

2025 AT A GLANCE

LAITY / YOUTH / SOCIAL WORKERS / STUDENTS

- February 24-28 : **Audio video Production through Cell Phone**
- March 28-29 : **Use of AI Tools in Catechetical Ministry**
- July 11-12 : **Self Esteem, Leadership and Personality Development**
- July 19 : **Digital D-Addiction**

SISTERS / CATECHISTS

- September 9-13 : **On going Formation of Catechists & Catechetical Sisters of Agra Region (Hindi)**

PRIESTS & RELIGIOUS

- August 5-7 : **Pastoral Leadership for Parish Priests & Superiors**
- October 19-24 : **Retreat for Priests & Sisters**

CANDIDATES / POSTULANTS / NOVICES

- January 22-24 : **Group Dynamics & Community Building for Candidates/ Postulants**
- February 17-21 : **Christology for Novices**
- September 22-26 : **Praying Psalms in Today's Context**
- September 27-28 : **Bible Walk through the Mass**
- December 1-5 : **Bible Time Line**

ALL

- April 27 - 5 May : **Communicative Hindi**
- May 10 - 2 June : **Tabla for Beginners**
- May 10 - 2 June : **Hindustani Music & Harmonium for Beginners**
- May 16 - 9 June : **Intensive Bharatnatyam & Folk Dance Course**
- June 5 - 27 June : **Summer Hindi Language Course**
- June 5 - 27 : **Key Board/Western Music for the Beginners**

OTHER BRANCHES

NAV SADHANA

Regional Communication Centre

- ★ **Training in Media Education**
- ★ **Audio-Visual Productions**
- ★ **Training in Rural Theatre**
- ★ **Biblical Dance Dramas**
- ★ **A.V. Showroom**
With the latest Cassettes, Audio-Visual CDs and DVDs on Social & Biblical Music and Dance Dramas, Books, Religious, Moral & Educational Materials.
- ★ **Audio-Video Studios**
Professional Sound & Video Recording Systems are available at our Communication Department.

NAV SADHANA KALA KENDRA

Post Graduate College of Music and Dance

Affiliated to :

Indira Kala Sangeet Vishwavidyalaya - C.G.

It offers Graduate/Post Graduate Degree in Bharatnatyam Dance and Hindustani Music (Vocal).

1. B.P.A. in Bharatnatyam and Hindustani Music (Vocal) - 8 Semesters.
 2. M.P.A. in Bharatnatyam and Hindustani Music (Vocal) - 4 Semesters.
- ★ Admission/Application Forms for the Academic Year 2025-26 will be available at Nav Sadhana Office from March 1, 2025.
 - ★ Students are enrolled as **REGULAR** only and not private.

QR LOCATION



Our infrastructure/facilities in the campus are made available especially for seminars, training programs, workshop & retreats during the periods when Nav Sadhana is free.

GENERAL INFORMATION

- For each programme a separate registration should be made.
- Registration will be confirmed through a '**letter of acceptance**'.
- **All programmes begin in the evening of the first day and end in the afternoon of the last day.**
- Late arrivals and early departures are not considered.
- Participants are expected to be punctual and should attend the entire programme.
- Medium of instruction is English/Hindi; & Courses for Laity: Hindi.
- Extended stay: Rs. 450/- per day with prior information.

METHODOLOGY

Lectures, group work, cooperative learning, discussions, sharing of experience, audio-visuals, preparation and active participation in liturgy and personal study are integrated into every programme.

FEES

- Registration fee: Rs. 200/- (non-refundable) is to be paid in advance.
- Payments may be made through NEFT/RTGS. For Bank Transaction the details are as follows:
Name: Nav Sadhana
Bank: Indian Overseas Bank
S.B, Account No.: 100201000005942
IFSC CODE: IOBA 0001002
Address: IOB, Varanasi Cantonment Branch, S-17/417 A, Nadesar, Varanasi-221002-U.P.
- Board/Lodge and Course fee will be specified in the application form.
- Banaras Darshan (optional): Rs. 500/- to be paid in cash on arrival.

All correspondence to be addressed to

THE DIRECTOR NAV SADHANA

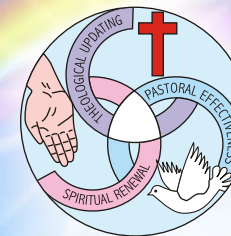
Regional Pastoral Centre

Shivpur P.O., Varanasi - 221 003 (U.P.)

