

News Flash

Day 1 Collaborators Meeting Bangalore Region

11 SEPTEMBER 2025

**Prerana Ignatian Spirituality Centre,
Bangalore.**



Participants:

13 teachers from 7 schools of the Bangalore Region



Resource Person:

Mrs. Kawaljeet Kaur –
Educator & Motivator

Opening & Welcome

The day commenced with a heartfelt welcome by Sr.

Shradha CJ, who emphasized the purpose of the gathering and the vital role of teachers as

collaborators in the vision and mission of the Congregation. A reflective prayer led by Sr. Shradha set a tone of gratitude and mindfulness.

Session Highlights

Mrs. Kawaljeet Kaur brought energy and inspiration to the session, encouraging educators to embrace positivity and innovation. Her key messages included:

- Smile as a tool of transformation: A simple gesture can uplift a student's spirit.
- Teachers as lighthouses: Guiding, inspiring, and illuminating paths for students.
- Embrace change: "Old ways won't open new doors."
- Innovative teaching: Avoid outdated methods to prepare students for tomorrow



Themes Explored...

Mary Ward's Values:

Truth, sincerity, integrity, respect, and service.

Educational Transformation:

- Curriculum reforms
- Flexible assessments
- Holistic learning
- Critical thinking
- Child-centric approaches



Teacher's Role: As agents of change, rooted in values and responsive to evolving needs.

Mindfulness & Growth

Participants were engaged in meditation and mindfulness practices to manage stress and nurture emotional well-being. The session emphasized that education must support not just intellectual, but also emotional, social, psychological, and spiritual development.



Value Formation Across Life Stages

Teachers explored how values are shaped during childhood, adolescence, and adulthood, and how they can guide students in responsible media use and community engagement.





Closing Reflection

The day concluded with a powerful reminder: “We must first change ourselves before we can change others.”



Collaborators Meeting Bangalore Region

Day 2 - 12th September 2025

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Morning Reflection & Prayer

We began at 9am with candle lighting and prayer led by Sr. Shradha. We reflected on life as a pilgrim through the “Pilgrim Song,” emphasizing that God’s presence makes our journey meaningful and fruitful and blissful, followed by faith sharing in groups.



Mary Ward Compass & Group Sharing

- Engaged in deep group discussions based on the Mary Ward compass.
- Each group shared insights and reflections.

Mahatria’s Motivational Video

- Watched a motivational video by Mahatria. We reflected on:
 - What impacted us most.
 - How to grow in these five areas.
 - How this growth benefits our workplace.

The key message was to live the following pledge: *“Day by day, in every way, I will be a gift to the world, by becoming more and more... Healthy, Wealthy, Loving, Blissful and Spiritual.”*

Employee Engagement & Storytelling

- Learned about Gall Foundation’s study on employee types:
 1. Engaged
 2. Disengaged
 3. Actively disengaged



- Explored these through:
 - The 5 Monkey Experiment
 - The 3 Brick Layers story
- Discussed strategies to foster engagement and become “a gift to the world.”

Naturalist & Eagle Story

- Inspired by the story of the Naturalist and the Eagle.

We reflected on:

- Qualities of a naturalist
- Parallels between naturalists and teachers
- Shared similar examples

Teamwork & Staffroom Policy Creation

- Discussed traits of effective teams.
- Created group-wise “Staffroom Policy Statements”:

1. Time, Space, and Environment

- Value time and manage it wisely.
- Respect personal space and give room for others to grow.
- Maintain cleanliness and order in the staffroom.
- Uphold professionalism in every action.

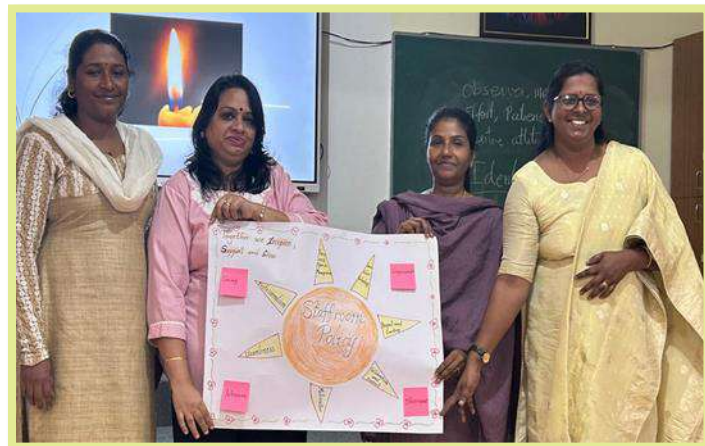
2. Respect, Compassion, and Ethics

- Treat everyone with courtesy, dignity, and respect.
- Show compassion and patience in words and deeds.
- Follow staffroom ethics with integrity.
- Protect confidentiality — share only what is necessary.



