



# NAVA SPURTHI

## Bangalore Region



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NEWS LETTER

August - 2019

### MARIA SADAN, BANGALORE



COIN educators' workshop was held in Maria Sadan. Fr. Joe Arun S. J. from Madurai was the resource person. The sessions were very inspiring and thought provoking on an innovative leadership. We were very happy to have the sisters from all the Provinces and Regions.

Our community joined for the feast of St. Ignatius of Loyola at

ISI, Bangalore.

Srs. Daisy and Sherly attended three days COIN Social Action ministry meeting at Provincial House Delhi. Fr. Joy Kariyampuram S.J was the recourse person to facilitate the meeting. The meeting began with the "C.J discernment for greater apostolic effectiveness in the copy ministry." The first round affective sharing and second round reflective sharing was done in the group. At the end group sharing highlights were on social service centers achievements and programmes.

Sr. daisy attended one day workshop on Pope Francis circular concerning Sexual Abuses in the Church Mottu Proprio 'Vos Estus Luse Mundi' You are the light of the world. The norm aims at protecting the dignity and respect of all God's people in the Church. The Holy Father explains "The crime of sexual abuse offends our Lord, cause physical, psychological and spiritual damage of the victims and harm the community of the faithful. In order that these abuses never happen again, a continuous and profound conversion of hearts is needed, attested by concrete and effective actions that involve everyone in the Church." These norms apply to all members of institutes of consecrated life of apostolic life.

Sr. Daisy had attended three days Major superiors KRCR Annual assembly at Carmalaram, Bangalore. The theme was based on Post synodal Apostolic Exhortation "Christus Vivit" (Christ is alive) of Pope Francis written on young people and to the entire people of God. During the workshop we discussed the realities of young people in India. In India young people are with: 66% below 35, 50% below 25 Over 650 m young: Youth today: Have dreams, energy, talents, searching for Fun, Life, Freedom, Think Jesus as someone past, Stability, fulfilling & relationships.

Our schools remain essential places for the evangelization of the young. Our institutions should be open for the youth ministry such as ; Listening (theological, not pedagogy) , Walking with them, Be prepared for ridicule/ rejection, Explain the Scripture, form faith n Conscience ,Accompaniment – Cum Pane, Help to discern, Preparing for leadership roles: Church, Civil, Services, Professionals, Entrepreneurs, Media, Farming...

As religious we are asked to face the realities of youth: Youth - not objects, but Agents! Not only Future, but Today! Like St. Augustine – restless, seeking. Facing multiple challenges: Acute unemployment, multiple addictions, widespread corruption, poor governance, large scale migration, crime, violence & terrorism. After the reflection action plans were taken for the different Zones of Karnataka Region. All the religious were motivated to accompany the youth in their own institutions and parishes. Srs. Rose Mary, Prasanna, Sanjana and Rupali acquired good result for the academic performance. Congratulations! Well done. Sr. Alphonsa's presence at Maria Sadan adds joy to the community with visitors from different parts of India.

### MARY WARD CONVENT, PIZHAKU



On 10<sup>th</sup> April we bade farewell to our dear Sr. Shradha who was missioned as Principal at Begur. During a meaningful prayer service conducted by the students of class IX we thanked God for her selfless service to the school, community

and to the people around and offered prayers for her well being.

The PTA Executive members went on a picnic to Vagamon on 26<sup>th</sup> January 2019. After having spent the whole day they returned hale and hearty. They bid farewell to Sr. Shradha on 3<sup>rd</sup> April 2019. They thanked her for her service in the school for the past two years as Principal of the school and one year as teacher. After the meeting the school management gave her a farewell party and Sr. Shradha expressed her gratitude for their help and support.



The staff picnic was on 16<sup>th</sup> Feb. 2019 to Idukki Dam, Calvary Mount and Anchuruli. Everyone had a relaxed time and enjoyed the beauty of nature.

On 26<sup>th</sup> April Sr. Basilia and five members of the wisdom group from Thuruthipuram and Alakkode left for Nainital to attend the renewal programme. On 13<sup>th</sup> May she returned, refreshed and rejuvenated. During her absence Sr. Bernie was with us to help us out. We thank you Sr. Bernie for your help and support.

