nagar in III stage of Kesare beyond Rajendra Nagar and is about 5 kilometers from the suburban bus-stand and from the railway station. It is easily accessible as it almost touches the ring road on the northeastern side of the city, close to Bangalore gate, immediately next to the well-known shrine of Infant Jesus at Pushpashrama. The numbers of bus routes by which Dhyanavana is accessible are 178,178A,178B,178C, 178D,T3. These busses start from the city bus-stand and pass by the suburban bus-stand on their way to Dhyanavana. There are buses also from the railway station to city bus-stand. Arrivals from Bangalore by road may alight at the 'Columbia Asia Hospital' (Ring Road), which is about a kilometer from Dhyanavana.

AIMS AND OBJECTIVES

Motto: Caritas Semper Vivit – Love lives forever (cf. 1Cor 13:13) Objectives:

To promote a deeper understanding of human person and evoke authentic commitment to evangelical discipleship today and living it out radically in the consecrated religious life through:

- Giving finishing touches to personal growth and mature integration.
- Deepening one's personal commitment to Christ by an in-depth study of Bible and theology.
- Learning the art of loving and living in faith with courses on foundation and facets of spiritual life.
- Acquainting with methods of prayer and contemplation.
- Involving in the liturgical animation and community building.
- Making use of opportunities for spiritual direction and evolving realistic life project.
- Reflecting on Indian and other Non-Christian world views and spiritual insights.
- Participating in the live-in community experience.
- Initiating into the art of counseling and helping ministry.
- Preparing effectively for the eventual administrative, formative or pioneer pastoral ministry.

PATRONESS OF DHYANAVANA

Edith Stein (St. Teresa Benedicta of the Cross) was born on 12th of October, 1891 at Breslau, then Germany into a devout Jewish family. She began her early education at Victoria School at Breslau. Thereafter, she studied in Breslau University. Although at the beginning psychology fascinated her later she was attracted by philosophy, therefore, she went to the University of Goettingen and Freiburg for her further studies. She completed her doctoral studies with the dissertation *On the Problem of Empathy* under Edmund Husserl, the father of phenomenology. After her studies she assisted her mentor in organizing his philosophical wisdom. As a young girl she had stopped practicing religion. Her visit to Theodore and Hedwig Conrad-Martius in 1921 changed her life. It is at their place that she read the *Life of St. Teresa of Jesus (Avila)*. She was not only attracted to Catholic faith but also to become a daughter of St. Teresa in the Cloistered Carmel. Although immediately she got converted to Catholicism she had to wait for the opportune time to enter the Cloistered Monastery. In the year 1933 on October 14 she joined the Cloistered Carmel at Cologne. On the 15th of April, 1934 she received the habit and took the name sister Teresa Benedicta of the Cross. Due to the Nazi persecution in Germany, the community transferred her to Echt Carmel in Holland. When the Nazi rule invaded Holland she was deported to Aushwitsch concentration camp. It is believed that on the 9th of August 1942 she died in the gas chamber. She was beatified as martyr by Pope John Paul II on 1st of May, 1987, and was canonized on 12th of October, 1998. On 1st of October, 1999 she was named as one of the co-patronesses of Europe along with St. Bridget of Sweden and St. Catherine of Siena. The life of Edith Stein is a step by step unraveling of the divine plan for her. She realized this and accepted it in faith by saying "What did not lie in my plan lay in God's plan". Dhyanaavana – International Institute of Spirituality, is placed under the patronage of this great Carmelite Saint who inspires the students and participants to become lovers of learning and seekers of the truth by gleaning from what is best in the Sacred Scriptures, Christian Spirituality, Theology and other human sciences.

THE PROGRAMME OVERVIEW

The Academic Programme of the International Institute of Christian Spirituality – Dhyanaavana, is intended and geared to give the student a panoramic view of the curriculum of formation developed by the Institute. The topics and themes dealt-with in this institute are well thought

out to give a comprehensive and intense encounter with all the fields of knowledge required for a consecrated person taking into account the challenges of our times. It also enables the student to participate with clarity in the mainstream spiritual reflection, enrich for one's own life and calibrate for future ministry.

Affiliation and Recognition:

Dhyanavana institute is recognized by Teresianum, Rome, the Pontifical Faculty of Spirituality, hence the qualification obtained here is recognized at the graduate level in any catholic university world over. Besides the institute is also affiliated to St. Philomena's College (Autonomous) Mysuru.

Diploma / Certificate:

An academic diploma (9 months) or certificate (less than 9 months) will be awarded to successful candidates. The Diploma students will obtain along with the diploma, the grade obtained for the research paper, the details of subject wise marks, the results of group assignments as well as the grade for internal assessment.

LIBRARY / COMPUTER LAB

Library is the storehouse of knowledge. Everyone is encouraged and invited to make generous use of the library and other study material.

Time to time the library is updated with new books adding to a collection of more than 10,000 books. The storage consists also of journals, periodicals and magazines as well as the research work / thesis completed by the previous batches, making it a source of material available for the research work and also to read and enrich one's knowledge.

When the revolution in telecommunication and mass media is ever on high beat, the religious are to be equipped at least with the basic knowledge of computers and internet maneuver. The institute has updated and installed the modern computer lab and mass media studio which is placed at the disposal of the students and research scholars. For academic quality and excellence the institute expects all written assignments which form part of the academic curriculum to be done on computer and in prescribed format.

GEMS AND PEARLS....I TREASURE FOR LIFE!

The course "Spirituality of Wisdom Literature" explored the spiritual aspect of spirituality, it has provided profound insights into the nature of existence the meaning of life, and the Pursuit of inner peace and enlightenment. It could help me to navigate the spiritual journey and grow deeper in fulfilment. I learned from the Wisdom Literature to make wise decisions and self-reflection in my religious life. It's great to achieve guidance and enthusiasm for integrating these teachings into my spiritual practice. Wisdom Literature emphasizes virtues such as compassion, kindness, gratitude, and self-reflection. I will apply this in my life by incorporating these values into my daily life and interpretation with others. I am very grateful for the guidance for my spiritual journey which enriched me through the Wisdom of Literature.

- Sr Sarita, SJS

Fundamentals of Prayer: - We've delved into the depths of contemplative prayer, exploring its rich history, profound techniques, and transformative power. We've embarked on a journey of self-discovery, seeking to deepen our connection with the divine and cultivate a sense of inner peace and spiritual fulfilment.

It is very useful to continue on my spiritual journey with the same passion and curiosity that demonstrated in this class. The lessons and practices I have explored together serve as guiding lights on my path, leading me ever closer to the divine and a deeper understanding of self. This class has been a privilege and support to learn and grow in my religious life and mission.

- Sr Jeesa Grace, CMC

The course Christology has deepened my understanding of Christian beliefs and theology. This course has given me insights into Jesus' divinity and humanity and role in salvation and also it informs me about personal faith, ethical principles, and the mission of the church in the world.

- Sr Jesika Lepcha, SJC

Through the theology of the synoptic gospels course, I gained a deeper understanding of the life and teachings of Jesus Christ. One of the most significant things I gained from this course is a deeper connection to Jesus as a person. By studying the historical context and literary features of the Gospels, I have been able to see Jesus more clearly as a teacher, healer, and friend. Moreover, studying the Synoptic Gospels has helped me to see the interconnectedness of Scripture and to understand the overarching narrative of God's plan for salvation. This has enriched my prayer life and helped me to develop a more personal relationship with Him.

In my religious life and mission, the insights I have gained from this course have been very important and valuable. I now feel more equipped to share the Gospel message with others in a way that is relevant and meaningful. I have a greater appreciation for the challenges faced by the early Christian communities and can draw inspiration from their faith and perseverance.

- Sr Manjula Lakra, CSJ

The Virgin Mother of the Incarnate Word of God Jesus: On the 24th of February 2024, while I was writing my Gratitude Journal, I felt a deep sense of transformation in my life through Mariology. My life became so

sensitive to sin, having reflected on Mary's life of Holiness. The Triple Virginity of Mary transformed my life. The course was so informative and heart-touching to know. How God prepared a mother for His Son Jesus the Incarnate One. For this refreshment of God's Son, a mother was needed to give Him a human nature. God kept Mary pure and sinless before her birth to be the Ark of the Covenant. After I go, I will impart this knowledge through classes on Mariology to our novices and juniors of the congregation.

- Sr Elizabeth Fernandes, MSA

The course Spiritual Wealth Of Psalms has helped me to get into a deeper level of understanding. Psalms taught me to neither ignore my pain nor let it determine my life. God will fulfil His promises from the Torah and send the Messiah. In every situation of my life, I can get answers from the books of Psalms. I'm thankful to Dhyanaavana Institute for choosing this course with the learned professor.

- Sr Vimala Rani, IBVM

The course Emotional Healing and Formation was very helpful for me in understanding my own emotions and those of others. God has created human beings in his image and also with different emotions. Emotions are part of my life. This course helped me to pause and rethink the situation when I face negative emotions. This helped me a lot to be aware of myself. People are different and they act differently I need to accept the situation and to find the sacred in the daily and ordinary life my happiness is in union with God. Thank you so much for the course which helped me a lot to think about the situation to handle my emotions and to surrender everything to God the Almighty.

- Sr Irudaya, FSC

Growing in Consecrated Life in the process of developing self-identity, nurturing meaningful relationships with God and others or with a higher power, communing with nature, and recognizing transcendence and unity Religious vocation is a divine call from God one who is responding to it is expected to become Christ-centred we are all aware of the treasure which the gift of the consecrated life in the variety of its Charism and institutions. However, I am grateful to those who guided me during the course and made consecrated life meaningful by immersing myself in scripture and growing to love and worship God.

- Sr Shimtilin Nongspung, FSC

The course on Liturgy and Prayer by Fr. Joseph Marie Joseph was something special and informative with new meanings on the Liturgy of the Hour and Holy Mass. I came to know the richness of how the Paschal Mystery is the centre of the Liturgy of the Hours and our connectedness with the Universal Church through this prayer. This gave me the feeling of oneness with the Catholic Church which has brought the improvement in my way of prayer.

This course has deepened my knowledge about the Celebration of the Eucharist and the purpose of it. Each part of the Liturgy is important and has its significance. My understanding and reverence have increased after this course. I appreciate Fr. Joseph for his commitment and dedication in teaching us patiently and for the vast knowledge of the topic he has, which was so obvious in his teaching.

- Sr Pratima Hemrom, FC

I feel privileged that I got such a golden opportunity to attend the course on Counselling Skills and Human Wholeness in Formation by Sr. Juliana UFS. This course has given me useful insights and inspiration for developing an inner peace to grow personally, accepting individual differences, and encouraging me to mingle with other people. The meeting with new people around and all the activities played an important role in the development of my religious formation. It helped me to prepare myself to become a good leader, a sincere and dedicated religious person. It has opened new possibilities for growth and development in an integrated person.

- Sr Sushila, SJS

Soul Seer: Journey into Prophetic Spirituality: Prophetic spirituality offers a profound path towards inner wisdom and divine connection, guiding seekers to unlock the mysteries of their souls and embrace the whispers of the universe with grace and reverence. From engaging with prophetic spirituality, I gained deeper insight into myself, a heightened awareness of the interconnectedness of all things, and a profound sense of purpose and guidance in navigating life's journey. Prophetic spirituality can serve as a guiding light in one's religious life and mission by providing clarity, inspiration, and a deeper connection to the divine. It helps me to align actions with higher principles, cultivate compassion and empathy, and navigate challenges with wisdom and resilience.

- Sr Suseela Badugu, HFB

The course "Empowerment of Women: Biblical Perspective" has helped me in my personal growth and encouraged me to recognize and appreciate the strength and abilities of women around me and especially helped me to promote respect and equality. It motivated me to pursue my goals and aspirations knowing that I am valued and capable of making a positive impact in my Community, Society, and in the world.

- Sr Prava Sarkee, SJC

Dispense of Grace is Sacrament: External signs of inward grace are called sacraments. The course of sacramental spirituality has enriched my mind and fruitfully gained knowledge. It dispenses divine life and Grace. I appreciate this wonderful class which sparks my insights and inspiration to develop my aspects and in my mission level. I am very grateful for this grace-filled class.

- Sr Angel Jasmine, SMMI

Contemplative Spirituality: I am an Apostolic Carmel Sister. We are called to be contemplative in action. The word Contemplation means "To think about an action before you perform it." It means to be union with God." As a religious it has helped me to be united With God and to be aware of His presence. Now my attitude has changed and I have become a calm, patient, and understanding person. The fruit of the prayer is seen in my life and my relationship with my community members, school, and others. This course is very important to all the religious and there is no doubt that it helps in the mission too.

- Sr Leonilla, AC

Personality Integration in Formation is an important aspect of personal growth and well-being. Formation refers to the ongoing development and shaping of one emotional intelligence, resilience, and coping skills.

Both emotional, healing, and formation are essential for building and strong foundation for mental and emotional well-being. Through this class, I have learned to balance myself. I learned to be more patient, compassionate, and positive.

- Sr Vijaya Rani, JMJ

The course Skill Management has enriched a variety of valuable insights and talents that could enhance my personal life and the mission. I highly appreciate the opportunity that I got to learn and grow through this educational journey. Also, it gives me an occasion to apply these similar principles to my spiritual growth and service to others.

- Sr Mary Teresa, CSAC

During the three-month course, I strengthened my prayer life. I Learned songs and English hymns to praise God. I am taken by the Covenant Spirituality and the Empowerment of Women from a Biblical perspective. I appreciate the father's simple lifestyle and teachings. I am using this to take Sunday catechism creatively. I find the theological meaning to certain passages in my reflection and mission.

- Sr Maria Pushpam, FIHM

Trinitarian Spirituality offered a profound understanding of God as a dynamic and loving community of Father, Son, and Holy Spirit. It emphasized the interconnectedness of all believers, fostering a sense of unity amidst diversity. Through its rich theological framework, it provided a guiding light for deepening my relationship with God and with others. Trinitarian spirituality invites contemplation of the mystery and wonder of God's triune nature, inspiring awe and reverence. Its transformative power ignites hearts with the fire of divine love, empowering believers to embody the grace and compassion of the Triune God in their lives.

- Sr Joppy, MSJ

Schools of Spirituality showed diverse paths for seekers to deepen their connection with the divine, catering to the varied spiritual needs and temperaments of individuals. Each school, whether mystical, ascetic, or contemplative, presents a unique lens through which to encounter the sacred, enriching the spiritual journey with wisdom and insight. These schools provided time-tested practices and teachings that guide practitioners like me towards inner transformation and enlightenment. By embracing a multiplicity of approaches, schools of spirituality foster inclusivity, recognizing the richness found in different traditions and perspectives. Ultimately, they serve as vibrant wellsprings of inspiration, nurturing the soul's quest for meaning, purpose, and communion with the divine.

- Sr Maria Basumatary, SJC

Catechetical Spirituality served as a vital cornerstone in nurturing the faith of sisters, providing a structured and systematic approach to Christian education. It offered a comprehensive understanding of core beliefs and teachings, equipping individuals with a solid foundation for spiritual growth. Through catechesis, I am guided on a transformative journey of discovery, deepening my relationship with God and the Church.

Its emphasis on instruction, reflection, and application fosters a dynamic and vibrant faith community committed to living out the gospel message.

- Sr Sunaphula, SSS

The Canonical Aspects of Religious Life provided a framework of order and discipline, grounding communities in their spiritual and communal practices. They offered guidance and structure, ensuring fidelity to the teachings and traditions of the faith. Through adherence to canonical norms, religious communities cultivate a sense of unity and coherence, strengthening their collective witness to the world. These aspects serve as pillars upholding the integrity and continuity of religious traditions, enriching the spiritual journey with a sense of rootedness and authenticity in my religious life.

- Sr Ezhil Aarasi

The Mission of the Holy Spirit is a divine outpouring of guidance and empowerment, guiding believers towards truth and righteousness. Through the Spirit's work, hearts are transformed, and lives are renewed, fostering a deeper intimacy with God. Its unceasing presence ignited a passion for spreading love, compassion, and justice, inspiring me to fulfil my calling in the world. The Holy Spirit's mission transcends boundaries, uniting diverse believers in a common purpose of building God's kingdom and proclaiming the Good News to all nations.

- Sr Patricia Dias, HM

Mission Exposure Programs conducted over three days provided invaluable insights into diverse cultures, communities, and societal challenges. I gained a deeper understanding of global issues and developed empathy towards marginalized populations. These experiences cultivate a spirit of solidarity and compassion, motivating individuals to engage in meaningful acts of service and advocacy. Through hands-on learning and interaction, mission exposure programs inspired transformative action and a renewed commitment to social justice and humanitarian causes.

- Sr Rasmita Tete, SJS

The Youth and Family Apostolate plays a crucial role in nurturing the faith and values of the next generation. It provides a supportive and inclusive community where young people and families can grow spiritually and emotionally. Through dynamic classes and group dynamics, it helped me to live out their faith authentically in today's world. This course challenged me to have a profound commitment to building a vibrant and resilient faith community.

- Sr Premilata Minj, MSJ

The Theology of Evangelization offers a profound understanding of spreading the Gospel message with love and compassion. It emphasizes the importance of meeting people where they are and engaging in dialogue with respect and understanding.

Through theological reflection and practical application, it equips believers with the tools to effectively communicate the transformative power of Christ's message.

This theology inspires a holistic approach to evangelization that encompasses both proclamation and witness, fostering genuine relationships and fostering spiritual growth in individuals and communities.

- Sr Sangeeta, MSI

The Mission in the Indian Context, focusing on civil code and human rights, is a beacon of hope for justice and equality. This course addressed systemic inequalities and advocates for the rights and dignity of all individuals, regardless of background or status. This course enriched me with practical guidelines and answers and I realized that through education, advocacy, and empowerment, it seeks to transform societal structures and promote inclusivity and social harmony. This mission reflects a commitment to upholding the principles of democracy and human rights, fostering a more just and equitable society for all citizens.

- Sr Lilly Mulak, OSF

Ethics and Spirituality intertwine to guide individuals towards moral integrity and spiritual growth. Ethics provides a framework for discerning right from wrong, while spirituality offers a deeper connection to the divine and inner wisdom. Together, they foster a harmonious balance between moral principles and spiritual values, shaping character and behaviour. This partnership inspired me to live with integrity, compassion, and reverence for the sacred in all aspects of life.

- Sr Anisha, SJC

Historical Books serve as invaluable windows into the past, offering insights into the events, cultures, and people that shaped our world. They provide a rich tapestry of narratives, documenting the triumphs, struggles, and complexities of human civilization. Through these accounts, I gained a deeper understanding of the forces that have influenced society's evolution and development. Historical books inspired reflection, empathy, and appreciation for the diverse experiences and perspectives that have contributed to our collective heritage.

- Sr Rekha Dama, MSI

Pauline Spirituality is a dynamic journey into the heart of Christianity, drawing upon the teachings and experiences of the Apostle Paul. It emphasizes a deep relationship with Christ, rooted in faith, love, and obedience. Through Pauline spirituality, I am invited to embrace the transformative power of grace and to live out my faith with passion and zeal. Its focus on evangelization, prayer, and service ignited my heart with a fervent desire to spread the Gospel and build God's kingdom on earth.

