

DHYANAVANA

International Institute of Spirituality, Mysore



VOLUME 28

2024-2025

Rooted in Christ:

**Holistic
Optimistic
Pragmatic
Empathetic**



With Best wishes from
Carmelite Fathers
Krista Shanti Dham Community
Mira Road (E)



With Best Wishes from
MOUNT CARMEL SCHOOL
MiraRoad, Thane



visit our website to know more about us - www.mountcarmelmiraroad.com

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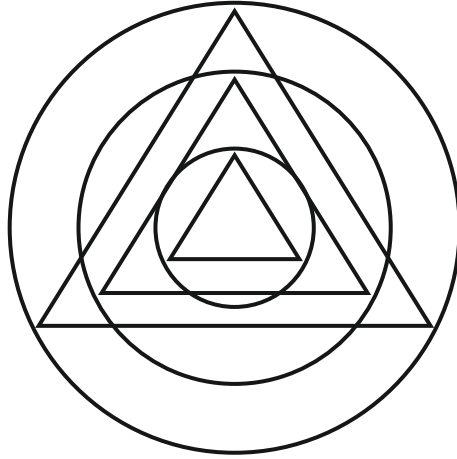
mtcarmelanubhav@gmail.com



DHYANAVANA

International Institute of Spirituality, Mysore

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



2024-2025
VOLUME 28

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

Tel: +91 -821-2492623 | +91 63616 66598 | Mobile: +91 91132 41882

E-mail: dhyanavanamysore@gmail.com | dhyanavana9@gmail.com

website: www.dhyanavana.com

FROM THE EDITOR'S DESK...!

"The world offers you comfort. But you were not made for comfort, you were made for greatness." – Pope Benedict XVI

As we celebrate the sacred Jubilee 2025, we are reminded that hope is more than a fleeting sentiment or a mere optimism about the future. It is a deep, unwavering trust in the providence of God—a trust that transcends uncertainty and empowers us to walk boldly in faith. Hope is the virtue that transforms our trials into opportunities, our struggles into growth, and our limitations into avenues for divine grace.

As we celebrate this sacred moment in the life of the Church, we do so with a renewed commitment—to shine as beacons of hope, to embrace the call to greatness, and to remain steadfast in our journey toward God's kingdom. Embracing our identity as Pilgrims of Hope, we draw strength from God's unwavering faithfulness—He is unchanging (Mal. 3:6), He is our provider (Gen. 22:14), He has a purpose for our lives (Jer. 29:11), and He walks with us until the end of time (Matt. 28:30).

At Dhyanaavana International Institute of Spirituality, we cultivate this spirit of hope through prayer, study, and community life. In this space of reflection and renewal, young religious—drawn from diverse congregations, cultures, and traditions—gather to seek deeper spiritual nourishment. Their presence is a testament to the Church's rich fusion, where unity flourishes amidst diversity and where individual gifts converge to illuminate a shared mission.

Formation at Dhyanaavana is not merely an academic pursuit but a holistic journey—where intellectual rigor and contemplative depth intersect, shaping future religious leaders with wisdom, resilience, and a profound sense of mission. Our courses, seminars, and communal engagements provide an environment of mutual enrichment, where dialogue fosters understanding, and shared experiences inspire transformation.

As I step into the role of Dean, I do so with humility and profound gratitude, fully aware of the sacred trust bestowed upon me. My commitment is to foster an environment where the deep longing for God and the pursuit of divine encounter is nurtured, empowering perseverance to flourish. I hope that the lived experience of our young religious will bear fruit beyond these walls—that they may carry the fragrance of their formation into the world, becoming ambassadors of love and hope in the communities they are called to serve. I wish them all a bright future and a vibrant life. May they carry the richness of this experience back to their respective places, enriched and inspired.

This magazine provides an insightful glance into the vibrant essence of our community, celebrating our achievements, initiatives, dynamics, shared experiences, and the transformative moments that define and inspire us.

May we remain rooted in Christ, holistic in vision, optimistic in outlook, pragmatic in approach, and empathetic in service. For we are not made for comfort—we are made for greatness.



Fr. Ajith Rodrigues OCD
Dean of Studies

FROM THE DIRECTOR'S PEN.....✍

Happy that yet another academic year comes to a successful finish. *Labor omniavincit* - Hard work conquers all...! Success is often the result of diligent effort and dedication and I am delighted to witness the fruit of our labor, constant fidelity and commitment.

On 24th of December 2024, Pope Francis solemnly opened the Holy Door of St. Peter's Basilica and officially inaugurated the Jubilee year, naming it as 'Year of Hope.' In the papal bull, *Spes non confundit*, he reminds us of what St. Paul was convinced of - 'Hope does not disappoint' (Rom 5:5).

Jubilee year is something historic because such events take place every 25 years. This Jubilee Year (24th December 2024 - 6th January, 2026 Solemnity of the Epiphany of the Lord) is given to us not only to rediscover, build and renew our hope, but also to embrace, share and proclaim the transformative power of this hope.

In the heart of each person, hope dwells as the desire and expectation of good things to come, despite our not knowing what the future awaits us. Even so, uncertainty about the future may at times give rise to conflicting feelings, ranging from confident trust to apprehensiveness, from serenity to anxiety, from firm conviction to hesitation and doubt. Often we come across people who are discouraged, pessimistic and cynical about the future, as if nothing could possibly bring them happiness.

To be rooted in Christ and to be ambassadors of hope is the sublime and clarion call for all. It is my earnest desire that all the sisters who are moving out of this Institute this year, after successfully completing their Diploma Course in Holistic Spirituality, may become beacons of hope. May their hope rooted in Christ's death and resurrection point out to their final destiny, eternal happiness with God in heaven. May their life and ministry instill this sure and certain hope of eternal life in all whom they meet and serve. May the authentic encounter with the Lord, especially through their daily sacramental life, enable them to bear faithful witness to this message of Christian hope.

Dr. Rathan Almeida OCD
Director



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

Archbishop Emeritus Bernard Moras
Apostolic Administrator
DIOCESE OF MYSORE



MESSAGE

Date: 05-03-2025

Dear Fr Rathan N. Almeida

We are in the Jubilee Year 2025. The Church has given us the theme to reflect upon "Pilgrims of Hope". For us Christians our hope in Christ never disappoints us for the simple reason we are made in the image and likeness of God Himself.

The Institutional Magazine you are bringing out every year at the end of every academic year, have chosen the theme "Rooted in Christ - Holistic, Optimistic, Pragmatic, Empathetic" (HOPE). Only when one is rooted in Christ, he/she is firm and stable against all adversaries. Jubilee year 2025 is a call given to us in a special way to re-root ourselves in Christ.

I thank Dhyanaavana International Institute of Spirituality for the good you do in the Diocese of Mysore and to all who attend the programs.

A handwritten signature in blue ink, appearing to read "B. Moras", with a horizontal line underneath.

Archbishop Emeritus Bernard Moras
Apostolic Administrator,
Diocese of Mysore



: 0821 - 2443545 (O)
E-mail: bishop@mysorediocese.com | www.mysorediocese.com

MESSAGE FROM DEFINITOR GENERAL

My dear brothers and sisters of Dhyavanava, International Institute for Holistic Spirituality, Mysore...!

As we come to the end of this academic year, it gives me great pleasure to send you this greeting of closeness and blessing, as well as recognition for all the work done during this year. The end of a year is always an opportune time to evaluate, to recognise the challenges that arise from the desire to improve and the desire to be always on the way, pilgrims of hope, as the Church invites us in this Jubilee year.



Thank you to the animators of the Institute, to the teachers, to the students, to the workers, and to all of you who make possible this school of spirituality, of humanity, of holiness and of creative reflection and synodal listening to the truth.

May Saint Teresa and Saint John of the Cross, masters of spirituality, continue to inspire you and help you to discern, so that all the teachings and learning may make us builders of a better humanity.

To all my blessing, my closeness and affection.

Miguel Márquez Calle
OCD General
Corso d'Italia 38
00198 ROMA



DISCALCED CARMELITES KARNATAKA-GOIA PROVINCE



It brings me joy to thank the Lord with you for the successful outcome and completion of yet another academic year in the Dhyavanava, International Institute of Spirituality, Mysuru. I congratulate all the participants who have profited from this Course, either by attending select courses or the full nine months programme. The entire staff has toiled and sacrificed for the success you now enjoy. Fr Augustine Robert OCD who served as Dean for nearly one and half year, till December 2024, is proceeding for further studies in Rome, and you welcomed Fr Ajith Rodrigues OCD, fresh from his higher studies in Christian Spirituality at Teresianum, Rome, to which Dhyavanava is Associated.

“Rooted in Christ” is the theme you have appropriately selected for the Convocation. This rootedness is the nucleus and essence of Christian spirituality. We can be “Pilgrims of Hope,” as invited by Pope Francis, only if we take Jesus as the source of our Hope. “In raising Jesus Christ from the dead, he has given us new life and a living hope” (1 Pet 1:3). We do not have to go far in searching for a model: your patron, St Teresa Benedicta of the Cross (popularly known as Edith Stein) is the easiest model to find. Though God loved Edith, he allowed her to fall into the hands of the Nazis. Like Jesus, she embraced the Cross and could say: Ave Crux, Spes Unica (Hail the Cross, our only Hope). Jesus Crucified must be the object of your every longing, of your every desire, of your every thought.” After studying Holistic Spirituality, we have to be optimistic and pragmatic, no matter in which community we are placed, or to which mission we are sent.

The Karnataka-Goa Province is indeed proud of this Institution which has formed and touched the lives of so many priests, religious and lay faithful through the Diploma Course and other programmes throughout the year. My sincere appreciation to our Friars who have served here from the foundation, and especially to Fr Rathan Almeida OCD and the present team who are carrying on the spiritual legacy of Carmel in the Church.

As the participants get ready to continue their mission and apostolate, I pray that they all become “Beacons of Hope” by becoming more empathetic to all they encounter.

Yours in JESUS CHRIST,



Fr Silvestre D'Souza OCD
Provincial

19 February 2025

SADBHAVANA

Carmelite Provincialate, P.B. No. 5602, Dr. Rajkumar Road, Rajajinagar 1st Block, Bengaluru - 560 010 Karnataka, INDIA
Tel : 080 - 23476402 / 22902678 / 23476584 Email: ocdkgprovince@gmail.com Web: www.carmelbangalore.com

Dear Director, Staff and Students of Dhyanaavana Spirituality Center,

It is with profound joy and sincere gratitude that I address you on the occasion of the 28th Annual Magazine of Dhyanaavana Spirituality Center, celebrating yet another year of spiritual enrichment, commitment, and dedication to the holistic development of individuals grounded in Christ. The theme of this year's magazine, *Rooted in Christ: Holistic, Optimistic, Pragmatic, Empathetic (HOPE)*, eloquently encapsulates the core values that Dhyanaavana represents and strives to cultivate in each of us. I extend my heartfelt congratulations to the Director, esteemed staff, and students for your collective dedication in bringing this mission to fruition.



As we reflect on the journey thus far, it becomes abundantly clear that Dhyanaavana Spirituality Center is far more than a mere institution; it is a sanctuary, a spiritual abode that fosters growth not only in knowledge but also in spirit. For 28 years, this center has been a guiding light for all who seek to deepen their faith, embody Christ's love, and extend compassion to others. It is truly inspiring to witness how Dhyanaavana has created an environment where individuals from diverse congregations are nurtured in their calling and invited to deepen their relationship with God.

This year's theme, *Rooted in Christ*, serves as a poignant reminder of the unshakeable foundation upon which all spiritual growth must rest. Just as a tree's roots secure it firmly in the earth, our faith is rooted in Christ, the ultimate source of all strength and wisdom. Through Him, we are empowered to live lives filled with purpose, joy, and grace. The journey of faith, while often marked by trials and uncertainties, reminds us that when we remain firmly rooted in Christ, we can endure any storm and rise above any challenge.

At Dhyanaavana, this foundation is not merely theoretical but is actively embodied through the tireless efforts of the Director, staff, and students. Your commitment to cultivating an atmosphere of spiritual enrichment, intellectual growth, and compassionate community reflects your steadfast faith in God's divine plan. The center's holistic approach, which nurtures the body, mind, and spirit, is truly commendable. By focusing not only on academic learning but also on the development of virtues such as empathy, compassion, and understanding, Dhyanaavana equips its students to engage meaningfully with the world around them.

Throughout the years, the center has steadfastly emphasized the importance of living a balanced life; one that integrates faith, reason, and action. The optimism embodied in this year's theme encourages each of us to maintain a hopeful outlook, regardless of the challenges we may encounter. In a world often burdened by hardship, the optimism rooted in Christ brings a powerful sense of hope, reminding us that no circumstance is beyond the reach of God's transformative grace. As members of the Dhyanaavana community, you have experienced this transformative power of hope in your own lives, and you continue to share that hope with others through your service to the community and beyond.

Moreover, the pragmatic aspect of the theme is vital in navigating the complexities of contemporary life. Faith without action, as we know, is incomplete. True spiritual growth demands practical engagement. The pragmatism reflected in Dhyanaavana's approach underscores its commitment to ensuring that its students not only grow in spiritual wisdom but also acquire the practical skills necessary to serve others with discernment and efficacy. This critical aspect of formation is evident in the impactful work of students and staff alike, who embody the values instilled in them through both their professional and personal endeavors.

The empathetic nature of the theme resonates deeply with the core mission of Dhyanaavana. Empathy; the ability to understand and share in the suffering of others is one of the most profound ways in which Christ's love is manifested in the world. At Dhyanaavana, the emphasis on empathy goes beyond mere understanding; it calls for actively walking alongside others, offering support, and embodying Christ's compassion in every interaction. This spirit of empathy has undoubtedly contributed to the creation of a welcoming community where all are encouraged to grow in love, unity, and understanding.

As you continue this remarkable journey, I offer my prayers for God's grace and blessings to accompany you at every step. May He continue to strengthen the work of Dhyanaavana Spirituality Center and guide each of you as you fulfill the mission He has entrusted to you. I also seek the intercession of St. Edith Stein, the patroness of the institute, to intercede on behalf of every member of this community. St. Edith Stein, who dedicated her life to the pursuit of truth and the deepening of her relationship with God, is a luminous example of how faith can inspire transformative change. May her prayers guide all those associated with Dhyanaavana as you continue to grow in your relationship with Christ and strive to build a more compassionate world.

Looking ahead, I encourage each of you to remain steadfast in your commitment to the values of faith, hope, and love. Continue to be a beacon of light to the world, radiating the love of Christ. The future is rich with promise, and with your dedication, faith, and compassionate hearts, Dhyanaavana will continue to thrive as a center of spiritual growth, learning, and service for many years to come.

Once again, I extend my heartfelt congratulations to the Director, staff, and students of Dhyanaavana Spirituality Center for your exceptional contributions to this mission. May the peace of Christ continue to dwell richly in your hearts, and may His love guide you in all that you do.

With prayers for your continued success,

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



Fr. Dr. Lourdu Prasad Joseph
The Rector
frlourduprasad@gmail.com

MESSAGE

I am indeed elated to pen few words on "Rooted in Christ – Holistic, Optimistic, Pragmatic, Empathetic" (Hope) reminds me of the theme of the Jubilee year that Pope Francis has offered to the world – Pilgrims of hope. As St. Paul says our hope will not disappoint us. As consecrated persons called to be pilgrims of Hope in the modern world it is not only to lead a holy life but to lead a holistic life, that is, fully able to realize ones potentiality.

As I begin my journey at St. Philomena's college (Autonomous) Mysore, accompanying the students at a critical juncture of their lives is indeed a daunting task. Nevertheless my vocation to priesthood as rooted in Christ instills in me to be optimistic that all challenges can be converted as opportunities wherein my pragmatic and empathetic approach can be a beacon of hope to thousands of students who enter the portals of Philos. On a daily basis with hectic tasks surmounting; every time I meet my students of different hues and colours in the campus, the power and grace of Christ in me impels me to be holistic, optimistic, pragmatic and empathetic in my approach in all situations of my life.

With the assurance of my daily prayers

Dr. Lourdu Prasad Joseph
The Rector

A HARVEST OF GRACE

Dear Friends,

There's a unique sense of fulfillment, a quiet joy, that accompanies the completion of a significant chapter. It's akin to a farmer witnessing a bountiful harvest, a runner crossing the finish line, or an artist admiring the finished masterpiece. This feeling of accomplishment resonates deeply as you present this souvenir, a testament to Dhyanaavana's continued dedication to spiritual formation.



As we approach the Jubilee Year 2025, a year of grace and renewal, we are reminded of the importance of deepening our faith and fostering a spirit of reconciliation and hope. This Jubilee, with its call to pilgrimage and conversion, echoes the very essence of Dhyanaavana's mission: to guide individuals on a journey of inner transformation.

Dhyanaavana stands as a beacon, nurturing the human, intellectual, spiritual, and pastoral dimensions of our young religious. This holistic approach, rooted in the Gospel, empowers them to become compassionate leaders and dedicated servants. As St. Irenaeus said, "The glory of God is man fully alive." We witness that aliveness in the lives of those who have been shaped by Dhyanaavana's nurturing environment.