Sr. Ursula is on and off with her ailments and the community is having visitors specially from her dear and near once and months of May, June and July our sisters short visits from different provinces adds joy to the community. We highly appreciate their thoughtfulness, love and sharing of their mission which really did enrich us.

On 27<sup>th</sup> May we began classes for the students of classes IX and X. On 28<sup>th</sup> May an orientation programme was given to the staff by Dr. Prof. Sabu D. Mathew from St. Thomas College Pala. The main



focus of the orientation was to motivate the teachers to become student oriented persons who can definitely bring about a holistic transformation in the life of the students under their care. The teachers were rejuvenated to begin

the new academic year with renewed vigour.

Our new community member Sr. Nelcy C.J arrived on 28<sup>th</sup> May accompanied by Sr. Daisy C.J. A very hearty welcome to our dear Sr. Nelcy and we wish her God's blessings and all the best.

From 30<sup>th</sup> May to 1<sup>st</sup> June we had our triduum by Rev. Fr. Joe Kollamkunnel SVD. We spent quality time in reflecting praying and meditating before the Lord. We were indeed happy to have Sr. Daisy with us. On 28<sup>th</sup> and 29<sup>th</sup> May our teachers had workshop on planning and execution of the syllabus for the coming academic year.

The newly painted school buildings have a different look now. We were indeed very fortunate to have the school blessed by our parish priest Rev. Fr. Kuruvila Thudiamplackal on 3<sup>rd</sup> June.

We began the new academic year (2019 – 2020) on 6<sup>th</sup> June. We had Holy Eucharist offered by our parish priest Rev. Fr. Kuruvila Thudiamplackal. After Mass he blessed the students and the staff. In his short message he wished all a grace filled year ahead.

On 7<sup>th</sup> June a short prayer service was conducted by the students of class X highlighting the values for a good leader and sought God's blessings upon the staff and students. After the prayer service the new staff members were welcomed symbolically. The school office bearers were elected and the solemn investiture ceremony was held on the same day.



On 10<sup>th</sup> June we welcomed 71 tiny tots to our LKG section. They were welcomed to the Mini Auditorium along with their parents. After imploring God's blessings the Manager Sr. Basilia welcomed them to NPS family. After a short meeting the students were taken to the respective class rooms and the staff welcomed them with sweets and balloons.



On 17<sup>th</sup> June we gave a hearty welcome to 17 cute little ones to our play school. They along with their parents spent a couple of hours in the class room with their teacher.

On 22<sup>nd</sup> June after the Annual General Body meeting of the parents, an orientation programme was given to them by Prof. Sathesh Poothy on "Effective parenting and how to Nurture the child given by God as a gift to them". It was well appreciated by all the parents.



On 26<sup>th</sup> June Sr. Borgia returned from Khanapur after having spent some time with Sr. Cyrilla.

On hearing the sad news of the demise of Mr. Johny, Sr. Alma's brother, we visited and spent some time praying with the bereaved family for the departed soul and attended the funeral service.

On 30<sup>th</sup> July, JPIC members conducted a meaningful prayer service against Trafficking.



On 31st July we had beautiful celebration of the feast of St. Ignatious of Loyola with a meaningful prayer service and festal meal. The culmination of the day was organized recreation with surprise gifts.

### **ST. MARY'S CONVENT, ALAKODE**

Our parish Priest Fr. Antony Anakallil arranged an outing for the religious of our parish Sacred Heart (S.H) sisters and C.J's on our way he took us to his house at Velimanam to visit his old mother. We spent a few hours with her listening to her jokes and songs. She is an interesting person indeed who could entertain her audience incessantly. From Velimanam we proceeded to celebrate the 30th wedding



anniversary of the parents of Fr. Jins assistant parish priest . It was a memorable day for us.

We feel very happy and grateful to God for allowing us to provide our chapel to celebrate Holy Mass for the deaf and dumb brethren of Thalassery diocese on every first Sunday



of the month. Fr. George Kalarimuriyil is very efficient to deal with these brothers and sisters using sign language. Srs, Carina and Gladys are delighted to participate in the Holy Mass with them. It is really edifying to watch them standing in queue waiting for their turn to go for confession. We really appreciate the commitment and the dedicated service of Fr. George to help them to come closer to God. We are happy to see more and more people added to each celebration of the Holy Mass.