- Sr Josephine Lepcha, SJC

Media Mission serves as a powerful tool for spreading messages of hope, truth, and compassion across the globe. Through various mediums such as television, radio, and the internet, it reaches diverse audiences, transcending geographical and cultural boundaries. Media mission fosters dialogue, understanding, and empathy, sparking positive change and transformation in individuals and societies. Its innovative approaches and creative storytelling inspired me to have a deeper reflection, engagement, and a close connection with the values of justice, peace, and solidarity.

- Sr Sirisha, MSI

Pastoral Letters offer timeless wisdom and guidance to communities, addressing their spiritual needs and challenges with care and compassion. Through their words, readers find solace, encouragement, and practical advice for navigating life's complexities with faith and resilience. Similarly, the Book of Revelation captivates with its vivid imagery and prophetic insights, inviting contemplation of divine mysteries and the ultimate triumph of good over evil. Both pastoral letters and the Book of Revelation serve as sources of inspiration to me, offering glimpses into the eternal truths that are sustained through trials and triumphs alike.

- Sr Nirmala, CSJ

Religious Formation in the Modern World adapts timeless spiritual traditions to the contemporary context, nurturing faith and discipleship amidst changing times. It provided individuals with the tools and resources to deepen their understanding of their faith and live it out authentically in today's society. Through innovative approaches and engagement with diverse perspectives, religious formation fosters a vibrant and relevant spiritual journey. It equipped me to navigate the complexities of the modern world with wisdom, compassion, and a steadfast commitment to my religious values.

- Sr Shobitha, OSsS

Introduction to the New Testament serves as a foundational guide for exploring the origins, themes, and context of the Christian scriptures. It offered me invaluable insights into the historical, cultural, and theological background of the New Testament writings. Through its comprehensive analysis, I gained a deeper appreciation for the diverse voices and messages within the New Testament, enriching their understanding of Christian faith and tradition. This introduction fostered a deeper connection to the sacred texts, inspiring reflection, study, and spiritual growth in me.

- Sr Lily Grace, IBVM

Theology of Prayer delves into the profound mystery of communion with the divine, offering insights into the nature and purpose of prayer. It guided me in understanding prayer as a transformative encounter with God, deepening their relationship and intimacy with the Divine. Through theological reflection, I gained a deeper appreciation for the power of prayer to shape the heart, mind, and life. This theology inspired reverence, humility, and awe, inviting me into a deeper understanding of myself and the One to whom I pray.

- Sr Jessie Rai, SJC

Johannine Spirituality unveils the profound depths of God's love through the lens of the Gospel of John and Johannine writings. It invited me into an intimate relationship with Jesus Christ, the Word made flesh. Through its rich imagery and theological insights, Johannine spirituality illuminated the path to spiritual enlightenment and union with God. Its emphasis on divine love and eternal life inspired me to abide in Christ and bear witness to the transformative power of God's grace.

- Sr Jisha, JMJ

Psycho-Spiritual Integration bridges the gap between psychological understanding and spiritual growth, offering holistic healing and transformation. It acknowledges the interconnectedness of mind, body, and

spirit, fostering harmony and balance in individuals' lives. Through this integration, deep-rooted issues can be addressed with both psychological insights and spiritual practices, leading to profound healing and personal development. This approach honours the complexity of human experience, guiding individuals towards wholeness and a deeper connection to their inner selves and the divine.

- Sr Anet Lepcha, IBVM

In our music class, the atmosphere brims with creativity and passion, as melodies intertwine with the air, weaving tales of emotion and expression. Under the guidance of our instructor, each session becomes a journey of discovery, exploring the diverse realms of rhythm, harmony, and composition. Through hands-on engagement and insightful instruction, we delve into the intricate layers of musical theory, gaining a deeper understanding of the art form's nuances.

As I reflect on the invaluable lessons learned and the moments of musical enlightenment shared, I extend my heartfelt appreciation to our instructor for his dedication, expertise, and unwavering passion for nurturing our musical growth. His guidance has enriched my life, instilling in me a lifelong love for music and its boundless possibilities.

- Sr Jyoti, MSI

Public speaking is a transformative art that empowers individuals to convey ideas with confidence and clarity, captivating audiences and inspiring change. Through structured practice and feedback, sisters refine their communication skills, mastering the art of persuasion and rhetoric. In the realm of public speaking, participants embark on a journey of self-discovery, uncovering their unique voice and style. Appreciation for public speaking extends beyond its practical utility, as it fosters personal growth and cultivates leadership qualities. With each speech delivered, we not only convey messages but also leave a lasting impact, enriching discourse and shaping the world with our words.

- Sr Teena, MSI

The spiritual retreat is a sacred journey, a profound exploration of the soul's depths and mysteries. Amidst tranquil landscapes or sacred spaces, participants embark on a quest for inner peace and enlightenment. Through meditation, reflection, and communal sharing, hearts are opened, and spirits uplifted. The retreat offered a sanctuary for spiritual renewal, where I found solace and guidance on my path toward greater self-awareness and connection to the divine. Gratitude flows for the facilitators who curated this transformative experience, nurturing a space for profound healing and spiritual growth.

- Sr Bertha, SCS

ACADEMIC PROGRAMME

2023 - 2024

SEMESTER	SL.NO.	DATES	SUBJECTS	PROFESSORS
1st SEMESTER  Prayer and Scripture	1.	June 25	Arrival	
	2.	June 26 - 27	Orientation	Dean / Director
	3.	June 28 - 30	Methodology of Scientific Paper	Dean / Director
	4.	July 1	Animation to life of Prayer	Dean / Director
	5.	July 2 (Sun)	Inauguration of the course	
	6.	July 3 - 7	Theology of Prayer	Fr. Jeevan Touro OCD
	7.	July 10 - 14	Fundamentals of Contemplative Prayer	Fr. Oswald Crasta OCD
	8.	July 17 - 21	Spiritual Masters: Classical and Modern	Fr. Wilfred Rodrigues OCD
	9.	July 24 - 28	Intro to O.T., Pentateuch and Covenant Spirituality	Fr. Prasanna Kumar OCD
	10.	July 31 - Aug. 4	Historical Writings	Fr. Lal Karappilly
	11.	Aug. 7 - 11	Spiritual Wealth of Psalms	Fr. Augustine Robert OCD
	12.	Aug. 14 - 18	Johannine Literature and Spirituality	Fr. Patrick OFM Cap
	13.	Aug. 21 - 26	Spirituality of Wisdom Literature	Fr. John Vathappally
	14.	Aug. 28 - Sept.1	Intro to New Testament and Pastoral Letters	Fr. Lal Karappilly
	15.	Sept. 4 - 8	Empowerment of Women: Biblical Perspective	Sr. Virginia Rajakumari
	16.	Sept. 11 - 15	Theology of Synoptic Gospels	Fr. Augustine Robert OCD
	17.	Sept. 18 - 22	Pauline Spirituality	Fr. Anthony Raj MSFS
	18.	Sept. 24 (Sun)	Institution Day	
	19.	Sept. 25 - 29	Prophetic Spirituality	Fr. Richard D'Souza OCD

2nd SEMESTER  Consecrated Life and Spirituality	20.	Oct. 2 - 6	Emotional Healing and Formation	Sr. Lilly Chacko SHMI
	21.	Oct. 9 - 13	Trinity - Indwelling and Spiritual Awakening	Fr. John Sequeira OCD
	22.	Oct. 16 - 20	Growing in Consecrated Life	Fr. Richard Menezes OCD
	23.	Oct. 23 - 27	Religious Formation in the Modern World	Fr. Lancy Louis OCD
	24.	Oct. 30 - Nov. 3	Canonical Aspects of Religious Life	Fr. Sunil D'Souza
	25.	Nov. 6 - 10	Counseling Skills and Human Wholeness in Formation	Fr. Juliana Pinto UFS
	26.	Nov. 13 - 17	Catechetical Spirituality	Fr. Gilbert Choondal SDB
	27.	Nov. 20 - 24	Personality Integration in Formation	Fr. Don Tony D'Souza
	28.	Nov. 27 - Dec. 1	Contemplative Spirituality	Fr. Deep Fernandes OCD
	29.	Dec. 4 - 8	Sacramental Spirituality	Fr. Rathan Almeida OCD
	30.	Dec. 11 - 15	Comprehensive Exams	Fr. Rathan Almeida OCD
	31.	Dec. 17 - 19	Christmas Celebration	
	32.	Dec. 19 - 30	Christmas Holidays	
	33.	Dec. 31	Arrival	

3rd SEMESTER  Mission and Evangelization	34.	Jan. 1 - 5	Psycho Spiritual Integration	Fr. Jovel Oliver OCD
	35.	Jan. - Feb. (every Saturday)	Mission in Indian Context-Civil Code / Human Rights	Mrs. Preethi
	36.	Jan. 8 - 12	Christ: Unique and Universal Savior	Fr. Rathan Almeida OCD
	37.	Jan. 15 - 19	Missiology of the Holy Spirit	Fr. Rovel D'Souza OCD
	38.	Jan. 22 - 26	Ethics and Spirituality	Fr. Archie Gonsalves OCD
	39.	Jan. 29 - Feb. 2	Indian Christian Spirituality and World Religions	Fr. Dominic Vas OCD
	40.	Feb. 5 - 9	Liturgical Spirituality	Fr. Joseph Marie J.
	41.	Feb. 12 - 16	Human Resource Development and Communication	Fr. Joy Francis OCD
	42.	Feb. 19 - 23	Mary the First Missionary	Fr. Vinod Lobo OCD
	43.	Feb. 26 - March 1	Mission Exposure (Classes and Village Experience)	Fr. William Miranda OCD
	44.	March 4 - 8	Comprehensive Exams	Fr. Rathan Almeida OCD
	45.	March 10 - 16	Retreat	Fr. Regan OCD
	46.	March 17 - 18	Preparation for Convocation	
	47.	March 19	Convocation	
	48.	March 21	Thanksgiving Day / Departure	

Down Memory Lane.....!

BATCH 27: 2023 – 2024

JUNE 2023

- 25.06.2023:** The most awaited day dawned upon the Dhyanaavana family with the arrival of sisters from different Congregations. For some reasons few sisters could not arrive on the assigned date and these joined the batch later.
- 27.06.2023:** An ice-break session, unique, lively and spontaneous was conducted for the participants by Fr. Augustine Robert, OCD, the Dean of studies of the Institute, through which the group became acquainted with each other. He also taught two action songs.
- 28.06.2023:** We had the orientation session by Fr. Rathan Almeida, OCD, the Director of the Institute along with Fr. Augustine Robert, the Dean and Fr. Dolphy D'Souza, OCD, the Administrator. Each shared his responsibility and the things they expect from us here in this Institute. They put us on the right track.
- 29.06.2023:** Fr. Augustine Robert guided all of us regarding Methodology of Scientific paper in a simple, systematic and interesting way. We learnt how to write a scientific paper.
- 30.06.2023:** Fr. Rathan Almeida took up a session during which the participants were divided into groups and duties were also assigned. Individual responsibilities were voluntarily taken up for the smooth running of the Institute.

JULY 2023

- 01.07.2023:** It was the first Saturday of the month and it was for the first time that we had a special hour with Mother Mary as we recited the rosary. The Hail Marys were sung in vernacular languages which helped us to meaningfully devote ourselves to our heavenly Mother.
- 02.07.2023:** We had a twin celebration – Solemnity of St. Thomas, Apostle to India and the birthday of Fr. Augustine Robert, the Dean of the Institute. The Chapel, refectory and the entrance of our Institute were decorated. Fr. Oswald Crasta, OCD, the Rector of Pushpashrama, Institute of Philosophy and Religion preached a meaningful homily. Fr. Juze D'Souza, OCD, Administrator of Dhyana Sadhana and Fr. Charles Serrao, OCD were concelebrants along with Fr. Rathan and Fr. Dolphy. Later on Fr. Lancy Lovis, OCD, Fr. Wilfred Rodrigues, OCD and Fr. Wilson, OCD joined the celebration. We wished the birthday baby in the refectory which was followed by a sumptuous meal. It was indeed a memorable day.
- 03.07.2023:** We began our New Academic year on this day. Fr. Alphonse Britto, Councilor in-charge of Spirituality inaugurated the course with Solemn Eucharistic Celebration. He narrated the episode of a Monk and a follower. The monk met him once a week and enquired about his spiritual journey. He had to express in two words. First time he told "Cold food". Second time "Hard bed" and third time "I Quit".

This episode gave a lot of food for thought needed to adjust to the difficulties of life and to persevere till the end of our lives.

03.07 -

07.07.2023: We began the classes on "Theology of Prayer" by Fr. Jeevan Tauro OCD. He made it interesting and vibrant by his melodious singing of the Hymns, Psalms and Canticles from the Divine Office. He also dealt on themes like: "The Lauds and the Paschal Mystery," "Real Presence of Jesus in the Eucharist" and "Mariam Rosary - It's Biblical and Theological Appraisal," which helped us to pray the Divine Office meaningfully and with unction.

07.07.2023: We paid a short visit to Infant Jesus Shrine at Pushpashrama. We were welcomed with immense joy by the fathers and brothers of Pushpashrama Community and we also had tea in the Philosophate of the Fathers. Fr. Rathan Almeida explained the rich architecture and different historical events of the shrine. We also visited the entire campus - garden and the livestock.

10.07 -

14.07.2023: We had classes on "Fundamentals of Contemplative Prayer" by Fr. Oswald Crasta, OCD. The classes were interesting and useful. It helped us to meditate in a fruitful way and to grow in our prayer life.

10.07 -

15.07.2023: Rev. Sr. Sahana (BS), Provincial of Bangalore Province arrived here to begin her 6-day retreat. It was preached by Fr. Rathan Almeida, OCD, our Director.

15.07.2023: Sisters of St. Joseph of Cluny celebrated their Congregation day by highlighting significant aspects of their Congregation during Lauds. They were also generous in providing us Ice cream and Chicken.

Sr. Sahana (BS) left for Bangalore after finishing her retreat.

16.07.2023: It was indeed a great joy to celebrate the Solemnity of Our Lady of Mount Carmel along with the Carmelite family of Pushpashrama. We celebrated Mass in the Infant Jesus Shrine. Four Junior Sisters of Missionary Sisters of the Immaculate (Nirmala Sisters) renewed their vows. 3 Sisters of the Congregation of Mother of Carmel (CMC) also renewed their vows. After the solemn Holy Eucharist, Scapulars were distributed to all the faithful. In the evening, we celebrated the birthday of Fr. Dolphy D'Souza, the Administrator, with a lovely cultural programme, group wise. We all enjoyed the whole day.

17.07 -

21.07.2023: We had classes on "Schools of Spirituality" - Spiritual Masters - Classical and Modern, by Fr. Wilfred Rodrigues OCD. These classes were enlightening and enriching as it helped us to know about the Spiritualities of different Spiritual Masters which also deepened our

love for our own Order and Congregations. His lively and vibrant presentation helped us to understand the subject better.

21.07.2023: Srs. Joshuna and Sherin, Congregation of Mother of Carmel (CMC) completed their 1-month course and returned to Kerala.

23.07.2023: All the Carmelite Priests and Sisters of Mysuru Diocese had get-together at Flos Carmeli School of the CCR Sisters. Fr. Charles Serrao was the main celebrant along with other OCD priests of Dhyavanava, Pushpashrama, Dhyana Sadhana and Fr. Joseph D'Souza, who preached the Homily, had come from Tapovana, Kushlanagar, the Novitiate community. After the solemn Eucharistic Celebration, we had interesting group games conducted by the Congregation of Sisters of St. Teresa (CSST) and a delicious meal was sponsored by the Carmelite Teresian Sisters (CTS). It was a joyful event where we met most of the Carmelite Priests and Sisters.

Sisters of Brigittine Order celebrated their Foundress' day by highlighting about their order during the Lauds. They shared their joy by providing pomegranates to all the inmates of Dhyavanava.

24.07 -

28.07.2023: Classes on Pentateuch by Fr. Prasanna Kumar OCD broaden our knowledge in knowing the origin of the Bible, and in understanding the geographical background along with the history of different cultures and traditions. He helped us to understand the Bible with a special reference to covenant spirituality and the origin of charisms in the church. Catechist Sisters of St. Ann (CSA) -Srs. Pauline Miho, Manasa, Vijaya, Roja, Swapna, Thanusha and Bindu joined the course as day scholars.

30.07.2023: For the first time we had "Contemplative Sunday." The sisters were left totally free on this day in order to learn self-responsibility and discipline. Sisters made good use of the time offered to them by being with the Lord and in the room in a very fruitful way. There was pin drop silence in the entire campus.

31.07 -

4.08.2023: We began classes on "Historical Writings" by Fr. Lal Thomas Karappily, MSC, Congregation of Missionaries of the Sacred Heart. It enabled us to know and understand the Old Testament in a deeper way.

AUGUST 2023

03.08.2023: Sr. Margaret Kalai, BS, a sister of Bethany Congregation joined the course for a month. We extended her a warm welcome.

07.08 -

11.08.2023: We began classes on "Spiritual Wealth of Psalms" by our Dean Fr. Augustine Robert, OCD

which was interesting, creative and innovative. We learnt a lot about the Psalms and we were enthusiastic to learn and sing the responsorial Psalm for the daily Eucharistic celebration. It was enlightening and very useful for our daily prayer life. Catechist Sisters of St. Ann (CSA) – Srs. Pauline Miho, Manasa, Vijaya Rani, Roja, Swapna, Thanusha, Bindu and Josephine joined this course.

11.08 -

13.08.2023: 3 Claretian sisters (CMF) – Srs. Anthonia, Meshra and Navya from Bannimantap, Mysuru came for three-day retreat as a preparation for the renewal of their vows. The retreat was preached by Fr. Rathan Almeida, the Director of the Institute.

14.08 -

18.08.2023: Fr. Augustine Robert, through his classes on "Theology of Synoptic Gospels" provided us deep insights into the New Testament. His classes were enriching and also informative.

15.08.2023: The Feast of the Assumption of our Blessed Mother and Independence day was celebrated in a grand manner. We attended the Holy Eucharist at Infant Jesus Shrine, Pushpashrama. Later we moved to the portico of our Institute for the hoisting of our National Flag. The flag hoisting was performed with honor and respect by Fr. Rathan Almeida, OCD, the Director of our Institute. As a part of the celebration, the sisters marched, sang a patriotic song and performed a dance. Fr. Rathan Almeida spoke about the significance of our tri-colour flag and inspired us to live a life of courageous and to work for the prosperity of our country. He also recalled the great sacrifices of our freedom fighters. One of our sisters also delivered a speech on Independence day.

16.08.2023: Sr. Maria Leonilla, AC, of the Apostolic Congregation presented her Charism and Apostolate with the help of a Documentary as well as with Power Point presentation.

19.08 -

24.08.2023: Srs. Sunitha and Punitha, USS, Ursuline Sisters of Somasca came to Dhayanavana to attend five-day retreat preached by Fr. Rathan Almeida, the Director of our Institute.

20.08 -

27.08.2023: Sr. Soumyalatha, CSST, Carmelite Sisters of St. Teresa arrived here to attend eight days retreat which was preached by Fr. Rathan Almeida, the Director of our Institute.