I extend my heartfelt gratitude and appreciation to the entire team of Dhyanaavana for their unwavering commitment and constant accompaniment. Your dedication, like the "good shepherd" spoken of in John 10:11, has been instrumental in guiding and supporting the future of the church.

To the outgoing sisters, sincere congratulations and best wishes. May your future endeavors be filled with joy and purpose. "For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future." (Jeremiah 29:11). Your time at Dhyanaavana has prepared you well for the journey ahead.

Let us express our gratitude for all that has been, for the seeds sown, the lessons learned, and the bonds formed. With a positive attitude, let us embrace the future with hope and anticipation, trusting in God's continued guidance. As Pope Francis says, "everything we do should be at the service of the Gospel so that our life may become the gospel for the world today."

May this souvenir serve as a reminder of the transformative power of faith and the enduring legacy of Dhyanaavana.

With blessings,

Fr Richard Menezes OCD

Director, Dhyana Sadhana, Mysore

ROOTED IN CHRIST – LIVING A LIFE OF STRENGTH, JOY AND PURPOSE

Life often feels like a storm, tossing us in different directions, but when we are rooted in Christ, we stand firm. Being a layperson I want to share my thoughts and experiences as to how being deeply planted in Him makes us holistic, optimistic, pragmatic, and empathetic.

To live holistically in Christ means inviting Him into every part of our lives—not just our Sundays, but our work, relationships, decisions, and struggles. Proverbs 3:6 tells us, “In all your ways acknowledge Him, and He shall direct your paths.” When we stop compartmentalizing our faith and allow God to lead in every area, we find true peace and purpose.

Being rooted in Christ also makes us optimistic, even in the darkest times. Jeremiah 29:11 reminds us that God has plans to prosper us, not to harm us. Challenges will come, but they are not the end of our story. Like Joseph in the Bible, what others meant for harm, God will use for good. Our setbacks are setups for comebacks!

Faith, however, requires action. James 2:26 says faith without works is dead. A pragmatic Christian doesn’t just pray; they step forward in faith. Noah didn’t wait for rain to start building the ark—he obeyed God’s instructions. When we align our efforts with God’s will, doors open.

Lastly, we must be empathetic, loving as Christ loves. He met people in their pain and brought healing. Colossians 3:12 calls us to clothe ourselves with compassion. When we love others as Christ does, we reflect Him in this world. Stay rooted in Him, and you will bear fruit in every season.



Dr. Reena Francis
Associate Professor
St. Philomena's College, Mysuru

BATCH 2024-2025

RESIDENTIAL STUDENTS

9 MONTHS COURSE



Sr. Ajitha Mary M, MSI



Sr. Asrita Toppo, SAL



Sr. Christina John, SAB



Sr. Daina Jose, CSN



Sr. Deena Sharmila CSST



Sr. Jyothi Dumala, MMM



Sr. Rajini Tirkey, MSI



Sr. Sanjukta K., SJS



Sr. Santhi M., SAL



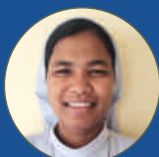
Sr. Vinisha Wilson CSN

7 MONTHS COURSE



Sr. Pious L.F, DSH

6 MONTHS COURSE



Sr. Amrita Ekka, SMS



Sr. Anci Selvaraj, MPF



Sr. Ancy Thurackal, MSJ



Sr. Anjali Therese, DM



Sr. Dibya Sabar, MMM



Sr. Lucy Math, SCC



Sr. Manju Varghese, DSS



Sr. Reshma D'Souza, PDDM



Sr. Sarita Baxla, MSI

4 MONTHS COURSE



Sr. Saranya, SKH



Sr. Snehal Paskya, CCR

3 MONTHS COURSE



Sr. Anitha Josline, SMMI



Sr. Elizabeth Priya, FIHM



Sr. Esther, FIHM



Sr. Jona Agnes, FIHM



Sr. Maria Antony Cecily, SMMI



Sr. Mary Suchita Xess, SJA



Sr. Pavithra, FIHM



Sr. Prameela, HMR



Sr. Preethi, HMR



Sr. Prema, FIHM



Sr. Priya, FIHM



Sr. Rishma, HMR



Sr. Sherline, SMMI



Sr. Sushmitha Lobo, HMR



Sr. Grace Mathew, SCJM

2.5 MONTHS COURSE



Sr. Madhuri Lakra, IBVM



Sr. Mariam Ekka, IBVM



Sr. Maxima Toppo, IBVM



Sr. Nirmala Toppo, IBVM

2 MONTHS COURSE



Sr. Arockia Mary S., SCC



Sr. Kashena Boterya, CCR



Sr. Sushmitha D'Souza, HMR

1.5 MONTH COURSE



Sr. Akshatha D'Souza, HMR

4 WEEKS COURSE



Br. Prakash FSC

3 WEEKS COURSE



Sr. Amalorpavamary, FMA



Sr. Mary Aruna, BS

2 WEEKS COURSE



Br. Arulanandam, SG



Sr. Susmi, SM

1 WEEK COURSE



Sr. Divya Lopes, UFS



Sr. Shine Devis, SCC

DAY-SCHOLARS

9 MONTHS DIPLOMA COURSE



Sr. Anu Antony, SSS

SELECTED COURSES



Sr. Anusha Guthikonda, CSA



Sr. Divya Koppula, CSA



Sr. Kalpana Ramala, CSA



Sr. Kamala Jala, CSA



Sr. Kamala Thaluku, CSA



Sr. Kaveri Vemu, CSA



Sr. Rejia Junaka, AHF



Sr. Sugeetha Mullapudi, AHF

BOARD OF ADMINISTRATION



Dr. Rathan N Almeida OCD
Director



Fr. Augustine Robert OCD
Dean of Studies



Fr. Ajith Rodrigues OCD
New Dean of Studies



Fr. Rakesh Parmar OCD
Administrator



Fr. Nikesh D'Souza OCD
New Administrator



Miss Lynn Fleury
Office Secretary



Mrs. Maryamma
Horticulturist

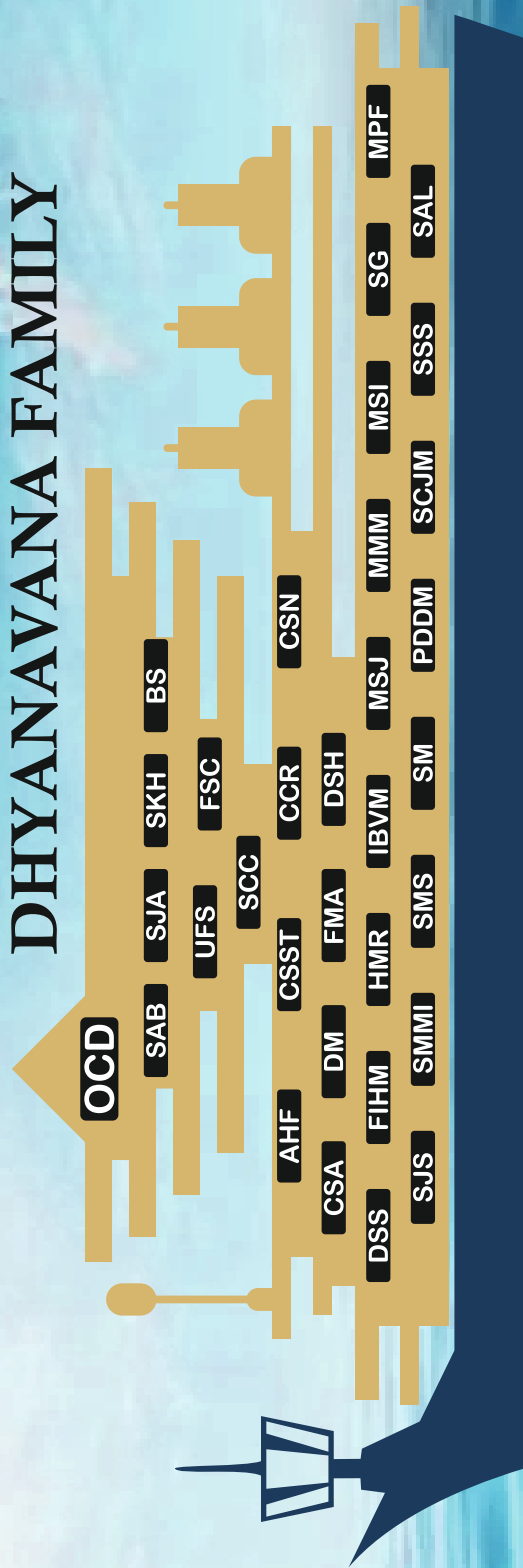


Mrs. Fathima, Miss Selvi and Mr. Daniel



GROUP PHOTO OF BATCH 2024-2025

DHYANAVANA FAMILY



DHYANAVANA

Events / Activities

Inauguration of the Course



Prayer and Holy Mass



Extra Curricular Activities



Charism Presentation



Comprehensive Exams



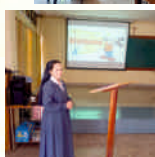
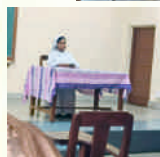
Awarding of Thesis



Conferral of Certificates on completion of the Short Courses



Presentation of Thesis and Book Review



Defending of Thesis



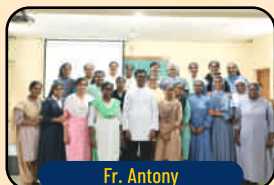
Successful Completion of the Presentations and Defending of Thesis and Book Reviews



Classes by Professors



Fr. Adarsh



Fr. Antony



Fr. Archie, OCD



Fr. Augustine, OCD



Fr. Deep, OCD



Fr. Gilbert, SDB



Fr. Jeevan, OCD



Fr. Joseph Marie



Fr. Jovel, OCD



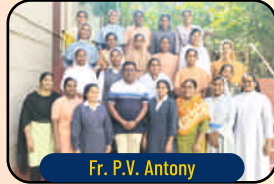
Fr. Joy, OCD



Fr. Lancy, OCD



Fr. Oswald, OCD



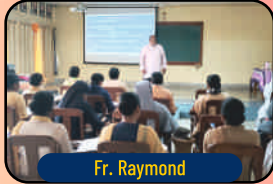
Fr. P.V. Antony



Fr. Prasanna, OCD



Fr. Rathan, OCD



Fr. Raymond



Fr. Richard D'Souza, OCD



Fr. Richard Menezes, OCD



Fr. Roshan, OCD



Fr. Rovel, OCD



Fr. Ryan, OCD



Fr. Stephen Henry



Fr. Sundar



Fr. Sunil



Fr. Wilfred, OCD



Sr. Anjali, DM



Sr. Charlotte, SAP



Sr. Deva Priya, SMMI



Sr. Lilly, SMMI



Sr. Prasanna, CCR



Sr. Virginia, SAB

Homiletics



Contemplative Sunday



Mysore Expiditon

Talents and Competitions



Celebrations



Director's Birthday



Administrator's Birthday

Feasts



Feast of Assumption



Independence Day



Christmas



Christmas



Day of Consecrated Life



Day of Consecrated Life



Diwali Celebration



Mount Carmel Feast



Onam Celebration



Pongal Celebration



St. Teresa of Avila



St. Teresa of Avila



St. Teresa of Avila



St. Therese of Lisieux



St. Therese of Lisieux

Visits By



COUNCILOR IN-CHARGE OF SPIRITUALITY



DEFINITOR GENERALS



FR. DELEGATE GENERAL OF OCDS, FR. PROVIINCIAL AND TEAM

Visits To



CLOISTERED CARMEL



DHYANA SADHANA



Kushalnagar



Pushpashrama



ORGANIZED RETREATS



RENEWAL OF VOWS

ANNUAL RETREAT



SEMINARS

Dhyavanana and Mysore CRI Seminar - Jubilee Year of Hope (Feb. 16, 2025)



At Dhyana Sadhana - AI Workshop (Feb. 1, 2025)



At Pushpashrama - Revolutionizing Learning-AI In Education (Feb. 8, 2025)



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 more than 7,000 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 Administrator.
- 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 Dhyavanava 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 Dhyavanava:

Dhyavanava 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 Dhyavanava 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 Dhyavanava. 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 Dhyanaavana.

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.

Association and Recognition:

Dhyanaavana institute is associated to 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, 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.

REFLECTIONS ON LEARNING AND LIFE

- Studying the Pentateuch has been a profoundly enriching journey, revealing God's promises, laws, and unwavering faithfulness to Israel. As the foundation of Scripture, these sacred texts teach resilience, faith, and perseverance, offering timeless wisdom that continues to inspire and guide us. This class has been truly transformative, strengthening our confidence, communication, and community bonds while fostering a supportive space for spiritual growth. I am deeply grateful for this opportunity to deepen my understanding of Scripture and grow both personally and spiritually.
(Sr. Pramila, HMR)
- "History cannot be changed, but it continues to inspire." Similarly, the Historical Books of the Bible have provided me with profound leadership insights and timeless lessons for personal growth. King David's story highlights the importance of humility and reliance on God, teaching me to lead with integrity and seek divine guidance in every decision. The era of the Judges emphasizes unity and faith, reminding me to foster collaboration, trust in God's plan, and uphold justice with compassion. By applying these principles, I strive to build a life centered on God, promoting harmony, peace, and integrity within my community and personal relationships.
(Sr. Shanthi Margaret, SAL)
- The classes on "Spiritual wealth of Psalms" was indeed a week of Emmanuel, God with us experience, delving deeply into the love of God through the longest collection of biblical poetry in the Bible. The course on the Spiritual Wealth of Psalms enhanced our spiritual growth as St. Ambrose says, "Psalms become like a mirror to the person singing them, so that he might perceive himself and the emotions of his soul." The Psalms are a spiritual wellspring. They help us connect with God on a deeper level, teaching us how to pray, praise, and trust in Him through every season of life.
(Sr. Vinisha CSN)
- Wisdom is not merely theoretical or intellectual but deeply practical. The spirituality of wisdom literature invites me to discover sacred meaning in everyday life. Through texts like Proverbs, Ecclesiastes, and Job, I have come to understand that wisdom goes beyond intellect—it is the art of living well amid life's complexities while seeking divine guidance. This journey has taught me to listen deeply, learn from daily experiences, and embrace inner transformation, fostering growth in humility and compassion.
(Sr. Ajitha Mary, MSI)
- The Introduction to the New Testament class, was both insightful and intellectually enriching. The teaching style was simple yet comprehensive, providing clear and informative lessons

complemented by group discussions and presentations. This course explored the historical and theological foundations of the New Testament, which serves as the cornerstone of the Christian faith, revealing God's plan for salvation through Jesus Christ. It deepened our understanding of Jesus' life, early Christianity, the biblical context, and core Christian teachings, making it a truly enriching learning experience.

(Sr. Ashritha Toppo, SAL)

- I am truly grateful for the opportunity to study the Theology of the Synoptic Gospels. The depth of knowledge, insightful teaching, and engaging approach have brought the Scriptures to life, both challenging and inspiring me. This course has not only deepened my understanding of the Gospels but also deepened my appreciation for their beauty and significance. The call to be a "walking Bible" resonated deeply, reinforcing the importance of living out God's word in daily life.

(Sr. Akshatha D'Souza, HMR)

- I sincerely thank our distinguished professor for imparting profound insights into Johannine Spirituality. His enthusiasm, expertise, and dedication have deeply inspired me to reflect on my spiritual journey. Through the captivating lectures, I have embraced the virtues of love, humility, faith, and service. His ability to connect these teachings to contemporary life has made this learning experience truly enriching. I now see spirituality not just as a subject but as a way of life that guides my daily choices and actions.

(Sr. Christina SAB)

- In our sessions from September 16th to 20th, we attended classes on "Pauline Spirituality" led by Rev. Fr. Anthony (OSB). He guided us deeply into the Pauline Letters and Paul's Conversion, using engaging PowerPoint presentations, videos, and well-structured explanations. The course also featured several group activities that made the learning interactive and memorable. These classes inspired us to cultivate a similar zeal and compassion for Christ's mission as St. Paul had, helping us to prepare for our future mission work.

(Sr. Mariam Ekka)

- Mountains hold deep spiritual significance, symbolizing God's power, permanence, and transcendence. Their majestic heights draw us closer to the divine, offering a space for reflection, prayer, and inner peace. Throughout the Bible, mountains serve as sacred places of encounter—Moses receiving the Ten Commandments on Mount Sinai, Elijah hearing God's whisper on Mount Horeb, and Jesus' Transfiguration on a high mountain. In their silence, vastness, and beauty, mountains remind us of God's majesty and eternal presence, inviting us to experience His grace profoundly.