In Alakode church, now the Ward Prayer Meetings' have been arranged for only on Saturdays and Sundays. Seven units have prayer at the same time. Within eight days, we cover all fifty units. From our community four of us go in two groups to lead the prayer meetings at two different units. So it doesn't affect our activities of the community during the week days. Srs. Lucia and Thomasina are happy to teach catechism in the parish church. We appreciate their availability and willingness to help in the pastoral work of the church. Whenever possible the sisters visit the families especially the old and sick people of the parish.

We began the new school year by seeking God's blessing, guidance and protection. Our Parish Priest



Rev. Fr. Antony Anakkallil and his Assistant Vicar Fr. Jins Kalappurackal blessed the school and the Convent. He addressed the students on the opening day and motivated them to pray, play, learn and grow together. On 10<sup>th</sup> June 2019, 117 students for L.K.G. entered the portals of St. Mary's to begin their curriculum. The school band

accompanied them to the auditorium for the welcome assembly. Students of class one dressed like beautiful fairies welcomed the new comers with flowers and balloons.



**Our Toppers:** The Annul General Body Meeting of the PTA was conducted on 22<sup>nd</sup> June during which



we felicitated the toppers of AISSCE and AISSE 2019. In Class X and XII the result was cent percent. Aparna Joshi topped class X with 97% and Ria Alphi Joshi was the topper in Class XII with 96%. We congratulated and honoured 31 students of Class X and 11 students of class XII who scored above 90%.

Their parents were also present for the function.

**Kids Fest** was celebrated with much joy and enthusiasm by the students of



LKG and Primary Classes on 25<sup>th</sup> June. It was well planned and organized by the staff of Primary and KG sections under the supervision and guidance of Sr. Thomasina. The Fest began with a prayer dance after which the PTA President Mr. Biju James inaugurated the function. We conducted



the competitions such as folk and classical dance, recitation, elocution; singing etc took place simultaneously on different stages. The concluding ceremony was held on 26<sup>th</sup> June during which

Sr.Thomasina congratulated the winners and distributed trophies and certificates. The star kids from each class were selected based on their participation and performance and special prizes were awarded.

**School Parliament:** Election for the School Parliament was conducted on 13<sup>th</sup> June. The Head Boy Joshua Sajeev, the Head Girl Emil S., the elected Captains and Vice Captains of both Secondary and Primary sections were installed during a solemn Investiture Ceremony organized on 24<sup>th</sup> June. Thus the students are being trained to participate in the democratic election procedure of the country.



**Special Days:** In order to observe the **Reading Day**, we organized a Reading Competition on 19<sup>th</sup> June and the winners were awarded prizes and certificates. The official inauguration of the activities of the **Anti-Drug Club** of Alakode Zone took place in our school on 26<sup>th</sup> June 2019. Rev. Fr. Antony Anakkallil inaugurated and Fr. Joyce Karikkathadam presided over the function. The Office bearers of the Anti-Drug Club of Thalassery diocese Mrs. Margarete and Mr. K. Joseph helped the students to be conscientious about the dreadful consequences of drug addiction. **World Environment Day** was observed by organizing a seminar on the theme “Reduce, Reuse and Recycle”. The resource person was one of our former students. An Essay Writing competition was conducted for the students of classes 5 to 8 on the topic “Students’ Role in Saving the Environment.”

**Inspection:** The school was inspected by Mr.Vijaya Krishnan K.M Principal, Jawahar Navodaya Vidyalaya Kasargod who was deputed by CBSE, Delhi as a part of Extension of the Affiliation process. We spent nearly two months to obtain fitness Certificate for both the buildings which is essential for the affiliation. It was indeed a tedious job to update the service books, stock registers and other documents and physical facilities like library, lab etc. We still need to get Recognition Certificate from the State Government to complete the Affiliation Procedure. Though the preparation was very demanding and tiring, with God’s blessings the Inspector sent a very good report to the Board. We are waiting either for the affiliation order or a compliance letter from the Board.