21.08 -

25.08.2023: We began classes on "Spirituality of Wisdom Literature" by Rev. Fr. John Vathappall, belonging to the Third Order Regular of St. Francis Assisi (TOR). He helped us to know more about Wisdom in the Old Testament and its impact on the people. It also encouraged us to ask for wisdom from God and to grow in it.

- 22.08.2023:** Sr. Lavina Eaglapthi, belonging to the Apostle of the Holy Family (AHF) joined the course as a day Scholar. We welcomed her to our group.
- 23.08.2023:** Sr. Maria Pushpam, (FIHM) Franciscan Sisters of the Immaculate Heart of Mary, Pondicherry, presented her charism and apostolate through a meaningful enactment and a well-prepared power point presentation.
- 25.08.2023:** Sr. Reena Pinto, belonging to the Congregation of Bethany Sisters (BS) began her eight-day retreat preached by our Director Fr. Rathan Almeida, OCD.
- 26.08.2023:** A half-day Seminar organized by Pushpashrama on "Dynamics of Interpersonal Relationship in Education" was attended by all of us. It was a very useful and informative session especially for teachers, but however we all indeed benefited from it.
- 26.08.2023:** Sr. Joppy Kanjirathumkunnel, Medical Sisters of St. Joseph (MSJ), joined the course and will be here with us till December.
- 27.08.2023:** We had a fruitful Contemplative Sunday led by Fr. Rathan Almeida on the theme "Striving for Spiritual Growth." It gave us sufficient food for thought to reflect on our personal spiritual growth and also on our intimacy with God, and the six points that he explained helped us to spend our time joyfully with the Lord.
- 28.08 -**
- 01.09.2023:** Classes were held by Fr. Lal Thomas Karappily Congregation, Missionaries of the Sacred Heart (MSC) on "Introduction to the New Testament and Pastoral Letters" which provided us a deep insight into the Biblical world. He made his classes simple and interesting.
- 30.08.2023:** Frs. Augustine and Dolphy along with Sr. Maria Pushpam presented the charism of the Discalced Carmelite Order (OCD) in a quiz form imitating "Kaun Banega Crorepati" of Amitha Bachan which was very interesting and informative. They also presented a few more aspects of their charism and apostolate through a Documentary.

SEPTEMBER 2023

- 03.09.23:** It was a day of relaxation, amusement and entertainment as we began our Mysuru Darshan along with Frs. Rathan our Director, Augustine, our Dean and Dolphy, our Administrator. We spent the whole day in Mysuru and visited different historical sites like Chamundi Hills and Mysuru Palace; places of spiritual heritages like Anjali Ashram and St. Philomena's Cathedral as well as some recreational venues like Mysuru Zoo, Shuka Vana and Brindavan Gardens. Nothing could substitute the exuberance, enthusiasm and the joy of being in the company of one another while visiting these places.

04.09 -

07.09.2023: It was a week to learn about "Empowerment of Women: Biblical Perspective" which was dealt by Sr. Dr. Sandiyagu Virgina Rajakumari, belonging to the Sisters of St Ann's of Bangalore (SAB). We learnt that is very important in the modern age to empower oneself from within, as to be of service to the needy according to one's charism. Classes were interesting, vibrant and informative.

04.09.2023: We bade farewell to Sr. Margaret Kalai (BS) who was with us for a month. She too expressed her gratitude to our community and highlighted different aspects that have helped her during her stay over here. She left for Bangalore, her Provinciate, on the next day.

05.09.2023: We celebrated Teachers' Day meaningfully by honouring our Priest-staff and the Resource person of the week. During lunch we wished them with words of appreciation, a well-composed wishing song and finally we presented them our gifts as a token of love. In the evening we had an arranged recreation where all the four groups contributed in different ways to this short programme and we made the day indeed a memorable one.

06.09.2023: Sr.Dr. Jeesa Grace, belonging to the Congregation of Mother of Mount Carmel (CMC) presented the Charism of her Congregation in a very creative way.

08.09.2023: We celebrated the Nativity of our Blessed Mother. There was a meaningful morning prayer conducted by the sisters of the Liturgy group. The Holy Eucharist was celebrated by Rev. Frs. Rathan, Dolphy and Augustine. During the Homily Fr. Rathan enumerated the qualities of a mother and explained the meaning of MARY. In the noon we began with the celebration of the Kerala state festival Onam as we welcomed Mahabali, the mythical beloved King of Kerala, and also witnessed the beautiful Phokolam dance. Later we had a meaningful prayer service, praying for different intentions in various languages. As we also celebrated the festival of the new crops, a typical Mangalorean family feast, our Director blessed the new crop and after mixing it with the milk, distributed it to us all. This was followed by a lovely meal on plantain leaf, delicious and purely vegetable.

11 - 15.09.2023: We had classes by Rev. Fr. Patrick Crasta (OFM. Cap) on "Johannine Literature and Spirituality." He helped us to understand St. John's Gospel in depth through power point presentation and meaningful explanation. He also dealt on other letters written by St. John. It was indeed interesting and enriching.

17.09.2023: The Priests and Sisters from Dhyana Sadana, our sister concern, paid us a passing visit as they were around for Mysuru Darshan. All of us spent some time with each other as they had meals with us. We were happy to welcome and to host them.

18-22.09.2023: Classes on "Pauline Spirituality" by Rev. Fr. Antony Raj (MSFS) helped us to know and understand the missionary zeal of St. Paul, his struggles and pains, sufferings and joys. This indeed created in us an enthusiasm and zeal for mission work.

20.09.2023: Sr. Rasmita Tete, (SJS) joined the group after returning back from answering her II Year Degree examination. We look forward for good results.

23.09.2023: Extra Curricular activities in the name of Talents Day began from 6th September. It gave us an opportunity to exhibit our talents individually as well as in group. Today we had the Grand Finale. The Holy Eucharist was celebrated by Frs. Rathan Almeida, Dolphy D'Souza and Augustine Robert. Fr. Augustine Robert preached a fitting homily using an empty glass representing our life. He reminded us that we are given opportunities here to fill the tumbler with water, juice, gold and diamond.

Majority of the sisters took part in all the competitions organized by the fathers. In the evening we had a cultural programme in which all those who had won prizes performed again. The winners and also participants of different competitions were awarded individually as well as in group on this Institution day. It was a memorable day for us all and we had a sumptuous meal in the class room.

We also bade farewell to Sr. Maria Pushpam (FIHM), Pondicherry, who completed her three-month course in our Institute. She was given a meaningful and heart-touching farewell. Both, during the Eucharistic celebration as well as at the prize distribution ceremony, Fr. Rathan Almeida appreciated her dedicated life and thanked her especially for the services that she rendered as the monitor for the first semester.

24.09.2023: We had Contemplative Sunday. Fr. Augustine Robert, Dean of the Institute, preached on the topic "Religious Life - a community of saints, a house of saint, a paradise of saint, and an abode of saint." He explained us about different types of communities and their practical application. It helped us to introspect our own community and the way of life that we live. We were able to spend time with the Lord in a meaningful way. There was silence everywhere.

25 -

29.09.2023: This week classes on "Prophetic Spirituality" were dealt with by Rev. Fr. Richard Francis D'Souza, OCD. His classes had lot of creativity, as he made the sisters act in groups on different characters of Prophets and modern missionaries. Through his classes we received lot of insights and encouragement to be prophets in the Church as well as in our society.

Fr. Rathan started his classes in Ryshivana, Mangalore on "Church - *Mater et Magistra*" (Church - Mother and Teacher). On his way back he visited Tapovana, the Novitiate of the Carmelites, as he is the confessor of the novices.

- 27.09.2023:** Missionary Sisters of the Immaculate (MSI) presented the Charism of their Congregation with an innovative power point presentation. They also acted out certain scenes pertaining to their charism. It was appreciated by all.
- 28.09.2023:** Srs. Celestina, Deva Priya, Sudha Rani and Swarupa Rani, Sisters of Maestra Pia Filippini (MPF) joined us for the Second Semester course. We gladly welcomed them to our community.
- 30.09.2023:** As the first semester came to a successful finish, Fr. Rathan Almeida, our Director read out the new groups and assigned new duties to individual sisters. He appreciated and thanked the out-going sisters for their wonderful dedication and sacrifice which contributed to the smooth functioning of the Institute. New duties of the second semester would begin from evening.
- Fr. Rathan Almeida, our Director, left for Hyderabad in the afternoon to preach a retreat to the MSI sisters of Hyderabad Province (1-7 October 2023). We wished him and the participants (around 45) all success.

OCTOBER 2023

- 01.10.2023:** Sr. Roselin, Sisters of the Cross of Chavanod (SCC) joined us for the Course for 3 weeks. Srs. Irudaya and Shimtilin, Franciscan Sisters Servants of the Cross (FSC) also joined the course for 3 weeks. Sr. Ezhil Arasi, Congregation of the Immaculate Conception (CIC) joined the community for the Second Semester Course.
- 02.06.10.2023:** We had classes on "Emotional Healing and Formation" by Sr. Lilly Chacko, (SMMI). Her classes with practical examples and questionnaire method helped us to heal our emotional wounds and become emotionally balanced person. Srs. Pauline Meho, Manasa, Vijaya, Roza, Swapna, Josephine and Bindu, Catechist Sisters of St. Ann (CSA) joined us for this course.
- 04.10.2023:** Medical Sisters of St. Joseph (MSJ) presented their Charism in an interesting way through Power Point Presentation.
- 05.10.2023:** Sr. A. Kulandai Mary, Sisters of St. Charles Borromeo (SCB) joined us for 3-week Course.
- 07.10.2023:** Provincial Superior and the Councilor of Missionary Sisters of the Immaculate (MSI), Hyderabad Province paid us a friendly visit and had meals with us. They provided us ice-cream on the birthday of the Councilor.
- 08.10.2023:** The Discalced Carmelites of Karnataka - Goa Province along with Pushpashrama and the Carmelite Family of Mysuru celebrated 150th Birth Anniversary of St. Theresa of Child Jesus. The Solemn Eucharistic celebration was presided over by Archbishop Emeritus Most Rev. Dr. Bernard Moras, the Apostolic Administrator of Mysuru that began at 4 p.m.

This was followed by a grand cultural evening where different school children presented the life and message of this little saint through dance and drama. The celebration ended with a sumptuous dinner.

Fr. Rathan, who had been to Hyderabad to preach retreat to MSI sisters arrived this morning.

08.10.2023: Sr. Dennisal, Franciscan Missionaries of Mary (FMM) attended a week's course in our Institute.

09-13.10.2023: Rev. Dr. John Francis Sequeira OCD explained to us "Trinity -Indwelling and Spiritual Awakening." It helped us to deepen our faith in the Trinity. He explained in an interesting way with his personal experience.

Fr. Rathan Almeida, our Director, began his one-week classes (9-13 October) on "Eschatology - The Last Four Things" for the sisters at Dhyana Sadhana, Mysore.

10.10.2023: Superior General of the Rozarian Congregation Rev.Fr. Justin paid a friendly visit to us along with Fr. Charles Serrao and they joined us for the lunch.

10.10.2023: Franciscan Sisters Servant of the Cross (FSC) presented their Charism in a meaningful way through Power Point Presentation.

15.10.2023: We celebrated the solemnity of St. Teresa of Avila, co-foundress of the Order of the Discalced Carmelites. We participated in the Solemn Eucharistic celebration at Pushpashrama. We rejoiced with the Dhyanaavana Fathers, Carmelites Sisters along with the Sisters of Chembury who celebrated their Foundation Day. They shared their joys by sponsoring egg puffs, prawns biryani and ice-cream.

16.10.2023: Sr. Premilatha, (MSJ) renewed her vows at Mandya in her local community. She shared her joy by providing meat puffs for all.

16 - 20.10.2023: We had classes on "Growth in Consecrated Life" by Rev. Fr. Richard Menezes, OCD. It helped us to know the importance of Consecrated life, the difficulties and the challenges that we face, reasons for leaving the Congregation and causes for burn out. It was very useful and informative as the professor made the classes interesting through apt jokes.

18 - 24.10.2023: Sr. Getsy, Franciscan Missionaries of Mary (FMM) and Sr. Cynthia, Claretian Sisters (CMF) came for their week's retreat at Dhyanaavana. Our Dean, Fr. Augustine Robert, preached the retreat for them.

18.10.2023: Sisters of Dhyanaavana were given an opportunity in the evening to see the flower show, exhibition and other important stalls. They saw the lovely illumination of the city in connection with the Dussehra Festival. Sisters were happy and enjoyed the outing.

19.10.2023: Our Professor, Fr. Richard Menezes, OCD, celebrated his birthday. We prayed for him and wished him good health. He provided us cake and ice cream.

- 19.10.2023:** Sr. Roselin (SCC) presented her charism in a beautiful way through a wonderful Power Point Presentation. We also bade farewell to her as she completed her 3-week course here. She provided us Chicken Puffs as gratitude for her happy stay here.
- Fr. Rathan Almeida began his 8-day retreat (19-26 October) for the Satya Seva Catechist Sisters of Families(SCS) at Bannimantap, Mysuru.
- 20 - 27.10.2023:** Srs. Leena, Sebastiana, Supriya, and Sonia, Daughters of the Holy Cross (FC Sisters) joined for 8-day retreat preached by Fr. Augustine Robert OCD.
- 20.10.2023:** Once again Dhyanaavana Fathers and Sisters went out at 8 p.m. to see the city illumination on the occasion of Dussehra, which was a feast to the eyes.
- 21.10.2023:** We bade farewell to Srs. Irudaya and Shimtilin, FSC who completed their 3-week course here with us.
- 22.10.2023:** All the priests and sisters of Dhyanaavana visited Dhyana Sadhana for a friendly get-together. We were warmly welcomed by Rev. Fr. Rovel D'Souza, OCD, the Director of Dhyana Sadhana. Rev. Fr Archibald Gonsalves, OCD, conducted a short prayer service. We were served good meals with dainty dishes. After lunch, we had different games conducted by both the communities. After having our tea we slowly moved to the next compound to meet the Cloistered Carmel sisters. They warmly welcomed us and we spent some time knowing their daily routine and also gathered some other important information. It was a memorable day for all of us and we all were happy about this visit.
- 23.10.2023:** Srs. Imma Jincy Antony, and Rose Delima Thomas, Sisters of the Visitation Congregation (SVC) joined a Week-Course on "Religious Formation in the Modern World." Srs. Pauline Meho, Manasa, Vijaya, Roja Swapna, Josephine and Bindu (CSA) also joined the same course as day scholars. However, Sr. Thanusha, (CSA) joined the course a day later.
- 23 - 27.10.2023:** We had classes on "Religious Formation in the Modern World" by Rev. Fr. Lancy Louis, OCD. He spoke about the religious formation today and its challenges with his personal experience as a Formator. He helped us to analyse the life-situation of both, the Formator and the Formees. This reminded us of the need to understand the family background of the Formees and to have a soft corner towards them. It was very interesting, useful and informative.
- 25.10.2023:** Sr. A. Kulandai Mary, Sisters of Charles Barromeo (SCB) presented her charism in an interesting way through Power Point Presentation.
- 28.10.2023:** We bade farewell to Sr. A. Kulandai Mary (SCB) who completed her 3-weeks course.
- 28.10.2023:** We were delighted to hear the great news that Rev. Dr. Rathan Almeida, OCD, our Director has been appointed by Karnataka Regional Catholic Bishops' Council (KRCBC) as the Secretary to the Desk of "Theology and Doctrine." Rt. Rev. Dr. Peter Paul Saldanha, the Bishop of Mangalore, heads the Desk.

We wish Fr. Rathan every success in this important mission of the Church. We had ice-cream to mark this significant appointment.

In the evening, Missionary Sisters of the Immaculate (MSI) conducted a very meaningful Mission Rosary. During the rosary we specially prayed for the five continents of the World. During each decade of the rosary sisters group-wise, offered a candle each for one each continent.

29.10.2023: We had Contemplative Sunday and Rev. Fr. Rathan Almeida, OCD gave a talk on "Mary - Model for Missionaries." He began with the missionary journey of Mary, which starts in the announcement by the Angel, and he ended with a thought-provoking message that Mary always leads us to Jesus. He gave seven points to figure out whether we really are good missionaries. We got enough food to reflect and ponder the whole day and it helped us to spend time in a fruitful way. The Sacrament of Reconciliation was a good opportunity to cleanse us of all the defilement and to start anew.

30.10.2023: Rev. Fr. Rathan Almeida, OCD, the Director of our Institute left this morning to Muscat, Oman for a conference and he would later fly from there to Abu Dhabi, UAE for further conferences as he still works as the Moderator of Christian Formation in the Apostolic Vicariate of Southern Arabia (AVOSA). We wished him safe flight and every success in his endeavor there.

30.10 -

03.11.2023: We began classes on "Canonical Aspects of Religious Life," by Rev. Dr Sunil Kumar D'Souza, Professor for Canon Law at St. Peter's Pontifical Seminary, Bangalore. The classes were very informative as he comprehensively explained the rights, privileges and also the responsibilities of religious, which added more clarity to our life as religious.

31.10.2023: Today, being the last day of October, the month dedicated to Rosary, we had candlelight procession in our compound. We melodiously sang all the decades of the Mysteries of the Rosary in different languages and thus paid fitting honor to Mary, Queen and Mother of the Church and also of our families and Religious Congregations. May she guide and protect us all.

NOVEMBER 2023

01.11.2023: This month began with joy in our hearts and smile on our faces as we celebrated the Solemnity of All Saints. To be a saint is not only the privilege of the selected few but also an opportunity for every baptized person. Since our Professor Rev. Fr. Sunil Kumar D'Souza has no patron saint, we celebrated his feast.

01.11.2023: Sisters of the Institute of Blessed Virgin Mary (IBVM, Loreto) presented their charism in a meaningful way through Power Point Presentation.

- 02.11.2023:** We remembered and prayed for all the departed souls of our dear and near ones. Rev. Fr. Sunil Kumar D'Souza remembered each and every one who were gone before us. He offered the Eucharist for all the departed – both known and unknown souls.
- 04.11.2023:** Rev. Fr. Don Tony, OCD started taking classes every Saturday from 3 to 3.45 p.m. on "Formation or Reformation" through Power Point Presentation, practical examples and humor.
- 05.11.2023:** Mission Sunday was celebrated at Pushpashrama. The Sisters of Dhyanaavana joined Pushpashrama for the Eucharistic Celebration. After the Mass all the participants took part in the food court and games. It was well organized and all contributed their mite according to their capacity. Sisters too helped at the Coupon Counter and food court. It went on almost till 1.00 pm noon.
- 06.-10.11.2023:** Classes on "Counselling Skills and Human Wholeness in Formation" by Rev.Sr. Juliana Pinto, Ursuline Franciscan Sister (UFS) helped us to be aware of ourselves. Every experience positive and negative that takes place in our lives has an impact on us. She gave some practical examples and also conducted many activities. We really benefitted from these lectures. Srs. Fatima Novais, Fatima Cardozo, Loretta Pereira, Valentina Vaz, Crina Cardozo, Vailankani Fernandes, Arolina- Sisters of the Holy Family of Nazareth, Goa (SFN) joined this course along with Srs. Antonette Coutinh and Namrita, Sisters of the Little Flower of Bethany, Mangalore (BS), Sr. Dayana Rose, Ursuline Franciscan Congregation (UFS) and Srs. Manasa, Vijaya, Roza, Swapna, Josephine and Bindu, Catechist Sisters of St. Ann (CSA).
- 08.11.2023:** Sisters of Maestre Pia Flippini (MPF -Sisters of Lucy Flippini) presented their Charism in an interesting way through power point presentation.
- 08.11 -**
- 14.11.2023:** Srs. Agnes D'Souza and Sonotri Franciscan Missionaries of Mary (FMM) participated in the retreat preached by Fr. Augustine Robert.
- 13.11.2023:** In the evening we got the news of the sudden demise of Sr. Joppy's dad, Joseph. Immediately Sisters of her Congregation came with their vehicle and accompanied her to her house. We offered the Eucharist and prayed for the repose of the soul of Mr. Joseph.
- 13.11. - 17.11.23:** We had classes by Rev. Fr. Gilbert Choondal, Salesian Don Bosco (SDB) on "Catechetical Spirituality." He explained us how catechism is taught in his parish in an innovative method using different symbols, flashcards and Media in an attractive way. He made the classes interesting through quiz, magic and jumble words.
- 15.11.2023:** The Cluny sisters of Darjeeling highlighted the importance of Bhai-tikka and its meaning and presented beautifully their culture of honoring their brothers in the person of Fr. Augustine Robert.