(Sr. Rajini MSI)

- Trinitarian spirituality highlights the perfect, self-giving love among the Father, Son, and Holy Spirit, calling us to embody this love through self-sacrifice, mutual respect, and unity in diversity. It teaches that true unity does not require uniformity, as each person of the Trinity remains distinct yet fully united. Through the Holy Spirit, we are drawn into a transformative relationship with God, actively participating in divine life. The Trinity also serves as a model for mission: just as the Father sends the Son and the Son sends the Spirit, we, Christians are sent to share God's love with the world. We are deeply grateful to Rev. Fr. Sundar for his wisdom and guidance in helping us deepen our understanding of Trinitarian love and apply its principles in daily life.

(Sr. Sarita Baxla, MSI)

- The class on "Christ: Unique and Universal Saviour", led by Fr. Rathan Almeida OCD, provided deep and authentic insights essential for our religious life. It emphasized that Jesus is the center of our lives and taught us to keep Him at the heart of everything we do. This course inspired us to follow Christ more closely, live as true witnesses of His love, and proclaim the Gospel as He did.

(Sr. Pavithra, FIHM)

- Catechetical spirituality involves integrating personal prayer, study, and a deep relationship with Christ into the act of teaching the faith. It is not just about conveying information but about helping others encounter the living God through Scripture, tradition, and personal witness. This spirituality is founded on the recognition that teaching the faith is a sacred responsibility—one that requires both knowledge and an authentic relationship with God. I have found that catechetical spirituality allows me to continuously deepen my own faith while helping others grow. I realize that I am not merely passing on facts but inviting others into the love and truth of God.

(Sr. Sanjukta Kerketta, SJS)

- On 11 November 2024, we had a wonderful spiritual journey with our Blessed Mother under the guidance of Sr. Anjali, belonging to the congregation of the Daughters of Mary, who conducted classes on Marian Spirituality. Through her insightful classes on Marian Spirituality, she beautifully explained the four Marian dogmas, enriching our understanding with Scriptural references and Church teachings. This session deepened our devotion to Mary and strengthened our faith. Personally, it brought me closer to Mary, helping me appreciate the immense struggles she endured in fulfilling her mission as the Mother of God. Her life continues to inspire me to deepen my relationship with Jesus with greater passion and love.

(Sr. Reshma D'Souza, PDDM)

- Contemplative spirituality offers deep security and assurance to the soul under God's guidance. It was a profound experience shared with us, inspiring us to embrace a contemplative way of life.

Through silence, contemplation fosters a deep connection with the Divine, transforming our lifestyle and perspective. It is an ongoing journey that not only shapes individuals but has the power to illuminate the world with the presence of the Divine.

(Sr. Lucy Mathew SCC)

- “There is no limit to what we, as women, can accomplish” – Michelle Obama. The course on Empowerment of women: Biblical perspective, helped me to know the power and strength that is within me as a woman. The course encouraged me to recognize and appreciate the power and strength that a woman has. It motivated me to chase my dreams and pursue my goals knowing that I am valuable and capable of making a positive impact in my community, in the society and the world at large. I thank the Almighty God for this powerful class.

(Sr. Daina Jose CSN)

- The course on counseling skills and human wholeness in formation provided valuable insights and practices to enrich both personal life and mission. It helps individuals identify and overcome barriers to spiritual growth, fostering the integration of emotional, mental, and spiritual dimensions. By promoting a holistic approach to formation, it strengthens faith and deepens the sense of human wholeness. I am deeply grateful for this opportunity to learn and grow. This course is invaluable for all religious, enhancing both personal development and mission effectiveness.

(Sr. Ancy Thurackal, MSJ)

- Psycho-Spiritual Integration: "Refresh Your Mind and Renew Your Faith". Guided by Rev. Fr. Jovel Oliver OCD, our five-day course provided valuable tools for self-awareness, emotional regulation, and personal growth. Through interactive experiences, we deepened our understanding of emotional balance and its impact on well-being. The journey of self-transcendence, rooted in humility and respect for the mystery of life, highlighted how human behavior is driven by psychological needs. Recognizing and reconciling internal conflicts fosters growth, integrating psycho-spiritual insights for a more balanced and fulfilling life. This experience strengthened both personal development and communion in community.

(Sr. Amala Sebastian, FMA)

- Emotional Healing and Formation: Processing and overcoming emotional anguish, trauma, or suffering are all part of emotional recovery. Recognizing and accepting feelings, whether they stem from loss, trauma, or unresolved issues. Finding healthy ways to express emotions, such as through talking, writing, or creative outlets. Gaining insight into the origins of emotions and patterns, often aided by reflection or therapy. Letting go of grudges, both towards oneself and others, to facilitate emotional release. Overall, emotional healing is a journey toward regaining balance, fostering self-compassion, and achieving a greater sense of inner peace.

(Sr. Snehal CSR)

- The schools of Spirituality classes by Fr. Wilfred Rodrigues have been a profound source of inspiration, reminding us that in a rapidly evolving world, spiritual grounding remains essential. Through his teachings on Carmelite, Franciscan, and Augustinian spiritualities, he deepened our understanding of faith, humility, and love for God, equipping us with the strength to navigate life's challenges with resilience. As he wisely shared, "True spirituality is not just about knowing God but about living His love in every moment of our lives." These sessions have enriched our prayer lives and strengthened our faith, encouraging us to grow into compassionate, responsible, and spiritually grounded individuals.

(Sr. Deena Sharmila CSST)

- Ethics and spirituality play a vital role in enhancing responsibility, compassion, and integrity in consecrated life. Ethical principles ensure fairness, transparency, and accountability, fostering trust and equitable coverage for all. Spirituality, grounded in selflessness and service, guides individuals to act with genuine care, aligning their work with their higher calling. Together, ethics and spirituality inspire a commitment to others' well-being, the creation of supportive communities, and decision-making rooted in moral and spiritual values, ultimately enriching the lives of those we serve.

(Sr. Manju Varghese, DSS)

- The Human Resource Development and Communication course by Rev. Dr. Joy Francis was invaluable in deepening my understanding of relationships and interpersonal communication. It emphasized how meaningful connections foster personal growth and how self-awareness of strengths and weaknesses enhances leadership. I learned the power of positive thinking in leading with fairness and the importance of being proactive in uplifting both myself and others. This course has been a transformative experience, helping me reflect on my role within the community and guiding me to lead with God's love.

(Sr. Priya, FIHM)

- The Canonical Aspects of Religious Life class, taken by Rev. Fr. Sunil Kumar D'Souza, deepened our understanding of religious life. It provided valuable insights into the structure, discipline, and communal formation essential for fostering both spiritual and communal growth. This course also helped us reconnect with the patrimony of our founders/foundresses, rekindling their spirit and charism to serve the Church and the Kingdom of God. As a whole, the Church's laws guide us in upholding the mission of religious life and the ultimate goal of saving souls for Christ in today's world.

(Sr. Pious, DSH)

- I feel truly blessed that God has given us this wonderful opportunity to attend the classes on “Growing in Consecrated Life.” These sessions have been invaluable in helping us gain a deeper understanding of ourselves and others. We have explored our inner strengths and recognized our weaknesses, learning ways to overcome them. Additionally, we have reflected on how to strengthen our relationships within the community and embrace our religious life with joy and fulfillment.

(Sr. Esther FIHM)

- The Theology of Evangelization class was a truly enriching experience—innovative, authentic, practical, and interactive. It emphasized that mission is fundamentally a deep relationship with God, and being a missionary means fostering a connection with both God and His people. The inspiring lives of St. Mother Teresa and Sr. Rani Maria encouraged us to carry out our mission with courage, serving those in need and embracing suffering for God's sake. Their spirituality reminded us that we are called to represent Christ wherever we go and through our mission. This course also provided us with valuable tools to empower society through evangelization.

(Sr. Jona Agnes FIHM)

- The course on the mission of the Holy Spirit by Rev. Fr. Rovel D’Souza OCD profoundly deepened my awareness of God’s presence and voice. It helped me recognize the Holy Spirit within me, reflect on His gifts in my life, and strengthen my faith and prayer. The Holy Spirit, as a co-equal member of the Holy Trinity, plays a vital role in the Christian faith, with the New Testament emphasizing His work and presence. Pentecost marked a new era where the Holy Spirit came to dwell within the Church, continuing Christ’s mission by revealing the glorified Son of God. His work unites believers across all boundaries, guiding them in building God’s kingdom and proclaiming the good news to all nations.

(Sr. Elizabeth Priya FIHM)

- The session on Religious Formation in the Modern World provided deep insights into the true meaning of formation. We learned that a formator is called to be a guru, shaping lives authentically rather than just teaching. From a biblical and ecclesial perspective, formation is a journey of becoming God’s own and following Jesus as servant and leader. Integral human formation challenged us to cultivate compassion and authenticity in religious life. The session also highlighted the challenges of formation and offered practical ways to overcome them. Ultimately, it inspired us to become future formators, fostering genuine vocations for the renewal of our congregations.

(Sr. Amrita SMS)

Footprints in time...!!!

BATCH 28: 2024 - 2025

JUNE 2024

- 06.06.2024:** Srs. Sushmitha, Preethi, Prameela and Reeshma arrived Dhyanavana for 3-months course. They came early as they would be returning back in the first week of September.
- 23.06.2024:** The long-anticipated day finally knocked the door of Dhyanavana as sisters from various congregations came together to begin their spiritual journey. Although a few sisters faced delays and joined us later, the excitement of the day was palpable as we welcomed our new family.
- 24.06. -**
- 28.06.2024:** Fr. Rakesh Parmar left for Dhyana Sadhana, Bogadi, Mysore for the Spiritual Renewal Course organized by the Province.
- 26.06.2024:** The day started with an ice-breaker session led by Fr. Augustine Robert OCD, Dean of Studies. His lively and spontaneous approach quickly brought us closer as a group. He even taught us a couple of action songs, adding a joyful rhythm to the day. That evening, we had our orientation session with Fr. Rathan, the Director, and Fr. Augustine. They shared their roles, expectations, and provided us with guidance to embark on this spiritual journey together.
- 27.06.2024:** Fr. Rathan Almeida led a session that involved dividing us into groups and assigning duties. We willingly took on individual responsibilities to ensure the smooth functioning of the Institute, fostering a sense of collaboration and shared purpose.
- 28.06.2024:** Fr. Augustine Robert introduced us to the **“Methodology of Scientific Paper Writing”** in a way that was both simple and engaging. We gained valuable insights into how to approach writing with clarity and structure.
- 30.06.2024:** A day of dual celebrations! We celebrated the birthday of Fr. Augustine Robert, the Dean, and also marked the inauguration of the new Academic Year 2024-2025. The Institute was adorned with decorations, creating a festive atmosphere. The day began with a Solemn Eucharistic Celebration

led by Fr. Alphonse Britto, the Councillor in-charge of Spirituality. During the sermon he focused on the purpose of religious sisters coming to Dhyavanava, reflecting on the lives of different saints –St. Teresa of Avila, St Francis Assisi, St Ignatius of Loyola. He further narrated the life of St Theresa of Avila who actually always liked to attend guests. Once she shut the door for the worldly attractions, she could open the door to God and from there on, her life changed. We are all called to change our life in Dhyavanava. We should always feel and relish family atmosphere here in Dhyavanava. We are one family under the single umbrella though from different congregations, and we are here for the same purpose to love God and come closer to him. Experience of God in our life will definitely bring in us an inner transformation. Only Christ should be centre of our life. 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. Fr. Oswald Crasta OCD, the Rector of Pushpashrama, Fr. Rathan Almeida, the Director of our Institute, Fr Rakesh Parmar, Administrator of Dhyavanava, Fr. Charles Serrao, Fr. Lancy Lovis, Fr. Wilfred Rodrigues, and Fr. Wilson, Fr Antony Stevan, Fr Naveen Lobo, concelebrated the Eucharist. We were also joined by some sisters from our neighbourhood. We wished Fr Augustin in the refectory. The celebration concluded with a cultural evening and a sumptuous meal, leaving us with cherished memories.

JULY 2024

01.07 –

06.07.2024: Our classes began with the **“Theology of Prayer,”** taught by Fr. Jeevan Tauro OCD. His melodious singing of hymns, psalms, and canticles from the Divine Office brought vibrant energy to the lessons. He also covered themes such as “The Lauds and the Paschal Mystery,” “The Real Presence of Jesus in the Eucharist,” and “The Marian Rosary: A Biblical and Theological Appraisal,” enriching our prayer life and deepening our understanding.

06.07.2024: We were honoured by the visit of Sr. Maria Xavier MPF, the Regional Superior, accompanied by Sr. Rosy MPF. Their visit brought joy and encouragement.

Their presence was uplifting and greatly appreciated by all. They accompanied Sr. Anci MPF who joined our community for 6-month course.

07.07.2024: We had a brief but meaningful visit to the Infant Jesus Shrine at Pushpashrama. The fathers and brothers of the Pushpashrama community welcomed us warmly, offering us tea at their Philosophate. Fr. Rathan Almeida gave us an insightful tour, explaining the rich architecture and historical significance of the shrine. We also explored the beautiful campus, including the garden and live-stock. Rev. Sr. Lata CSN, the Provincial Superior of CSN Sisters along with their Mission House Superior paid a short visit to us.

08.07. –

12.07.2024: Our classes continued with **“Fundamentals of Contemplative Prayer,”** led by Fr. Oswald Crasta OCD. These sessions were both interesting and practical, helping us to deepen our meditation practice and grow spiritually. During this week, we were joined by six Catechist Sisters of St. Ann—Srs. Kamala, Kalpana, Kaveri, Anusha, Kamala and Divya, who participated in the course as day scholars.

16.07.2024: On the Solemnity of Our Lady of Carmel, we visited the CCR Sisters’ Convent. We had a relaxed and joyful time interacting with the sisters, and after a shared lunch, we returned to the Institute. The evening was marked by a festive Mass in our community, during which Sr. Sarita MSI renewed her vows. The day ended with recreation and a cultural program, bringing a sense of unity and fellowship.

15.07. –

19.07.2024: The week began with an enriching course on **“Liturgical Spirituality,”** led by Rev. Dr Joseph Marie, the Director of the Pastoral Centre, Mysore. Fr. Marie, from the Diocese of Mysore, took us through the intricacies of the Liturgy of the Hours, addressing our questions and clarifying doubts. His teachings offered us a deeper understanding of the liturgy, guiding us on how to celebrate it with greater reverence and meaning.

21.07. –

28.07.2024: Fr. Rathan, our Director left for Mangalore on 21st (Ryshivana) to attend the Spiritual Renewal course organized by the Province and was back on 28th morning.

22.07. –

26.07.2024: Our studies continued with classes on **“The Pentateuch,”** taught by Fr. Prasanna Kumar, OCD. These sessions opened our minds to the origins of the Bible, shedding light on the geographical context, history, and cultural traditions of the time. Fr. Kumar helped us to grasp the concept of covenant spirituality and the beginnings of various charisms in the Church. For this course we were joined by the Catechist Sisters of St. Ann as day scholars.

28.07.2024: We experienced our first “Contemplative Sunday,” a day designed for silence, reflection, and personal prayer. The sisters were given the freedom to use this time as they saw fit, fostering a sense of self-discipline and spiritual responsibility. The entire campus maintained profound silence, allowing us for a deep and fruitful connection with the Lord. Fr. Rathan Almeida, our Director, shared some inputs on Growth in Spirituality and we also had the privilege to make our confessions.

29.07. –

02.08.2024: This week, we delved into **“Historical Writings”** with Fr. Raymond, who guided us through the history of Israel as presented in the Old Testament. His teachings helped us see the providential hand of God at work in the salvation history of humankind, deepening our understanding of these sacred texts.

31.07.2024: Fr. Rathan, our Director left for Vijayawada to preach a retreat for MSI sisters of Vijayawada Province from 01-07 August, 2024.

AUGUST 2024

03.08.2024: Ms. Laveena from Mangalore arrived at Dhyanaavana for personal prayer and reflection, seeking peace and spiritual growth through quiet time in our institute. She desires to stay with us for a month.

05.08. –

09.08.2024: The focus shifted to **“The Spiritual Wealth of the Psalms,”** a course led by Fr. Augustine Robert OCD, the dean of the Institute. His creative and innovative approach made learning about the Psalms both engaging and enlightening. We were particularly inspired to learn and sing the responsorial Psalms for daily Eucharist, finding these sessions greatly beneficial to our prayer life. Sr. Shine SCC joined us for these sessions, though she returned on the 8th of August. For this course we were also joined by Catechist Sisters of St. Annas day scholars.

07.08.2024: The cousin of Fr. Rathan, Ivy, along with her husband Claudy, and their two children, Claire and Christel arrived. They spent one night with us and left for Velankanni on the next day.

11.08.2024: Fr. Rathan, along with his cousin and family arrived back from Velankanni.

12.08. –

17.08.2024: We had classes on **“Wisdom Literature,”** held by Fr. Adarsh, from the Diocese of Chikmangalore. He led an enlightening series of classes on the Spirituality of Wisdom Literature. His teachings delved deep into the profound insights found in the seven books of the Wisdom Literature. Fr. Adarsh’s profound understanding and eloquent presentation made the ancient wisdom resonate in a modern context. His approach was both scholarly and spiritual. The sessions were enriching and deeply inspiring.