**Orientation and Seminar:** Rev. Fr. George Punchayil CMI enlightened the teachers on the role of an Effective teacher. The teachers appreciated the tips given by Fr. George on how to handle the difficult children.



A class on Time Management was organized for the students of classes 9 to 12. The Resource person was Mr. Babu Mathew. At the end of the class the students were given an assignment on the topic which was dealt with. The Resource person himself sponsored cash prizes for the best three assignments.

## MARY WARD ILLAM, MITTAPALLI

By the end of May the sisters reached back refreshed after the holidays. Before the school re-opened we had our 3 days recollection which was guided by Fr. John Paul S.J. It was a happy news for all of us that the 2nd batch of classes XII and X passed their Board Examinations with 100% results and Ms. P. Nethravati with 96% became the topper of class 10. Sr. Jane C.J. ( Allahabad Province) conducted 2

days seminar for the teachers on Mary Ward Education and C.J. culture and one day training for students of classes 6 to 8 on learning English. The class rooms for the students of L.K.G. and U.K.G. were decorated in order to give them a warm welcome.

We welcomed Sr. Japa to the school community and bid farewell to Sr. Usha as she was moving away from the school for further studies. Sr. Usha took admission for B. Ed. at Auxilium College, Vellore. Congrats to Sr. Sanjana for successfully completing her M. A. in English Literature



The investiture ceremony of the school council members were held as usual for the new academic year. Our parish Church had 3 days special prayers in preparation for the parish feast on 13<sup>th</sup> June. Sr. Usha went to Umralla to accompany Sr. Linda in the absence of Sr. Jyotsana.

The Eco- warriors of our school conducted a prayer service and they pledged to promote green in the surroundings and at home.

Srs. Smitha and Japa participated in the COIN Education Seminar at Maria Sadan from 27<sup>th</sup> to 30<sup>th</sup> June. Sr. Daisy was with us for visitation from 4<sup>th</sup> to 8<sup>th</sup> July.



All the students participated in the English choral recitation competition which was held on 5<sup>th</sup> July.

The Board Exam students first parent teacher meeting was on Saturday 6<sup>th</sup> July to monitor their academic progress, this will be continued every month.

Since we face water scarcity, a special prayer meeting for rain was arranged for the parents and students. Srs. Japa and Sanjana conducted it with the help of slide show and music. At the end of it a few saplings were distributed to the parents in order to give awareness to keep the mother earth green. The students were helped to plant a few saplings in the school compound and they are given the duty to water them daily.



On Saturday 20<sup>th</sup> July the community and the school celebrated the birthday of Sr. Deepti presenting saplings and wishing to grow and go green.

After the first unit test on 31<sup>st</sup> July the students of primary and secondary school had their talent fest - story telling, speech competitions to create awareness on **“save water , save life and save the world”**. 54 students participated in the competition. The fancy dress competition was conducted for the L.K.G. and U.K.G. students and they won the attention of everybody.

On 28<sup>th</sup> July Sr. Deepti accompanied Sr. Usha to her hostel at Vellore. On their way they managed to pay a short visit to our former student of St. Mary's Lucknow, Dr. Henry Prakash of Vellore C.M.C. Our mission in our parish Sr. Sanjana takes Sunday Catechism and visits families whenever possible. We purchased a scooty for the family visits.

## ST. MARY'S CONVENT, MULUND

In the month of May, all our sisters had a well-deserved holiday at home. On 11<sup>th</sup> May, Sr. Mercy left for Delhi to join the pilgrim band to Rome and England. On 28<sup>th</sup> May, she returned to the community having replenished with renewed energy, after visiting various sacred places.

Sr. Edwina appeared for her DSM Exams (Diploma in School Management) in the second week of May and passed with a First Division. Congratulations Sr. Edwina!!!!

We had a thanksgiving Eucharistic celebration on 28<sup>th</sup> May, as we bid farewell to our Parish priest – Fr. Cleophas Fernandes and assistant parish priest - Fr. Sean Sequiera.

On 4<sup>th</sup> June our new Parish Priest – Fr. George Athaide, along with Fr. Clifford D'Souza paid us a short visit.