They conducted a beautiful prayer service regarding Deepavalli with lighted candles. They offered some sweets as a gift to Fr. Augustine Robert. In return Fr. Augustine gave ice-cream to all of us and gift to a sister.

20.11. -

24.11.2023: We had classes on "Formation or Reformation" by Rev. Fr. Don Tony, OCD. He highlighted our Christian Vocation, our ideal and actual self, our needs, values and attitudes through questionnaires, group discussion and power point presentation. It became clear to us how to inculcate positive values in life and to overcome the negative ones. It was interesting and informative.

25.11.2023: Sr. Shobitha, Order of Brigittine, made her six-days retreat as a preparation for her Final Profession under the guidance of Rev. Fr. Dolphy Santhosh D'Souza, OCD.

27.11.2023: Sr. Daisy, Sisters of the Cross of Chavanod joined the course for two weeks.

27.11. -

01.12.2023: Rev. Fr. Deep Fernandes, OCD took classes on "Contemplative Spirituality." He clearly explained the difference between meditation and contemplation. He also enumerated the phases of prayer according to St. John of the Cross and St. Teresa of Avila. He made the classes interesting through video clippings and jokes.

29.11.2023: Sr. Ezhil Arasi, Congregation of the Immaculate Conception (CIC) presented her charism in a meaningful way through a power point presentation and narration.

DECEMBER 2023

02.12.2023: We welcomed the Advent season with a well-organized evening prayer service and the advent wreath. At the end of the evening prayer all got one each person as their Christmas friend.

03.12.2023: After a hectic mission of 5 weeks in Muscat and in Abu Dhabi and after having visited different Emirates as the Moderator of Christian Formation, Rev. Fr. Rathan Almeida OCD returned back to Dhyanaavana early in the morning.

03.12.2023: Contemplative Sunday was postponed because of Christ the King Feast the previous week. Rev. Fr. Augustine Robert, OCD Dean of the Institute enlightened us about Advent, its type, the symbolic meaning of the advent candles and the 3 W's - Watch, wait and welcome. He gave some thought-provoking questions which helped us to spend time with the Lord.

04.12-

09.12.2023: We had classes on "Sacraments" by the Director of the Institute Rev. Fr. Rathan Almeida. He made it interesting and vibrant by his way of teaching, many practical examples and

Power Point Presentation. He clarified many of our doubts and enlightened us of the things which we should avoid during various sacramental celebrations especially during the Eucharist. It was very useful and informative.

06.12.2023:

The Golden Birthday of Rev. Fr. Rathan Almeida started with a meaningful prayer service and a solemn Liturgical celebration by our three resident Priests. A meaningful homily was preached by Rev. Fr. Augustine Robert. In the evening, nearly 15 Priests and Deacons from various Communities, Provincial representatives were present for the Cultural Programme. All the priests and the Deacons appreciated the cultural evening which was packed with variety of performances. These highlighted the personality and talents of our dear Fr. Rathan Almeida. This was followed by a sumptuous dinner.

08.12.2023:

Our companion Sr. Shobitha, belonging to the Brigittines pronounced her Final Commitment in Bengaluru. Fr. Rathan Almeida preached an inspiring homily. All MSI sisters and Sr. Ezhil Arasi went to their respective communities in Bengaluru to celebrate their Foundation Day.

11.12 -

15.12.2023:

First Semester Comprehensive Examinations were conducted during this week.

12.12-

16.12.2023:

Srs. Celestine, Deva Priya, Sudha Rani and Swarupa (MPF); Srs. Joppy and Premilata (MSJ); Srs. Jyothi, Sangeeta, Sirisha and Teena (MSI) presented and defended their thesis on the topic of their research.

13.12.2023:

Rev. Sr. Philomen, the Superior General of the Medical Sisters of St. Joseph along with Sr. Angeline, the Superior, visited Dhyanaavana early in the morning. They had breakfast with us and proceeded to Kerala.

17.12.2023:

We had our anticipated Christmas celebration. A meaningful prayer service in the morning was organized followed by Holy Eucharist which was celebrated by all our three fathers. Fr. Rathan Almeida preached an inspiring and touching homily referring to light, plants and fruit trees that keep on blooming and bearing fruits. Christmas is a season of loving and sharing. In the afternoon at 2.45 p.m. we began visiting the cribs starting from fathers' quarters. All had prepared beautiful cribs in their respective rooms which were visited by the fathers and sisters, singing Christmas Carols.

Our Philosophy brothers from Pushpashrama visited us in the evening singing Christmas Carols.

The long awaited day and hour arrived. We had to reveal our Christmas friends through their actions and share our Christmas gifts with them. Amidst laughter and fun each one mimicked their Christmas friend before exchanging gifts.

- The outgoing sisters after being here for six and three months were awarded with their certificates and were congratulated for their successful completion of the course.
- 18.12.2023:** Nine sisters accompanied by Frs. Rathan and Augustine set out early morning for a picnic to Goa. Rest of the Sisters dispersed from Dhyavanava for their holidays till the 31st December.
- 22.12.2023:** The picnic group returned back to Dhyavanava after having visited some holy places of pilgrimage and some Goan beaches. They remained here enjoying their time cooking some dainty dishes and relaxing.
- 24.12.2023:** The entire community attended Christmas evening mass at Pushpashrama. After returning, there was a small Christmas celebration in the refectory.
- 25.12.2023:** Fr. Rathan Almeida left for Hyderabad to preach a retreat to the MSI sisters. On the following day Fr. Augustine also left for retreat preaching.
- 30.12 -**
- 31.12.2023:** Sisters started returning from their Christmas holidays. They brought many sweets and pastries from their respective communities.
- 31.12.2023:** Sisters attended New Year mass at Pushpashrama.

JANUARY 2024

- 02.01.2024:** Fr. Augustine returned after one-week retreat preaching
- 02.01 -**
- 06.01.2024:** Fr. Jovel Oliver began his classes on Psycho-Spiritual Integration. We had interesting sessions which were practical, relevant and very much helpful.
- 03.01.2024:** Fr. Rathan returned back from Hyderabad after a week-long retreat preaching.
- 03.01.2024:** Fr. Dolphy left for Mangalore for some official work.
- 07.01.2024:** We all attended the annual Infant Jesus feast at Infant Jesus Shrine, Pushpashrama. After the solemn Eucharistic celebration, we were invited for a sumptuous meal in the seminary auditorium.
- 08.01.2024:** Today we were privileged to have with us Rev. Fr. Silvestre D'Souza, the Provincial Superior of the Carmelites of the Karnataka-Goa Province. He offered the Holy Eucharist for us in the morning. It was really a grace-filled moment where he explained us little ways of doing things for Jesus like little flower. Fr. Provincial met us as a group just for an interactive session. We were all touched by the beautiful motivational speech he delivered us on the theme "Walking in Love", focusing on the 150th birth anniversary of the St. Therese, Little flower.

08.01-

12.01.2024: We began our course on the 'Missiology of The Holy Spirit. Our Professor Rev. Fr. Rovel D'Souza, OCD was introduced by Fr. Augustine, Dean of the Studies. Our Professor focused on the 9 gifts of the Holy Spirit and beautifully explained to us the purpose of these gifts i.e., for a particular mission and for a specific time. Fr. Rovel explained this concept in depth and we all admired him for his advancement in his Spiritual life through his in-depth experience especially in the gift of Discerning of the Spirit.

09.01.2024: Today, in the evening, we had a beautiful session on sharing of our vocation story in our specific groups. It was very enriching to listen to each one's call. We also thanked the Lord as we started our 3rd semester.

10.01.2024: We had the charism presentation by Sr. Jisha, JMJ. Their founder Rev. Fr. Mathias Wolff was a Jesuit priest who founded the Society of Jesus Mary Joseph on 29th July. They celebrate their Congregation Day on 31st October and they follow the Ignatian spirituality.

11.01.2024: Fr. Rathan left for Mangalore for some official work and Fr. Dolphy returned back to the community.

12.01.2024: We celebrated the birthday of Mariamma. She cut the cake and we all wished her with a birthday song while Fr. Augustine wished her in Kannada appreciating her contribution for Dhyanaavana since many years.

12.01.2024: Fr. Rovel was given a beautiful thanksgiving by the 4th group after the completion of the course on Missiology of the Holy Spirit. The members of the group proposed the vote of thanks in 7 different languages. It was indeed a unique creativity.

13.01.2024: Our 3 St. Joseph Sevika Sisters - Sr. Sarita, Sr. Susheela and Sr. Rasmita celebrated their Foundation Day. A beautiful morning service was conducted by the liturgy group by offering light, flower and water as a symbolic expression of their faithfulness to God. The main purpose for founding of their congregation was to serve the poor and less privileged such as orphans, widows, leprosy patients and other marginalized people. In the afternoon before meals, we had cake cutting and we wished our sisters.

13.01.2024: Our 6 Cluny Sisters (SJC) entered into a one-day recollection in preparation for asking permission for making their final commitment. They spent their day in complete silence and prayer.

13.01.2024: Sr. Patricia, Sr. Jeesa and Sr. Vijayarani returned back to Dhyanaavana to continue their course and we welcomed them with joy.

14.01.2024: Fr. Director spoke on 3 main points during the homily at 8 a.m. mass i.e., Direction, Relationship and Transformation - based on the day's gospel. It was an enlightening message to all of us.

- 15.01.2024:** Pongal feast was celebrated very meaningfully by the group led by sisters from Tamil Nadu. A beautiful morning prayer followed by a lively mass singing made the day solemn. In the evening all the sisters gathered in the yard quadrangle. A beautiful rangoli was prepared which was then followed by lighting of fire in the centre. Then each sister poured a spoonful of milk in the pot and thus the pongal dish was prepared. An enlightening prayer service was conducted by the sisters thanking God for the farmers and the harvest. After that a sumptuous Pongal meal was shared by all.
- 15.01 –**
- 19.01.2024:** We were happy to have Fr. Director back with us. He started the course on Christology i.e., Christ - Unique and Universal Saviour. Fr. Rathan spoke so fluently as he has an in-depth knowledge and experience on this subject.
- 16.01.2024:** Sisters of St. Joseph of Cluny and Briggittine sister presented their charism beautifully. Cluny sisters spoke about their foundress Blessed Anne Marie who helped the priests to administer sacraments. They worked hard to liberate the slaves in South Africa. She is also called the liberator of slaves and the apostles of Negroes. Their charism is Liberate to empower and their motto is to do the Holy will of God.
- On the other hand, Sr. Shobita, Briggittine sister spoke of St. Maria Elizabeth Hesselblad, the successor of St. Brigit who reformed the old Briggittine order. In 1940, their mission spread from Rome to India.
- 17.01.2024:** We had 3 guests from USA, the Benefactors of the Carmelites. They were glad to see us, young and vibrant nuns. They expressed their surprise to know that in this modern generation too there are vocations to religious life. We welcomed them with a beautiful song which they really admired.
- 19.01.2024:** Sr. Navya a Claretian sister began her one-week annual retreat, guided by Fr. Rathan, our Director. She indeed had a wonderful experience here with us.
- 20.01.2024:** Sr. Rasmita, SJS celebrated her birthday. But unfortunately we couldn't wish her as she was sick with viral respiratory infection. However, we all prayed for her.
- 20.01.2024:** Mrs. Preeti, an Advocate from Mysore gave us some input session on Civil Law. She explained beautifully the three main amended laws recently i.e., Indian Penal Code (Bharatiya Nyaya Sanhita Bill), Criminal Procedure Code (Bharatiya Nagrik Suraksha Sanhita Bill) and Indian Evidence Act (Bharatiya Sakhsya Bill). It was a very informative session. Lot of our doubts were cleared through lively interactions.
- 21.01.2024:** Our deacon Anthony was ordained to priesthood in Bangalore. Our Dean, Fr. Augustine represented the Dhyanaavana community. We remembered to pray for the holy perseverance of Fr. Anthony.

- 22.01.2024:** Christian Unity Octave at Pushpashrama. Fr. Rathan Almeida, our Director, along with the sisters from Dhyanavana and brothers of Pushpashrama conducted a beautiful and meaningful prayer service in the Infant Jesus Shrine. Representatives from various denominations were present. Fr. Rathan spoke on Vine and the branches from the Gospel of St. John 15. An expression of unity was demonstrated by placing flowers in an empty vase by the leaders/representatives of different denominations. The service concluded with a get-together accompanied with coffee and snacks. Congrats to Fr. Rathan for organizing this meet.
- 22.01.2024:** Sr. Shiji Theresa, a Pallotine sister visited her nearby community on the occasion of their patron's feast. Fr. Augustine along with Fr. Rathan joined the Pallotine fathers and sisters in their celebration.
- 22.01.2024:** Fr. Dolphy left for Mangalore, Bikarnakhatte shrine for the ordination of 3 deacons. He represented our community.
- 22.01-**
- 26.01.2024:** We started a new course on Ethics and Spirituality by our guest professor Rev. Fr. Archibald Gonsalves, OCD, the former director of Dhyanavana. The experience and the in-depth knowledge of the concepts of moral theology were beautifully and clearly explained. Fr. Archie focussed on Judeo-Christian civilization which began from Abraham till the 12 apostles and how it continued with the disciples of the apostles is Fathers of the church. He also explained the origin of in various congregations like Benedictines, Franciscans, Carmelites, Dominicans, Jesuits, Fransalians, and Redemptorists. He also dealt on New trends in Spirituality, moral conscience etc.
- 23.01.2024:** IBVM (Loretto) sisters celebrated their congregation day. We wishes them during lunch as it was their profession day too. Their founder Mary Ward was remarkable for being one of the first women to believe that women should be actively involved in the apostolic life of the Catholic Church. Over the past 400 years her legacy is continued by her followers working through a network of around 200 schools worldwide. In the evening they offered all the sisters tasty egg puffs.
- 23.01.2024:** Fr. Rathan, the Spiritual guide of the Pallotine Sisters and novices conducted a recollection day for them.
- 24.01.2024:** Fr. Dolphy returned after the ordination at Mangalore.
- 24.01.2024:** Sr.Pratima, FC, Daughters of the Cross presented their charism through power point presentation and explained that their charism is to experience the love of God in the paschal mystery of Jesus and proclaim to others that God is love.
- Similarly 3 sisters of St. Joseph of Chambery presented their charism - Union among ourselves and with others, all in Jesus and in God our Father.

- They follow Ignatian spirituality - Finding God in all things.
- 25.01.2024:** Dhyavanava sisters took part in the closing ceremony of the Christian Unity Octave in the cathedral which was well organized and participated by many.
- 26.01.2024:** Sr. Cathelina, Sisters of Bon Secours began her annual retreat guided by Fr. Rathan, our Director.
- 26.01.2024:** Fr. Dolphy leaves to Mangalore for some official work.
- 27.01.2024:** Fr. Rovel, along with his parents visited us on his birthday. We wished him a blessed birthday and he offered us ice cream.
- 28.01.2024:** Silver jubilee celebration of Fr. Rovel was organized at Dhyana Sadhana. Our community fathers joined the two-fold grand celebration - birthday of Fr. Rovel and silver jubilee of his religious profession. We wished him God's abundant blessings.
- 28.01.2024:** Brother of Sr. Jeesa, CMC along with some of her relatives paid a friendly visit to Dhyavanava. We enjoyed ice cream, chocolates and lot of snacks that they sponsored.
- 28.01.2024:** Today we had Contemplative Sunday - a beautiful day to pray and to contemplate. In the morning Fr. Director gave a beautiful talk on Growing in Spiritual Maturity which was followed by the sacrament of reconciliation. In the evening, Fr. Cruzberto offered mass for us.
- 28.01.2024:** Fr. Augustine, left for Gulbarga for a get-together of Young Priests organized by the province.
- 29.01.2024:** Sr. Bertha, Sathya Seva Catechist Sister joins the course at Dhyavanava for the third semester. We wished her a happy and fruitful stay with us.
- 29.01.2024:** Fr. Joze, OCD, Procurator of Dhyana Sadhana and Fr. John Pinto, OCD from Goa joined us for lunch.
- 29.01.2024:** Fr. Rathan left for Kushalnagar for the confession of the novices.
- 30.01-**
- 01.02.2024:** Fr. Dominic Vas, OCD, the former Director of Dhyavanava started his classes on Indian Christian Spirituality and World Religion. Fr. Dolphy welcomed the guest professor and introduced him to us. Fr. Dominic explained various religion like Hinduism, Islam and the others in detail, demonstrating certain acts and words used by these religions. It was indeed a great experience.
- 30.01.2024:** A team of fathers, viz., Frs. Alphonse Britto, Dominic Vas and Alfred Menezes visited us for the annual evaluation of the Institute. We were given a questionnaire which included various aspects of this Institute. We also had an open and interactive evaluation.

31.01.2024: We received the sad news of our rabbits being attacked by some stray dogs. Some rabbits were killed and the others were badly wounded. It was indeed a heart-breaking experience which brought tears in the eyes of especially in those who looked after them so well, including Frs. Rathan and Dolphy.

31.01.2024: Sr. Patricia presented her charism through a video clip and Congregation anthem which had beautiful melody and lyrics. After that Sevika Sisters presented their charism through a power point presentation.

FEBRUARY 2024

01.02.2024: Fr. Rathan, our Director left for Janampet to attend the final Profession of 4 MPF juniors at St. Lucy convent. We prepared a card and wished them holy perseverance.

02.02.2024: Feast of the Presentation of Our Lord and World Day of Consecration. We had a candle light procession before the Holy Eucharist at Pushpashrama. We consecrated ourselves as religious to the Immaculate Conception. This celebration attached to the feast of the presentation of the Lord is also called Candlemas Day, the day on which candles are blessed, symbolizing Christ who is the Light of the world. As consecrated people we too are called to reflect the light of Jesus Christ to all people.

02.02.2024: Sr. Cathelina, Bon Secours completed her annual retreat. She expressed that Dhyanaavana is a very beautiful place and she shared her experience of making a fruitful retreat. She was touched by the life of St. John of the Cross. She had a good time with the Lord through all the spiritual activities which helped her and inspired her to do the retreat. She returned back to her community with a note of gratitude.