14.08.2024: We warmly welcomed Sr. Akshatha HMR, who joined us for the course, further enriching our collective experience.

15.08.2024: The Feast of the Assumption of our Blessed Mother and Independence Day was celebrated in a grand manner. We had the solemn eucharist in the Institute. Later we moved to the portico of our Institute for the hoisting of our National Flag. Fr. Rathan Almeida OCD, the Director of our Institute hoisted the flag with honour and respect. 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 courage and responsibility and to contribute towards the growth and

prosperity of our country. He also recalled the great sacrifices of our freedom fighters. Sr. Arogya Mary also delivered a speech on Independence Day from the side of the students. We had a festive lunch sponsored by Fr. Rathan's cousin.

17.08.2024: Fr. Rathan's cousin and her family, after spending a week here with us in Mysore, returned to Mangalore. They indeed had a wonderful time and they were thankful for the stay and hospitality we provided to them.

19.08. –

23.08.2024: We began classes on **“Prophetic Literature”** taught by Fr. Stephen Henry were very interesting and enriching.

19.08.2024: Fr. Rathan, Fr. Augustine and Fr. Rakesh Parmar, creatively presented the charism of the Discalced Carmelite Order (OCD) through a quiz modelled after Amitabh Bachchan's “Kaun Banega Crorepati.” The presentation was both engaging and informative. Additionally, they shared further insights into their charism and apostolic work through a well-crafted documentary. The session was a blend of education and entertainment, leaving a lasting impression on all of us.

24.08.2024: We were graced with a visit from the Provincial and Councillors. Their presence was a source of inspiration and guidance, uplifting our spirits and strengthening our community bonds. Fr. Augustine departed for Goa to participate in a renewal program. We hope that this period will renew his energy and deepen his commitment to his calling. On the same night Fr. Rathan travelled to Mangalore for some official work.

25.08.2024: The community observed Contemplative Sunday, a day dedicated to recollection, prayer, and silence. All the sisters embraced this time to deepen their spiritual lives, reflect on their vocations, and reconnect with the divine in a profound and meaningful way. Fr. Charles Serrao OCD gave us some inputs on Prayer. The day was serene and spiritually enriching.

26.08. –

30.08.2024: Sr. Prasanna CCR led an enlightening session on the **“Introduction to the New Testament”**. Her teachings offered us a deeper understanding of the

historical, cultural, and spiritual significance of the New Testament Scriptures. The course was both engaging and informative, enriching our knowledge and helping us in appreciating these sacred texts.

SEPTEMBER 2024

01.09.2024: A day of pure relaxation and joy as we embarked on our Mysuru Darshan, accompanied by Fr. Rathan, our Director, Fr. Augustine, our Dean, and Fr. Rakesh, our Administrator. We explored the city's rich historical and spiritual landmarks, starting with the majestic Chamundi Hills and the royal Mysuru Palace. Our journey continued to the serene Anjali Ashram, a place of deep spiritual heritage. For some lighter moments, we visited the Mysuru Zoo, and the beautiful confluence of the rivers Kaveri, Hemavathi, and Kabini. The day ended with a visit to the enchanting Brindavan Gardens and KRS dam. The happiness of spending time together in these special places made the day truly memorable, filled with excitement and bonding.

02.09. –

06.09.2024: Fr. Roshan OCD taught a comprehensive course on the **“Theology of the Synoptic Gospels”**. His insightful explanations helped us grasp the distinct yet harmonized perspectives of Matthew, Mark, and Luke. Fr. Roshan's deep knowledge made the lessons inspiring, helping us appreciate the profound messages within the Synoptic Gospels.

01.09. –

07.09.2024: Sr. Annamma SM visited our institute to make her individual annual retreat. She was spiritually guided by Fr. Augustine Robert throughout this sacred time.

04.09.2024: Sr. Anci MPF (Filippini Sisters) presented the charism of her congregation. She explained their mission, spirituality, and apostolic work with clarity and enthusiasm. Her presentation gave us a deeper appreciation of the MPF charism and how it presently contributes to the Church's mission of service and evangelization.

07.09.2024: Srs. Pramila, Preethi, Rishma and Sushmitha, Helpers of Mount Rosary Congregation presented their Book Review. Their creative approach,

enhanced by a well-prepared Power Point presentation, was much appreciated. The reviews were insightful, and their engaging style of presentation added a dynamic and thoughtful dimension to the spiritual content they shared.

08.09.2024: We gathered to celebrate the Nativity of our Blessed Mother with a heartfelt morning prayer led by the Liturgy group. The Holy Eucharist was celebrated by Fr. Rathan, Fr. Rakesh, and Fr. Augustine, who delivered areflective and inspiring homily. In the afternoon, we experienced the cultural vibrancy of Kerala by celebrating the Onam festival. We welcomed the legendary King Mahabali and enjoyed the graceful Phokolam dance. A meaningful prayer service followed, with prayers offered in multiple languages for different intentions. As part of the new crop festival, a cherished Mangalorean tradition, our director blessed the fresh harvest. The grain was mixed with milk and shared among us, symbolizing unity and gratitude. The celebration ended with a delicious, all-vegetarian meal served on plantain leaves, a true feast for both the body and soul.

09.09. –

13.09.2024: We had a great week with enriching class on **“Women in the Scripture”** by Sr. Virginia Rajkumari SAB.

We also bade farewell to 4 HMR sisters who completed their 3-month course successfully. There was a short farewell address during which Rev. Fr. Rathan appreciated their dedicated services and wished them all very best for their final vows and their future endeavours.

10.09.2024: Sr. Pious Little Flower DSA joined our Dhyavanava community for six months course. She was extended a warm and cordial welcome by our community.

11.09.2024: Sr. Saranya SKH presented the Charism of her Congregation – Sisters of the Kingdom of Heaven, through power point presentation.

14.09.2024: It was indeed with great joy that we celebrated the birthday of Rev. Fr. Rakesh, our Administrator. The celebration began with a Solemn Holy Mass offered by Fr. Rakesh and concelebrated by Frs. Rathan and Augustine. In the evening we made the day more colourful with cultural programmes and a

wonderful agape. Four more fathers from Dhyana Sadhana community joined us and their presence added more joy and color to the celebration.

16.09. –

20.09.2024: We had classes on **“Pauline Spirituality”** by Rev. Fr. Antony Swamy. It was enriching and the classes inspired us to make our own, the spirit of St. Paul, the Apostle of the Gentile, and these rekindled in us a great zeal for mission work.

18.09.2024: Today Sr. Ancy, MSJ (Medical Sisters of St. Joseph) presented the Charism of her congregation through a power point presentation. It was indeed very informative and it was appreciated by all.

21.09.2024: We were thrilled to celebrate the **‘Institution Day,’** beginning with a Solemn Holy Mass in the morning. Rev. Fr. Rathan Almeida, our Director was the main celebrant and Frs. Augustine and Rakesh concelebrated. In the evening we also had a Cultural stage program and the Grand Finale of the Talents Day. Talent’s Day competitions were held earlier which gave us the opportunity to exhibit our talents individually and collectively. The winners were awarded in the groups. With a handful of memories, the day came to an end with a delicious meal, music and dance. It was an memorable day for all of us.

We also bade farewell to Dr. Sr. Akshata HMR (Holy Mount Rosary). Fr. Rathan Almeida and Sr. Nirmala, on behalf of all sisters, appreciated and thanked her for all the services she rendered during her stay here. In return, Sr. Akshata also thanked everyone for the wonderful and enriching experiences she had in this Institute.

22.09.2024: Today, 24 Sisters from the Congregation of St. Ann’s of Phirangipuram arrived for their retreat, to be preached by Rev. Fr. Rathan Almeida.

23.09. –

27.09.2024: We began our classes on **“Mountain Spirituality”**, which deepened in us the awareness of God in the nature and its bliss. We also understood the significance of mountain in the Scriptures.

- 25.09.2024:** Sr. Reshma PDDM, presented the Charism of her Congregation with PPT and video, and enlightened us about her Congregation –The Disciples of the Divine Master.
- 28.09.2024:** Sisters of St. Ann's of Phirangipuram completed their retreat under the guidance of Rev. Fr. Rathan Almeida. They joined the community for lunch and thanked us for the wonderful hospitality and for the enriching experience, they left back to their respective communities.
- 29.09.2024:** We were privileged to have our Contemplative Sunday, a day to be spent with the Lord alone. Rev. Fr. Rakesh reflected with us the importance and significance of our religious life.
- 30.09. –**
- 04.10.2024:** Classes on **“Johannine Spirituality”** began by Rev. Fr. Richard D'Souza, OCD. He meaningfully unveiled the depths of God's love through the lens of the Gospel of John and the Johannine writings. The classes were really interesting and inspiring.

OCTOBER 2024

- 02.10.2024:** Charism presentation by Srs. Snehal and Kashina belonging to the CCR Congregation (Congregation of Carmelite Religious). They made their presentation attractive through meaningful PowerPoint presentation and video.
- 05.10.2024:** Today we had the privilege to see the flower show, the delightful experience of Dusshera.
- 06.10.2024:** The second batch of St. Ann's of Phirangipuram Sisters arrived for their annual retreat, and this retreat was preached by Rev. Fr. Augustine OCD.
- 07.10. –**
- 11.10.2024:** A new course began this week on **“Psycho-Spiritual Integration”** by Rev. Fr. Jovel Oliver OCD. This course helped us to realize that through such an integration, deep-rooted issues can be addressed with both psychological insights and spiritual practices, leading to profound healing and personal development. The course was very enriching.

Sr. Amalorpavamary FMA (Salesian Sisters of Don Bosco) joined our group for a 3-week course.

09.10.2024: Today 4 sisters belonging to the Institute of Blessed Virgin Mary (IBVM) presented their Charism through Power Point Presentation and videos.

11.10.2024: In the evening, we had the delightful experience of watching the Torch-light Parade, which was indeed an awesome show. It was the Dusshera rehearsal program.

14.10. –

18.10.2024: We had a great week with an eminent personality Rev. Sr. Lilly Chacko SMMI, belonging to the Congregation of Salesian Missionaries of Mary Immaculate. She helped us to go deeper into our own personality and discover ourselves and others as Love, the perfect image and likeness of God, as she dealt with classes on **“Emotional Healing and Formation”**.

Srs. Susmi SM (Sisters of Servants of Mary) and Divya UFS (Ursuline Franciscan Sisters) joined us for this week's class and Br. Arulanandam SG (Montfort Brothers of St. Gabriel) joined for 2-weeks course.

16.10.2024: Today the MSI Sisters (Missionary Sisters of the Immaculate) presented their Charism through PPT and video. It was a very interesting presentation.

20.10.2024: “Coming together is a beginning, staying together is progress, and working together is success.” We the Dhyanaavana community had a get-together with the sisters in Dhyana Sadhana, who were the hosts. We started with the Holy Mass presided over by Rev. Fr. Richard Menezes OCD, the Director of Dhyana Sadhana and Rev. Fr. Rathan Almeida OCD, preached a meaningful homily. After the tea break, we had a healthy debate on religious life. After lunch there was a short cultural session with games and skits. We also paid a short visit to our Cloistered Carmel sisters in the neighboring campus. Late in the evening, we drove through Mysore city enjoying the Dusshera lighting. It was an eventful day and also a memorable one.

21.10. –

25.10.2024: Classes on **“Counselling Skills and Wellness in Formation”** began handled

by Rev. Sr. Charlotte SAP (St. Ann's of Providence). The course helped us to introspect our religious life and it gave us some enlightenment to manage our apostolate effectively through the use of counselling and communication skills.

23.10.2024: The CSN sisters (Congregation of the Sisters of Nazareth) presented their Charism using PPT and Videos. It was very enlightening and informative as well.

28.10. –

01.11.2024: We had a marvellous week with the effective classes by Rev. Fr. Wilfred OCD the Dean of Pushpashrama, Institute for Philosophy and Religion on the topic **"Schools of Spirituality"**. He enlightened us on different spiritualities in the Church through the lives of Saints who founded them. They are all the spiritual wealth of our Catholic Church.

28.10.2024: Missionary Rosary was organized by the MSI sisters. During this rosary, we all prayed for different continents of the World. It was also a reminder for us that we all are missionaries in our own respective ways.

28.10.2024: Our dear Director, Rev. Fr. Rathan Almeida OCD left for Abu Dhabi, UAE where he still collaborates with the Apostolic Vicariate of Southern Arabia. We wished him all the very best for his ministry, conferences and his official works.

30.10.2024: The DSH sister (Daughters of the Sacred Heart) presented the Charism of her Congregation with the help of PPT and video. It was very informative.

31.10.2024: We bade farewell to Srs. Snehal and Kashina CCR. Previous night they were given a meaningful send-off and the community thanked them for their stay here with us and for all their generous gestures and in return, they too thanked the community for taking good care of them during their stay and studies here. May God bless them and their future commitments.

NOVEMBER 2024

03.11.2024: We joined the Mission Sunday celebration in Pushpashrama which began with the Holy Eucharist. Later, all the sisters actively participated in the

various programmes and games conducted and enjoyed the bliss of missionary activities.

04.11-

08.11.2024: The classes on **“Trinitarian Spirituality”** held by Rev. Fr. Sundar SCJ (Sacred Heart Fathers) helped us to enrich our union with the Triune God.

06.11.2024: Today we had the Charism presentation by Sr. Deena CSST (Carmelite Sisters of St. Teresa) through PPT and video.

10.11.2024: Contemplative Sunday was of course a day of being with the Lord in silence, looking into oneself and mending our lives according to the plan of God. Rev. Fr. Augustine gave us an enriching talk on Community Life.

11.11-

15.11.2024: We had a wonderful journey with our Blessed Mother during this week under the guidance of Rev. Sr. Anjali Therese DM (Daughters of Mary). Her classes on **“Marian Spirituality”** increased our love and reverence for our Heavenly Mother.

Srs. Sugeetha and Rejia Junaka belonging to the Congregation of Apostles of Holy Family joined us this week for classes as day scholars.

13.11.2024: Srs. Jyothi and Divya MMM (Missionaries of Mary Mediatrix) presented the charism of their congregation through videography and acting.

14.11.2024: 4 IBVM sisters were given a heartfelt farewell. Our Director, Rev. Fr. Rathan, who was in Abu Dhabi talked to them on a conference call and wished them all the best. Rev. Fr. Augustine thanked them for all the services they rendered being here and wished them God’s blessings and graces. The following day at 6 am they left for their return journey.

18.11-

22.11.2024: We were indeed blessed to have classes by Rev. Fr. Gilbert Choondel SDB (Salesians of Don Bosco) on **“Catechetical Spirituality”** which provided us a structured a systematic approach to Christian education.

20.11.2024: Sr. Sanjukta SJS (St. Joseph Sevika Sisters) presented her Charism through skit with the collaboration of her companions which was indeed interesting.

- 23.11.2024:** Pushpashrama celebrated the Seminary Day and we had the privilege of being a part of it. The brothers put up an excellent performance.
- 24.11.2024:** Today an advent retreat began (24-30 November). Rev. Srs. Rincy, Sushama, Pratima DC, Jeyarani, Mary Madri SJT, Florence PDDM were the participants and Rev. Fr. Augustine OCD preached this retreat.
- 25.11 –**
- 29.11.2024:** Classes on **“Contemplative Spirituality”** by Rev. Fr. Deep Fernandes OCD helped us to delve deeper into the spirit of contemplation.
- 27.11.2024:** Today Rev. Sr. Anjali, DM presented her charism through power point presentation and video.

DECEMBER 2024

- 01.12.2024:** We had Contemplative Sunday and the inputs were given by Rev. Fr. Noel OCD. He helped us to embrace advent gracefully. We entered into the advent season with a soulful prayer service and preparing the Advent wreath. At the end of the prayer service, we received our Christmas friends, for whom we would pray during Advent.
- 02.12 –**
- 06.12.2024:** We had an enriching week with the inspiring class of Rev. Fr. Archie, OCD on **“Ethics and Spirituality”**. He helped us to discover and foster harmonious balance between moral principles and spiritual values.
- 03.12.2024:** Sr. Ancy MSJ presented and defended her thesis.
- 05.12.2024:** Today Sr. Anci MPF presented and defended her thesis. Our Director, who was away in the UAE for ministry returned back to our Institute. We offered him a warm welcome.
- 07.12.2024:** The Birthday celebration of Rev. Fr. Rathan started with a meaningful prayer service and solemn liturgical celebration by our three resident priests along with Rev. Fr. Ajith who joined the celebration. A meaningful homily was delivered by Rev. Fr. Augustine. In the evening, to add more colour to the celebration a cultural event was arranged with variety of items. The presence of the OCD fathers from nearby communities added more bliss to

the gathering. Everyone appreciated the program and honoured Rev. Fr. Rathan for the gift of his life and valuable contributions he makes. All enjoyed the sumptuous meal that followed.

08.12.2024: Today Rev. Fr. Ajith OCD was officially welcomed and he took charge as the Dean of Studies.

09.12 –

13.12.2024: Classes on **“Sacramental Spirituality”** by Rev. Fr. Rathan Almeida enriched our Sacramental life as it helped us to be more receptive and open to divine life and grace.