We participated in the induction ceremony of our new Parish Priest, Fr. George which was presided over by our Cardinal Oswald Gracious during the Holy Mass at 9.30 a.m. on 9<sup>th</sup> June. We too joined Fr. George's family and friends for a fellowship meal thereafter.

The community had three days recollection (11-13<sup>th</sup> June) guided by Rev. Fr. Austin Joy MSFS, in order to boost ourselves spiritually for further mission. Sr. Linda too joined us for the recollection.

Fr. Austin Joy MSFS conducted half a day orientation on 14<sup>th</sup> June, for the staff which was well appreciated by them. It helped them to become aware of their responsibilities towards the students entrusted to their care and was refreshed and enriched for their task ahead.



The new academic session 2019-2020 began with full zest and enthusiasm on 15<sup>th</sup> June, 2019. The students filled the school compound with their excitement to be in a new classroom with new teachers, new books, etc.



On 19<sup>th</sup> June, we welcomed the new session and invoked God's blessings on this new academic session with a prayer-service by Std 10 A.

Sr. Daisy came on her visitation after visiting her brother at Andheri who came from Africa for treatment.

Srs. Cyrilla and Borgia came from Khanapur, since Sr. Cyrilla was not keeping too well and needed treatment. Sr. Neelu of Nepal Region came from Lonavala after attending a two months programme at Sadhana Institute. Srs. Linda and Usha too came from Umralla to meet Sr. Daisy.



On 21<sup>st</sup> June we celebrated International **Yoga day**. Teachers and students enthusiastically performed various 'asanas' and were made aware of the importance of exercises, specially 'yoga'.

Nrityanjali Academy conducted a workshop on "Effective Parenting" for the parents of the students of Std 5 and Junior KG. The workshop was very much appreciated by the parents.

Srs. Christine, Mercy, Edwina and Seema participated in the COIN Educator's Conference facilitated by Fr. Joe Arun S.J. of Madurai Province.

On 3<sup>rd</sup> July, we celebrated Sr. Mercy's birthday. Fr. Gavin celebrated the thanksgiving Mass.

The school witnessed the solemn **Investiture Ceremony** on 5<sup>th</sup> July. 2019. Our school Manager, Sr. Christine delivered her message to the student council, urging them to be responsible leaders.



On 17<sup>th</sup> July, we got the sad news that one of our students of Std. 6 – Miss. Kaumudi Mohite who was admitted in Fortis Hospital since 5<sup>th</sup> July, left for her eternal home. May her soul rest in peace and may her parents and loved ones be comforted in their grief.



Fr. Clifford D'Souza, assistant Parish Priest and two of the prayergroup members conducted a two days retreat for the Catholic students of Std 9 & 10. Simultaneously, Swami Nanda Dulal Das with his colleague Mr. Girish conducted orientation for the non-Catholic students of Std 9 & 10. The students well appreciated the programme through their written feedback.

Srs. Christine and Edwina attended CRI meeting on 21<sup>st</sup> July, at Don Bosco School, Matunga, during which they were screening a documentary film: REASON: The War between Faith and Rationality by Anand Patwardhan and Simantini Dhulu. It was indeed an eye-opener of the reality.

On 25<sup>th</sup> July, Srs. Christine and Edwina attended ABE General Body meeting at Holy Name School, Colaba along with Fr. George and Sr. Jacintha C.T.C. The main topic for discussion was the draft of the New Education Policy 2019.



We had a solemn Mass celebrated by our Parish Priest, Fr. George on the occasion of **Sr. Leonie's 80<sup>th</sup> birthday** on 29<sup>th</sup> July. In the evening the parish fathers and C.T.C. sisters joined us for a delicious and sumptuous meal.

On 30<sup>th</sup> July, we began with the First Unit tests, which will continue till 6<sup>th</sup> August.

On the eve of the feast of St. Ignatius, we had a special Holy Hour highlighting the charism of our Congregation.

With the beginning of the new academic session we had a number of competitions – Choral recitation, Poem writing, Essay writing, Singing and English Elocution. Students exhibited their various talents through these competitions.