02.02.2024: Our dean Fr. Augustine returned back after the Young Priests' Meet, refreshed and energized.

03.02.2024: Since it is weekend, 4 senior sisters - Sr. Jeesa and others leave to Ooty for a picnic. They had an enjoyable day and return back with a fresh look.

03.02.2024: We had a thanksgiving celebration and farewell to our dear Sr. Jisha, JMJ who had to return to her province. She spent 7 months here at Dhyanaavana. The sisters sang for her while Fr. Augustine the dean gave a beautiful message on this special occasion. Even Fr. Cruzberto, Sfx, a priest from Goa who had spent a month with us left after the completion of his course. As the sisters sang showers of blessings for them, Fr. Augustine spoke on successful, satisfied, and fruitful life. Sr. Jisha as well as Fr. Cruzberto expressed their thanks to Dhyanaavana Institute and all its members.

04.02.2024: Fr. Dolphy, our Administrator left for Mangalore for his annual retreat. We wished him a good time with the Lord and Fr. Dolphy assured us his prayers.

05.02-

08.02.2024: A new week started with the course on Liturgical Spirituality by Rev. Dr. Joseph Marie, a priest belonging to the Diocese of Mysore and the present Director of the Pastoral Centre. Fr. Marie explained in detail the various parts of the liturgy of the hours. He also clarified many of our doubts. This course was really informative as it taught us the proper way of celebrating liturgy.

06.02.2024: Our 3 newly ordained Carmelite priests paid a short visit to our Institute.

08.02.2024: We had charism presentation by two Congregations- Sr. Theresa Shiji, Pallotine sister and by Sr. Susila, HFB, Holy Family of Bordeaux. They made use of power point to explain the founding and growth of their congregations.

10.02.2024: We had our pre-lentern celebration in the evening - a barbeque party. We grilled some meat (chicken and pork) in an open area. Everyone had a great time in celebrating. Fr. Juze from Dhyana Sadhana joined us.

11.02.2024: Sr. Jessica, SJC presented and defended her thesis. Fr. Dean appreciated her confidence in taking initiative to defend her thesis.

11.02.2024: Fr. Rathan left for Bangalore to lecture in St. Peter's Seminary on Introduction to Vatican II.

12.02.2024: Fr. Dolphy returned back from retreat with a glowing and radiant face. We were happy to see him back in our midst.

12.02-

16.02.2024: We began our course on Spirituality of Human Relationship by Rev. Dr. Joy Francis, OCD. We were touched by his simple personality. He spoke in detail on HRM and HRD. The sessions were so beautifully explained in simple form. He also explained every aspect of the course starting with Abraham Maslow's theory focusing on the characteristics of self-actualized person. It was indeed a beautiful class on self-awareness.

14.02.2024: We began the Season of Lent attending the Holy Eucharist at Pushpashrama and by smearing ashes on our forehead. It was a day of fasting and abstinence. As we humbly bowed our heads to receive the ashes, we were reminded of this truth: we are the Lord's; we belong to Him.

14.02.2024: In the evening we had charism presentation by Sr. Angel SMMI, Salesian Missionaries of Mary Immaculate - To live the Gospel and to spread its Spirit. Through a power point presentation she explained to us the life and growth of the Congregation founded by Rev. Fr. Henri Chaumont and Sr. Maria Gertrude of precious blood.

After this Sr. Elizabeth Fernandes, MSA, Mission Sisters of Ajmer presented her congregation charism - to take an intense participation in the redeeming mission of

Christ. Their founder Rt. Rev. Bishop Henri Fortunatus Caumont, a Franciscan priest, along with his entire family from France started an indigenous congregation for the women and girl children of Rajasthan which is now spread in the entire country. He founded 3 congregations along with his religious sister Sr. Mary Matilda - MSA, PSA, Prabudasi Sisters of Ajmer and SMA, St. Mary of the Angels. At the end she played a beautiful anthem song composed on the occasion of the declaration of Bishop Henri as the Servant of God.

15.02.2024: Fr. Rathan, who was lecturing in St. Peter's Pontifical Seminary, Bangalore, returned back and we all were very happy to see him amidst us again.

18.02.2024: Dhyanavana along with Mysore CRI organized the annual Nemezio Alzola Memorial Lectures in Pushpashrama auditorium. The theme of the lectures was: "St. Therese of Child Jesus - The Little Way - Path to Holiness." It began at 9.30 am with a prayer service conducted by Dhyanavana sisters followed by lighting of the lamp. There were three guest speakers - Rev. Dr. John Sequeira, OCD, Rev. Dr. Gimmi Akkattu, CST and Dr. Johnson Putthusery, CST. The lectures were followed by an interactive panel discussion. The seminar ended at 1.45 pm with Dhyanavana Anthem and a delicious lunch. The seminar was well participated by more than 250 religious.

19.02. 2024: Classes began on Mariology by Rev. Fr. Vinod Lobo, OCD. He explained to us the role of Mother Mary in the salvation history and also shed some light on the 4 Marian Dogmas. The classes were very enlightening and meaningful.

Fr. Augustine our Dean of studies visited his brother at Jampanahalli.

21.02.2024 Sr. Lily, School Sisters of St. Francis presented the charism of her congregation which was founded in Graz, Austria by Rev. Mother Francis Antonia Lampel in the year 1843. With the blessings and adopting the same charism, Zahalka sisters founded another congregation in 1888 in Bohemia now called Czech Republic to which Sr. Lily now belongs. Their Charism of the Third Order Regular of St. Francis, rooted in the Franciscan penitential tradition of Gospel of living is intimate union with God in the midst of apostolic services.

After this Sr. Bertha, Satya Seva Catechist Sisters of the Families of Mysore diocese presented her congregation charism i.e., Obedience to the will of God and conformity to the Word of God. Their foundress Mother Regina Woroneiki, an Ursuline nun founded this new congregation.

23.02.2024 Fr. Rathan our director had a recollection talk and spiritual guidance for Pallotine sisters and then proceeded to Kushalnagar for the confessions of the novices.

24.02.2024 Advocate Preethi concluded her classes by focussing on certain laws and it's amendment in August 2012 like Indian Penal Code which is now called as Bharatiya Nyaya (second)

Sanhita Bill, Criminal Procedure code recently changed into Bharatiya Nagarik Suraksha (second) Sanhita Bill and Indian evidence Act changed into Bharatiya Sakhsya (second) Bill. She also highlighted some acts related to the women and children like POCSO act i.e., Protection of Children from Sexual Offences. As a group we thanked her for generously sharing her knowledge on law.

25.02.2024:

We had Contemplative Sunday. Fr. Augustine, in the morning, preached on the theme - "Called to meet my shadow." It was very inspirational and it gave us sufficient time and insights for self-reflection. Fr. Augustine also explained the consequences of sinfulness - how it kills our purity of heart and hardens it. He also gave us an exercise to draw 3 concentric circles and name the activities in it - Comfort zone, Sinful zone and Self zone. He concluded his talk with the reassurance that we are treasured, cherished and loved by God. As usual we enjoyed the beautiful sacraments of reconciliation and ended the day with Holy Eucharist. We ended our day with the Eucharistic celebration in the evening.

26.02 -

28.02.2024:

Sr. Jeesa CMC begins her one-week retreat in silence.

Rev. Fr. William Miranda, OCD began his classes on Mission and Social Activities. He meaningfully explained to us different dimensions of missionary activities and the concrete challenges we, Christian Institutes, are facing today. It was very enlightening and informative too.

29.02. -

06.03.2024:

Sr. Patricia, Helpers of Mary leaves for Goa to visit her sick mother.

All are busy preparing for the presentation of their thesis and its defence. They also started their preparation for comprehensive exams. We began our revision holidays and exam week. It was a very intensive week.

MARCH 2024

07.03. -

09.03.2024:

We were in Padukote these three days, a mission area of the Diocese of Mysore, for mission exposure. Mornings we worked in the fields and streets. In the evenings, we visited families and spent time in family prayers and sharing. We also staged a short program for the children and people of the village. It was indeed a wonderful and enriching experience.

10.03.2024:

We celebrated Laetare Sunday and on this auspicious day our renovated Chapel was blessed in the evening. Most Rev. Dr. Thomas Antony Vazhapilly, Bishop Emeritus of the Diocese of Mysore was the Chief Celebrant of the day. The new Altar, the Ambo and the

Tabernacle were blessed and now the Chapel is ready for our daily prayers and Eucharistic celebrations. After the spiritual celebration we all, along with our guests gathered in the refectory for dinner.

10.03. -

16.03.2024:

After all the celebrations, we began our annual retreat. Rev. Fr. Regan D'Souza, OCD was the preacher. He dealt on different spiritual themes and also helped us for inner healing. We were blessed to have him as our preacher. These days were for us a time of grace and spiritual renewal.

16.03.2024:

It was very interesting to see our Fathers from Dhyanaavana putting up a short stage program as part of their farewell to us all. It was indeed an emotional event as all were feeling low in spirit because our time to depart from the institute had come close. We too performed some items as sign of our love and appreciation to our fathers and to our institute.

19.03.2024:

The long-awaited day finally dawned - the 27th Convocation Day. We had the concelebrated Holy Eucharist at 11.30 am presided over by V. Rev. Fr. Silvestre D'Souza, Provincial Superior of the Carmelites of the Karnataka-Goa Province and the President of Dhyanaavana Institute. During lunch, he also handed over the term papers of the sisters and encouraged them to grow in wisdom and knowledge. Rev. Fr. Alphonse Britto, OCD, Provincial Councilor for Spirituality was also present. Same evening the Convocation program began at 6.00 pm. Mrs. Mary P. Kurien, HOD, Department of Life Skills, St. Philomena's College, Mysore, delivered the Keynote address on the theme "Religious Today: Beacons of Hope." Most Rev. Dr. Bernard Moras, Archbishop Emeritus and Apostolic Administrator of Mysore Diocese was the Chief Guest and he awarded the diplomas and certificates to the sisters. V. Rev. Fr. Silvestre D'Souza, presided over the function and released the annual souvenir.

21.03.2024:

After successfully completing the Diploma Course on Holistic Spirituality, sisters started to travel back to their respective destinations. It was indeed a wonderful and enriching time in Dhyanaavana and the cherished happy memories here will always be a source of encouragement and motivation for our mission ahead.

Academic Year 2023 – 2024

Student Demographics and Information

Sl. No.	Name of the sisters	Duration of the Course	Birthday	Name and Abbreviation of the Congregation	Charism / Apostolate of the Congregation	Title of the Thesis	Moderator
1.	Sr. Aerolina	1 week course	September 28	Congregation of the Sisters of Holy Family of Nazareth (SFN)	To share the providential love of God by serving the poor and needy.		
2.	Sr. Amardeep	5 months course		Benedictine Sisters (BSM)	Preaching Ministry		
3.	Sr. Angel Jasmin Mary	9 months course	April 22	Salesian Missionaries of Mary Immaculate (SMMI)	Send on mission to the women and the poor.	St. Francis de Sales	Fr. Lenny Lewis, OCD
4.	Sr. Anisha Ghale	9 months course	March 25	Sisters of St. Joseph of Duny (SJC)	Liberate to empower.	Leadership of Don Bosco for empowering youth in God	Fr. Rathan M Almeida, OCD
5.	Fr. Anthony Britto	1 week course	June 9	Society of the Missionaries of St. Francis Xavier - Society of Pilar (SFX)	Evangelization		
6.	Sr. Antonette Coutinho	1 week course	December 13	Congregation of the Sisters of the Little Flower of Bethany (BS)	To have the Gospel preached to the poor concretized in the compassionate love for the poor, especially the rural poor, the girls and the women, the neglected and the deprived masses.		
7.	Sr. Ana Anet Lepcha	9 months course	September 9	Institute of the Blessed Virgin Mary (BVM)	Propagation of faith, fraternal justice, sincerity and fidelity - joy.	Role of women in the Church-taking Mary Ward as an example	Fr. Oswald Crasta, OCD
8.	Sr. Arnika Roselin	3 weeks course	July 9	Sisters of the Cross of Chavanod (SCC)	Participate in the Mystery of Jesus Dead and Risen in His Mission in the world for the salvation of all.		
9.	Sr. Bertha	2 months course	April 5	Salvadora Catechist Sisters of the Families (SCS)	Family apostolate.		
10.	Sr. Bindu	Day Scholar selected courses	September 19	Catechist Sisters of St. Ann (CSA)	Spread the Light of Christ.		
11.	Sr. Celestina Baklia	3 months course	June 17	Religious Teachers Filippini - St. Lucy Sisters (MFF)	Go and teach (Christian education of youth)	St. Don Bosco's love for the youth	Fr. Augustine Robert, OCD
12.	Sr. Crina	1 week course	April 29	Congregation of the Sisters of Holy Family of Nazareth (SFN)	To share the providential love of God by serving the poor and needy.		
13.	Fr. Cruzberto Da Silva	1 month course	June 13	Society of the Missionaries of St. Francis Xavier - Society of Pilar (SFX)	Evangelization		
14.	Sr. Daisy	2 weeks course	April 26	Sisters of the Cross of Chavanod (SCC)	Participate in the Mystery of Jesus Dead and Risen in His Mission in the world for the salvation of all.		
15.	Sr. Dayana Rose	1 week course	January 12	Ursuline Franciscan Sisters (UFS)	Educational, Social, Medical, Pastoral, Catechesis.		

16.	Sr. Dennisal	1 week course	July 27	Franciscan Missionaries of Mary (FMM)	Eucharist, Victim, Franciscan Missionary, Marian.		
17.	Sr. Deva Priya Alphonse	3 months course	October 11	Religious Teachers Frappini -St. Lucy Sisters (RPF)	Go and teach Christian education of youth.	St. Teresa of Avila for today	Fr. Augustine Robert, OCD
18.	Sr. Elizabeth Fernandes	3 months course	September 20	Mission Sisters of Ajmer (MSA)	To take an intense participation in the redeeming mission of Christ.		
19.	Sr. Ezhil Arasi	3 months course	September 23	Congregation of the Immaculate Conception (CIC)	Preaching good news to the poor in simplicity and love.		
20.	Sr. Fatima Cardozo	1 week course	January 28	Congregation of the Sisters of Holy Family of Nazareth (SFN)	To share the providential love of God by serving the poor and needy.		
21.	Sr. Imma Jincy Antony	1 week course	April 29	Sisters of the Visitation Congregation (SVC)	Attain perfect love experience of Jesus on the cross by involving in the life and activities of the church.		
22.	Sr. Irudaya	3 weeks course	August 19	Franciscan Sisters Servants of the Cross (FSC)	Service to the visually and spiritually impaired people. Life of explanation in union with Jesus Crucified.		
23.	Sr. Jasmita Ekka	3 weeks course	November 28	Sisters of Sacred Sciences (SSS)	Imparting the spiritual knowledge.		
24.	Sr. Jeese Grace	9 months course	April 15	Congregation of the Mother of Carmel (CMC)	Remain united to me in contemplation and consecrated to me in action.	Spirituality of St. Chavara	Fr. Rathin M Almeida, OCD
25.	Sr. Jenisha Lazar	6 months course	April 17	Order of the Most Holy Sacrament of St. Brigid (OSSS)	Hospitality with ecumenical aim.	The Merciful Father	Fr. Augustine Robert, OCD
26.	Sr. Jesika Lepcha	9 months course	March 17	Sisters of St. Joseph of Cluny (SJC)	Liberate to empower.	Ignatian Spirituality	Fr. Augustine Robert, OCD
27.	Sr. Jessy Rai	9 months course	December 17	Sisters of St. Joseph of Cluny (SJC)	Liberate to empower.	Mary the Mother of Christian Faith	Fr. Augustine Robert, OCD
28.	Sr. Jisha Komban	9 months course	April 10	Congregation of Jesus Mary Joseph (JMJ)	An ever adaptable apostolic availability.	Consecrated Life: A Call to Holiness	Fr. Rathin M Almeida, OCD
29.	Sr. Joppy Kanjirathunkunnel	4 months course	July 12	Medical sisters of St. Joseph (MSJ)	Compassionate Love.	Pray without ceasing	Fr. Augustine Robert, OCD
30.	Sr. Josephine	Day Scholar selected courses	December 24	Catechist Sisters of St. Ann (CSA)	Spread the Light of Christ.		
31.	Sr. Josephine R Lepcha	9 months course	April 4	Sisters of St. Joseph of Cluny (SJC)	Liberate to empower.	Evangelical Counsels	Fr. Charles Serran, OCD
32.	Sr. Josna	2 weeks course	March 3	Congregation of the Mother of Carmel (CMC)	Remain united to me in contemplation and consecrated to me in action.		
33.	Sr. Jyothi	6 months course	March 26	Missionary sisters of the Immaculate (MSI)	Living passion to proclaim good news to all the nations.	Eco-Spirituality	Fr. Oswald Urasla, OCD
34.	Sr. Kajal Mahar	3 weeks course	March 20	Sisters of Sacred Sciences (SSS)	Imparting the spiritual knowledge.		
35.	Sr. Lavina	Day Scholar	November 5	Apostles of the Holy Family (AHF)	Visiting the Families.		