11.12.2024: Today Sr. Sarita MSI presented and defended her thesis.

13.12.2024: Fr. Rathan left for Goa to visit the relics of St. Francis Xavier. He returned back on the 18th of December.

15.12 –

17.12.2024: First Semester Comprehensive exams were conducted which lasted for three days.

16.12.2024: Our Philosophy Brothers from Pushpashrama visited us singing Christmas Carols.

18.12.2024: Our anticipated Christmas celebration began by the Solemn Eucharistic celebration by our four resident priests. Rev. Fr. Ajith was the main celebrant and Rev. Fr. Rathan preached an inspiring homily. We were thrilled to reveal and know our Christmas friends by mimicking them, amidst fun and laughter we exchanged gifts with our friends. The outgoing sisters at the completion of six months course were awarded certificates and were congratulated for their successful completion of the course. Rev. Fr. Rathan also thanked each sister and specially the senior sisters for their contribution to the wellbeing of Dhyavanava family. During this celebration, Rev. Fr. Augustine Robert was given a send-off as he would leave for his further studies. At the same time, Rev. Fr. Ajith was gladly welcomed as the new member of the community.

19.12.2024: Twelve Sisters accompanied by Rev. Frs. Augustine and Rakesh set out early morning for a pilgrimage to Goa. Rest of the sisters dispersed for their holidays till 4th January 2025.

- 23.12.2024:** The picnic group returned back to Dhyanaavana after having visited the relic of St. Francis Xavier, several Churches and some Goan beaches. Some of the sisters dispersed for holidays from Bangalore.
- 24.12.2024:** Rev. Fr. Rathan along with some sisters went to a nearby Church for Christmas Mass in English and the others attended the evening Mass at Pushpashrama. After the Mass there was a small celebration in the refectory.
- 25.12.2024:** We had the privilege of joining the Dhyana Sadhana Community for the Christmas lunch.
- 31.12.2024:** The sisters who remained back in Dhyanaavana, along with the fathers visited Pushpashrama for the adoration and the New Year Mass.

JANUARY 2025

- 04.01.2025:** Sisters started returning back from Christmas holidays to commence the third semester. 4 new sisters (SMMI, FIHM, SJA, HMR) for the three months course. In the evening, we helped in decorating the Infant Jesus grotto at Pushpashrama.
- 05.01.2025:** We participated in the Annual Infant Jesus Feast in Pushpashrama. After the solemn Eucharistic celebration in the evening, we joined the procession. The whole celebration ended with a sumptuous festive meal.
- 07.01-**
- 11.01.2025:** This week was blessed by the enriching class of Rev. Fr. Rathan on **"Christology"**, which indeed led us to deep reflection on our contribution to growth of the Kingdom of God.
- 08.01.2025:** Sr. Christina SAB (St. Anne's of Bangalore) presented her Charism through power point presentation and videos.
- 13.01-**
- 17.01.2025:** We were privileged to attend the classes of Rev. Fr. Sunil Kumar D'Souza on **"Canon Law for Religious"**. His classes offered us guidance and structure, ensuring fidelity to the teachings and traditions of the Church.

- 14.01.2025:** Today the SAL Sisters (St. Ann's of Luzern) presented their Charism using Power Point Presentation and videos.
- 15.01.2025:** Pongal Feast was celebrated very meaningfully by the group led by sisters from Tamil Nadu. A meaningful Holy Eucharistic celebration added more vigour to the celebrations. In the evening, sisters gathered in the quadrangle yard. A prayer service was conducted thanking God for the farmers and the harvest. A beautiful rangoli was drawn followed by lighting of fire in the centre. Fathers poured a spoonful of milk in the pot and pongal dish was prepared, meanwhile we all danced around the fire. The sweet pongal dish was shared by all.
- 19.01.2025:** Today five Bridgettine sisters Srs. Asha, Kavita, Prabha, Preethi and Amala (OSsS) began their retreat guided by Fr. Rathan, our Director. They will end the retreat on Saturday, the 25th of January.
- 20.01 –**
- 24.01.2025:** This week was marked by the empowering classes of Rev. Fr. Joy Francis, OCD on the topic **"Human Resource Development and Communication"**. His lectures enlightened us to explore ourselves and to find and form the finest person out of us and to be the best version of ourselves.
- 23.01.2025:** Today Sr. Suchita SJA (St. Joseph of Apparition) presented her Charism through Power Point Presentation.
- 24.01.2025:** We had the privilege to participate in the Unity Octave Prayer Service which was organized in Pushpashrama.
- 25.01 –**
- 26.01.2025:** We were indeed blessed by the visit of two Definitor Generals, Rev. Fr. Roberto Maria Pirastu and Rev. Fr. Christiano. After the concelebrated Holy Eucharist we had a photo session with them followed by a lovely breakfast. In the afternoon Rev. Fr. Roberto met us all and had a feedback of our courses and stay over here. He was very much impressed by this Institute and all that it offers for young women religious.

28.01 –

31.01.2025: This week Rev. Fr. Richard Menezes, OCD enlightened us on the topic **“Growing in Consecrated Life”**. It was indeed a time for self-discovery and re-orientation.

29.01.2025: Today Sr. Amrita SMS (Santhvana Missionary Sisters) presented her Charism through a power point presentation.

FEBRUARY 2025

01.02.2025: 12 sisters among us attended a seminar which was organised at Dhyana Sadhana on AI. It was indeed a wonderful time to get new insights and grown in media ministry.

02.02.2025: The Feast of the Presentation of the Lord was celebrated along with World Consecrated Day with full vigour and enthusiasm, beginning with blessing of candle at the entrance of the Institute and a candle-light procession moving towards the Chapel. The liturgy was well organized and we had a meaningful celebration, some among us renewing their religious vows.

03.02. –

07.02.2025: We had an enriching week with classes on **“Theology of Evangelization”** by Rev. Fr. P. V. Antony. The classes were indeed interesting encouraging us to be authentic and zealous missionaries.

04.02.2025: Today the FIHM sisters (Franciscan Sisters of the Immaculate Heart of Mary) presented their Charism using power point presentation.

08.02.2025: We were indeed privileged to participate in the seminar organized by Pushpashrama on AI. The sessions were interesting and enriching.

09.02.2025: Sr. Aruna, belonging to Bethany Congregation joined the group for a three-week course.

10.02. –

14.02.2025: This week we were blessed to have the classes on **“Mission of the Holy Spirit”** by Rev.Fr. Rovel D'Souza, OCD. He beautifully explained to us the gifts and fruits of the Holy Spirit. Besides, Rev. Fr. Ryan, OCD also took a few sessions on “Civil Law” during this week, especially in the evenings, which were a treasure for all of us.

13.02.2025: Today SMMI sisters (Salesian Missionaries of Mary Immaculate) presented their Charism through power point presentation.

16.02.2025: Dhyanaavana, along with Mysore CRI organized Fr. Nemezio Alzola Memorial Lectures on the topic 'We are Pilgrims of Hope,' which was conducted well in the Pushpashrama auditorium. There were two interesting sessions on hope followed by panel discussion. More than 200 religious participated in this seminar.

17.02. -

21.-02.2025: Rev. Fr. Lancy Lewis, OCD enlightened us on the topic **"Religious Formation in the Modern World"** and it was very systematic and informative, enabling us to explore the challenges as well as seeking some possible solutions in modern formation.

MARCH 2025

03.03. -

07.03.2025: We began our comprehensive exams of the second semester. We had three papers – on Monday, Wednesday and Friday respectively.

08.03.2025: After the successful completion of our course and the final exams, we had one-day picnic to Kushalnagar. We started early morning and first visited the Shrine of St. Anthony of Padua, Dornahalli. After celebrating the Holy Eucharist and having breakfast, we moved to the Golden Temple located in Bylakuppe, about 5 kms from Kushalnagara in Kodagu district. It was indeed a great experience to see thousands of Buddhist monks in and around the premises. Later we moved to the Tapovana, the Novitiate of the Carmelites of the Karnataka-Goa province. The community offered us lunch and after spending some time with the community, we visited some picnic spots and returned back home late evening.

09.03. -

14.03.2025: With the celebration of the Holy Eucharist, we began our annual retreat preached by Rev. Fr. Jeevan Tauro, OCD. The talks were really inspiring and motivating. We also got lot of time for our personal prayer and reflection. It

was also a time to set right our relationship with God and with one another. It was indeed a moment of grace, revival and renewal.

20.03.2025: The long-awaited day finally arrived - **the 28th Convocation Day**. We had the concelebrated Holy Eucharist at 7.00 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. He also preached a meaningful homily. The Convocation program began at 10.30 a.m. Dr. Reena Francis, Dean of Commerce and Management and the Controller of Examination, St. Philomena's College, Mysuru, delivered the Keynote address on the theme **"Rooted in Christ - Holistic, Optimistic, Pragmatic and Empathetic."** V. Rev. Fr. Silvestre D'Souza presided over the function and conferred the Diplomas and the Certificates. Rev. Dr. Alphonse Britto, Councillor in-charge of Spirituality, the Chief Guest, released the Dhyanaavana Souvenir. The entire program culminated with a simple lunch in the refectory.

21.03. -

22.03.2025: We had the concluding **thanksgiving celebration** early morning and with mixed feeling of sadness as well as joy, sisters started returning back to their respective destinations, taking with them happy memories of this lovely institute.

ACADEMIC PROGRAMME 2024-2025

SEMESTER	SL.NO.	DATES	SUBJECTS	PROFESSORS
1st SEMESTER Prayer and Scripture	1.	June 23	Arrival	
	2.	June 24 - 25	Orientation	Director
	3.	June 26 - 28	Methodology of Scientific Paper	Dean
	4.	July 29	Animation to Life of Prayer	Director
	5.	June 30 (Sun)	Inauguration of the course	
	6.	July 1 - 5	Theology of Prayer	Rev. Fr Jeevan Tauro OCD
	7.	July 8 - 12	Fundamentals of Contemplative Prayer	Rev. Fr Oswald Crasta OCD
	8.	July 15 - 19	Liturgy and Prayer	Rev. Fr Joseph Marie J
	9.	July 22 - 26	Intro to O.T., Pentateuch, and Covenant Spirituality	Rev. Fr Prasanna OCD
	10.	July 29	Historical Writings	Rev. Fr Raymond
	11.	Aug. 5 - 9	Spiritual Wealth of Psalms	Rev. Fr Augustine OCD
	12.	Aug. 12 - 16	Spirituality of Wisdom Literature	Rev. Fr Adarsh
	13.	Aug. 19 - 23	Prophetic Spirituality	Rev. Fr Henry Stephen
	14.	Aug. 26 - 30	Intro to the New Testament	Rev. Sr Prasanna CCR
	15.	Sept. 2 - 6	Theology of Synoptic Gospels	Rev. Fr Roshan OCD
	16.	Sept. 9 - 13	Empowerment of Women: Biblical Perspective	Rev. Sr Virginia SAB
	17.	Sept. 16 - 20	Pauline Spirituality	Rev. Fr Anthony OSB
	18.	Sept. 22 (Sun)	Institution Day	Community
	19.	Sept. 23 - 27	Mountain Spirituality	Rev. Sr Deva Priya

2nd SEMESTER Psychology and Spirituality	20.	Sept 30 - Oct. 4	Johannine Spirituality	Rev. Fr Richard Souza OCD
	21.	Oct. 7 - 11	Psycho - Spiritual Integration	Rev. Fr Jovel, OCD
	22.	Oct. 14 - 18	Emotional Healing and Formation	Rev. Sr Lilly Chacko, SMMI
	23.	Oct. 21 - 25	Counseling Skills and Human Wholeness in Formation	Rev. Sr Charlotte Sequeira SAP
	24.	Oct. 28 - NOV. 1	Schools of Spirituality	Rev. Fr Wilfred Rodrigues OCD
	25.	Nov. 4 - 8	Trinitarian Spirituality	Rev. Fr Sundar
	26.	Nov. 11 - 15	Marian Spirituality	Rev. Sr Anjali Therese DM
	27.	Nov. 18 - 22	Catechetical Spirituality	Rev. Fr Gilbert C. SDB
	28.	Nov. 25 - 29	Contemplative Spirituality	Rev. Fr Deep OCD
	29.	Dec. 2 - 6	Ethics and Spirituality	Rev. Fr Archie OCD
	30.	Dec. 9 - 13	Sacramental Spirituality	Rev. Fr Rathan OCD
	31.	Dec. 16 - 20	Comprehensive Exams	Rev. Fr Director
	32.	Dec. 21 - 22	Christmas Celebration	Community
	33.	Dec. 22 - Jan. 3	Christmas Holidays	

3rd SEMESTER Consecrated Life and Evangelization	34.	Jan. 4 - 5	Arrival	
	35.	Jan - Feb (Every Sat)	Mission in Indian Context-Civil Code / Human Rights	Rev. Fr. Ryan OCD
	36.	Jan. 6 - 10	Christ: Unique and Universal Savior	Rev. Fr Rathan OCD
	37.	Jan. 13 - 17	Canonical Aspects of Religious Life	Rev. Fr Sunil D'Souza
	38.	Jan. 20 - 24	Human Resource Development and Communication	Rev. Fr Joy Francis OCD
	39.	Jan. 27 - 31	Growing in Consecrated Life (Revisiting)	Rev. Fr Richard Menezes OCD
	40.	Feb. 3 - 7	Theology of Evangelization	Rev. Fr P.V. Antony
	41.	Feb. 10 - 14	Mission of the Holy Spirit	Rev. Fr Rovel D'Souza OCD
	42.	Feb. 17 - 21	Religious Formation in the Modern World	Rev. Fr Lancy OCD
	43.	Feb. 24- 28	Mission Exposure (Classes and Village Experience)	Rev. Fr William & Director
	44.	March 3 - 7	Comprehensive Exams	Rev. Fr Director
	45.	March 10 - 14	Retreat	Rev. Fr Jeevan Tauro OCD
	46.	March 17 - 18	Preparation for Convocation	
	47.	March 20	Convocation	
	48.	March 21	Thanksgiving Day	Community
	49.	March 22	Departure	

CONGREGATIONS IN DISCOVERY

2024 - 2025 (28th Batch)

Sl. No.	Name and the Abbreviation of the Congregation	Abbreviation
1.	Apostles of the Holy Family	AHF
2.	Carmelite Sisters of St. Teresa	CSST
3.	Congregation of the Carmelite Religious	CCR
4.	Congregation of the Sisters of Nazareth	CSN
5.	Catechist Sisters of St. Ann	CSA
6.	Daughters of Mary	DM
7.	Daughters of Mary Help of Christians (<i>Salesian Sisters of Don Bosco</i>)	FMA
8.	Daughters of the Sacred Heart	DSH
9.	Deena Sevana Sabha	DSS
10.	Franciscan Sisters of the Immaculate Heart of Mary, Pondicherry	FIHM
11.	Helpers of Mount Rosary	HMR
12.	Institute of the Blessed Virgin Mary	IBVM
13.	Medical Sisters of St. Joseph	MSJ
14.	Missionaries of Mary Mediatrix	MMM
15.	Missionary Sisters of the Immaculate	MSI
16.	Montfort Brothers of St. Gabriel	SG
17.	Religious Teachers Filippini - St. Lucy Sisters	MPF
18.	Sant Joseph Sevika Sanstha	SJS
19.	Salesian Missionaries of Mary Immaculate	SMMI
20.	Santvana Missionary Sister	SMS
21.	Sisters Servants of Mary	SM
22.	Pious Disciples of the Divine Master	PDDM
23.	Sisters of Charity of Jesus and Mary	SCJM
24.	Sisters of Sacred Sciences	SSS
25.	Sisters of St. Ann's, Luzern	SAL
26.	Sisters of St. Anne's, Bangalore	SAB
27.	Sisters of St. Joseph of the Apparition	SJA
28.	Sisters of the Cross of Chavanod	SCC
29.	Sisters of the Kingdom of Heaven	SKH
30.	The Congregation of the Sisters of the Little Flower of Bethany	BS
31.	The Institute of the Brothers of the Christian Schools De La Salle Brothers	FSC
32.	Ursuline Franciscan Sisters	UFS