## **JYOTHIR BHAVAN, THURUTHIPURAM**

Jyothir Bhavan community is totally pastoral- minded, fully involved in the parish ministry. Sr. Imma has completed twenty five years of service in the parish on 16<sup>th</sup> May. Under her guidance a group of children from classes II to VIII by the name of '**Japamala Kusum**' come to the Church on Saturdays at 2 p.m.



They recite the Rosary for various intentions. They are helped to learn the word of God. Last year the Universal Church celebrated the centenary of the Apparition of our Blessed Mother to the three children at Fatima. Here the Japamala Kusumangal celebrated the tenth year of their coming together. Under the able guidance of Sr. Imma they visit the old and sick parents during Christmas. They take along cakes as a token of their love. Once a month they have an Hour of Adoration.

Sr. Alma goes from house to house visiting families. They are happy to welcome her to their midst. They do share their joys and sorrows without any hesitation and she keeps confidentiality. After listening to them she takes a Bible passage and explains it to them in a simple and practical way. Then she prays with the family and for the family. Usually depth sharing is continued even after the conclusion of the prayer. For this type of family visit at least an hour and a half is needed but it is worth. It is a beautiful chance to share the word of God with the people, directing them to find their refuge in God Himself. When they go through unusual calamities she does accompany them with the word of God whenever possible. Sister says that it strengthens them.

Two days in a week Sr. Alma goes to our school at Puthenvelikara for counseling senior students. Here too the students are eager to meet her and they look out for their turn to be called. In most cases after listening to them for all their little problems she helps them to find their solution in the word of God. Since most of the students are Catholics it is good to lead them to the word of God which will be their guiding light for the rest of their life.

Srs. Theresa and Amala teach Catechism on Sundays. We also attend the family unit prayer which happens to be fifteen days in a month. We are also keen on visiting the old and sick people of the parish. Sr. Theresa is a great patron of Japamala Rani Church. She helps out with the distribution of Holy Communion everyday.

Srs. Alma and Amala joined the wisdom group gathering at Naini Tal. The sessions were quite enriching and inspiring. They were very happy to meet many of our sisters once again.

Bishop Peter Parappilly of Jhansi made a flying visit to Jyothir Bhavan. He was the main celebrant for the silver jubilee celebrations of Sr. Innocent C. T. C.

One of the activities of our mission is making it a point to visit the families of our dear sisters and take part in the funeral services of their dear ones. In the past months we were able to attend the funerals of Sr. Kiran's brother, Sr. Grace's sister, and Sr. Esther's brother-in-law, Sr. Roseline's brother, Sr. Julita's brother, Sr. Jaya's mother, Sr. Savita's sister, Sr. Edwina's brother and Sr. Alma's brother.

We were not able to attend the funeral service of Sr. Teresita's father as Sr. Imma was admitted in the hospital with a bad cough due to high infection. She had to get injections of anti-biotic and she had to be attended to .

We were extremely happy to have the visits from some of our sisters. In the last couple of months Srs. Gretti, Nirmala, Christine, Nilima, Mareesa, Rosita, and Vibha have blessed us with their presence. Aleena from Thuruthipuram parish has joined with us as a candidate. Sr. Theresa accompanied her and the whole family to Bangalore.

## MARY WARD SADAN, PUTHENVELIKARA

During the summer vacation, each of us had ten days holidays. We had visitors and sisters from different provinces during the holidays. Sr. Bernadette went to Pizhaku while Sr. Basilia was away in Nainital. Our three days recollection was guided by Fr. James MCBS, (Sr. Rinalda's nephew.) Sr. Elsa had a fall and left hand shoulder muscles were bruised. In her absence Sr. Mahima attended All Kerala



Regional ICSE meeting held in KE School at Mannanam. Sr. Bernadette had cataract operation of the right eye at Dr. Johnny Fernandez eye hospital, Aluva and she is improving steadily. Srs. Georgia and Mahima is involved in the parish, teaching catechism and conducting senior citizens prayer service and games. The community is involved in family visits and ward prayer.

Our staff had two days **orientation** by Fr. Joe SDB motivated them to be effective teachers.

The ICSE result was hundred percent and the school topper George Paul got 98%.

Srs. Elsa and Mahima participated in the COIN Educators meeting at Maria Sadan.