3. Collaboration and Support

- Collaboration is strength: support, encourage, and uplift one another.
- Work as a family, caring for each other's wellbeing.
- Appreciate the efforts of colleagues and celebrate their successes.
- Remember: *Coming together is a beginning, keeping together is progress, working together is success.*



4. Growth and Motivation

- Never stop learning—embrace new technology and ideas.
- Stay observant and open to change.
- Accept mistakes as opportunities to learn and grow.
- Stay focused on your purpose as an educator.

5. Positive Attitude and Inspiration

- Be a role model of strength, clarity, peace, and joy.
- Communicate positively and always keep smiling.
- Motivate others with words like:
"You are the best. You can do it. You are courageous. You are talented. You are loving."
- Spread love, kindness, and encouragement in all interactions.



*"Coming together is a beginning.
Keeping together is progress.
Working together is success."*



Collaborators Meeting Bangalore Region

Day 3 - 13th September 2025

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Morning Reflection:

We began the day with a prayer on the theme **“Be a Blessing,”** led by Sr. Shradha. Together, we reflected on the thought: *“We are the hands, heart, and voice of the Spirit on Earth.”* We recognized that who we are and what we do can truly be a blessing to the world. This was followed by a meaningful time of faith sharing on the theme.



Journey into Self – Self-Discovery and Personal Growth

The session made us aware that Self-discovery lies at the very core of personal development and spiritual growth. It is not a quick achievement but a lifelong journey—one that requires deep reflection, honesty, and openness to change.

1. Self-Discovery, Healing, and Growth

When a person begins to know their inner self, a process of healing begins. This new awareness leads to a deeper discovery of one's true identity. Growth, therefore, is not merely external but takes place within—bringing wholeness, balance, and harmony to life.

2. The Challenge of Knowing Oneself

The greatest challenge in life is to *know thyself*. This involves distinguishing between *being* and *possessing*. True self-knowledge is not defined by what one owns, but by who one truly is. Here lies the paradox of happiness: the more we chase it as a goal, the more it tends to elude us.



3. A Person-Centered Approach

A person-centered approach guides individuals:

- To recognize who they truly are.
- To understand what they genuinely seek in life.
- To strive for an authentic and fulfilling existence, which is the fruit of continual self-improvement.

Self-discovery is both a challenge and a gift. It leads to healing, growth, and authenticity. Happiness is inseparably linked with growth, and growth often requires walking through struggle and pain. By focusing on *being* rather than *possessing*, and by nurturing inner values instead of clinging to external possessions, one can live a life that is meaningful, authentic, and truly happy.

Depth Conversation

The session conducted by Fr. Bala Kiran emphasized the significance of deep conversation, authentic relationships, shared mission, and the virtues necessary for meaningful communication. It underlined that human beings are relational by nature, and that genuine conversations foster growth, understanding, and collaboration.

Key Learnings

1. Depth Conversation

- **Pause before you speak** – reflection, reasoning, and patience are essential.
- Depth conversation means *being with others*—sharing, listening, and creating together.
- It requires openness, disclosure, and the courage to express feelings in order to build meaningful relationships.
- A “fusion of horizons” makes conversations truly transformative.
- We are co-creators with God; nothing belongs to us—everything is God’s project. Conversation is never isolated; it always involves others.

2. Human Beings and Relationships

Human beings cannot exist without relationships, which unfold in four dimensions:

1. With God
2. With others
3. With nature
4. With oneself

3. Mission and Meaning

- Co-creating with others gives meaning and purpose to life.
- Our ultimate mission is to build the Kingdom of God.
- The world is one family, united in this mission.
- Each person has a responsibility to contribute and collaborate.

4. Insights from St. Ignatius of Loyola

- The Divine is already present and active in one's life.
- His primary goal was always to help others.

5. Attitudes in Conversation

- **Right intention:** If the aim is not to help others, it is better not to engage in conversation.
- **Empathy:** Enter into the pain of others; step into their shoes.
- **Patience:** Listen quietly, understand desires and meaning before responding.
- **Assertiveness:** Be rooted in values, stand firm with conviction.
- **Humility:** Essential for openness, learning, and growth.