36.	Sr. Lily Grace Soreng	5 months course	November 8	Institute of the Blessed Virgin Mary (IBVM)	Propagation of faith, freedom, justice, sincerity and fidelity. Joy.	Women in the Bible	Fr. Augustine Robert, DCJ
37.	Sr. Lily Mulakkol	3 months course	May 15	School Sisters of St. Francis (SSF)	Intimate union with God in the midst of apostolic service, responding to the signs of the end and the needs of the church.		
38.	Sr. Loretta	1 week course	July 29	Congregation of the Sisters of Holy Family of Nazareth (SFN)	To share the providential love of God by serving the poor and needy.		
39.	Sr. Manasa	Day Scholar selected courses	March 15	Catechist Sisters of St. Ann (CSA)	Spread the Light of Christ.		
40.	Sr. Mangula Lakra	9 months course	May 14	Sisters of St. Joseph of Chambéry (CSJ)	Double total union.	Mary's Sorrow - our hope	Fr. Rathan M Almeida, DCJ
41.	Sr. Margaret Kalei Slutch	1 month course	September 28	Congregation of the Sisters of the Little Flower of Bethany (BS)	To have the Gospel preached to the poor concretized in the compassionate love for the poor, especially the rural poor, the girls and the women, the neglected and the deprived masses.		
42.	Sr. Maria Basumatary	9 months course	August 14	Sisters of St. Joseph of Chury (SJC)	Liberate to empower.	Community Life in the digital age: strengthening community bonds	Fr. Charles Serrao, DCJ
43.	Sr. Maria de Fatima	1 week course		Congregation of the Sisters of Holy Family of Nazareth (SFN)	To share the providential love of God by serving the poor and needy.		
44.	Sr. Maria Leonilla	6 months course	November 9	The Apostolic Carmel Congregation (AC)	To share the love of God with others.		
45.	Sr. Maria Pushpam	3 months course	August 18	Franciscan Sisters of the Immaculate Heart of Mary, Pondicherry (FHM)	In the experience of God towards liberation of Women.	Christian leadership and inter-religious Apostolate	Fr. Augustine Robert, DCJ
46.	Sr. Mary Kulandai	3 weeks course	January 14	Sisters of St. Charles Borromeo (SCB)	Incarnating the compassionate love of God for all people, especially the poor and the marginalized through Christian Education in all their Ministries.		
47.	Sr. Mary Teresa	3 months course	October 14	Sisters of the Catholic Apostolate (Palatine Sisters) (CSAC)	To awaken in everyone the awareness of being the image and likeness of God. To revive faith and rekindle charity in every baptized person.		
48.	Sr. Namrita Puthanangady	1 week course	June 26	Congregation of the Sisters of the Little Flower of Bethany (BS)	To have the Gospel preached to the poor concretized in the		

						compassionate love for the poor, especially the rural poor, the girls and the women, the neglected and the deprived masses.		
48.	Sr. Mirmala Soren	9 months course	August 5	Sisters of St. Joseph of Chembery (CSJ)	Double total union.	The Eucharist: The crown of the Sacraments	Fr. Rathan N Almeida, DCD	
50.	Sr. Patricia Dias	9 months course	September 6	Society of the helpers of Mary (SHM)	Live for love.			
51.	Sr. Pauline Miho	Day Scholar selected courses	April 24	Catechist Sisters of St. Ann (CSA)	Spread the Light of Christ.			
52.	Sr. Pratima Hemron	6 months course	September 12	Daughters of the Cross (FC)	To serve the weakest and poor humanity.	The Sacredness of Silence	Fr. Augustine Robert, DCD	
53.	Sr. Prava Sarkar	9 months course	June 22	Sisters of St. Joseph of Dury (SJC)	Liberate to empower.	Spirituality of Mother Foundress, Bl. Anne Marie Javouhey	Fr. Wilfred Rodrigues, DCD	
54.	Sr. Premilata Minj	6 months course	December 20	Medical sisters of St. Joseph (MSJ)	Compassionate love.	Spirituality of MSJ founder (Msgr. J.C. Parakkaran)	Fr. Oswald Crasta, DCD	
55.	Sr. Ramila Ekka	3 weeks course	February 5	Sisters of Sacred Sciences (SSS)	Imparting the spiritual knowledge.			
56.	Sr. Rashmita Lakra	3 weeks course	May 24	Sisters of Sacred Sciences (SSS)	Imparting the spiritual knowledge.			
57.	Sr. Rasmita Tete	9 months course	January 20	St. Joseph Sevilva Sansha (SJS)	To serve the poor and less privilege.	Truth gives freedom.	Fr. Rathan N Almeida, DCD	
58.	Sr. Rekha Dama	9 months course	June 18	Missionary sisters of the Immaculate (MSI)	Living passion to proclaim good news to all the nations.	A call to Holiness	Fr. Oswald Crasta, DCD	
59.	Sr. Roja Rani	Day Scholar selected courses	February 20	Catechist Sisters of St. Ann (CSA)	Spread the Light of Christ.			
60.	Sr. Rose Deleema Thomas	1 week course	August 9	Sisters of the Visitation Congregation (SVC)	Attain perfect love experience of Jesus on the cross by involving in the life and activities of the church.			
61.	Sr. Sangeeta	6 months course	June 18	Missionary sisters of the Immaculate (MSI)	Living passion to proclaim good news to all the nations.	St. Teresa of Child Jesus DCD	Fr. Lancy Lewis, DCD	
62.	Sr. Sarita Saras	9 months course	July 7	St. Joseph Sevilva Sansha (SJS)	To serve the poor and less privilege.	Spirituality of SJS foundress, Mother Baptist	Fr. Rathan N Almeida, DCD	
63.	Sr. Sherin	2 weeks course	May 26	Congregation of the Mother of Carmel (CMC)	Remain united to me in contemplation and consecrated to me in action.			
64.	Sr. Shimlilin	3 weeks course	November 23	Franciscan Sisters Servants of the Cross (FSC)	Service to the visually and spiritually impaired people. Life of expiation in union with Jesus Crucified.			
65.	Sr. Shobitha Bavighar	9 months course	November 8	Order of the Most Holy Savior of St. Bridget (OSCS)	Hospitality with acumenical aim.	God's covenant with Abraham: A Testament of Faith	Fr. Augustine Robert, DCD	
66.	Sr. Sirisha	6 months course	March 28	Missionary sisters of the Immaculate (MSI)	Living passion to proclaim good news to all the nations.	Devil vs God	Fr. Augustine Robert DCD	

67.	Sr. Soanam Kudlu	3 weeks course	January 4	Sisters of Sacred Sciences (SSS)	Imparting the spiritual knowledge.		Robert, OCD
68.	Sr. Sudha Rani Pagadala	3 months course	January 22	Religious Teachers Filippini - St. Lucy Sisters (MFI)	Go and Teach (Christian education of youth).	Discipleship	Fr. Augustine Robert, OCD
69.	Sr. Sunaphula Lakra	Day Scholar 8 months course	May 15	Sisters of Sacred Sciences (SSS)	Imparting the spiritual knowledge.	Spirituality of St. Francis De Sales	Fr. Charles Serrao, OCD
70.	Sr. Suseela Badugu	9 months course	September 14	Holy Family (HFB)	Communion.	The concept of Mother	Fr. Oswald Crasta, OCD
71.	Sr. Sushila Tirkey	9 months course	April 15	St. Joseph Seviksa Sanstha (SJS)	To serve the poor and less privilege.	St. Joseph the worker	Fr. Wilfred Rodrigues, OCD
72.	Sr. Swapna	Day Scholar selected courses	June 20	Catechist Sisters of St. Ann (CSA)	Spread the Light of Christ.		
73.	Sr. Swarupa Madini	3 months course	June 27	Religious Teachers Filippini - St. Lucy Sisters (MFI)	Go and Teach (Christian education of youth).	Shepherding Shepherd	Fr. Augustine Robert, OCD
74.	Sr. Teena	6 months course	April 22	Missionary sisters of the Immaculate (HSI)	Living passion to proclaim good news to all the nations.	St. Mother Theresa of Calcutta	Fr. Lancy Lewis, OCD
75.	Sr. Thanusha	Day Scholar selected courses	December 23	Catechist Sisters of St. Ann (CSA)	Spread the Light of Christ.		
76.	Sr. Vailankani	1 week course	May 26	Congregation of the Sisters of Holy Family of Nazareth (SFN)	To share the providential love of God by serving the poor and needy.		
77.	Sr. Valentina	1 week course	August 5	Congregation of the Sisters of Holy Family of Nazareth (SFN)	To share the providential love of God by serving the poor and needy.		
78.	Sr. Vijayarani	Day Scholar selected courses	June 20	Catechist Sisters of St. Ann (CSA)	Spread the Light of Christ.		
79.	Sr. Vijaya Rani	9 months course	January 4	Congregation of Jesus, Mary, Joseph (JMJ)	An ever adoptable apostolic availability.	Leadership- Synicality	Fr. Augustine Robert, OCD
80.	Sr. Vimala Rani	9 months course	October 6	Institute of the Blessed Virgin Mary (IBVM)	Propagation of faith, freedom, justice, sincerity and fidelity, joy.	Virgin Mary our Model and Mother	Fr. Augustine Robert, OCD

Congregations that Participated in the Courses

Sl. No.	Name and Abbreviation of the Congregation	Abbreviation
1.	Apostles of the Holy Family	AHF
2.	Benedictine Sisters	BSM
3.	Catechist Sisters of St. Ann	CSA
4.	Congregation of Jesus, Mary, Joseph	JMJ
5.	Congregation of the Immaculate Conception	CIC
6.	Congregation of the Mother of Carmel	CMC
7.	Congregation of the Sisters of Holy Family of Nazareth	SFN
8.	Congregation of the Sisters of the Little Flower of Bethany	BS
9.	Daughters of the Cross	FC
10.	Franciscan Missionaries of Mary	FMM
11.	Franciscan Sisters of the Immaculate Heart of Mary, Pondicherry	FIHM
12.	Franciscan Sisters Servants of the Cross	PSC
13.	Holy Family	HFB
14.	Institute of the Blessed Virgin Mary	IBVM
15.	Medical Sisters of St. Joseph	MSJ
16.	Mission Sisters of Ajmer	MSA
17.	Missionary Sisters of the Immaculate	MSI
18.	Order of the Most Holy Savior of St. Bridget	OSsS
19.	Religious Teachers Filippini - St. Lucy Sisters	MPF
20.	Salesian Missionaries of Mary Immaculate	SMMI
21.	Satyaseva Catechist Sisters of the Families	SCS
22.	School Sisters of St. Francis	OSF
23.	Sisters of Sacred Sciences	SSS
24.	Sisters of St. Charles Borromeo	SCB
25.	Sisters of St. Joseph of Chambery	CSJ
26.	Sisters of St. Joseph of Cluny	SJC
27.	Sisters of the Catholic Apostolate (Pallottine Sisters)	CSAC
28.	Sisters of the Cross of Chavanod	SCC
29.	Sisters of the Visitation Congregation	SVC
30.	Society of the Helpers of Mary	SHM
31.	Society of the Missionaries of St Francis Xavier - Society of Pilar	SFX
32.	St. Joseph Sevika Sanstha	SJS
33.	The Apostolic Carmel Congregation	AC
34.	Ursuline Franciscan Sisters	UFS

FRIENDSHIP



Those who find good friends find treasure.

A friend is someone who understands the past, believes in the present, and helps in the future.

I understand that friendship is all about trusting each other supporting and loving each other in all circumstances.

Friends are like shade-giving trees.

Friends help us to fly in the sky.

friendship is the most precious asset of one's life which he/she never wants to lose.

True friendship is the gift from above.

friendship makes a person more mature, understanding, and happy till the end.

True friendship may show unconditional love and expect nothing in return.

No one has greater love than this, to lay down one's life for one's friends (Jn 15:13) try to imitate Jesus, and be a best friend in the world.

- Sr. Sudharani MPF

LESSON FOR GROWTH

Life is beautiful

Life is beautiful but not always easy. It is full of moments of joy Pleasure, success, and comfort punctuated by misery, defeat, failures, and problems. A person who has not encountered difficulties in life can never achieve success.

Life is and should not be just a bed of roses; thorns are also a part of it and should be accepted by us just as we accept the beautiful side of life. The thorns remind one of how success and happiness can be evasive and thus not feel disappointed and disheartened rather remember that the pain of thorns is short-lived, and the beauty of life would soon overcome the prick of thorns.

Those who are under the impression that life is a bed of roses are disillusioned soon and become victims of depression and frustration.



One who faces difficulties with courage and accepts success without letting it go to its head is the one who experiences real happiness, contentment, and peace in life. Those who think that good times last forever easily succumb to pressure during difficulties.

Life is beautiful just as roses but it has challenges that are like thorns and have to be faced and overcome by all. Those, who accept these challenges and succeed, are the ones who know how to live life in its true sense. Thus, enjoy life but also be prepared to bear the pricks of pain.

- Sr. Rasmita Tete SJS

A COLOURFUL DAY IN HELL

Once a man finished his earthly life and entered into heaven. There he saw St. Peter welcoming him into heaven with great reverence. Then the man asked St. Peter about heaven, who all are staying in heaven, and their duties. St. Peter started to show him all the heavenly angels praising and glorifying God with all their beautiful voices. Morning gone, and evening came, the angels were continuing in praising god. The next day came, and the angels were continuing to praise and glorify God. The man at a time fed off seeing and listening to them.

He thought at once what a boredom in heaven, how can the people of this generation remain doing the routine things? I am suffocated and tired. Lord, please save me from these routine things, I want something new and creative, something that is beautiful and colorful. And the man went to Jesus and complained about it. He asked Jesus, whether anything else in heaven that I could see and enjoy.

Jesus replied this is the only place where you can come after your death. If not, there is another place called hell, would you like to see that? The man replied wow, if there is another place, let me also see and enjoy it.

Then Jesus took the man towards the hell and He left him there and went away. There, the man saw the big entrance with colorful images and the writings of welcoming. He saw two angels clothed very colorfully and came to welcome him. Seeing that he was very happy and thought, to himself, this is the right place where I have to be.

Then the angels of hell took him around and showed him all their activities. The angels took him to the restaurant, where he saw different delicious food items being enjoyed by the people. There he found also his favorite drinks like beer and whisky, by seeing that at the most he enjoyed and thanked Jesus, for bringing him to that place.

After they took him to the place where people were dancing and singing with the beautiful girls. Everywhere he could see the entertainment and happiness. Some were watching the movies on the big screen. Wherever he went, he was welcomed well and he felt happy and decided to stay back there.

He too had the delicious food, danced, and enjoyed well that day. They offered him a nice bedroom and a spongy bed to sleep. He slept well.

The next day morning he got up, by hearing the shouts of the people around. The moment he opened his eyes he found himself on the floor. He thought to himself, where is the beautiful room and bed? He got up slowly and moved around, there he could see the angels of hell with horns on the head, and tails, wearing the little cloths, and pulling the people to persecute them.

Everywhere he could hear the cry of the people. Some people were put in the hot oil, some were cut themselves with blades and knives. Some were beaten up with lashes. And some were overburdened with heavy loads.

At once the man was shocked by seeing it. He got little doubt and he went and asked an angel who was the head there. See, my dear friend, yesterday when I reached this place, everywhere, it looked very colorful and beautiful, everywhere people enjoyed in different activities, and suddenly what happened today?

The angel replied gently telling him, that yesterday was Sunday and the entertainment day, so the hell was very colorful. These are our real activities, which we carry on daily. The man opened his mouth and remained speechless, for a long time.

So dear friends the world outside is very colorful and beautiful, don't become fools by seeing the outer beauty but be happy with what you are given.

- Sr. Sirisha MSI

GOD'S PROVIDENCE IN MY LIFE

From the time of my birth till now I have experienced so many graces and blessings. God has been so good to me and He loved and cared for me. I was born after 3 boys and they were eagerly waiting for the girl child. In the present society, we see the girl child is not welcomed by the family members and sometimes they are killed in the womb and sometimes they are thrown in the dustbin. I had a happy upbringing. I had a desire to become religious from an early age but my vocation was tested like a fire and I joined the Congregation Where I did not study nor did I know anything about it. It is through my younger sister Vilma that God showed me the path. She was a mediator in God's hands. During my Candidate within a month, I was hospitalized for pneumonia and was advised to take 3 months bed rest. I could feel God's providence through my Provincial Superior Sr. Veronica A.C. I was given full complete rest and allowed to continue my religious life.

As I was working in the aided school, I was not able to take leave because of the assignment as Headmistress Superior and Principal of the college and also the responsibilities that I did not want to burden others. I was desiring to have Bible study and spend more time in prayer. Before I retired from the school, I expressed my desire to my present Provincial Superior Sr. Shamita A.C. and she was happy about it, and my wish was fulfilled.

This year 2023 is a memorable year for me where my dream came true and my desire is fulfilled. In the beginning, I found many

were Junior Sisters who were preparing for the Final Profession. Though there were more than 18 Congregation Sisters we were able to love, adjust, understand, and render a helping hand as one family. I did not feel that I was the senior in the group. The way the sisters were showing their love, respect thoughtfulness, and looking up to me made me feel that I am one among them. Within a short time, I was able to adjust to the daily routine and the course began with the Old and New Testament. Here it is not only Spiritual development, but cultural and social life, Community life, Physical well-being, mental health, and individual talents are developed.

In the Dhyavanava family we have 3 Priests Fr. Rathan Almeida the Director of the Institute who is down to earth. He understands us, guides and directs us where we feel free to approach him. His way of life has influenced us. Fr. Augustine Robert the Dean of the Institute. The young, energetic, full of life, and enthusiastic have made an impact on our lives. His way of dealing with one another and the love and concern he shows to individuals is great. Fr. Dolphy Santhosh Dsouza the Administrator. He is silent, hardworking, patient, and kind. Though we approach him so many times to ask something or the other despite being busy he has a lot of patience to listen to us at any time. All the Priests and the sisters have made a positive impact on my life. All these I owe to my God who has given me this opportunity and I learned a lot within these 6 months. May I put into practice in my life and grow in the love of God and one another.

- Sr. Maria Leonilla A.C

SPIRITUALITY

I am the song of Dhyanaavana that sings the bird,
I am the leaf of Dhyanaavana that grows the land,
I am the tide of Dhyanaavana that moves the moon,
I am the stream of Dhyanaavana that halts the sand,
I am the cloud of Dhyanaavana that drives the storm,
I am the earth of Dhyanaavana that lights the sun,
I am the fire of Dhyanaavana that strikes the stone,
I am the clay of Dhyanaavana that shapes the hand,
I am the word of Dhyanaavana that speaks the truth,
I am the Dhyanaavana to make everyone to be strong in their vocation,
I am the Dhyanaavana and made everyone to be with God forever and ever.



- Sr. Teena MSI

PERSONA

When the sun met the moon,
My people always want to shine.
Shine red on the earth
Snow- capped mountains
And bright yellow rays at heated afternoon,
When on a deathbed,
I see faded sketches on the skies,
And dusk hovers to bid goodbye.
I cease when darkness takes control
Yet, 'love' evades my bones,
In whispers of hope and songs of comfort.

The world is a new creation.
Crimes and hatred, dust and death,
All drenched in profuse sweat and silence,
They get cleansed as they 'commune'
And the self-forgets the world of treachery.
In the bosom of my Beloved,
my comfort lives on,
She gives me solace, and hope,
And when the clock strikes twelve,
I regain my courage to live again.

- Sr. Anisha SJC

JOKES

A Sardar learning English introduced his family at a party,
Hi, I am a Sardar. This is my Sardarni
He is my kid and she is my kidney

Father; Son did you give fresh water to your pet goldfish?
Son; Nope they are yet to finish the water that I gave to them last week!

The teacher asked his students; How did you feel when you learned about electricity?
Students; Ma'am, totally shocked.



- Sr. Lily Grace IBVM

A RELIGIOUS SISTER'S TIME MANAGEMENT

In the sacred journey of a religious sister, time is not just a measure of moments; it is a precious gift to be used purposefully in service to a higher calling. Embracing the Divine Schedule for a religious sister, time is often structured around the liturgical hours and communal prayers. We delve into the beauty of embracing a divine schedule, with the rhythm of the Church year can provide a framework for a fulfilling and spiritually rich life.

The ministry of presence holds immense importance. The challenges of balancing active ministry, community life, and personal contemplation deal with the importance of being fully present in each moment, whether engaged in direct service, community interactions, or solitary prayer.

While service to others prioritizing spiritual and personal growth is a central aspect of a religious sister's life, personal and spiritual growth must not be overlooked. Allocating time for spiritual reading, meditation, and ongoing education, and balancing the demands of external ministry with internal growth is also essential for a religious sister's overall well-being and effectiveness.

Community life and shared responsibilities are other aspects of living. This needs effective communication, collaboration, and mutual support within the community. Balancing personal time with communal obligations is a delicate but necessary aspect of a religious sister's time management.

Adaptability and Flexibility Life as a religious sister is inherently dynamic, filled with unexpected events and demands. This explores the need for adaptability and flexibility in time management. Whether responding to emergent needs or navigating changes in the daily routine, a religious sister's ability to adapt with grace is a valuable skill.

In the heart of a religious sister's life, time is a sacred currency that is spent in devotion, service, and love. By embracing a divine schedule, prioritizing spiritual and personal growth, navigating the challenges of community life, and remaining adaptable to the unexpected, a religious sister can navigate the journey of time with grace and purpose. Ultimately, effective time management becomes a tool for deeper spiritual connection and a life lived in service to others and God.