ACADEMIC YEAR: 2024 – 2025

STUDENTS' DEMOGRAPHICS AND INFORMATION

SL.NO	Name of the Religious	Duration of the Course	Name and Abbreviation of the Congregation	Charism / Apostolate of the Congregation	Title of the Thesis / Book Review	Moderator
1	Sr. Ajitha Mary Murugan	9 months	Missionary Sisters of the Immaculate (MSI)	The Living Passion to Proclaim God's Kingdom to all peoples.	Jesus and I: A personal exploration	Fr. Charles Serrao, OCD
2	Sr. Anu Antony	9 months (Day Scholar)	Sisters of Sacred Sciences (SSS)	Studying the Scripture and imparting that knowledge.	Mary: Seat of Wisdom	Fr. Augustine Robert, OCD
3	Sr. Asrita Toppo	9 months	Society of the Sisters of St. Ann, Luzern (SAL)	Live to reveal the Merciful Love of God.	Mary a Model of Faith and Vocation	Fr. Augustine Robert, OCD
4	Sr. Christina John	9 months	Sisters of St. Anne, Bangalore (SAB)	Evangelization through Love and Service.	Eucharistic Spirituality	Fr. Rathan Almeida, OCD
5	Sr. Daina Jose	9 months	Congregation of the Sisters of Nazareth (CSN)	To experience the redeeming love of Jesus the Nazarene, to be in deep loving communion with Him and thus lead the families to salvation.	Role of Friendship in Consecrated Celibacy	Fr. Augustine Robert, OCD
6	Sr. Deena Sharmila	9 months	Carmelite Sisters of St. Teresa (CSST)	Placing their Contemplative vocation at the service of the Church and co-operating with the salvific plan of God through active service, the CSST lives her consecration in apostolic dedication.	The Little Way of Little Therese: A guide to spiritual growth	Fr. Rathan Almeida, OCD
7	Sr. Jyothi Dumala	9 months	Missionaries of Mary Mediatrix (MMM)	To reproduce and continue the love and unity of the early Christian community.	Woman at the well	Fr. Rathan Almeida, OCD
8	Sr. Rajni Tirkey	9 months	Missionary Sisters of the Immaculate (MSI)	The Living Passion to Proclaim God's Kingdom to all peoples.	Holy Spirit the principal agent of the evangelizing mission of the church	Fr. Oswald Crasta, OCD
9	Sr. Sanjukta Kerketta	9 months	Sant Joseph Sevika Sanstha (SJS)	To serve the poor and less privileged.	The power of togetherness communion in community	Fr. Augustine Robert, OCD
10	Sr. Santhi Margaret	9 months	Society of the Sisters of St. Ann, Luzern (SAL)	Live to reveal the Merciful Love of God.	A Soul on Fire	Fr. Augustine Robert, OCD
11	Sr. Vinisha	9 months	Congregation of the Sisters of Nazareth (CSN)	To experience the redeeming love of Jesus the Nazarene, to be in deep loving communion with Him and thus lead the families to salvation.	Aesthetic of Fellowship	Fr. Augustine Robert, OCD
12	Sr. Pious Little Flower	7 months	Daughters of the Sacred Heart (DSH)	Charity lived in Simplicity and Humility	-	-

13	Sr. Amrita Ekka	6 months	Santvana Missionary Sister (SMS)	Prayer and Proclamation		Charismatic Movement and Charism	Fr. Ajith Rodrigues, OCD
14	Sr. Anci Selva Raj	6 months	Religious Teachers Filippini- St. Lucy Sisters (MPF)	To follow Christ the Teacher.		Mary the mother of Theological Virtues	Fr. Rathan Almeida, OCD
15	Sr. Ancy Thurackal	6 months	Medical sisters of St. Joseph (MSJ)	"Love Serves" consolidating "As long as you did it to the least of my brethren you did it to me", "Thy will be done", and through the body to the soul".		Mary the Pillar of Faith and Mediatrix	Fr. Augustine Robert, OCD
16	Sr. Anjali Lilly Therese	6 months	Daughters of Mary (DM)	Be pure and poor for the Kingdom of God.		-	-
17	Sr. Dibya Sabar	6 months	Missionaries of Mary Mediatrix (MMM)	To reproduce and continue the love and unity of the early Christian community.		Laudato Si: Care of Our Common Home	Fr. Ajith Rodrigues, OCD
18	Sr. Lucy Kutty Mathew	6 months	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 all.		-	-
19	Sr. Manju Varghese	6 months	Deena Sevana Sabha (DSS)	Service in Charity and Poverty.		The Mystery of the Holy Eucharist	Fr. Ajith Rodrigues, OCD
20	Sr. Reshma D'Souza	6 months	Pious Disciples of the Divine Master (PDDM)	Contemplative Apostolic		-	-
21	Sr. Sarita Baxla	6 months	Missionary Sisters of the Immaculate (MSI)	The Living Passion to Proclaim God's Kingdom to all peoples.		Love is stronger than death	Fr. Augustine Robert, OCD
22	Sr. Saranya D	4 months	Sisters of Kingdom of Heaven (SKH)	Seek the Kingdom First		-	-
23	Sr. Snehal Paskya	4 months	Congregation of the Carmelite Religious (CCR)	Contemplation, Apostolic activity with Mary as our Model.		Epiphany of the Gospel	Fr. Augustine Robert, OCD
24	Sr. Anitha Josline	3 months	Salesian Missionaries of Mary Immaculate (SMMI)	To live the Gospel and to spread its spirit.		-	-
25	Sr. Elizabeth Priya	3 months	Franciscan Sisters of the Immaculate Heart of Mary (FIHM)	In the experience of God towards liberation of Women.		Faith Discernment Vocation	Fr. Ajith Rodrigues, OCD
26	Sr. Esther G	3 months	Franciscan Sisters of the Immaculate Heart of Mary (FIHM)	In the experience of God towards liberation of Women.		St. Alphonsa	Fr. Ajith Rodrigues, OCD
27	Sr. Grace Mathew	3 months	Sisters of Charity of Jesus and Mary (SCJM)	Services of Charity		-	-

28	Sr. Jona Agnes	3 months	Franciscan Sisters of the Immaculate Heart of Mary (FIHM)	In the experience of God towards liberation of Women.	St. Mother Teresa of Calcutta	Fr. Ajith Rodrigues, OCD
29	Sr. Maria Antony Cecily	3 months	Salesian Missionaries of Mary Immaculate (SMMI)	To live the Gospel and to spread its spirit.	St. Alphonsa the icon of Suffering	Fr. Ajith Rodrigues, OCD
30	Sr. Mary Suchita	3 months	St. Joseph of the Apparition (SJA)	The Mystery of the Incarnation	-	-
31	Sr. Pavithra P	3 months	Franciscan Sisters of the Immaculate Heart of Mary (FIHM)	In the experience of God towards liberation of Women.	St. Francis of Assisi	Fr. Ajith Rodrigues, OCD
32	Sr. Prameela D'Souza	3 months	Helpers of Mount Rosary (HMR)	Take Jesus the poor as your model, and carry on the mission of Jesus as Mary did.	Psychology and consecrated life	-
33	Sr. Prema	3 months	Franciscan Sisters of the Immaculate Heart of Mary, Pondicherry (FIHM)	In the experience of God towards liberation of Women.	-	-
34	Sr. Preethi Rodrigues	3 months	Helpers of Mount Rosary (HMR)	Take Jesus the poor as your model, and carry on the mission of Jesus as Mary did.	The Practice of the Presence of God	Fr. Rathan Almeida, OCD
35	Sr. Priya S	3 months	Franciscan sisters of the Immaculate Heart of Mary (FIHM)	In the experience of God towards liberation of Women.	Little Talks with God	Fr. Ajith Rodrigues, OCD
36	Sr. Rishma Joyce	3 months	Helpers of Mount Rosary (HMR)	Take Jesus the poor as your model, and carry on the mission of Jesus as Mary did.	Finding God's will for you by St. Francis -de -Sales	-
37	Sr. Sherline	3 months	Salesian Missionaries of Mary Immaculate (SMMI)	To live the Gospel and to spread its spirit.	-	-
38	Sr. Sushmitha Lobo	3 months	Helpers of Mount Rosary (HMR)	Take Jesus the poor as your model, and carry on the mission of Jesus as Mary did.	Darkness in the Market Place: the Christian at prayer in the world.	Fr. Augustine Robert, OCD
39	Sr. Madhuri Lakra	2.5 months	Institute of the Blessed Virgin Mary (IBVM)	To promote the glory of God (AMDG) by the defence and propagation of the faith - a faith that does justice, by being contemplatives in action, discerning God's will in growing freedom, justice and sincerity.	Holding on letting go	Fr. Augustine Robert, OCD
40	Sr. Mariam Ekka	2.5 months	Institute of the Blessed Virgin Mary (IBVM)	To promote the glory of God (AMDG) by the defence and propagation of the faith - a faith that does justice, by being contemplatives in action, discerning God's will in growing freedom, justice and sincerity.	The man in search of meaning	Fr. Augustine Robert, OCD

41	Sr. Maxima Ekka	2.5 months	Institute of the Blessed Virgin Mary (IBVM)	To promote the glory of God (AMDG) by the defence and propagation of the faith - a faith that does justice, by being contemplatives in action, discerning God's will in growing freedom, justice and sincerity.	Gratefulness	Fr. Augustine Robert, OCD
42	Sr. Nirmala Toppo	2.5 months	Institute of the Blessed Virgin Mary (IBVM)	To promote the glory of God (AMDG) by the defence and propagation of the faith - a faith that does justice, by being contemplatives in action, discerning God's will in growing freedom, justice and sincerity.	Faith can give us wings and the art of letting go	Fr. Augustine Robert, OCD
43	Sr. Arockia Mary	2 months	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 all.	-	-
44	Sr. Kashena G. Boterya	2 months	Congregation of the Carmelite Religious (CCR)	Contemplation, Apostolic activity with Mary as our Model.	Handy work of God	Fr. Augustine Robert, OCD
45	Sr. Sushmitha D'Souza	2 months	Helpers of Mount Rosary (HMR)	Take Jesus the poor as your model, and carry on the mission of Jesus as Mary did.	St. Gonzalo Garcia - Indian Martyr on Japanese Soil	Fr. Ajith Rodrigues, OCD
46	Sr. Akshatha D'Souza	1.5 months	Helpers of Mount Rosary (HMR)	Take Jesus the poor as your model, and carry on the mission of Jesus as Mary did.	-	-
47	Br. Prakash Devaraj	4 weeks	The institute of the brothers of the Christian schools - De LA Salle Brothers (FSC)	Human and Christian education to the young and poor	-	-
48	Sr. Amala Sebastian	3 weeks	Daughters of Mary Help of Christians (Salesian Sisters of Don Bosco) (FMA)	Education of young girls especially the poor and marginalized in the style of the Preventive System of Don Bosco.	-	-
49	Sr. Aruna	3 weeks	The Congregation of the Sisters of the Little Flower of Bethany (BS)	Compassionate love to the poor and marginalized	-	-
50	Sr. Susmi	2 weeks	Sisters Servants of Mary (SM)	Witness the tender love of the Father like Virgin Mary.	-	-
51	Br. Arulanandam	2 weeks	Montfort Brothers of St. Gabriel (SG)	Education Youth and Social work	-	-
52	Sr. Diviya Lopes	1 Week	Ursuline Franciscan Sisters (UFS)	Educational, Social, Medical, Pastoral, Catechesis		
53	Sr. Shine Davis	1 Week	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 all.		

54	Sr. Anusha	Day Scholar (selected courses)	Catechist Sisters of St. Ann (CSA)	Spread the light of Christ	-	-
55	Sr. Divya K	Day Scholar (selected courses)	Catechist Sisters of St. Ann (CSA)	Spread the light of Christ	-	-
56	Sr. Kalpana	Day Scholar (selected courses)	Catechist Sisters of St. Ann (CSA)	Spread the light of Christ	-	-
57	Sr. Kamala J	Day Scholar (selected courses)	Catechist Sisters of St. Ann (CSA)	Spread the light of Christ	-	-
58	Sr. Kamala K	Day Scholar (selected courses)	Catechist Sisters of St. Ann (CSA)	Spread the light of Christ	-	-
59	Sr. Kaveri	Day Scholar (selected courses)	Catechist Sisters of St. Ann (CSA)	Spread the light of Christ	-	-
60	Sr. Reja	Day Scholar 1 Week	Apostles of the Holy Family (AHF)	Love and care make known Jesus among the families	-	-
61	Sr. Sugeetha	Day Scholar 1 Week	Apostles of the Holy Family (AHF)	Love and care make known Jesus among the families	-	-

THE PILGRIMS OF HOPE

"Rejoice in hope, be patient in suffering, persevere in prayer." —Romans 12:12

These days, as we journey through the year of Jubilee with the theme "The Pilgrims of Hope," we encounter numerous reflections, talks, and meditations centered on the meaning and significance of hope. But what is hope? How can one cultivate hope in ordinary life? How does hope empower us to transcend life's challenges? These are questions that often occupy our minds.

Dr. Jane Goodall, in her book *The Book of Hope: A Survival Guide for Trying Times*, aptly defines hope: "Hope is what allows us to continue in the face of adversity. It is what we wish to occur, but we must be ready to put in the effort to make it happen."

In his letter to the Romans, St. Paul exhorts us to "rejoice in hope, be patient in suffering, and persevere in prayer." But how can one rejoice in hope when life seems to offer nothing but suffering and hardship? We find a powerful example in Abraham, who "hoped against hope," trusting that God would fulfill His promises and make him the father of many nations.

We witness this same hope in the life of an expectant mother who endures the pain of labor, sustained by the joyful anticipation of holding her newborn in her arms. This is hope in action—trusting that suffering is not the final word.

Psychologist Dr. Thema Bryant, past president of the American Psychological Association, puts it beautifully: "Hope isn't a denial of what is, but a belief that the current situation is not all that can be." We can fully acknowledge the struggles we face, while still believing that these struggles do not define the end of the story.

For us, the Jubilee is an invitation to renew our hope, especially in difficult times. We are reminded of St. Paul's encouraging words: "Hope does not disappoint" (Romans 5:5). In today's world, it is all too easy to feel disheartened by personal struggles, social injustice, or global crises. Yet, Christian hope—one of the three theological virtues alongside faith and love—calls us to look beyond the present moment.

When we embrace hope as both a virtue and a guiding principle in our daily lives, we discover that no matter how dark the situation may appear, God is present within it. He offers us strength, comfort, and the grace to persevere. May this year of Jubilee renew our hope in Christ and inspire us to embrace every new beginning with courage and trust.

Sr. Mary Suchita SJA

"A LIFE TRANSFORMED IN CHRIST"

All odds in life will turn into ease.
All impossibilities will become possible.
All negativity will transform into positivity.
All our endeavors will lead to success
All of us become agents of transformation and healing.
We will possess the virtues of Christ.
We will allow our lives to serve as witnesses and answers to our faith.
We will stay rooted and grounded in the Lord.
We will transform our lives day by day.
We will reject negativity and avoid sinful paths.
 We will stand firm and unshaken in faith.
 We will find solace and comfort in Him.
 We will become radical and authentic disciples of Christ.
 We will let our lives reflect Christ's love and mercy.
 We will inspire others to see Jesus through us and in us
We will uphold justice in all our actions and decisions
We will advocate peace and harmony in our relationships
We will embrace joy as a gift from the Lord and radiate His love
We will walk in the light of Christ's teachings.
We will stand firm, rooted in the values of God's kingdom.

Sr. Santhi Margret SAL

A beautiful face is not important but a beautiful heart is important.

The heart plays a vital role in the functioning of the body, without which a person is considered a dead body. Every human in the world uses face cream, soap, and some Ayurvedic medicines to enhance their facial beauty. How would we feel if we didn't wash our face for just one day? Yet, do we ever think about the condition of our hearts? Unlike our faces, we don't apply any cream, soap, or Ayurvedic medicine to our hearts. Instead, for the heart, we need the soap of good thoughts, the cream of good feelings, and the Ayurvedic medicine of healing past wounds. Let our hearts shine before God, as that is what truly matters.

Sr. Daina CSN

THE SECRET OF SPIRITUAL SILENCE

"The secret of spiritual silence is not the absence of sound but the presence of peace within".

The practice of keeping silent can lead us to profound spiritual benefits. **Such as;**

- * **SILENCE REVEALS TRUTH;** When we embrace silence, we create space to listen—to others, to nature, and to ourselves. In silence, we become more aware of our thoughts, emotions, and true desires.
- * **SILENCE IS THE FORM OF STRENGTH:** It takes wisdom to know when to speak and when to remain silent. Silence can be a response stronger than words, offering dignity in conflict, patience in struggle, and power in presence.
- * **SILENCE ENHANCES CREATIVITY AND FOCUS;** Many great thinkers, writers, and artists retreat into silence to access their deepest insights. Without distractions, the mind wanders, imagines, and creates freely.
- * **SILENCE IS THE PATH TO INNER PEACE;** Meditation and solitude often involve silence because it allows us to disconnect from external chaos and find stillness within. In silence, we realize that true peace is not the absence of noise but the presence of inner calm.
- * **SILENCE CONNECTS US WITH THE DIVINE:** Silence attunes us to the sacred, helping us sense the interconnectedness of all things and the divine. It allows us to recognize beauty and sanctity in simple experiences.

To embrace silence is to embrace wisdom. It teaches us that not everything needs a response, not every moment needs to be filled, and not every truth needs to be spoken. In silence, we discover who we truly are.

Sr. Anitha SMMI

FRIENDSHIP

FRIENDSHIP is the Epic - The one who knows how to create it.
FRIENDSHIP is the Art - The one who knows how to admire it.
FRIENDSHIP is the Success- The one who attains it.
FRIENDSHIP is The God- The one who knows how to Respect it.
FRIENDSHIP is Faith - The one who believes it.