The school reopened on 6<sup>th</sup> June. The students of L.K.G. began their classes on 10<sup>th</sup> June in a grand scale. The students of classes V upwards had the investitures ceremony of the school captains on 26<sup>th</sup> June. The primary school had theirs on 4<sup>th</sup> June, for the first time in the history of our School. Thanks to the guidance of Sr. Rosalia, the primary in-charge.



Inter class choral recitation was held on 28/6/19 for classes 1 to X. We had to buy water for the school and the convent during the months of January to July and had to totally depend on Panchayath Pipe

Line. The painting of the school buildings was done during the months of April-May holidays giving it an impressive look.

## ST.MARY'S CONVENT, BEGUR

New Beginning : The new academic year began with an orientation for the teachers on CJ education under the guidance of Sr. Jane C.J from Allahabad. The teachers were inspired to be positive and make a difference in the lives of the students who come to them. The School reopened on 3<sup>rd</sup> June. Sr. Shradha C.J was welcomed as the new principal of the school during a meaningful prayer service. The students prayed for God's blessings on the new academic year. We welcomed the Kindergarten section with flowers and balloons.



The school observed the Environment day with a prayer service and conveyed the message- Earth is God's best gift to us, We made it worse. Let's care for it, save the Green, Fight Global Warning. Plant a tree today. Make the life of the Earth much longer. Try to leave the Earth a better place than when you arrived ,after the prayer service they planted a sapling.





On 21<sup>st</sup> June we had the Investiture ceremony and the School leaders took the oath to safeguard the tradition of the school and to be an example for others.



The JPIC and Friends of Mary Ward Club were inaugurated. The co-ordinators beautifully prepared the PPT to motivate and enlighten the students about the club and the detailed activities for the year.



Cycle Rally: Our students took part in the Cycle Rally organized by the NGO- SWAR with a message of pollution free environment and to develop a community feeling.



Talent Fest was arranged for the different groups of students, Choral Recitation, Story telling and Rhymes .Our students showcased their literary skills very enthusiastically and creatively.



Elocution and Debate: Elocution and Debate competitions were held for the students on various current topics in order to encourage the critical thinking and to help the students to take the responsibilities for the growth of the society .



In the cluster lever Athletic competition our students bagged the first prize for KHO- KHO. They were awarded with Shield, medals and certificates. Fancy dress competition was held on the theme ‘Save the planet’ with the presence of the parents.



Begur community had three days recollection under the able guidance of Fr. John Pradeep S J from Prerana.

Sr. Lima writes about her prison ministry ‘Walls do not make prisons’. I attended 15 days course at Carmalaram, Passionate community. During these days I was trained on legal issues, Counseling skills, procedures and practical aspects by efficient resource persons. I am blessed to be in the midst of my brethren behind the bars.

The last two years I was part of the Prison Ministry India ( P.M.I) I believe that I have a great responsibility in liberating and redeeming prisoners from eternal damnation. This year I have joined the National Prison Ministry Indian team. (PMI) the vision is to bear witness to God’s liberating love for our brethren behind bars. My mission is to commit myself to 3R’s of PMI release – Renewal, Reformation and Rehabilitation of our brethren, by following our principals such as prayer is our power house, God’s providence is our bank balance and begging is our life style in order to form a new society. Joining and participating the celebration of the central jail or sub jails like Christmas, Deepali and Easter and prepare them for women’s day celebrations.

Visiting the prisoners abandoned by the family and relatives and provide basic things like tooth paste, soap, towel, snacks etc. Visiting the families of some prisoners to prepare them to accept the parents and help their children for studies. Released prisoners are called for counseling if they are mentally and emotionally imbalanced. Some times a mediator and counselor for their parents through phone My main work is to teach Spoken English and counseling and to provide a support system of love and care by giving them opportunities to speak and listen thus to build up relationships.

These interactions and visits helping me to sense the realities of life and to grow in spiritually and personally. 'They are caught and by the grace of God we are not caught'. That is the difference.

Besides my community leadership I am able to reach our my brethren behind the bar only with the support of my community and encouragement of the regional superior.