"TIME" is very useful, but we are not careful...
We do not know the use of time; we fail to catch the time...
The Life examination is near, use our time properly....
Think positively, Time is precious....



- Sr. Jeesa Grace CMC

THE GIFT OF FORGIVENESS

(To oneself and another)

“Forgive, and you will be forgiven.” (Luke 6:37)



Forgiveness is one of the greatest and highest gift that someone can give to oneself and another, as opposed to hatred and revenge. Forgiveness brings peace of mind and liberates the forgiver from the past painful experience. It enables the forgiver to get healed and move on with his/her life with peace of mind and happiness. Most of the challenges we have in our lives are a result of having unfair expectations of others and the world. We expect others to be or to behave in a certain way to meet our needs. And when they don't, we get stressed and disappointed. We are bound to have anger and hurt in our hearts as long as we have unrealistic expectations of other people.

Forgiveness is the paramount and fundamental element of a Christian faith journey. In the bible, we read from the gospel of St. Matthew where Jesus taught his disciples, “If you forgive others their transgression, your heavenly Father will forgive you” (Mt 6:14) in the same gospel, when Peter asked Jesus how often it is necessary to forgive others, and Jesus replied, “Seventy-seven time” (Mt 18:22). Here, Jesus talks about the never-ending way that we ought to forgive others. Jesus was exceptionally kind and

merciful that He even forgave the ones who nailed him on the cross. He very often talked about the need for forgiveness and forgave the sins of many people who had sinned. By doing so, he brought healing to the lives of the people. Psychologists generally define forgiveness as a conscious, deliberate decision to release feelings of resentment or vengeance towards a person or group who has harmed you, regardless of whether they deserve your forgiveness or not. Forgiveness is very important for the mental health and well-being of someone who has been victimized (Greater Good Magazine, 203). It allows one to let go of negative emotions, feelings, and thoughts towards someone who has hurt us.

Forgiveness in the eyes of the prominent leaders in the world:

“If we want to love, we must learn how to forgive.” – **Mother Theresa**

“Forgiveness liberates the soul. It removes fear. That is why it is such a powerful weapon. When a deep injury is done to us, we never heal until we forgive.” – **Nelson Mandela**

“We must develop and maintain the capacity to forgive. He who is devoid of the power to forgive is devoid of the power to love. There is some good in the

worst of us and some evil in the best of us. When we discover this, we are less prone to hate our enemies.” – **Martin Luther King Jr.**

“The weak can never forgive. Forgiveness is the attribute of the strong.” – **Mahatma Gandhi**

“All major religious traditions carry the same message, that is love, compassion, and forgiveness; the important thing is that they should be part of our daily lives.” –

Dalai Lama

As human beings, we have an innate tendency to store all the negative events that happened to us in the past and naturally, we develop negative emotions such as anger and blame towards others who have hurt us. This will hurt our physical and mental health; ultimately affecting our relationship with others, ourselves, and God. As a result, we lose our inner freedom and peace of mind; thus, allowing the other person to continue to hurt us.

Forgiveness indeed is divine. It requires a lot of courage to forgive ourselves and others. Let us choose love over hatred and try to be kind and compassionate to one another, forgiving each other, just as in Christ Jesus, God forgave us (Eph 4:32). We are given only one life to live, and let us live it well and to the fullest with the freedom of mind and soul. Let's embrace the gift of forgiveness and move on with gratitude for every blessing God has bestowed on our lives.

- Sr. Ezhil Arasi CIC

IN HIS NAME...!

God indeed is great in His name
Live is his name, is life in fullness
Proclaim in his name is the Gospel
Witness in his name is Christianity
Gather a group in his name as a community
Communicate in his name is evangelization
Deny in his name is betrayal
Penetrate in his name is forgiveness
Die in his name is martyrdom
Ascend in his name is the resurrection
Chart in his name unceasingly are angels
Let's make all things beautiful in his name.



- Sr. Celestina MPF

EMBRACING CHALLENGES: THE MEANINGFUL JOURNEY OF MY LIFE

Life's Journey is inherently filled with challenges that shape our character, test our resilience, and provide profound meaning to our existence. Embracing these challenges is not just a necessity but a key ingredient in the recipe for a meaningful life.

1. **Growth through adversity:** Challenges act as catalysts for personal growth. They push us out of our comfort zones, compelling us to learn, adapt, and evolve. Each obstacle presents an opportunity for self-discovery and improvement, transforming us into stronger more resilient individuals.
2. **Building resilience:** Resilience, the ability to bounce back from setbacks is a quality honed through facing challenges. In overcoming obstacles, we cultivate a mental and emotional thoughtlessness that equips us to navigate Life's uncertainties with grace and determination.
3. **Appreciation for success:** Success becomes all the more meaningful when earned through overcoming challenges, the hurdles we face make achievements sweeter, instilling a sense of accomplishment that on a deeper level, without challenges success might lack the richness it gains through struggle.
4. **Fostering adaptability:** Life is unpredictable, and challenges serve as a training ground for adaptability. The ability to adjust and thrive in the face of change becomes a valuable asset enhancing our capacity to navigate the complexities of an ever-evolving world.
5. **Connection with empathy:** Shared challenges create bonds among individuals. When we recognize that everyone faces obstacles, it fosters empathy and a sense of shared humanity, through shared struggles, we build Connections that give life profound meaning.

Challenges are not roadblocks to a meaningful life but rather the very milestones that enrich the journey. Embracing challenges slows us to grow, cultivate, and align with our values. It is through overcoming challenges that the tapestry of our lives, gains depths, meaning, and a beauty that emerges from the very fabric of our struggles.

- Sr. Jesika SJC

LEADERSHIP

Leadership is not being in charge. It's about taking care of those in your charge and inspiring them to be the best versions of themselves. Leadership is a journey of guidance and inspiration.

Leaders first:

Love what you do.

Learn how to communicate effectively.

Plan for the future.

Transparency is highly appreciated.

Patience is a virtue.

Manage your time wisely.

Be prepared to take risks and learn from your mistakes.

Treat everyone equally and kindly.



- Sr. Vimala IBVM

THE BEAUTY OF SILENCE

"We all know that blooming flowers, twinkling stars, and the rising sun indicate beauty, but have you noticed that this beauty also has a hidden trait? It's the beauty of silence". Silence is eternal, and peaceful and makes our life—as well as the lives of others—beautiful. If used intelligently, it is a beautiful way to express emotions. Every day we depict a mountain of feelings without uttering a single word. That's also the beauty of silence.

Silence is not the muteness or lack of words but the person's inner silence and the knowledge about the use of words, actions, and emotions according to the needs of time, situations, and places. It expresses different emotions in different situations. Silence speaks through our eyes. In happiness, the shining eyes, in sorrow the silent tears, and in love the shyness of our eyes conveys the deepest meaning. Silence is one of the greatest virtues, everyone needs to have the virtue of silence, but we do not practice the virtue of silence in our day-to-day lives. Those who practice they benefit from it.

Many people are Silent because they don't have anything to say; some people keep silent because they are forced to keep silent; But rarely people are silent because they know how, when, and where to speak which brings beauty in life, the beauty of silence.

Let us find the beauty of Silence as we read ahead:

Where there is Silence, there is no violence. Silence brings Calmness and oneness for

self-discovery, which gives us the new energy to keep moving in life. It brings concentration not distractions. It gives awareness of oneself. Silence brings easiness not busyness. Silence brings wisdom knowledge insight and foresight. In Silence, there is correct reasoning, decision, and vision. It makes you never breaks you.

Silence is our powerful way of communication:

Silence in itself has extreme strength yet we ignore its importance. Many times, we say, "He or she conveyed so much without saying a word." Silence acts in many ways in our interpersonal relationships as well. It never hurts others, if someone gets angry due to a difference of opinion, don't react. Stay calm and silent, and become a good listener to understand their point of view. Confrontation with an angry person only sparks the fire resulting in spoiled relations. Silence in that situation saves the loss of losing or hurting a dear one.

Silence relieves pain:

The more we speak negatively, the more the body starts releasing stress hormones, resulting in pain. That is why, when we stay quiet and maintain silence, our mind stops the unwanted vibrations associated with pain. After a hard day's work, we often seek a peaceful atmosphere to rest and spend some time alone. This switch-off mode of thought helps to calm us down and get relief from a whole day's stress, anxiety, and fatigue. A few moments spent in silence energizes the mind to smile for the next moment.

The beauty of silence and God:

It is a meditation that connects us to God. It is a two-way bridge. In meditation first, we speak to God and when peace prevails, God speaks to us, that is the point. We are connected to the supreme power. The beauty of silence gives us a new perspective because it is a source of great strength.

God is a friend of silence. We need silence to connect, to speak, to listen to, and to ponder God's words deep in our hearts. We need to be alone with God in silence to be renewed and to be transformed, for silence can give us a new outlook in life. In it we are filled with grace, and then God, which makes us do all things with joy.

Conclusion:

Silence brings peace. It allows settling down in the present. Simply keeping silent helps us to hear our heartbeat, to enjoy nature, and to experience God. This experience is rare but miraculous. Learn to get in touch with the silence and enjoy the beauty between birth and death.

- Sr. Manjula Lakra CSJ

SHAYARI ABOUT LIFE

1. "Life ends when you stop dreaming.....
Hope ends when you stop believing
Love ends when you stop caring.....
So, Dream, Hope, and Love make life beautiful"

2. "Someone said to God.... I hate Life,
God said Who told you to Love the Life,
Just love the person who loves you.....
And the Life itself will be the Lovable"

3. "Life brings... Kabhi Khushi Kabhi Gum,
How long does it last... Na Tum Jaano Na Hum....
But always keep in mind... Hum Saath –Saath Hain,
So, let's share our joy and Love each other....
Who knows Kal Ho Na Ho,
But always remember that.....Main Hun Na." ...

4. "Dekho To Khwab Hai Jindagi,
Padhho To Kitab Hai Jindagi....
Suno To Gyaan Hai Jindagi,
Par Hum Kahte Hain
Hanmesha Muskrao To Asaan Hai Jindagi".

MY FRIENDS

* LOVE + FEAR = FATHER

* LOVE + CARE = MOTHER

* LOVE + FIGHT = BROTHER

* LOVE + HELP = SISTER

* LOVE + CARE + FEAR + HELP + FIGHT = FRIEND

* "Some like golden ship...
Some like Silver Ship....
But I like not only ship
That is good Friendship"

** "Apni Dosti Bilkul fix Hai,
Sorry Thanks Sab Mix Hai.....
Hum Aapko Nahi Bhulenge,
Yah Bhi Fix Hai.....
Bas ap Hame Na Bhul Jayen ,
Yahi Risk Hai.....

THREE GREAT THINGS

What do I think is important in my life? I have learned so much about goodness and values here in Dhyavanava institution in my life and understood what is life in a deeper way. The things which I have noticed are:

- 3 Things to achieve; Health, Education, Behavior.....
- 3 Things to Follow; Leaders, Idols, Good Habit.....
- 3 Persons to obey; Parents, Professor, God.....
- 3 Things to remember; Friends, Help, Sacrifice.....
- 3 Things to love; Children, Nature, Motherland.....

- Sr. Sarita SJS

NATURE, THE ART OF GOD

Nature, the art of God, unfolds each day
A masterpiece in every sunlight ray
Mountains and Valleys, a Canvas divine
where heaven's brush strokes gracefully align

Rivers that meander, a celestial dance
Reflecting the Creator's elegance.
In whispering leaves and rustling trees
God's poetry whispers in the gentle breeze.

Sunset hues paint the sky's grand dome,
A celestial cathedral, our earthly home
Stars twinkle above, and a radiant chart
Nature, the canvas of God's sacred art

In nature's realm, a consecration
A sacred dance of earth's foundation
For in each leaf and blade of grass
The Divine's presence, a love that lasts.

Each creature a note in the symphony
The creator's hand in perfect harmony
In the soft moonlight and morning dew
God's masterpiece is revealed anew

Nature the artistry of the divine
A testament to love that will ever shine
In every flower, in each blade of seed
We witness the beauty-the art of God

- Sr. Prava SJC

WHO AM I?.....?.....?

The concept of who am I refers to one's identity. Furthermore, identity is the all-encompassing system of relationships, values, expectations, memories, feelings, and thoughts that define who a person is....

I do not lament,
 I am not a workaholic
I am not extra pious;
 I am not a find-finder,
I am not too much result-oriented
 I am not jealous of others' achievements,
I am not wishing to be other than myself,
 I don't always reach up to others,
My expectations,
 I don't look for appreciation and praise,
 I don't nourish hurt feelings,
I am happy to be myself,
 I believe I am precious and God loves me,
I always with the good of others,
 I enjoy the good things in life,
I enjoy relaxation and cracking jokes,
 I see goodness all around me,
I enjoy friends and friendship,
 I like to take the first step to make peace,
I believe God has a plan for me and only I can fulfil it,
 I see God's hand in my life each moment.

'I AM CONTENTMENT'

In appreciation.....

May the good Lord in all his mercy and goodness, who accompanied me up to now, blessed me abundantly, and raised me to His will, be Blessed and exalted forever...

- Sr. Vijaya Rani MJJ

ANGEL MY GUARDIAN DEAR

Life is full of surprises,
which are my daily experiences.
At times my ways are rough,
But you made me tough.
In times of stress,
you never let me mess.
In times of agony,
you bring me songs of harmony.
In times of despair,
you become my inner strength to repair.
when I am feeling Gloomy,
your Amazing Graze makes me Bloomy.
when I divert from my way,
you help me revert in the hope of Ray.
In My Days of Trouble,
you made my fun double.
So Dear Angel of God, My Guardian dear.
Be at my side to light and guard.
To rule and guide.
Thank you for being my constant companion.



- Sr. Nirmala Soreng CSJ

YEAR OF BLESSING – 2024

Lamentations 3/22-23 says, “The steadfast love of the Lord never ceases; His mercies never come to an end, they are new every morning”. Life is never about what happens to us. Life is about our perspective and our thoughts in response to what happens to us. It is about our words and behavior in response to what happens to us. Life is about how we think, we perceive, we see, we speak, and we behave when whatever happens, happens. Waiting does not change life. Preparations change life. And so, we have a few more days to enter well prepared in this coming year.

I need to take care of small little things. Those little habits, little situations, little behaviors, little ways of thinking. It is the small little changes that need to be done every day. Big changes require small steps daily. Every moment of our life needs to

be new. Every second of our life is like a grain of sand at a time in an hourglass. Once it's gone, the second of our time is gone forever, never more to come back. We get to live only once. Let's not waste a single moment of our lives in the year 2024. Be the best version of yourself. I am a Child of God. I am very dear to Him. God loves me. If we bring even 1% change in ourselves every single day daily for 1 year, then by the end of 1 year, there will be 37% change in us.

I.e., $101\% = 101/100 = 1.01$ raised to 366 days $= 37.78\%$. when we change by 1% each day in the positive direction $= 37.78\%$. but if we change by 1% each day in an opposite/negative/down direction, then we go down by just 1% daily which means... $99/100 = 0.99$ raised to 366 $= 0.02\% = 0$.

Each day we are surrounded by lower vibration by different people. But we need to grow by 1% daily. This little increment of 1% which we bring in ourselves. But if we take care of small things, the 1% change will go upwards. The people around us will have different behaviors. Someone's mind is disturbed. Someone is confused and sad. Someone is very stable and powerful. But since many people are not taking care of their minds these days, they are creating a lot of complications in their minds. This will be reflected in their words and behavior. It affects our relationship. So, let's just make this 1% change. No matter how people around us behave; we understand it is according to their state of mind. Let's bring 1% change in ourselves. My behavior of 1% change will change my way of thinking.

Firstly, Let's change our way of speaking. The other person might behave in different ways. Sometimes they speak lovingly, sometimes rudely. Sometimes they shout at you and sometimes they ignore you. There can be times when they won't even look at you. They can even spread false rumors about you. They might say unpleasant things right on your face. That is all about them. It is their personality. They are going through ups and downs internally so they need to take care of themselves. But how should I take care of myself in these moments? So that I do not get affected by the emotional fluctuations that they are going through.

Secondly, we are going to protect ourselves from Emotional Infections. We should not let the vibrations of their state of mind reach us. Because if I don't take care, their vibrations will drag me down by 1% whereas I need to go 1% upward daily. Let's not change our behavior, in response to their behavior. Why are we changing our behavior according to people's behavior? Why are we not able to hold on to who

we are? It's only because we say, "They did this to me, why should I speak respectfully"?

Let's take care and decide one thing today, especially this year, "I am who I am", a very beautiful, pure, peaceful person. Each one of us is a child of God, and we are surrounded by God's children. Our behavior should not change according to people. Let's take personal guarantees of ourselves. Keep improving 1% upward daily by our words and behavior. Untouched and Uninfluenced by emotional infections around us. Let's not speak negatively about anyone with others.

- Sr. Elizabeth Fernandes MSA

FALL IN LOVE WITH GOD

Experiencing the profound sentiments of falling in love with God is truly remarkable. It's like being enveloped in an unconditional love that permeates our being, nurturing our heart and soul. This journey involves deepening our faith and fostering a personal connection with Him. Falling in love with God requires us to open our hearts and surrender to His immense love and grace, recognizing that His love for us is unwavering, despite our imperfections. This transformative experience draws us nearer to Him, nurturing our spiritual growth. It's similar to being embraced in a comforting warmth, knowing that we are profoundly cherished by our Creator.

To cultivate a closer relationship with God, there are several practices we can

adopt. Firstly, prayer serves as a powerful channel for connecting with God. Setting aside time each day to communicate with Him, share our thoughts, and seek His guidance, is essential. Additionally, delving into scripture through reading and studying the Bible allows us to deepen our understanding of God and His teachings. Surrounding ourselves with like-minded individuals who share our faith journey can provide support and encouragement along the way. Finally, embodying acts of kindness and love towards others reflects God's love in our own lives. It's crucial to remember that growing closer to God is a personal voyage, so it's important to discover what resonates best with us and embrace it wholeheartedly.

- Sr. Mary Teresa CSAC

BE A HEROIC GIVER

A giving nature is bound to be rewarded with a bright future.
A giving mind is bound to find many a grand surprise.
A giving hand is bound to land in plenty and prosperity.
Never say a "no" to those who come to you for help.
Give till it hurts you. You will soon find you have with you
More than what you had before you gave!
Give without expecting a word of gratitude.
Give without account of what we give.
Give without counting the cost.
The joy of such giving is matchless.
The thrill of such giving is unparalleled.
And the peace of such giving is indescribable.
Hence be a heroic giver. You will always be happy!



- Sr. Premilata MSJ

THE PERSONALITY OF THE SIMPLICITY

Simply, simply simplicity

Simply, simply simplicity

Simplicity is the specialty

Specialty of the simplicity

Going become publicity

S- Stands for SIMPLE-A person who leads a simple life and is ever grateful to God.

I- Stands for INNOCENT- A person who carries pure love and kindness in their heart.

M- Stands for MATURE-A person who can handle the situation with grace.

P- Stands for PEACEFUL-A person who stays calm and brings harmony.

L- stands for LOVEABLE-A person who is medicine for others' pain.