Sr. Esther FIHM

THE FLOW OF LIFE

A river is free to flow, just as our lives are meant to move forward. However, while a river is vast and continuous, life is short and fleeting. A river never truly ends—it merges into the ocean—whereas life has a defined end. That is why we must live fully, striving toward our goals with determination.

A river has a destination: the vast ocean. Similarly, we must set a goal in our lives and pursue it without giving up. Obstacles will arise, but just as a river does not stop for rocks or barriers, we too must overcome challenges and keep moving forward. The river never remains stagnant; it flows with every passing moment. Likewise, our lives should be in constant motion, growing, evolving, and progressing toward our purpose.

Let us have hope like a river—always believing in the journey ahead.

Let us have love like a river—flowing freely and abundantly.

Let us bring joy into our lives—just as a river sings with its gentle ripples.

Let us have faith like a river—knowing that our ultimate goal is to reach our heavenly home, to be with Jesus.

Life is short, but if we live with purpose, love, and faith, it can be as powerful and meaningful as a river flowing toward its destiny. So, never stop moving forward, never be discouraged by obstacles, and never lose sight of your goal—just as the river never stops until it reaches the ocean.

Sr. Sushmitha HMR

THE WISDOM OF NATURE

The river thinks in murmured streams,
Carving knowledge into stone.
The mountain ponders, still and vast,
A scholar deep in thought alone.

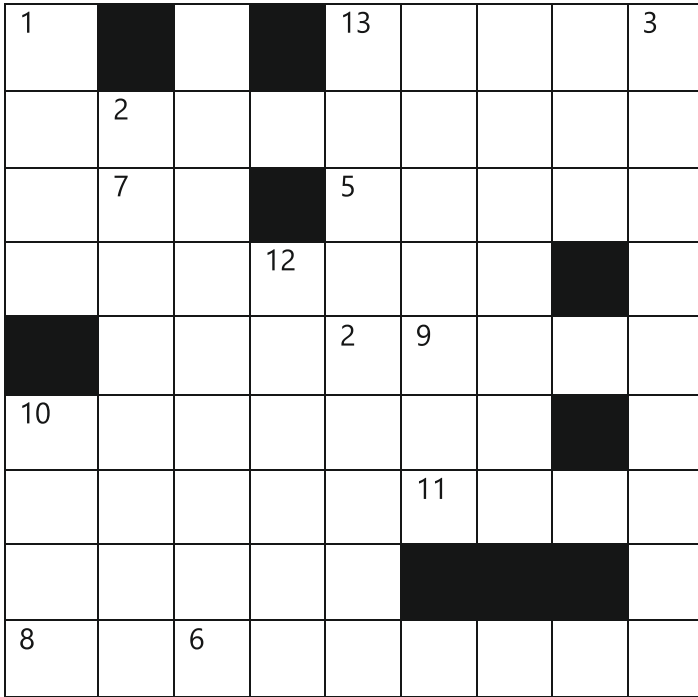
The wind debates with swaying trees,
Their branches bending to its mind.
The ocean speaks in measured waves,
A language deep, yet undefined.

The stars are composed of silent light,
A cosmic script of endless lore.
The earth records in rings of time,
A history written at its core.

No voice it needs, no pen, no scroll,
Yet nature knows—complete, whole.

-Sr. Divya MMM

CROSSWORDS (PUZZLE)



Across

2. The first book of the Bible (7)
5. 10th king of Israel (4)
8. The place where Jesus was born (9)
9. Shepherd Prophet (4)
10. The giant defeated by David (7)
11. Adam's Son (4)
12. Brother of Jacob (4)
13. Author of the Book of Revelation (4)

Up & Downward

1. The man who built the ark (4)
2. The mother of Jesus (4)
3. The city where Jesus was crucified (9)
4. The sea that Moses parted (3)
6. The number of disciples Jesus had (6)
7. Father of Samson (6)
10. Jacob's son from Zilpah (3)
12. Prophet who hid in a cave (6)

1. Noah, 2. Mary, 3. Jerusalem, 4. Red, 6. Twelve, 7. Manoaah, 10. Gad, 12. Elijah

Up & Downward:

2. Genesis, 5. Jehu, 8. Bethlehem, 9. Amos, 10. Goliath, 11. Abel, 12. Esau, 13. John

Across:

ANSWERS:



PUZZLE WORDS

Write the opposite words of given below, you will get a bible word from 1 John 4:16

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Receive

--	--	--	--

Despair

--	--	--	--

Refrain

--	--	--

Small

--	--	--	--

Fast

--	--	--	--

Busy

--	--	--	--	--	--	--	--

Fact

--	--	--	--	--	--	--

Stupid

--	--	--	--

Powerful

GOD IS LOVE (1 John 4:16)

Answer:

Sr. Maria Antony Cecily SMMI

SILENT STEPS

There is a golden throne where my Heavenly Father sits in the quiet of my heart. His divine eyes guard me at every turn, and his love is unconditional. Whether it's the route of deep valleys or the road of high mountains, his silent footsteps accompany me everywhere. He calls me his own and knows my name. His love serves as a solid anchor to keep me in place, and His gaze acts as a barrier to keep out all bad things. When my sins bring me low, He lifts me up and envelops me as though I were His own beloved. My lovely little princess, I am here by you, your Heavenly Dad who sits on the golden throne of your heart. He sees when I walk through the darkest moments of my life, when I feel alone, and discouraged, when my steps falter, and when every tear rolls on my cheeks. You have my love. My dear princess, you are mine.

- Sr. Rajni MSI

FAILURE

Failure is not the end of our life; it is the starting point of our success.
Failure is not something to be ashamed of; it is a symbol of success.
Failure is not the pain of fate; it is a path to changing our destiny.
Failure is not a way of choking; it is a lesson for progress.
Failure is not a threat from a goblin; It is an experience that leads to growth, like a fairy's blessing.

- Sr. Jona FIHM.

CHARACTER: THE INGREDIENT FOR A RICHER LIFE

Character plays a vital role in our lives. A person can be judged by their behavior, fashion, attitude, and position. Knowledge gives you power, but character gives you respect. Our life is like a blank sheet of paper, and we have to add color to make it a beautiful painting. Beauty does not matter, but character matters a lot. Beauty fades after a certain time, but character is the only thing that lasts forever. It takes a lot to be a person of good character, but a single mistake can wash it away. Just like salt is essential for tasty dishes, character is essential for a fulfilling life.

- Sr. Snehal CCR

A DIALOGUE WITH THE SOUL

I have seen the unique beauty of a soul,
Which surpasses all physical beauty,
An angelic soul with full of love, consolation, and music,
For all those who come near it, would witness,
Beautiful soul you treasure within
A connection to the divine,
A connection to the self,
A purpose to fulfil,
A life to live.
There is a beautiful thing inside you,
Which is called life,
It brings a thousand dreams around,
There is a peal of laughter and joy that is engraved in you.
O Soul you took flight like a bird.
Free and full of grace,
You inspire us all to soar,
And rise to where you came,
In the boundless sky of dreams,
You spread your wings.
A soul unchained; A spirit unfurled.
I cry due to the lack of you,
Mourn towards all that's left of you.
I soar in the emptiness,
Holding space to welcome you my brother's soul.
I lose my control, sorrow eats me on the whole,
Struck without words,
When I completely lost my loved one's soul.
O soul where did you vanish?
You are the one who gives life's spring,
In the depths of darkness, you shine so brightly,
Guiding by steps through the darkest night,
When doubts and fears try to hold me down,
Your love surrounds a steadfast crown.
I am restless and down,
O soul, the people mock my downfall,
Because I lost my loved one, my soul is restless,
O my soul do arise and bless the Lord,
Find rest in God my soul,
Put your trust and be at rest once more, O my soul,
One day you will meet your loved one's soul in eternity.

Sr. Sherline, SMMI

MAGNIFICAT

My Soul Magnifies the Lord
And my spirit rejoices, in God my Savior
for he has called me to be his bride,
To the Garden of DSS to love and serve-

For he has looked upon me, His humble servant
From this day, all generations call me blessed
He has chosen me, an unworthy, vessel
To serve him with all my heart, And Soul.

He has filled me with his grace
And called me to live in His service
I who am nothing, am now His servant
And in this calling, I am made whole.

He has shown strength with his Arm
In my weakness, he is my Strength
In my nothingness, he is my Everything
I stand before Him in awe,
for he has called me to be His Own

with all my heart, I give Him my eyes
I surrender my life to Him
And I offer my service in His name
May my life like Mary's Magnify His glory forever.

Sr. Manju Varghese DSS

THE PRAYER OF THE HEART

When shadows stretch across the sky,
And doubts and fears begin to fly,
A prayer ascends, a quiet plea,
To find His light, to set us free.

It's not the words that make it strong,
But the heart that sings its silent song.
A prayer is felt, not just said,
A spirit lifted, a soul well-fed.

In moments of joy, in moments of pain,
Prayer is the thread that breaks the chain.
It holds us close, it makes us whole,
A lifeline deep within the soul.

It's in the stillness, in the quiet grace,
That we find peace in His embrace.
Through every trial, through every storm,
Prayer transforms, it keeps us warm.

So let the heart speak what words can't find,
In prayer, we leave our fears behind.
For when we pray, we touch the Divine,
A sacred bond that forever will shine.

Sr. Asrita Toppo SAL

GIFT OF LIFE

Adorable Ones	-	Mother & Father
It comes, but doesn't disappear	-	Fame & Blame
If it goes, it doesn't come back	-	Dignity & Life
Self-triggered arrival	-	Youthful & Old age
Which follows us	-	Sin & Virtue
Uncontrollable	-	Desire & Grief
Inevitable	-	Hunger & Thirst
Unavoidable	-	Bond & Affection
Bringing destruction	-	Jealousy & Anger
Equal to all	-	Birth & Death
Seeking Victory by	-	Truth & Labour
Appears and Disappears	-	Pleasure & Suffering

Sr. Pavithra FIHM

MOTHER

A Mother's sacrifice is an inner beauty,
Her sharing and outer kindness sets us free.
Goodwill is the reason for life's blessings we receive,
A treasure that's passed down through seven generations, we believe.
If I could, I'd keep you safe within my womb,
Rather than lay you to rest beneath the earth's tomb.
Your giving is a precious gift from above,
The blessings on your face, more valuable than flowers of love.
Raindrops falling from the sky can't compare,
To the sweetness of your words, a love beyond repair.
In a world that values outward beauty, you shine,
A mother's love, a treasure that's truly divine.
There's no beauty like the inner kind,
A mother's heart, a love that's one of a kind.
No angels in this world can compare,
To the selfless love of a mother, beyond compare."
I will carry you in my heart, like my heart



Sr. Elizabeth FIHM

TIMELESS WORDS FROM ST. MOTHER TERESA

- Let us always meet each other with a smile for the beginning of love.
- We shall never know all the good that a simple smile can do.
- Every time you smile at someone it is an action of love a gift to that person a beautiful thing.
- "Smile at each other; smile at your wife, smile at your husband, smile at your children—smile at each other. It doesn't matter who it is; that will help you grow in greater love for each other."
- If you judge people, you have no time to love them.
- Be faithful in small things because it is in them that your strength lies.
- Do small things with great love.
- Some people come into your life as blessings. Some come into your life as lessons.
- If you want to bring happiness to the world, go home and love your family.

Sr. Jona FIHM

A MOTHER'S LOVE: EXPLORING MARY'S COMPASSION AND EMPATHY

A Mother's love is a force of compassion, sacrifice, and endurance. Mary, the mother of Jesus, embodies this love completely. Her heart, filled with divine grace, offers comfort, strength, and faith to all who seek her.

Mary's heart is a sanctuary and a source of faith,
a source of hope,
a source of love,
a source of humility
a source of Compassion
a source of empathy and a divine wellspring that we can draw upon
to carry us through life's struggles.

Mary's Heart of Compassion: At Mount Calvary, Mary stood by her Son as He suffered, her heart breaking yet her love unwavering. In that moment, she became the mother of all humanity, embracing our sorrows and pain. Her heart, united with Christ's suffering, poured forth boundless love. Her compassion stands as a pillar of strength for all who suffer, reminding us that love shines brightest in times of trial.

Mary's Heart of Empathy: Mary's empathy was revealed in her humble "Yes" at the Annunciation, embracing the unknown for the salvation of humanity. She showed deep sensitivity when visiting her cousin Elizabeth, recognizing and sharing in her joy. From the manger to the cross, Mary's silent presence in Jesus' life was one of unwavering love, sharing in His joys, sorrows, and sacrifices.

As religious sisters, we are called to mirror Mary's love, standing with the suffering, the poor, and the marginalized. Mary's compassion and empathy are not just qualities to admire but virtues to live by. Inspired by our Dearest Mother, we embrace our vocation not as a job, but as a mission of love, patience, and service. It is a mantle of grace and a gift to all who encounter it.

Sr. Santhi Margaret SAL

HE SAW ME WHILE I WAS IN MY MOTHER'S WOMB

Before I was formed in my mother's womb, God saw me. From the moment my mother's ovum was fertilized, He carried me safely, ensuring my journey into life. Had He not watched over me, I could have been lost before birth. Yet, He had a plan—a purpose filled with love, blessings, and hope.

As my body took shape, He meticulously designed every part of me—my eyes, ears, hands, and heart. Like an artist, He crafted me with care. When the time came for my birth, He was there, holding me, guiding me into the world. As my mother cried in labor, He eased her pain and brought me forth with joy. His heartbeat and mine became one. While others focused on my gender, He welcomed me with unconditional love, knowing the purpose for which I was created.

Looking back, I see His love in every step of my life. Even when I felt abandoned, when failure weighed me down, and when questions flooded my mind—Why am I here? What is the purpose of my life? — He never turned away. Instead, He patiently led me back to His path, reminding me that His plans for me were always good, and always filled with hope.

Life brings struggles, trials, and moments of despair, but God never leaves us. I, too, have felt utterly alone, questioning my very existence. Yet, in surrendering my will and weaknesses to Him, I discovered true strength. Why hide from Him when He already knows us so well? When we yield to Him, we no longer need to strive on our own—He lives within us, guiding our every step.

I am a witness to His faithfulness. Time and again, He has lifted me up, carried me through storms, and poured His grace into my life. As He promises in Jeremiah 29:11, “For I know the plans I have for you—plans to prosper you and not to harm you, plans to give you a future and a hope.” If He created us, our lives are never in vain.

So let us live for Him, even when the path is difficult. Let us lay down our lives for His name's sake, without fear, trusting in His divine plan. May we embrace our lives with joy, striving to be holy and faithful. Let us ask for His strength to accept ourselves, to live with purpose, and to be light in this world. May God bless us all.

Sr. Jyothi Dumala MMM.

ALL ABOUT LOVE

In the beginning was God, and God Himself is love. Out of His infinite love, He created me in His image and likeness, filling me with His love. I exist because of His love. Out of this same love, He blessed me with my parents, and through their love, I was born. Love was His plan from the very beginning, and He willed me into existence. To make my life even more beautiful, He gave me loving siblings—the fruit of my parents' love. As I grew, He surrounded me with friends, relatives, and neighbors so that I could experience and share in His love, making it my joy and delight.

As I continued to grow, He placed teachers and companions in my life, shaping me through their guidance and support. God's love for me was so profound that He chose me and gave me a Christian calling within the Catholic Church. Through His love, I was baptized and sanctified. To perfect me even more in love, He called me to religious life, drawing me into a deeper union with Him. To help me understand His love more fully, He commissioned and consecrated me, allowing me to experience it in new and profound ways.

As a sign of His love, He entrusted me with the gift of caring for the sick and elderly through my nursing profession, allowing me to be an instrument of His compassion. To deepen my understanding of His love even further, He placed within my heart a special calling—to serve the poor and marginalized in Jharkhand. He sent me to bring them into the mainstream by providing education and job opportunities in hospitals and institutes, reminding me that they, too, are His beloved.

In His divine plan, He invited me to be part of the Dhyanaavana community, where I could experience His love in an even greater way. **Dhyanaavana is a home of love**, a place where we aspire to rise above ourselves and grow in faith. Being here is a true blessing—an unfolding of God's plan for my life.

I am profoundly thankful to God for guiding me to this international institute of spirituality. I believe that nothing happens outside of His divine wisdom, and I trust that He has brought me here for a meaningful purpose. Throughout this journey, I have witnessed His hand at work—leading me, transforming me, and surrounding me with His love. For this, my heart overflows with gratitude. Truly, this experience has been a time of abundant blessings, which I will treasure and carry with me always.

Sr. Reshma Dsouza PDDM

UNITY IN DIVERSITY

"Just as a body, though one, has many parts, but all its many parts form one body, so it is with Christ" (1 Cor. 12:12).

St. Paul beautifully explains the concept of unity in diversity. Just as each part of the human body plays a unique role according to its own purpose and capacity, so too do we, within our communities, families, society, and nations. Each individual is a gift from God, entrusted to others as a gift. God has blessed each of us with unique talents, not only for our personal benefit but for the good of the whole.