6. Prudence in Communication

Prudence is practical wisdom that guides communication:

- Knowing *when* to speak
- Knowing *how much* to speak
- Knowing *whom* to speak to
- Learning to ask the right questions





Fr. Bala Kiran's session highlighted that conversation is not merely an exchange of words but a pathway to building relationships and sharing meaning. Deep conversations—nurtured by empathy, humility, and prudence—lead to authentic relationships and direct us toward our greater mission: the Kingdom of God. Following the spirit of St. Ignatius of Loyola, we are invited to collaborate, co-create, and dedicate ourselves to the service of others.

Meaningful Conversation

The session on **Meaningful Conversation** highlighted the essential

principles of effective listening and attentive communication. It emphasized that authentic dialogue begins not with speaking, but with deep listening—listening to oneself, to others, and to the Spirit.

Principles of Effective Listening

- Listen before speaking, always.
- Listen to yourself.
- Listen with an open mind.
- Listen for understanding.
- Listen with patience and empathy.
- Listen with presence—*“Be there in me.”*

Topics Covered

1. **Attentive Listening** – cultivating presence, patience, and openness.
2. **Attentive Talking** – engaging with responsibility and authenticity.
3. **Three Divides** –
 - Ecological Divide
 - Sociological Divide
 - Spiritual Divide



4. Four Types of Listening –

- Ego-centric listening
- Biological listening
- Reciprocal listening
- Contemplative listening

Attentive Talking

The reflections on *attentive talking* categorized speakers into three types:

1. **Expert Talker** – focused on knowledge-sharing.
2. **Doctor** – problem-solving and advice-driven.
3. **Relationship-Oriented Talker** – rooted in presence and collaboration.

The **Relationship-Oriented Talker** was further broken down into two dimensions:

- *Being with* → *Sharing with*
- *Creating with*

This approach to communication stressed how conversations can move beyond information exchange toward building deeper relationships.

Listening and Spirituality of Attention

Participants reflected on listening not only as a skill but as a spiritual discipline:

- Listening with reverence, recognizing the divine in others.
- Listening to the Spirit within.

This was linked to the **spirituality of attention**, including a critical reflection on technology and smartphones—how they affect our ability to be present, attentive, and engaged. True attention, it was noted, requires slowness, clear intention, and willpower.



Session 4 – Decision-Making in Daily Life

The afternoon session, led by **Rev. Fr. Elvis**, guided participants into deep reflections on the role of decision-making in everyday life. He reminded everyone that each person constantly faces choices—big and small—that shape one's actions, behaviors, and growth.

Key insights included:

- The real problem often lies not outside, but within us.
- Instead of blaming situations or others, true change requires inner transformation.
- Conscious and value-based decision-making is the pathway to authentic living.

Fr. Elvis used the story of **St. Ignatius of Loyola** to illustrate the struggle of discerning between conflicting desires and recognizing God's call through reflection.

The Examination of Conscience

A practical tool introduced was the *Examination of Conscience*, a five-step process for reviewing one's daily life:

1. **Relish** – Recall and give thanks for the blessings of the day.
2. **Request** – Ask for God's light to see the day as He sees it.
3. **Review** – Reflect honestly on thoughts, words, actions, strengths, and weaknesses.
4. **Restore** – Recognize failures, seek forgiveness, and renew the heart.
5. **Resolve** – Make a firm plan to improve and live more authentically the next day.

This method helped participants reflect on their choices, recognize weaknesses, and renew their resolve to live with truth, compassion, and love.

Concluding Session

The three-day program concluded with the reflections of **Sr. Shradha C. J.**, who beautifully summed up the journey. She reminded participants that the greatest takeaway was not only the knowledge gained but also a renewed commitment to live out **Mary Ward's values** of truth, sincerity, integrity, and compassion.

Sr. Shradha highlighted that:

- True change begins within ourselves.
- When teachers transform their outlook, decisions, and actions, they inspire their students and institutions to grow in the same spirit.
- Teachers are called to be *lighthouses*—guiding children not only in academics but also in life.



Her closing words were both inspirational and practical: a call to put learning into action, to nurture schools where joy, respect, and love flourish, and to make education a truly transformative experience.

Closing Note

Thus, the **three-day collaborators' meeting** came to a meaningful close, leaving participants enriched, inspired, and determined to embody the values of Mary Ward and the spirituality of St. Ignatius in their daily lives and mission.