I- Stands for INSPIRATION-A person who is a role model for others.

C- Stands for COMPASSION-A person who understands others and brings tranquillity

I- Stands for IGNORE-A person who ignores the negative thoughts in his mind and moves on.

T- Stands for THOUGHTFUL-A person whose heart is filled with meekness.

Y- Stands for YIELD-A person who yields the harvest of peace and happiness.

Simply, simply simplicity

Simplicity is our personality

The personality of the simplicity

Becomes a divinity.

- Sr. Angel SMMI

“MOUNTAIN MY SWEET HOME”

In the embrace of rugged giant mountainous peaks lies my dear home. The steep hills guard it in silent strength. Beautiful sunrise kisses my home with its warmth in the morning and every sunset casts tranquillity and hope. Lush green vegetation endows the hills around providing health and livelihood to the dwellers. Peaks of the higher mountains veil itself in white snow reflecting the purity and integrity of its beauty. In between the sloppy hills gushes forth the fresh water which streams down twisting and turning that quenches the thirst of the earth, humans, animals, plants, and all the living creatures along. Wildflowers cover the valleys and sparse houses thrive in the silent yet divine noise of nature.

Mountains are rightly termed as the dwelling place of God from the times immemorial. Qualities that are attributed to God such as mighty, strong, holy, pure, stability, and transcendence are symbolized by mountains. In many religious and spiritual traditions, mountains are depicted as sacred spaces where God resides, where prophets receive divine revelations, or where spiritual journeys are undertaken. Many mountains where my home lies are dedicated to Hindu gods and goddesses. Some are found with majestic Buddhist monasteries some mountain tops are occupied by the Church and the Holy Cross.

These sacred symbols on the top of the hills and the mountains embrace different religions in unity and harmony. These high mountains teach us its dwellers to keep our heads high, aim for purity, strive for unity, work with integrity, stand with stability, and above all mountains call us for communion with the divine. Mountains inspire and influence their dwellers never to give up or get discouraged in life, for, where one hill comes to an end the other one begins higher and more beautiful. These charming mountains also teach valuable lessons such as life's not always smooth, ups and downs are the paradox of life, and in its ruggedness or roughness lies beauty and bounty of life.

Mountains often block the viewers from seeing beyond lands and space but they help their dwellers to understand that if they just make an effort to climb a little higher, then the whole of the horizon widens and broadens with vaster higher, and more beautiful stretches of mountains and lands. Decisions making, and outlook towards life are influenced by these precious lessons that the mountains impart every moment.

I am blessed and fortunate to be born and grow in the beauty and hardships of these beautiful Mountains. It is my mother and father for I have grown here and my wonderful, lovely, sweet home lies in the silent yet divine noise of these mountains.

- Sr. Josephine R. SJC

POWER OF PRAYER

"Rejoice in hope, be patient in suffering, persevere in prayer" (Rom. 12:12). St. Paul encourages all believers to persevere in prayer because in prayer we realize our union with God. "Prayer is the raising of one's mind and heart to God or the requesting of good things from God" (CCC. 2292). Yes, I believe that in prayer I make my conversation with my God in whom I believe. Through prayers, I try to know myself because God knows me more than I know myself.

Why prayer is powerful and important in our lives, because even Jesus prayed before He called His twelve apostles (Lk. 6:12). We all have different experiences with prayers. The Apostles asked Jesus to teach them to pray and we have "The Lord's Prayer" (Lk. 11:2-4). The power of prayer is, it connects natural life to supernatural life. The prayer makes things possible which seems to be impossible in the eyes of humans. Through prayers we can save ourselves, "stay awake and pray that you may not come into the time of trial" (Mtt. 26:41). This is the experience of many, whenever we are depressed, feel lonely, struggle to solve a problem we naturally turn back to God in prayer because it is our nature. We believe in one God who has called us and we turn to Him in prayer.

Prayer is the uniting force that built our relationship with God. As we are connected to our loved ones with our constant touch through calls, emails, WhatsApp messages, and other means, we have only one means to connect with God which is prayer. Mahatma Gandhi says "It is better in prayer to have a heart without words than words without a heart." Yes, prayer in silence helps us to hear the voice of God. St. Teresa of Calcutta says "God speaks in the silence of the heart. Listening is the beginning of prayer." Prayer is powerful therefore let us be genuine in prayer and be the message of hope, love, sacrifice, revelation, healing, and thanksgiving.

- Sr. Jessy Rai SJC

JESUS AND ME

Together with delving into the depths of the soul,
Seeking employment, as the moments unfold.
In Dhyanaavana's serenity, we find clarity,
Jesus and me, United in spirituality.

In Dhyanaavana's calm and peaceful place,
Jesus and I find solace and embrace.
We sit together, finding inner peace,
Feeling His love and grace never ceases.

Surrounded by nature's soothing sound,
In Dhyanaavana's beauty, we are found.
Jesus whispers wisdom in my ears,
Guiding me, removing any fear.

In this special place, we connect,
His presence, my heart does reflect.
Dhyanaavana and Jesus, a perfect blend,
In their presence, my soul transcends.

- Sr. Maria Basumatary SJC

SPIRITUALITY STANDS FOR

S - Spirit-filled
P - Persevering ability
I - The life of internal examination
R - Regularity in daily doings
I - Ideal to all who are in touch
T - Tangible
U - United with self and others
A - Affectionate in dealings
L - Lovable
I - Integral
T - Time conscious and trust
Y - Not asking 'Y' to God in life happening

- Sr. M Shobitha Bavighar O.Ss. S

IDENTIFY THE TYPE OF 'TABLE '

- A table that's good to eat - Vegetable
- A table easily made angry - Irritable
- A table which brings good results - Profitable
- A table that's is useful - Suitable
- A table that's pleasant to taste - Palatable
- A table that suits any purpose - Adaptable
- A table that gives relaxation - Comfortable
- A table that's no one forgets - Unforgettable

- Sr. M Shobitha Bavighar O.Ss.S

MOTHER

Mothers are the most beautiful gift from God to us her lap is our heaven and her arms are our protection shield. Mother's arms are more comforting than anyone else's. A mother is she who can take the place of all others but whose place no one else can take. Life does not come with a manual; it comes with a mother.



A mother is only a woman, but she needs the love of Jacob, the patience of Job, the wisdom of Moses, the foresight of Josheph, and the firmness of Daniel.

God could not be everywhere and therefore he made mothers.

- Sr. Devapriya MPF

POEM

In Dhyanaavana, where nature thrives,
The greener side reveals its vibrant tree
Tall trees sway, and their leaves don't hue
As sunlight filters through, painting a view.

The forest floor, a carpet of mossy green,
With delicate ferns, a sight to be seen
Wildflowers bloom, adding pops of colour,
Inviting butterflies and bees to hover.

The chirping birds, a melodious choir,
Their songs echoing, reaching higher,
Squirrels, scamper with nimble grace,
In this enchanted forest, they find their space.

The air is fresh, with the scent of earth and pine,
A symphony of nature, so divine
Dhyanaavana, a sanctuary so pure,
Where the greener side will always endure.

- Sr. Suseela Badugu HFB

AT HOME WITH SELF

In the quiet of my haven alone,
Where thoughts weave and dreams are sown.
A sanctuary within, a space untold,
At home with self, a story unfolds.

Silent whispers of the heart's embrace,
Chasing solitude, finding solace and grace.
In the gentle cadence of time's soft hum,
I discover the symphony within, a sacred strum.

No need for masks, pretences set free,
A dance of authenticity, just me and me.
Reflections bloom in the mirrors of my mind,
At home with myself, true serenity I find.

The walls echo with laughter and tears,
Echoes of moments, both triumphs and fears.
A canvas of memories painted in hues,
In the embrace of solitude, my spirit renews.

Amidst the silence, a symphony of thought,
A sanctuary where my essence is sought.
At home with self, in the quiet embrace,
I discover the beauty of my grace.

- Sr. Pratima FC

GRATITUDE

Grateful for the little things in life
Rejoicing in the simple pleasures that thrive
Appreciating the beauty that surrounds
Thankful for the love that abounds
Inspired by the kindness of others
Trusting in the blessing that covers
Understanding the value of each day
Determine to cherish all the way
Embracing the attitude of gratitude.

- Sr. Rekha MSI

ANGELS AMONG US

“Are not all ministering spirits sent to serve those who inherit salvation?”
Hebrews 1:14.

We all have different and various thoughts and understanding about the angles. It is very common to think of angels. We often envision them as handsome, quiet, tall, and blond male figures dressed in long white robes or gentle soft-skinned beautiful female figures with long beautiful hair, soft feather wings, and holding flowers in their hands. These all may be our description of some angels but, these don't describe all of them, what truly they are. In reality, there is a hierarchy of angels whose assignments and positions are determined by God. There are nine levels of angels. Here I would like to draw your attention to the teachings of the Catholic Church about angels. The Catechism of the Catholic Church teaches us about angels in articles from 328-336. They are:

1. According to the sacred scripture the angels are spiritual and non-corporal beings, moreover, they are the truth of faith.
2. St Augustine says the angel is the name of their office and not of nature. If you seek the name of their nature, it is spirit. And if you seek the name of their office, it is 'Angel'. The angels with their whole beings, are servants and messengers of God.
3. As purely spiritual creatures, angels have intelligence and will, they are personal and immortal creatures.
4. Christ is the center of the angelic world. Angels belong to Christ because they were created through him. And Christ has made them messengers of his saving plan. “Are they not all ministering spirits sent forth to serve for the sake of those who are to obtain Salvation.” Heb 1:14.

5. Angels have been present since creation and throughout the history of salvation, announcing this salvation from afar or near and serving for the accomplishment of the divine plan.
6. From the incarnation to Ascension the life of the word incarnate is surrounded by the adoration and service of angels. The whole life of the church benefits from the mysterious and powerful help of angels.
7. In the liturgy, the church joins with the angels to adore one and triune God and she invokes their assistance. From the beginning until death, human life is surrounded by their watchful care and intercession. Besides each believer stands an angel as protector and shepherd leading him to life. Already here on earth, the Christian life is shared by faith in the blessed company of angels and men united in God.

progress mentally. True friends generally stick around during difficult times, and they are called "Angels". They remain beside you when your journey seems challenging. They stay by your side and help you to overcome any challenge you experience. A true friend can be honest with you even when what they have to say may be hard for you to hear. This honesty can be attributed to a realistic perspective of life.

The best friends show unconditional love and expect nothing in return. They may not judge you or think less of you. They always accompany you wholeheartedly remain at your back and support you through thick and thin. The best friends can help you to focus on your goals, to stay motivated, and to be creative. Having true friends would help you to stay on track and make wise decisions. They encourage you to do better and help you to make decisions that will lead you in decisions. Thus, the best friends in the suit of angels are around us to help us and to guide us.

Now to conclude this small article, I would like to quote the words of Eileen Elias Freeman; "Be an angel to someone else wherever you can as a way of thanking God for the help your Angel has given you". I would repeat and say try to be good and best friends for the people with whom we live. And never forget the words of Luciano de Crescenzo, "We are each of us an angel with only one wing and we can only fly by embracing one another".

Now coming to our life here on earth, all angels reside not only in heaven, but many live and walk on earth. We can experience them in our daily life. Angels are not always extraordinary or spiritual beings only with wings and a halo, but they are also ordinary people living ordinary lives. And they all have special qualities that can especially touch our hearts and soul. In simple words, we can say that they are truly our best friends. The best and true friends are usually those who offer you support, improve your quality of life, promote self-confidence, and provide honesty and unconditional love. And help you

- Sr. Lily Mulak OSF

Best Compliments from



**TO DHYANAVANA COMMUNITY
CLAUDY, IVY AND FAMILY**

Are you seeking a love that will last for ever?
Are you looking for the purpose and meaning of life?
Do you wish to offer your life for the sanctification of the Church
and the salvation of souls?
Are you seeking happiness and fulfilment in life?

You will find it only in JESUS!

Come and experience our life!



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Congratulations and

Best Wishes



From - **Ingrid Vostrel**

Vienna, Austria



ಕೊಂಕ್ಣಿ ಕ್ರಿಶ್ಚಿಯನ್ ಅಸೋಸಿಯೇಶನ್ (ರಿ.) ಮೈಸೂರು.
Konkani Christian Association [R.] Mysuru.

Best wishes to Dhyanavana

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Committee Members
2022 - 2024**



Alfred Vaz
94487 21447



Victor Menozes
94482 25788



ಕೊಂಕಣ್ ಭವನ್
ಕೊಂಕ್ಣಿ ಸಾಂಸ್ಕೃತಿಕ ಕೇಂದ್ರ
ಕೊಂಕ್ಣಿ ಕ್ರಿಶ್ಚಿಯನ್ ಅಸೋಸಿಯೇಶನ್ (ರಿ.)
ಮೈಸೂರು

Konkan Bhavan
Konkani Cultural Centre
Konkani Christian Association (R.)
Mysuru

CA-33, Konkani Bhavan, Vijaynagara 2nd Stage, Mysuru-570017
Contact : 83106 58945, 82776 52511, 94493 23237, 99003 49779
Office Timings : 9:00 a.m. to 6:00 p.m.

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NOTE MUDRANA NAGAR MYSURU
Email : anninfrastructures@gmail.com



ಶುಭಾಶಯಗಳೊಂದಿಗೆ

ಶ್ರೀ ಗ್ರೇಷಿಯನ್ ರೋಡ್ರಿಗಸ್ (ಬಾಬು)

ಮೈಸೂರು

9845110546

ಅಧ್ಯಕ್ಷರು

ದಕ್ಷಿಣ ಕನ್ನಡ ಮತ್ತು ಕರಾವಳಿ ಜಿಲ್ಲಾ ಸಂಘಗಳ ಒಕ್ಕೂಟ (ಲ)
ಮೈಸೂರು

ಚೇರ್ಮನ್ ಮತ್ತು ಮ್ಯಾನೇಜಿಂಗ್ ಡೈರೆಕ್ಟರ್

ಸೆಲೆಕ್ಷನ್ ಶೆಲ್ಡರ್ ರೆಸಾರ್ಟ್

ಬೆಂಗಳೂರು ಮತ್ತು ಡೆವಲಪರ್

ಸಮಾಜ ಸೇವಕರು

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Rev Fr BAPTIST GOMES

Born: 16-07-1931

Died: 11-01-1992



IGNATIA GOMES

Born: 02-12-1938

Died: 10-09-2023



JOSEPH MASCARENHAS

Born: 19-03-1928

Died: 22-12-1985



KEVIN A. PEREIRA

Born: 23-09-1956

Died: 13-10-2013



MELISSA J. PEREIRA

Born: 30-09-1986

Died: 17-03-1988



DEALON A. PEREIRA

Born: 26-11-1988

Died: 27-08-2016



BRIDGIT PEREIRA

Born: 05-03-1918

Died: 15-08-1994

*We always remember you all
and feel your presence
amongst us.
May the Lord grant
Eternal Peace
to you all.*



A Tribute of Love from:
P. Prescilla Pereira
Taluk A Ward, Karkala.

Best Compliments from



The Manager and Team
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**Mr. Alfred Vaz
&
Family**

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May 06 - 11: Creative Leadership for a Productive Community

May 13 - 18: Growing in Godliness and Spiritual Maturity

May 20 - 25: Retreat - "Lord, teach us to Pray as..."

For Information / Registration, kindly refer the details given below:

Rev. Dr. Rathan N Almeida, OCD Director

Dhyanavana

International Institute of Spirituality

R. S. Naidunagar, Mysore 570 007

Karnataka, India

Mobile: 6361666598 / 9113241882

E-mail: dhyanavanamysore@gmail.com

dhyanavana9@gmail.com

Website: www.dhyanavana.com

DHYANAVANA

INTERNATIONAL INSTITUTE OF SPIRITUALITY, MYSORE
Affiliated to the Pontifical Institute of Spirituality 'Teresianum', Rome;
and St. Philomena's College (Autonomous) Mysore

ACADEMIC PROGRAMME 2024 - 2025

SEMESTER	SL. NO.	DATES	SUBJECTS
1st SEMESTER  Prayer and Scripture	1.	June 23	Arrival
	2.	June 24 - 25	Orientation
	3.	June 26 - 28	Methodology of Scientific Paper
	4.	July 29	Animation to Life of Prayer
	5.	June 30 (Sun)	Inauguration of the course
	6.	July 1 - 5	Theology of Prayer
	7.	July 8 - 12	Fundamentals of Contemplative Prayer
	8.	July 15 - 19	Liturgy and Prayer
	9.	July 22 - 26	Intro to O.T., Pentateuch, and Covenant Spirituality
	10.	July 29 - Aug. 2	Historical Writings
	11.	Aug. 5 - 9	Spiritual Wealth of Psalms
	12.	Aug. 12 - 16	Spirituality of Wisdom Literature
	13.	Aug. 19 - 23	Prophetic Spirituality
	14.	Aug. 26 - 30	Intro to the New Testament
	15.	Sept. 2 - 6	Empowerment of Women: Biblical Perspective
	16.	Sept. 9 - 13	Theology of Synoptic Gospels
	17.	Sept. 16 - 20	Pauline Spirituality
	18.	Sept. 22 (Sun)	Institution Day
	19.	Sept. 23 - 27	Pastoral Letters and Book of Revelation
2nd SEMESTER  Psychology & Spirituality	20.	Sept 30 - Oct. 4	Johannine Spirituality
	21.	Oct. 7 - 11	Psycho-Spiritual Integration
	22.	Oct. 14 - 18	Emotional Healing and Formation
	23.	Oct. 21 - 25	Counseling Skills and Human Wholeness in Formation
	24.	Oct. 28 - Nov. 1	Schools of Spirituality
	25.	Nov. 4 - 8	Trinitarian Spirituality
	26.	Nov. 11 - 15	Marian Spirituality
	27.	Nov. 18 - 22	Catechetical Spirituality
	28.	Nov. 25 - 29	Contemplative Spirituality
	29.	Dec. 2 - 6	Ethics and Spirituality
	30.	Dec. 9 - 13	Sacramental Spirituality
	31.	Dec. 16 - 20	Comprehensive Exams
	32.	Dec. 21 - 22	Christmas Celebration
	33.	Dec. 22 - Jan. 3	Christmas Holidays
3rd SEMESTER  Consecrated Life, Mission & Evangelization	34.	Jan. 4 - 5	Arrival
	35.	Jan. - Feb. (every Saturday)	Mission in Indian Context-Civil Code / Human Rights
	36.	Jan. 6 - 10	Christ: Unique and Universal Saviour
	37.	Jan. 13 - 17	Growing in Consecrated Life (Beyisiting)
	38.	Jan. 20 - 24	Religious Formation in the Modern World
	39.	Jan. 27 - 31	Canonical Aspects of Religious Life
	40.	Feb. 3 - 7	Human Resource Development and Communication
	41.	Feb. 10 - 14	Mission of the Holy Spirit
	42.	Feb. 17 - 21	Theology of Evangelization
	43.	Feb. 24 - 28	Mission Exposure (Classes and Village Experience)
	44.	March 3 - 7	Comprehensive Exams
	45.	March 10 - 14	Retreat
	46.	March 17 - 18	Preparation for Convocation
	47.	March 19	Convocation
	48.	March 21	Thanksgiving Day / Departure



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