Director : 9415648921; Office : 8353989065

E-mail : varanasinavsadhana@gmail.com

Website : www.navsadhana.org.in



Nav Sadhana

- **Regional Pastoral Centre**
- **Regional Communication Centre**
- **Degree College of Music & Dance**



2025 Programme

January 22 - 24
Group Dynamics & Community Building for Candidates/Postulants
➤ Fr. Ronald Tellis

February 17 - 21
Christology for Novices
➤ Fr. Francis D’Souza

February 24-27
Audio Video Production Through Cell phone
➤ Fr. S. Joseph

March 2
Graduation Day (Deeksha Samaroh)
➤ Nav Sadhana Kala Kendra

March 7 - 9
Animation of Basic Ecclesial Communities
➤ Most Rev. Eugene Joseph

March 11 – 13
Homiletics for Effective Proclamation
➤ Fr. Henry Fernandes CSsR

March 21-22
Insights from the Constitutions of Vatican Council II in the Jubilee Year
➤ Fr. Francis D’Souza

March 28 – 29
Use of AI Tools in Catechetical Ministry for Youth
➤ Fr. S. Joseph

April 8 - 9
Easter – Spiritual Preparation for the Clergy of Varanasi
➤ Most Rev. Eugene Joseph

April 24 - 26
In-Service Training Programme for Teachers
➤ Most Rev. Eugene Joseph
➤ Fr. C. Thomas

April 27 - 5 May
Communicative Hindi
➤ Mr Michael Charles
➤ Mrs Gauri Ghildiyal

May 10 - 2 June
Tabla for Beginners
➤ Fr. Arvind Louis

May 10 - 2 June
Hindustani Music & Harmonium for the Beginners
➤ Mr Ashutosh Mishra
➤ Miss Durga

May 16 – 9 June
Intensive Bharatnatyam & Folk Dance Course
➤ Nav Sadhana Kala Kendra Team

June 1
World Communication Day
➤ Nav Sadhana Communication Centre

June 5 – 27
Summer Hindi Language Course for Missionaries in North India
➤ Mrs Gauri Gildiyal

June 5 – 27
Key Board / Western Music for the Beginners
➤ Mr. Joshy Varghese

July 11-12
Self-Esteem, Leadership and Personality Development for the College Students
➤ Nav Sadhana Team

July 19
Digital De-Addiction for Youth
➤ Fr. S. Joseph

July 24 - 25
Evaluation of Catechetical Activities of the Diocese of Varanasi (Missionary Meeting)
➤ Most Rev. Eugene Joseph

August 5 - 7
Pastoral Leadership for Parish Priests & Superiors
➤ Fr. Subhash Jose IMS & Team

August 9 - 10
Youth Sunday
➤ Varanasi Diocese

August 16 - 17
Diocese of Varanasi Catholic Schools Association Meeting
➤ Most Rev. Eugene Joseph
➤ Fr. C. Thomas

August 31 - 5 September
Retreat for Priests (Varanasi Diocese)
➤ Fr. Henry Fernandes CSsR

September 9 - 13
On-going Formation of Catechists & Catechetical Sisters of Agra Region
➤ Fr. Rojan Sebastian

September 14
CRI Annual Meeting, Varanasi Unit
➤ Secretary, CRI Varanasi

September 22 - 26
Praying Psalms in Today’s Context
➤ Fr. Augustine K. J.

September 27 - 28
Bible Walk through the Mass
➤ Fr. Augustine J. K.

October 5 - 10
Retreat for Priests (Varanasi Diocese)
➤ Fr. Henry Angel SAC

October 11
Inter School Sangeet & Nritya Mahotsav
➤ Nav Sadhana Kala Kendra

October 19 - 24
Retreat for Priests & Sisters
➤ Most Rev. Theodore Mascarenahs SFX

November 1 - 2
Agra Regional Bible Festival
➤ Nav Sadhana Regional Bible Institute

November 11 - 13
Bishops, Major Superiors, CRI & Regional Priests’ Council Meeting (Agra Region)
➤ Most Rev. Raphy Manjaly
➤ Most Rev. Eugene Joseph

November 15 – 16
Logos Bible Quiz
➤ Nav Sadhana Regional Bible Institute

December 1 - 5
Bible Time Line for Novices
➤ Fr. Augustine K. J.

December 10 - 11
Christmas – Spiritual Preparation for the Clergy of Varanasi
➤ Most Rev. Eugene Joseph