Sr. Lima attend a week course in Carmalaram on 'Safeguarding Minors' in collaboration with centre for child protection, CCP Gregorian university, Rome. In response to the urgent and important need of preparing persons to address the rampant problem of child abuse. The objectives are creating awareness and providing formation for the prevention of child sexual abuse and learning to help victims overcome the trauma of child sexual abuse. The focus of the course was universal rights of the children. The problem of child abuse and Church response. Norms in Canon Law on the protection of minors. POCSO Act, Self care and care of secondary victims. Preparation of guidelines for the Institution. Sr. Lima will be the advisor for Bangalore Region.

Sr. Jane C.J and myself had attend a week course in Carmalram with the request of Sr.Daisy our region superior on the topic 'Safeguarding Minors'

### **MARY WARD NIWAS, UMRALLA**

Srs. Linda and Jyotsna are busy with the pastoral work – teaching Catechism visiting the sick and elderly. Sr. Jyotsna attended 21 days Sadana in Vidyavanam Ashram, Bangalore under the able guidance of Fr. Vijayanand S. J.

### **Personal assessment of Sr. Divya, C.J on the course followed by her at ISHVANI KENDRA, Pune**

#### **Introduction**

Ishvani Kendra, an Institute for Missiology and Communications, Pune, India, run by the SVD fathers organised a renewal course on the theme on "Personal Growth and Transformation for Mission". It was a well organised and had well experienced and qualified **resource persons** who handled their subjects with the intention of making us understand and apply in the mission of our day today life.

**1. Psycho-Spiritual Integration for self Transformation and Effective Ministry-** Psycho- Spiritual maturity in Human beings is a "relative" concept. Human is 'becoming' 'being' part of which happens naturally and the other part is chosen freely and consciously and made to happen. Thus we can speak of maturity of a child, adolescent, adult, as physical, psychological, spiritual maturity; human maturity, Christian maturity and so on.

One should understand also the level of maturity in human growth that is; Maturity as Psychological wellness vs. illness. Maturity as capacity to know and to choose real good vs. apparent good. Maturity as capacity for self gift out of love vs. refusal to do so.

## **2. Emotional Intelligence**

Emotions can be sorted out based on the six distinct psychological facts which often react in one's body: Joy, Love, Sadness, Anger, Fear, and Surprise. Love and anger are the two extreme emotions which often blind us from reasoning out. Talking of Emotional Intelligence we can understand that the Intra-personal intelligence leads one to the self awareness and self management where as the Inter-personal intelligence leads us to the other's awareness and relationship management. In all these cases, self-awareness is more important for the rest of the steps to take. In the practical level our thinking and feeling should be always balanced so that our doing will be always reasonable. Therefore to feel is the base of thinking and doing.

## **2. Inner child and Neuro- Linguistic Programming ( NLP)**

This course helps us to understand the concept of the inner child, to explore the meaning of the woundedness of the child, to look at how the child gets wounded and loses its wonder, to see how the wounds sustained in childhood and how it continues to contaminate the adult life, to learn and do some exercises for healing the wounded child and also to discover how we as parent, can protect and nurture the inner child.

The basic NLP premise is that we have all the resources needed to make the changes we want.

Many NLP techniques give us the opportunity to 'change our personal history' by adding additional resources to the 'younger we' of the past memory or by reassessing a past memory with all of the resources and understanding of the adult we are today.

## **2. Psycho- Spiritual Dimensions of Wellbeing**

When talking of psycho-spiritual dimensions one must be always mindful of the outside world, conscious, unconscious and his inner self so that one can become the image of God, the essence of God with love and peace. We need to believe always that God is the essence and we are only the reflection; God is unlimited but we are limited.

## **Conclusion**

While mentioning above some of the topics in details and their usefulness, my understanding and integration in my personal life, I also acknowledge that the rest of the topics of the course have also given me lot of information for my spiritual, psychological and social development as a human person and their integration into my religious life. It is a process that one should carry along with care throughout the whole life. Lots of information were given during the time of this course which are needed and useful. I must say that it is really useful for me and will help me a lot in my future life and ministry.

Sincere thanks for giving me the opportunity to help growing in all the aspects of my life. I believe that this course will enrich me from within and around me to see things differently and positively.