We contribute to each other's well-being, recognizing that a perfect family, community, society, or nation cannot exist without mutual cooperation. Just as the body relies on each organ to function effectively—the heart pumps blood, the brain coordinates activities, the hands carry out tasks—each person's contribution matters. If the eye fails to see, we cannot recognize the needs of others. If the ear does not listen, we fail to hear the cries of the suffering.

In this way, every part of the body is essential for its proper functioning. Likewise, every individual, regardless of their role, is equally important within a community, family, society, or nation. No one is superior or inferior; each person's presence and contribution enrich the whole.

Pearls of the Days in Dhyanavana

My time at Dhyanavana offered a profound experience of this unity in diversity. Living alongside members of different religious congregations, each with their own unique spiritualities, enriched my understanding of communal living. Though we came from diverse backgrounds, we were united in heart and mind, forming one apostolic body.

We intentionally took time and effort to help each other. Each person's abilities, however small, made a significant difference in our shared activities. In moments of joy and sorrow, our kindness and generosity towards each other were drawn out and amplified. Together, we celebrated life's blessings and supported one another through its struggles.

I can truly say that, although we came from different congregations—each a different part—we functioned as one body. This lived experience of unity amidst diversity will forever remain a treasured pearl in my journey of faith.

Sr. Sarita Baxla, MSI

FRIENDSHIP WITH GOD

O Lord, my heart delights in Thee,
A Friend so true, so near to me.
Through storm and sun, through joy and strife,
Thy love remains, my guiding light.

When sorrow knocks upon my door,
Thy whisper calms me evermore.
In silent prayer, in songs of grace,
I find Thy presence, warm embrace.

No friend on earth could love so deep,
Or promise joy my soul may keep.
Thy mercy flows, so vast, so wide,
Forever walking by my side.

Through trials fierce and nights so long,
Thy hand upholds, makes weak ones strong.
Thou art my refuge, rock, and stay,
My faithful Friend, my Hope, my Way.

O Lord, let all my days proclaim,
The sweetness of Thy holy name.
For naught on earth could e'er replace,
The friendship found in Thy embrace.

Sr. Deena Sharmila CSST

THE AESTHETIC OF RELIGIOUS LIFE

R- Radiant in persevering through limitations.

E- Excellence in identifying with those I serve.

L- Lowliness in giving up entirely for the sake of Christ.

I - Innovative in embracing the hidden and understanding the tasks of eternal significance.

G - Generous in becoming an instrument of Christ fully submitting to His mission.

I - Inspiring in accomplishing the vision.

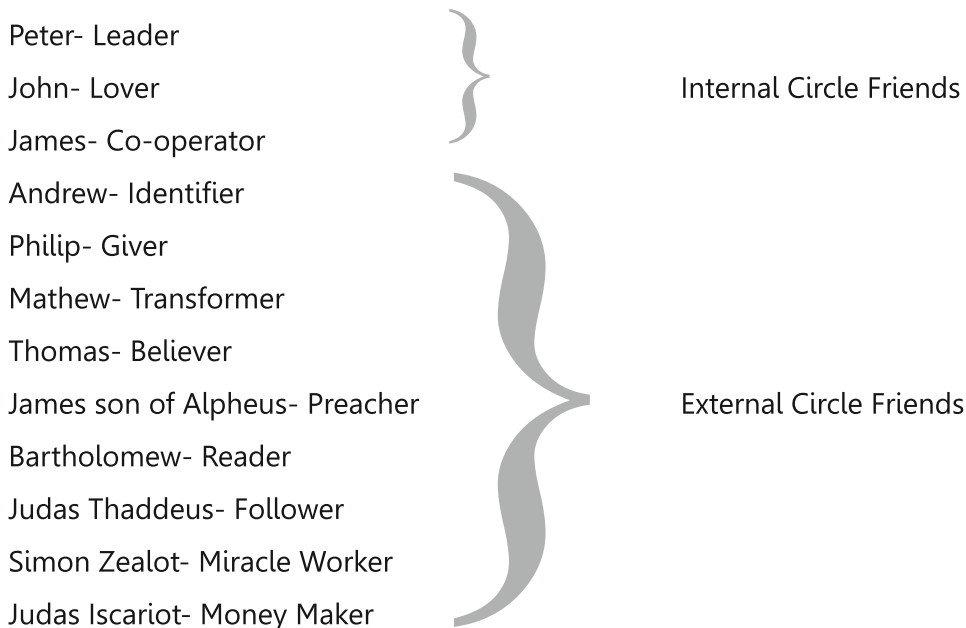
O - Optimistic in embracing the cross lovingly.

U – Unwavering in leaving behind worldly attachments.

S - Sagacious in discerning the will of God.

Sr. Vinisha CSN

WHY 3 WHY NOT 9?



We all have a question: Why did Jesus take only Peter, James, and John with Him during the most important moments of His life? Why not the other nine disciples? Did He not find them faithful?

I have heard many answers, but one that resonated with me is this: Just as we all have friends but choose to share our deepest thoughts with only a few, Jesus, being fully human apart from His divinity, also needed close companions—people He could confide in and who would understand Him. So, He chose Peter, James, and John.

But why specifically them? Why not Judas, Thomas, or Matthew? One possible reason is that, just as a mother holds her firstborn in a special place, Jesus called these three among the first and formed a unique bond with them. Another perspective is that Jesus, knowing the future and the hearts of His disciples, understood that Andrew, though also among the first called, was an inspiring figure who naturally brought people closer to Him. On the other hand, Peter struggled with fear, and James and John were ambitious for worldly status. Jesus wanted to teach them important lessons in faith, humility, and leadership.

It wasn't that the other disciples were less faithful; rather, they had already experienced deep encounters with Jesus in their own ways. Likewise, as religious and priests, we are

not chosen because of our abilities, appearance, or academic excellence. Instead, we are called precisely because of our weaknesses—because there is something in us that still needs shaping. We have not given THE PLACE BUT FIRST PLACE after this there are some things 2, 3... so on and so forth. Let us keep Jesus in the place of our hearts.

Sr. Ajitha MSI

MOTHER – THE SWEETEST WORD ON EARTH

The word “Mother” is one of the sweetest and most profound words known to humanity. A mother endures immense physical and emotional pain to bring us into this world. Without her selfless courage, our very existence would be impossible. Beyond giving us life, she becomes our first teacher, introducing us to love, kindness, and compassion.

A mother embodies all that is good on Earth. To hurt, disrespect, or neglect her, even in anger, is to betray the foundation upon which our lives are built. A mother’s love is unique; she loves us even before we take our first breath, carrying us for months, feeling every flutter and kick, and enduring untold hardships just to bring us safely into the world.

The depth of this love is almost unimaginable. Mothers willingly sacrifice their personal dreams so that their children can pursue their own. This selflessness is what makes maternal love so sacred. Every wrinkle on her face tells the story of her silent prayers and hidden worries, of battles fought and endured for our sake. A mother is not just the giver of life—she is the guardian of our soul and the anchor in life’s storms.

It is crucial to remember that a mother is far more than just the one who gave us life. She is the guardian of our soul, the keeper of our secrets, and the anchor that keeps us grounded amidst the chaos of life. To make her happy, to cherish her, is to honor the purest form of love we will ever know.

All goodness a person possesses can often be traced back to their mother, who herself inherited these virtues from her own mother. Thus, maternal love and wisdom flow through generations like an unbroken chain, passing from one mother to the next.

Mothers teach us to love, not through grand gestures, but through the simplicity of their daily actions—quiet acts of service performed with love and devotion. Every small task, from cooking a meal to mending a torn shirt, is infused with a mother’s love. This silent, persistent expression of care defines the essence of love itself.

I once read the line: "You connect me to life, Mom." Nothing could better describe a mother's role. Mothers are the only ones who cannot enjoy happiness unless they know their children are happy. Their love asks for nothing in return.

What is the price of all this boundless love? Often, it is silent suffering. The world's most oppressed and overlooked lover is the mother, for her love is rarely repaid in full. In a way, a mother is like a pencil—each day, her physical strength, her personal desires, and even her youth are slowly worn down, just so she can help write the story of her children's lives. This quiet sacrifice deserves not just recognition, but daily reverence.

Without mothers, the world would lose its very capacity for compassion and love. Let us cherish them every day, for they are not just our past but our guiding light toward a better future.

Sr. Amrita Ekka SMS

LIFE IS PRECIOUS

Life is so precious,
Each day is a gift—
So, treasure each moment,
As though it's your last to live.
 Cherish your loved ones,
 Hug them close and tight.
 Share with them your heart,
 Your time, your light.
Nothing lasts forever;
Life moves so fast.
Each fleeting moment
Is one you can't get back.
 When troubles arise
 And knock you off your feet
 Stand tall, keep smiling
 And remember life is too sweet
Every morning when you wake
Decide right from the start
That "Today will be a good day"
And let it all in with an open heart.

Sr. Sanjukta Kerketta, SJS

WHO CAN STOP YOU?

When you depend on others,
They may not serve you
but when you start to serve others,
Who can stop you?

When you want to be respected by others,
you may not be respected.
But when you start giving respect to all,
Who can stop you?

When you want to be loved,
you may not be loved,
but when you start loving others
Who can stop you?

When you expect charity from someone
you may not get it,
but when you start doing charity
Who can stop you?

Therefore, learn to begin your life journey from you, not by someone else.

Sr. Christina SAB

ACADEMIC PROGRAMME 2025 - 2026

SEMESTER	SL.NO.	DATES	SUBJECTS	PROFESSORS
1ST SEMESTER  PRAYER AND SCRIPTURE 	1.	June 22	Arrival	
	2.	June 23 - 24	Orientation	Dr. Rathan OCD
	3.	June 25 - 27	Methodology of Scientific Paper	Fr. Ajith OCD (S.T.L.)
	4.	July 28	Animation to Life of Prayer	Dr. Rathan OCD
	5.	June 29 (Sun)	Inauguration of the course	
	6.	June 30-July 4	Theology of Prayer	Fr. Jeevan Tauro OCD (D.I.P.)
	7.	July 7 - 11	Fundamentals of Contemplative Prayer	Dr. Oswald Crasta OCD
	8.	July 14 - 18	Prayer and Liturgy: The Heartbeat of Christian Spirituality	Dr. Joseph Marie J
	9.	July 21 - 25	Praying Psalms: A Pathway to Divine Intimacy and Worship	Fr. Noel D'Cunha OCD (L.Ph.)
	10.	July 28-Aug. 1	Covenants and Kings: The Spiritual Journey Through the Historical Books of the Bible	Dr. Raymond Joseph
	11.	Aug. 4 - 8	When Wise Speak: The Spiritual Message of the Wisdom Books	Fr. Adarsh (L.B.Th.)
	12.	Aug. 11 - 15	Encountering God in the Old Testament: Spirituality of Promise and Fulfillment	Fr. Prasanna Kumar OCD (L.B.Th.)
	13.	Aug. 18 - 22	The Prophetic Heart: Exploring the Spiritual Depth of the Biblical Prophets	Dr. Henry Stephen
	14.	Aug. 26 - 29	The Way of Christ: Discipleship and Spirituality in the Synoptic Gospels	Fr. Roshan Monteiro OCD (M.Th.)
	15.	Sept. 1 - 5	Empowerment of Women: Biblical Perspective	Dr. Virginia SAB
	16.	Sept. 9 - 13	Pauline Epistles: A Journey into Spiritual Depth and Theology	Dr. Anthony OSB
	17.	Sept. 15- 19	"Encountering Jesus" - A Journey from Seeing to Believing in John's Gospel	Dr. Richard D'Souza, OCD
	18.	Sept. 21 (Sun)	Institution Day	
	19.	Sept. 22 - 26	The Call to the Heights: The Symbolism and Spirituality of Mountains	Dr. Deva Priya, SMMI
2ND SEMESTER  Psychology and Spirituality 	20.	Sept 29 - Oct. 3	AI and Media in Religious Context	Fr. Joseph Cyril OCD (M.J.-Master's in Journalism)
	21.	Oct. 6 - 10	Psycho-Spiritual Integration	Fr. Jovel Oliver OCD (M.Sc.)
	22.	Oct. 13 - 17	Emotional Healing and Formation	Dr. Lilly Chacko SMMI
	23.	Oct. 20 - 24	Counseling Skills and Human Wholeness in Formation	Dr. Juliana Pinto UFS
	24.	Oct. 27 - 31	Schools in Spirituality	Dr. Wilfred Rodrigues OCD
	25.	Nov. 3 - 7	Marian Spirituality: A Journey of Faith and Devotion	Dr. Anjali Therese DM
	26.	Nov. 10 - 14	Communion and Love: The Trinity as the Source of Christian Spirituality	Fr. Ajith Rodrigues OCD (S.T.L.)
	27.	Nov. 17 - 21	Catechetical Spirituality	Dr. Gilbert Choondal SDB
	28.	Nov. 24 - 28	Contemplative Spirituality: Awakening to God's Presence	Dr. Deep Fernandes OCD (D.I.P.)
	29.	Dec. 1 - 5	Ethics and Spirituality: Living with Integrity	Dr. Archie Gonsalves OCD
	30.	Dec. 8 - 12	Sacramental Spirituality	Dr. Rathan Almeida OCD
	31.	Dec. 15 - 19	Comprehensive Exams	Director
	32.	Dec. 20	Christmas Celebration	Community
	33.	Dec. 21 - Jan. 2	Christmas Holidays	
3RD SEMESTER  Consecrated Life, Mission and Evangelization 	34.	Jan. 3 - 4	Arrival	
	35.	Jan. - Feb.	Mission in Indian Context - Civil Code / Human Rights	Fr. Ryan Pinto OCD (LLB)
	36.	Jan. 5 - 9	Canonical Aspects of Religious Life	Dr. Sunil D'Souza
	37.	Jan. 12 - 16	Christ: Unique and Universal Savior	Dr. Rathan Almeida OCD
	38.	Jan. 19 - 23	Human Resource Development and Communication	Dr. Joy Francis OCD
	39.	Jan. 26 - 30	Growing in Consecrated Life - Revisiting	Fr. Richard Menezes OCD (S.T.L.)
	40.	Feb. 2 - 6	Religious Formation in the Modern World	Fr. Lancy Lewis OCD (S.T.L.)
	41.	Feb. 9 - 13	Theology of Evangelization	Dr. P.V. Antony
	42.	Feb. 16 - 20	Spiritual Direction and Discernment: Companions on the Way	Fr. Ajith Rodrigues OCD (S.T.L.)
	43.	Feb. 23- 27	Mission Exposure - Classes and Village Experience	Fr. William Miranda OCD (MSW)
	44.	March 2 - 6	Comprehensive Exams	Director
	45.	March 9 - 13	Retreat	
	46.	March 16-19	Preparation for Convocation / Defending Thesis	
	47.	March 20	Convocation	
	48.	March 21	Thanksgiving Day	Community
	49.	March 22	Departure	

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May 12 - 17 - Master Your Mind-Techniques for Emotionally Balanced Life

May 19 - 24 - Vision to Victory-Creative and Productive Leadership Skills

May 26 - 31 - Roots to Fruits-Growing in Godliness and Spiritual Maturity

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/ dhyanavana9@gmail.com Website: www.dhyanavana.com



Thanksgiving to Infant Jesus

*Infant Jesus, sweet and divine,
We thank you for blessings that are truly mine.
Our family's love and laughter, a gift from above,
A treasure to cherish, sent through your endless love.*

*For the children's smiles and joyful eyes,
We thank you, dear Jesus, for their precious surprise.
Good health and happiness, you graciously impart,
Filling our hearts with gratitude, and our lives with your art.*

*Wealth and prosperity, you provide with a loving hand,
Helping us to flourish, in this world so grand.
May our blessings multiply, as we share with glee,
And may your love remain, the guiding light for our family.*

Claudy, Ivy, Claire and Chriselle

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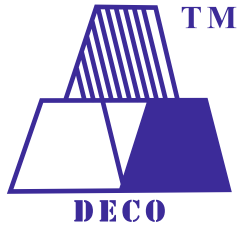
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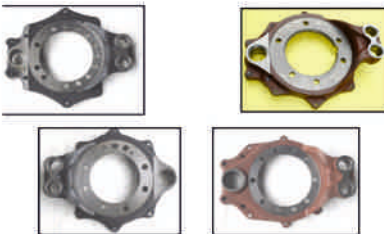
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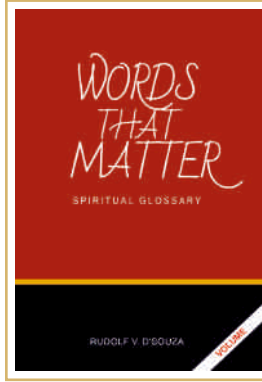
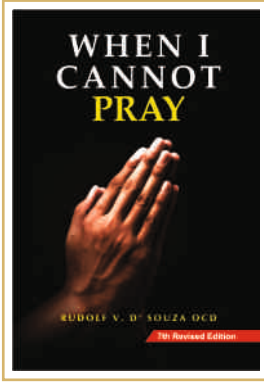


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